

M Hawaii MARINE E

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APRIL 11, 2008



Coaches
A-3



Museum
B-1



Kayak
C-1

Pegasus lifts ROK Marine Corps Battalion



Capt. J. Conor Overstake
HMH-463

Marine Heavy Helicopter Squadron 463, "Pegasus", continued its support of the Republic of Korea Marine Corps March 17, by successfully conducting a battalion sized heliborne assault for the 33rd Battalion, 1st Republic of Korea Marine Division during a training exercise while deployed to Naval Air Station Pohang, Republic of Korea.

The squadron, a MCB Hawaii based CH-53D Sea Stallion helicopter squadron, is currently participating in the Unit Deployment Program in Okinawa, Japan. They formed the core of the Aviation Combat Element for Exercises Freedom Banner and Foal Eagle 2008 while on the Korean Peninsula.

As the ACE, HMH-463 was augmented by detachments from Marine Wing Communication Squadron 18, Marine Wing Support Squadron 171, Navy Fighter Attack Squadron 97 (Navy F/A-18C Hornet squadron), Marine Aerial Refueler Transport Squadron 152 (Marine KC-130 Hercules

Republic of Korea Marines with the 1st Republic of Korea Marine Division enter a CH-53D Sea Stallion while participating in Exercises Freedom Banner and Foal Eagle 2008.

Courtesy photo

See PEGASUS, A-5

Hawaii children conduct book, bear drive for local, Iraqi children

Lance Cpl. Regina A. Ruisi
Combat Correspondent

Twenty military and local children from the Zeta Delta Chapter of Eta Sigma Alpha National Home School Honor Society conducted a "Books and Bears" collection to benefit children in Hawaii and Iraq.

The project collected more than 1,500 teddy bears for wounded children in Iraq, and more than 1,300 books for non-profit organization Kaiser Permanente's Reach out and Read program in Hawaii.

"I was watching an article on the news about a trauma hospital in Iraq and there was a medic in the background handing a teddy bear to a wounded child," said Jan Fox, project organizer. "A light just went off."

See DRIVE, A-5



Jan Fox

The members of the Zeta Delta Chapter of Eta Sigma Alpha National Home School Honor Society count, sort through and box up books and bears donated during their month-long 'Books and Bears' collection at a meeting Monday.

3rd Marine Regiment Key Volunteers honored at appreciation luncheon

Lance Cpl. Brian A. Marion
Combat Correspondent

Third Marine Regiment honored its Key Volunteers during the 3rd Marine Regiment Key Volunteer Appreciation Luncheon at the Officers' Club here April 3.

Thirty-one of 3rd Marine Regiment's 96 Key Volunteers attended the luncheon and represented families from all units under the regiment's command.

"Thank you all so much for making the time to come here today," said Col. Duffy White, commanding officer, 3rd Marine Regiment, while speaking to the volunteers. "We want to thank you individually during

this luncheon for the wonderful service you're providing to the families of your Marines."

The Key Volunteers are part of the Key Volunteer Network as part of the Marine Corp's Family Readiness Program. They act as a communication tool between the units and families by keeping families informed about the unit's missions and tasks.

"Our Key Volunteers come from families of Marines who are currently stationed with [1st Battalion, 3rd Marine Regiment], [2nd Battalion, 3rd Marine Regiment], [3rd Battalion, 3rd Marine Regiment], [1st Battalion, 12th Marine Regiment], Headquarters Company, several individuals

and four Embedded Training Teams," said Ed Hanlon, family readiness officer, 3rd Marine Regiment. "These Key Volunteers have been doing an outstanding job in serving the regiment during the high-deployment tempo it's in. They are the commander's link to the families, and the command is grateful for them."

Not only do Key Volunteers provide communication between commanders and families, they also coordinate various pre-deployment and redeployment efforts.

"It's important for families to feel involved in their spouses' lives," said Staci

HONOR, A-5

Family network helps with deployments

Donna Miles
American Forces Press Service

Dealing with a loved one's deployment can be difficult. But for Marine families based thousands of miles from home, the challenges might seem even more daunting if not for an active family support network in place to help them.

Here at Kaneohe Bay, Hawaii, home to more than 11,000 Marines and sailors and their families, the Marine Corps Family Team Building program plays a critical role in helping families through multiple deployments.

Historically a volunteer-based effort, the program now benefits from a recent Headquarters Marine Corps decision to create permanent, paid positions at every Marine base to ensure consistent, continuous family support programs throughout the Corps, explained Xiomara Bowes, the program's director.

The Marine Corps dedicated other expanded resources to the program, as well, introducing broader family support efforts. "We have supplies; we have equipment; we have office spaces; we have facilities," as well as additional childcare and extended-hour training programs, Bowes said.

Now, she said, the program can provide additional services and training, not only to spouses, but also to children of deployed Marines and Sailors, as well as their parents and extended families. "It opens it up for more training opportunities, more learning opportunities to just get through the challenging lifestyle," she said.

But even with this seven-person paid staff, Bowes said the network couldn't serve the families of about 1,700 currently deployed Marines without a vast volunteer network. The 3rd Marine Expeditionary Force's 2nd Battalion is deployed now, and the 1st Battalion is preparing to deploy later this year.

"We're busy when it comes to deployments, especially with the

See SUPPORT, A-5



Donna Miles

Carrie Heironimus, wife of Navy Lt. Brandon Heironimus, right, gets information about family-support programs at a table set up in Marine Corps Base Hawaii's base exchange from Brenda Hawkins, left, administrative assistant for the Marine Corps Family Team Building program, and Cheryl Roy, center, the base's readiness and deployment support trainer.

— NEWS BRIEFS —

HQMC MPMR/MMSB/CACO Visits

There will be several Headquarter Marine Corps briefs on the following dates, times and places. The target audience for the brief on Friday is E-5 through O6.

All Marines and Sailors are invited to attend the CACO briefs on Monday and Tuesday.

CACO SCHEDULE

Monday, 7:30 – 11:30 a.m., K-Bay Base Theater
 Monday, 1 – 5 p.m., K-Bay Base Theater
 Tuesday, 7:30 – 11:30 a.m., K-Bay Base Theater

DCIPS Schedule

Tuesday, 1 – 4:30 p.m., K-Bay Joint Education Center

For more information, contact Staff Sgt. Carodine at 257-8862.

Marine Corps League

The Marines Corps League, Aloha Detachment, is encouraging Marines, Fleet Marine Force Corpsmen and anyone who has the desire to preserve the traditions and promote the interest of the U.S. Marine Corps to join Aloha Detachment on Oahu.

For more information, contact Ah Chick at 227-9115 or 261-9693.

Beach Cleanup

The Hawaii State Bodsurfing Association will host a beach cleanup April 20, at Sandy Beach in celebration of Earth Day.

For more information, contact Capt. Benjamin Mercier at 257-2089.

BayFest 2008

Tickets for the 19th Annual BayFest 2008 go on sale from the general public Saturday beginning at 9 a.m.

Two types of tickets will be available for the event: the BayFest ticket, which allows one-day access to the carnival fairgrounds, contest, military static displays and the Island Lifestyle Exposition. The all-inclusive ticket, which provides patrons with the same one-day access as the BayFest ticket, will also include concert admission.

This year's lineup will include Rodney Atkins, Everclear, Little Big Town, Live and 3 Doors Down.

Tickets are available at Ticketmaster or your local Information, Tickets and Tours office. For more information, contact your local ITT office or Marine Corps Community Services.

Channel 2 Survey

Combat Camera is conducting a survey to gather information about usage of the Base Commander's Channel, Channel 2.

Combat Camera is using the information to improve the service in order to better serve the base community.

For more information, call Gunnery Sgt. Schellenbach at 257-1365, or to take the survey visit <http://ice.disa.mil/svy.cfm?channel2>.

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

Hawaii MARINE

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Chaplains Corner: Why worry?



CATES

Greetings MCB Hawaii families and friends,

I hope all is well with you and the ones you love. I was recently reading a well-known prayer, maybe you've heard it, "God grant me the serenity to accept the things I cannot change. The courage to change the things I can and the wisdom to know the difference."

This made me think about how worry can affect our lives. In our busy world, it's not unusual to feel worried at times. We worry about our family, our job, our health and other personal issues. We may also worry about friends, our community and issues facing the entire world.

Unfortunately, worrying is one of the most destructive of all human habits because it decreases our effectiveness in other areas. When we worry about something, our thoughts and emotions focus on events that haven't yet taken place. It's like Mark Twain once said, "I am an old man and have known a great many troubles, but most of them have never happened."

Worrying is totally passive. It accomplishes nothing. On the other hand, worrying can literally make you sick while keeping you from accomplishing the things that really matter. Think

of the things we worry about.

Amazingly, we probably worry most about the small stuff, those details in life over which we have little or no control.

Sometimes worry becomes a problem. Worry might disrupt our daily routine or keep us from falling asleep at night. More seriously, we might find ourselves unable to do anything about worry, until it gets to the point where worry controls our life.

One way to combat worry is to write down what you are worried about. Writing down your worries is important in changing your behavior. Do you find yourself waiting until the last minute to take care of important projects and other issues? Do you find yourself with financial concerns because you have no idea how much money is in your checking account? All of these will weigh on your mind, and they'll continue to weigh on

your mind until you do something about them.

You may also find, when you write down your worries, that you think frequently about issues and problems over which you have no control, such as your best friend's marriage or world issues. These may be important to you, but they should not be consuming you.

Most likely, however, you will not be able to let go of these worries until you begin working on the worries you can control, such as balancing your check-book.

Hopefully, if you have a problem with worrying, writing your worries down will help. If you feel your problem is a little more severe, please seek help. If you would like to talk to a Chaplain, you can contact me at 257-8318 or gregory.cates@usmc.mil.

Have a wonderful day!
 Chaplain Greg Cates

KEEP YOUR GUARD UP

Helpful how-tos, tips and advice on young Corps' life from your friendly neighborhood lance corporal



While by no means "salty" with Marine Corps experience, the young Lance Cpl. Alesha R. Guard is adept at providing helpful and useful advice. Even if the subject is not one of her areas of expertise, she's adamant about doing the research to provide the most beneficial tips, tenacious even. Think of her as a Dear Abby in a Marine Corps uniform ... and able to take out a target from 500 yards away. If you've got a quandary you could use some friendly advice about, send her an e-mail at aguard@hawaiimarine.com

Top tips for keeping your hair slick

Keeping your hair within regulation doesn't have to cause unnecessary damage. Follow these tips to keep your hair healthy in and out of uniform.

Shampoo hair 2-3 times a week; Use only conditioner any other time you shower to keep the natural oils in your hair.

Try parting your hair differently daily, wearing it up or down to prevent hair loss and recession.

Saturate hair with conditioner before putting it in a bun to keep it moisturized all day long.

Use non-alcoholic hair gel or mousse when styling hair.

Use hair dryers sparingly, let your hair air dry as often as possible to keep from causing heat damage.

Use hair straighteners sparingly, rub hair with oil before using them to protect from the heat.

Trim hair every six weeks to keep the ends looking healthy.

Wet hair in the shower before swimming and it won't absorb as much chlorine.

Food, drink and tobacco all have an influence on hair growth; Have a healthy lifestyle and your hair will reflect it!

After work, let your hair down for as long as possible to take the strain off of the scalp.

One of women's favorite features is often their hair. While heredity and climate are big factors on your hair's makeup, there are things you can do to keep your gorgeous locks strong and shiny.

Toward the end of boot camp, I remember noticing a trend in some of the drill instructors' hair - it was either badly thinning or receding. I'll admit I was scared it could happen to me. After slathering tubs of gel on my hair until I had a slick, tight helmet on my head everyday, I'm surprised my hair made it through boot camp. Three months of alcohol-laden gel and tight-tight buns, I noticed my hair was dry and brittle after leaving the island.

Looking at pictures before boot camp made me realize I'd better start doing something to salvage my badly damaged hair. During military occupational school I began reading up on ways to save my hair, and began a shopping spree of different hair products. After about a year and a half of trial and error, I've found what works for me.

Numerous articles and many hairdressers all suggested shampooing hair only two or three times a week. They all swore that shampooing only three times a week is ideal to keep your hair strong and prevent premature hair loss. After much skepticism, I finally tried the three-times-a-week shampoo schedule. You're probably thinking, "But I workout all the time! We're freaking Marines!" Yes, I thought the same thing. I can't go to work without showering - especially the way I sweat (They call me Sweat Hog.) Instead of shampooing my hair every time I showered, I'd condition it thoroughly and only use shampoo a couple times a week. It made a huge difference! My hair became less and less dry, and began getting its shiny luster back. I also noticed I wasn't pulling out as much hair on my brush after showering.

Another trick a friend taught me at MOS

school was to switch your part each day throughout the week. Instead of parting it on the right all the time, switch it up and part it on the left. If you part your hair straight back, try a diagonal part or no part at all. Switching your part is supposed to promote hair growth and prevent hair loss. I've seen female Marines who part their hair the same way day in and day out. This can lead to stress on the same area of the scalp, eventually causing a balding spot beginning at the part. This can also happen with men who comb their hair to the same side each day.

Get it right get it tight Salvaging your hair from Corps damage

After reading about conditioning products you leave in your hair overnight, I wondered if I could do that during the day. After showering in the morning, my hair still wet, I dumped even more conditioner on my head while I brushed it. The conditioner kept my hair saturated, so I didn't have to use as much gel when putting it in a bun. This not only saved me money on gel, but also saved the ends of my hair. When I took my hair down at the end of the day, it looked like it had just gotten a deep conditioning treatment.

The last tip I've recently tried is finding a non-alcoholic gel or mousse. The alcohol in hair gel is primarily what dries out your hair. These products are usually a bit more expensive, but you'll save your hair in the long run. I use a non-alcohol mousse. After I saturate my hair with conditioner and smooth it out, I dab just a little mousse over the top of my hair. It keeps my hair "nice and tight" without having a "boot helmet head." It looks much more professional, and feels much more natural.

While putting your hair in a bun or up-do for work each day can be damaging, it doesn't have to be.

By taking a little extra time each day to care for your hair, you can keep it healthy and save yourself money in the long run.

Weekend weather outlook

Today



Day — Scattered showers, mainly after noon. Mostly cloudy, with a high near 81. East wind around 14 mph. Chance of precipitation is 30 percent.

Night — Scattered showers. Mostly cloudy, with a low around 69. East wind around 11 mph. Chance of precipitation is 30 percent.

High — 81

Low — 69

Saturday



Day — Scattered showers. Mostly cloudy, with a high near 81. East wind around 14 mph. Chance of precipitation is 30 percent.

Night — Scattered showers. Mostly cloudy, with a low around 69. Northeast wind around 13 mph. Chance of precipitation is 40 percent.

High — 81

Low — 69

Sunday



Day — Scattered showers. Mostly cloudy, with a high near 80. Breezy, with an east wind around 20 mph, with gusts as high as 24 mph.

Night — Scattered showers. Mostly cloudy. East wind around 17 mph, with gusts as high as 22 mph. Chance of precipitation is 30 percent.

High — 80

Low — 70



Photos by Lance Cpl. Brian A. Marion

Corporal Jared Wagner, left, block non commissioned officer, Puuloa Rifle Range, evaluates Marines during Combat Marksmanship Coaches Course 8-04 at Puuloa Tuesday. More than 40 Marines from 3rd Battalion, 3rd Marine Regiment, attend this three week course, which helps Marines learn the skills necessary to help others on the range.

3/3 sends Marines to coaches course

Lance Cpl. Brian A. Marion

Combat Correspondent

PUULOA RIFLE RANGE, Hawaii — All Marines share one thing in common. No matter what their military occupational specialty is, every Marine is a rifleman first and foremost.

Marines aren't born with the lethal ability to effectively engage targets at 200, 300 and 500 yards. They learn the marksmanship fundamentals during bootcamp from primary marksmanship instructors and combat marksmanship coaches.

When rifle qualifications come up in the fleet, some units are lacking the necessary personnel to effectively run the range themselves.

Marines from 3rd Battalion, 3rd Marine Regiment, faced this problem and corrected it by sending more than 40 Marines to Combat Marksmanship Coaches Course 8-04 here, which began Monday and continues for the next two weeks.

"The battalion is getting ready to do battalion ranges and need [staff non-commissioned officers-in-charge] and other Marines who have been in the course to gain experience and help more Marines qualify higher on the ranges,"

said Staff Sgt. Adam R. Guerrero, platoon sergeant, Kilo Company, 3/3. "Along with all of us becoming coaches, we can now teach individual platoons or companies on how to shoot, vice having only a few of us going to each unit one at a time and teaching. It makes the units more self-sufficient."

The instructors lengthened the class from the original two weeks to three weeks, giving the students more practical applications in their coaching abilities.

"We needed more time to teach the Marines," said Lance Cpl. Frederick Notario, armorer and combat marksmanship instructor, Puuloa Rifle Range. "It felt like we were rushing them with the original two weeks by firing two weapon systems along with coaching and fault checking each others procedures,"

Marines receive a full week of classes before firing the rifle for their initial zero. They will then continue to fire the rifle for the duration of the course and fire the pistol during the second week.

"The main complaint we had from previous classes was that Marines had little chance to fault check each other, and now they will," said Alexander N. Yadloczky III, chief marksmanship

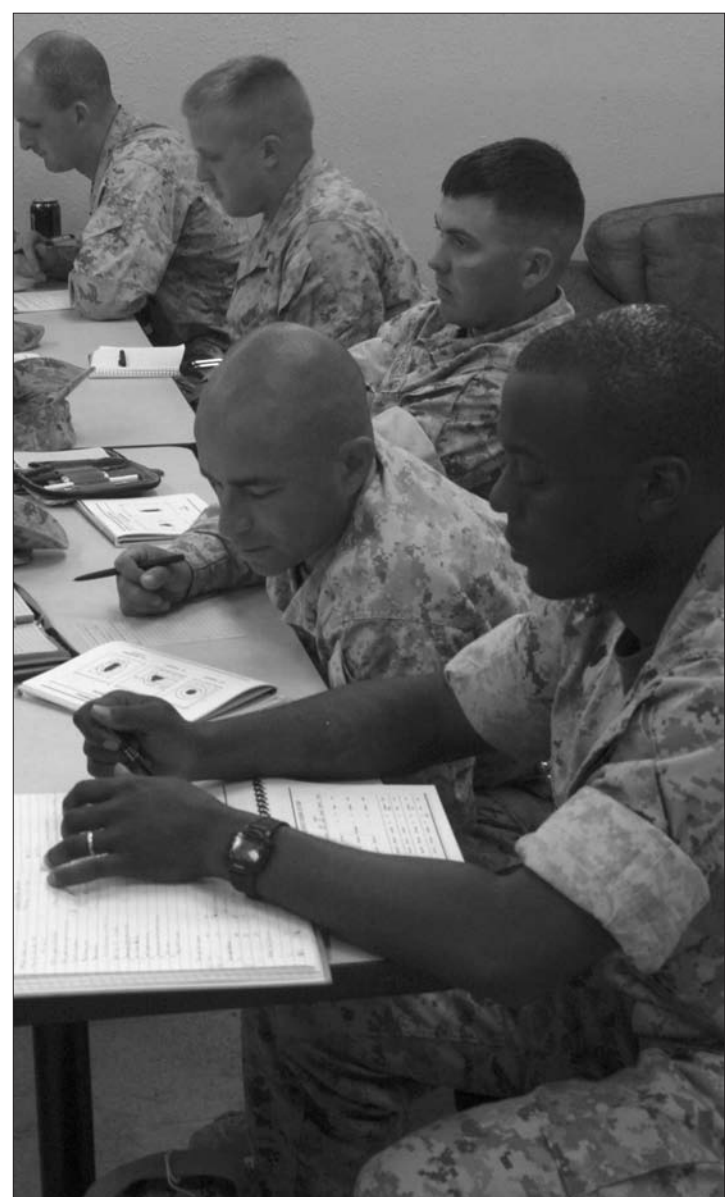
instructor for combat marksmanship coaches course and combat marksmanship trainer course, Puuloa. "Now with some of the extra time, we can conduct drills in fault checking to better ensure the coaches coming out of the training are better prepared."

Along with the fault checking drills, Marines will be using the last week to fire their rifles with a rifle combat optic attached.

"Every Marine who goes into theater now is going in with an RCO attached to their weapon, and many of them don't even know how to zero or change the RCO," Yadloczky said. "The course gives us a good opportunity to teach Marines how to use them."

Throughout the week, the Marines in 3/3 received periods of instruction in remedial actions for both rifle and pistol, marksmanship fundamentals for each weapon, the effects of weather, how to fill out and read a data book, zeroing a rifle, and will qualify with pistol and rifle before the course ends.

"This is a good learning experience," Guerrero said. "I've been in for nine years, and already the training has opened my eyes. I'm already saying to myself, 'Maybe that's what I'm doing wrong.'"



Staff Sgt. Gerald Fuller, section leader, Weapons Platoon, 3rd Battalion, 3rd Marine Regiment, (right) and Staff Sgt. Adam Guerrero, platoon sergeant, Kilo Company, 3/3, look in their data books at the dimensions of the 'able,' 'dog,' and 'body' targets.



Marines from units within 3/3, attend Combat Marksmanship Coaches Course 8-04 at Puuloa Rifle Range Tuesday. During the three weeks the Marines will be there, they will learn how to fault check shooters on the firing line for both the the M-9 service pistol, as well as the M-16A2, M-16A4 and the M-4 assault rifles.



Sergeant John Malovrh, combat marksmanship instructor, scout sniper platoon, 1st Battalion, 3rd Marine Regiment, gives a period of instruction about weather conditions and how it can affect firing to Marines. Anything from the speed of the wind, to rain, to the temperature affects the trajectory of the round or the shooter.

MarForPac Marines honor those before them

Lance Cpl. Ronald W. Stauffer

U.S. Marine Corps Forces, Pacific

HONOLULU — The relics of World War II symbolize an era in history, which many people don't get the chance to see in their lives.

Taking a step into history, 18 leathernecks from U.S. Marine Corps Forces, Pacific, were given the opportunity to visit some of the sites and see what the war looked like while participating in a period of Professional Military Education in Aiea March 26.

Visiting the USS Arizona War Memorial, the USS Missouri and the Pacific Aviation Museum on Ford Island, the Marines not only listened to old stories, but touched history as they toured the innards of the Missouri.

Stepping away from the standard PME procedure, which regularly takes place in a classroom environment, the Marines got the chance to view history up close.

"The intent of this exercise was to familiarize Marines with the events of the Pacific battles in World War II," said Staff Sgt. Jason Hazard, staff noncommissioned officer-in-charge, S-3. "It familiarized them with the history, from the start [of the attack at Pearl Harbor] to the end of World War II."

Hazard said it was the battalion commander's intent to get Marines out and do something a little different. Hazard said he figured getting them out on tours would be more beneficial than sitting and watching a movie or listening to a lecture.

Donning the Service "C" uniform, the 21st century Marines went from the era of Internet and cell phones, to 'a day that will live in infamy.'

After a short video brief on the attack on Pearl Harbor, they embarked on their own epic journey



Lance Cpl. Ronald W. Stauffer

Sergeant Robert Manion, right, nuclear, biological and chemical chief, S-3, Headquarters and Service Battalion, U.S. Marine Corps Forces, Pacific, gazes through the glass shielding the 'Instrument of Surrender' document that finalized the end of WWII during a professional military education on the USS Missouri at Ford Island March 26.

in history as they were shuttled out to the Arizona Memorial.

They viewed the remains of the Arizona and a wall with the names of the service members who lost their lives on the attacked vessel.

"I'm motivated to be out here," said Lance Cpl. Jonathan J. Scott, supply clerk, S-4. "I saw a couple Scotts on the wall, and I want to look

up their names [to see if they were related]."

From the Arizona Memorial, the group moved to the USS Missouri where they received a guided tour of the ship and the opportunity to sit at some of the battle stations and view the cramped living quarters where Marines and Sailors resided.

"It's amazing to see how small the

living quarters were inside such a large ship," said Lance Cpl. Alex Orozco, comptroller, MarForPac. "I couldn't imagine being on a ship while it's being attacked."

After a break for lunch, the Marines launched their final campaign to the Pacific Aviation Museum for another guided tour.

There, they viewed a restored

Japanese Zero, an American A-36 Apache and an A-24 Dive Bomber. They also learned about Japanese tactics and how the U.S. fought the air battle against them during the attack on Pearl Harbor.

Hazard said the Marines get more out of actually touring the memorials. Plus they're representing the Marine Corps and in a public setting.

Our mission: Help our deployed troops come home

Compiled by

Lance Cpl. Alesha R. Guard

Combat Correspondent

Cell Phones for Soldiers hopes to turn old cell phones into more than 12 million minutes of prepaid calling cards for United States troops stationed overseas in 2008. To do so, Cell Phones for Soldiers expects to collect 15,000 cell phones each month through a network of more than 3,000 collection sites across the country.

The phones are sent to ReCellular, which pays Cell Phones for Soldiers for each

donated phone – enough to provide an hour of talk time to soldiers abroad.

"Americans will replace an estimated 130 million cell phones this year," said Mike Newman, vice president of ReCellular, "with the majority of phones either discarded or stuffed in a drawer. Most people don't realize that the small sacrifice of donating their unwanted phones can have a tremendous benefit for a worthy cause like Cell Phones for Soldiers."

Teenagers Robbie and Brittany Bergquist from Norwell, Mass., founded Cell

Honolulu drop off location

Helen's Haven Skin and Body Specialists

4819 Kilauea Ave #6
Honolulu, HI 96816
Contact: Helen Rapoza
helen@helenshaven.com
739-0400
Open: Monday - Saturday
9 a.m. – 6 p.m.

Phones for Soldiers with \$21 of their own money. Since then, the registered non-profit organization has raised almost \$1 million in donations and

has distributed more than 400,000 prepaid calling cards to service members serving overseas.

"Cell Phones for Soldiers started as a small way to show our family's appreciation for the men and women who have sacrificed the day-to-day contact with their own families to serve in the U.S. armed forces," said Bob Bergquist, the teens' father. "Over the past few years, we have been overwhelmed by the generosity of others. But, we have also seen the continuing need to support our troops as more troops are sent overseas for

longer assignments."

Through increased fundraising efforts, the Bergquist family hopes to raise more than \$9 million in the next five years to fund new programs.

For example, one program would provide video phones with prepaid service to allow troops abroad to see their families on a regular basis.

"I am an Army wife, and my husband has been in Iraq since November," wrote Katrina Stimpson, in a letter to the Bergquist family. "We have a nine-month old daughter, and my husband left when she was only four-

months old. The only way she knows who Daddy is, is through hearing his voice on the phone and seeing his picture. I have been searching for an inexpensive way to get phone cards to send to my husband and his unit, and haven't been able to find one. So, I was extremely relieved and excited when I came across your Web site. Thank you for all that you do and keep up the great work!"

To donate or learn more about the program visit: <http://www.cellphonesforsoldiers.com/about.html>.

Exchange rates higher satisfaction than national retail stores

Sharon Cacurak and Laura Stokum

Marine Corps Community Services

Our customers have been surveyed, and the results have shown that Marine Corps Exchange Kaneohe Bay continues to demonstrate improved customer satisfaction. Each Fall, Headquarters Marine Corps contracts with Claes Fornell International Group to conduct the Associate Satisfaction Index and the Customer Satisfaction Index for all Marine Corps exchanges. The indexes were introduced in 1994 by Claes Fornell, a University of Michigan professor. It's currently produced by the Stephen M. Ross Business School at the University of Michigan, with the American Society for Quality and the CFI Group.

The American Customer Satisfaction Index monitors and benchmarks customer satisfaction across more than 200 companies and U.S. federal agencies. Index scores are based on a maximum value of 100. Results are published in national publications such as the Wall Street Journal, as well as quarterly on the ACSI Web site <http://www.the.acsi.org>.

In 2007, the average CSI score of all 17 Marine Corps exchanges was 72. The Kaneohe Bay MCX rated three points above the average with an overall score of 75. Our score has risen two points since 2006, and there

has been improvement in 15 of the 16 major shopping dimensions specified in the survey from 2006 to 2007. The only aspect that didn't show improvement received the same score in 2007 as in 2006. Our exchange also scored the highest out of all exchanges in two aspects – pricing (value for your money, fair prices and adjusting prices to meet competitor's prices) and refund (which includes policy, associate courtesy and associate efficiency).

We not only compare our services to other MCX stores throughout the Marine Corps, but we can also look at the scores of other national stores and measure how our scores compare. While our CSI score was a 75, the average for department and discount stores (Wal-Mart, Target, Macy's, etc.) was a 73. Wal-Mart Stores had a CSI of 68, Sears and Kmart a 72.

The ASI/CSI survey is an extremely useful tool in helping to prioritize goals and initiatives for the following year. Because the survey is conducted annually, MCX managers are also able to measure, compare and evaluate how effective their initiatives have been from previous years. Perhaps even more importantly, the ASI/CSI results give insight into where improvement is needed not just on scores alone, but also on how some aspects impact how satisfied customers feel in general about retail scores.

For example, the CSI report

includes a priority matrix, indicating areas of concern, aspects to maintain, strengths to build on and top priorities. From these, each manager is able to create a business plan of action to help them use the information from the survey to improve their customer satisfaction scores the following year.

The ASI/CSI study recognizes that the two indexes, associate satisfaction and customer satisfaction, are often directly related. In 2007, MCX Kaneohe Bay received the highest ASI score of all the exchanges, with a ranking of 84 out of 100. In fact, in two years, the MCX has increased its associate satisfaction by 15 percent from a 73 score in 2005 to an 84 score in 2007.

At our Main Exchange, the satisfaction level of the employees shows through in the great work they do each day and the pleasant shopping environment that creates. Some of the specific strengths of the MCX that were pointed out in the survey were physical environment, teamwork and work schedule. "They work every day as a team, and they care about what they do," said Kelly Nakano, MCX manager. "And I think that makes a difference."

The Kaneohe Bay MCX employees work hard to take care of the store and the customers, Nakano said.

From custodians to cashiers to customer service clerks, each employee takes pride in their work and contributes to the clean, attractive physi-



Lance Cpl. Regina A. Ruisi

Marine Corps Base Hawaii cashier, Laura Michaelson, takes pride in her work and strives to maintain customer satisfaction.

cal environment. The employees also don't hesitate to make suggestions to make our MCX better, and management values their opinions, implementing them whenever possible.

The sense of teamwork the store associates have, everyone helps everyone out, benefits the

customer in the end.

"Our main focus is the customers," said Chief Warrant Officer 3 Eric A. Littlejohn, exchange officer. "It makes it really easy for us when our employees work together as a team, and they have a genuine interest in the folks they are serving."



Lance Cpl. Brian A. Marion

Third Marine Regiment hosted its 3rd Marine Regiment Key Volunteer Appreciation Luncheon at the Officers' Club here April 3. Thirty-one of the 96 Key Volunteers attended the luncheon. The Key Volunteers help communicate between the regiment and the families, as well as help coordinate family days, Jayne Wayne days and banner making events.

SUPPORT, from A-1

times we are in," Bowes said. "There's simply no way we could provide the support families need by ourselves, without the commitment of our volunteers."

Bowes described the far-reaching efforts she said are particularly important here, because there's no way to hop into the family car and drive home, and airline tickets home cost hundreds of dollars.

"There's a sense of isolation for many of them," said Bowes, a Navy wife herself who understands the challenges deployments bring. "When you're here in Hawaii and your family is Montana, it's not like you can get on a plane and go to Montana."

The isolation can be particularly difficult for younger spouses experiencing their first deployment, she said. The average Marine here is 19 to 20 years old, and about 25 percent of the base population is married.

Even spouses able to pick up and fly home during the deployment can run into a quandary, explained Cheryl Roy, the base's readiness and deployment support trainer and wife of a 30-year Marine who recently retired. If they leave their base housing for more than 90 days, they're required to give it up to the next person in line for housing and

to get back on the waiting list when they return.

Their medical benefits can transfer with them, but change because the family is moving from a base outside the continental United States to one within CONUS. And if they have pets, they have to consider the quarantine requirements on their return to Hawaii, Roy said. "It's not an easy move; even if they decide to do that, it has challenges, as well," Bowes said.

These factors, she said, make a solid family support network especially important.

Spouses often seek out the Family Team Building staff to help them deal with a particular problem, but get something far more important, Roy said. "I think what they're looking for and what we're trying to give them are possibly two different things," she said, "because they come looking for services, and we want to teach them how to take care of themselves. And if you look at each one of our programs, you'll see that the commonality is in teaching them and educating them in different ways to do just that."

Training programs are offered on base and online, and they run the gamut from courses that promote personal development such as communication skills and financial awareness to those that develop career skills.

"Our focus is on empowering them. We're building resiliency," Bowes said. "It's always going to be up and down. It's just the nature of being in a military family. ... There are constant changes to our lifestyle," she said. "And so because of that, what we want to build is resiliency so they can accept change, transition from one thing to the next, and never skip a beat. ... We want to help build resiliency so they can get through those challenges."

The LINKS program -- better known by its acronym than its full name: Lifestyle Insights, Networking, Knowledge and Skills program -- is a vital part of this effort, Bowes said. She described LINKS as "Marine Corps 101," a program that teaches families about the Marine Corps and its traditions. This, she said, helps build pride among family members and helps them better understand the culture they live in and how it operates.

LINKS also covers topics ranging from how to read a leave and earnings statement, to what services are provided on base and where to go for them, to an overview of Hawaiian culture and language.

The base's programs also help families understand the family dynamics that take place before, during and after a deployment. Roy pointed to a seven-stage emotional cycle that begins up to six weeks before the Marine's departure and continues

up to 12 weeks after the homecoming -- each stage involving emotional ups and downs for the family.

"We want to teach them about the emotional cycles of deployment, so they understand and are prepared for the emotional roller coaster," she said. The Family Team Building program's offerings span the full deployment cycle, from pre-deployment briefings to prepare families for what's ahead to support groups during the deployment to a warrior transition briefing that helps redeploying Marines transition back to their roles at home.

To help families reach out to each other and give them a little fun during the deployment the base also sponsors an active Operation Homefront program, said Louise Yeager, Marine Corps community services area coordinator. Each month, the program offers a free event for families of deployed Marines and sailors: a bowling day, pool party, picnic, or visit to the local Tiki Island amusement park.

"The families really look forward to these events," Yeager said. "It's a chance for them to have fun, but also to get together with the other family members for sharing and support."

As the Marine Corps Family Team Building program helps families, it's also helping improve the Marines' readiness for their deployments, Bowes said.

DRIVE, from A-1

Home schooled children around Oahu began focusing their community service project around collecting teddy bears to send to hospitals in Iraq, and also decided to collect books for the reading program. The children were each responsible for their own box, which they placed in areas to allow the community to donate toys and books.

Two Marine Corps Base Hawaii children were involved in the project and set up some of the highest collecting boxes. Jessica and C.J. Nelson's boxes were located at the base Thrift Shop, commissary and Semper Fit Center. The thrift store donated stuffed animals they received, and the commissary donated 60 boxes of stuffed animals. Other children set up boxes at Pearl Harbor and Hickam Air Force Base to get the military community involved in the project.

"Military families really stepped up to the plate," Fox, an Air Force spouse, said. "The animals are packed and ready to go, stored in a spare bedroom of a Navy family's home, and they're preparing to move, so we need

to get them out."

The last challenge remained in raising the money to pay for postage to mail the bears to Iraq. Although toys and books are no longer being collected, donations in the form of monetary assistance for postage are being accepted.

"We have 50 big boxes packed up and ready to go and project to have 20 more," Fox said. "I thought we'd only get 500 bears!"

A local news station ran the story about the bears' collections, and a Korean and Vietnam War veteran was so moved by the story, he offered to pay the total postage cost.

"A gentleman watching the story was so moved by C.J. saying that his dad is in Iraq, yet he is here boxing up bears to send to Iraqi kids, he called the station and offered to pay for all of our postage," Fox said. "He sent me a check for \$1,200, yet wishes to remain anonymous."

The children plan to send the toys to 2nd Battalion, 3rd Marine Regiment, as well as to the U.S. Army Corps of Engineers, who are providing reconstruction and humanitari-

an efforts throughout the country, Fox said.

The books, on the other hand, are easier brought to those who need them, as they are slated to be dropped off at the Reach out and Read program by the "Books and Bears" organizers.

"We get to help out the community in Iraq and kids in Hawaii," said Jessica Nelson, 15. "It's good to do community service projects to help serve your community."

The children want to continue doing the project for community service because everyone liked being involved in it, said C.J. Nelson, 12.

"We would keep the project going if we had money for shipping," Fox said. "It would be great if we could make it a continuing project for the troops. There's really a need for it over there. We also got a chance to bless the children here in Hawaii. We wanted to do something that would help kids locally in Iraq."

For more information on the "Books and Bears" project, or to make a donation, visit <http://www.orgsites.com/hi/zeta-deltahonor>.

HONOR, from A-1

Holt, a key volunteer. "The Marine Corps is a lifestyle, not just a job, and we have to be there to give our support."

The Key Volunteers also help coordinate Jayne Wayne days, banner-making events and family days, Hanlon said.

"There's nothing we can do to replace the void you, by volunteering your time, efforts, energy and creativity, can fill," White said. "Within a 12-month timespan, there's a lot of commitment that goes into making sure we maintain our cohesion and our ability to answer the call when the Marine Corps asks us to deploy to combat. That's the void you all are helping to fill."

Within the last month the Commandant of the Marine Corps funded battalion level civilian family readiness officers.

"We have a commandant, Gen. [James T.] Conway, who

recognizes the valuable role volunteers play in sustaining us in this long war," White said. "I am thankful for your service this past year, and I hope you continue to have the capacity and the desire to volunteer next year."

Along with the luncheon, the volunteers received a wooden koa platter and a certificate from the Regiment to help show its appreciation to the volunteers.

"I don't think we can say it so much that it becomes meaningless, but you're volunteers, and you don't have to do what you do," said Maj. Gen. Robert Neller, commanding general, 3rd Marine Division. "You chose to step up and volunteer. You are family readiness professionals in your own right. This is a team. We wouldn't have been able to do what we did without your support for the deployment. You know what you did. You know who you helped. For that, I thank you."

PEGASUS, from A-1

squadron), Marine Air Control Squadron 4 (Air Traffic controllers) and Korean language interpreters.

Exercises Freedom Banner and Foal Eagle are part of a series of major Combined Forces Command Korea annual exercises that provide a cornerstone of stability on the Korean Peninsula. Each exercise provides a visible, stable platform for annual training in key operations, which showcase US/ROK alliance resolve, as well as CFCK combat capability.

The ROK Marines don't normally operate as a Marine Air Ground Task Force because the ROKMC doesn't possess helicopter forces of its own and doesn't regularly train to conduct heliborne assault operations. The battalion heliborne assault conducted last week was both a critical and culminating joint training objective. This heliborne assault consisted of a division of four CH-53D helicopters, led by Lt. Col. Frank E. Wendling, commanding officer, HMH-463.

Pegasus transported the 33rd Bn., 1st ROKMARDIV from NAS Pohang to Landing Zone Ka Chi (named after the Republic of Korea's national bird) located

northwest of NAS Pohang.

The battalion was inserted over four waves. "Pegasus" lifted ROK Marines from Companies 9, 10, 11, and Weapons Company hauling 60mm and 81mm mortars. The lift was flawlessly executed from brief through execution, displaying the capacity and potential effectiveness of combined operations on the Korean peninsula. The "Pegasus" maintenance department laid the groundwork for the success of this mission. The squadron's maintenance Marines ensured seven aircraft were able to self deploy to, and from the Korean Peninsula from Okinawa, Japan, an over-water distance of over 700 nautical miles. The movement showcased the CH-53D's ability to successfully perform, long-range air assault expeditionary operations.

The operational experience gained by both HMH-463 and the 1st ROKMARDIV will pay future dividends as Marine Corps units continue to train and operate in a combined environment with ROK forces, maintaining the strength and resolve of the US-ROK alliance. Members of HMH-463 look forward to conducting assault support operations with our allies in the Republic of Korea during future exercises.

AROUND THE CORPS

Marines bring smiles to Iraqi children

Cpl. Erik Villagran

Multi National Force - West

HIT, Iraq — Lance Cpl. Edwin S. Contreras, an assaultman with Company I, 3rd Battalion, 4th Marine Regiment, Regimental Combat Team 5, knows the best way to let the Iraqi people know that Marines are here to help is through the children.

Marines with Company I conducted a security patrol March 29 through the city of Hit, Iraq, to ensure all is running smoothly in the city.

"The purpose of the patrol was to provide security for the people and to build rapport with them," said Lance Cpl. Brandon M. Barnes, a team leader with Company I and native of Fairbanks, Alaska. "We're still looking for suspicious things or anything we can do to hinder insurgent activity."

As Marines walked through the city they handed out treats to kids who approached the patrols. Although some of the kids seemed timid at first, once they saw the candy their fears disappeared. Marines felt that making the extra effort for the kids would demonstrate the good Marines are doing.

"Giving out candy is good for our rapport with the people," said Contreras, a native of Pico Rivera, Calif. "We win over the hearts of the kids, the parents see that and we win the people over."

Barnes understands the importance of making the kids happy, but to keep kids from disrupting his patrol he had to tell them through an interpreter to keep their distance.

"We don't always bring candy out because when we do they like to swarm our patrols," Barnes said. "We

only do it now and then so they know we're trying to help."

When Marines stopped at houses to speak with residents of the neighborhood, the kids followed and watched Marines post security.

"We got to sit down with some people and talk about some interesting stuff," Barnes said. "We try to put a face to the Marines so they know we're human too."

Marines asked questions through an interpreter and spent the majority of the time listening to what the people had to say. They received insight on how the community feels about the Iraq Provisional Security Force, Iraqi Police and Marines.

Marines left the last house on their patrol feeling good about how their patrol went.

"The patrol went smooth," Contreras said. "We got to talk to a lot of people. Most of our patrols are about building rapport with the people. We accomplished our mission out there."



Cpl. Erik Villagran

Lance Cpl. Austin L. Barnhill, a rifleman from Riverside, Calif., assigned to 3rd Battalion, 4th Marine Regiment, Regimental Combat Team 5, hands an Iraqi girl candy March 29 in Hit, Iraq. Marines with Company I handed out candy to Iraqi children while conducting a security patrol through the city and spoke with Iraqi locals about their thoughts on the Iraq Provisional Security Force, Iraqi Police and Marines.

A

HEALTHY
TAN IS THE
FIRST SIGN
OF SKIN
CANCER.



IRONIC,
ISN'T IT?

The fact is, tanning can lead to melanoma/skin cancer. So examine yourself regularly. Look for blemishes larger than a pencil eraser, multi-colored or asymmetrical in shape. If you have any questions, see your dermatologist.



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APRIL 11, 2008



Lance Cpl. Ryan Noel, forward observer, Charlie Battery, 1st Battalion, 12th Marine Regiment, practices tying knots in an interactive exhibit at the Hawaii Maritime Center Sunday.



Lance Cpl. Kristopher Baran, cannoneer, Charlie Battery, 1st Battalion, 12th Marine Regiment, looks at hooks made of fish bones at the Hawaii Maritime Center.



The whaling general store, part of the Kohala Lele exhibit, gives Hawaii Maritime Center visitors a taste of what products whalers bought during Hawaii's whaling period.

Hawaii Maritime Center *Hawaii's nautical history unfolds here*

Lance Cpl. Regina A. Ruisi

Combat Correspondent

There is only one destination in Hawaii that promises whale bones, a cruise ship and a flying cow all under one roof: the Hawaii Maritime Center.

Located on Pier 7 on the beautiful and historic Honolulu Harbor, the museum is open to the public seven days a week, and offers various exhibits, interactive, video and static display for visitors to enjoy.

"This museum has the history of maritime Hawaii from the time the Polynesians came up to Capt. Cook, the Russians, French, British and Americans, and cruise ships," said Kevin Williams, docent, Hawaii Maritime Center. "There's a skeletal Humpback whale and even flying cows, although they look skeptical."

An audio-guided tour of the museum takes visitors through Hawaii's nautical history, from the discovery of Hawaii to modern

research vessels examining specimens from Pacific areas. Exhibits about the exploration and death of Capt. Cook, the history of Honolulu Harbor, life on a ship and hundreds of ancient artifacts make the walk around the small museum visually appealing and intellectually stimulating.

For the younger visitors, hands-on displays like knot tying, conducting "research" aboard the S.S. Malama, a Hawaiian research vessel, and walking on the deck of a speed boat are entertaining, and adults can take their time to learn about Hawaii's maritime past.

"It's the first time my sons are here," said Darren Martinez, Honolulu resident, who visited the museum Sunday with his two sons. "I've been here once before. They like the hands on exhibits and the videos."

A quick step outside and visitors are staring up at the "Falls of Clyde," the world's soul surviving four-masted, full-rigging ship. The ship itself can no longer be toured, as it is being renovated, but visitors can see the ship

and artifacts found aboard it in the museum. The ship was built in 1878, and served Hawaii as a trading ship. It was made a National Historic Landmark in 1989, and is anchored beside the museum, viewable to the public. The ship's renovations, however, may cease and the historic ship may be sunk if renovation funds aren't raised for the ship's preservation.

Environmental exhibits show the impact of humans on the island of Oahu, and the importance of the ocean to Oahu's ecosystem. In the whaling exhibit, visitors see the impact of whaling on the Hawaiian people and even get to see a Humpback whale skeleton, called "Lei Iwi," Hawaiian for Lei of Cherished Bones. Exhibits of Hawaii's first cruise ship, the S.S. Lurline, and surfing show the effect modern society has played on the seas of Hawaii.

"Up to 90 percent of what we consume on Oahu is brought through Honolulu Harbor," Williams said.

The impact of the harbor during the industrial revolution is displayed through an exhibit featuring the promised "flying cow," a stuffed, life-sized cow hoisted by harnesses as if being lowered onto a ship deck.

From a Polynesian canoe to seaplanes, different kinds of boats used in Hawaii's history can be found in the museum, and offer the visitor a sense of development, showing how far Hawaii, particularly Honolulu Harbor, has come in its existence.

The museum is part of the Bishop Museum in Honolulu, and is open daily from 8:30 a.m. until 5 p.m. An admission fee of \$8.50 for adults, and \$5.50 for children three through 12 is required (children under three are free), but there are military and military child discounts available. Audio tours are available in English, as well as Japanese and Korean.

For more information about the Hawaii Maritime Center call 523-6151, or visit their Web site at <http://www.bishopmuseum.org/exhibits/hmc/hmc.html>.



Photos by Lance Cpl. Regina A. Ruisi

The Hawaii Maritime Center is located on Pier 7 at Honolulu Harbor and is open daily for visitors to take a walk through Hawaii's maritime history. The museum features displays covering maritime history from the landing of Polynesian canoes to the modern boats of today and is open daily from 8:30 a.m. to 5 p.m. Military discounts are available.

PASS IN REVIEW



'Accelerate' ...

Into digital age with R.E.M.

Christine Cabalo
Photojournalist

Music fans fueled by slick guitar riffs will want to speed into stores to buy R.E.M.'s newest album, "Accelerate."

The band's signature vocal harmonies and synchronized guitar combinations are in full force in their 14th studio record. The album's rapid pace is thrilling — even for R.E.M. fans feeling like the band missed the beat since drummer Bill Berry left.

Returning to their previously successful approach, the band performed their initial material during live concerts before refining their finale version. The result is a high-energy album, with a few slower songs to round out its sound.

Bonus tracks are available for those who buy digital copies of "Accelerate" available for download from places such as iTunes or Amazon MP3.

The album's songs are mostly dynamic rock tunes powered with chords from bassist Mike Mills and guitarist Peter Buck. Mills and lead vocalist Michael Stipe sing strong accompanying harmonies that elevate "Accelerate" from being just another rock album. Stipe's lyrics reflect a frustration over political pundits, using enigmatic and emotive words for listeners without being overtly blunt.

Kicking off with swift speedy songs like "Living Well is the Best Revenge" and "Supernatural Superstition," R.E.M. sets the stage for a rousing record. The band shows they can be thoughtful yet catchy, with "Man-sized Wreath." Its chorus is an instantly memorable piece of music with lyrics demanding more sincerity from politicians. The lyrics to the album's single "Accelerate" bring out vivid imagery for the need to find solutions, singing: "Where is the ripcord, the trap door, the key?"

Whether or not you agree with Stipe's personal politics, he emits an infectious feeling of gaining power from making your own decisions.

The message is especially present in "Horse To Water," and

Stipe sings it with an air of rock defiance. The song's refrain is simple yet haunting, "I'm not that easy, I'm not your horse to water."

Slow and moderate-paced songs on "Accelerate" are just impressive with lingering melodies. There's a quiet angst in tracks like "Until the Day Is Done" and "Houston." Stipe even refers back to previous albums in "Sing for the Submarine," and it's a sign the band can reinterpret their signature sound into new ways for music lovers.

Fans who bought the album through Internet download also have several bonus tracks. The band includes some live performances of songs from "Accelerate" in addition to two exclusive Internet tracks: "Redhead Walking" and "Airliner." The live performances are straight interpretations, and fans may have preferred to hear other arrangements of the songs.

The two Internet tracks are definitely worth the download. "Redhead Walking" is a cover from '80s indie rock group, Beat Happening.

Fans of the original song will like R.E.M.'s rendition, which balances paying respect to the bebop source material and finding a new hard rock edge. "Airliner" is an instrumental piece showcasing lightning-fast guitar work in a '50s surf music piece. Clocking in at a little more than 30 minutes, fans can extend the experience and buy the band's Internet bonus tracks or any of their recent live performances.

The slight disappointment for more variation in their live bonus tracks is a minor quibble. The band more than makes up for it with a solid album and its two other exclusive Internet tracks. With its fast edge, "Accelerate" indicates R.E.M. fans will continue to be shiny, happy people who like to rock.

To learn more about "Accelerate," log on to the album's Web site at: <http://www.remaccelerate.com/>.

Your weekly guide to all aspects of entertainment

Welcome to the Pass In Review, your number one source for cinema, music, videogame and book reviews. The Pass In Review crew consists of more than 10 critics, each with their own idea of what makes a movie, album, game or book great. So be sure to take advantage of the Better Know A Critic section, which spotlights this week's critics to better help you choose the critic with opinions most like your own. Using our breakthrough four point scale system you can quickly decipher what is worth your time and what isn't, or read the full review for an in-depth analysis and explanation of the rating. The rating system uses ammunition and range terminology, so if you're not familiar, here's a quick breakdown of the ratings ...

1/4 — No Impact, No Idea

Horrendous. Among the worst of the worst in its genre. Dedicating time to this is not only wasteful, but unforgivable. Avoid at all costs.



2/4 — High And To The Right
Mediocrity at its best. Lacks a few things that might have made it really good. A decent time waster, partake only if you have nothing better to do.



3/4 — On Target

Praiseworthy. A great endeavor, not quite an instant classic but still very entertaining. This is a sound investment of your time.



4/4 — Confirmed Kill

Genius. In the top 10 percent of its genre. This is the stuff legends are made of. Missing out on it would be a disservice to yourself.



So, there you have it and we hope you enjoy our weekly reviews. Don't forget, The Hawaii Marine accepts submissions from its readers so if you consider yourself a film buff, music aficionado, gaming geek or bookworm feel free to submit your own reviews. Or, if you disagree with a review published and want fellow readers to know the real scoop, send in a condensed review and we'll run it as a second opinion.



No tears lost over gaming masterpiece

Lance Cpl. Achilles Tsantarliotis
Combat Correspondent

Imagine a game where you don't have to point out the "amazing" and next generation features to yourself. A game you don't play with a voice in your head reiterating how awesome the game is, fighting off bad waves of buyer's remorse until you finally admit that most games are the same formula with a different cover or story.

Those games come along every so often, setting new standards and reminding us of how amazing and interactively entertaining video games could be. That game right now, for me, is the PC exclusive release, "Crysis."

If every other game wasn't rapidly diminishing in interest before, I don't want to admit how much I wonder why I owned any other games after this "born again," inflicting game.

While "Crysis" does in a sense follow a formula that's been used before; standard weaponry, saving the world, killing enemies and then somehow finding yourself fighting an invading swarm of aliens with Hitler-like intentions, it's the structure and assembly of the game that leaves me at a loss for words.

Set in the near future, you play as an elite special forces character named Nomad, and given the future timeline, he's equipped with a "Nano" suit that allows different "modes" to be selected at the cost of an energy bar. The bar depletes with the use of enhanced powers like, nearly invisible camouflage, extra strength —

helping you with steadier aim, jumping or pounding enemies' heads in, courtesy of the old fashioned knuckles. While maybe not realistic in a modern sense, its a video game and its job is to immerse you in another world, however likely or unlikely it is — and in that sense, it's hands down the reigning king.

This game has blown my mind in so many ways I don't even know where to begin. Now, a shallow game with pretty visuals is going to be useless to me, but an amazing game built by delicately infusing gameplay and such aesthetic prowess, creating a cinematically moving experience — leaving me catatonic, only responding to Nomad, is likely a sign of an award winner.

The way you move, shoot and embed yourself in levels is unbelievable, finding your own path through Vietnam-like jungles to sneak up on the enemy, and depending on the mode you select, either shoot, eliminate their executioner style or enter a Texan show-down, and annihilate them "Texas Ranger" style.

The physics, for example, make your heart race every time you hear an enemy grenade, or while you plow through lush jungles and out of nowhere see a tank looking right at you, ready to greet you with a slug.

You're right, that's not an example of physics, but what happens when the tank hits you, is when your jaw drops. The screen goes black for a second, like the game shut down, suddenly emerging with traces of blood, debris and confusion realistically distorted, with a "heart-pumping" moment of panic as you regain your equilibrium and thank the heavens your not particle dust. That right there, is the difference from every other game and "Crysis," largely as a result of

See *CRYSIS*, B-5

Better Know A Critic



CABALO

Christine Cabalo first fell in love with music in grade school when teachers said she could sing along with their music. "I'm still not sure if I'm actually good at it, or if they just praised me because I sang loud." If she were in a band, she believes she would be "cooler than I am now," and would be lyricist/lead tambourine player as well as providing light percussive instrumentation.



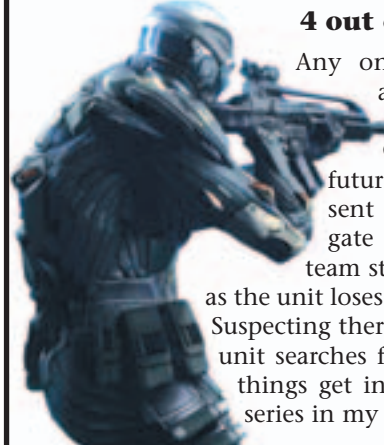
TSANTARLIOTIS

Lance Cpl. Achilles Tsantarliotis wouldn't consider himself a gamer. He prefers the term "visually interactive artist." His interest in gaming began when his parents bought him his first console, a Nintendo Entertainment System, and has continued since. He feels "A great game is one that immerses you in the action, one that has massive growth and endless options that let you play at your own accord."

Second Opinion

"Crysis"

4 out of 4 (Confirmed Kill)



Any one who likes futuristic armor, aliens, and battles that blow the mind away will like Crytek's "Crysis." Set in the future, a U.S. Special Forces unit is sent to a remote island to investigate what happened to a scientific team studying the island. Things take a turn for the worse as the unit loses one of its members to a gruesome, inhuman death. Suspecting there's more to the island than previously thought, the unit searches for a research team that's still on the island. Then things get interesting. "Crysis" ranks up there with the "Halo" series in my books.

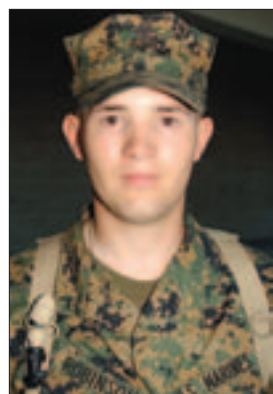
— Lance Cpl. Brian A. Marion

TALK* STORY

With more than 1,900 Marines on active duty in February 2008, it's never been a better time to be a Warrior. The Marine Corps surpassed its retention and recruiting goals by more than 37 percent, according to the Department of Defense's statistics. To keep the numbers going up, we asked ...

What should officials do to increase Marine recruitment?

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



I think recruiters just need to get out more and show the Marine Corps values to civilians.

— Pfc. Joseph Robinson



"I think rewarding those who sign up would be great. Maybe they can give more money to the recruits."

— Deedee Kaheaku

"I think they should increase base pay for the [non-commissioned officers]. Bonuses are nice, but the amount still gets taxed. You don't see too much of it after taxes, and an increase in base pay would be more useful."

— Cpl. Jonathan Brown



Desert Diaries

Lance Cpl. Regina A. Ruisi

Combat Correspondent

Since 1965, the Marine Corps has effectively preserved its history through the Marine Corps Oral History Branch. The corps-wide program is conducted here by Capt. Diana Mearns, the historical program officer, who documents the accounts of Hawaii's service members. The warriors' stories are collected orally and join the ranks of thousands of Marines and Sailors who've come before them, dating back to the Vietnam War.

"Desert Diaries" tells the personal stories of pride and loyalty, humor and sadness, and the glory and horror of America's wars. The stories are provided by the base historian, and are published to help share our warriors' stories with the public.

"... we knew that day we had saved those soldiers and Marines' lives by providing close air support."

From the time he can remember, Capt. David Schnick always wanted to be a pilot. He grew up looking toward the Wisconsin sky as a child, Schnick would see military aircraft flying overhead and knew that's what he wanted to do.

"I joined the Marine Corps because I wanted to fly," he said.

After attending college in Wisconsin and

Marine Corps Officer Candidates School, Schnick went to Marine Corps Air Station Beaufort where he deployed to Iraq in 2006. His unit was responsible for providing air support for 3rd Battalion, 3rd Marine Regiment, who he would end up being part of a year later.

Now the air officer with 3/3, Schnick deployed with the battalion in July 2007, returning home to Hawaii in February. There he and his Marines provided close air support for the infantrymen on the ground.

Schnick's job included looking for improvised explosive device planters and the IEDs themselves, and checked for areas of fire so he could provide close air support.

"Something would happen at least once a week in Ramadi, so we'd end up flying over there a lot," Schnick said.

One particularly gratifying event Schnick remembers from his time in Iraq was supporting an Army unit with communications and close air support. The unit was pinned down, taking enemy fire from 20 insurgents, and couldn't radio back to their battalion commander to request to

"A large bang went off inside and a Marine walked in, his eyes the size of saucers, and said, 'Sir, we were just rocketed.'"

fire back. Schnick and his Marines were flying overhead and could receive radio transmissions from the Army unity and provided the link the soldiers needed to engage the enemy.

"We were able to relay the request to give them the approval to fire and relayed it back to them," Schnick said. "We were given authorization to fire, so we did. There were a number of Iraqi [killed in action] left behind and their AK-47s. That was a real positive experience for us because we were dealing with infantrymen who were pinned down in a ditch, and we knew that day we had saved those soldiers and Marines' lives by providing close air

support."

When Schnick and his Marines weren't flying three or four hour missions, they were working on al Asad Air Base in their squadrons.

"We really didn't have a lot of hardships," Schnick said of life on the air base. "Once and a while the electricity went out or they'd have trouble trucking food down, but to be completely honest, compared to what was happening around us and what was happening to the infantrymen, the grunts out in the field, we were living in luxury."

Monthly incoming rockets were the only things the Marines worried about, and most times the rockets didn't make it close enough to do damage to anything but the flight line. Schnick remembers one specific day he was on duty when the base was rocketed by insurgents.

"A large bang went off outside and a Marine walked in, his eyes the size of saucers, and said, 'Sir, we were just rocketed,'" Schnick said.

The attack hit near the Marines' living quarters and put holes in aircraft.

"In typical Marine fashion, the Marines went over to look at the hole, and as they're looking into it, [explosive ordnance disposal] shows up and said it was an un-detonated rocket," Schnick said.

A Day in the Life

Lance Cpl. Achilles Tsantariotis

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.

Your son or daughter is having problems at school; countless attempts to resolve the problem have left you unsatisfied. If only there was a third party to help resolve the conflict. Fortunately, there is.

The school liaison officer.

Amy Madsen's job as the school liaison officer is an occupation unique to the military world. It's a job that requires understanding and passion, for both the military side, and the school.

The school liaison officer is accountable for a spectrum of duties. Ensuring the base commander the military personnel's children are in good hands, helping parents inbound to Marine Corps Base Hawaii, answer any questions or concerns about the education provided, and resolving conflicts between parents and the school.

"I help keep the school connected to the command," Madsen said. "I'll help resolve conflicts that arise between the 'military world' and the school. Parents are very passionate about their children's education and sometimes it takes a lot of patience and understanding to help them."

The school liaison officer helps

clarify some policies to parents who might come from a different type of educational environment, said Annette Ostram, principal, Mokapu Elementary School.

"She's very helpful," Ostram said. "It'd be much more difficult to get parents information - she helps smooth everything out."

The school liaison officer has been the turning point in some active duty families skeptical of taking orders to Hawaii, because of the misconceptions surrounding the public schools here.

"I was ending my duty in Okinawa," said Brian Nuss, security manager, MCB Hawaii. "And I got the option of coming to Hawaii, but the more and more I researched into it, I became apprehensive. Education is very important to my family, and I wasn't too happy about what I was hearing. After a few weeks of corresponding with [Madsen] I wasn't worried anymore. She was instrumental in taking orders here."

Madsen, a prior Marine officer, had taken on the occupation as a reservist in August 2004. The billet was created six months before in March, and wasn't intended as a permanent duty, until it was decided to transition to a civilian held billet.

"They had turned the position into a

civilian billet as I was ending my reserve service," she said. "I had applied like many others, and they chose me to continue as the [SLO] which I was happy to do."

Madsen at the time had recently ended nine years of service in the Marine Corps as a captain, and even though she never thought of pursuing a career in an education field, continued to provide the mediating services to active duty families and their children's schools.

Madsen credits some of her ability to successfully help both, concerned families and schools, to her prior service as an officer and being able to relate to military families, and as a mother.

"While I was an officer I did everything from adjutant to aid-de-camp," she explained. "And when I had first started working as the SLO I was taken aback, here I was working with a general and now I was being screamed at by parents. I didn't understand how passionate they were about their children. I took a look at what skills would be beneficial in this job and started working on them, understanding all sides of concern, helping find a resolution between what parents and teachers might think is right for the kids, and sometimes just talking to the parents - their significant others are deployed and their just stressed out. You'd be surprised

how 10-minutes of talking can help them alleviate their issues."

For a job that has no real definition and endless expectations, Madsen said she handles everything differently and will do whatever she can to help.

"It's really rewarding," Madsen said. "I really enjoy helping people, and even though I'm not in the Marine Corps anymore - I still hold a special place in my heart for Marines, and I'll continue to support them."



Lance Cpl. Achilles Tsantariotis
Amy Madsen, school liaison officer, Marine Corps Base Hawaii, gathers information for inbound parents. Madsen bridges the two communities, military and Hawaiian schools, to help answer any question and alleviate any conflicts.



Christine Cabalo

Mokapu Elementary School kindergartners sit April 13 with service dogs from Hawaii Fi-Do as part of their rewards program. Students heard and read stories featuring dogs as they sat with their four-legged friends.

Hawaii Fi-Do helps Mokapu students read to succeed

Christine Cabalo

Photojournalist

Students are learning new tricks from Hawaii Fi-Do Service Dogs at Mokapu Elementary School.

Kindergartners who meet their behavior standards earn special library reading time with the dogs each month. The reading program, which began for Mokapu students in December 2007, may come to an end this quarter if the school has insufficient funds.

"In order to get the reward, a student has to meet a goal they set up during the week," said Krista Nielsen, dean of students, Mokapu Elementary School. "They rate themselves, and if they get enough positive marks they can spend time with the dogs."

Nielsen said students are very honest about rating themselves, and they're eager to earn reading time with the service dogs. Students pair up at the school library, spending a few minutes reading books as they sit with a dog and its handler. Bernie Leonard, kindergarten teacher, Mokapu Elementary School, said it's encouraged her students to improve their reading skills so they can actively read to the dogs. The books they read during the sessions also feature dogs in action.

"It's very calming to be with the service dogs," Leonard said. "The students have more self-esteem afterward, and they learn to take care of animals. There's also less hitting from each other on the playground."

The kindergarten teacher said the most aggressive children in

See **SUCCEED**, 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.

Spiderwick Chronicles (PG)
Jumper (PG13)
Fools Gold (PG13)
Step Up 2: The Streets (PG13)
Spiderwick Chronicles (PG)
Jumper (PG13)
Fools Gold (PG13)
Definitely, Maybe (PG13)
Witless Protection (R)

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.

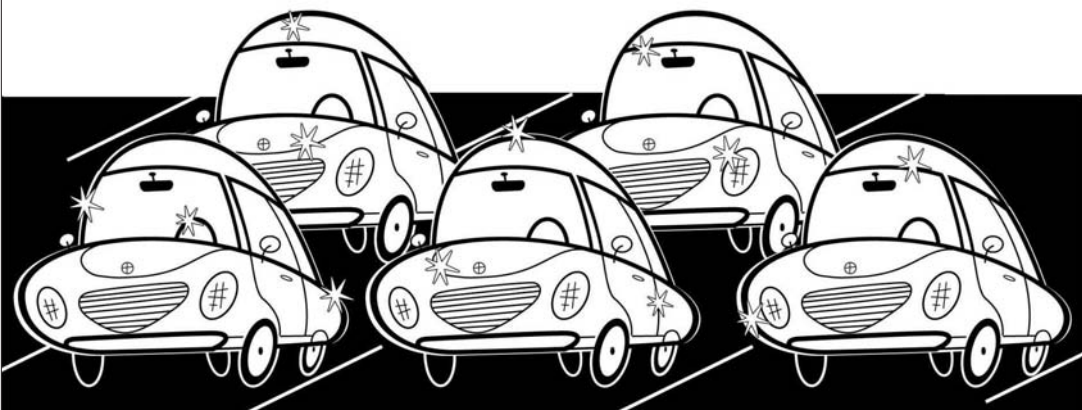
SPOTLIGHT ON BASE

Silent Auto Auction

A silent auction is underway at the Auto Skills Center, Building 3097, Marine Corps Base Hawaii, Kaneohe Bay, for bids on the vehicles.

Bids will be taken by placing a sealed ballot in a box provided at the Auto Skills Center. Bidding will close at the close of business Sunday. The boxes will be opened the day after closing, and those with the highest bids will be notified.

For more information, call 254-7674 or e-mail carl.cabrera@usmc-mccs.org.



Wordsworth's mirth



Christine Cabalo

Kawehilani Bryant and her daughter, Keohoanalani, set up the Base Library's exhibit April 3. 'William Wordsworth and the Age of English Romanticism' exhibit shows biographical information on the poet and his contemporaries, such as Percy Shelley. The Hawaii Council for the Humanities provides the Base Library with 10 exhibits for library visitors to see during the year.

Observe Earth Day by taking proper steps to conserve energy

Shaughn Petty

Special to the Hawaii Marine

April 22 marks the 38th anniversary of Earth Day. In an effort to conserve the planet, the federal government has policies, regulations and laws are helping to clean the air, promote land conservation, improve water quality and conserve energy.

There are things you can do to help save our planet too.

On Oahu, 95 percent of the electricity is generated by burning fossil fuels (78 percent from oil and 17 percent from coal).

By reducing the amount of electricity we use we reduce the consumption of these fossil fuels and in turn reduce the negative impact on the environment by lowering the amount of greenhouse gas emissions. There are many ways to decrease our use of electricity.

The biggest consumer of electricity among household appliances is your refrigerator. It uses between 10 and 15 percent of the electricity you use each year.

Owning an energy efficient refrigerator can help as will keeping the temperature between 37 and 40 degrees.

Cleaning the condenser coil can improve the efficiency of your refrigerator and reduce your annual energy costs by as much as \$20. Let cooked foods cool to room temperature before putting them in the fridge. Hot foods and their containers will raise the temperature in the fridge making it work harder.

The fuller you keep your freezer the less cold air you lose when you open the door.

The other big energy users in your household are your hot water heater, your washer and dryer and your dishwasher. Here are some ideas to make these appliances more efficient and to save energy.

Either turn down the hot water heater to 120 degrees or turn on the "energy conservation" setting.

Some manufacturers set water heater thermostats at 140 degrees when most households only require them at 115 to 120 degrees.

For each 10 degrees reduction in water temperature you can save 3 to 5 percent in energy costs. Make sure your water heater and pipes are properly insulated. Install a timer on your water heater to turn off at night and on just before you wake in the morning.

Wait until you have a full load to run the dishwasher. Don't pre-rinse the dishes; today's detergents are strong enough to do the job.

When possible, wash a few dishes by hand. In time that will save a few loads in the dishwasher, conserving energy.

Wash clothes in warm or cold water, not hot. Ninety percent of the energy used in operating a washing machine goes toward heating the water that washes and rinses the clothes.

By reducing the temperature, you will cut energy use and your clothes will be just as clean.

Front loading washers use 40-60 percent less water and 30-50 percent less energy than typical top loading washers.

Don't over dry your clothes or better yet, hang them out to dry.

Turn off lights when no one is in the room, dim lights when you can and let natural sunlight into your home as much as possible. Exchange old incandescent light bulbs for new Energy Star compact fluorescent light bulbs.

Avoid using air conditioners as much as possible. Ceiling fans use 80 percent less energy than central air conditioners.

By only using ceiling fans, you can reduce your annual cooling costs by 10-65 percent.

In warm weather run the fan blades in a counter-clockwise direction to feel 5 degrees cooler.

During the winter set the fan blades to rotate clockwise at a low speed to force warm air from the ceiling down into the living space.

Earth Day is a time to celebrate the gains we have made and to create new ways to accelerate energy conservation and environmental progress.

Earth Day and every day is a time to act to protect our planet.



SUCCEED, from B-3

her class are gentle with the service dogs, and students speak quietly even when they're excited to see them. Class discipline referrals were down 90 percent last quarter, and no referrals have been given out this quarter.

Some children notice that a few of the service dogs are labradoodles, hybrid dogs with genes from labrador retrievers

CRYSIS, from B-2

the graphical power it boasts, because instead of just being hit and worried about how much health you have, your just stunned, not even thinking about how to destroy the tank – just adrenaline pumping as you wonder, "Am I going to live?"

Unlike most shooters that lay out a "path" that creates a controlled sense of freedom, and even though you're allowed to kill enemies however you like (how kind of the developers) you just follow the predetermined path like the yellow brick road. Not in "Crysis."

Its setup is best described as a "sandbox" map, completely allowing, and in most cases promoting, your own path based on how you like to play. Toward the end of the game it starts becoming more restricted only because of the story that slowly unravels in a grim mountain, and sequentially, other space limited areas.

The whole time I was playing I never thought about how far I was in the game, or how close to the end (when the self assurance was disappearing); which is what I do in most games ironically enough, like a need to beat a game I'm actually not enjoying just to claim my money's worth. I was constantly trying new ways to kill enemies or trying different weapons, taking full advantage of the environment to defeat numerically overwhelming foes.

A negative of such visual astonishment and breakthrough – everything that sets the game apart, is that it requires a powerful computer. The game also features a multiplayer option, which is the same visually stim-

and poodles. Hawaii Fi-Do handlers also answer student questions in addition to reading stories with them.

Corlyne Haituka, Hawaii Fi-Do handler and owner, said she shows students how her golden retriever, Sunny, helps her remain mobile. Haituka has several joint disorders and other illnesses that make doing daily tasks challenging.

"Without Sunny, I'd probably need to hire a nurse," Haituka said. "She's trained to open doors, turn on lights and fetch things for me. Sunny reminds me when I need to take medication, and she's quickly responded during emergencies like giving me orange juice when my blood sugar was low."

Susan Leuhrs, founder and executive director, Hawaii Fi-Do, said she and other handlers do similar reading sessions with the dogs at Schofield Barracks. Children are encouraged to come to the library during the weekend to spend some time with the service dogs.

Hawaii Fi-Do handlers visit schools with older children as well, and the trainers show them how service dogs help their

handlers in public.

Leuhrs said children and adults are surprised to see the dogs doing so many tasks, even helping with the laundry.

At Mokapu Elementary School, the Hawaii Fi-Do founder gives a dog stamp to students after finishing their reading session. Students Paul Boston and Breanna Goodwin give Sunny a kiss before they leave.

"It's my first day here," Goodwin said. "I have a dog named Lucky, and today I read a book about a dog named Lucky."

Nielsen said school officials are working on finding funding through grants or donations to keep the program going. The dean of students also said she's gotten requests from other classes to participate in the program, and she would love to expand the rewards program to others.

"Our focus is to reinforce positive behavior," Nielsen said. "Rather than continually punish people for the negative. It's amazing to see how excited students get, and they love to cuddle up with the dogs."

AROUND THE CORPS

Working dogs help clear Anbar of danger

Cpl. Ryan Tomlinson

Regimental Combat Team 5

KOREAN VILLAGE, Iraq — Operation Iraqi Freedom has made for a safer and more stable Iraq. That goal was reached with hard work from the service members as well as what a group of people call, "Man's best friend."

Military working dogs with Task Force Military Police, 1st Battalion, 11th Marine Regiment, assisted Coalition forces throughout OIF to prevent insurgent activity by locating weapons caches and explosive materials.

"These dogs use a keen sense of smell," said Petty Officer 2nd Class Michael T. Williams, a kennel master with TFMP. "That sense (of smell) can locate weapons caches to prevent future attacks."

The dog handlers with TFMP work in Camp Korean Village, Iraq, in support of 2nd Light Armored Reconnaissance Battalion, Regimental Combat

Team 5. The group is comprised of members of the U.S. Army, Marines and Navy, and is ready to assist at a moments notice.

"We train the dogs constantly every week; if we aren't on missions, we are training the dogs," said Petty Officer 2nd Class Eliot J. Tiashi, 25, a dog handler with TFMP from Daytona Beach, Fla. "By training them every day, [the dogs] maintain their efficiency."

The dogs acquired their initial training in Lackland Air Force Base, San Antonio. During the course, the K-9s are trained to locate various types of explosives and weapons. The training advances from lower levels to higher by placing the dog in different environments where they have to locate specific items.

Despite all of the training the K-9s endure, the handlers

still care for them and play with them like family dogs.

"The relationship is like a father and a son," said Williams, a native of Culleoka, Tenn. while walking his German shepherd "Kitt." "They make deployments go by easier, because no matter what, you still have your friend there with you."

The dog handlers with TFMP have conducted operations since January and will be detaching to I Marine Expeditionary Force (FWD). Despite the change of command, the service members will conduct operations in support of 2nd LAR Bn. as well as any infantry or logistics battalion needing K-9 assistance until the day they return home.

"Every day the dogs are saving lives," said Williams. "Whether it's that day or in the future, it's one less life taken."



Cpl. Ryan Tomlinson

'Kitt,' U.S. Government working dog, searches for firearms and explosives in the Anbar province of Iraq April 1 with Petty Officer 2nd Class Michael T. Williams, a kennel master with Task Force Military Police, 1st Battalion, 10th Marine Regiment. Prior to arriving in Iraq, the dogs are trained in San Antonio, to assist Coalition forces with searching for weapons caches.

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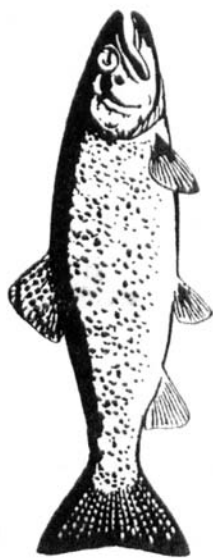
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APRIL 11, 2008

CPRW-2 takes home title

Lance Cpl. Alesha R. Guard
Combat Correspondent

Commander, Patrol and Reconnaissance Wing 2 took home the Intramural Basketball League Championship title April 1 at the Semper Fit Center here.

After a long season of massacring the other league teams and endless hours of practice, CPRW-2 earned the championship title without a doubt.

"We played together last season and everyone knew the primary goal was teamwork," said Andrew Washington, forward, CPRW-2. "We worked to stay in shape so we could run the other teams up and down the floor. We pushed each other to hustle the entire game and never let up or give up."

Lawrence Ballentine, team captain, CPRW-2, said it was easy to get the team to push each other and play as a team because most are returning players. There were a few new faces though, so they had to



Lance Cpl. Alesha R. Guard

See **TITLE**, C-5

Players from Commander, Patrol and Reconnaissance Wing 2 pose with the championship trophy, April 1, at the Semper Fit Center here. The team took home the Intramural Basketball League Championship title after a 3 – 0 playoff record.



Photos by Lance Cpl. Brian A. Marion

Todd Lawhon, catcher, Headquarters Battalion Warriors, finishes his slide home as Benjamin Chester, Combat Service Support Group 3 Outlaws' coach and catcher looks for the ball during an Intramural Baseball League playoff game at Riseley Field here Monday.

Warriors fight back, defeat Outlaws, 10-9

Lance Cpl. Brian A. Marion

Combat Correspondent

The Headquarters Battalion Warriors defeated the Combat Service Support Group 3 Outlaws 10-9, during an Intramural Baseball League double elimination playoff game at Riseley Field here Monday.

The game came down to the bottom of the sixth inning when Bradley Rich, Warriors pitcher, struck out three batters consecutively, keeping the Outlaws from tying or winning the game.

Both teams came into the game with no practice the week before, but they didn't let this slight hindrance keep their spirits down as they hit the field.

"We tried practicing this weekend, but other teams had the field, and we couldn't find the time to practice," said Benjamin Chester, Outlaws coach and catcher. "We are actually looking forward to the game though. We are finally back to 100 percent accountability this game, and we have the most powerful batting lineup in the series."

The Warriors missed practice for a different reason completely and their coach felt the key to victory would be through defensive.

"The guys didn't want to practice during the weekend, and it'll show during the game," said Romeo Ibrao, Warriors coach. "Pitching will be the key to victory in this game."

The Warriors batted first, but were unable to score before turning the ball over to the Outlaws.

The Outlaws came out swinging in the first inning by

See **FIGHT**, C-2



James Newman, 15, center fielder, Headquarters Battalion Warriors, pitches the ball toward home plate during an Intramural Baseball League playoff game against the Combat Service Support Group 3 Outlaws at Riseley Field here Monday.



Christine Cabalo

Sean Arthur, work associate, Base Marina (left) and Megan Corlin, recreation assistant, Base Marina return a rental kayak to its rack. Renters set up float plans which list a schedule of a kayaker's route and final destination. If renters are late, staffers can use the plan to help in a potential rescue effort.

Kayak safely with a plan

Christine Cabalo

Photojournalist

Last month's water sporting accidents on Kauai reminds kayakers to think before going into the water.

New kayakers in Hawaii reduce their risks of needing emergency rescue by planning ahead. Mapping a safe course requires assessing weather conditions and personal skill level.

"Everyone should file a float plan," said Neil Morgan, manager, Base Marina. "The plan should show where you're going and when you'll be there. Filing it with us and letting a loved one know about it helps in case something happens."

Kayakers who rent from the Base Marina, he said, set

up return times with staff. If renters are late, staffers begin a search before calling in emergency workers. The manager said he's never had to mount a life or death rescue, and so far any incidents were luckily false alarms.

"The last big scare we had was during the Fourth of July," Morgan said. "We were expecting the renters back by 4:30 p.m., and when they were overdue we started searching. Eventually we found them hanging out on Kailua Beach because they stopped to watch the fireworks."

Notifying others when plans change is equally important, he said. Before search parties start a costly

See **KAYAK**, C-5

Cool Kayaks

Renters may use their kayaks in the Base Marina and in other low-surf areas near the base. Kayakers should to avoid Pyramid Rock and high-surf beaches. Speak with lifeguards about weather conditions and off-limit areas. Paddlers should also carry sunscreen, water, food, and a cell phone or two-way radio to communicate. Before heading out, safety officials suggest filing a float plan with loved ones or the Base Marina staff.

For more information about kayak rentals, call 524-7666.

Reign of excellence

'Voluntold' running sparks Marine's interest

Lance Cpl. Achilles Tsantariotis

Combat Correspondent

Twelve-weeks of endless physical training, forever dreading a drill instructor personally selecting you as the winner of the bonus PT workout. Running until you felt like your card was up, thinking, "is this how I die?"

Enter a drill instructor's worst nightmare, or "complex challenge," a recruit who either isn't correctly sweating, or more likely, considers the PT a walk in the park.

Those Marines are the ones who snidely admit they left recruit training in worse condition than they entered, while some of their peers contemplated their deaths during PT, they, like a perverse "Oliver Twist," wished the DI's gave them more.

One of those Marines, responsible for making DI's appear aerobically challenged, is Cpl. Heather Pine, signals intelligence operator, 3rd Radio Battalion.

"I used to run cross country in high school," Pine said. "But I didn't take it that serious. I remember actually getting out of shape after boot camp, it wasn't too demanding."

For someone who seems relatively nonchalant and aloof about her extracurricular activities before the Marine Corps, she still remains humble, but has risen from a small base "Fun Run" winner, to a member of the base team, and ultimately to the highest level, the "All-Marine Team."

"I had volunteered for those little runs they have on base - like a 'Fun Run,'" she explained. "Well, I didn't really volunteer for it, they made us compete in it, and I ended up winning. After the race someone had come up to

me about joining the base team, and I was on my way to running again."

Pine said she was glad she started again, and plans to continue running after the Marine Corps.

"I'm glad I did it," she said. "I'll run around seven to eight hours a week now, about 50 to 60 miles - it feels good. At first I enjoyed the competitiveness, now it's really relaxing, you're just running on your own - it feels like nothing can bother you. You can't really take a cell phone running," she said laughing.

Pine recently won first place for women with a time of 6:47:02, in the "Maui Run to the Sun" footrace, a whopping 36-miles.

"I didn't really do anything special for that run," she humbly admits. "Maybe a 4-hour run a few weeks before it, but nothing much. It was a different kind of race for me. It was just about uphill the whole way. I did struggle a little at the end but ..."

"Uphill" doesn't do the race justice, said Joe Puleo, head coach, Marine Corps All-Marine Running Team.

"About a year ago," he said, "She was a recreational runner. She's improved dramatically since then. I'll vary her training routine based upon the goal race. For the [Maui] run, she was just running long runs, and for a runner like her, she could normally complete 36 miles in about four and a half hours. But parts of that run were unrunnable; the terrain was so steep she walked up parts of it. She started at sea level and ran over 10,000 feet elevation, that's ridiculously difficult - it's crazy."

Puleo said her success is a combination of natural ability and discipline to follow training schedules.



Lance Cpl. Achilles Tsantariotis

Corporal Heather Pine, signals intelligence operator, 3rd Radio Battalion, stares along the base track as if it were child's play. Pine, a long distance runner, is one of the five best female runners in the Marine Corps, and recently won the 'Maui Run to the Sun' footrace, roughly equivalent to 148 laps around the track, if the track was a continuous 10,000 foot climb.

With obvious talent, it's no surprise she has complete support from her unit.

"We're very proud of her," said Staff Sgt. Wai Tam, headquarters and service company gunnery sergeant, 3rd Radio Battalion. "She's an inspiration to the Marines in the battalion, and she handles it very professionally. She's a good Marine at the same time."

FIGHT, from C-1

driving in three runs from Ed Hans, 3rd baseman, Chester, and Juan Pena, left fielder, bringing the score to 3-0 in the bottom of the first.

The Warriors answered the Outlaw's three run spree when James Newman, center fielder, crossed home plate in the top of the second, keeping the Outlaws from shutting them out.

Unfortunately, the Warriors couldn't capitalize on the slight shift in momentum and allowed the Outlaws to bring Darian Velasquez, second baseman, Rey Cruz, shortstop, Matthew Stutton, catcher, and Steve Cappear home, increasing their lead to 7-1.

"There's a lot of ball left in the game," Ibrao said to his team before the beginning of the third. "Keep your heads in the game and focus on your strike zone. Don't let them pull you out of it."

Both teams tried scoring in the third inning, but each team's defense stepped up, holding each other scoreless.

The Warriors brought the heat in the top of the fourth. Eric McKay, shortstop, Robert Julien, left field, Eric Gamboa, pitcher, Kalani Mauga, third baseman, and Todd Lawhon, catcher, brought the Warriors five points closer to the Outlaws, making the score 7-6 going into the bot-



Photos by Lance Cpl. Brian A. Marion

The Warriors' infield and outfield hold one last huddle at second base in the bottom of the sixth to encourage each other during an Intramural Baseball League playoff game against Combat Service Support Group 3 Outlaws at Riseley Field here Monday. The Warriors won the game, 10-9.

tom of the fourth.

The Warriors' defense almost kept the Outlaws from increasing their lead in the bottom of the fourth, but allowed Cappear to score, bringing the Outlaws one run closer to tying the game.

The Warriors came into the fifth inning in a flurry of activity, bringing Nick Rayburn, first baseman,

Gamboa, Mauga and Lawhon home, giving them a 10-7 lead.

The Outlaws tried rallying in the bottom of the fifth, but the Warriors' defense stepped up and allowed only one run, making the score 10-9.

It all came down to the sixth inning. Due to time restraints, the sixth inning would be the last inning of the game. Both teams knew they had to keep the other from scoring.

"This is it guys," Ibrao said. "We have to step it up and don't let them score."

The Outlaws' defense shut down the Warriors' offense in the top of the sixth, giving their offense a chance to tie or win the game.

Ibrao brought in Rich from left field to pitch the last inning.

"It all comes down to pitching," Ibrao said. "I always save Rich for last. I

want to keep the batters guessing, and he can really throw the ball."

Rich brought the heat in the bottom of the sixth, walking the first batter and striking out the next three.

The Warriors won the game, 10-9.

"The win wouldn't have been possible without the other innings doing so well," Rich said. "This win felt good because we didn't play too well during the

regular season, but tonight, we showed what type of team we can be."

This was the Outlaws first loss and will continue to play in the double elimination playoffs.

"I'm more disappointed about the loss than anything," Chester said. "You know what they say, 'Every dog has its day.' [The Warriors] had their today. We'll see them again though."



Bradley Rich, left fielder, Headquarters Battalion Warriors, gazes toward the pitching mound, waiting for a pitch.



Todd Lawhon, catcher, Headquarters Battalion Warriors, swings a pitch from Benjamin Chester, Combat Service Support Group 3 Outlaws coach.

SPOTLIGHT ON SPORTS

— SPORTS BRIEFS —

Beginner Outrigger Canoe Paddlers Wanted

Windward Kai Canoe Club in Kailua recently provided beginner outrigger canoe paddling classes for Marines from Marine Corps Base Hawaii.

Several Marines are now training for the summer racing season. WKCC practices at Kailua Beach and welcomes active duty and family members (18 and over) to participate in this Hawaiian sport and culture.

The club is especially seeking to field a beginner womens' crew to race this summer. No experience is necessary and all training and equipment are provided.

For more information, call Derrel at 383-0400 or Greg at 255-9977.

Youth Soccer Registrations Begin

Registration for youth soccer leagues offered by the Office of Youth Activities will be held now through April 31. The leagues are open for base youth ages 5-17. Games will be played on weekends on base as well as interplay with Pearl Harbor and Hickam teams in the Hawaii Military Youth Athletic Association. Each team will receive a minimum of eight games.

Practices are slated to begin June 2. Games start June 28 and continue through August 15. Players will get a team jersey, shorts, and socks which they can keep at the end of the year. Volunteer coaches are needed. Coaches will receive a discount if they have a child in the league.

The cost for the league is \$65. Players must also be current Children Youth Teen Program members. To register, come by the Youth Activities Office located in building 1090, behind Papa John's Pizza and the Annex.

For more information, contact Youth Activities at 254-7610.

Women's Base Softball Team

The women's base softball team is looking for players. Anyone interested can attend their practice every Thursday from 6 to 8 p.m., at the Annex Softball field.

For more information, contact Meghan Brophy at 254-7590.

All-Marine Women's Softball

The All-Marine Women's Softball coach will be here from April 29 through May 5. He'll be looking for players for the All Marine team.

For more information, contact Meghan Brophy at 254-7590.

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).

For more information or to sign up at Youth Activities, call 254-7610.

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, call 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 H.M. Smith.

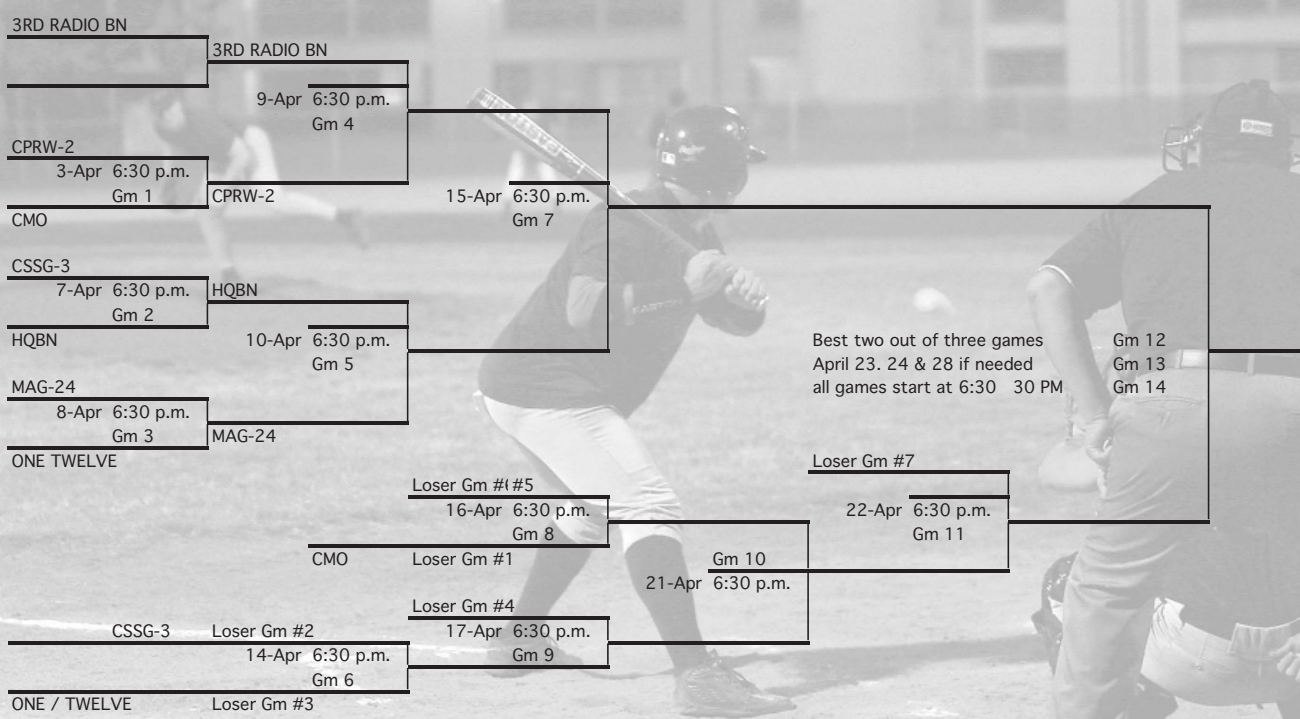
Paintball Hawaii

Nestled behind the Lemon Lot stands Paintball Hawaii. Shoot over for great deals and have a blast with your friends.

Cost is \$25 per person and includes one air refill, equipment and the field fee. The field is open weekends from 9 a.m. to 5 p.m.

For more information or to schedule an appointment, call 265-4283.

2008 Intramural Baseball Playoffs



Lessons learned



Lance Cpl. Alesha R. Guard

Megan O'Connell volleys the ball during tennis lessons at the base tennis courts April 3. 'Its never too late to learn,' O'Connell said with a laugh. O'Connell takes weekly lessons with Barbara Sniezek, right, and JoAnn McKinnon from Carolyn Thibault, tennis instructor, 808 Tennis Academy. Group and individual classes are available for both children and adults. Call Carolyn Thibault for more information at 254-4018.

Need a flexible workout?



Sign up for Semper Fit's PiYO class! Each session fuses Yoga and Pilates exercises for a well-balanced fitness regimen. Classes are Tuesdays and Thursdays from 11:30 a.m. to 12:30 p.m.
For more information, call 254-7597.

Cover the world in paint!



Aim for a fun time with friends! Open Saturdays and Sundays from 9 a.m. to 5 p.m.

For more information, call 265-4283

HEALTH AND WELLNESS

Issues of having, living with dyslexia

News Release

LIFELines

Dyslexia is a learning problem some kids have with reading and writing. It can make words look jumbled. This makes it difficult for a kid to read and remember what was read.

So what's going on inside the person's brain? A problem occurs in the brain, but it doesn't mean the person is dumb. Plenty of smart and talented people struggle with dyslexia.

When someone has dyslexia, sometimes the messages the brain is sending get jumbled up or confused. A kid who has dyslexia might get frustrated and find it hard to do schoolwork. But the good news is that dyslexia doesn't need to keep a kid down.

What Is Having Dyslexia Like?

A kid who has dyslexia might start out doing fine in school. But gradually, it can become a struggle, especially when reading becomes an important part of schoolwork. A teacher might say that the kid is smart, but doesn't seem to be able to get the hang of reading. If a teacher or parent notices this, the best thing to do is to go to a specialist who can help figure out what's wrong.

A specialist in learning disabilities knows a lot about learning problems that kids have - and what to do about them. During a visit with a specialist, a kid might take some tests. But the idea isn't to get a good grade; it's to spot problems. Discovering a learning disability is the first step toward getting help that will make it easier for the kid to learn.

How Does Reading Happen?

Most kids begin learning to read by learning how each letter of the alphabet looks and sounds. Next, they start figuring out what the letters sound like when they're put together to form



File photo

words. Reading is a little like riding a bike because you have to do a bunch of things at once. It's hard at first, but once you know how to do it, it feels easy and natural.

Reading means your eyes and brain have to do all these steps:

1. focus on printed marks (letters and words)
2. control eye movements across the page
3. recognize the way letters sound
4. understand words and grammar (the way words are put together)
5. build images and ideas

6. compare new ideas to what is already known

7. store the ideas in memory

Phew! You may know that certain parts of your brain do certain jobs. For reading, you need your centers of vision, language, and memory. And you also need a network of nerve cells to connect these centers. If a kid has a problem with any of the centers - or the connections between them - reading could be difficult.

What Can a Kid Do?

Kids who have dyslexia can get help

from specialists who know how to make reading easier. They might learn new ways for remembering sounds.

For example, "p" and "b" are called brother sounds because they are both "lip poppers." You have to press your lips together to make the sound. Thinking about the way the mouth needs to move to make sounds can help dyslexic kids read more easily.

Kids with dyslexia also might use flash cards or tape classroom lessons and homework assignments instead of taking notes about them. At home, kids may need to spend extra time

doing homework. They may need parents or tutors to help them stay caught up. There are even special computer programs that help kids learn how to sound out words.

How Do Kids With Dyslexia Feel?

Kids who have dyslexia might get frustrated sometimes and they may not like that they are in a different reading group than their friends. But they can get help to improve their reading skills and go on to do great things in life.

A closer look at living, coping with autism

News Release

LIFELines

When Stacey went over to her new friend Chelsea's house, she met Chelsea's 4-year-old brother, Shawn. "Hi," said Stacey, smiling. Shawn glanced at her and said nothing. Then he turned back to a toy he was holding. Later, in Chelsea's room, Stacey said, "I don't think your brother likes me."

"It's not your fault," explained Chelsea. "Shawn has autism."

Stacey wanted to know what autism meant, what causes it, what it's like to have autism, and more. Let's find out.

What Does Autism Mean?

Autism causes kids to experience the world differently from the way most other kids do. It's hard for kids with autism to talk with other people and express themselves using words. Kids who have autism usually keep to themselves and many can't communicate without special help.

They also may react to what's going on around them in unusual ways. Normal sounds may really bother someone with autism — so much so that the person covers his or her ears. Being touched, even in a gentle way, may feel uncomfortable.

Kids with autism often can't make connections that other kids make easily. For example, when someone smiles, you know the smiling person is happy or being friendly. But a kid with autism may have trouble connecting that smile with the person's happy feelings.

A kid who has autism also has trouble linking words to their meanings. Imagine trying to understand what your mom is saying if you didn't know what her words really mean. It is doubly frustrating then if a kid can't come up with the right words to express his or her own thoughts.

Autism causes kids to act in unusual ways. They might flap their hands, say certain words over and over, have temper tantrums, or play only with one particular toy. Most kids with autism don't like changes in routines. They like to stay on a schedule that is always the same. They also may insist that their toys or other objects be arranged a certain way and get upset if these items are moved or disturbed.

If someone has autism, his or her brain has



File illustration

trouble with an important job: making sense of the world. Every day, your brain interprets the sights, sounds, smells, and other sensations that you experience. If your brain couldn't help you understand these things, you would have trouble functioning, talking, going to school, and doing other everyday stuff. Kids can be mildly affected by autism, so that they only have a little trouble in life, or they can be very affected, so that they need a lot of help.

What Causes Autism?

Autism affects about 1 in every 150 kids, but no one knows what causes it. Some scientists think that some kids might be more likely to get autism because it or similar disorders run in their families. Knowing the exact cause of autism is hard because the human brain is very complicated.

The brain contains over 100 billion nerve cells called neurons. Each neuron may have hundreds or thousands of connections that carry messages to other nerve cells in the brain and body. The connections and the chemical messengers they send let the neurons that help you see, feel, move, remember, and work together as they should.

For some reason, some of the cells and connections in the brain of a kid with autism — especially those that affect communication, emotions, and senses — don't develop properly or get damaged. Scientists are still trying to understand how and why this happens.

What Do Doctors Do?

Figuring out if a kid has autism can be difficult. A parent is usually the first to suspect that something is wrong. Maybe the kid is old enough to speak but doesn't, doesn't seem interested in people, or behaves in other unusual ways. But autism isn't the only problem that can cause these kinds of symptoms. For example, kids who have hearing problems might have trouble speaking, too.

Usually, the results of lab tests and other medical tests are normal in kids with autism, but doctors may do them to make sure the kid doesn't have other problems. These medical tests can include blood and urine tests, a hearing exam, an EEG, and an MRI. Intelligence (IQ) tests also might be done.

Often, specialists work together as a team to figure out what is wrong. The team might include a pediatrician, a pediatric neurologist, a pediatric

developmentalist, a child psychiatrist, a child psychologist, speech and language therapists, and others. The team members study how the child plays, learns, communicates, and behaves. The team listens carefully to what parents have noticed, too. Using the information they've gathered, doctors can decide whether a child has autism or another problem.

How Is Autism Treated?

There is no cure for autism, but doctors, therapists, and special teachers can help kids with autism overcome or adjust to many difficulties. The earlier a kid starts treatment for autism, the better.

Different kids need different kinds of help, but learning how to communicate is always an important first step. Spoken language can be hard for kids with autism to learn. Most understand words better by seeing them, so therapists teach them how to communicate by pointing or using pictures or sign language. That makes learning other things easier, and eventually, many kids with autism learn to talk.

Therapists also help kids learn social skills, such as how to greet people, wait for a turn, and follow directions. Some kids need special help with living skills (like brushing teeth or making a bed). Others have trouble sitting still or controlling their tempers and need therapy to help them control their behavior. Some kids take medications to help their moods and behavior, but there's no medicine that will make a kid's autism go away.

Students with mild autism sometimes can go to regular school. But most kids with autism need calmer, more orderly surroundings. They also need teachers trained to understand the problems they have with communicating and learning. They may learn at home or in special classes at public or private schools.

Living With Autism

Some kids with mild autism will grow up and be able to live on their own. Those with more serious problems will always need some kind of help. But all kids with autism have brighter futures when they have the support and understanding of doctors, teachers, caregivers, parents, brothers, sisters, and friends.



Christine Cabalo

Megan Corlin, recreation assistant, Base Marina (left) and Sean Arthur, laborer, Base Marina lift a kayak from a renter's car. Renters set up float plans which list a schedule of their route and final destination. If renters are late, staffers can use the plan to help in a potential rescue effort.

KAYAK, from C-1

rescue, Morgan said emergency responders look for the personal vehicles of kayakers to confirm a last known location. Kari Hemund, manager, Base Water Safety said paddlers should have a cell phone or two-way radio with them to call for help. Otherwise, rescue workers may start looking for them hours after running into trouble.

"It's definitely important to stay calm so you can figure out where you are," she said. "When kayaks capsize and if people see land, they start to swim to it instead of staying with their boat. It's safer to

stay with the boat because it's guaranteed to float."

Hemund said people should consider their kayaking abilities when deciding where to launch. Paddlers should feel comfortable in the water, and she said it helps to practice flipping a capsized kayak with various methods to be prepared. She suggests novices or those new to Hawaii waters should kayak in the Base Marina or along low-surf beaches. Kayaking in high surf is not allowed near Pyramid Rock, and paddlers can talk to lifeguards about conditions.

She said traveling with other experienced kayakers reduces risks in unfamiliar

territory. Paddling with other canoeing enthusiasts is part of the lure of canoeing for Navy Capt. Greg Kvaska, officer-in-charge and company commander, 21st Dental Company.

"I mostly paddle in a canoe with a group because having three to four people with you in a boat is usually safer," Kvaska said. "Beaches with lifeguards are usually better than those remote stretches of land."

The Navy captain said paddlers should wear a lifejacket to prevent drowning, and having some swimming skills helps. Hawaii's waters present special challenges for kayakers because of coral reefs, and

he said it's also important to avoid off-limit areas. Manana Island or Rabbit Island near Oahu's eastern coast is illegal to use as a landing site without government permission because it's an animal sanctuary. Kvaska said there are dozens of other spots where new kayakers in Hawaii can practice.

"Generally anywhere in Kaneohe Bay is fairly safe because there are stretches of land surrounding you," he said. "Beginners shouldn't try to paddle out from the more difficult areas like near the Waianae coast in the west. Then the trade winds really could blow you all the way to Kauai."

TITLE, from C-1

find out where they fit in to make the most of everyone's talent.

"We knew we had potential in the beginning when we noticed we were one of the older teams in the league," said Brian Washington, forward, CPRW-2. "We only had two players that were under 25, so we had a lot more knowledge of the game than all of the other teams. Our goal from the start was to win and not worry about anything else. We did not care who had the most points, steals or blocks. We all just wanted to win the game."

Throughout the season, Ballentine decided to have his team only run a 2-3 defense. The decision proved to be very successful.

"We would rather teams try and beat us from the outside than near the basket," Ballentine said.

With a tough defense perfected, the team refused to get comfortable and continued to push each other, Ballentine said.

"Offensively we all worked on shooting free throws, and defensively we worked on moving our feet and talking

on the floor to each other," Brian Washington said. "Our goal was to beat everyone by 20 or more points. We had a small team in size and players. We only had 8 guys. Our tallest guy was 6'2" and he was not even our center. He was a power forward. Yet, we won night in and night out. We played very smart basketball the whole season."

They won together and enjoyed their triumphs as a team, Andrew Washington said.

"I think we were such a success because of our teamwork, and we all had one goal - to win as a team," Andrew Washington said. "No one in particular was looking to be the hero."

Ballentine thought the team's toughest competition was themselves. The other teams just couldn't keep up with their run-and-gun offense and aggressive defense.

"The only time we play a close game is when we don't execute," Ballentine said. "I don't think any team could compete with us."

Not only were they playoff champions with a 3-0 record, they were first place in the regular season at 12-1.



KILL • A • WATT

AROUND THE CORPS

TECOM evaluates CLR-3 combat fitness tests

Lance Cpl. David Rogers

Okinawa Marine

CAMP FOSTER, Okinawa — Representatives from Training and Education Command evaluated Marines of Combat Logistics Regiment 3, 3rd Marine Logistics Group, on the combat fitness test March 25-26 at the parade field on Camp Foster.

TECOM officials first selected CLR-3 as a test unit for the fitness test after Marine Corps Commandant Gen. James Conway directed the creation of the CFT in November 2006.

CLR-3 was the 12th of 14 units evaluated Marine Corps wide by the TECOM team. The recorded scores of all units tested will contribute to the standards of the final version of the test. TECOM officials have been adjusting the CFT standards and procedures over the past four months, and they continue to improve it with every stop on their tour, said Col. Brian McGuire, officer in charge of the combat fitness test development.

"We're not just taking the objective data from the sites that we've been to in terms of scores," McGuire said. "We're also getting solid objective feedback from every single Marine who has taken the test, because at every stop along the way, we discover something that makes the test better."

McGuire individually asked each Marine for their input after they completed the course and recorded those findings, which may lead to more improvements.

In the current CFT format, the participating Marines ran a half-mile as fast as possible and lifted ammunition canisters above their head as many times as possible before running a "maneuver under fire" course. Throughout the test, the Marines had to sprint, crawl, carry simulated casualties, run with ammunition canisters and accurately toss a practice grenade.

Master Gunnery Sgt. Rodney Brown, the logistics chief of CLR-3, praised the CFT for its contribution to a wider spectrum of physical fitness.

"It was definitely one of the hardest things I've done in the past six months,"

Brown said. "With the sprints you get the aerobic affect. With the lifting of the ammo cans and the fireman's carry, you get more of a weight lifting perspective. But I think it is pretty much all encompassing as far as all the different types of physical challenges that are out there."

According to McGuire, the exercises of the CFT are primarily anaerobic, which means they focus on muscle strength during short durations of physical exertion.

"And that really reflects the feedback that we've gotten from our combat veterans," McGuire said. "The physical demands in combat are characterized by short intense bursts of physical activities with undetermined rest patterns. The tests that

will be incorporated will be more functional as they relate to the demands of combat."

The CFT is not intended to replace the PFT, but there are plans to have it linked to promotion. However, it has not yet been determined how that will be implemented, he said.

McGuire did however dispel the rumor that the CFT and PFT will be run on the same day.

"That's not going to happen," McGuire said. "This test is very rigorous from an anaerobic perspective. Though we want to compliment the PFT, we don't want it to be on the same day."

The final version of the CFT is scheduled to be implemented into the Marine Corps in June.



Lance Cpl. David Rogers

Private Harvey Denson, Combat Logistics Regiment 3, 3rd Marine Logistics Group, lifts an ammunition canister during a combat fitness test as Marine Corps' Training and Education Command representatives evaluate the unit March 25 on the Camp Foster parade field.

Stressed?

Speak with
MCCS Health
Promotion
Program officials
who can help. for
more information,
call 254-7636

