

# M Hawaii MARINE E

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Blinded  
A-3



Ice Palace  
B-1



Baseball  
C-1

## Goodman speaks to EOAs, EORs

Lance Cpl. Brian A. Marion  
Combat Correspondent

**NAVAL STATION PEARL HARBOR** — Lieutenant Gen. John Goodman, commanding general, U.S. Marine Corps Forces, Pacific, spoke to equal opportunity representatives and advisers from around the Corps during a conference at the Navy Lodge Conference Room here Tuesday through Thursday.

The EORs and EOAs attended the MarForPac and Marine Forces Command

EO/EOO Training Conference, which focused on sharing lessons learned by the EOAs, receiving sustainment training and reviewing policies and procedures involved with equal opportunity.

"Ethical behavior is directly related," Goodman said. "A person who mistreats people here will conduct a deplorable act in combat. This conference is about changing their behavior. We've got to fix them. We have to educate them through mentorship,

See GOODMAN, A-4



Lance Cpl. Brian A. Marion  
Lieutenant Gen. John Goodman, commanding general, U.S. Marine Corps Forces, Pacific, speaks to equal opportunity advisers and representatives before they attend a conference at Pearl Harbor.

## CAC card use in mess hall during leave punishable

Lance Cpl. Achilles Tsantarliotis  
Combat Correspondent

Marines looking to save a few dollars by using their common access card in the mess hall while on leave status beware, "double dipping" is defrauding the government and punishable under the Uniform Code of Military Justice.

Congress allots a certain amount of money on leave status, Subsistence in Kind, for Marines to feed themselves while they're away from the food providing mess hall.

"That money is allotted by congress every year to feed the bonafied bachelors in the Marine Corps," said Gunnery Sgt. Joseph Yantosca, mess hall manager, Headquarters Battalion. "What'll happen is, a Marine will take a certain amount of leave, and only go home for part of it and when he's on base he'll continue to eat at the chow hall even though he's being compensated with leave rations. They give you that because they know there's probably no mess hall where you're going on leave. Marines will cheat the system, cheat Congress, and that's a punishable offense."

This problem is not unique to Marine Corps Base Hawaii and common throughout the Marine Corps.

"Let's say 15 people do it from each base, and that's lower than how many people actually do it, then that money adds up, and it's costing a lot of money," Yantosca said. "That money is allotted so you can subsist off the economy when

See LEAVE, A-4



Cpl. Chadwick deBree

A Marine with 3rd Squad, 1st Platoon, Fox Company, 2nd Battalion, 3rd Marine Regiment, Regimental Combat Team 1, watches as one of his fellow Marines looks through a local store in Karma, Iraq. The Marines conducted a cache sweep of the area Feb. 28. This time also provided the Marines with a chance to get to know the area better and interact with the local population.

## Hawaii-based Infantrymen keep streets clean with cache sweeps

Cpl. Chadwick deBree  
Combat Correspondent

**KARMA, Iraq** — To keep Coalition Forces and Iraqi locals safe from insurgents, Marines seek out and take away any weapons that would be used against them.

Marines with Fox Company, 2nd Battalion, 3rd Marine Regiment, Regimental Combat Team 1, conducted a routine cache sweep here, Feb. 28.

"We're looking for [improvised explosive devices] and weapons in general

when we conduct our sweeps," said Cpl. Kristian Lopez, squad leader, 3rd Squad, 1st Platoon. "Last year we found a lot of caches and hope to find some this year to get them off the streets."

Since arriving in Iraq, Fox Company has uncovered approximately five weapons caches in the area.

When the Marines patrol through the streets, they keep an eye out for possible areas where insurgents might have buried weapons. When they come across an area that looks suspicious, the

Marines go to work by posting security

and having one man sweep the area with a metal detector.

"When I check an area, I look for spots that may set [the metal detector] off," said Lance Cpl. Richard J. Cook, rifleman, 3rd Squad, 1st Platoon. "When it does go off, it has to be a certain size in order for us to determine if we should dig it up to see if it's a weapons cache."

Cook, a 21-year-old native of Cortland, N.Y., said that he was desig-

See STREETS, A-5

## Base remembers fallen Island Warrior

Lance Cpl. Brian A. Marion  
Combat Correspondent

With a Kevlar helmet set atop an inverted M-16A4 service rifle, Marines paid their respects to Pfc. Kristopher L. Cox at the Base Chapel here Feb. 27.

Marines remembered and honored the food service specialist from 2nd Battalion, 3rd Marine Regiment, who lost his life in a vehicular incident Feb. 19.

"Everyone's attendance is greatly appreciated," said Col. Duffy White, commanding officer, 3rd Marine Regiment. "Our sincere condolences are extended to his family. Today is a difficult day for his family, including his fiancée. He was a good Marine who will be sorely missed. His service to his country epitomized the goal all Marines have."

Cox was born on Aug. 11, 1985, and enlisted in the Marine Corps, July 6, 2004. He went through recruit training at Marine Corps



Lance Cpl. Brian A. Marion  
Private First Class Kristopher Cox's parents and fiancée attend a memorial service at the Base Chapel Feb. 27. More than 100 Marines attended the service.

Recruit Depot, Parris Island and reported to Camp Combat Training at Camp Geiger, S.C., afterward.

"I personally knew [Cox's] grandparents," said

Army Capt. Charles J. Popov, chaplain, 2nd Battalion, 27th Regiment, 25th Infantry Division. "His grandparents were proud of him, and he was

very courteous to everyone around.

The Marine Corps brought out his manners

See WARRIOR, A-4

## NEWS BRIEFS

### Child Safety Seat Inspections

Children up to 8 years old must have a child seat. Is your child's seat properly installed? The Base Safety Center is having free inspections March 14 from 10 a.m. to 1 p.m. at the Olina Child Development Center, Building 579, on Reed Road.

For more information, contact Base Safety at 257-1830.

### Defense Logistics Agency Representative

If you require expert assistance concerning Defense Logistics Agency matters, would like to develop a readiness/support program or would like information about their programs, please contact their customer support representative here, Deborah Strickland.

For more information, call 257-1838 or visit the DLA Pacific Command Customer Support Office at Building 1044, Room 210.

### HPV Vaccinations

The Naval Clinic Hawaii is informing parents of 11 to 12-year-old girls about the opportunity to prevent serious disease in their children. The Human Papillomavirus preventive vaccination can protect females against four different types of HPV, which could subsequently protect them from genital warts and/or cervical cancer.

The vaccine is readily available and recommended for females between 9 and 26. However, the group most likely to benefit is girls between 11 and 12.

To have your child vaccinated, visit the Naval Health Clinic Hawaii Immunization Department at the Makalapa or Kaneohe Bay Branch Clinics during normal hours and request the vaccine series.

Call the clinic here at 257-3365 ext. 103 for more information.

### 2008 Newman's Own Awards

Volunteer and nonprofit organizations with military quality of life programs are eligible to submit proposals for grants through the Newman's Own Awards program. Organizations submit proposals to Fisher House Foundation by May 2, and judges evaluate each proposal to distribute grants totaling \$75,000.

For more information, call (888) 294-8560 or visit <http://www.fisherhouse.org>.

### HR Office Temporary Hours

The Human Resources Office hours have changed due to understaffing. Assistance is now available only by appointment from 8 to 11 a.m. daily. Walk-ins will be accommodated in case of emergency only.

For more information or to schedule an appointment, call Shannon Tamaru at 257-1336 or e-mail [shannon.tamaru@usmc.mil](mailto:shannon.tamaru@usmc.mil).

### Tax Center

The Marine Corps Base Hawaii Tax Center is open. It is located in Building 279 on the second deck. The hours for the Tax Center are 8 a.m. to 4 p.m. Monday, Tuesday, Thursday and Friday, and 9 a.m. to 6 p.m. on Wednesday.

### Important Phone Numbers:

On-Base Emergencies	911
Military Police	257-7114
Child Protective Service	832-5300
Fraud, Waste, Abuse & EEO	257-8852
Business Management Hotline	257-3188
Pothole & Streetlight Repair	257-2380
Base Information	449-7110
MCBH Duty Chaplain	257-7700
DEERS	257-2077

# Chaplains Corner: Faith



### Commentary

Chaplain David Stroud

*"Now faith is being sure of what we hope for and certain of what we do not see." — Hebrews 11:1*

This is the definition that the Bible gives us concerning faith. Regardless of our religious affiliation, we all show that we have faith each and every day. We have faith that the sun will come

up. We have faith that the chair will hold our weight when we sit down. We have faith that the other cars on the road will stay in their lane when we drive (at least most of the time). Without any faith, most of us would stay in bed with the sheets pulled up over our heads. Faith is a part of life.

Further on, the book of Hebrews gives us a list of the heroes of the faith. It talks about Noah, Abraham, Moses, David and others who trusted God in the midst of difficult situations and were able to enjoy the blessings that came from it. That is what sets the heroes of the faith apart from the rest of us. The heroes trust God to provide when everything else makes the situation look hopeless. They are "certain of what we do not see."

It reminds me of a story I heard about a tight rope walker. He had strung a rope high above the ground between two buildings in a busy city. A crowd gath-

ered to see his performance and they were amazed to see him walk forward and backward across the rope with apparent ease. He asked the crowd if they thought he could walk the rope with a wheelbarrow full of rocks. Some were skeptical but most thought he could do it.

He went to one of his most vocal supporters and said, "OK, instead of rocks, why don't you get in the wheelbarrow." The man looked up at the wire and how high it was above the street, turned to the performer and said, "No."

Even though he was sure that the walker could make it safely across with a load of rocks, he was not willing to place his own life on the line. In the end it was shown that his faith in the tight rope walker was simply enthusiasm for the show.

Often, that is how it is with our faith in God. We stand from the sidelines and say good things about God. When things are

going well and our feet are safely on the ground we thank God for the blessings in our lives.

We may even encourage our friends to trust him in difficult times but when the going gets tough in our own lives, when trusting in God involves some risk to us personally, we are much more skeptical. We say, "Lord, you want me to do what? I don't think so."

This is not faith, it is enthusiasm. God wants us to trust him. He wants us to be willing to get into his wheelbarrow. He does not simply want us to be enthusiastic about what he says; he wants us to trust him with our lives. It is then that we can join the heroes of the faith in understanding just how great his provision can be. As the book of Proverbs tells us, "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight." (Proverbs 3:5-6)

## Ugly Angels Change of Command



Lance Cpl. Geoffrey T. Campbell

Lieutenant Col. Brian W. Cavanaugh relinquishes command of Marine Heavy Helicopter Squadron 362 'Ugly Angels' to Lt. Col. Jeffrey A. Hagan during a change of command ceremony outside Hangar 101 here. Cavanaugh is going to his next duty station at Quantico, Va. Hagan is coming from Marine Aircraft Group 26.

## Weekend weather outlook

### Today



**Day** — Mostly sunny, with a high near 81. Southeast wind around 11 mph.

**Night** — Mostly clear, with a low around 65. North wind 7 to 9 mph becoming west.

**High — 81**

**Low — 65**

### Saturday



**Day** — Sunny, with a high near 80. South wind 10 to 13 mph becoming east.

**Night** — Mostly clear, with a low around 65. South wind 7 to 10 mph becoming west.

**High — 80**

**Low — 65**

### Sunday



**Day** — Mostly sunny, with a high near 80. South wind 10 to 13 mph becoming east.

**Night** — Mostly clear, with a low around 63. East wind around 10 mph.

**High — 80**

**Low — 63**

Weekend weather outlook provided by <http://www.noaa.gov>

## Hawaii MARINE

[www.mcbh.usmc.mil](http://www.mcbh.usmc.mil)

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Private First Class Joseph Pearson, middle, personnel clerk, Installation Personnel Administration Center, Headquarters Battalion, participates in a SAF training event Saturday next to the Military Police Department here.



Lance Cpl. Jeremy Johnson, pay clerk, IPAC, Headquarters Battalion, closes his eyes as he is shot in the face with oleoresin capsicum spray Saturday.

# Sweat and Tears

## Marines, Sailors get sprayed with OC

**Lance Cpl. Alesha R. Guard**  
*Combat Correspondent*

Snot. Sweat. Tears. Ten Marines and Sailors took oleoresin capsicum spray directly in the face during a training event Saturday at the softball field next to the Military Police Department here.

The OC spray completed their weeklong Security Augmentation Force training. Commands here sent Marines and Sailors to the annual training, certifying them as part of the base SAF.

"The Security Augmentation Force is an available augment for the Military Police in case of a threat or incident like 9/11 on base," said Sgt. Ryan Conner, training chief, Military Police Department. Throughout the week, service members trained

in anti-terrorism tactics, weapons handling, riot control, pistol qualification and numerous other classes to certify them as base SAF.

With an intense week of training completed, the Marines and Sailors awaited their most challenging event, the OC spray.

"There's nothing that's going to make it go away any faster," explained Sgt. Matthew Follansbee, patrol supervisor, MPD. He explained that OC spray is a chemical compound that irritates the eyes, causing tears, pain and even temporary blindness.

"Don't touch your face or rub your eyes," Follansbee said. "Just keep blinking. The more intense and in control of each situation you are, the sooner I'll let you move on to the next station."

He explained that after getting sprayed, each participant would have to take control of different simulated situations at four different stations.

Corporal Jessica Wildman, meteorological observer, Marine Corps Air Facility, began the course facing away from Follansbee. When ready, she turned around, squeezed her eyes shut and held her breath for the spraying.

"The spray felt like getting gasoline poured on your face and then lighting a match to it," Wildman said.

After the spray, she charged to the first station where two Marines attacked her sides with punching mats.

"Get back! Get back!" Wildman barked, as she punched one attacker and body checked the other. The attackers kept coming though, forcing her to wear them out.

"Loud verbal commands!" Follansbee yelled. "Remembered to stay in control of the situation! . . . Next station!"

Wildman strained to open her bloodshot eyes to find her next target. As she ran to the next station, the attacker braced himself for the blow. This station was punches only.

"The hardest part was keeping your eyes open long enough to find your targets," Wildman said.

After throwing punches, Wildman charged the next attacker, where the only defense allowed was knee thrusts.

"Get back!" Wildman yelled, as she continuously kned the attacker.

By then her face was visibly red and inflamed. As she ran to the last station, she had to find the baton in the grass before pushing her attacker back with it.

While jabbing one attacker, another came up from behind her and tried to take her pistol.

"Get down!" Wildman yelled, whipping around to face the other attacker. "Look away from me! Hands behind your back!"

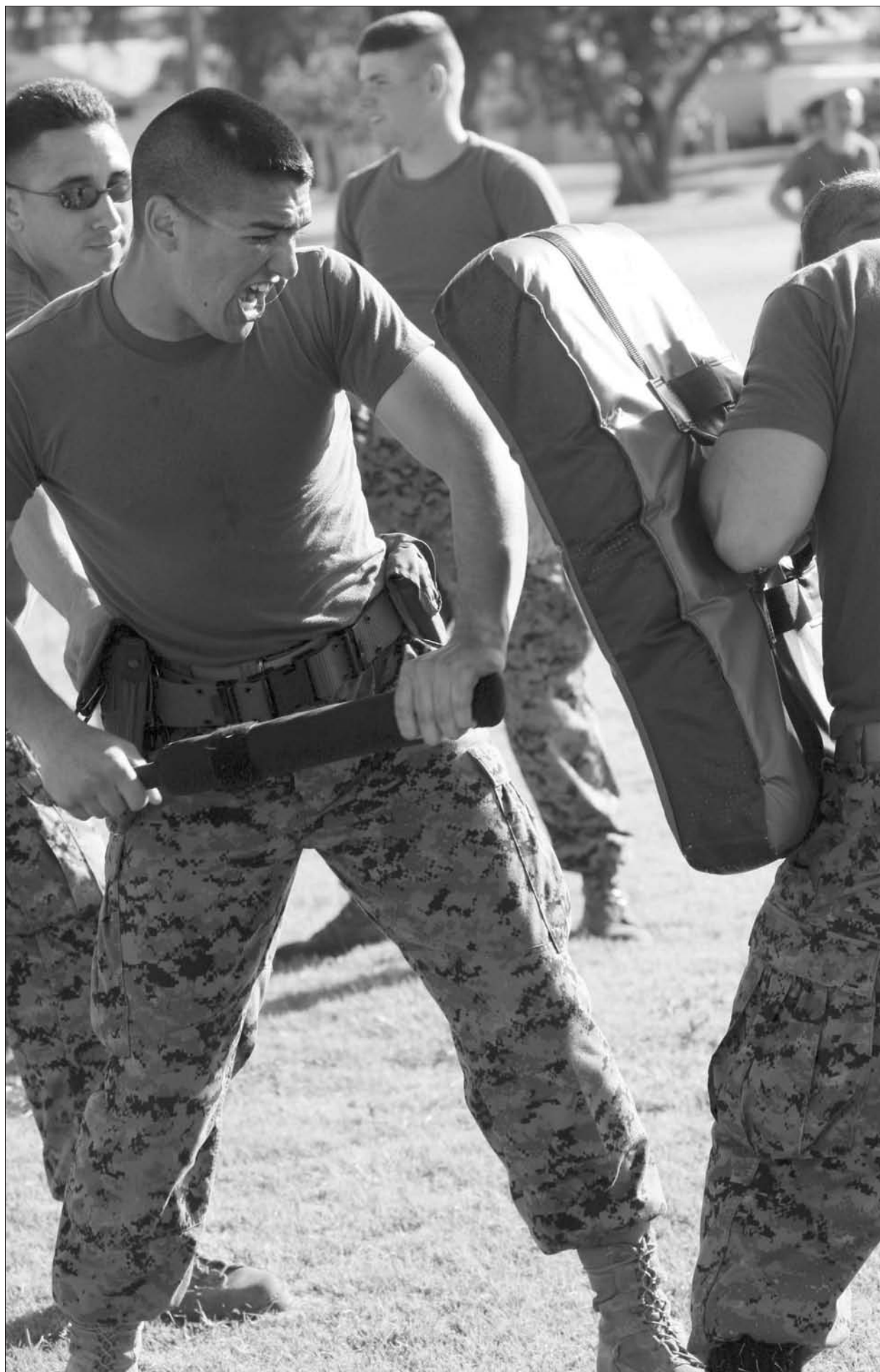
After completing the course, Wildman joined her classmates, who were trying to cool their faces in the shade.

"The worst part of the spray was the first two or three hours," Wildman said. "The effects weren't as strong after that, but lasted about a day."

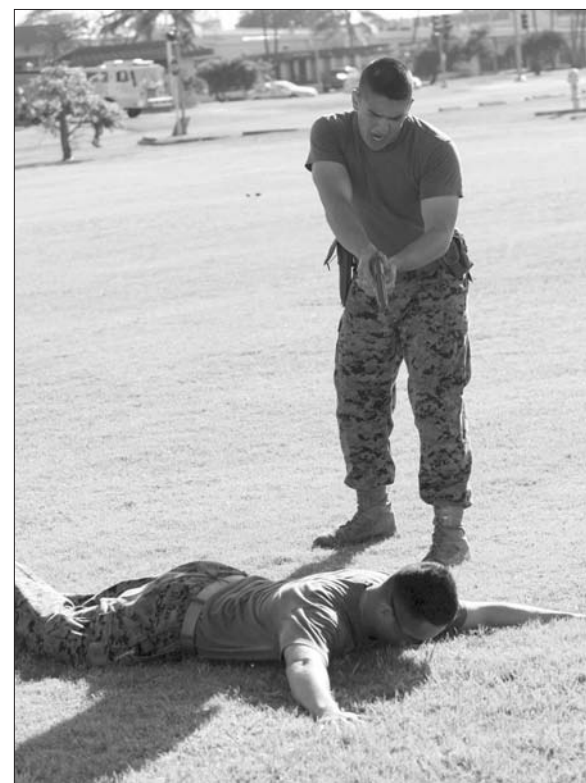
Connor said it's important for the Marines and Sailors to get sprayed with the weapon they will now be allowed to carry when attached to the SAF.

"To be allowed to carry OC, they need to see the effects of it firsthand," Connor said. "And if they get sprayed with it themselves, they now know they can fight through it."

All 10 service members completed the final test, and are now a part of the 78 SAF personnel here.



Lance Cpl. Cesar Valdezcarraza, outbound clerk, Command Service Support Group 3, hits an attacker with a baton during a training event Saturday, as part of the Security Augmentation Force qualification.



Valdezcarraza subdues an attacker.

Photos by Lance Cpl. Alesha R. Guard

# Pegasus deploys to Republic of Korea

**Lance Cpl. Robert C. Frenke**

*MCB Camp Butler*

**MARINE CORPS AIR STATION FUTENMA, OKINAWA, Japan** — Marine Heavy Helicopter Squadron 463, Marine Aircraft Group 24, 1st Marine Aircraft Wing, based at Marine Corps Base Hawaii and temporarily operating on Okinawa, deployed to Naval Air Station Pohang, Korea, Feb. 21, in support of Exercise Freedom Banner. The squadron is scheduled to return at the end of March.

Their mission is to teach Republic of Korea Marines how to conduct helicopter missions, which involves providing transportation of troops, supplies and equipment during operational exercises and training.

“The purpose of the operation is to teach ROK Marines about helicopter procedures, operations and their abilities,” said Staff Sgt. Joseph R. Hilliard, the chief of staff personnel for HMH-463. “The training will keep Marines ready, and help improve relations with ROK Marines.”

Helicopter mechanic Cpl. Dennis Daniels said Freedom Banner will benefit Marines who have never deployed before.

“It’ll be a good experience for the younger guys,” Daniels said. “When you’re deployed, everything steps up a level. There are more flights, which means they’ll get more experience.”

Many of the Marines will face a couple of challenges they have not encountered before their deployment, according to Staff Sgt. Terrance L. Underwood, HMH-463 corrosion control chief.

The harsh Korean climate presents HMH-463 with the greatest obstacle during aviation missions, Underwood said.

Extreme cold can have a serious impact on air operations. It can prevent air operations in extreme cases and complicate them by impacting turnaround times of aircraft, aircraft maintenance, refueling and ammunition loading.

## **WARRIOR, from A-1**

sharper than they were before.”

After graduating MCT, Cox reported to Marine Corps Detachment, Fort Lee, Va., for training as a food service specialist.

Upon completion of his training, he reported to 2/3. The soft-spoken Marine served a tour in Afghanistan in support of Operation Enduring Freedom from June 2005 to January 2006.

From September 2006 to January 2007, Cox deployed to Iraq in support of Operation Iraqi Freedom.

“He volunteered to serve with full knowledge that the nation was fighting a Global War on Terrorism,” White said. “That he willingly served our great country speaks volumes of his service and many others like him. We came here to collectively pay respects to our fallen comrade-in-arms, Pfc. Cox.”

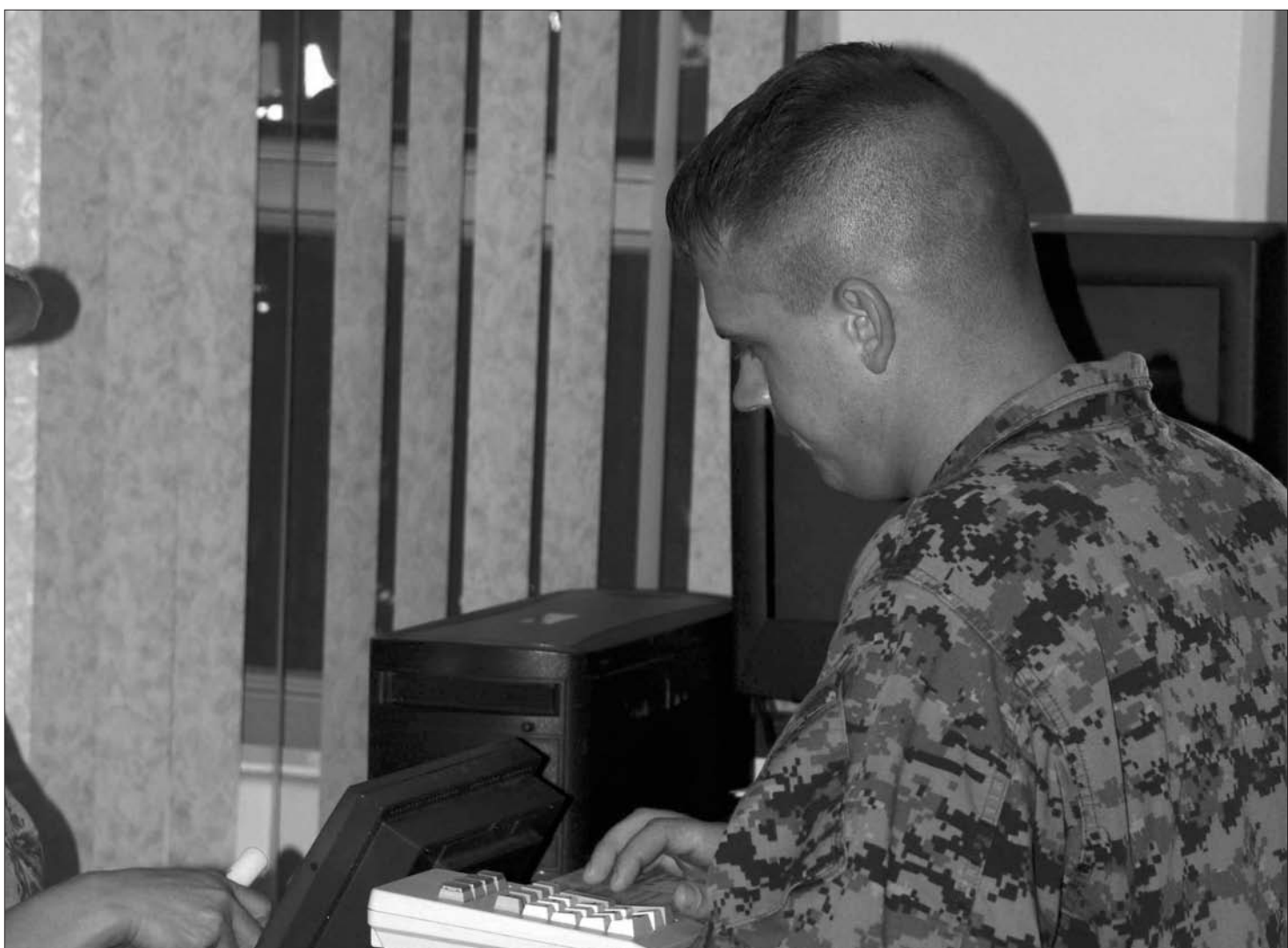
Many Marines around the regiment knew Cox and thought he was a good Marine.

“[Cox] was a great guy,” said Staff Sgt. George P. McGinn, equal opportunity representative, 3rd Marines. “He was quiet, but very respectful. He would always say, ‘Good afternoon, staff sergeant,’ or ‘Good morning, staff sergeant,’ whenever he passed by me. He was good to go in my books.”

The Corps is a fighting force whose history exemplifies its performance in battle. The Corps gives its Marines opportunities in life.

“Not many men get the opportunity to do great things in life,” White said. “We, as Marines, don’t worry about those opportunities. Cox is a great Marine. He will be missed by everyone who knew him.”

Cox’s awards and decorations include a Combat Action Ribbon, two Sea Service Deployment Ribbons, an Iraqi Campaign Medal, an Afghanistan Campaign Medal, a Global War on Terrorism Service Medal, a National Defense Medal, and a Navy Meritorious Unit Commendation.



Lance Cpl. Achilles Tsantariotis

**A Marine enters his common access card password into the computer system at Anderson Hall, here. Marines using their CAC card on leave are defrauding the government, punishable under the Uniform Code of Military Justice.**

## **LEAVE, from A-1**

you on leave, not pocket the money while eating for free at the mess hall.”

Yantosca said every Marine who attempts to benefit from the allotted money will definitely be caught, because something unique to MCBH is 100% audit by the base’s Installation Personnel Administration Center.

“What Marines need to do,” Yantosca explained, “Is let the cashier know they’re on leave status and pay the cost

of the meal. Frauding the government is illegal, and using the CAC card to save a couple of dollars is fraud. You will get caught and punished.”

While the computer system acknowledges if the Marine is on compensation rations or not, it’s still on a two-week delay and therefore doesn’t realize whether the Marine is on leave status or not, said Chief Warrant Officer 2 Dave Gilberts.

“We’ll send a letter to their chain of command once the Marines show up

flagged,” said Lance Cpl. Erwin Gregorio. “It’s up to their unit’s discretion what the consequences are. The thing is, it’s always the same Marines, and they create a lot more work for us and IPAC to do because they’re being greedy.”

Yantosca advises Marines to reconsider trying to ‘game the game.’

“Do what Marines are supposed to do,” Yantosca said. “Do the right thing – because eventually you’re going to get caught.”

## **GOODMAN, from A-1**

role modeling and education.”

Although the conference catered to the EOAs, some EORs felt the conference benefited them as well.

“It’s a necessary conference,” said Gunnery Sgt. Roland Hamilton, EOR, Marine Aircraft Group 24. “It ensures we are all on the same page and ensures the program runs effectively.”

The theme for this year’s conference focused on “Diversity and cultural competency and its impact on the commander’s EO program.”

“Understanding the dynamics of respecting and valuing differences and interacting effectively with people of different cultures and how it directly impacts a positive command climate will be the major

takeaways for the advisors at this year’s conference,” said Master Gunnery Sgt. Larry Murphy Jr., EOA, MarForPac, before the first day began. “Our goal is to highly qualify the advisors to enhance their commanders’ EO programs.”

One aspect the EOAs focused on was behavioral conditions, which adversely affect the Corps’ position in Iraq.

“Adverse behavior can’t and won’t be tolerated,” Goodman said. “This is an important conference in an important time in the Corps. The most important thing we do in Iraq is our actions in the field. Your job as EOAs is to find a way to find Marines who need help and to council commanding officers on how to help them.”

Each day Marine representatives from around the

Corps listened to their compatriots share experiences from their stations around the world.

“We have all 37 EOAs here for the conference,” Murphy said. “We hope that through the conference, the Marines will glean as much information as possible and receive the opportunity to give their commanders good information.”

Since there are only 37 EOAs in the Marine Corps, some Marines receive the collateral duty of EOR to assist EOAs in their work.

The EOAs mainly advise base commanders, while EORs deal mostly with company and squadron commanders, said Gunnery Sgt. Tracey Nicholson, EOR, Headquarters Company, Headquarters Battalion, MCBH.

“When [OERs] write

their reports, we send them to EOAs and they forward them further up the chain of command,” Nicholson said.

After Goodman finished talking about recent events, he thanked the Marines for giving him the opportunity to speak with them and commented on how they may have one of the most difficult jobs in the Corps.

It is difficult to define behaviors and traits that can be abnormal,” Goodman said. “It is also difficult to get leaderships aware of problems, but you all play a role in commands in making units effective. Thank you for letting me come in and talk. These conferences are always interesting. Those who attend with a good attitude will leave here with something.”

# No more warnings for MCBH K-Bay motorists

**Lance Cpl. Achilles Tsantarliotis**  
*Combat Correspondent*

Driving along Mokapu Road listening to the radio, suddenly a ringing is heard over the radio and the immediate response is to answer it ... right?

Wrong.

Marine Corps Base Hawaii implemented new regulations regarding cell phone use and other traffic violations months ago, yet, many motorists are ignoring warnings and the traffic court here has had enough of it.

"There's no driving and talking on the cell phone, hands-free or not, period," said Sgt. Maj. Erik Shirreffs, battalion sergeant major, Headquarters Battalion. "If you're caught, it's 30-days suspension of driving privileges and a mandatory driver remedial safety course."

Shirreffs, along with the rest of the base, is doing everything necessary to ensure the message of safety is a priority, and that motorists take the regulations seriously.

"We need to team up," Shirreffs said. "We already told them this was going to happen - now we get to say, 'we told you.' We take this very seriously because someone is going to get injured, and we'll do everything we can to prevent that."

Until the recent change in traffic regulations, MCBH was the only military installation on the island that granted use of cell-phones while operating a motor vehicle as long as a hands-free device was used.

"They didn't appreciate the privilege they had,"



Lance Cpl. Achilles Tsantarliotis

**Sergeant Maj. Erik Shirreffs, battalion sergeant major, Headquarters Battalion, revokes driving privileges from a motorist for talking on his cell phone. The Marine Corps Base Hawaii community has been warned these regulations need to be taken seriously.**

Shirreffs said. "So we followed suit and banned all use of cell-phones."

Shirreffs said despite countless attempts to warn and relay the new regulations to the MCBH community, people are still dismissive of the rules and will be caught.

"We had a [staff noncommissioned officers] primary military education meeting," Shirreffs explained. "And I had placed different groups throughout the base just to count how many violations they saw and write the number down. Needless to say, there were hundreds of traffic violations."

A majority of the incidents on MCBH involve

unaware motorists talking on cell phones and bordering on reckless driving, said Cpl. Andres Reyes, military policeman, Military Police Department.

"What it boils down to is, people driving and talking on the cell phone are not as aware," Reyes said. "With all the accidents that have happened, you'd think people would get the message. Just don't do it, it's unsafe and it's a rule."

Shirreffs said that not unlike someone driving along the highway and slowing down or correcting themselves as they approach a police car, people are pulling the same stunt with the Military Police; putting

their phone down as they pass a patrol car.

"If you're driving a police car, then there's no problems concerning traffic violations," Shirreffs said. "The problem is that in every other car you see people breaking the rules habitually. The [Military Police] realized this though, and I think they had placed a patrolman on a bike near an intersection once, and as he saw people talking on the phone he would radio to a car and have them pulled over."

So next time the phone rings, pull over and talk. Don't try to be sneaky and attempt to get away with it because it's not only careless, it's a rule.

*STREETS, from A-1*

nated to sweep areas for caches because he was the first one in his squad to use the detector and didn't mind carrying it while on patrol with him.

"I actually liked it when they made each of us try using it, so I volunteered to be the one to carry it on patrol," he said. "My squad hasn't actually found a cache yet, but different squads in the company are finding them, which is a good thing because they're getting them off the streets, so the insurgents can't use them against us."

The sweep also gave the Marines a chance to interact with the local Iraqi population, to get to know them better as well as the area.

"When we're out there talking to the Iraqis, it shows them that we're just not out there to be out there," said the 23-year-old Lopez, a native of Austin, Texas. "When we're walking through the streets, we'll take the time to talk to them, to see how they're doing, and to see if they need anything because it shows them that we're here to help."

The Hawaii-based Marines are currently maintaining security in the region and working hand-in-hand with local Iraqi security forces to bring more stability to the local peoples' lives.

**BEFORE YOU TAKE IT OFF, THINK ABOUT HOW WELL IT FITS.**

**U.S. MARINES**

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**ONCE A MARINE. ALWAYS A MARINE.**

**MARINE RESERVE**

# AROUND THE CORPS

## Sisters of Fallujah help to protect city

**Sgt. Nathaniel C. LeBlanc**

*1st Marine Division*

**FALLUJAH, Iraq** — It has become desperate times for the insurgents in al Anbar province. Backed up against the ropes and badly beaten, they're trying to resort to any dirty trick they can come up with ... even if it means sneaking bomb-making material with women and children past the Coalition and Iraqi forces' security.

These tactics have proven to be futile thanks to the brave women known as the Sisters of Fallujah who selflessly help protect their city and stop any insurgents' attempt to harm their community.

The Sisters of Fallujah, a program started Dec. 15, has local women working alongside Marines and Iraqi Police at each Entry Control Point, which allows inbound traffic and people into the city. They're at the forefront of the community's defense, searching every woman, child and their belongings. They look for any suspicious items that could possibly be bomb-making material or pose a threat such as copper wires, washer machine timers, electronic devices or even large sums of money.

In the past, Marines and Iraqi Police could not search the women due to the cultural barrier where men are prohibited to touch women. The women were even able to stay in their vehicles while the men were searched. This created a gap in the city's security. But with the Sisters of Fallujah stepping up and doing their part for the community, they have overcome such barriers.

"We all want to help our city," said 43 year-old "Sarah" a Sister of Fallujah, who uses a pseudonym to protect her name and family. "We are doing this job because we want to help our country, our people, our husbands and to make Fallujah a safer city in the world."

"Sarah" like many other Sisters of Fallujah is a resident of Fallujah and a working mother. She works every week, two days on, two days off, with a salary of \$500 a month. She has seven children and hopes to one day build a new home for her family.

"My husband likes that I'm working here," she said. "He knows that I'm helping my people and my country."

These women's sense of family and community, and wanting to keep them safe has made an impact in bringing peace to the region. They have shown their contribution is invaluable.

"The Sisters of Fallujah are very essential to our efforts," said Capt. Waleed Naji Mohammad, Iraqi Police ECP chief. "Before, no one could search the woman. Now with the Sisters of Fallujah, we are able to prevent insurgents from smuggling anything harmful with the women and children. They are doing a good job at keeping the city safe."

Marines, who have deployed to the area in past years, know all too well the frustration of being unable to search women at the ECPs, but have now seen

the changes made by the Sisters of Fallujah.

Lance Cpl. Arthur Austin, an Eagle Grove, Iowa native, who had deployed to the al Anbar province in 2006, and is currently back as the guard with weapons platoon, Company K, 3rd Battalion, 5th Marine Regiment said, "There was an uneasiness of being unable to search the women. We weren't able to provide that complete security. Having the Sisters of Fallujah around, it has improved quite a bit. It's nice to see that they want to make a difference."

The Sisters of Fallujah's program has proven to be successful, and has shown even Iraqi women have a place in the fight against insurgency and henceforth there will always be a sentry standing her post, from the time the gates open and until they close, who is proud of her country and her people.



Sgt. Nathaniel C. LeBlanc

A Sister of Fallujah searches a woman's bag of canned tomatoes at Entry Control Point 1 in Fallujah, Iraq. She searches every woman, child and their belonging at the ECP before entering the city, looking for suspicious items harmful to the public such as bomb-making material.

# Hawaii MARINE LIFESTYLES

HAWAII MARINE B SECTION

WWW.MCBH.USMC.MIL

MARCH 7, 2008



Photos by Lance Cpl. Achilles Tsantarliotis

Honolulu's Ice Palace is an indoor ice skating rink that hosts just about every known ice sport, from hockey to figure skating. The rink also hosts a hockey league to get people involved in a new sport or a sport they haven't participated in a long time. For more information visit <http://www.icepalacehawaii.com> or call 487-9921.

## Ice Skating on Oahu

### Rink provides uncommon fun in tropical climate

**Lance Cpl. Achilles Tsantarliotis**  
*Combat Correspondent*

Some sports and activities are out of reach in a tropical paradise because of ...well... the tropical climate of Hawaii.

While snow sports like skiing, sledding and snowboarding are still unable to be offered, some winter associated activities are available thanks to modern technology and a strong sense of drive to offer the people of Hawaii something normally unavailable.

And that's thanks to Honolulu's Ice Palace.

The Ice Palace offers every activity associated with skating rinks, from figure skating, skating lessons and league hockey.

"We've been open since 1982," said Ice Palace general manager John Beck. "We thought it would be fun to offer a skating rink to people who wouldn't normally get the chance or opportunity to. Hawaii isn't a typical place for a skating rink and we wanted to introduce that."

The rink is a family-fun oriented establishment, Beck said, and features various family events, from group lessons to children's birthdays, for a memorable and fun experience.

"We've been coming here for three years," said Isabelle Lechner, a patron and mother of two ice skaters. "The girls have been taking

lesson for about two years, and they loved it from the beginning. They enjoy the combination of the music, the sport of it and the artistic nature of figure skating."

For those from the colder states who haven't had the option of playing hockey for awhile, the Ice Palace also offers a hockey league all year for adults and children.

The Ice Palace also hosts two figure annual skating competitions, and has been visited by Olympic ice skating athlete Kristi Yamaguchi numerous times.

"We've had a lot of people come out," Beck said. "Once a year professional hockey players from across the world will come for a fundraising hockey game, and Yamaguchi also shot her first few commercials here."

As the only rink in Hawaii, the closest place besides the Ice Palace is roughly 2,500 miles away, Beck said.

"It's pretty amazing," said Ken Loloahu, a six-year patron and regular hockey player. "It's incredible that they offer this place here and I take full advantage of that opportunity. I kind of compare it to one of those indoor beaches with wave machines you know, it's definitely a luxury of modern times."

People interested in revisiting childhood memories or trying something new can visit <http://www.icepalacehawaii.com> or call 487-9921 for more information.



Eleven-year-old Leslie Lechner practices her ice skating moves at Honolulu's Ice Palace. Lechner has skated for three years.



Skates are available to patrons and are included in the price of admission at the Ice Palace in Honolulu. The Ice Palace provides various activities and events.



A mother guides her son on the ice rink at Honolulu's Ice Palace. The rink provides learning tools to help familiarize beginners with the fundamentals of skating and boasts a 'family fun' experience by hosting events like birthday parties.

# PASS IN REVIEW

## Combat choices studied in book on Naval history

Ray Rippel

Special to Hawaii Marine

Every warrior who deploys into a combat zone will face a critical decision similar to the one at the center of Marcus Luttrell's "Lone Survivor: The Eyewitness Account of Operation Redwing and the Lost Heroes of SEAL Team 10." The alternatives may not be as desperate and the risks so great, but wrestling with difficult ethical problems is as much a part of warfare as anything we do — especially in a counter-insurgency. The skills to solve those problems come from the same source as any battlefield skill: relevant and realistic training. Reading this book should be part of that training.

Retired Petty Officer First Class Luttrell, with co-author Patrick Robinson, builds nearly 400 pages around one decision on a mountainside in Afghanistan. Luttrell's SEAL team is hidden there, observing an Afghan village that's harboring a known Taliban leader, when they're stumbled upon by three goat herders, one a young boy. The herders speak no English, are unarmed, and

almost certainly will alert the heavily armed, 150-man Taliban force operating in the area — if given the opportunity to do so. Extraction by helicopter is at least a couple of hours away (even if they could reach someone by radio, which they can't) and the terrain is barren and unfamiliar. The choices are two: attempt to evade a numerically superior Taliban force that has home-field advantage — or kill the civilians. The team, after an impassioned (and, to my mind, troubling) discussion decides against killing the herders.

These facts, alone, are compelling; what elevates Luttrell's book from an interesting story to required reading is something unusual in a memoir: context. Before we're done we understand what would motivate a young man to become a Navy SEAL, the training and hardship he'll endure to qualify, and the tactical decisions that led to Operation Redwing. We also come to appreciate the full range of consequences of allowing the herders to walk away from their encounter with the team, from the immediate aftermath on the battlefield to the living rooms of the families who lose their loved ones (whom, to Luttrell's credit, he visits).

The immediate consequence of their decision is a firefight with nearly 100 Taliban fighters, and Luttrell's verisimilitude in describing the battle is captivating:

"And the battle raged on. The massed, wild gunfire of a very determined enemy against our more accurate, better-trained response, superior concentration, and war-fighting

know-how. Once more, hundreds of bullets were ricocheting around our rocky surroundings. And once more, the Taliban went to the grenades, blasting the terrain around us to pieces. Jammed against rocks, we kept firing ..."

SEALs may be the masters of stealth, but there's nothing subtle about Luttrell's prose. He's in your face right from the beginning, and stays that way. Members of Special Operations Command (an organization of which I was a member for a number of years) usually pride themselves on being quiet professionals. Luttrell's arrogance and over-the-top descriptions of his own capabilities will rub some readers the wrong way. I wrote it off by allowing for his youth, and by remembering Dizzy Dean's famous observation: it's not bragging if you can do it.

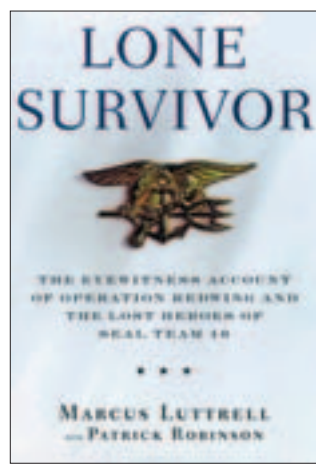
The arrogance may be excusable, but I'm less inclined to defend how they came to the decision to release the herders. An examination of that process — as an example of how not to do things — could be the centerpiece of a training session that discusses battlefield ethics and decision-making.

Don't get me wrong; I think they made the right choice at the time. What is profoundly disturbing, though, is that there was apparently no discussion of the Law of Land Warfare, the rules of engagement, or any other relevant principles upon which to base the decision. Instead, we get a political debate about "liberals" and worries about the media and courts-martial. Which brings me back to why I think this book should be required reading for deploying personnel.

Every troop that serves in Iraq or Afghanistan for more than a few weeks will face some ethical dilemma — guaranteed. It may involve money, a detainee, or a person of the opposite sex. Or it might involve a matter of life and death. It's abundantly clear to anyone who reads the newspaper, or has spent a substantial time in theater, that we sometimes do a poor job of properly preparing our troops to make those decisions.

Proper preparation includes not only knowing the rules, but knowing how to apply them. Just as every patrol rehearses techniques to cross danger areas on terrain, there should be rehearsals (integrated into collective training) for crossing ethical danger areas. Good decisions in the field don't come without good training in garrison.

Regardless of the process, the heroes of Operation Redwing made the right choice and fought valiantly when faced with the results. It's clear that one of Luttrell's purposes is to honor his fallen comrades; in this he succeeds magnificently. SEAL Team 10 did the right thing, regardless of personal cost. That's a standard we should all hope to attain.



## Better Know A Critic

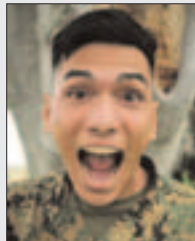


CABALO

**Random 3 from top 10 movies**  
X-Men, The Empire Strikes Back, Stardust

**A favorite movie quote**  
"You seem like a decent fellow — I hate to die."

**Favorite male/female actor**  
David Tennant, Sarah Michelle Gellar

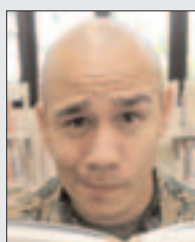


deBREE

**Random 3 from top 10 movies**  
Teenage Mutant Ninja Turtles 2: The Secret of the Ooze, Jaws, Indiana Jones trilogy

**A favorite movie quote**  
"You're gonna need a bigger boat."

**Favorite male/female actor**  
Al Pacino, Natalie Portman



FAYLOGA

**Random 3 from top 10 movies**  
Paper Moon, Rocky, Forrest Gump

**A favorite movie quote**  
"What we've got here is failure to communicate."

**Favorite male/female actor**  
Dustin Hoffman, Zoëy Deschanel



GRIFFIN

**Random 3 from top 10 movies**  
Salt on Sea, The Professional, Goodfellas

**A favorite movie quote**  
"You can take away our cell phones and you can take away our keys, but you can't take away our dreams, because we are sleeping when we have them."

**Favorite male/female actor**  
John Malkovich, Scarlett Johansson

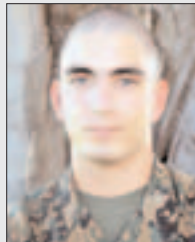


GUARD

**Random 3 from top 10 movies**  
Amelie, Last of the Mohicans, Star Wars

**A favorite movie quote**  
I don't know quotes.

**Favorite male/female actor**  
Johnny Depp, Natalie Portman



MARION

**Random 3 from top 10 movies**  
Flags of Our Fathers, Scooby Doo and The Witch's Ghost, Resident Evil

**A favorite movie quote**  
"Hail to the king, baby."

**Favorite male/female actor**  
Bruce Campbell, Milla Jovovich



MORA

**Random 3 from top 10 movies**  
It, Beetlejuice, The Science of Sleep

**A favorite movie quote**  
"How happy is the blameless Vestal's lot! The world forgetting by the world forgot: Eternal sunshine of the spotless mind! Each prayer accepted, and each wish resigned."

**Favorite male/female actor**  
Jim Carrey, Kirsten Dunst



RUISI

**Random 3 from top 10 movies**  
Edward Scissorhands, Amadeus, The Princess Bride

**A favorite movie quote**  
"With enough courage you can do without a reputation."

**Favorite male/female actor**  
Johnny Depp, Helena Bonham Carter



TSANTARLIOTIS

**Random 3 from top 10 movies**  
Blow, Scarface, Borat

**A favorite movie quote**  
"This is Sparta!"

**Favorite male/female actor**  
Brad Pitt, Lena Headey



## 'Assassination' gives audiences shot of history

Famous robber's death unleashes insights to his life, legacy

Ken Griffin  
Managing Editor

Is Brad Pitt believable as Jesse James? He's a great actor, but that's the distracting question I kept asking myself through "The Assassination of Jesse James by the Coward Robert Ford." Maybe if director Andrew Dominik had worked in a little more of the robbery and gun-fighting Jesse James was known for, it would've helped make Pitt's portrayal a little more believable.

But this is not an action film, and I accept that. It's a history film, an art film, a great film,

but not an action film. The few action scenes we see are like punctuation marks in a long essay ... but the movie works anyway.

Jesse James is one of the most enigmatic figures from the Old West, if not all of American history. For more than a decade, James, his brother Frank (Sam Shepard) and their gang terrorized Missouri and nearby states, robbing individuals, stage

coaches and trains. For as long as I can remember, I've known James was shot in the back by a coward he called a friend.

What I didn't know was that the coward was named Robert Ford (Casey Affleck), or really much else about the

personal life of James. "The Assassination" takes us through the final chapter of his life. That chapter doesn't end at James' death. The movie continues that chapter for a period afterwards, and I like to think it extends in the imagination of American children everywhere.

Knowing how a movie ends is a downer for some people, but sometimes learning how we get to the end is great entertainment. It's not easy to take such a well-known figure and story and transfer it to the big screen.

Dominik does so, seemingly without a hitch. His use of color, inventive shots, original scenery equates to art. Combine that with fine performances, and you have a movie worth watching twice.



## Quick Hit 'Doctor Who' Series Three DVD

3/4: On target

The BBC is just in time with its third season DVD release of British sci-fi series, "Doctor Who." David Tennant is back playing "The Doctor," a heroic alien who finds adventures through time and space. Fans may miss formerly regular characters from last season, yet Tennant's portrayal makes watching enjoyable.

Viewers have access to all insider content previously available just to British fans, including behind-the-scenes interviews with Tennant and show runner Russell T. Davis. Easter egg extras are abundant, and most notable is the 5-minute video featured in horror episode "Blink." Have fun puzzling over The Doctor's mysterious one-sided conversation and eerie warning not to blink. Funny extras and teasing plots make this release just what the doctor ordered.

- Cabalo



## TALK\* STORY

When politicians announce they're running for president, voters and reporters bombard them with questions to find out how they'll lead: What's your defense strategy? What should we do about healthcare? What pet would have in the White House?

We decided to turn the tables and ask people:

**If you were elected president, what would be the first thing you'd do in office?**

\*[tòk stòreɪ] Hawaiian slang for an informal, lengthy conversation. Often used as a method to bond, or a good way to kill time.



I would approve raising pay for all of the Marine Corps. We have the smallest amount of funds among all the branches of service.

- Sgt. Nathaniel Brooks



"The first thing I would do is get rid of gas and convert everything to corn oil. We need to switch over to renewable fuels as soon as possible."

-Chief Petty Officer 2nd Class John Harris

"Securing the borders is top priority. We need to make sure people don't try to illegally enter the U.S."

-Estrella Carpenter



## A different type of feline friend



Lance Cpl. Bryan Eberly

Sergeant Ashley M. Lorenc, a 25-year-old administration clerk with the 9th Marine Corps District, from Derby, Kan., snuggles with her Yukon lynx, Kisa, at her home in Kansas City, Mo. Lorenc has taken care of the 16-month-old, 21-pound bobcat since the cat was only five weeks old and weighed less than one pound. Their relationship is described as that of a mother and child.

## A Day in the Life

**Lance Cpl. Achilles Tsantarliotis**  
Combat Correspondent

*Editor's note: A Day in the Life highlights military occupational specialties and Department of Defense jobs throughout the Marine Corps. This series gives appreciation to the thousands of service members, DoD employees and civilians who make Marine Corps Base Hawaii and installation of excellence.*

Planning upcoming events almost always revolves around the weather. Try being a pilot.

Fortunately, the weather is constantly tracked and forecasted thanks to meteorologists and oceanographer Marines.

"I came into the Marine Corps trying to get something in aviation operation," Tyx explained. "When I was told I'd be in the meteorologist and oceanography field I thought it'd be a lot like the weatherman. I had no idea how important it was, especially for the pilots, until I started working."

Tyx said out of military occupational specialty school he was originally an observer, which tracks the weather at the time. Once he became a noncommissioned officer he took the role of a "fortune teller" of the skies, a job with a little more accuracy and science.

"The MOS was set up so that you were an observer before you went back to the school to become a forecaster; it changed a little since then," Tyx said. "I can do my job without an observer working with me, but in no way can I do both ... keeping on top of the warnings and accurately forecasting isn't possible. So we work alongside each other to provide



Lance Cpl. Achille Tsantarliotis

Sergeant Jason Tyx, forecaster, Marine Corps Air Facility, informs the base and air facility on inbound turbulent winds and inclement weather.

the most accurate information possible to pilots and the base."

Tyx explained that part of his job is also informing the base of any serious weather conditions or incoming storms.

"We also inform the base of any inclement weather inbound," he said. "Especially in Hawaii, you can't have people going about their business, training or taking trips when there's a threat coming in. We do what we can to help keep them safe and aware. A lot of the times the skies here will be misleading, so people won't know or will be accustomed to dark overcasts. It's our job to let them

know when it's serious."

Forecasting is a strenuous job that usually requires day-long shifts to accompany the aviator's unconventional hours.

"Right now we're down a few people so we're working 24-hours on and 24 off," he said. "One time in Iraq we were working long shifts and toward the end there was a really bad sand storm with zero visibility. We had to report the condition and while we can't ground aircraft ourselves, what we report usually will indicate flight status. People were upset but we have to do our job."

The forecasting field is a profession that leaves plenty

of room for future job opportunities as well, providing Marines with crucial skills that give them ample choices in the civilian sector.

"I'd like to eventually work for Raytheon," Tyx said. "They have a six month hitch to Antarctica ... that'd be amazing."

Tyx's coworkers share his enthusiasm.

"I like the job a lot," said Cpl. Marcus King, observer, MCAF. "I never knew how much meteorologists did and how they worked with everyone - once I started working, I realized how important it was and how many jobs I'm capable of working in after the Marine Corps."

## 'Wild West' of Pakistan

**Zack Baddorf**

Special to the Hawaii Marine

*(Editor's note: Zack Baddorf is a former Navy journalist and is currently working abroad as a freelance journalist and guest columnist. Baddorf's article exploring anti-American sentiment and the general situation on the ground in Pakistan will be the last Middle East in Brief column in the Hawaii Marine.)*

the border town of Peshawar through the Khyber Pass, to blend in I donned my tailor-made, dark blue shalwar kameez, the Pashtuns' traditional clothing that is basically a loose fitting set of pajamas. On my head, I placed my chitrali cap, a wool hat with a rolled brim, and took off my glasses, a rarity in these parts. I never once doubted my safety.

On my first night near the Afghan border, I spent the evening drinking a locally-fermented vodka and American whisky sitting cross-legged by candlelight with tribal elders, the real powers of the area. We spent the night talking about politics - everyone in Pakistan is a philosopher - and got nowhere.

**PESHAWAR, Pakistan** — In all likelihood, you watch the news and associate Pakistan with Iraq and Afghanistan - suicide bombings throughout the country and militants giving the country an image of extremism, terrorism and lawlessness.

From the Pakistani perspective, while foreign troops don't march through Islamabad as they do in Baghdad and Kabul, Pakistanis by and large feel like the American military is actually occupying their country.

The majority of average Pakistanis I speak with, regardless of age, education or class, shares a commonality: hatred of President Pervez Musharaff and hatred of American foreign policies. (They'll always say, at the end, they don't hate Americans.) Pakistanis, especially in the "Wild West" of the nation's tribal areas, are even quicker to blame American leaders than their own government.

During my visit to Pakistan to report on the country's elections, I spent a few days in the Federally Administered Tribal Areas, commonly referred to as FATA. Prior to passing from

Like other Pakistanis, the tribal men spouted conspiracy theories - Jews evacuated the World Trade Center prior to the 9/11 attacks, President Bush wants to kill all Muslims, and more - but we inevitably talked about the West's foreign policy in Afghanistan. They argued, some in very eloquent English and others in Pashto through their friends' translation, that American troops - actually, the "Americans" include the British, the French, all of NATO - in Afghanistan are only aggravating the situation across the border and here in the tribal areas. They said too many thousands of Afghans and Pakistani tribal people (mostly Pashtuns) have died.

They blame the Taliban, too. One elderly man gnarled his face and put his

**See PAKISTAN, B-5**

## MOVIE TIME

**Prices:** Friday and Saturday 7:15 p.m., shows are \$3 for adults and \$1.50 for children. Sunday matinee is shown at 2 p.m. Shows are \$2 for adults and \$1 for children. Evening showings on Sunday and Wednesday are at 6:30 p.m. and late shows are shown Friday and Saturday at 9:45 p.m. Cost is \$2 for adults and \$1.50 for children.

For ticket pricing, the Base Theater Box Office defines an adult as a patron 12 and older and defines a child as a patron from 6 to 11. Children 5 and younger are admitted free of charge. Parents must purchase tickets for R-rated movies in person at the box office for children 16 and younger. Patrons must present their military identification card when purchasing tickets. 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.

In an effort to prevent piracy, the following security measures will be enforced on base for sneak preview screenings: bag checks, confiscation of cameras or cell phones with picture taking capability (items will be returned after screening), magnetometer wand, audience scanning with night vision goggles during screening.

The Base Theater and film companies thank you in advance for your cooperation and hope you will enjoy the show. For recorded information, call the Base Theater at 254-7642.

The Bucket List (PG13)  
The Great Debaters (PG13)  
First Sunday (PG13)  
Sweeney Todd (R)  
The Pirates Who Don't Do Anything (G)  
The Great Debaters (PG13)  
The Bucket List (PG13)  
27 Dresses (PG13)  
First Sunday (PG13)

Today at 7:15 p.m.  
Today at 9:45 p.m.  
Saturday at 7:15 p.m.  
Saturday at 9:45 p.m.  
Sunday at 2 p.m.  
Sunday at 7:30 p.m.  
Wednesday at 6:30 p.m.  
Friday at 7:15 p.m.  
Friday at 9:45 p.m.

# SPOTLIGHT ON BASE

## WORD TO PASS

### Bingo and PTA Meeting at Mokapu

Mokapu Elementary School's final bingo night is March 14, combined with a general PTA meeting at 6 p.m. in the cafeteria. Bingo starts at 7 p.m., and funds raised through the game go toward the purchase of new cafeteria tables.

For more information, e-mail friendsofmokapu@gmail.com.

### St. Patrick's Day at the O'Club

Join Marine Corps Community Services and 3rd Radio Battalion at the Officers' Club March 14 for a free St. Paddy's Day celebration, with food and drink specials.

For more information, call 254-7650.

### St. Patrick's Day at the SNCO Club

The SNCO Club's St. Paddy's Day celebration is March 14 from 4:30 to 6:30 p.m. The event is free, open to all staff noncommissioned officers and their sponsored guests. Come celebrate with free pupus and drink specials.

For more information, call Lynn Colville at 254-5481.

### Military Academic Skills Program

The MASP program is four weeks of intensive math and English instruction to help service members prepare for college courses, entrance exams and the ASVAB. Approval from your commanding officer is necessary.

For more information, call Maria Fullenwider at 257-2158.

### Spouses' Leadership Series Workshop

Military spouses are invited to "Champion Heart: New Strength for Your Military Life," a seminar by Jacey Eckhart today from 8:30 a.m. to 2:30 p.m. This is an opportunity to reinvigorate your energy and gain new tools for a successful and happy military family. Contact your family readiness officer to register (registration is mandatory).

For more information, call Jocelyn Pratt at 257-2410.

### Celebrating Women Story Program

Visit the Base Library tomorrow from 10 to 11 a.m. for stories of notable women, fun crafts and snacks. The event is open to all military families, sponsored guests and DoD employees.

For more information, call Merri Fernandez at 254-7624.

### Island Tour

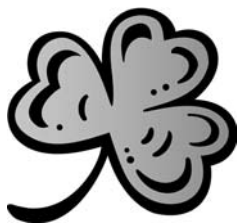
There's an island tour March 14 from 7:30 a.m. to 4:30 p.m., open to all active duty service members and their families. The tour is free, but registration is required. Children must be at least 5 years old.

For more information, call Marine & Family Services at 257-7790.

### Free Summer Camp for Children of Deployed Service Members

Families can sign up for e-alerts from the National Military Family Association regarding summer camps and enrollment. Enrollment for Operation Purple Camps, free summer camps bringing together youth of deployed service members, is March 24 to May 5.

To sign up, visit <http://www.nmfa.org>, and click on "Youth Initiatives."



## ON THE MENU AT ANDERSON HALL

### Friday

#### Lunch

Oven roast beef  
Baked tuna & noodles  
Steamed rice  
French fried cauliflower  
Vegetable combo  
Brown gravy  
Chilled horseradish  
Banana coconut cream pie  
Chocolate chip cookies  
Carrot cake  
Cream cheese frosting  
Vanilla/chocolate cream pudding  
Lime/strawberry gelatin

#### Dinner

Sauerbraten  
Baked knockwurst with sauerkraut  
Scalloped potatoes  
Noodles Jefferson  
Green beans with mushrooms  
Creole summer squash  
Brown gravy  
Desserts: Same as lunch

### Saturday

#### Dinner

Grilled T-bone steak  
Pork chops Mexicana  
Mashed potatoes  
Spanish rice  
Mexican corn  
Peas & mushrooms  
Sautéed mushrooms & onions  
Brown gravy  
Cheesecake with cherry topping  
Fruit nut bars  
Chocolate/vanilla cream pudding  
Lemon/lemon gelatin  
Yellow cake

### Sunday

#### Dinner

Beef pot pie  
Baked ham  
Boiled egg noodles  
Baked macaroni & cheese  
Club spinach  
Cauliflower au gratin  
Cream gravy  
Bread pudding with lemon sauce  
Vanilla cream pie  
Vanilla cookies  
Pineapple upside-down cake  
Vanilla/chocolate cream pudding  
Strawberry/orange gelatin

### Monday

#### Lunch

Teriyaki chicken  
Salisbury steak  
Mashed potatoes  
Steamed rice  
Simmered carrots  
Simmered lima beans  
Brown gravy  
Chicken gravy  
Pumpkin pie  
Chocolate cookies  
Easy choc. cake with chocolate butter cream frosting  
Vanilla/chocolate cream pudding  
Strawberry/raspberry gelatin

#### Dinner

Roast turkey  
Hungarian goulash  
Wild rice  
Parsley buttered potatoes  
Green beans with mushrooms  
Simmered corn  
Brown gravy  
Chicken gravy  
Desserts: Same as lunch

### Cherry/lime gelatin

#### Dinner

Swiss steak with tomato sauce  
Lemon baked fish  
Lyonnais potatoes  
Steamed rice  
Southern style green beans  
Vegetable combo  
Brown gravy  
Desserts: Same as lunch

### Wednesday

#### Lunch

Baked ham  
Chili macaroni  
Candied sweet potatoes  
Grilled cheese sandwich  
French fried okra  
Cauliflower au gratin  
Pineapple sauce  
Bread pudding with lemon sauce  
Peanut butter brownie  
Banana cake with butter cream frosting  
Vanilla/chocolate cream pudding  
Orange/raspberry gelatin

#### Dinner

Baked stuffed pork chops  
Turkey pot pie  
Calico corn  
Simmered peas and carrots  
Boiled Egg Noodles  
Mashed potatoes  
Brown gravy

### Thursday

#### Lunch

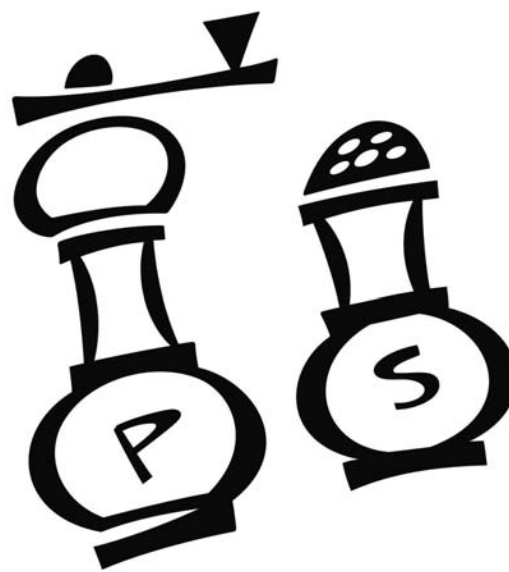
Sweet and sour pork  
Baked tuna and noodles  
Shrimp fried rice  
Corn on the cob  
Club spinach  
Corn bread dressing  
Peach pie

#### Snickers doodle cookies

German chocolate cake  
Vanilla/chocolate cream pudding  
Lime/strawberry gelatin

#### Dinner

Swedish meatballs  
Caribbean chicken breast  
Steamed rice  
Paprika buttered potatoes  
Simmered Brussels sprouts  
Simmered summer squash  
Chicken gravy  
Desserts: same as lunch



## Marine Corps Base Hawaii Command Religious Program

### Weekly Services

#### Roman Catholic

Tuesday – Friday-11:45 a.m. - Daily Mass  
1st Friday of Every Month- 12:15 a.m. - Eucharistic Adoration  
Sunday- 9:30 a.m. - Sunday Mass  
Sunday- 5 p.m. - Sailor – Marine Mass

#### Protestant

Sunday- 8 a.m. - Liturgical Service  
Sunday- 11 a.m. - Contemporary Service

#### Jewish

Aloha Jewish Chapel Pearl Harbor (Bldg 708) across from Makalapa Medical Clinic  
POC Mr. Daniel Bender, 523-4814  
Monday- 6 p.m. - Jewish Bible Study  
Friday- 7:30 p.m. - Kabbalat Shabbat  
Saturday- 8:15 a.m. - Shabbat Morning Services

### Community Outreach

#### "Feeding the Homeless"

Our next scheduled "Feeding the Homeless" at the Institute of Human Services in downtown Honolulu will be Feb. 16. For more information, call Jessica Broda 351-6531.

#### CREDO Hawaii Spiritual Fitness Center

Located at the MCBH Theater's Courtyard, 257-1919.  
Personal Growth Training- Feb 20-21 and Mar 8-9.

### Contact Numbers

Recorded message:	257-3552	RPC(SW/AW/FMF) Nicholas:	257-8319
Chaplain Linehan:	257-5138	RP3 Chambers:	257-4463
Chaplain Stroud:	257-1501	Marlene Miller (Rel. Education):	257-1499
Chaplain Cates:	257-8318	Nadine Kurtz (Secretary):	257-3552
Chaplain Hill:	257-2734		

FAX#: 257-5995 MCBH Duty Chaplain: 257-7700

\*The Base Chapel maintains a list of local religious churches and congregations. For more information, call 257- 5138.



"HEY GUNNY!!!, Finally Retired HUH?...  
So, What do we call you now?"



# Spouses flourish with flower business

**Christine Cabalo**

Photojournalist

Everything's coming up roses for Lisa Gloff and Michele O'Connell, owners of English Rose Florist at Mokapu Mall.

In business since 2006, the spouses of deploying service members operate two shop locations in Kailua. Both said they never expected their small business to expand with so many loyal customers.

"We had just opened up our business in November at our Camp Smith location," O'Connell said. "A month later a space at Mokapu Mall became available, and we just put all we could afford into getting it."

As a full-service florist shop, O'Connell and Gloff provide colorful flowers of every size for leis, wreaths and bouquet arrangements.

The business partners met working at another florist shop in Virginia, while their spouses were deployed. Now working as their own bosses, the florists say they're dedicated to having quality flowers and ensuring customers find whatever they need.

"We actually did an arrangement for the mayor once," Gloff said. "Neither of us knew it at the time. We realized it was for him when his personal assistant came by to pick it up and thanked us for our help."

English Rose Florist has about 30 customers daily, Gloff said. The shop is able to take standing orders for service members to send to their families while they deploy. O'Connell said one of the more unusual orders came from a husband who ordered the delivery of a long-stemmed rose each day he was away from his wife. The final count came to 120 roses, and the two florists said they always take great satisfaction in making people happy.

"Lisa, Michelle and really, all of us — make it the main goal of the shop to be 100 percent committed to our service members and customers," said Heidi Balthazar, floral designer,



Christine Cabalo

Starting with some fresh ferns, Lisa Gloff begins to arrange a red rose bouquet at her flower shop. The florist said she estimates 30 customers each day buy flowers from her store's Mokapu Mall location. Gloff said she would love to create more wedding bouquets or arrangements for special occasions.

English Rose Florist. "We're trying to give them the highest quality service for their money, whether the order goes down the street or becomes part of an official ceremony."

Balthazar, like most staff members, is related to a service member, and O'Connell said her staffers make an extra effort to reach out to customers whenever they're needed. The floral designer said she's even offered ways for flower buyers to contact her during her time off in high demand time periods, like

Valentine's Day. O'Connell said she knows how difficult it can be for family members left behind while Marines and Sailors leave for deployments. Gloff, whose spouse works aboard a submarine, also deals with long periods of time away from her husband.

Working in the floral industry for 22 years, Gloff said she's glad to give back to the community and help others step out of the daily grind. Originally from York, England, the florist said she rarely has a difficult

client. The shop owners said keeping a good sense of humor keeps their friendship together under the stress of running a business.

"I always joke whenever anyone asks about our business's name," O'Connell said. "I laugh and say, 'She's the English, and I'm the rose.'"

The florists both agreed to name the shop in honor of Lisa's daughter, whose middle name is Rose. Neither of the ladies could pick a favorite flower to work with at the shop. The

spouses said they're always happy to see different flowers roll in each season. Eager to continue making wreaths and bouquets of all types, the two agreed on what they best love about being florists.

"I love to do wedding and funeral work," Gloff said. "It's great to do arrangements where your customers are very passionate about it. I like that there's a deeper meaning behind the flowers during those occasions, and I feel very honored to be a part of those special days."

## Chaplain answers call to duty

**Christine Cabalo**

Photojournalist

The call to serve for Lt. Cmdr. Diane Wilson, chaplain, Combat Service Support Group 3, came directly from the top.

Wilson said since answering, she's glad to provide spiritual and humanitarian relief through her Navy service. Her years of ministry work worldwide, helping civilians and service members, began with a single conversation early in her religious career at her home state of California.

"I had a person in a Bible bookstore come up to me," she said. "She saw me buying one of the commentaries, and she asked if I was a pastor's wife. I told her I was actually an assistant pastor in town. She just started writing down telephone numbers for me, including the work number for her husband who was a Navy chaplain."

The CSSG-3 chaplain said she found other signs guiding her into joining, and she always felt called to do significant work. When stationed at Camp Lejeune, N.C., Wilson traveled on missions to Guantanamo Bay to help Haitian refugees. Supporting the local ministry in 1992, the lieutenant commander worked with 233 HIV-positive Haitians at Camp Buckely.

"I worked with an interpreter because they speak Creole," she said. "I knew I was in a culture that was patriarchal, and I just did what I could to be a support system to what their pastor needed."

Her ministry work also includes offering outreach and worship services to Marines and Sailors who are often working on missions outside of the United States. It's her job to also help the military officials who care for the larger civilian population. The chaplain said she tells her ministry her connection to God is not a



Christine Cabalo

Lieutenant Cmdr. Diane Wilson, chaplain, Combat Service Support Group 3, stands next to a Jesus portrait made from words found in one of the figure's speeches in the Bible. Wilson said the artwork is a gift from a parishioner at her home church in California.

religion but a working relationship.

"As chaplains we're not clairvoyant," she said. "We don't know everything or always have the all of the answers, but we know the one who does."

Currently counseling CSSG-3's service members and their families, Wilson said she's always ready to offer spiritual aid at any time. Whether singing during the command's quarterly Warrior Fellowship Breakfasts or counseling married couples, many at CSSG-3 said she's been a godsend. In challenging times, she's helped Staff Sgt. Kerry Taylor, electronic key management system manager, CSSG-3.

"When my wife was having difficulty giving birth to our baby, the chaplain helped me a great deal," Taylor said. "It was

in the middle of our work day, and she just took the time to speak with me. We prayed together, and she has such a peaceful spirit. She really listens to what anyone has to say."

Others in her command said they'd miss the chaplain when her tour here ends in April, including Master Sgt. Tony Stewart, assaultman, CSSG-3. Serving in the Corps for 25 years, Stewart said he's known some good chaplains but no one who has done so much for the unit.

"She really has gone above and beyond," he said. "Whether it's working with others in our command or speaking with me about every day issues, I've gotten uplifting inspiration from her."

The inspiration to be better rubs off on Petty Officer 3rd

Class Charlie Swoboda, religious program specialist, CSSG-3. Swoboda said he wouldn't have grown without Wilson's dedication to taking care of others. She said she's been able to care for others with the support of her husband, a retired Navy nurse. The chaplain said she takes her inspiration from him and how both their career paths would only previously include the opposite gender. Having his support and the early encouragement of her home parish gives her the strength to serve others, she said.

"I've talked to other females in the military and like me, I think they appreciate the fact they're part of the team," Wilson said. "They're not there to prove something, but just to give their gifts and talents."

### PAKISTAN, from B-3

hands out like claws as he described the Wahhabi militants — the strict, extremist doctrine of Islam that al-Qaeda and the Taliban adhere to. They're inhuman, he said, and are practically monsters. But he, like most in the region, wants to face the Taliban alone, not with foreign troops. If the Taliban come, we will fight them and win, the tribal elders assured me.

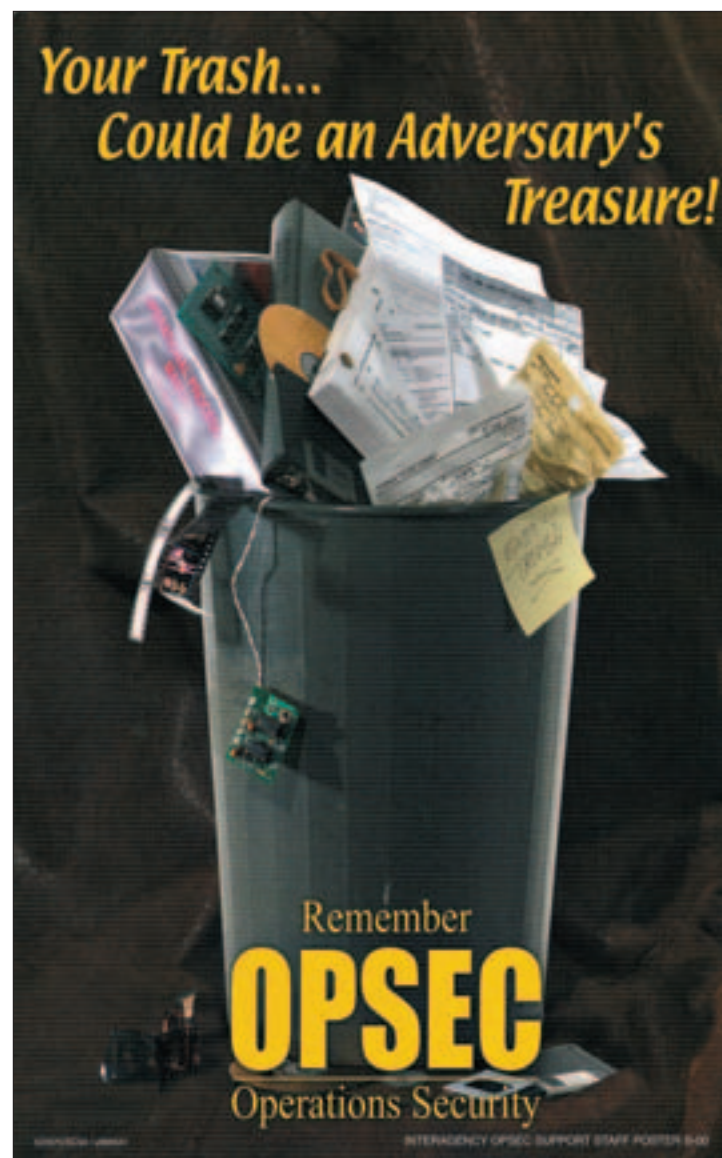
But would they? Or could they?

One Western military official told me there's a "tremendous Taliban strength in Quetta [one of Pakistan's largest cities and a provincial capital] despite denials from Pakistani officials." If the Taliban have penetrated Quetta, could they not take Islamabad? Pakistanis, the official said, need to acknowledge that they can't handle the problem of al-Qaeda and the Taliban alone. With the weakness of both the Afghan and Pakistani militaries, they won't be able to "hold back the tide."

It's really a non-issue of whether American, i.e. NATO, forces would withdraw from Afghanistan. They won't. They're in it for the long haul there. The U.S. has poured \$11 billion into Pakistan in military aid since 2001 but the same Western official says in his opinion the money hasn't been effectively used.

While the word on the Pakistani street is that Musharraf is doing "the West's bidding," this fight against the Taliban and al-Qaeda in Afghanistan by NATO and in Pakistan by its own military is not just a fight for the West.

"Honesty," the military official said, is necessary amongst the Pakistanis. If the West loses so will Pakistan.



# AROUND THE CORPS

## Gunny finds inner peace in Okinawa Karate

**Lance Cpl. David Rogers**

*MCB Camp Butler*

**CAMP FOSTER, OKINAWA, Japan** — Gunnery Sgt. Jaime Hamner had always been intrigued by martial artists; in particular, he was drawn to a strong quality most of them share – humility.

Proficiency in martial arts was never a point of bragging among practitioners Hamner encountered, and that attracted him.

After years of putting off martial arts training until tomorrow, he finally came to train under Fusei Kise, a grand master of the Okinawa Shorin Ryu Kenshinkan Karate Kobudo Federation, who teaches karate on base.

Hamner, who served on Okinawa from 1992 to 1995 as a clarinet player for the III Marine Expeditionary Force Band, had wanted to begin training with Kise then, but his schedule didn't afford him the time he wished to dedicate to the training. He was constantly deployed.

When Hamner returned to Okinawa as an instrument repair technician in October 2005, Kise was still teaching on base.

Hamner enrolled his 8-year-old daughter at Gunners Fitness Center, where Kise has a satellite branch to his off-base dojo, or training facility. As he watched her practicing at home after intense training sessions with Kise, she would occasionally look to Hamner, asking questions about the proper execution of her karate techniques. Often befuddled by her questions, he couldn't help her.

Finally, in September 2006, Hamner was ready to commit himself to karate. He attended multiple sessions a day with Kise, often coming in for both lunchtime, and evening sessions and practicing seven days a week. Kise taught him a karate style known as Shorin-Ryu, which focuses on self-defense from a natural stance.

Shorin-Ryu is widely considered one of two major modern styles of Okinawan karate and is believed to have had the most influence on the development of all modern karate styles, according to <http://www.kenshin-kan.com>. Hamner has also learned much about the art of kobudo, the use of weapons based on tools used by ancient Okinawan farmers.

"[Okinawan karate senseis] don't just teach you self-defense and martial arts," Hamner said. "They're very adamant about making sure you understand their customs, their culture, their history, where this came from and all the various grand masters before Grand Master Kise. That's very important in all martial arts."

Hamner obtained his black belt after only 15 months and discovered what exactly makes martial artists so humble.

"Inner peace is the most important aspect I've learned from karate," Hamner said. "It keeps me very focused. I don't lose my cool as much as I used to. Grand Master is always telling us to take it easy. I've heard 'relax' more in the last couple of years than I have in my whole life."

He's found that karate has not only affected his emotional state, it has changed his relationships and interactions with others as well.

"This makes me a better Marine," he said. "It helps me communicate better with people. People know I'm not going to fly off the handle.

Anybody who practices a martial art is going to be a little bit better; they're going to have just that little extra edge, a little extra discipline, a little extra focus. You know you can count on them."

After studying in the fitness center, Hamner was invited to study at Kise's off-base dojo where he learned that much of his love of the art stems from the cultural attitude of the Okinawan people.

"They are such a peaceful people," Hamner said. "They'll give you the shirt off their back. They're very respectful. That's just how they've been over the years, and they pass it down."

Hamner plans to retire after his next assignment in South Carolina. There, he hopes to set up his own dojo and begin passing down Kise's teachings to local children.

"I will be their chief



Lance Cpl. David Rogers

**Gunnery Sgt. Jaime Hamner watches over Charles Boyd, 9, as he practices karate techniques from the Shorin Ryu Kenshin Kandojo during practice at Gunners Gym Feb. 20. Hamner earned his black belt after 15 months of study with Fusei Kise, a grand master of the Okinawa Shorin Ryu Kenshin Kan Karate Kobudo Federation.**

instructor, but they will all be students of Grand Master Kise," Hamner said. "They will all fall under that lineage because I'm a direct student of Grand Master Kise."

Before Hamner can set up his dojo, he needs permission from Kise.

"[Hamner] has been committed to training himself hard and also teaching the children," Kise said. "With his devotion and understanding of karate, he will do well if he opens up his own dojo."

Kise has had many service members open dojos in the

states. A lot of them return to continue their training with Kise.

"I think it's great that they promote Okinawan karate in the United States," Kise said. "It represents the Okinawan culture and spirit well. And by doing that, they are helping to maintain the authenticity and integrity of the karate they learned here at its birthplace."

Hamner began teaching children at the fitness center when Kise determined he was mature enough to wear an assistant instructor belt. It was then Hamner realized how much he loved teaching karate, especially after seeing a change in his own daughters. He noticed how much his daughters' sense of respect and discipline spread to their attitudes outside the dojo, and he wants to pass the same qualities to other children.

"It might seem funny to

have a child learn karate techniques at this young age," Hamner said. "But by the time they're 16 or 18 years old, they're doing things not because they remember to do it but because their body knows to do it. They'll be doing stances and katas they don't even remember learning, and they'll do it without thinking. It will be ingrained in their body and their way of life. Culture, I think, is the same way. They will make the right decisions and do the right thing always."

Hamner says his love for karate borders on obsession, but his dreams of teaching are rooted in his humble ideals – the same ideals passed to him through Okinawan karate, the same ideals that unlocked something inside him, the same ideals he will seek to share with others, ever so humbly.

# Hawaii MARINE SPORTS

HAWAII MARINE C SECTION

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MARCH 7, 2008



Brandon Rowback, catcher, Headquarters Battalion Warriors, catches a pitch from James Newman, Warriors pitcher.

## Warriors silenced by 3rd Radio

Lance Cpl. Brian A. Marion  
Combat Correspondent

Third Radio Battalion defeated the Headquarters Battalion Warriors, 6-3, during an Intramural Baseball League regular season game at Riseley Field here Feb. 28.

Defense was the key to 3rd Radio's win as their pitchers collectively struck out 20 batters.

Before the game, Romeo Ibrao, Warriors coach and second baseman, felt his team had the numbers, if not the experience, to come out victorious.

"Every game is almost like starting over again," Ibrao said. "Each time is like a new team, because some people went to [Pohakulo Training Area] and others went on leave. This is the first time we've seen 3rd Radio. They have one of the best pitchers out

here, but they don't have any depth. Hopefully we can score first and get on the board early."

Ibrao's wishes for his team fell short when his first three batters struck out.

E.J. Veliz, 3rd Radio coach and catcher, trudged into home at the bottom of the first, giving his team the lead, 1-0.

The Warriors tried to rally in the top of the second, but were unable to get to first under the pressure of Dustin Crabtree, 3rd Radio pitcher, who continued his striking spree on the next three batters in the Warriors' line-up.

Third Radio attempted to increase their lead in the bottom of the second, but the closest they ever came to seeing home was first base.

Crabtree increased his

See **BASEBALL**, C-2



Nate Nins, second baseman, 3rd Radio, swings at a ball thrown by Bradley Rich, 24, Headquarters Battalion Warriors, during an Intramural Baseball League regular season game at Riseley Field Feb. 28.

Photos by Lance Cpl. Brian A. Marion

## MCAF beats 3rd Marines, 41-38

Lance Cpl. Alesha R. Guard  
Combat Correspondent

After being neck-in-neck the entire game, Marine Corps Air Facility walked away with a close 41-38 win against 3rd Marine Regiment during an Intramural Basketball League game, Monday, at the Semper Fit Center here.

The teams seemed to have endless energy, both running the ball at every chance for a fast break, making it a non-stop, quick-paced game.

"We have a tough man-to-man defense and strong press," said Jamall Garrett, MCAF team captain. "We're going for the championship this year."

Neither team let up their intensity the entire first half, sprinting up and down the court with ease.

"We like to run, and we have great endurance," said Jermaine Jackson, 3rd Marines team captain.

By driving to the hole, MCAF drew the fouls. They only made two of their six free-throws by half time though, keeping 3rd Marines trailing close behind, 17-18.

"To get a bigger lead, we've got to get the ball to the big man inside," Garrett said. "We're a great shooting team. Pretty much all of our players have a nice shot. But we need to feed the ball inside."

The quick pace continued through the second half, both teams eager to defeat their opponent.

"We play every game like it's our last," said 3rd Marine's David Faasea.

Continuing to press the ball, MCAF tried to get turnovers for fast breaks down the court.

"We have to work on ball control and



Jamall Garrett, Marine Corps Air Facility team captain, shoots a lay-up against 3rd Marine Regiment during an Intramural Basketball League game, Monday, at the Semper Fit Center here.

Lance Cpl. Alesha R. Guard

slowing the pace up on offense to make them play our game," Jackson said.

With a minute left on the clock, MCAF was up four points, 35-39. Too close of a game to let up, they put a full court press on 3rd Marines, trying to get the turnover. After getting the ball down court, 3rd Marines missed their chance and MCAF got the ball back.

With a fast-break pass down court, James Roberts caught the ball just in time for a lay-up, giving MCAF a five-point lead.

The ball in their possession, 3rd Marines got to the top of the

key for a three pointer.

Leading by three points, MCAF held onto the ball for the last five seconds of the game. MCAF walked away with the win, 38-41.

"Most of us have been playing together for about a year now, so we know how to play as a team," Garrett said.

Although 3rd Marines lost, they knew they played well, and gave MCAF a good fight.

"We give it all we got every game," Jackson said. "We'll be working on our rebounding and blocking for next game. We'll be ready."

## Safety tips for bike riders essential

Jenny Sokol  
LIFELines

Whether it's spring and the tulips are in bloom, the height of a long, hot summer, or a chilly autumn day with the trees turning colors, there's no better way to enjoy the outdoors than by bicycle. But before heading out, be sure to review some basic safety tips.

### Bikers Beware

Most bicycling accidents occur less than five blocks from home and are the result of falls. Collisions with motor vehicles account for only 20 percent of bike injuries, but these collisions are far more dangerous and account for 95 percent of cyclist deaths. And cyclists are at fault in 70 percent of all collisions.

### Protect Yourself

◆ Wear a helmet. Purchase a helmet with a sticker from the Consumer Product Safety Commission, and ask the salesperson to help you find the correct size. Adjust the chinstrap until the helmet doesn't slip and place the helmet forward on your head.

See **SAFETY**, C-2



File photo



Marines of Headquarters Battalion embark on a 'motivating' boots and utes run, Friday, at Landing Zone 216. Marines were treated to a glimpse of the upcoming combat fitness test at the end of the battalion physical training.



Sergeant Joshua Rodriguez, training noncommissioned officer, S-3, Headquarters Battalion, demonstrates the ammo carry Friday at Landing Zone 216. It is one of five tests in the upcoming combat fitness test.

Photos by Lance Cpl. Achilles Tsantarliotis

# Marines see demo of new CFT during battalion pt

**Lance Cpl. Achilles Tsantarliotis**  
*Combat Correspondent*

Marines expecting a routine battalion physical training session caught a glimpse of what to expect for the upcoming combat fitness test, Friday at Landing Zone 216.

The Headquarters Battalion PT session concluded with the demonstration of the CFT to give Marines an idea of how the test, coming in July, will work and show them the eval-

uation isn't something they should take lightly.

The PT formation began with a loud and "motivating", roughly 2-mile run toward Kansas Tower, then headed back to LZ 216 for a sneak peek of the new physical fitness evaluation tool.

Once the battalion finished its "boots and utes" run, they gathered up, quickly hydrated and listened in as the training noncommissioned officer explained two of five CFT exercises they would perform,

the ammunition carry and the buddy carry.

"It was pretty motivating," said Lance Cpl. Taylor Field, ammunition technician, Base Ordnance. "I always look forward to battalion PT and this time they showed us what to expect with the CFT ... that was pretty serious. I like the fact that they are implementing new ways to accurately measure Marines' fitness in a very relevant way. It makes the Marines more effective, more efficient and just

straight up better."

After the brief, 1st Sgt. Daniel Piestrak, company first sergeant, Headquarters Company, HQBN, asked for "10 of the strongest Marines to volunteer for the demonstration."

"Today's the day to find out who the real men, women ... and superwomen are," Piestrak said.

The Marines first demonstrated the buddy carry, where a Marine runs to a "fallen Marine" and picks him up and

fireman carries him back.

"You get up from the prone," explained Staff Sgt. Christopher Fry, training NCO, S-3, HQBN. "And you run as fast as possible to your Marine, pick him up and carry them back."

After the buddy carry demonstration, Marines demonstrated the ammo carry.

"The ammo carry was intense," Field said. "It was like suicides with concrete bricks at the end of each hand. Fortunately, I'm in

phenomenal shape, and I'm going to go ahead and start brushing off my shoulders."

With the new CFT implemented in the summer, Marines can expect a more vigorous evaluation of their combat readiness.

Marines should take in what they saw during the demonstration and prepare for the worst, because whether Marines are welcoming or dismissing of the new CFT, it's soon to be a requirement.

## SAFETY, from C-1

- ◆ Wear the right clothes. Always wear shoes with soles. In cold weather, wear layers instead of bulky clothes. Tuck loose-fitting pants into your socks or secure them with rubber bands.

- ◆ Be bright at night. If you must ride at night, use rear and side reflectors, clothing with reflective tape, and a headlight.

- ◆ Become street smart. Come to a complete stop at stop signs, and look all around you. Always ride with traffic, in single file. Beware of parked cars — they may merge into traffic or open a door suddenly. Finally, always signal your intentions.



File photo

you for safety workshops for children. Often installation Safety Centers host bicycle safety stand-downs for families. The Bicycle Safety Education Resource Center provides bicycle safety information to assist in teaching your child to ride safely.

### Biking on Base

While on base, biking tends to be rather safe due to enforced safety rules, though off-duty biking is another story.

According to Phil Bower, safety specialist at Camp Pendleton's Base Safety Center, the most common bicycling violation in off-duty recreational mishaps is the failure to wear a helmet.

On base, he encourages cyclists to stay well within designated bike lanes.

OPNAVINST 5100.25A outlines

the rules for biking on base, including wearing light-colored clothing and reflective clothing during reduced visibility conditions.

### Pre-Biking Checklist

- ◆ Inspect tires. Ensure that the tire tread is not worn, and the air pressure is correct.

- ◆ Carry a spare tire or patch kit in a bike pack. Learn how to change a tire before going for a spin.

- ◆ Clean up. Wipe your bike down and oil moving parts often.

- ◆ Make adjustments. Check that the brakes bring the bike to a quick, smooth stop. Make sure the seat and handlebars are a good fit for your body.



Photos by Lance Cpl. Brian A. Marion

Bradley Rich, 24, right field, Headquarters Battalion Warriors, connects with a pitch from Dustin Crabtree, pitcher, 3rd Radio Battalion, during an Intramural Baseball League regular season game at Riseley Field here Feb. 28.

## BASEBALL, from C-1

striking spree again, successfully striking out the entire Warriors starting line-up in the first three innings.

Third Radio increased their lead in the bottom of the third when Tyler Johnson, 3rd Radio third baseman, ran home after Josh Ellis, first baseman, hit the ball into the outfield, allowing Johnson the opportunity for the run, increasing 3rd Radio's lead, 2-0.

The Warriors finally scored in the top of the fourth when Kalani Mauga, third baseman, and Bradley Rich, right fielder, ran home, bringing the score to 2-2.

Third Radio responded to the scoreboard intrusion when Veliz and Crabtree each ran home for their team.

Third Radio led the game into the top of the fifth with the score, 4-2.

"We had a few errors in our defense," Veliz said. "It's just something we'll have to work on before the next game."

Both teams tried unsuccess-



E.J. Veliz, catcher and coach, 3rd Radio Battalion catches a pitch as Travis Grenlund, 18, left field, Headquarters Battalion Warriors, struggles to regain control of his bat.

fully to score in the fifth inning, but it wasn't until the bottom of the sixth that the next score happened. Both Crabtree and Johnson capitalized on 3rd Radio second baseman Nate Nins' outfield slug and ran home, scoring 3rd Radio's last two runs of the game.

In a daring move, 3rd Radio brought in Veliz as the pitcher for the seventh inning. It looked dubious at first as Veliz allowed two Warriors on bases, and one of them, Brandon Rowback, Warriors catcher, managed to run home, bringing the score to 6-3. Veliz pulled off the next strikeout and a

line drive to first base from Mauga brought the last out of the game.

Third Radio won, 6-3.

"It was a tough loss," Ibrao said. "We have to make the plays that win games. If the ball goes into the outfield, we have to catch it, and we have to string our hits together."

Although 3rd Radio won, Veliz feels his team could work on fundamentals, which should enhance their scoring.

"We did really well out there," Veliz said. "But we have to work on not leaving our runners on the bases and bringing them home."

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[www.mccshawaii.com/advocacy.htm](http://www.mccshawaii.com/advocacy.htm)

# SPOTLIGHT ON SPORTS

## — SPORTS BRIEFS —

### O-Course Challenge

The Single Marine & Sailor Program's O-Course Challenge is Saturday 8-10 a.m. at Landing Zone Boondocker. The event is open to all E-5s and below and their sponsored guests. Cost is \$10 per team of four; prizes go to first and second place. Register at the Semper Fit Center today!

For more information, call Marcella T. Cisneros at 254-7593.

### Diamond Head Hike

The Single Marine & Sailor Program's Diamond Head Hike is March 22, with transportation leaving Kahuna's at 9 a.m., and Camp Smith at 10 a.m. The event is free, open to all E-5s and below and their sponsored guests. Register by March 20.

For more information, call Marcella T. Cisneros at 254-7593.

### Surf & Turf Race

The Headquarters Battalion Surf & Turf 5k is March 29 at 7 a.m. The scenic course goes through Klipper Golf Course to North Beach. Cost is \$17, but goes up to \$20 after March 21.

For more information or to register, call 254-7590, visit the Semper Fit Center here, or log onto <http://www.mccshawaii.com/cgfit.htm>.

### Kid Fit

Sign your children up now for Spring Break Kid Fit, March 17 to 28 at the Semper Fit Center. Children can attend Monday, Wednesday and Friday or Tuesday, Thursday and Friday. The program is open to children 6 to 12.

For more information, call Tina Lui at 254-7597.

### 9-Ball Tournament

Head to the Camp Smith Recreation Center March 22 to play in the Single Marine & Sailor Program 9-Ball Pool Tournament from 11 a.m. to 1 p.m. The event is open to all E-5s and below and their sponsored guests.

For more information, call Marcella T. Cisneros at 254-7593.

### Urgent: Coaches Needed

Help teach children the fine art of baseball! Practice is set to begin next week, and a coach is still needed for a t-ball team and a machine-pitch team. Many of the players are children of deployed Marines and Sailors.

For more information, call 254-7610 or visit <http://www.mccshawaii.com/child.htm#sports>.

### Goju-Kan Karate

Aspiring martial artists can participate in Goju-kan Karate Monday, Wednesday and Friday at 5:30 p.m. at Building 1090's multi-purpose room (the old Base Chapel).

Sign up at Youth Activities, or call 254-7610 for more information.

### Youth Gymnastics/Dance Class

Youth of all ages can attend gymnastics and a variety of dance classes Monday through Saturday at Building 1090. Classes are at varying times in the morning, afternoon and evening, so interested parents and youth should stop by Youth Activities for more information. Classes include dance, hula, tumbling and more.

For more information, call 254-7610.

### Parents for Fitness

The Parents for Fitness Program is a cooperative babysitting effort available at the Semper Fit Center, here for all active duty service members and their families. The PFFP participants are required to volunteer babysit three times per month and is open for children 6 weeks and older.

For more information, ccall 664-0184.

### Deep-Sea Fishing Charters Offered at Base Marina

Fishermen searching for convenient access to deep-sea charters need look no further than the Base Marina. Bill Collector Fishing Charters offers numerous charter packages accommodating up to six passengers.

Avoiding the traffic and crowd of Oahu's South Shore, Bill Collectors charters fish from the uncrowded waters of Windward Oahu.

For more information or to charter the Bill Collector, contact the Base Marina at 257-7667 or 254-7666.

### Campground and Picnic Sites

For picnic and campsites, Marine Corps Base Hawaii offers some of the most scenic beaches on the island.

Three of those beaches, Pyramid Rock, Hale Koa and Fort Hase, are available by reservation from dawn to dusk. Hale Koa Beach is available for overnight camping, but requires a reservation.

For more information, contact 254-7666 for Kaneohe or 477-5143 for Camp Smith.

## 2008 Intramural Basketball Standings

TEAM	WINS	LOSSES
CPRW-2	8	1
HSL-37	7	2
MALS-24	7	2
MCAF	6	2
VP-4 #1	6	3
CSSG-3	6	3
HQBN "IPAC"	5	3
3RD MARINES	4	5
3RD RADIO BN	4	6
SNCOA	2	6
VPU-2	2	6
HMH-362	2	7
VP-4 #2	2	7
VP-9	1	8

Standings as of March 4



## 2008 Intramural Baseball Standings

TEAM	WINS	LOSSES
MAG-24	5	1
3RD RADIO BN	3	1
CPRW-2	3	3
CMO	2	2
CSSG-3	2	3
HQBN	2	4
1/12	1	4

Standings as of March 3



### The Commanding Officer, MCB Hawaii Presents

#### THE K-BAY CHALLENGE

**When:** 13 March 2008

**Where:** The Klipper Golf Course at MCB Kaneohe Bay

**Time:** 1230

**Signup:** Contact SSgt Perry at [Steven.K.Perry@USMC.mil](mailto:Steven.K.Perry@USMC.mil) or call 257-2110 x280.

**Hole-in-One on selected Par 3 wins a New Car presented by JN Chevrolet**

**\*Prizes for 1st, 2nd, and 3rd place.**

**\*Prizes for closest to the pin on every par 3 and two long drive contests.**

**\*All proceeds go to the prize pool.**

**\*NO MULLIGANS, NO STRING. You can't buy a win in this tournament.**

**E-1 to E-5.....\$40**

**E-6 to O-3.....\$45**

**O-4 to O-10.....\$50**

**Civilian.....\$50**

**Format 4-Man Scramble**

NO U.S. MARINE CORPS OR FEDERAL ENDORSEMENT OF SPONSOR INTENDED.

## Be cool at the Base Pool!

### Pool hours

#### Open Swim

Tuesday through Friday 1 to 5 p.m.

Saturday and Sunday Noon to 5 p.m.

#### Adult Lap Swim

Tuesday through Friday 11 a.m. to 1 p.m.

Saturday and Sunday lanes available Noon to 5 p.m.

The pool is closed on Monday.

Swim lessons will be available for infants to adults in March 2008. Lessons are open to all active duty, family members and DoD employees.

For more information about hours of operation or times available for lessons, call Dino Leonard at 254-7655.



# HEALTH AND WELLNESS

## Oral allergy immunotherapy helps control asthma

**Serena Gordon**

*HealthDay Reporter*

Oral allergy immunotherapy - in the form of drops or tablets - is effective at reducing asthma symptoms and the need for asthma medications in children who have what's known as allergic asthma, a new study finds.

The findings bolster hopes that these oral medications might someday replace injections, never a hit with kids.

"[Oral] immunotherapy is effective and safe, easy to administer, well-accepted by patients," said the study's senior author, Dr. Giorgio Walter Canonica, professor of allergy and respiratory disease at the Medical University of Genoa, Italy.

Commonly known as allergy shots in the United States, allergy immunotherapy works in a manner similar to vaccines - essentially re-educating the body's immune system so that it doesn't overreact to harmless substances such as pollen or dust mites. While this therapy can be effective, it's currently only available via injections in the United States, and usually involves at least one to two shots a week for three to six months, making it a less-than-popular alternative with children.

Oral immunotherapy is available in Europe, but has yet to gain Food and Drug Administration approval in the United States.

The new study reviewed nine studies that looked at the use of so-called sublingual (oral) immunotherapy in children with asthma. A total of 441 kids between the ages of 3 and 18 who had been diagnosed with allergic asthma were included in the studies.

Allergic asthma means that asthma symptoms can be triggered by

exposure to an allergen, such as dust mites, pollen or mold.

Two hundred and thirty-two children received oral immunotherapy and the remaining 209 got a placebo.

The dosing schedule varied depending on the study and whether drops or tablets were used. Canonica said that during the maintenance phase of immunotherapy, drops or tablets were given three times a week. The average duration of the studies was 12 months. The most common allergen treated was dust mites. Grass mix and pollen were also included in one study each.

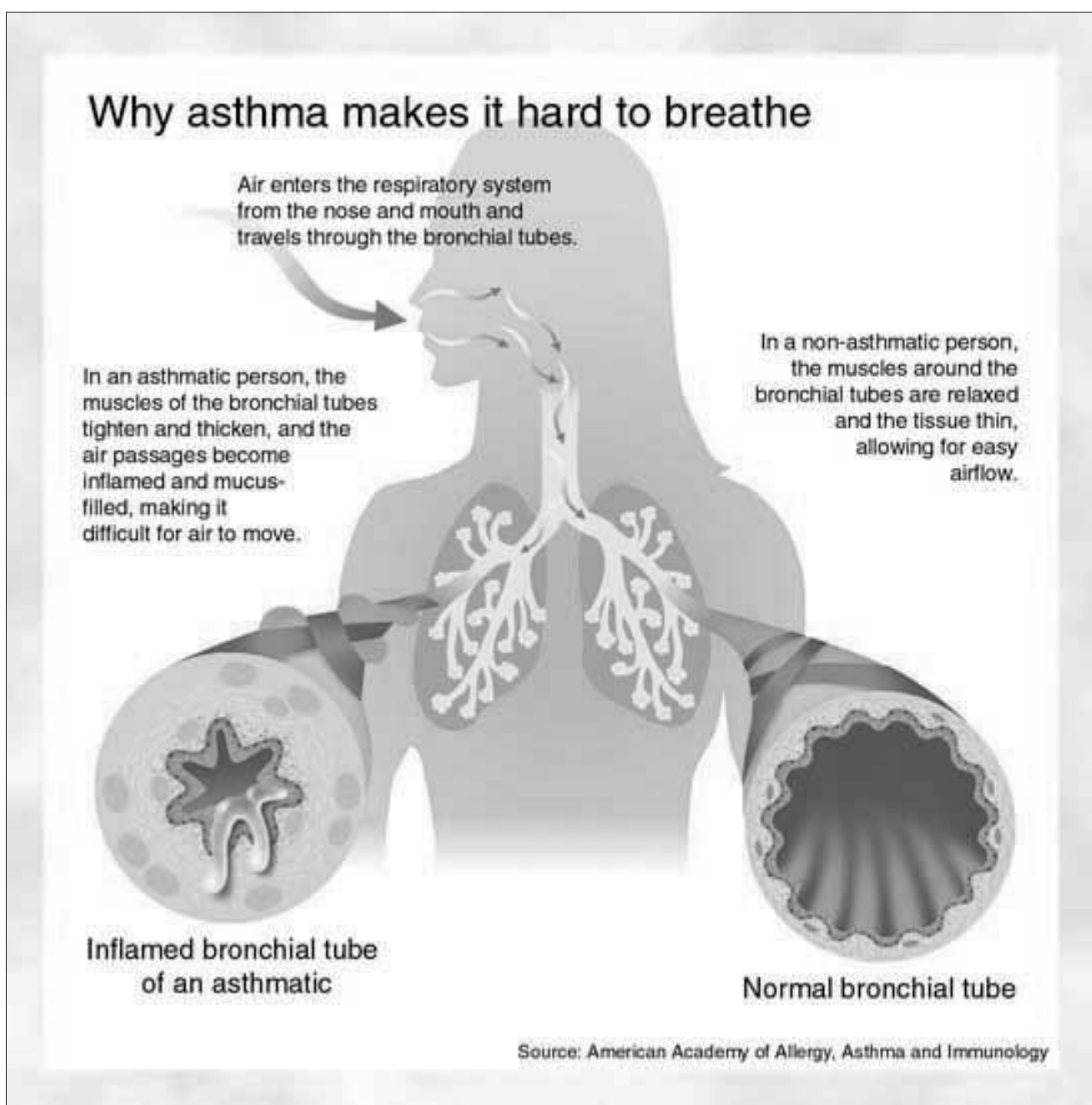
The researchers found that those taking sublingual immunotherapy had significantly fewer symptoms and needed to take less asthma medication. Not enough of the studies included measurements of lung function for the new study to assess whether SLIT affects lung function significantly.

"SLIT is highly effective in treating pediatric asthma patients, reducing both symptoms and medication use," said Canonica, who's also president of the World Allergy Organization.

Additionally, SLIT appeared to be better tolerated than allergy shots. The chances of a severe reaction are less with oral immunotherapy than with the injected type, according to Dr. Andrew MacGinnitie, an allergist/immunologist at Children's Hospital of Pittsburgh.

"There have been some rare cases of severe reactions with SLIT, but they're much less common," MacGinnitie said. Another big benefit, he added, is that "shots have to be given in the doctor's office and drops are designed to be taken at home."

The results of the new study are published in the March issue of the journal *Chest*.



Courtesy image

Other studies have directly compared SLIT to allergy shots and they're both equally effective, according to Canonica.

And MacGinnitie said that,

"immunotherapy is really the only treatment that gets to the cause of the allergic response."

"This is a potentially new and exciting treatment for kids with asthma," he concluded.

To learn more about allergy immunotherapy, research the American Academy of Allergy, Asthma and Immunology.

## Kidneys: Understand role they play in overall health

**News Release**

*National Kidney Foundation*

In a popular 1970 song, singer-songwriter Joni Mitchell asked, "Don't it always seem to go that you don't know what you've got till it's gone" — a question that could have been aimed at people with chronic kidney disease.

The kidneys play a crucial role in maintaining overall health but are rarely appreciated until they become damaged and can no longer do their jobs.

Unless Americans start doing more to protect kidney health, untold millions could soon be singing the same sad song. Recent studies indicate

that 26 million adults suffer from CKD and that this number is likely to increase in the future.

To raise awareness during National Kidney Month (March, 2008) and to mark World Kidney Day (March 13), the National Kidney Foundation offers a list of 10 key functions healthy kidneys perform.

### 10 Life-Sustaining Things Healthy Kidneys Do

- ◆ Filter 200 liters of blood a day, removing two liters of toxins, wastes and water
- ◆ Regulate the body's hydration and water balance
- ◆ Regulate blood pressure by controlling fluid levels and making the hormone that

causes blood vessels to constrict

- ◆ Support healthy bones and tissues by producing the active form of Vitamin D
- ◆ Produce the hormone that stimulates bone marrow to manufacture red blood cells
- ◆ Keep blood minerals in balance
- ◆ Keep electrolytes in balance
- ◆ Regulate blood acid levels
- ◆ Remove certain drugs from the blood
- ◆ Eliminate excess water-soluble vitamins

It's not for nothing, in other words, that kidney specialists call the kidneys the body's

"master chemists." When kidney function is impaired, these processes are thrown off and

serious health consequences ensue, including kidney failure, heart attacks and stroke.

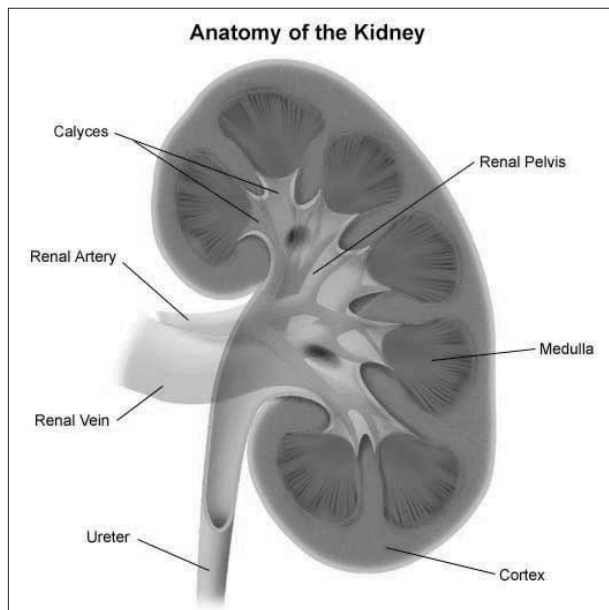
Fortunately, early detection, through simple blood and urine tests, can prevent further kidney damage and there are a number of things people can do to protect kidney health.

"They can

start by simply turning off the TV and walking more, getting more exercise," says Leslie Spry, MD, spokesperson for the National Kidney Foundation. "That will not only reduce the risk for kidney disease but also reduce the risk of cardiovascular disease, diabetes and high blood pressure because they're all linked."

The National Kidney Foundation will also offer free kidney screenings to people at risk for CKD in a number of cities across the country on

World Kidney Day, March 13. For locations and schedules, visit <http://www.kidney.org/news/keep/KEEPevents.cfm>.



Courtesy image

# HEALTH AND WELLNESS

## Groups issue new dementia drug guidelines

### News Release

U.S. Department of Health and Human Services

There's no proof that any one of the five drugs available in the United States to treat dementia is better than the others, says an American College of Physicians and American Academy of Family Physicians committee that just issued a new guideline on drug treatment of dementia.

The committee reviewed published studies for outcomes such as cognition, global function, behavior/mood, and quality of life/activities of daily living.

But the committee said it found only limited high-quality scientific evidence about the effectiveness of the drugs and therefore developed the following cautious recommendations:

- ◆ The decision to use approved drugs for dementia should be based on an individualized patient assessment.

- ◆ The choice of drugs should be based on tolerability, adverse effect profile, ease of use, and cost.

- ◆ There's an urgent need for more clinical research to improve knowledge about the clinical effec-

tiveness of drugs treatment for dementia.

The committee recommended the following kinds of research:

- ◆ Evaluate the effectiveness of drug therapy for dementia and assess whether treatments affect key outcomes, such as institutionalization.

- ◆ Evaluate the appropriate duration of therapy.

- ◆ Head-to-head testing of drugs.

- ◆ Test drugs in combination therapy.

The guidelines are published in the March 4 issue of the *Annals of Internal Medicine*.

Currently, there are five FDA-approved drugs for treatment of dementia. These include four acetylcholinesterase inhibitors - donepezil (Aricept), galantamine (Razadyne, Reminyl, Nivalin), rivastigmine (Exelon), and tacrine - and one neuro-peptide-modifying agent - memantine (Mamenda).

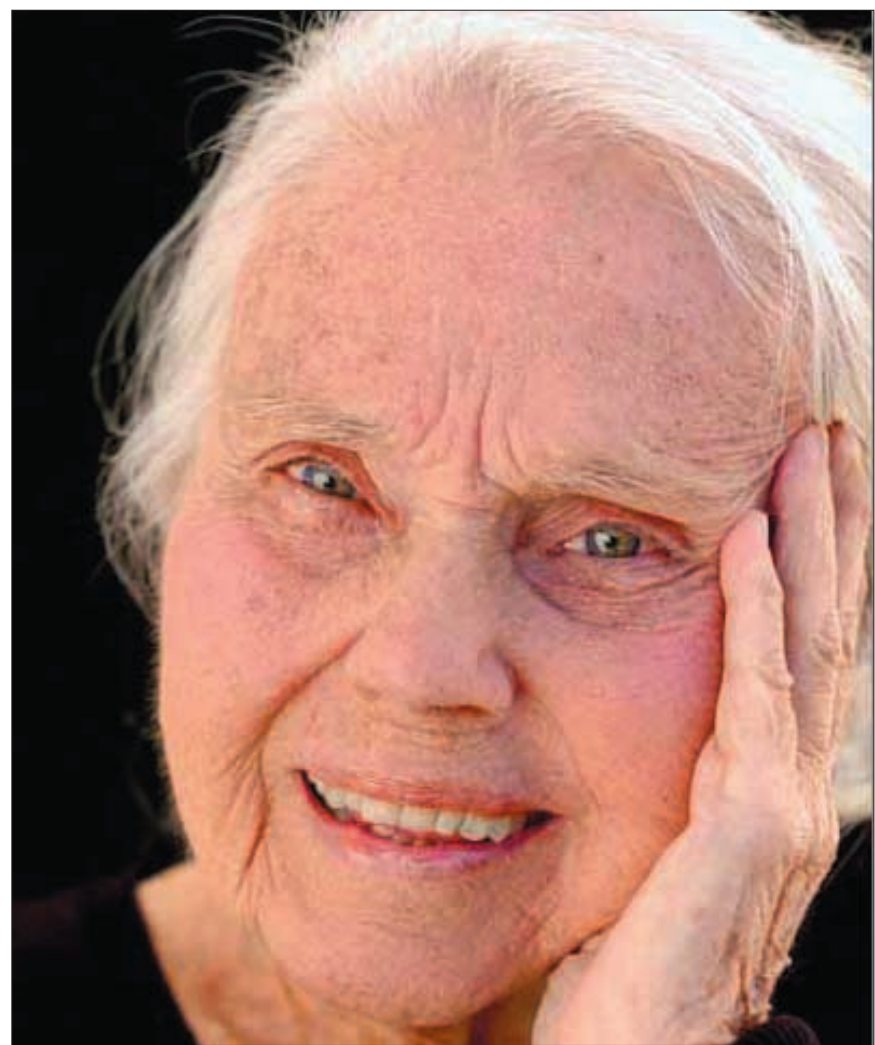
While these drugs may improve symptoms or slow disease progression, they don't cure dementia or repair brain damage.

"Doctors, patients and family caregivers desperately want information on how to treat this dis-

ease," Dr. Amir Qaseem, senior medical associate in the ACP's Clinical Programs and Quality of Care Department, said in a prepared statement. "It is disheartening to find that all we have to work with is these five drugs, and the evidence on these is scant. Consider that in 50 years, one in 45 Americans will suffer from Alzheimer's disease. This is a huge problem."

Most of existing studies of the five approved dementia drugs focused on statistical significance of changes, but clinically important improvement is what matters to patients, caregivers and doctors, the committee noted.

"More research is warranted, because the available evidence concerning these pharmaceuticals' effects on quality of life is mixed, and the clinical significance of many of the findings is questionable," Dr. Kenneth G. Schellhase, an AAFP representative on the committee, said in a prepared statement. "In addition, the duration of existing trials was usually less than one year, providing insufficient information to determine the optimal length of treatment, and few trials compare one drug directly with another."



Courtesy photo

## Trials may improve eye care

### News Release

National Eye Institute

The National Eye Institute announces the start of a multi-center clinical trial to compare the relative safety and effectiveness of two drugs currently used to treat advanced age-related macular degeneration. The two drugs are Lucentis (ranibizumab) and Avastin (bevacizumab). AMD is a disease that damages the macula. The macula is the area of the retina responsible for central vision. AMD is a leading cause of blindness among older Americans. Nearly two million Americans are visually impaired by AMD, while more than seven million are at increased risk of vision loss from the disease.

"Visual impairment from AMD can lead to loss of independence and a reduced quality of life," said Paul A. Sieving, M.D., Ph.D., director of NEI. "This clinical trial will evaluate whether the treatment burden for patients can be reduced without compromising effectiveness."

Lucentis was approved by the U.S. Food and Drug Administration in June 2006 for the treatment of advanced, or wet, AMD. The approval was based on evidence from clinical trials showing that Lucentis slows the rate of progression of vision loss from wet AMD. In addition to a low rate of developing vision loss, approximately one-third of patients treated in these trials had some improvement in vision, as measured on an eye chart, at 12 months.

Avastin is a drug closely related to Lucentis. It was approved by the FDA in 2004 as an intravenous treatment for patients with advanced

colorectal cancer and therefore has been available for what is called off-label use for other health conditions. It has been widely used off-label to treat wet AMD. Avastin is thought to remain in the eye longer than Lucentis and therefore possibly allow for less frequent injections.

Wet AMD occurs when abnormal blood vessels behind the retina start to grow under the macula. These new blood vessels leak blood and fluid, damaging the macula and causing a rapid loss of vision. The growth of new blood vessels is called angiogenesis or neovascularization. NIH-supported research has helped establish that a protein called vascular endothelial growth factor is an important element in angiogenesis. This

research provided a stimulus for the development of a number of anti-angiogenic or anti-VEGF drugs, including Lucentis and Avastin.

The Lucentis-Avastin trial will determine the relative safety and effectiveness of treating wet AMD in 1,200 patients who will be treated with either:

- ◆ Injection of Lucentis on a fixed schedule of once every four weeks for one year, with the patient being assigned randomly in the second year to either an injection of Lucentis every four weeks or on a variable schedule depending on the patient's response to treatment;

- ◆ Injection of Avastin on a fixed schedule of once every four weeks for one year, with the patient being assigned



Courtesy image

randomly in the second year to either an injection of Avastin every four weeks or on a variable schedule depending on the patient's response to treatment;

- ◆ Injection of Lucentis on a variable schedule;

- ◆ Injection of Avastin on a variable schedule.

The primary outcome

measure will be change in visual acuity. Secondary outcome measures will include number of treatments, anatomical changes in the retina, adverse events, and cost.

This clinical trial will be conducted at 47 clinical centers across the country. It is hoped the results of this study

will improve the treatment of wet AMD. Reducing the frequency of treatments without compromising effectiveness would reduce the treatment burden for patients and produce a potential cost savings.

For a list of clinical centers, eligibility recruitments, and other information, go to <http://www.nei.nih.gov/CATT>.

# AROUND THE CORPS



Lance Cpl. Jessica Aranda

Lance Cpl. Aaron W. Hall throws a jab during an endurance drill at a training session Feb. 27. The middleweight fighter and embark clerk dedicates one to two hours per day to improving his performance.

## Marine brings love of boxing to Iraq

**Lance Cpl. Jessica N. Aranda**

*3rd Marine Aircraft Wing*

**AL ASAD, Iraq** — In preparation for deployment, Marines fill green sea bags to the maximum capacity, shoving in issued gear and personal items. However, one Marine attached to Marine Wing Headquarters Squadron 3, 3rd Marine Aircraft Wing (Forward), left room for more than just the bare necessities ... a pair of boxing gloves.

With four years of boxing under his belt and aspirations of becoming a part of the Marine Corps Boxing Team, Lance Cpl. Aaron W. Hall chose not to leave his favorite pastime behind.

As a child, the Corona, Calif., native watched boxing on television with his father. After showing a growing interest in the sport, Hall's mother enrolled him in his first boxing class at age 15.

The athletically-built teenager continued training at a local martial arts studio, until his trainer quit to join the Marine Corps.

"My first trainer, Danny Daniels, taught me everything I know and every move I do," Hall said. "I try my hardest to emulate exactly how he fought and taught me to fight. I even try to teach others exactly how he taught me."

For the remainder of his high-school years, Hall continued to box at various gyms and with his friends. As graduation approached, the influence from Daniels and interest in the Marine Corps Boxing Team sent him to the recruiting office.

"Ultimately, boxing is what made me join

the Marine Corps," said Hall, who enlisted in 2006. "I liked the image the Marines portrayed, I knew about the boxing team, and I thought it would be great to integrate the two."

The exhausting feeling after a match or training session compares to nothing else, explained the 19-year-old. The 5-foot-10-inch middleweight dedicates one to two hours daily to cardio, endurance exercises and improving his technique through repetition drills.

"Each day, my goal is to work myself harder than the day before," Hall said. "I work hard to get in better shape, because I know it will pay off."

The embark clerk arrives at the gym each night to perfect his jabs, hooks and uppercuts during sparring sessions with other members of the squadron.

"Hall shows great potential," said Sgt. Adrian Moreno, a former recreational-league boxer, trainer and MWHS-3 (Fwd.) supply clerk. "I'm sure that with time and more training, he will be a force to reckon with."

Hall plans on competing for a spot on the Marine Corps Boxing Team when he returns to Marine Corps Air Station Miramar, Calif., at the conclusion of his deployment.

He possesses the right amount of determination to achieve his goal for the Marine Corps Boxing Team, explained Capt. Tracy Klopp, MWHS-3 (Fwd.) executive officer and logistics officer-in-charge.

"He's a hard worker professionally, and I have no doubt he takes that work ethic into his boxing," Klopp said.



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