

# M Hawaii MARINE

VOLUME 37, NUMBER 5

THOMAS JEFFERSON AWARD WINNING METRO FORMAT NEWSPAPER

FEBRUARY 2, 2007



Leatherneck  
A3



Hike  
B1



Basketball  
C1

## 'Ugly Angels' prepare for Iraq

Lance Cpl. Edward C. deBree

Combat Correspondent

Marines of Hawaii-based Marine Heavy Helicopter Squadron 362 recently returned from training in Arizona as part of their workup for their deployment to Iraq. The "Ugly Angels" left Marine Corps Base Hawaii for Yuma, Ariz., November 2006 to participate in Desert Talon, an exercise used to train the air combat element in a Marine Air Ground Task Force who are scheduled to go to Iraq.

"Desert Talon focuses on realistic tactical training in scenarios for OIF," said Capt. William Heiken, weapons and tactics instructor/pilot training officer, HMH-362, Marine Aircraft Group 24, and 1st Marine Aircraft Wing.

"It was good for us as a Hawaii squadron because we integrated with other squadrons with different aircrafts that we will be working with as well as ground units."

The training gave the Marines something that the Hawaiian terrain cannot – the ability to conduct air operations in a desert environment. The exercise also provided pilots with the



Sgt. Andrew Crissman

A CH-53D from HMH-362, Marine Corps Base Hawaii, Kaneohe Bay and two CH-53Es from HMH-466, "Wolfpack," based at the Marine Corps Air Station in Miramar, Calif. recently simulate a heavy lift raid just outside of Yuma, Ariz., Oct. 16, 2006. The "Ugly Angels" trained for more than three months in Arizona during Weapons Training Instructors course and Desert Talon, an exercise used to train the air combat element.

ability to experience taking off and landing in a dusty environment as well as to experience low visual exposure, something that Heiken said was a great exposure for the pilots.

Before participating in Desert Talon, a few Marines attended the Weapons and Tactics Instructor course, where they were taught how to handle weapons, conduct airborne operations, and tactics for the CH-53D Sea Stallion.

The Marines, who came

back from this course as weapons and tactics instructors, were put in charge of managing their squadron's training programs.

"That course gave us good insight on the big picture in operations," said Heiken, a 35-year-old from Tucson, Ariz. "We had to learn how to conduct operations such as raids, resupply, (non-combatant evacuation operations), (Tactical Recovery of Aircraft and Personnel), and how to

land on a ship. It just gave us good insight on the command element and the planning that goes into those things."

Six Marines graduated from the WTI course: two crew chiefs, Sgt. Eric Grady and Sgt. Matthew Cooks; two aerial observers, Sgt. Andrew Crissman and Sgt. Eric Fraley; and two pilots, Heiken and Capt. Clint Collins.

With two major courses of training out of the way, the Marines of HMH-362

said they are ready to do their job in Iraq.

"I'm excited and anxious to go," said Lance Cpl. Joshua L. Riley, aviation ordnance, HMH-362. "We all want to travel and help defend our country like everyone else who's over there."

The Ugly Angels' senior enlisted Marine, Sgt. Maj. Alphonso C. Mack, said his Marines are more than ready to go.

"We could load up right now and leave with no

problem," he said.

Lieutenant Colonel Brian W. Cavanaugh, commanding officer, HMH-362, echoed Mack's words, stating his Marines are prepared to go with all the leadership that they have and all the training that they have gone through.

"This squadron has a rich history of participating in combat operations since Vietnam," said Cavanaugh. "They're a strong team and are 100 percent ready to go."

## Honolulu leaders honor fallen Marine, family

Lance Cpl. R. Drew Hendricks

U.S. Marine Corps Forces, Pacific

**HONOLULU** — During its first meeting of 2007, the City Council of Honolulu honored the memory of a fallen Marine and the strength and courage of his family at City Hall Jan. 24.

While serving as the operations officer for Hawaii-based 2nd Battalion, 3rd Marine Regiment in Iraq, Lt. Col. Joseph Trane McCloud, 39, and three others were killed when the CH-46 Sea Knight helicopter they were in made an emergency water landing on Lake Qadisiyah in western Iraq.

As part of the ceremony, Maggie McCloud, McCloud's wife, received a certificate commending and honoring her husband from Councilmember Charles K. Djou.

"It's an honor. Every Marine who has served over there deserves to be honored – especially those who won't be coming home," said Maggie McCloud.

Also present at the ceremony were Lt. Col. McCloud's mother Roma Anderson and mother-in-law Ann Hayden.

Djou said he and others stand in strong support behind troops and continue to back them in every way.

After serving 17 years in the Marine Corps, McCloud made

the ultimate sacrifice for his country. He and those like him will be remembered and honored for their commitment, said Djou.

McCloud is survived by his wife and three children, Hayden, Grace and Meghan.

McCloud's awards include the Meritorious Service Medal, Joint Service Commendation Medal, three Navy and Marine Corps Commendation Medals, Kuwait Liberation Medal and four Southwest Asia Service Medals.



Lance Cpl. R. Drew Hendricks

Maggie McCloud receives the Honor Certificate from Councilmember Charles K. Djou on behalf of her husband Lt. Col. Joseph Trane McCloud.

The certificate honored McCloud and his entire family for their sacrifice to their country. While serving as the operations officer for Hawaii-based 2nd Battalion, 3rd Marine Regiment in Iraq, McCloud, 39, and three others were killed when the CH-46 Sea Knight helicopter they were in made an emergency water landing on Lake Qadisiyah in western Iraq.

## Heading out



Cpl. Mark Fayloga

Marines of 1st Battalion, 3rd Marine Regiment, Marine Corps Base Hawaii, Kaneohe Bay, prepare to form up for roll call in the parking lot across from the Marine Corps Exchange Annex just prior to heading out for Exercise Mojave Viper in Twentynine Palms, Calif., Monday.

## Admiral visits Marines, Sailors

Lance Cpl. Edward C. deBree

Combat Correspondent

The commander of Naval Air Systems Command made a visit to Marine Corps Base Hawaii, Kaneohe Bay, Jan. 25 as his last stop in a "Boots on the Ground" tour before he retires.

Vice Adm. Walter B. Massenburg visited Marine Aircraft Group 24, 1st Marine Aircraft Wing, in order to get a firsthand look at how the new AirSpeed program is

implemented and talk with the Marines and Sailors who run the program.

"I pointed out to him the improvement we have made to our Theory of Constraint," said Petty Officer 2nd Class Brian Allen, aviation electronics technician, Marine Aviation Logistics Squadron 24, MAG-24. "I also told him about future improvements that we have planned and the Navy/Marine Corps-wide effect it will have."

See ADMIRAL, A-6

## NEWS BRIEFS

### Marine Corps Base Hawaii Tax Center

The center is open now thru April 17 for those who would like to have their taxes done by the professionals. The center will be open for appointments and walk-ins Mondays, Tuesdays, Thursdays and Fridays from 8 a.m. to 4 p.m., and Wednesdays from 9 a.m. to 6 p.m.

The center is located on the second floor of Building 279. Call 257-4829 for directions and information.

If you are coming to the center to have your taxes done, bring:

- W2 Forms
- Bank account number and bank's routing number
- Copy of last year's tax return
- All other tax forms (1099s, etc.)

### KOSC Annual Art Auction

All Hands are invited to the KOSC Annual Art Auction Feb. 24 from 6 to 10 p.m. at the Officers' Club aboard Marine Corps Base Hawaii, Kaneohe Bay. The auction will begin with an art preview and pupus at 6 p.m. with the auction beginning at 7 p.m. For more information and tickets, contact Sherry at k-bayartuction@hotmail.com.

### 2007 Chief Doris Brewster Scholarship

The Hickam African-American Heritage Association is proud to announce the acceptance of applications for the 2007 Chief Doris Brewster Scholarship. This scholarship is open to all high school seniors who are dependents of active duty or retired military personnel who meet the minimum requirements to graduate from a high school in Hawaii.

Further information concerning AAHA and recurring activities may be directed to Senior Master Sgt. Darlene Johnson at 448-2209 ext. 251.

### Control Your Pet or Lose Privileges

There has been a recent spike in pet-related complaints concerning dog bites. Base Order 5500.15B, Chap. 4, clearly states: "Persons walking dogs in public must have positive physical control of their dogs," and housing handbooks clearly state: "If your pet is leashed outdoors, the leash must be less than 20 feet long, and the animal may not move outside your yard."

If a dog owner does not comply with the Base Order, the tenant may be subject to administrative action from the Game Warden or the Base Inspector.

Please keep control of your dog. Be a courteous neighbor by keeping a tight leash on your dog or keep it within the confines of your yard.

If you have questions about pet regulations, please refer to the Family Housing handbook or contact your area housing inspector. Additionally, the Game Warden Office may be of further assistance and can be reached at 257-1821.

### Hawaii Marine Accepts Letters

Hawaii Marine invites its readers to e-mail its editor at editor@hawaiimarine.com with their comments and letters.

All submissions will be edited for clarity and length. Comments must be signed with a full name and a telephone number must be provided.

Hawaii Marine also accepts news briefs containing relevant information pertaining to Marine Corps Base Hawaii.

### 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

www.mcbh.usmc.mil

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HAWAII MARINE, BOX 63062, BUILDING 216,  
MCB HAWAII, KANEOHE BAY, HAWAII 96863  
E-MAIL: EDITOR@HAWAIIIMARINE.COM  
FAX: 257-2511, PHONE: 257-8835

# New cards in compliance with Homeland Security

### Sgt. Michelle M. Dickson

Combat Correspondent

To be in compliance with Homeland Security Presidential Directive 12, two new versions of the Common Access Card are being presented throughout the Department of Defense, including Marine Corps Base Hawaii, Kaneohe Bay.

DoD began issuing the two new versions of the CAC on or about Jan. 18. The change will result in three versions of the CAC being concurrently used in the Marine Corps.

The Transitional CAC will be issued first from now until Oct. 31. The card will have the same appearance as the current CAC card with only a small change.

The second CAC card to be

issued, the "Next Generation" CAC, is the card that will meet HSPD-12 compliance requirements. This card contains advanced technology, which will enhance the access security of controlled facilities and computer systems in addition to modifying the physical look of the card.

Changes in the look of the card and additional technology enhancements regarding the "Next Generation" CAC and its features can be found on the DoD's CAC Web site located at www.cac.mil.

"The Next-Generation CAC is more sophisticated," said Jeff R. De Guzman, Command Support, Defense Enrollment Eligibility Reporting System Identification Center, Hawaii Installation

Personnel Administration Center. "The new card provides increased data storage and memory capacity, while also being safer than ever security wise."

According to De Guzman, the new CAC will be used for identification purposes when entering Federal buildings and controlled spaces, utilizing improved vetting and background check requirements.

Also, the electronic authentication to gain physical and logical access improves security.

There is currently no set date for when this change will affect those aboard MCB Hawaii, but De Guzman said that once Realtime Automated Personnel Identification System 7 is updated on the workstations and receipt of the next generation

CACs, service members who come in to receive new ID cards will be issued the next generation CACs.

All NMCI users issued a new CAC should be conscious of what type of card they are issued. NMCI is expected to be upgrading the "smart card" middleware to ActivClient 6.0 beginning Feb. 7.

While ActivClient 5.4 will support the currently fielded version of the CAC, it will not recognize the two new card types.

In order to assist in determining whether or not you have received a new CAC, Headquarters Marine Corps will send information as to when United States Marine Corps RAPIDS sites will be provided with the new cards.

## Navy Marine Corps Relief Society recognizes volunteers' dedication

### Pfc. Ethan Hoaldrige

U.S. Marine Forces, Pacific

**Honolulu** — During the Navy-Marine Corps Relief Society Banquet, four volunteers from NMCRS Pearl Harbor and Marine Corps Base Hawaii, Kaneohe Bay were recognized for outstanding service in 2006 at the Hale Koa Hotel Jan. 22.

Lorna Mae Keaunui, from NMCRS Pearl Harbor, and Abby Hammond, from NMCRS MCB Hawaii, K-Bay received the Kakua Award. Kakua means "to help" in the Hawaiian language. Diane Smith, from NMCRS Pearl Harbor, and Donna Nebelsiek, from

NMCRS Kaneohe Bay earned the title, 2006 NMCRS Volunteer of the Year.

The work from volunteers provided more than \$1 million to families in need over the past year.

"The volunteers have been the back bone of this society from the very beginning – 103 years ago," said Paul H. Belanger, director of NMCRS Pearl Harbor.

NMCRS needs volunteers on a regular basis to fill positions from receptionists to management positions.

To contact NMCRS Kaneohe Bay for questions or to volunteer, call 257-1972 or 423-1314 for Pearl Harbor, or visit www.nmcrs.org.



Pfc. Ethan Hoaldrige

Retired Adm. Steve Abbot, president and CEO of the Navy-Marine Corps Relief Society, presented Donna Nebelsiek, a volunteer from Marine Corps Base Hawaii, Kaneohe Bay, with the 2006 Volunteer of the Year award at the annual banquet at the Hale Koa Hotel Jan. 22.

## Some telephone tax refund requests may be too high, IRS will deny improper requests

### News Release

Internal Revenue Service

**WASHINGTON** — The Internal Revenue Service said today that early filings show some individual taxpayers have requested large and apparently improper amounts for the special telephone tax refund. The IRS is investigating potential abuses in this area and will take prompt action against taxpayers who claim improper refund amounts and the return preparers who help them.

"While the vast majority of taxpayers are claiming the telephone tax refund correctly, we are seeing some clear abuse involving overstated refund requests," said IRS Commissioner Mark W. Everson. "People requesting an inflated amount will likely see their refund frozen, may have their entire tax return audited and even face criminal prosecution where warranted."

The government stopped collecting the long-distance excise tax last August after several federal court decisions held that the tax does not apply to long-distance service as it is billed today. Federal officials also authorized a one-time refund of tax collected on service billed during the previous 41 months, stretching from the beginning of March 2003 to the end of July 2006. The tax continues to apply to local-only phone service.

The IRS checked a sample of returns filed

through mid-January and found that some individual taxpayers requested telephone tax refunds that appear to be excessive:

In some cases, taxpayers appear to be requesting a refund of the entire amount of their phone bills, rather than just the three-percent tax on long-distance and bundled service that they are entitled to.

Some individuals are making requests for thousands of dollars, indicating that they had phone bills topping \$100,000 – an amount exceeding their income.

Some tax preparers are helping their clients file apparently improper requests.

"If we find inappropriate refund claims, we will aggressively pursue tax preparers and promoters who make the improper requests, and we will contact individual taxpayers in egregious situations," Everson said. "Audit letters will be sent out soon and, when appropriate, our investigators will visit tax preparers who have been preparing questionable telephone tax refunds."

The IRS is making it as easy as possible for taxpayers to get this special refund. Research and contacts with telephone service providers indicated that standard refund amounts, ranging from \$30 to \$60, based on the number of exemptions claimed on their tax return, would approximate the eligible amount for most taxpayers.

Taxpayers do not need to present proof for

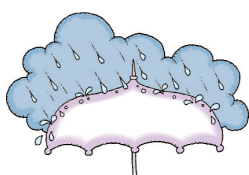
requesting the standard amount. Alternatively, they can figure the refund using the actual amount of tax paid, based on their phone bills and other records. These documents should not be sent along with the refund request but should be retained in case the IRS questions the amount requested.

The IRS reminds taxpayers that the best way to avoid mistakes and get a refund quickly is to file a return electronically and have the refund deposited directly into a checking or savings account. Electronic-filing software helps taxpayers figure tax breaks, such as the telephone tax refund, accurately and report them properly. Free e-file services are available to low and moderate-income taxpayers (incomes of \$52,000 or less) through the Free File link on IRS.gov.

Another way to avoid mistakes is to stay away from unscrupulous promoters and tax preparers who make false claims about the telephone tax refund and suggest that many, if not most, phone customers can get hundreds of dollars or more back under this program. The best and most reliable information on this unique refund can be found in the Telephone Excise Tax Refund section on the front page of IRS.gov, the tax agency's popular Web site. Here, taxpayers can download forms, find answers to frequently-asked questions and link to participating private-sector Free File partners offering free electronic-filing services.

## Weekend weather outlook

### Today



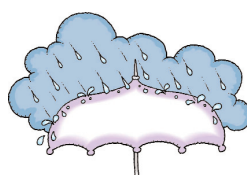
**Day** — Scattered showers, mainly before 11 a.m. Partly cloudy, with a high near 75. Northwest wind around 17 mph, with gusts as high as 22 mph.

**Night** — Isolated showers. Partly cloudy, with a low around 66. North wind around 18 mph, with gusts as high as 23 mph.

**High** — 75

**Low** — 66

### Saturday



**Day** — Isolated showers before 9 a.m. Partly cloudy, with a high near 75. North wind around 16 mph, with gusts as high as 21 mph.

**Night** — Mostly clear, with a low around 61. North wind between 11 and 15 mph, with gusts as high as 23 mph.

**High** — 75

**Low** — 61

### Sunday



**Day** — Sunny, with a high near 75. East wind between 7 and 9 mph.

**Night** — Mostly clear, with a low around 64. East wind around 6 mph.

**High** — 75

**Low** — 64



Lance Corporal Erwin Gregorio, disbursing clerk, Headquarters Battalion, Marine Corps Base Hawaii, Kaneohe Bay, leads the way for his team during the Humvee pull at Landing Zone Boondocker, Jan. 26.

## Headquarters Battalion Marines compete for title Top 'Leatherneck'

**Story and Photos by  
Lance Cpl. Edward C. deBree**  
*Combat Correspondent*

There were 25 Marines assigned to Headquarters Battalion, Marine Corps Base Hawaii, Kaneohe Bay, who participated in a Leatherneck Competition Jan. 26 at Landing Zone Boondocker.

The competition, the first to be held this year, was comprised of six events that Marines from five different sections participated in.

"The purpose of this event was to foster motivation and increase unit moral," said Capt. Stevie T. Moore, commanding officer, Headquarters and Service Company, Headquarters Battalion.

The first event was how many pull-ups the Marines could do as a team during a five-minute time limit, followed by how many

crunches the team could accumulate in five minutes. The next event was how many squad pushups they could do in five-minutes.

The Marines were then timed on how fast each team could do a fireman's carry for 200 meters. The Marines were then again tested on their strength, as each team pulled a Humvee 50 meters. The top four teams also participated in a tug-of-war tournament to see who would come out victorious.

"This was a great time for the Marines to get out of their departments and come to a competition and get that Marine Corps spirit and esprit de corps," said Moore.

According to Moore, the idea for the events were thought of between him, the company first sergeant and company gunnery sergeant. The purpose was to get Marines to participate and have a good time.

Five teams showed up for this showdown,

including G-8, Base Legal, Building 4009, Traffic Management Office, and returning champions, Anderson Hall Dining Facility.

When every event was done, the scores were tallied up and the winner of the event was TMO.

"I'm leaving for recruiter school and winning this – I get to cherish it forever," said Sgt. Ricardo Valentin, household goods non-commissioned officer-in-charge, TMO. "We've always got second place, and to finally come on top before I leave ... I'll take this to the bottom of my heart."

The toughest event that the Marines said they encountered was the 200-meter fireman's carry, and TMO came into this event

as the smallest team to participate.

"It's not the size of the dog that matters," said Lance Cpl. Thomas Bocook, passenger clerk, TMO. "It's the size of its heart."

The next competitive event Headquarters Battalion will hold is scheduled for sometime in May and will include some type of water survival, said Moore, who added that he wanted to turn the company events over to Headquarters and Service Company.

"I want to turn it over to the different sections so they can come up with the combat conditioning events," said Moore, "so they're more involved with the process, so it's more enjoyable for them."

"Motivation is not an option."

Sergeant Ricardo Valentin, household goods non-commissioned officer, Traffic Management Office, Headquarters Battalion, rounds out the front of his team during squad pushups. One pushup consists of having all team members' elbows' locked out. TMO's team members were named champions.



Anderson Hall Dining Facility's team pulls their end of a rope during a tug-of-war match against G-8. The team from Anderson Hall Dining Facility lost their championship title to Traffic Management Office.



Gunnery Sergeant Maurice N. Cork, G-8, Headquarters Battalion, carries teammate Lance Cpl. Erwin Gregorio during the 200-meter fireman-carry event. The competition was put together in order to get the Marines out of their section and boost morale within the battalion.

# Civilian Leadership Development Program offers just that – leadership

**Cpl. Mark Fayloga**

*Combat Correspondent*

“I had a promotion and it made me realize that I needed skills I didn’t have, and that’s what prompted me really tapping into what the (Civilian Leadership Development Program) offers,” said Michele L. Chang, who has been in the program for three years.

The Civilian Leadership Development Program is a free program open to all civilian Marines who are looking to develop or improve their leadership skills.

“The CLD is a voluntary program,” said Jeanne F. Chang, CLD administrator. “Nobody takes you by the hand and says do this or that. It’s here for people who want to take advantage of the opportunity.”

Those interested in the program need to first contact Jeanne and then are set up with a 360 assessment. The person interested in joining, as well as his or her boss and peers conduct the assessment. The assessment serves as a tool to highlight the strengths and weaknesses of the person.

Following the assessment, a mentor is chosen. The mentor must be someone outside of the person’s direct chain of command. It is recommended the mentor be in some kind of management position.

“It’s invaluable to work with someone who’s already been where you are and then to get to learn from their mentoring and guidance,” said Jeanne.

Once a mentor who agrees to participate is found, the two get together and develop a leadership program to increase the person’s skill set by working on certain assignments designed to train and

***“I used to think a leader was somebody dominant who told you what to do. After joining this program, I’ve been able to see a different type of leader. I’ve realized that a leader is someone who works alongside others and elevates their level of performance.”***

— Michele L. Chang

develop leadership skills.

According to Jeanne, leadership is vital in working along with Marines.

“Civilian Marines work more closely with the Marines than any other civilians in a similar role in the other services,” said Jeanne. “The Marine Corps cares about leadership and nobody does it better.”

In addition to these opportunities, the CLD conducts CLD Lunch ‘N Learn Training every month at the K-Bay Bowling Center from 11:30 a.m. to 12:30 p.m. The CLD also holds CLD Academy Workshop classes designed to improve leadership traits and personal development.

Jeanne stresses that signing up for the program doesn’t mean a guaranteed promotion. The program provides only as much as a person is willing to put into it.

“The program is for self-motivated people,” said Jeanne. “I have the tools if they’re willing to do the work. Signing up for the program shows a potential hirer that you care about learning and care about growing and shows their potential for a leadership position.”

The program is unique in that there is no set time line to accomplish things. Participants go at their own pace and can drop out whenever they feel the need to. Michele has yet to

get an official mentor, but still takes advantage of her place in the program.

“The program to me is all the classes I’ve attended,” said Michele. “The classes raise my awareness as to what a leader is.”

For Michele, the CLD has served as a valuable source of information as well as support.

“Jeanne provides me with announcements about what kinds of courses are available to me, and I get information I think I might not have gotten if I wasn’t a part of this program,” said Michele. “If I want to go to leadership- or management-type courses that are based on personal development, sometimes my shop might not have the money. The CLD is willing to fund me and send me to those courses, and during the past year and a half I’ve been utilizing that resource.”

Michele said she has already learned much from her experience and plans to pick a mentor soon and continue following steps of the program.

“I used to think a leader was somebody dominant who told you what to do,” said Michele. “After joining this program I’ve been able to see a different type of leader.”

“I’ve realized that a leader is someone who works alongside others and elevates their level of performance.”



Cpl. Mark Fayloga

Navy Capt. William P. Nash, combat and operational stress control coordinator, Headquarters Marine Corps, gives a presentation about the Combat Operational Stress Control Program during the U.S. Marine Forces, Pacific Ministry Leadership Conference held at Marine Corps Base Hawaii, Kaneohe Bay’s Officer’s Club Jan. 25.

## Ministry Leadership Conference brings together chaplains, ideas

**Cpl. Mark Fayloga**

*Combat Correspondent*

Senior leadership chaplains and religious program specialists from assorted commands under U.S. Marine Corps Forces, Pacific gathered at Marine Corps Base Hawaii, Kaneohe Bay’s Officer’s Club Jan. 25 for the MarForPac Ministry Leadership Conference.

The conference was held to refine operation design for religious ministries throughout MarForPac, to train and educate members about pressing issues, and to provide attendants with the opportunity to share in fellowship and team building.

“We bring so many different chaplains together with different experience and skills, and they all get a chance to meet and learn from one another to share techniques and ideas,” said Navy Capt. Bill Reed, force chaplain, MarForPac, and conference organizer.

During the two-day conference, presenters spoke on topics ranging from leadership and cooperative ministry, as well as receiving updates to commands in the ministry. Although the presentations were a key part of the conference, it was the interaction between the guests that was most revered.

“The chance to get together like this builds a sense of teamwork,” said Navy Capt. David G. Kloak, deputy chaplain of the Marine Corps. “The face-to-face time with one another does a world of good.”

According to the presenters, interaction not only built a sense of teamwork, it spread ideas and educated guests.

“Our chaplains need to get smart and educated in what’s going on, and this communication occurring here is key in spreading that knowledge,” said Reed. “The conference gives us the chance to come together and get the consensus on certain subjects, and then we get to standardize certain things throughout the Chaplain Corps.”

Following each presentation, guests were prompted to ask questions and provide input, which often spurred a shared discussion that resulted in an even stronger unification of those in attendance, Reed said.

“I was pleased with the way things went.

“We continue to look for better ways to care for our Marines and Sailors,” said Reed. “I think we reached our objectives for the conference.”

The success of the conference helped religious leaders of MarForPac to better operate, according to Reed, and it will allowed them the opportunity to be among their peers and become closer with one another.

“The sense that they’re a part of a team is one of the best things they’ll take away from this conference,” said Kloak.

“Knowing that they have multiple resources and ways to handle issues and knowing there are other people willing to help.”

Visitors walk down the newly named "Doc House Way" to view photos on display, after the official dedication of the Heroes Wall of Honor Jan. 26 at the Kaneohe Bay Naval Medical Branch Clinic.



Staff Sgt. Ronna M. Weyland

## 'Wall of Honor' unveiled at Kaneohe Bay branch clinic

**Staff Sgt. Ronna M. Weyland**

*Press Chief*

On the second anniversary of the death of a fellow hospital corpsman, Kaneohe Bay Naval Medical Branch Clinic dedicated a Heroes Wall of Honor during a 30-minute ceremony Jan. 26 aboard Marine Corps Base Hawaii, Kaneohe Bay.

"Two years ago this day, our command suffered a great loss with news of (Petty Officer 3rd Class) John D. House, who was augmented to 2nd Platoon, Charlie Company, 1st Battalion, 3rd Marines," said Senior Chief Petty Officer Ronald C. Salvador about the hospital corpsman who was killed in a helicopter crash near Al-Rutba district in Iraq. "As we remember HM3 House and his sacrifice, we asked that you join us in recognizing

the vital role hospital corpsmen serve with our brothers and sisters in the Marine Corps in defending freedom in the global war on terror and in other challenges around the world."

According to Salvador, the Heroes Wall of Honor is a tribute to the sacrifices made by corpsmen who, while serving with Naval Health Clinic Hawaii, were mobilized to various operational platforms in support of Marine Corps units forward deployed to fight the war on terrorism.

"This wall reflects the kind of honor and respect we should give to anyone who goes to the 'tip of the spear,' either now or in the future," said Navy Capt. Charles Barker, commanding officer, Naval Health Clinic Hawaii.

Seven of the corpsmen being hon-

ored were on hand during the ceremony.

According to Salvador, the ceremony honors 12 special hospital corpsmen who showed valor in saving lives in the battlefield.

"The bravery and selfless dedication of our hospital corpsmen today and throughout history gives us pride and inspiration," said Salvador.

Prior to the unveiling, Col. Gregory A. Boyle, commanding officer, 3rd Marine Regiment, gave a few remarks about corpsmen attached to his unit.

"They are true professionals," he said. "I am impressed day in and out with what they bring to the fight. They put their lives on the line to save Marines and fellow corpsmen. They have earned our respect and are all considered warriors and part of the Navy and Marine Corps team."

### 12 hospital corpsmen honored on 'Wall of Honor'

HMC (SW/FMF) ISMAEL CARDENAS, who served with 1st Marine Expeditionary Force, was awarded the Navy and Marine Corps Achievement Medal with Combat Distinguishing Device.

HM1 (FMF) EDGARDO CUENCA, who served with Charlie Company, 1st Battalion, 3rd Marine Regiment, was awarded the Navy and Marine Corps Commendation Medal with Combat Distinguishing Device.

HM2 (FMF/SW/AW) DENNIS C. ASTOR, who served with Bravo Company, 1st Battalion, 3rd Marine Regiment, was awarded the Purple Heart.

HM2 (FMF) NICHOLAS COOK, who served with 1st Marine Division, was awarded the Purple Heart.

HM2 (FMF) ROBERT D. MALDONADO, who served with Echo Company, 2nd Battalion, 3rd Marine Regiment, was awarded the Purple Heart and the Navy and Marine Corps Achievement Medal with Combat Distinguishing Device.

HM2 (FMF) JOSEPH C. SANTOS, who served with Foxtrot Company, 2nd Regimental Combat Team, 1st Marine Division, was awarded the Purple Heart and Navy Marine Corps Achievement Medal with Combat Distinguishing Device.

HN (FMF) DANIEL PUCKETT, who served with Bravo Company, 1st Battalion, 3rd Marine Regiment, was awarded the Navy and Marine Corps Achievement Medal with Combat Distinguishing Device.

HM3 (FMF) JOHN D. HOUSE, who served with Charlie Company, 1st Battalion, 3rd Marine Regiment, died in a crash of a CH-53E Super Stallion near Al Rutbah, Iraq, Jan. 26, 2005. He was awarded the Purple Heart and the Hawaii Medal of Honor.

HM2 (FMF) TRAVIS P. DEEL, who served with Charlie Company, 3rd Assault Amphibian Battalion, 1st Marine Division, was awarded the Navy and Marine Corps Commendation Medal with Combat Distinguishing Device.

HM2 (FMF/SCW) DEREK MCGINNIS, who served with 3rd Light Armored Reconnaissance Battalion, was awarded the Purple Heart.

HM3 (FMF) JAMAR L. BING, who served with Weapons Company, 1st Light Reconnaissance Battalion, 1st Marine Division, was awarded the Navy and Marine Corps Commendation Medal with Combat Distinguishing Device.

HM3 SIDNEY W. CANNON, who served with Alpha Company, 1st Battalion, 3rd Marine Regiment, was awarded the Navy and Marine Corps Commendation Medal with Combat Distinguishing Device.

**ADMIRAL, from A-1**

Massenburg went on to watch Marines, who were hard at work, freeing up space in their work area in order to be more efficient.

As the tour of MALS-24's work area finished up, Massenburg presented Allen with the Innovator of the Quarter award, something Allen was honored to get.

"It was an honor to be presented by such a high-ranking leader," said the 27-year-old Los Angeles native. "I got the award, because I received my black belt for six sigma, and I coach and participate in rapid improvement. I look at processes and map it out on sticky notes and eliminate certain steps that are not necessary. I try to make the process flow and take as little time as possible."

After presenting the award, Massenburg presented key personnel of MAG-24 with his unit's challenge coins and complemented them on a job well done with implementing AirSpeed.

"The last time I came here these people weren't here," said Massenburg. "This leadership was absent on my last visit, and this is the leadership that this program needs in order to succeed."

## A tale of a fateful ship



Cpl. Mark Fayloga

A sailboat cut loose from Marine Corps Base Hawaii, Kaneohe Bay Marina and Outdoor Recreation Center due to Wednesday's unusually windy weather takes a beating on the beach near the base impound lot. The Windward side of Oahu experienced sustained winds of 36 mph with gusts up to 59 mph.

# LIFESTYLES

HAWAII MARINE B SECTION

FEBRUARY 2, 2007



Gregory Dunn, executive director, crosses one of several wooden bridges found in the Honolulu Mauka Trail system near Hawaii Nature Center. Visitors travelling steeper trails in the system have a wider view of Oahu's Koolau Mountain range, according to Dunn.



Brooke Cleveland, Oahu environmental educator, hands out mesh nets to children enrolled in one of the center's youth nature programs. Children use these nets to hunt insects near the education center's meadow.



Children enrolled in the weeklong Hawaii Nature Center's Sensational! Nature Adventure Program cross a stream to the educational center as they hike around the forest. The program's schedule includes activities such as insect safaris, watershed awareness lessons, nature crafts and stream investigation.

## Take a HIKE at Hawaii Nature Center

Story and Photos by  
**Christine Cabalo**  
Photojournalist

**HONOLULU, Hawaii** — If crowded beaches make enjoying Oahu's outdoors difficult, consider exploring the island's mountain rainforests with the staff from Hawaii Nature Center.

Since 1981, the center's downtown Honolulu location has educated more than 800,000 children and adults about Hawaii's environment.

According to Gregory Dunn, executive director, the center is the only organization in Hawaii that teaches children about their local environment in the outdoors. Children's programs include class field trips through the Makiki Forest Recreation Area and a weeklong Sensational! Nature Adventure Program or SNAP, as the staff refers to it. SNAP is held during school vacations.

Eighty percent of the children who visited the center said their class trip there was the first time they have ever visited a mountain rainforest, said Dunn.

"When you bring children into the natural environment, they develop an awareness of other living things around them," he said. "They can really begin to see their place in our island environment. Children see the trees, birds, and living creatures in the water, and they begin to see themselves as part of a natural environment."

During the weekend, the center sponsors adult and family activities, which includes hikes along Makiki Valley Loop Trail. Comprised of three trails maintained by the Department of Land and Natural Resources, the loop begins on a hillside next to the center. Longer hikes, such as the 1.9-mile-long

Manoa Cliff Trail, are accessible through the center as well. The entire trail system is open to the public for hiking at any time of the day.

"The vistas are remarkable, once you get up to the top of the Koolaus," said Dunn, about Oahu's primary mountain range. "At certain places, you'll walk along and have an incredible view of Honolulu. If you go all the way up to the top and look back over on the Windward or eastern side, the view is spectacular. There are waterfalls along the way and during the right time of the season, the waterfalls will be active."

Dunn suggests trail users begin their hikes early in the day and not wander off of marked trail routes.

It's important to choose a comfortable route to hike and allow enough travel time for getting out of the forest before nightfall, suggested Dunn.

Hikers can find trail maps at the center and ask any of the staff members for advice from 8 a.m. to 5 p.m.

Dunn said the center has become an important resource for visitors of all ages and would not be able to fund its school programs without community support. As an avid outdoorsman who enjoys hiking and diving, Dunn said no one should miss the experience of hiking in Makiki — especially children.

Dunn admitted, "There's just something magical about being in the forest."

The Hawaii Nature Center is located at 2131 Makiki Heights Drive in Honolulu. Visitors can enter through the gate labeled Makiki Forest Recreation Area and park in the trailhead parking lot.

For more information about adult and children's programs call 955-0100 or log on to: <http://www.hawaiinaturecenter.org>.

### Tips for hikers

Trail users should wear comfortable shoes that have good traction, pack a first-aid kit, carry extra water, and use insect repellent. Before leaving, hikers should take a cell phone and let others know where they will be. The Hawaii Nature Center staff is always available to help hikers before they take on the Honolulu Mauka Trail system. Hikers should also ask others for help along the way if they need it. The center's staff members are on the premises daily from 8 a.m. to 5 p.m.



A hiker descends a sloping path along one of the three trails that form the Makiki Valley Loop Trail. The loop that is more than 2 miles long begins and ends at the Hawaii Nature Center. Hikers are treated to views of native plant life and cross several streams along the trail.



Gregory Dunn, executive director, Hawaii Nature Center, stops to admire a flowering mountain apple tree near his office building.

# Marine credits training for success in Iraq

**Cpl. Mark Fayloga**

*Combat Correspondent*

At 8:45 in the morning, May 31, 2006, a Marine took his post as overwatch at the Baghdadi Traffic Control Point in Iraq.

Lance Corporal Santos P. Guevara, was the only Marine on post at the TCP, but said he was privileged to be working with Iraqi counterparts.

"We're fortunate enough to have Iraqi police and Iraqi soldiers running the TCP with us," said Guevara, then a rifleman with 3rd Fire Team, 3rd Squad, 2nd Platoon, Weapons Company, 3rd Battalion, 3rd Marine Regiment, assigned to Regimental Combat Team 7, 1 Marine Expeditionary Force (Forward). "I was overwatch – just making sure everything was running smoothly."

His post was situated on a hill approximately 100 meters from the checkpoint, giving him a wide view of both the checkpoint and incoming vehicles on the Route Bronze Highway.

In addition to making sure the control point ran smoothly, he kept track of each vehicle that passed through – marking down the make, color and type of vehicle, while Iraqi soldiers conducted checkpoint operations. The job was a large responsibility for a newly pinned lance corporal, but Guevara felt he was more than qualified for the post.

"I remember doing a lot of TCP training scenarios in (Mojave Viper) and here in K-Bay," said the native of Long Island, N.Y. "I knew that the training could one day save my life."

The Lima Company Marine was on his first tour in support of Operation Iraqi Freedom and had only been in the country for two months. Manning his post, Guevara stayed attentive. He had seen the damage a suicide bomber was capable of and stored the image in his head as a reminder of the importance of vigilance.

"When we first went to Baghdad, while we were conducting sweeps, I saw the crater left by a suicide bomber," said the Salvadorian-American. "That image stuck in my head. I knew what kind of damage a bomber could do."

Cars passing through the highway were met with signs informing them of the upcoming stop and giving them directions to slow down to be searched. After nearly a half hour on post, at approximately 9:15 a.m., Guevara noticed a newer model Range Rover heading toward the TCP. The car raised Guevara's suspicion because the vehicle was on the Be On the Lookout list – a list he knew well.

"The battalion commander told us as soon as we opened the TCP to expect to be hit," said Guevara. "I would always carry the BOLO list in my cargo pocket."

The Range Rover continued to drive down the highway, ignoring the posted signs, prompting Guevara to carry out the proper steps for escalation of force. Then Guevara heard the roar of an explosion.



Cpl. Mark Fayloga

**Lance Corporal Santos P. Guevara, fire team leader, Lima Company, 3rd Battalion, 3rd Marines, receives his Navy Achievement Medal with combat distinguishing device outside of the Lima Company headquarters building for his actions May 31, 2006, during Operation Iraqi Freedom.**

The explosion came from a Red Opal. It was a botched attempt by a suicide bomber to hit a Military Transition Team convoy 150 meters from Guevara's post.

The Range Rover continued to ignore the posted signs and Guevara's escalation of force procedures alerting the vehicle of the checkpoint. The vehicle was 75 meters from Guevara's post. His dark brown eyes sighted in on the driver and he fired.

"I knew I was 100 percent correct when I pulled that trigger, because of the BOLO List," said Guevara.

The Range Rover immediately crashed into a Kia, 30 to 40 meters from the checkpoint. The car was sandwiched between the Kia and a nearby barrier when Guevara fired six more rounds at the driver and passenger.

Five seconds later ... boom!

The explosion from the suicide bomber knocked Guevara back and took the life of two innocent Iraqi civil-

ians and wounded another. However, the ordeal wasn't over. Following closely behind the first bomber was an 18-wheeled fuel truck that was driving down the highway ignoring the posted warnings the same way the Range Rover had.

Guevara could hear the screams, "Awwgaf, awgaf!" coming from the Iraqis who were manning the checkpoint – warning the vehicle to stop, followed by the sound of two rounds being fired into the dirt just in front of the truck.

Once again the "Devil Dog" sighted in and took out the driver with a single shot, bringing the fuel truck screeching to a stop 20 meters from the checkpoint. Guevara then fired at the passenger.

"I wasn't sure what my rounds would do if they hit the fuel containers," said the 24 year-old. "So I only took two shots at the passenger."

Guevara's two shots missed; the Iraqis manning the checkpoint imme-

diately apprehended the passenger.

After just two months in country and a half hour on post, Guevara faced an attack by suicide bombers. He credits his training for his success in minimizing the damage done by the enemy insurgents.

"When you're out there, in that situation, your training kicks in naturally," said Guevara.

Jan. 26, outside Lima Company headquarters building, Guevara, now a fire team leader, was awarded the Navy Achievement Medal with combat distinguishing device for his actions on that day.

"Basically, what he did out there was picture perfect," said Staff Sgt. Richard I. Charley, platoon sergeant, 2nd Platoon, Lima Company, 3/3. "He moved straight to what he was supposed to do. It's picture perfect the way he learned his training and executed his training."

In his award citation Guevara was praised for his rapid assessment of the

situation as well as his keen situational awareness and decision-making ability. However, he said he doesn't see it that way.

"I was just doing my job," said Guevara. "It feels good to be congratulated, but I was just doing my job."

By just doing his job, Guevara saved the lives of his Iraqi counterparts and made his leaders proud.

"If it wasn't for his quick-thinking and actions, the end result would have been friendly casualties," said Charley, who was in country with Guevara. "Everyone who was there thanked him for saving their lives."

Now back from Iraq and with Marines under his charge, Guevara teaches them to make the most of every training scenario and the importance of paying attention. He urges all Marines – "Every time you're on post, don't get complacent. Pay attention – it will save your life."

His living proof.

## Transitional recruiter competes for national title

**Lance Cpl. Edward C. deBree**

*Combat Correspondent*

There are many awards that Marines can earn during their career. One of these is the award for top recruiter.

Gunnery Sergeant Cody L. Harding, transitional recruiter, Marine Corps Base Hawaii, was recently named Transitional Recruiter of the Year, Transitional Recruiting Office West, 12th Marine Corps Recruiting District, San Diego.

Harding said he found out about his award October 2006 and was excited to have received the award.

He admitted though that winning the title was no surprise to him, since he had won the Recruiter of the Quarter twice last year.

In fiscal year 2006, Harding was tasked with writing 62 contracts for Marines who were ending their active duty status in order to join the Marine Corps Reserve. He finished the year with 90 contracts, completing 145 percent of his mission.

The Hawaii-based Marine also earned a trip to Washington, D.C., where he

competed for the Transitional Recruiter of the Year title.

"Even though I didn't win the national title, I'm still proud to have done what I have done," said the 36-year-old. "I'm sort of glad I didn't win the national title because with that title comes a meritorious promotion up to the rank of Gunnery Sergeant. Since I'm already a Gunnery Sergeant, I wouldn't have been promoted to master sergeant. I wanted to leave room for other Marines to advance in rank."

Competing for the national title was no easy task. Marines who are chosen to compete for the title are sent to a board that consists of four sergeants major and master Gunnery Sergeants.

Although Harding did not capture that title, his work does not go unrecognized by the district he works for.

"He gets the job done no matter what," said Master Sgt. Harry Griser, recruiter instructor, Transitional Recruiting Office West, 12th Marine Corps Recruiting District West.

"He comes from the (infantry) field and has that mentality to get mission

accomplishment no matter how hard the task is.

He has already completed his mission for the fiscal year and we will rely on him to bring in more as the months go by because he always does. He's the go-to guy and with him it's not just signing up whoever walks in his office, it's always quality Marines and quality paperwork.

"He also satisfies the Marine. He doesn't just sign them up and stick them wherever; he takes the time to find out what it is that they want so they can be happy. Even though he's out there in Hawaii and we're in California, we don't have to worry about him not accomplishing his mission."

Now that Harding has completed one goal, he set to complete more.

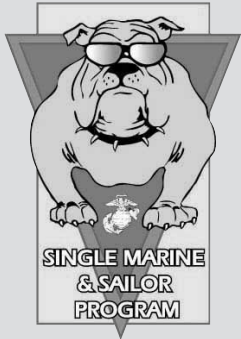
"Winning that title was a goal that I wanted," said Harding. "Now that I have reached that one I'm working on a few personal goals of mine. Right now I'm working on completing personal education."

For more information about joining the Marine Corps Reserves, contact Harding at 257-1251.



Lance Cpl. Edward C. deBree

**Gunnery Sergeant Cody Harding, transitional recruiter, Marine Corps Base Hawaii, types up paperwork Jan. 22 in his office. Harding was recently named Transitional Recruiter of the Year for Transitional Recruiting Office West, 12th Marine Corps Recruiting District.**



## SM&SP

Got free time this weekend? The Single Marine & Sailor Program is still looking for volunteers to assist with the National Football League Pro Bowl halftime show. Volunteers are needed from Feb. 7 to 10.

Call the SM&SP coordinator at 254-7593 for more information. Volunteers will receive lunch each day, a letter of appreciation and a T-shirt. Transportation will be provided to and from event site.

## LIBERTY BUS SCHEDULE

The following is the schedule for Marine Corps Base Hawaii's Liberty Bus, which makes trips from MCB Hawaii, Kaneohe Bay, to Waikiki and back every Friday and Saturday. This shuttle service is free and offered to active duty service members only with ID.

Pickup	Drop Off	Pickup Times
Marine Corps Exchange and Enlisted Club	Hale Koa Hotel parking structure*	6:35 p.m. 9:25 p.m. 01:25 a.m.
Pickup	Drop Off	Pickup Times
Hale Koa Hotel	Marine Corps Exchange Annex and Enlisted Club	7:50 p.m. Midnight 03:00 a.m.

\*The pickup location in Waikiki is located across the street from the Hale Koa Hotel near the vehicle entrance to the parking structure.

## ON THE MENU

### AT ANDERSON HALL

#### Friday

*Lunch*  
Roast turkey  
Lemon baked fish fillets  
Baked macaroni & cheese  
Garlic roasted potato wedges  
Mixed vegetables  
Lyonnise carrots  
Cream gravy  
Peach pie  
Chocolate chip cookies  
Spice cake w/lemon butter cream frosting  
Vanilla/chocolate cream pudding  
Lemon/orange gelatin  
*Specialty bar: Southern meal*

#### Dinner

Chili conquistador  
Chicken cacciatore  
Burritos  
Refried beans  
Spanish rice  
Simmered corn  
Green beans  
Taco sauce  
Desserts: Same as lunch

#### Saturday

*Dinner*  
Pork roast  
Chicken cordon bleu  
Mashed potatoes  
Boiled egg noodles  
Simmered broccoli Polonaise  
Simmered succotash  
Chicken gravy  
Boston cream pie  
Shortbread cookies  
Yellow cake w/butter cream frosting  
Vanilla/chocolate cream pudding  
Lemon/raspberry gelatin

#### Sunday

*Dinner*  
Oven roast  
Honey glazed Cornish hens  
Rice pilaf  
Savory bread dressing  
Asparagus w/hollandaise sauce  
Simmered squash Creole  
Brown gravy  
Pumpkin pie  
Oatmeal cookies  
Devil's food cake  
Vanilla/chocolate cream pudding  
Strawberry/lime gelatin

#### Monday

*Lunch*  
Beef stew  
Baked fish fillets  
Baked macaroni & cheese  
Wild rice  
French fried okra  
Buttered corn  
Cream gravy  
Pecan pie  
Chewy nut bars  
Spice cake w/butter cream frosting  
Vanilla/chocolate cream pudding  
Lemon/strawberry gelatin  
*Specialty bar: Pasta*

#### Dinner

Veal Parmesan  
Braised pork chops, bone-in  
O'Brien potatoes  
Peas with onions  
Spaghetti  
Marinara sauce  
Mixed vegetables  
Mushroom gravy  
Desserts: Same as lunch

#### Tuesday

*Lunch*  
Barbeque chicken  
Battered fish portions  
Steak fries  
Simmered corn  
Simmered asparagus  
Chicken gravy  
Sweet potato pie  
Double chocolate chip cookies  
Yellow cake w/chocolate chip frosting  
Vanilla/chocolate cream pudding  
Cherry/orange gelatin  
*Specialty bar: Taco*

#### Dinner

Turkey ala king  
Salisbury steak  
Parsley buttered potatoes  
Glazed carrots  
Club spinach  
Brown gravy  
Desserts: Same as lunch

#### Wednesday

*Lunch*  
Chili macaroni  
Roast turkey  
Grilled cheese sandwich  
Mashed potatoes  
Simmered pinto beans

Simmered mixed vegetables  
Turkey gravy  
Cheesecake w/cherry topping  
Peanut butter cookies  
Peanut butter cake w/peanut butter frosting  
Vanilla/chocolate cream pudding  
Lemon/raspberry gelatin  
*Specialty bar: Hot dog & sausage*

#### Dinner

Meat loaf  
Pork ham roast  
Mashed potatoes  
Tossed green rice  
Cauliflower combo  
Broccoli w/cheese sauce  
Brown gravy w/mushrooms  
Desserts: Same as lunch

#### Thursday

*Lunch*  
Swiss steak w/brown gravy  
Chicken Parmesan  
Rice pilaf  
Oven browned potatoes  
Corn on the cob  
Simmered peas & carrots  
Brown gravy  
Blueberry pie  
Brownies  
White cake w/lemon cream frosting  
Vanilla/chocolate cream pudding  
Lime/cherry gelatin  
*Specialty bar: Deli*

#### Dinner

Beef Yakisoba  
Sweet & sour pork  
Shrimp fried rice  
Steamed rice  
Simmered broccoli  
Fried Cabbage w/bacon  
Chicken gravy  
Desserts: Same as lunch



## MOVIE TIME

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

For ticket pricing, the Base Theater Box Office defines an adult as a patron 12 and older and defines a child as a patron from 6 to 11. Children 5 and younger are admitted free of charge. Parents must purchase tickets for R-rated movies in person at the box office for children 16 and younger. Patrons must present their military identification card when purchasing tickets. Call 254-7642 for recorded information.

**Sneak Preview Policy:** One hour and 45 minutes prior to the movie, tickets will be issued to first priority patrons waiting in line, then second and third priority patrons.

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

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

The Pursuit of Happyness (PG13)  
Apocalpyto (R)  
We Are Marshall (PG)  
The Holiday (PG13)  
Bridge to Terabithia (PG)  
We Are Marshall (PG)  
Apocalpyto (R)  
Rocky Balboa (PG)  
The Good Shepherd (R)

Today at 7:15 p.m.  
Today at 9:45 p.m.  
Saturday at 6:30 p.m.  
Saturday at 9:45 p.m.  
Sunday at 2:00 p.m.  
Sunday at 6:30 p.m.  
Wednesday at 6:30 p.m.  
Friday at 7:15 p.m.  
Friday at 9:45 p.m.

## Community events:

### Don Tiki's Forbidden Love February is for lovers

Larceny/Honolulu Streetwear Corp. presents "Don Tiki's Forbidden Love" in a special Valentine's concert on Saturday, February 17, 2007 at Events at the Tower. This exotic evening will include Don Tiki's classic tunes along with a retro romantic repertoire designed to stir passions. This show will transport you to an island paradise where sensual tropical fantasies still exist!

Honolulu based Don Tiki is the keeper of the flame of the evocative "exotica" genre of jungle jazz music pioneered by the legendary Martin Denny.

Their tikipalooza extravaganza has garnered a devout following and includes Hawaii's top musicians, the gorgeous Don Tiki Dancers, provocative costumes, and quixotic choreography.

Don Tiki has played sold-out shows from the Hawaii Theatre to Jimmy Buffett's Margaritaville in Las Vegas.

Their new show is two tons of fun and your chance to kick back and soak up a little TLC...

Tiki Lounge Culture.

Joining Don Tiki onstage and spinning a DJ set after the show is Hawaii's own Frank Orrall of Poi Dog Pondering, Thievery Corporation and 8fattat8 fame. G Spot and other guest DJs will also spin. Other special guests appearing with Don Tiki include Lopaka Colon, Willow Chang, and Sherry Shaoling.

Doors open at 8:00 pm at Events at the Tower, Honolulu's beautiful waterfront venue in Aloha Tower Marketplace. Tickets are \$25 pre-sale and \$30 at the door.

Tickets go on sale starting Friday, January 26. Tickets available online at [www.ticketmaster.com](http://www.ticketmaster.com), at all Ticketmaster outlets including Times (walk in service only), BYU, and Blaisdell Box Office.

To charge tickets by phone, call (877) 750 4400. With the recent resurgence of interest in exotica music and tiki culture in general, tickets are sure to go fast. Don't miss "Don Tiki's Forbidden Love" on Saturday, February 17.



Courtesy photo

## Feline friends vie for top state honors

See fancy felines from around the state as they compete and earn awards at the Sepulveda Cat Club Cat Show. The show will be held Feb. 17 at the Ala Wai Golf Course Clubhouse, 404 Kapahulu Ave., Honolulu. Show hours are 10 a.m. to 3:30 p.m.

Many purebred cats and household pets will compete at this event. Four judges will rank the cats and present awards. Spectators will have an opportunity to see the cats up close and purr-sonal while they wait to be judged and during the actual judging. Admission is \$4 for adults



Courtesy photo

and \$3 for children and seniors.

If you have never witnessed this extraordinary

event, stop by and treat yourself, your friends and your family to an hour or two of sheer cat fancy delight.

## Military Association offers 2007 scholarships

### Press Release

Military Officers Association of America

The Military Officers Association of America officially opened its 2007 "Base/Post Scholarship" program Nov. 15, 2006, and is offering individual \$1,000 grants to 25 dependents of active duty personnel worldwide.

To be eligible, a student must be younger than 24, working on a first undergraduate degree and a dependent child of an active duty service person – enlisted, warrant officer or officer – in the United States Army, Navy, Air Force, Marine Corps, Coast Guard, Public Health Service, or National Oceanic and Atmospheric Administration. This includes members of the drilling Reserves and National Guard.

Grant recipients will be randomly selected from among applicants within each of the seven services.

No GPA, SAT or essays will be needed for the Base/Post application. Membership in MOAA is not a requirement.

Application is via the MOAA Web site: <http://www.moaa.org>. Choose "Services." then "Educational Assistance" to find the on-line application. Follow the easy instructions for the multipurpose scholarship application. Deadline for submission is noon Eastern Standard Time March 1.

Semifinalists will be notified by e-mail and the self-check on the Web site by mid-March. Winners will be notified in May.

The MOAA is the nation's leading association for military officers, with nearly 390,000 members.

Membership is open to active duty officers and warrant officers, members of the Reserves and National Guard, and former or retired officers and warrant officers, and surviving spouses.

## Los Angeles Lakers' Chef Jeffrey Mora will host Gourmet Affair 2007

Hawaii's own Chef Sam Choy and the Los Angeles Lakers' Chef Jeffrey Mora will host Gourmet Affair 2007, a dinner extravaganza benefiting Big Brothers Big Sisters of Honolulu, March 3 at Kapiolani Community College. The theme for this year's outdoors event is "A Night in Rio" and will feature samba music, live and silent auctions, tropical and gourmet delights, and Rio inspired décor.

As chef for the Lakers, Mora prepares and designs unique menus featuring sustainable meats, seafood, and produce for the entire Lakers team.

Mora will bring his unique culinary expertise to prepare tantalizing tropical and gourmet dishes with celebrity Chef Sam Choy, host of Gourmet Affair 2007.

Guest will dine outdoors in a Rio-inspired set-

ting and enjoy several food stations including a poke station, salad station, pizza station, appetizer station, carving station, and dessert station.

Renowned New York Pastry Chef Tom Vaccaro will create decadent desserts for the dessert station.

Sam Choy's signature Hawaiian cuisine and Jeffrey Mora's tropical inspired dishes will combine to offer entrees including fresh local fish in banana leaves with coconut lime and rum butter, chili glazed pork loin and slow roasted pineapple, and sangria glazed New York strip. Guest will also enjoy live samba entertainment and an exciting live and silent auction.

For more information and ticket sales for Gourmet Affair 2007, "A Night in Rio" and information on how to support Big Brothers Big Sisters of Honolulu call 521-3811 or visit [www.bigshonolulu.org](http://www.bigshonolulu.org).

## Breeze trees - What's the deal?



Cpl. Mark Fayloga

What's with these wacky Arecaceae Genera? Check out next week's B1 to find out.

# “James and the Giant Peach” comes to Hawaii Theatre

The Hawaii Theatre Center and Paliku Theatre at Windward Community College present the world premiere musical adaptation of “James and the Giant Peach” Feb. 14 at 7:30 p.m.

The lively tour-de-force of song, dance, and shadow puppets is based on the beloved classic by Roald Dahl and is a wondrous fantasy about a mistreated orphan whose life changes forever the day a giant peach appears in his garden, populated by marvelous insect friends and a world of adventure.

Tickets are on sale now at the Hawaii Theatre Box Office, 1130 Bethel Street. Tickets are \$12 for adults, and

\$9 for students, seniors and military. Tickets may also be charged by phone by calling 528-0506 or ordered online at [www.hawaiitheatre.com](http://www.hawaiitheatre.com).

The world premiere is directed by Kris Fitzgerald, with original music by Lisa Marinacci, set design by Alexia Hsin Chen, costume design by Evette Tanouye, lighting design by Lloyd “Sandy” Riford, and technical direction by Jack Hufsetler. The production includes shadow puppets designed by Kat Pleviak and animated by Pleviak and Koli Halik, which will be projected on the inside of the giant peach. Richard E. George dramatized the original book.

“James and the Giant Peach” stars Kuamu Pelekai in the title role, with Allen Lau as the Narrator, Melissa Larosa as Aunt Spiker, Karen Bauder as Aunt Sponge, Pomai Lopez as the Centipede, Kimo Kaono as the Little Old Man and the Earthworm, Harmony Maghanoy as the Ladybug, and John-Paul Tai as the Old Green Grasshopper and the Glowworm. Also in the cast is Carson Haensarling as the Father and the Captain, Danielle Zalopany as the Mother and First Officer, Kahanu Fung as the Spider and the Silkworm, and Christina Nolan as the Second Officer.



Courtesy photo

# Things to do on base

## Feb. 1-15

### Africa in the Americas Exhibit at the Base Library

Celebrate Black History Month with this educational exhibit.

Open to all active duty, family members and DoD employees.

For information call Merri Fernandez, 254-7624.

## Feb. 3

### African American Program at the Base Library from 10 to 11 a.m.

Celebrate Black History Month with a special storytime and craft-making session.

Open to all active duty, family members and DoD employees.

For information call Merri Fernandez, 254-7624.

### UFC 67 at Kahuna's Bar and Grill starting at 4 p.m.

Check out UFC live on the big screen.

Open to E-1 through E-5 and sponsored guests.

For information call Alexis Swenson, 254-7660.

## Feb. 4

### Super Bowl Party at Kahuna's Bar and Grill beginning at 12 p.m.

Super Bowl XLI – watch it live!

Open to E-1 through E-5 and sponsored guests.

For information call Alexis Swenson, 254-7660.

### Super Bowl Party at the Officer's Club beginning at 1 p.m.

Watch the Super Bowl with your fellow Officers, and enjoy heavy pupus, all for \$8.00.

Open to Officers' Club Members.

For information call Don Figueira, 254-7650.

## Feb. 6

### Bosses Night at Kahuna's Bar and Grill from 4:30 to 6:30 p.m.

Bosses are welcomed into Kahuna's for camaraderie and great food.

Open to E-1 through E-5 and sponsored guests.

For information call Alexis Swenson, 254-7660.

## Feb. 9

### Island Tour meets at Building 216, Room 59 Tour runs from 7:30 a.m. to 4:30 p.m.

Tour the Island of Oahu, visit the North Shore, Downtown Honolulu, and other places of interest

Open to all active duty and their family members. Reservations required.

Free of cost.

Next tour is Mar. 9.

## Feb. 10

### Make a Treat for Your Sweet Program at the Base library from 10 to 11 a.m.

Listen to lovely stories, make a special Valentine and enjoy a tasty treat.

Open to all active duty, family members and DoD employees.

For information call Merri Fernandez, 254-7624.

## Feb. 14

### Valentine's Day Dinner at the SNCO Club from 5:30 to 8:30 p.m.

Enjoy a quiet and romantic four-course dinner without the hustle and bustle of crowds.

Open to Club members and their sponsored guests.

For information call Robbie Nicholas, 254-5592 or [nicholasrn@usmc-mccs.org](mailto:nicholasrn@usmc-mccs.org).

### Valentine's Day Dinner at Kahuna's Bar and Grill at 6 p.m.

Treat your loved one to a “couples prix fix dinner” and wine pairing at a special price for a special day.

Open to E-1 through E-5 and sponsored guests.

For information call Alexis Swenson, 254-7660.

### Valentine's Day Dinner at the Officer's Club at 6 p.m.

Enjoy a special menu with that special someone.

Open to Officers' Club Members only.

For information call Don Figueira, 254-7650.

# The story of the Purple Heart's battle scars

## Lance Cpl. Ronald D. Hendricks

U.S. Marine Corps Forces, Pacific

*"By order of the president of the United States, the Purple Heart, established by George Washington at Newburgh, 7 August, 1782, during the War of the Revolution, is hereby revived out of respect to his memory and military achievements."*

February 22, 1932, this order was published by the War Department in order to bring back to service an award that had been disregarded for nearly 150 years.

In 1782, the Badge of Military Merit became the first American decoration for conspicuous military service.

While it was a decoration for such service, it was not the first U.S. medal. That status is held by the Medal of Honor, which was approved by Congress in 1862 during the Civil War.

According to "Ribbons and Medals," written by H. Taprell Dorling, the design of the Badge of Military Merit was a figure of a heart in purple cloth edged with narrow silver lace or binding. This award was only presented to three noncommissioned officers during the Revolutionary War: Sgt. Daniel Bissell of the 2nd Connecticut Regiment of the Continental Line, Sgt. William Brown of the 5th Connecticut Regiment of the Continental Line, and Sgt. Elijah Churchill of the 2nd Continental Dragoons, also a Connecticut regiment.

On the 200th anniversary of Washington's birth, nearly 150 years after it was last awarded, the Badge of Military Merit was revived as the Purple Heart.

Originally only awarded by the Army, Franklin D. Roosevelt extended the use of the Purple Heart to the Navy, Marine Corps and the Coast Guard after the attacks on Pearl Harbor on Dec. 7, 1941, according to the historians of the Military Order of the Purple Heart. When the Air Force was later established in 1947, the award was extended to Airmen as well.

The Purple Heart is a bronze, heart-shaped medal with a purple ceramic heart incased in the center with a bust of Washington placed on top. Washington's family crest is centered above the heart. Purple Hearts are made by hand at Graco Awards in Tomball, Texas.

Today the Purple Heart is awarded to service members and civilian nationals who, while serving in any capacity with an armed force of the United States, are killed or wounded in action against an enemy of the United States. The wound received must require medical attention in order to merit the Purple Heart.

Other actions that merit the Purple Heart include those who are killed or wounded as a result of:

-An act of any hostile foreign force.

-Friendly fire while actively engaging the enemy.

-Indirect enemy action. (Example: injuries resulting from parachuting from a plane brought down by enemy fire.)

-Maltreatment inflicted by their captors while a prisoner of war.

-International terrorist attack against the U.S. or a foreign nation friendly to the U.S., after March 28, 1973.

-Military operations while serving outside the territory of the United States as part of a peacekeeping force, after March 28, 1973.

The Purple Heart was also awarded retroactively to all service members who met any of these requirements before Feb. 22, 1932.

The first modern Purple Heart was awarded to Gen. Douglas MacArthur, who was one of the leading forces behind its revival, according to the MOPH.

From July 1958 to March 2003, there have been approximately 235,000 Purple Hearts awarded, according to the Military Awards Branch, Army Human Resources Command.

The most Purple Hearts received by one person is eight. Four Army soldiers share that distinction:

Richard J. Buck - Four Purple Hearts for his actions during the Korean War and four during the Vietnam War.

Robert T. Frederick - Eight Purple Hearts in World War II.

David H. Hackworth - Four Purple Hearts in the Korean



Lance Cpl. R. Drew Hendricks

**The Purple Heart was originally known as the Badge of Military Merit and was to be awarded to troops who showed uncommon valor or virtue while accomplishing their missions. Today the Purple Heart is awarded to service members and civilian nationals who, while serving in any capacity with an armed force of the United States, are killed or wounded in action against an enemy of the United States.**

War and four in the Vietnam War.

Robert L. Howard - Eight Purple Hearts in the Vietnam War. He also received the

Medal of Honor, which is the nations highest military award.

"The Purple Heart is the only decoration that attests, without question, to the bearer

having been in combat and one that an individual cannot be recommended for," said Tom Poulter, the National Commander of the MOPH.

The Purple Heart stands as the oldest U.S. military decoration and the first to be made available to the common soldier.

# HAWAII MARINE SPORTS

HAWAII MARINE C SECTION

FEBRUARY 2, 2007

## 'Outlaws' blast past 'HI-PAC' 73-45

**Cpl. Mark Fayloga**  
Combat Correspondent

Impressive teamwork, dominating defense and a bit of razzle-dazzle helped the 'Outlaws' cruise to victory over 'HI-PAC' 73-45 during an Intramural Basketball League regular season game at the Semper Fit Center gymnasium Monday night.

Lou Smalley, Outlaws small forward, led his team in scoring with an impressive 26 points, 4 of which came from 3-pointers, and also had four dunks so pretty they should have been worth 3 points each. Smalley didn't do it alone though. Kiel Scott, Outlaws power forward, scored an equally impressive 23 points and dominated the boards while Tyrone J. Franklin, Outlaws guard, had an amazing defensive game with stolen ball after stolen ball and more blocks than a game of Tetris.

The game was the first of the season for the Outlaws (1-0) but their coach was confident his team would get the victory.

"We've got a pretty solid group," said Kenneth B. Davis, Outlaws coach. "Our team is made up of Sailors, soldiers and Marines. We've got all the branches in on it. With this group here, I don't think we're going to lose too many games."

An inconsistent roster had kept HI-PAC (0-4) from getting their first win and came into the game with another haphazardly organized group of players.

"We have a different five in every game," said Kevin L. Martin, HI-PAC coach and guard. "I'm looking for team chemistry this game. I want to go out there and have fun. We're trying to win too though."

From the start of the game, HI-PAC didn't look like a team without a win. They were the first to get on the board with a field goal by Aaron Bowman, HI-PAC center. Even after the Outlaws went on to take the lead and add some separation with a 3-pointer by Smalley, HI-PAC rallied back and brought the score to 13-11 when Martin sunk a 3 of his own halfway through the first half.

Following Martin's 3, the Outlaws began to pick up the tempo of their game play. By excellent execution of the give and go and full-court defensive pressure, the Outlaws started scoring more and more on fast breaks,

separating themselves from HI-PAC.

While the second half had yet to be played, the game essentially ended with three minutes left in the first half when Smalley executed back-to-back slam-dunks. The first was a beautifully executed alley-oop assisted by Antwon Kirkland, Outlaws point guard, who lobbed the ball up to him from behind the 3-point line. The second dunk occurred immediately after when defensive pressure garnered the Outlaws a steal and left Smalley all alone again for another vicious dunk. At the close of the half the Outlaws had the lead 34-21.

"We're still a little rusty," said Davis of his team's first-half performance. "Hopefully we can get it together in the second half and work out the victory. The team we're playing is better than I thought. I've got to give them credit for trying to slow the tempo. We're a run and gun team."

Slowing the tempo was exactly what HI-PAC hoped to do in order to salvage the game and try to rally back for the win.

"On defense, we've got to slow them down some," said Martin. "We need to limit their fast-break points. They're scoring a lot on fast breaks."

At the start of the second half, HI-PAC did a fair job of slowing the tempo of the game, but it was only a matter of time before the Outlaws took control again. The nonstop hustle by the Outlaws opened up even more fast breaks and forced HI-PAC to play the game at the Outlaws' pace. As the game progressed, the Outlaws' teamwork became even tighter as evident by smooth no-look passes and two more alley-oop slams by Smalley. HI-PAC continued to strive for the comeback throughout the game, but they were simply outmatched. The Outlaws had too much energy, too much of a lead, and too much talent. The Outlaws went on to score 39 second-half points in the one-sided game.

Although they lost, HI-PAC played a strong game and their coach said he understood the kind of team they were up against.

"We got a little tired in the second half, and I've seen number eight (Smalley) do that to everyone on this island - He's good," said Martin. "We're still just learning as a team."

See **OUTLAWS**, C-5



Cpl. Mark Fayloga

Lou Smalley, Outlaws small forward, dunks an alley-oop during the first quarter of an Intramural Basketball League regular season game at the Semper Fit Center gymnasium Monday night.



Cpl. Mark Fayloga

Kendall Bailey, Lightning center, gets the edge on Malachi Garrett, Star Wars wing, in the opening tipoff of a Hawaii Military Youth Athletic Association Basketball League regular season game, Mitey Mite division (ages seven to eight), at the Semper Fit Center gymnasium Saturday.

## 'Lightning' strikes 'Star Wars' down 12-4

**Cpl. Mark Fayloga**  
Combat Correspondent

With solid defense and control of the boards "Lightning" struck "Star Wars" down 12-4 to improve their record to 2-1 during a Hawaii Military Youth Athletic Association Basketball League regular season game, Mitey Mite Division (ages 7 to 8), at the Semper Fit Center gymnasium Saturday.

Kendall Bailey, Lightning center, led his team, accounting for multiple rebounds and steals as well as scoring half of Lightning's points during the defensively dominated game.

Going into the game, Lightning was 1-1, but their coach was more concerned with them working on the

basics than winning the game.

"The team focuses on the basics. Whether we win or lose, we just try and have fun and have our players work on the fundamentals so that when they get older and go onto the next level, they can worry about winning and losing," said Amalia Hilliard, acting Lightning coach. "A win would just be icing on the cake. We're here to develop their skills."

Star Wars, which had a bye the first week of the season, were coming from a recent loss, but their coach was also hoping to use the game as an opportunity to improve his players' skills.

"From what we learned last week, our goal is for them to

work on their passing," said Clint A. Houchins, Star Wars coach. "As long as they're out there playing and having fun - that's the ultimate goal."

Lightning struck quick in the beginning of the game, scoring 6 unanswered points. At the end of the first quarter Lightning took the lead, 6-0.

Although Lightning was playing impressive defense grabbing the majority of rebounds and racking up steals, Star Wars' biggest problem was getting their shots to drop. Star Wars' players did a good job of getting the ball down court and finding an open man to pass to, but once they took a shot it was in and out of the hoop. Emma

See **LIGHTNING**, C-6

## Time to see the dentist when you see baby teeth

**News Release**

Academy of General Dentistry

Baby teeth are worth more than a just dollar under the pillow. Providing proper care and oral hygiene during a child's first year can mean a lifetime of good oral health, according to a recent article in Academy of General Dentistry's "AGD Impact" news magazine, an organization of general dentists dedicated to continuing education.

Traditionally, parents have waited to bring their

children to the dentist until primary teeth begin to appear. A recent consumer poll by the American Academy of Pediatric Dentistry shows that nearly 70 percent of parents wait until their children are 3 before taking them to the dentist. But a dental visit when they turn 1 or within six months of the eruption of the first baby tooth is crucial, said Academy spokesperson Cynthia E. Sherwood, DDS.

See **DENTIST**, C-6

## All smiles



Lance Cpl. Edward C. deBree

Brigadier General Steven A. Hummer, commanding general, Marine Corps Base Hawaii, signs the 2007 National Children's Dental Health Month proclamation Tuesday in his office as Lt. Cmdr. Fran Tenganantos, coordinator (left); and Petty Officer 2nd Class Kat Jackson, hospital corpsman/coordinator, 21st Dental Company, look on. The month of February is designated as National Children's Dental Health Month. Parents and children are invited to visit the dental education booth at Mokapu Mall Saturday and Feb. 17 from 11 a.m. to 3 p.m. to view information on dental health or to speak with a representative from 21st Dental Company.

# Muscle conditioning is class 'A' perfect fit

Story and Photos by

**Christine Cabalo**

Photojournalist

Utah native Karen Jackson could have spent her Oahu vacation lounging at the beach working on her tan, but instead she's working up a sweat. Jackson is one of many who attend muscle-conditioning class at the Semper Fit Center, Marine Corps Base Hawaii, Kaneohe Bay.

"It's such a nice gym," Jackson said, when asked why she'd spend her time in Hawaii at the class. "I've been coming almost every day, and the workouts have been so fun."

Leslie Pokorski, personal trainer, Marine Corps Community Services, leads the Thursday morning sessions. Pokorski said the students are

surprised with a different workout routine each time. No two sessions are the same.

"Changing it up is good for the clients," said the personal trainer. "They don't get bored, and it shows them new things to do. People don't have to do two sets of 10 exercises then rest and endlessly repeat."

Her focus was circuit training during last week's session, and comprised of several exercises performed in short bursts. The goal of circuit training is to build up endurance by increasing heart rates, said Pokorski. The personal trainer rotates the types of gym equipment she uses in class, which includes stability balls, free weights and step benches. Her strategy of continually changing her exercise routines has kept women like Janett Kahaulelio regularly enrolled.

Kahaulelio said a variety of workouts and keeping up with each session's quick pace has been a good challenge.

"I always make sure the class is having fun," said Pokorski. "If anyone gets bored, they'll give up and never come back. Classes should be effective, but they also need to be fun."

Another regular student, Tara Diaz, said the conditioning workouts have been very effective in keeping her healthy.

Besides dropping two dress sizes, she said her stamina has increased from attending the gym three times a week. In addition to improving her physical health, regularly exercising in a group has reduced her daily stress, said Diaz.

"I recommend just getting in class and doing it," she said. "Be consistent, and don't skip a week. You have to try to exercise outside of class, because it helps your whole attitude." Pokorski said she demonstrates beginning and advanced postures for each exercise, and anyone at any level of fitness is welcomed to attend.

Allison Brown, who is 31 weeks pregnant, started classes last September and regularly attends to ease backaches. She said muscle conditioning has been great for keeping her

arms toned as well as controlling her weight. Having a class that offers four levels of difficulty for each exercise position has been great during her pregnancy.

"If your heart rate is up too much – just do a lower level exercise," Brown recommended.

Pokorski said regular muscle conditioning is one part of maintaining overall health. Consistently balancing nutrition and physical activity is just as important as not getting bored with a single type of workout, according to the personal trainer. She said regularly evaluating your workout and making any necessary lifestyle changes for health is the foundation of staying fit.

"People should focus on their short-term goals," the personal trainer suggested. "Thinking about things in the long term is difficult to keep up. If you set a time for yourself, like six weeks, you can check to see where you are."

Pokorski recommends asking yourself, "Am I getting bored and not exercising as much? If you've lost 10 pounds, then you can use it as motivation. If that's what happened in the last six weeks, what can I do in the next six weeks?"



Allison Brown, a patron of the Semper Fit Center, rotates her arms while moving up a step bench during a Jan. 25 muscle-conditioning class aboard Marine Corps Base Hawaii, Kaneohe Bay. Brown, who is 31 weeks pregnant, said regularly working out and attending the conditioning class has helped ease her backaches and improved her posture.

## Muscle-conditioning class information

The Semper Fit Center is located across from Lawrence Road and the softball diamond on Marine Corps Base Hawaii, Kaneohe Bay. Muscle-conditioning classes are held twice a day, every Tuesday and Thursday:

Morning classes: 8:45 to 10 a.m.  
Evening classes: 6 to 7 p.m.

Students should wear comfortable street clothes or gym attire and bring bottled water for drinking during breaks. The muscle-conditioning class costs \$2 per session but free for active duty service members. Discounts are available for those who attend multiple classes at the center.

For more information about scheduling and registration, call 254-7597.



Leslie Pokorski, personal trainer, Marine Corps Community Services, shows her muscle-conditioning class the correct way to do leg stretches. Pokorski teaches several classes at the Semper Fit Center and said she introduces new exercise routines during each session to keep students motivated.



Women exercise their upper bodies on stability balls while crossing their arms at the Semper Fit Center. Leslie Pokorski, personal trainer, Marine Corps Community Services, said she teaches her muscle-conditioning class participants to use different types of exercise equipment including step benches, stability balls and resistance bands.

# Youth obesity leads to serious health complications

**Tricia Summers**

*LIFELines*

With child and adolescent obesity at record highs, risks have moved beyond mere weight issues and have entered the realm of serious medical complications. Diabetes is among the most prevalent consequences of these unhealthy lifestyle choices in American youth. The National Center for Chronic Disease Prevention and Health Promotion estimates that diabetes affects approximately 151,000 under the age of 20. What's worse, Type 1 Diabetes – more commonly known as juvenile-onset diabetes – isn't the only form affecting today's children. Incidences of Type 2 Diabetes – once known as adult-onset diabetes – has been on the rise over the last 20 years. This is largely a result of sedentary activities becoming the norm and a devastating combination of poor diet and poor exercise.

"When I did my training in pediatrics in 1992, we didn't even talk about Type 2 diabetes," said Dr. Maura B. Price, a pediatrician in Waterboro, Maine. "We wouldn't even talk about using the adult-types of diabetes medications in children. Now, 15 years later – absolutely."

Because Type 2 diabetes can be prevented, understanding its causes and implications are of critical importance to

families. The American Obesity Association estimates that 15.3 percent of children 6 to 11 and 15.5 percent of adolescents 12 to 19 are obese. Compared to rates of 7 and 5 percent, respectively, in 1980, juvenile obesity has become a serious issue. And with the exception of genetic predisposition, the majority of the causes of obesity and Type 2 diabetes are preventable.

Combating the negative effects of a sedentary lifestyle with regular exercise is one of the primary steps families can take to keep their children healthy.

It's easy to assume that most children have boundless levels of energy and love to play outside, but have a look at the activities that many of today's youth prefer to engage in. Television and video games take up time that could be spent on physical activities such as riding bicycles, playing basketball or swimming. The Department of Health and Human Services estimates that a whopping 43 percent of adolescents watch more than two hours of television every day. And with the unprecedented popularity of Web sites like MySpace, YouTube and Facebook, the number of hours children spend in front of a computer screen on a daily basis is astounding. As a result, Price considers the Department of Health and Human Services' two-hour estimate conservative.

"You've got to look at total screen



File photo

time, including the computer screen," Price said. "Children don't play outside, and parents work, so their children are spending more and more time home alone (being sedentary)."

Gym class and recess can't be counted on for exercise these days, either. "The whole focus at school is off of exercise," Price said.

"When I was growing up, you had phys ed a minimum of three times per

week." Many American high schools have cut their physical education requirement to a scant two or three semesters by graduation, sometimes even less. Add it all up and it's plain to see why most young people are not meeting the U.S. Surgeon General's recommendation of 60 minutes of moderate daily exercise.

"Most have little or no exercise," Price said, "so try and get them to commit to

at least three periods of 30 minutes per week where they break a sweat."

For more information on diabetes prevention in youth, visit the National Center for Chronic Disease Prevention and Health Promotion's Diabetes Project and physical activity.

The American Obesity Association also offers excellent resources for fighting the effects of the youth obesity epidemic.

## Bowling stats

### Team Standings

Place	Team Name	Points Won	Points Lost	Team Ave	HDCP	Pins plus Handicap	Place	Team Name	Points Won	Points Lost	Team Ave	HDCP	Pins plus Handicap
1	3 Putts	7	1	519	223	4618	11	VP-9	4	4	516	225	4531
2	Team Whidbey	6	2	592	164	4716	12	Team 3	4	4	626	137	4499
3	Flaming Hookers	6	2	585	170	4580	13	The Untouchables	4	4	436	289	4420
4	INOKEAH	5	3	592	165	4723	14	Ghost Team	3½	4½	509	231	4496
5	Pinheads	4½	3½	533	212	4477	15	Effin'H	3	5	591	165	4299
6	The Happy Team	4	4	490	248	4690	16	The Blue Ballers	3	5	447	281	4177
7	Band Team 1	4	4	626	138	4651	17	Da Pin Droppers	2	6	440	286	4624
8	Big Ern's Kids	4	4	513	228	4582	18	Golden Eagle's	2	6	542	205	4412
9	4th Force Recon	4	4	533	211	4553	19	Team Ramrod	1	7	488	248	4328
10	Illegal Affairs:ReDux	4	4	644	124	4545	20	Team 17	1	7	497	241	2123

### Results of Last Week's Bowling....

Lanes	Team Name	-1-	-2-	-3-	HDCP Total	Last Wk WON	Team Name	-1-	-2-	-3-	HDCP Total	Last Wk WON
1-2	Team 3	752	717	710	2179	1	The Untouchables	726	750	770	2246	3
3-4	The Happy Team	750	787	679	2216	0	3 Putts	854	793	757	2404	4
5-6	VP-9	782	729	752	2263	1	Flaming Hookers	770	755	810	2335	3
7-8	Team 17	0	0	0	0	0	The Blue Ballers	664	680	625	1969	0
9-10	Band Team 1	813	741	784	2338	1	Big Ern's Kids	752	822	795	2369	3
11-12	Golden Eagle's	728	777	685	2190	1	Effin'H	801	776	743	2320	3
13-14	Team Ramrod	754	707	704	2165	0	Team Whidbey	849	832	801	2482	4
15-16	INOKEAH	787	833	851	2471	3	Da Pin Droppers	864	820	786	2470	1
17-18	Pinheads	737	714	779	2230	1½	Ghost Team	737	836	726	2299	2½
19-20	4th Force Recon	759	831	738	2328	1	Illegal Affairs:ReDux	797	815	785	2397	3

### Last Week's High Scores for Immediate Release

Men	Scratch Game	Scratch Game	Scratch Series	Scratch Series		
245	Brock Brothers	206	Joshua Malek	657	Mark Gleason	
238	Mark Gleason	202	Raymond German	605	Brock Brothers	
226	Mark Gleason	201	Marc Gonsalves	592	Scott Hammond	
209	Scott Hammond	201	Scott Hammond			
Women	205	Melenie Nixon	176	Abby Hammond	546	Melenie Nixon
	188	Ronna Weyland			512	Abby Hammond
					508	Ronna Weyland

## Intramural basketball standings

TEAM	WINS	LOSSES
VPU-2	3	0
3/3	3	0
CPRW-2	2	0
MCAF	2	0
HSL-37 "MAROON"	2	0
MESS HALL	1	0
OUTLAWS	1	0
3RD RADIO BN	2	1
POSTAL	1	1
CSSG-3	0	0
VP-9 #1	1	3
HSL-37 "GOLD"	0	2
MALS -24	0	3
VP-9 #2	0	4
IPAC	0	4

\* standings as of Jan. 29



Christine Cabalo

Janett Kahalelio (left) and Tara Diaz, patrons of the Semper Fit Center aboard Marine Corps Base Hawaii, Kaneohe Bay, work with free weights. Kahalelio said she likes how the muscle-conditioning class she attends challenges her with a variety of routines that exercise her upper and lower body.

## Helping you adopt healthy habits

*Obesity is one of the leading causes of preventable death in the United States, and it poses a significant health risk to all Americans.*

### News Release

TRICARE

Poor nutrition and lack of exercise contribute to this dangerous trend, and the military community is not immune to this problem.

Preventing these unhealthy behaviors is critical to the health of our military community.

We must face the challenge as a force, a family and a nation.

To combat obesity, TRICARE Management Activity is sponsoring a weight demonstration project for active duty family members, retirees and their family members.

We will launch the "Healthy Eating and Active Living in TRICARE Households" (HEALTH) program to focus on building healthier communities and strengthening our military families through education,

intervention and treatment.

The HEALTH program will teach participants how to reach their desired weight and how to live a healthier lifestyle.

"We hope that this demonstration and other lifestyle-oriented pilot projects will have a positive, life-long impact on the health of participating TRICARE beneficiaries," says Air Force Colonel Joyce Grissom, medical director, Office of the Chief Medical Officer, TMA.

### Why Lose Weight?

*The health impact of obesity on our military population includes:*

- Increased risk of musculoskeletal injury;
- Increased surgical risk;
- Poor wound healing;
- Increased daytime sleepiness;
- Poor heat tolerance; and

-Increased risk of heat-related injury.

*Obesity may also increase your risk of developing diseases like the following:*

- Arthritis;
- Heart disease;
- Stroke;
- Sleep apnea;
- High blood pressure;
- Diabetes; and
- Some cancers.

TRICARE is committed to promoting a healthy lifestyle for you and your family. Take control of your health by making better choices.

Obesity is costly in human terms, for our economy and our health system.

Leading a healthy lifestyle reduces your risk of weight-related illnesses, promotes overall well being and improves your quality of life.

## Diabetes, poor health growing problem with children

### Lissa Wohltmann

LIFELines

Once upon a time, children literally ran around and played outside. They had to be coaxed inside, away from all the physical frolicking, to eat their daily home-cooked, healthful dinner.

The behavior of today's children is quite the opposite, resulting in obesity and poor health.

In fact, obesity has more than doubled in 20 years for children 6 to 11 and more than tripled in children 12 to 19.

About 15.5 percent of children 12 to 19 and 15.3 percent of children 6 to 11 are obese.

The obesity statistics in England is even more harrowing; it has grown almost 400 percent in 25 years.

Three-quarters of the adult population is now overweight, 22 percent of the population is obese and the childhood obesity has tripled in the past 20 years.

Other countries such as Japan, China, India and Australia are also following in our fatal footsteps in their growing obesity problem.

Obese children pose a unique problem to society. They are part of "a generation that may not live as long as their parents," said Diane Sarantakos, director of the American Diabetes Association in Oklahoma City. Children's obesity is directly linked to being diagnosed with Type 2 diabetes.

Type 2 diabetes was once called "adult onset diabetes," yet now children as young as 4 are being diagnosed with this potentially fatal disease.

Clinically-based reports and regional studies suggest that Type 2 diabetes is being diagnosed more frequently in children and adolescents, yet the nationally representative data that would be needed to monitor diabetes trends in

youth by type are not available.

Left untreated, Type 2 diabetes increases your risk for serious complications such as heart disease, blindness, nerve damage, and kidney damage.

schools are eliminating recess in their schedules. That's insane. We're causing our children to become obese."

Also, people are not burning off the excess calories they are eating.

It's easier and cheaper to eat the fast, fat-laden, non-nutritious foods, than to carefully select and consume wholesome food.

According to Sarantakos, people want instant gratification.

Parents, specifically, are in such a hurry to take their children to soccer practice, dance practice, or a school activity that they forget that good nutrition is just as important as physical activity.

The quick answer to this "big" problem is fairly straightforward but tough to follow without discipline.

Sarantakos advises, "Diet and exercise."

**"Some of the schools are eliminating recess in their schedules. That's insane. We're causing our children to become obese."**

— Diane Sarantakos  
American Diabetes Association

If the decline rate of health continues as is, by the year 2050, one in three people born in the 21st Century will have Type 2 diabetes, Sarantakos said.

There are a lot of factors contributing to such an increased rate of declining health.

"The most identifiable is the lack of exercise," Sarantakos said. "Some of the



File photo

# Sports Announcements

## K-Bay gamers seeking players

Gamers from Marine Corps Base Hawaii, Kaneohe Bay, are looking for players who want to compete with each other at local tournaments or for the title of "King of K-Bay." The champion will then represent MCB Hawaii in matches, live, with gamers from other services and duty stations.

You must be an active duty service member to join. Visit [www.newtroop.com](http://www.newtroop.com), a military-only gaming community, for additional information on upcoming tournaments throughout the armed services.

For information, call Cpl. Ryan Trevino at 783-1243.

## WISA looking for players

Women's over 30 soccer team is looking for players. League games are Sundays in the fall and spring. Call Kathy for more information and registration: daytime 971-2503, evenings 261-9951.

## Adult beginning golf clinic

There will be a five-week golf clinic, every Wednesday beginning Feb. 7 from 9 to 10 a.m. The cost is \$90 per person and is limited to 15. Equipment is provided. The instructor is Mo Radke, PGA professional. Call the Pro Shop at 254-1745 to register.

## The Great Aloha Run

This year's Great Aloha Run is slated for Feb. 17. For more information, contact the Marine Corps representative Sgt. Scott Whittington, U.S. Marine Corps Forces Pacific, by phone at 477-8313 or 477-8301 or by e-mail at [scott.whittington@usmc.mil](mailto:scott.whittington@usmc.mil).

## Headquarters Marine Corps Semper Fit seeks applications for 2007 All-Marine Women's Basketball Team

The All-Marine Women's basketball team trial camp will be held Feb. 16 to March 9 at Marine Corps Base Camp Lejeune, Jacksonville, N.C. The Armed Forces Women's Basketball Championship will be held March 10 to 18 at Fort Indiantown Gap, Pa.

Marines interested must submit a sport's application to Headquarters Marine Corps Semper Fit no later than Feb. 14. Applications must include past basketball experience.

Applications are available and can be downloaded from [www.usmc-mccs.org/sports](http://www.usmc-mccs.org/sports) or the local Semper Fit athletic office.

Resumes must contain a command endorsement that states the Marine will be made available to attend all events, if selected. Marines stationed at a command with a local MCCS Semper Fit must submit their applications through the Semper Fit athletic director.

For more information contact David Litkenhus at 703-784-9542.



Cpl. Mark Fayloga

Kiel Scott, Outlaws power forward, goes for a layup during an Intramural Basketball League regular season game at the Semper Fit Center gymnasium Monday night.

## OUTLAWS, from C-1

We've got 11 games left, so we'll see what happens."

The Outlaws' coach said he was pleased with his team's second-half game play but believes there is room for improvement and looks forward to the rest of the season.

"I think there was more cohesion in the second half," said Davis. "We started finding each other, the defense stepped up and, at the end, they were just having fun, and fun created baskets. We've still got a lot to work on, but I think we'll be one of the top contenders."

**Coming  
Feb. 24**

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**'Bring  
a Towel'**

**DENTIST, from C-1**

Sherwood said this early visit gives a dentist the opportunity to see potential problems such as early-childhood caries (also known as baby bottle tooth decay); educate the parent on proper oral hygiene for the child, and give the toddler a positive experience in a dental setting. This can do wonders in allaying fears and boosting the child's future attitude toward visiting the dentist.

Education is the heart of the age 1 exam. "When we see a toddler, we primarily talk with the parents about growth, development, thumb sucking, bottle and breast feeding, oral hygiene and nutritional issues, use of fluoride and why baby teeth are important," Sherwood said.

During this first visit, the dentist usually will sit knee to knee with the parent, with the child nestled in the parent's lap, and the dentist will ask the parent to demonstrate how she or he brushes the child's teeth. Then, if parent and tot are comfortable, the dentist will turn the child around onto his or her lap, so the dentist can get a good look at the child's teeth and gums. This "pleasant, painless visit" should take no more than 15 minutes.

"Sitting knee to knee with the parent, playing with the baby and talking with the parent, I can get a very good sense of the child's oral health care, and this position gives us a good opportunity to get a good look at the child's teeth," said Sherwood. "It's a great experience for everyone involved." Toddler dos and don'ts

Following a few simple rules can help ensure your children a good start in oral health.

**DO:**

Take your child to the dentist within six months of the eruption of the first baby tooth, definitely by age 1.

Follow your dentist's advice regarding nutrition, hygiene routine, fluoride and dental visit schedule.

Teach your child how to brush when they are 3, and brush your teeth with your children to model good technique and spot problems.

**DON'T:**

Think baby teeth don't matter "because they'll just fall out anyway."

Allow children to have continual access to a bottle or "sippy-cup" filled with anything other than water.

Give your children the impression that visiting the dentist is unpleasant

The Academy of General Dentistry is a nonprofit organization of more than 35,000 general dentists dedicated to staying up-to-date in the profession through continuing education. A general dentist is the primary care provider for patients of all ages and is responsible for the diagnosis, treatment, management and overall coordination of services related to patient's oral health needs. Learn more about AGD member dentists or find more information on dental health topics at [www.agd.org/consumer](http://www.agd.org/consumer).

Note: Information that appears in General Dentistry, the AGD's peer-reviewed journal, AGD Impact, the AGD's newsmagazine and related press releases do not necessarily reflect the endorsement of the AGD.

**LIGHTNING, from C-1**

Kohler, Star Wars forward, managed to get one shot to drop bringing her team within four points of Lightning closing out the half, 6-2.

"We've got an unfriendly rim," said Houchins during halftime. "The score should be 6 to 6, but hopefully the shots will drop in the second half."

However, at the start of the second half, it appeared as if the two teams had switched roles. Star Wars continued with the pressure defense. During the majority of the third quarter any Lightning player with the ball was instantly surrounded by a sea of red jerseys. They kept Lightning from scoring for the second quarter in a row, while Malachi Garrett, Star Wars wing, narrowed Lightning's lead 6-4 with 2 points of his own.

"Malachi Garrett really impressed me today," said Houchins. "He's a baller. His defense was extremely impressive."

Lightning needed to get their game back in order if they hoped to hold on to their lead. During the past two quar-

ters, the players seemed frazzled.

Assistant coach Dalton I. Hilliard attributed his players' lack of scoring to the distracting cheers from fans in the bleachers.

"The noise was kind of getting to them," said Dalton. "They were getting out of position on defense. Defense is the key to our game. Getting pressure on them and opening up lob passes to be stolen by our taller guys."

At the start of the fourth, Lightning came out and started to look more like they did in the first quarter. Their defense improved, and they began to dominate the boards again. Although Star Wars kept up the pressure defense, Lightning managed to get the ball off to open players. Whenever things got too hectic Lightning coaches smartly called a timeout to calm down their players and reinforce the game plan.

"The timeouts in the fourth quarter helped," said Dalton. "We got to talk to our players and help them set up, then they would understand why we put them where we did and what they were supposed to do."

Lightning dominated the final quar-

ter of game-play shutting out Star Wars and adding six more points to their lead to put the game well out of reach. Two points came from Jordan Holsey, Lightning guard, two came from Skyler Miller, Lightning guard, and Bailey contributed two more sealing Lightning's victory, 12-4.

Star Wars fought hard but failed to nab the come from behind win. Regardless of the outcome Houchins said he was impressed with his players.

"We've improved head and shoulders over last week's game," said Houchins. "If we can continue to do that then everything will come together."

Dalton was impressed with his team's clutch victory and said he hopes to carry the level of intensity onto Lightning's next game.

"I don't know what it was, but our guys came out to play today," said Dalton. "I think that next game is going to be big for us, because we're coming off a win, and I definitely think a big thing will be keeping the ball out of the key and once again crashing the boards."



Cpl. Mark Fayloga

**Emma Kohler, Star Wars forward, looks for an open man to dish the ball to while Morgan Graham, Lightning forward, puts pressure on her during a Hawaii Military Youth Athletic Association Basketball League regular season game.**