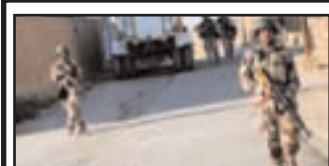


M Hawaii MARINE E

VOLUME 36, NUMBER 30

2005 THOMAS JEFFERSON AWARD WINNING METRO FORMAT NEWSPAPER

AUGUST 4, 2006



Triad
A-3



Tiki Island
B-1



Horseshoes
C-1

3/3 welcomes new protectors of Haditha Dam, says farewell to old

Fresh Azerbaijani soldiers arrive at Haditha Dam to relieve fellow comrades tasked with providing internal security for the hundreds of Marines there

Sgt. Roe F. Seigle
Regimental Combat Team 7

HADITHA, Iraq — Marines operating in the Haditha-triad region recently bid farewell to Azerbaijani soldiers who have spent the past six months providing internal security for hundreds of Marines headquartered at the city's large dam.

A change of command ceremony held July 13 marked the end of a six-month tour of duty in Iraq for one group of the soldiers and the beginning for another.

Azerbaijan is a former Soviet Union state located in southwestern Asia bordering the Caspian Sea between Iran and Russia and is slightly smaller than Maine.

The dam is occupied by the Hawaii-based 3rd Battalion, 3rd Marine Regiment, who have spent the past four months combating insurgents and training Iraqi soldiers and police.

The soldiers support the Marines by providing perimeter security around the dam, escorting Iraqi workers, and protecting the battalion's command and control center.

By performing these duties, they free up a whole company's worth of Marines, who in turn can support operations against anti-Iraqi forces throughout the region, according to 1st Lt. Sam Monte, the 29-year-old executive officer of the battalion's Headquarters and Service Company.

"Each soldier volunteered to come to Iraq and they are very eager to work with the Marines," said Azerbaijan Army Capt. Javid Abbasov, the executive officer assigned to 1st Company, Guard Force Brigade. "They are glad to be able to represent their country and will do the mission to the best of their ability."

All young males in Azerbaijan are obligated to serve in the armed forces for a year and a half. However, if the soldiers volunteer to serve in a combat zone, they are only required to serve one year.

The soldiers have had a presence in the Haditha Dam and supported Coalition Forces for more than three years, said Monte, a native of Portland, Ore.

"The soldiers have been very professional at all times,"

said Monte. "Even though there was a language barrier many of the Marines made friends with them and they both learned phrases in each others' languages."

The soldiers occupy separate sections of the dam's living space, but dine with the Marines everyday and often watch movies together after evening meals.

With less than a week at their new posts at the dam, the new batch of soldiers are learning their jobs and routines in the dam quickly and thoroughly, said Monte.

Abbasov, who has previously served in Iraq, said serving with Coalition Forces is a bit of an honor for Azerbaijan's soldiers — the soldiers are hand selected by their commanders, and only top-notch soldiers make the cut.

"It is a great experience for me and the other soldiers to contribute in The Global War on Terrorism and our government supports our mission here as well," said Abbasov. "I am personally thankful to be here and help Iraq rebuild their country, and I know all my soldiers feel that way as well."



Cpl. Brian M Henner

Members of the Azerbaijani Army stand in formation during a change of command ceremony at the Hadithah Dam. The Azerbaijani Army is deployed with Regimental Combat Team 7, 1 Marine Expeditionary Force (FWD) in support of Operation Iraqi Freedom in the Al Anbar province of Iraq to develop the Iraqi Security Forces, facilitate the development of official rule of law through democratic government reforms, and continue the development of a market-based economy centered on Iraqi reconstruction.

Combat Camera Marine testifies Kevlar saved his life

Staff Sgt. Jim Goodwin
1st Marine Division

AL ASAD, Iraq — Though a religious man, Cpl. Brian M. Henner doesn't attribute divine intervention, luck, fate or destiny to the fact that he's still alive after taking an enemy bullet to the head.

Instead, the 22-year-old U.S. Marine says it

was his Kevlar helmet that saved his life in the middle of a gunfight between Marines and insurgents in Iraq's Al Anbar province last week.

"If I didn't have it on, it probably would have went into the top of my head," said Henner, a native of Rochester, N.Y. "It didn't just graze, it dug in to the helmet, but that's why we wear them, though."

Henner, a Marine combat photographer with Regimental Combat Team 7, was shot in the helmet when insurgents, hidden in a near-by tree-line, fired upon Marines manning a vehicle inspection checkpoint July 23.

The incident took place in Haqlaniyah — one of three Euphrates River valley cities in the western portion of Al Anbar province which make up the Haditha Triad region.

While snapping photographs of Marines searching locals' vehicles, Henner says the Marines began receiving gunfire from a tree-line across the street. The Marines immediately took cover behind a car, but Henner was stuck in the road, where he was photographing from when the fire started, with just a small median to provide protection and concealment.

As the insurgents continued to fire against the Marines, Henner laid on his belly behind the road's median — the only protection he and another Marine in the street had — and returned fire with his rifle before crawling along the median and away from the firing.

He says he was shot when he was crawling away from the firing. The impact of the bullet took a chunk out of the top of his helmet.

"I saw a flash and then, 'Wham!' something hit me in the head real hard," said Henner, a 2002 graduate of Brookport High School in Rochester. "I knew it wasn't a rock, and I thought, 'Damn, I think I just got shot in the head.'"

With other Marines yelling at him to "Move!" — Henner sprang to his feet, ran for the



Staff Sgt. Jim Goodwin

Corporal Brian M. Henner, 22, from Rochester, N.Y., displays the Kevlar helmet he wore July 23 when he was shot in the head by an insurgent. The incident took place in Haqlaniyah — one of three Euphrates River valley cities in the western portion of Al Anbar Province which make up the Haditha Triad region.

car, and slid across its hood — breaking his camera lens in the process.

He then used his personal camera to record short video clips of the ensuing gun battle, which lasted less than 30 minutes altogether, he said.

"It wasn't just another patrol to hand out candy," he said. "I remember that whole 25 minutes pretty well."

His parents were "surprisingly calm" about the incident after Henner told them on the phone what had happened, he said.

Open for business!



Lance Cpl. Edward C. deBree

Marine Corps Base Hawaii, Kaneohe Bay, celebrated the grand opening of its family theme park, Tiki Island, with a ribbon-cutting ceremony with Water Ventures (left), president, Maartin Voogd; Kaneohe Klipper Golf Course Manager Todd Murata; Food and Hospitality Business Operations Manager Kristin Hagen; MCBH Commanding General Brig. Gen. Steven A. Hummer and MCBH Sergeant Major Sgt. Maj. Daniel Fierle making the final cut. Tiki Island offers patrons two miniature golf courses, bumper boat rides, slow- and fast-pitch batting cages and a clubhouse concession. For more information about Tiki Island, see B1; and for information about Tiki Island's coloring contest, see B6.

See KEVLAR, A-5

NEWS BRIEFS

Women's Leadership Conference

The 3rd Annual International Women's Leadership Conference will be held Aug. 29 from 8:30 a.m. to 4:30 p.m. at the Sheraton Waikiki Hotel & Resort, Hawaii Ballroom. Government/military rates are available.

The event features 12 women leaders, including Rear Adm. Sally Brice-O'Hara, commander, Coast Guard District 14; Karen P. Hughes, U.S. under secretary of state for diplomacy and public affairs; Zainab Al-Suwaij, executive director, American Islamic Congress; Grace Padaca, governor, Isabela Province, Philippines; and a special videotaped message from Oprah Winfrey. The event is open to all military and spouses.

For more information or to register, visit <http://www.iwlchi.org> or call 586-0081.

DEERS to relocate

Hawaii Installation Personnel Administrative Center will be taking over the DEERS/Rapids ID Card Center beginning at noon, Aug. 18. The Center will be relocated to first floor of Building 1044. The new DEERS location will continue its services beginning Aug. 21.

Runway incursions

Runway incursions continue to be a problem aboard Marine Corps Base Hawaii, Kaneohe Bay. Violations involving runway incursions will now result in a mandatory magistrate hearing with a maximum punishment of 12 points and up to a year suspension of driving privileges.

TRICARE enrollment

MARADMIN 326/06 mandates that all active duty Marines be enrolled in TRICARE Prime. A roster identifying Marines who are not enrolled can be found by visiting www.usmc.mil and following the links to Career - Manpower and Reserve Affairs - Active Marine - Personal and Family Readiness Division (MR) - Military Personnel Services - TRICARE.

Kaneohe Officers Spouses Club provides Fisher House with a little sewing comfort

Beth Hohl, Janice Bush, Laura Randazzo, Liz Carpenter, Danica McLeod, Katie Gates and Penni Pereboom, members of Kaneohe Officers Spouses Club's quilting group recently presented Eva Avila, director of Fisher House at Tripler Army Medical Center with 11 quilts, and soups and reading material. According to Beth Hohl, the Club's Fisher House patients were excited and thankful for the donations.

Hawaii 2006

The Marine Corps Hawaii 2006 catalogue is now available for dissemination to commands. All command representatives are urged to call 257-8833/37 to make arrangements to pick up boxes containing these catalogues.

Marine Corps Hawaii 2006 contains a wealth of information about everything Marines, Sailors, and their family members need to know about military and civilian life on Oahu.

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

Hawaii MARINE

www.mcbh.usmc.mil

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By the book

Deployed Marine teaches himself Arabic

Sgt. Roe F. Seigle

Regimental Combat Team 7

BARWANAH, Iraq — When Pfc. Kenneth Dickerson goes to sleep at night, he keeps a bible by his side, pictures of his family, and a notebook filled with hand-written Arabic words and phrases he has learned since he arrived in Iraq.

The 19-year-old U.S. Marine has used many of those words and phrases while patrolling the dusty streets of Barwanah, Iraq, daily with his fellow Marines in the Hawaii-based 3rd battalion, 3rd Marine Regiment.

"He came here not knowing one word of Arabic, and now we take him out on patrol and we do not need an interpreter," said Cpl. Daniel Robert, a 22-year-old from Philadelphia who said Dickerson "is an outstanding Marine."

When the battalion arrived in Iraq four months ago, there was a shortage of interpreters. On many patrols, the Marines were not able to communicate with the local populace.

Dickerson soon found out he had a knack for learning the language — he was able to remember almost every phrase Iraqi soldiers taught him.

"I just carried a waterproof notebook with me, and I would write down every word I was taught," said Dickerson, a native of Clive, Iowa — a suburb of Des Moines. "The soldiers have always been willing to help me learn their language and they have become good friends now that I can understand them."

Recently, Dickerson and the Marines in his squad were involved in a gunfight with several insurgents. Eight of the insurgents were captured, but the Marines did not have an interpreter with them, they only had Dickerson.



Sgt. Roe F. Seigle

Private First Class Kenneth Dickerson, a 19-year-old Marine from Clive, Iowa, assigned to Lima Company, 3rd Battalion, 3rd Marine Regiment, hands out candy to two girls in Barwanah, Iraq, July 29. The 19-year-old U.S. Marine spent the past four months of his deployment in Iraq teaching himself Arabic and uses it to help his fellow Marines by serving as a translator during the unit's daily patrols through Barwanah.

He translated all the questions his noncommissioned officers asked the detainees, and was able to establish an identity on all of the insurgents.

Dickerson said he feels good when he is able to use his language skills in a combat situation but he gets more joy when he is able to talk to locals, especially young children.

"I enjoy working with the Iraqi people and learning about their culture and way of life," said Dickerson, who said he was an avid motocross racer when he grew up in his small town.

He joined the Marines at 17 after, graduating from Waukeet High School in 2005.

Although Dickerson said he believes he is just doing what he can to help the Marines accomplish missions on a daily basis, several of his peers and seniors believe Dickerson has the potential to become a great leader of Marines.

"Dickerson is one of the youngest Marines in the company, but he far exceeds my expectations of a Marine his age and rank," said Capt. Michael Hudson, 33, Dickerson's commanding officer. "He goes above and beyond to accomplish missions on a daily basis, and he will be placed in a leadership billet on our next deployment to Iraq."

In addition to his linguist skills, Dickerson is a radio operator by trade. When he is not speaking Arabic, he's the one who maintains contact with higher headquarters during patrols, which sometimes last more than six hours.

But Dickerson's talents don't stop there. Recently, he learned how to use a metal detector in his precious-little spare time, and located a small-weapons cache that was buried.

"Dickerson does so much more than I expect of him, and I can always count on him to do the right thing no matter what," said Robert. "We really do not need an interpreter with us anymore because 90 percent of the time he is able to translate. He just rattles it off — it's amazing."

Dickerson, whose father also served in the Marine Corps, said he plans to continue to learn Arabic and will enroll in formal classes when he returns to Hawaii later this year.

He said he will be a more proficient translator when he returns to Iraq next year.

"I have wanted to serve my country since the terrorist attacks on 9/11," said Dickerson. "My Marines and I have been shot at and have been in some really intense situations, but that does not change my mind about being here. I look forward to coming back next year."

Dickerson and the rest of the 3rd Battalion, 3rd Marine Regiment, also known as "America's Battalion," is scheduled to depart Iraq later this year and will be replaced by another Hawaii-based unit.

Marine of the Quarter



Lance Cpl. Stephen Kwietniak

Brigadier General Steven A. Hummer, commanding general, Marine Corps Base Hawaii, presents Lance Cpl. Eric J. Ash a certificate of commendation, July 28, during a flagpole ceremony here. Ash was recognized for his performance as a Metrological and Oceanographic Observer and his selection for Marine of the Quarter for Marine Corps Base Hawaii, Kaneohe Bay.

HMH-362 Change of Command



CAVANAUGH

Lieutenant Colonel Brian W. Cavanaugh will relieve Lt. Col. Scott T. Minaldi as commanding officer Marine Heavy Helicopter Squadron 362 during a change of command ceremony to be held at 2 p.m. Aug. 10 at Hangar 101. Cavanaugh's previous assignment was as the executive officer for Marine Air Group on K-Bay.



MINALDI

Weekend weather outlook

Today



Day — Mostly sunny. Highs around 83. East winds 10 to 15 mph.

Night — Partly cloudy with isolated showers. Lows 71 to 78. East winds 10 to 15 mph. Chance of rain 20 percent.

High — 83
Low — 71

Saturday



Day — Partly cloudy. Isolated showers in the morning...Then scattered showers in the afternoon. Highs around 83. East winds 10 to 15 mph. Chance of rain 50 percent.

Night — Partly cloudy with scattered showers. Lows 69 to 76. East winds 10 to 15 mph. Chance of rain 50 percent.

High — 83
Low — 69

Sunday



Day — Partly cloudy with scattered showers. Highs around 83. East winds 10 to 15 mph. Chance of rain 40 percent.

Night — Partly cloudy with scattered showers. Lows 69 to 76. East winds 10 to 15 mph. Chance of rain 50 percent.

High — 83
Low — 69



Iraqi soldiers take the lead in a patrol with U.S. Marines July 29, in Barwanah – a city in Iraq's Al Anbar province. The Iraqi soldiers, and Marines assigned to the Hawaii-based Lima Company, 3rd Battalion, 3rd Marine Regiment, often patrol together to hunt down insurgents and provide security in Barwanah, Iraq – a city of 30,000 along the Euphrates River in Al Anbar province. Despite a recent rash of insurgent attacks, Marines from Lima Company say they are making notable progress equipping the Iraqi Army with the necessary skills to take over security operations in this city of 30,000 nestled along the Euphrates River northwest of Baghdad.

'America's Battalion,' Iraqi Army turn up the heat in Haditha Triad

Story and Photos by
Sgt. Roe F. Seigle
Regimental Combat Team 7

BARWANAH, Iraq — Despite a recent rash of insurgent attacks, Marines in Barwanah, Iraq, say they are making notable progress equipping the Iraqi Army with the skills to take over security operations in this city of 30,000 nestled along the Euphrates River northwest of Baghdad.

Less than a month ago the soldiers and Marines formed a mounted mobile assault platoon – or “MAP,” as the Marines call it – capable of responding quickly to enemy attacks against Coalition Forces on foot.

The new platoon proved to be a big step for Iraqi forces – the MAP platoon captured eight insurgents after responding to a firefight between Marines on foot and local insurgents.

Mounted in Humvees, the mobile assault platoon gives Iraqi Security Forces here the means to respond to incidents much quicker than on foot, said Capt. Michael Hudson, commanding officer of Lima Company of 3rd Battalion, 3rd Marine Regiment.

The Hawaii-based Marine battalion has spent four-plus months now in the Haditha Triad region, which includes Barwanah, fighting insurgents, working with locals to improve local economy and quality of life, and training Iraqi soldiers.

“We are spending all day patrolling the city with the Iraqi Army to combat insurgents and cut down on their attacks,” said 2nd Lt. Chris Toomey, 24, a Lima Company platoon commander. “I am impressed with the way the soldiers are handling the attacks and interacting with the local populace.”

When the soldiers are not on patrol in Barwanah's dusty and winding streets, they're spending a lot of time in a classroom reviewing skills such as map-reading, hand and arms

signals and the use of escalation of force, said Toomey, a native of Arlington, Mass.

“The soldiers are thinking for themselves now,” said Toomey. “They know what to look for on patrols, such as possible IEDs and how to react to insurgent attacks.”

More notable progress came earlier this month when the company of Iraqi soldiers here, who are partnered with Lima Company, conducted an independent company-sized security operation – they cordoned off and searched a village in the city for insurgents and weapons caches. The soldiers also talked to the local populace about future police recruitment.

The company of Iraqi soldiers is part of the 2nd Battalion, 2nd Brigade, 7th Iraqi Army Division – the Iraqi Army battalion partnered with 3rd Battalion, 3rd Marines in the Haditha region.

So far, the battalion has conducted more than 10 independent company-level operations in the past half year, according to Lt. Col. Owen R. Lovejoy, team chief for 2nd Battalion's military transition team.

The IA (Iraqi Army) will fight well when they are trained, led, and equipped, Lovejoy wrote in an e-mail. They are learning and getting better.

Still, there's more work to be done in this region. There are no police forces within the Haditha Triad region – an area of about 75,000 people along the Euphrates.

The establishment of a police force is necessary for Iraqis to maintain law and order on their own, said Hudson.

Although the soldiers did not find any contraband during the operation, they showed they were capable of performing on their own – a necessity for them to relieve U.S. forces here of security operations one day, said Hudson.

“We are getting better every day at fighting the insurgents,” said “Mohammed,” an Iraqi soldier serving alongside American Marines here. “Now that we are mobile, we can respond to situations even faster.”

The MAP's quick response recently led to the capture of eight insurgents. The Humvee-borne Iraqi soldiers even assisted the Marines in a gunfight against insurgents recently, and in a separate incident, responded to an IED discovery, providing security for their U.S. counterparts, who discovered the roadside bomb.

“None of this would have been possible for the soldiers to accomplish when the Marines arrived here in March because they did not have the necessary skills,” said Hudson, 33, and native of Concord, Calif.

Some Marines say their task of training soldiers

and fighting insurgents is frustrating because of the long hours involved and the language barrier, but they are pleased with their progress nonetheless.

“We are constantly getting into firefights out here,” said Cpl. Rogelio Rodriguez, a 26-year-old squad leader. “I just tell the Marines to keep their cool and not return fire indiscriminately and they have done just that.”

Earlier this month, Rodriguez, a native of Chicago, was attacked with mortars at an observation point. Moments after the initial mortars fell, a band of insurgents opened fire on the Marines with small-arms weapons. The Marines held their ground and returned fire and the insurgents fled.

For the last leg of their deployment, the Marines want local leaders to cooperate on recruiting police officers – deemed a must have by U.S. forces in

order for the region to be stabilized and eventually allow U.S. forces to withdraw from the region, said Hudson. A police force means locals can provide their own security, as most police officers recruited from this region will return to serve in their hometowns.

“The insurgents are still intimidating the local leaders in the community that cooperate with Coalition Forces by threatening them with murder or kidnapping their loved ones,” said Hudson. “We are going after the insurgents every day and the Iraqi Army is spreading the word that we are going to recruit a police force no matter how long it takes.”



Marines assigned to Hawaii-based Lima Company, 3rd Battalion, 3rd Marine Regiment search a car with the assistance of an Iraqi soldier July 29, during a foot patrol in Barwanah, Iraq.

For those who qualify to become police officers, the pay can sometimes add up to more than what some doctors and lawyers in the community make, said Hudson.

We are going to be persistent in fighting the insurgents and assembling a police force, said Hudson.

“We are taking the final days of this deployment one day at a time and focusing on improving the soldiers as much as possible for the incoming Marines that will relieve us.”

The 3rd Battalion, 3rd Marine Regiment, also known as “America's Battalion,” is scheduled to depart Iraq later this year and will be replaced by another Hawaii-based unit.



Corporal Daniel Robert, a 22-year-old Marine from Philadelphia, and squad leader assigned to the Hawaii-based Lima Company, 3rd Battalion, 3rd Marine Regiment, scans a portion of the Euphrates River July 29, in Barwanah, Iraq. Mounted in Humvees, the mobile assault platoon gives Iraqi Security Forces here the means to respond to incidents much quicker than on foot.



Private First Class Kenneth Dickerson, a 19-year-old Marine from Clive, Iowa, assigned to the Hawaii-based Lima Company, 3rd Battalion, 3rd Marine Regiment, looks over a map July 29 with Cpl. Daniel Robert, a 22-year-old squad leader, during a patrol in Barwanah, Iraq. They cordoned off and searched a village in the city for insurgents and weapons caches. The soldiers also talked to the local populace about future police recruitment – another step toward improving security conditions in the region.

Youngest McCain signs up

Sgt. Paul Kane

New York City Public Affairs

WASHINGTON, D.C. — Jimmy McCain, 18, the youngest son of U.S. Sen. John McCain has enlisted as a Marine and will soon report for boot camp in San Diego, Time Magazine reported on July 29.

"I'm obviously very proud of my son," Sen. McCain told Time, "but also understandably a little nervous."

The younger McCain comes from a long line of family members who have distinguished themselves in combat and the naval services.

His great grandfather was an admiral who commanded naval forces during World War II in the Pacific and was present for Japanese surrender aboard USS Missouri. His grandfather rose to the rank

of admiral and commanded all U.S. forces in the Pacific during the Vietnam War.

His father was a storied Navy fighter pilot, shot down over Vietnam and held as a prisoner of war for more than five years. His older brother Jack McCain, 20, recently finished his plebe year at the U.S. Naval Academy at Annapolis, Md.

Jimmy McCain will be the first McCain to enlist and don a Marine Corps uniform.

He is perhaps following his own father's exhortations for Americans to strive to be of greater service to their communities and country.

"Glory belongs to the act of being constant to something greater than yourself," said Sen. McCain some years ago, "to a cause, to your principles, to the people on whom you rely and who rely on you in return."

Making pet arrangements

News Release

Residence at local boarding facility

Check with veterinary clinics or the local humane society to locate boarding facilities. When selecting a facility, you should be sure that it is out of the hazard area and ask if the kennel has an emergency evacuation plan. Visit the facility to determine their requirements and make sure that it meets your standards.

Be sure to keep your pet's vaccinations up to date. You should also keep a pet carrier on hand for each pet. The carrier should be large enough so that the animal can stand up and walk around inside of it. Make sure that your pet has an opportunity to become familiar with the carrier ahead of time so that it feels comfortable when it has to be placed in it.

Keep a current photo of your pet to help ensure identification if you are separated from it during the emergency.

Stay with dependable friend or relative.

Make advance arrangements for care of your pet. It should be a safe place that is away from coastal or low-lying areas.

Pet stays at home.

Be sure to stock up on pet food and litter for family pets.

If they require special foods or medications, make certain to have a two

weeks' supply on hand.

You should also stock up on newspaper, plastic bags, cleaners, and disinfectants to handle pet wastes.

Once storm conditions are approaching, make sure to bring your pets indoors — well ahead of any disaster conditions. Never leave pets outside or tied up outside.

If you need to evacuate your home, you should prepare an indoor area where your pet can stay. Such an area should be a place that is safe for your pet and is easy to clean. Be certain that there is protection from breaking glass, wind and noise. Use an area that is easy to clean, such as a tiled area or garage. Be sure that your pet has access to a high place, such as a counter top, in the event that flooding occurs.

Follow safety guidelines if you have more than one pet that you must leave behind.

Do not confine a dog and cat together, even if they are normally friendly.

Keep small pets, such as rabbits, mice and birds, away from dogs and cats.

Leave difficult or aggressive animals in cages to ensure that they can't get loose.

Prepare and be sure that your pet's basic needs are provided for:

Leave water for your pets in bathtubs or sturdy containers that will not spill. You should provide at least a three-day supply of water.

Leave only dry foods to prevent the animals from overeating.

Use special food dispensers for birds and fish. They must eat daily to survive.

Use newspapers to cover the floor, or have cat litter containers available.

Additional precautions:

You should be sure that your pet has a properly fitted collar and an identification tag

Staunch supporter



Lance Cpl Kwietniak

Brigadier General Steven A. Hummer, commanding general, Marine Corps Base Hawaii, hands Will Haynes, television producer for "Veteran's Talk," a certificate of commendation, July 28, during a flagpole ceremony here. Haynes received the award for his efforts in supporting Marine Corps Base Hawaii.

Best in Corps



Lance Cpl Kwietniak

Staff Sgt. Sergio C. Gonzales, Base Fuels Department, holds an award given to Marine Corps Base Hawaii Fuels Department, July 28, during a flagpole ceremony here. Base Fuels was recognized by the American Petroleum Institute as the best Marine Corps Fuels Operation.

on at all times. This is particularly important during hurricane conditions. Also keep a leash on hand in order to maintain control of your pet in the event that you need to take the animal to another location.

After returning home:

After the hurricane is over and it is safe for you to return home, be careful when letting your pet loose outdoors. Make sure that it is wearing an identification tag. Scents and landmarks that are familiar to your pet may have changed during the storm and could cause it to get confused or lost. If your pet should become lost, call and visit the Humane Society as soon as possible.

For more information on how to prepare for your pets in a disaster, contact the Hawaiian Humane Society at 946-2187 or the Oahu Civil Defense Agency at 523-4121.



File Photo

History of battling ravages of hurricane season revealed

Karen S. Spangler

Hawaii Navy News Editor

How likely is it that a hurricane will hit the islands of Hawaii? Could this be the year?

No one can answer these questions. Hurricanes are relatively rare events anywhere in the world, but no place – including Hawaii – is safe from the threat of hurricanes. There is no way to tell in advance how active a hurricane season it might be.

You never know if this could be the year that a hurricane might threaten paradise. Officials at the Central Pacific Hurricane Center caution that allowing yourself to believe that “it won’t come here” or “there hasn’t been a hurricane here in years so why worry” or buying into the, “it can’t happen to me,” philosophy could be dangerous. The best thing is to be aware and to be prepared.

Since the beginning of history, all major islands in the Hawaiian Island chain have been struck by strong windstorms. Historical evidence indicates that one early hurricane in 1871 approached from an easterly direction and impacted the islands of Hawaii and Maui. But officially, the first recognized hurricane in Hawaii was Hurricane Hiki, August 1950.

There have been five hurricanes since 1950 that have caused serious damage in Hawaii. The island of Kauai received the brunt of three of the severe storms. In 1959, Hurricane Dot left her mark on the island, resulting in losses of about \$6 million. With the arrival of Hurricane Iwa, Nov. 23, 1982, Kauai sustained an estimated \$250 million in damages.

Hurricane Iniki, which hit the island of Kauai

in September 1992, was the most destructive storm to strike Hawaii in recorded history. Losses from the storm’s sustained winds of 130 mph along with widespread water damage exceeded \$2.3 billion.

Honolulu was ravaged by Hurricane Nina’s record winds in 1957. That storm also brought 35-foot surf to Kauai’s southern coast. Hurricane Estelle in 1986 produced very high surf on the islands of Hawaii and Maui and flooding on Oahu. Although Hurricane Fico, July 1978, passed more than 400 miles to the southeast of the Big Island, waves from the storm damaged homes and roads on the island’s Ka’u coast.

Tropical cyclones with winds of less than hurricane strength have also caused destruction to the islands. A storm that crossed the island of Hawaii in August 1958 caused flooding rains and high winds that resulted in more than \$500 thousand in damages.

Hurricane activity peaks in late summer because ocean temperatures are warmest at this time. The climatology of hurricane tracks over the central Pacific shows a mean track that passes to the south of the Hawaiian Island chain.

With the combined influence of cooler sea-surface temperatures and unfavorable westerly wind conditions aloft, which results in large wind shear, storms that approach the islands from due east. have historically been weakened. But this is not always the case, and there have been potentially destructive depressions and tropical storms that previously impacted Hawaii from the easterly direction.

Hurricanes Dot, Iwa and Iniki all approached from the south and passed near

Kauai.

Identifying tropical cyclones (tropical disturbances with winds up to 38 mph, tropical storm with winds 39 to 74 mph and hurricanes with winds greater than 74 mph) are collectively referred to as tropical cyclones) improved after World War II with increased commerce and aircraft activities. The launch of the TIROS 1 weather satellite April 1960 drastically improved the process of identifying tropical cyclone activity.

Hurricanes are giant whirlwinds, characterized by air which moves in a large tightening spiral around a center of extreme low pressure. A hurricane reaches its maximum velocity in a circular band that extends outward 20 or 30 miles from the rim of the storm’s eye. Near its center, hurricane winds may gust to more than 200 miles per hour. Such a storm dominates the ocean surface and lower atmosphere over an area of many thousands of square miles.

Winds are light and skies may be clear or partly cloudy in the eye of the storm. But this calm is deceptive and is bordered by maximum force winds and torrential rains. The storms move forward very slowly, usually initially at 15 miles per hour or less and may even remain almost stationary for short periods of time. As the hurricane moves away from the equator, its forward speed may increase. In extreme cases, it may exceed 50 miles per hour.

Destructive storms are driven by heat that is released by condensing water vapor and external mechanical forces. If cut off from the warm ocean, the storm becomes starved for water and heat energy then begins to weaken and die. The friction as it moves over the land

weakens it even more. However, due to the small land area and close proximity of shoreline to all areas of the islands, there is less reduction in power as hurricane winds travel over land in Hawaii.

Hurricanes combine a triple hazard – violent winds, torrential rains and abnormally high waves and storm tides. Each of these factors taken individually causes a serious threat to life and property. But when combined, they can cause widespread destruction.

Here in Hawai’i, hurricane winds are damaging not only to trees, vegetation and crops but also to lightly built homes and other structures. Severe flash flooding and landslides can result from heavy and prolonged rains associated with the storm.

Although a hurricane may be several hundred miles away, a large swell moving out ahead of the giant storm may already reach the shores of the islands. Then as the storm moves closer to the coastline, above normal storm tides and high wind-driven waves cause rapidly rising water levels. Coastal areas become flooded, beaches are eroded, and waterfront structures, highways and other facilities may be undermined as they are pounded by high surf.

The bottom line is that hurricanes are storms that are potentially capable of causing widespread destruction, injuries and deaths. The best defense is to be aware, to be armed with helpful information, to make the necessary preparations in plenty of time and to always maintain respect for one of mother nature’s most awesome, yet feared, occurrences.

‘Bastards’ keep insurgents out, Iraqis safe

Lance Cpl. Ray Lewis

1st Marine Division

HUSAYBA, Iraq — There are many things that go bump in the night in Iraq.

So when the “bad guys” bump, the “Bastards” bump back.

The “Betio Bastards” with Weapons Company, 3rd Battalion, 2nd Marine Regiment are keeping insurgents out and Iraqis safe by patrolling the streets day or night.

“It gives insurgents less freedom to terrorize innocent people,” said Sgt. Mark S. Barnes, a section leader with Combined Anti-Armor Team Platoon, Weapons Company.

The 25-year-old from Paulding, Ohio, said Marines’ being here creates a greater sense of security. It reassures the local citizens that Marines are here watching out for their safety.

The local Iraqis have well-founded concerns. They worry about random mortar attacks and murder and intimidation attacks by insurgents. Improvised explosive devices are planted on roadways used by not just Marines, but also by ordinary Iraqis going about their daily business.

Marines do it so Iraqis can live normal lives and so they don’t have to worry about running inside their houses thinking that insurgents are going to blow them up with an IED, Barnes said.

Marines keep the insurgents off balance through foot and vehicle patrols, random identification checks and vehicle control points. Marines here will stop at nothing to deter insurgent activity.

And for what Barnes can see, Iraqis are responding well.

“Us being here really makes them feel at ease,” Barnes said. “Some of them will wave. Kids wave and some adults just look, but most of them are still ‘on the fence.’”

Many adults are still concerned about publicly showing cooperation with Marines or any indication among large groups of Iraqis that they support Marines. Privately, they speak to Marines through interpreters.

Marines focus on cultivating their knowledge of who is “pro” and who is “anti” when it comes to their mission in the Iraqi neighborhoods. They also note the fence-sitters who make up a large portion of the population. It’s the fence-sit-

ters, Barnes explained, who they want to talk to when they patrol. They want them to understand why Marines are in their villages and what they hope to accomplish alongside the Iraqi Police and Iraqi Army.

“We basically meet the people,” Barnes said. “We get out and shake hands and ask them what they need. We let them know if there’s anything they need, we’re here for them. We’re here to better this country and here to give them the freedom they deserve ... let them know we’re not here to destroy. We’re here to build.”

Although the Iraqis may be delighted when they see the ‘Bastards,’ insurgents think otherwise.

“They don’t like that we’re here,” said Lance Cpl. Eric J. Haight, a machinegunner with CAAT Platoon.

But the 20-year-old from Woodstock, Ga., said that’s how they like it.

“We’re pretty much here to keep them on lockdown – keep them from doing what they’re capable of doing,” Haight said.

The insurgents are very much capable. They’ve carried out attacks against locals and Marines. For the battalion, which has been in the area just a couple weeks, it’s been a crash course on Iraqi counterinsurgency. The lessons are learned on the streets every day at the business end of insurgent AK-47 assault rifles, rocket-propelled grenades and IEDs.

Haight’s section alone has been ambushed three times in the course of three days.

The 19-year-old from Charleston, W.Va., said as soon as his battalion took over from



Lance Cpl. Ray Lewis

Lance Cpl's Eric J. Haight, a 20-year-old from Woodstock, Ga.; and John T. Wallace, a 19-year-old from Charleston, W.V., patrol day and night to keep Iraqis safe and insurgents out. Despite their convoy being ambushed three times in the first three days, they continue to serve in Habbaniyah. Haight is a machinegunner. Wallace is an assaultman, and both serve with 3rd Battalion, 2nd Marine Regiment under Regimental Combat Team 5.

3rd Battalion, 5th Marine Regiment last week they were attacked, “with everything from small-arms fire to RPGs to IEDs,” he said.

He thinks it’s just a test.

“We’ll get back on the road,” Wallace said. “That shows insurgents that were not

afraid and 3/2 is going to be here for a while.”

He said it’s a difficult task, trying to help the good guys and kill the bad guys, but that’s why he inked the dotted line.

Wallace said, “It’s my job and that’s what I signed up to do.”

KEVLAR, from A-1

“She’s (mom) taken credit for this with all the prayers she says,” said Henner, who joined the Marines shortly after the terrorist attacks on the World Trade Center in 2001.

“It makes me mad that people don’t remember that anymore,” he said. “That was a big recruiting drive for the U.S. military.”

As a combat photographer and two-time Operation Iraqi Freedom veteran, Henner has snapped thousands of photos of Marines, U.S. soldiers and Iraqi security forces conducting security operations in Al Anbar province. He’s spent countless hours “outside the wire” with U.S. and Iraqi military forces, documenting the war through photos.

Still, this was the first “bonafide firefight” he’s been in, he said, although he “just lets it all roll off” his shoulders, the incident has made him a bit more “aware” of his surroundings.

“I carry a lot more (rifle) magazines now,” he said.

With less than six months left in the Marine Corps, Henner plans on leaving the military to pursue college.



Cpl. Graham A. Paulsgrove

Sergeant Jeffrey L. Alderdice, 29, from the battalion's Military Transition Team, pauses during a patrol through Rutbah July 18. Coalition Forces struck a blow to the insurgency in Iraq recently, capturing 21 insurgents during a counterinsurgency operation in the country's western Al Anbar province near a gas station between the cities of Ramadi and Rutbah, Iraq, July 18, 2006. The operation was a combined effort between Company D of the Twentynine Palms, Calif.-based 3rd Light Armored Reconnaissance Battalion, and a team of Navy SEALs. The operation led to the most detainees the battalion has netted since its arrival in Iraq in March.

All in a night's work

Marines, special forces capture 21 insurgents

Cpl. Graham A. Paulsgrove
1st Marine Division

WESTERN AL ANBAR PROVINCE, Iraq — Coalition Forces struck a blow to the insurgency recently, capturing 21 insurgents during a counter-insurgency operation in southwestern Al Anbar province, Iraq.

The July 18 operation, a combined effort between U.S. Navy SEALs and Marines between the cities of Ramadi and Rutbah in Al Anbar province, led to the most detainees netted by U.S. forces in this region since March, Marine leaders here said.

The operation took place near a gas station located between the two cities — a slab of desert sprinkled with a few small villages, connected by one of the province's few major roads.

Marine leaders with the Twentynine Palms, Calif.-based 3rd Light Armored Reconnaissance Battalion, the U.S. military unit assigned to provide security to this region of Iraq, say the capture is a blow to the insurgency's supply chain.

"Most of the guys we nabbed are enablers — they hijack goods to provide for the terrorists operating in Ramadi and Hit," said 2nd Lt. Court Rape, a 24-year-old platoon commander with the battalion's Delta Company, which spearheaded the recent counterinsurgency operation. "All of them are known terrorists. Two are very substantial

targets linked to executions of truck drivers."

Some U.S. military officials here believe that this portion of Iraq serves as a "staging ground" for insurgents — a supply artery which stems from western Al Anbar province and runs east to the province's larger cities, such as Ramadi, Fallujah, Haqlaniyah and even Baghdad.

According to the battalion's Executive Officer, Maj. Ken Kassner, insurgents in the region hijack trucks and kidnap people for ransom. The money gained from these tactics funds the insurgency in more active parts of the country, like Ramadi.

"Hopefully people can drive the route without fear of being hijacked (now)," added Rape, a native of College Station, Texas.

The capture of 21 of those insurgents means more security, and better economy to the region.

"We definitely put a dent in the insurgency," said Rape. "These guys are responsible for transporting people and materials to Hit and Ramadi. Now honest people can fill the recently open jobs at and around the gas station."

Rutbah, a town of 30,000, is the largest city within the battalion's area of responsibility. The Marines said the city is a notorious smuggler's town due to its location along the main road connecting the western and eastern portion of the province.

The intersection of the main routes from Jordan and Syria lead to Rutbah, play a

crucial role in the stability of the region.

Just recently, Marine and Iraqi military leaders have managed to establish relations with Rutbah's local leaders — a step in the right direction to not only maintaining security in the region, but to improving local living conditions, according to the Marines.

Lt. Col. Matt Jones, 3rd LAR's commander, met with local political, tribal and religious leaders just a few weeks ago to discuss ongoing issues and concerns of the local populace.

It was the first meeting between the Marines and local leadership in three months.

"It is hard to find leadership when the insurgents are effectively threatening the populous," said Jones, a 39-year-old from Louisville, Ky.

"But the security climate is improving in the city and leadership has stood up, and that is what this is all about — the Iraqis stepping up and taking control," said Jones

While the area is steadily improving, security of the region's main roads is one of the battalion's top priorities, said Jones. Safe highways are crucial to stability, he said.

"Commerce goes along (the roads) and stops at the gas stations," said Jones. "If anything hinders that, then life gets harder for everyone, and people are more prone to turning to crime and the insurgency to provide for their families."

The area's three gas stations, all of which are located along the main road leading

from western Al Anbar to eastern Al Anbar, play a key role in insurgent operations, said Jones. Insurgents use the gas stations as safe havens to plan future operations.

By stopping the insurgency in and around one of the gas stations, Coalition and Iraqi Security Forces can cut off the insurgents' cross-country communications and supply routes, said Rape.

Now, locals can work at the various shops and markets along this vast stretch of desert — honest people, working honest jobs, as the Marines put it.

"The insurgents were really ingrained in that location," said Rape. "They were operating and living in the area. Some worked at the gas station and shops in the surrounding area because the shop owners had to help out of fear of what the insurgents might do."

The battalion is scheduled to return to the United States later this year. They will be replaced by another U.S.-based Marine LAR battalion.

Extended hours, extreme danger bonds EOD team

Cpl. Daniel J. Redding
1st Marine Logistics Group

CAMP HABBANIYAH, Iraq — Jenny is dead — another casualty in the struggle to stabilize Iraq.

A robot used in counter-insurgency missions throughout the restive Al Anbar province, "Jenny," met her fate aiding a team of Marine explosive ordnance disposal technicians trying to disarm a deadly improvised explosive device.

With an uncanny calm, these four men willingly put their lives on the line every day, going face-to-face with the enemy's preferred weapon. The bomb experts represent a chosen few in Iraq whose job is to handle the very thing most service members are trying to avoid.

"Team Rogaine" as they jokingly call themselves, have been busy during their deployment to what is arguably the most dangerous province for U.S. service members in Iraq.

As an explosive ordnance disposal team supporting a Marine infantry battalion in a deadly corridor between Fallujah and Ramadi, the three EOD technicians and Navy hospital corpsman have responded to more than 250 possible IEDs since arriving in April.

The team averages three to four calls a day, said Staff Sgt. Dwayne Williams, Team Rogaine's leader, who has suffered from random hair loss after three deployments to Iraq as an EOD technician.

"They say it's from the stress," said the 28-year-old Baltimore native.

A calm, quiet individual, Williams' laid-back personality is evident in the small, tight-knit team he leads.

Having a calm leader who is willing to spread the responsibility when the team is responding to a call is essential, said Sgt. Bryan E. Carter, who at 23 sports a receding hairline.

Williams has trained his team to be independent, able to make split-second decisions that can often mean the difference between life and death.

"His leadership gives us all a piece of the pie," said Sgt. Jeffrey W. Kilpatrick. The oldest of the group with a clean shaven bald head, Kilpatrick is the boisterous one, happy to be found making a friendly raucous.

With IEDs injuring more service members than any other form of attack, the men know how much their expertise is needed and are glad to do their part.

"We have a really big impact on the mission," said Kilpatrick, a 30-year-old native of Fort Pierce, Fla. "Each time we take care of an IED, we're saving lives."

But each time they go to help someone else, they put their own lives at risk.

While recently responding to a call, the unit was hit by the very weapon they try to defeat.

Traveling on an unfamiliar road, the men had been leery of the area. Carter's last thought before an explosion suddenly blasted their vehicle was simply, "We're almost off this road."

Without warning, the front end of their Cougar vehicle was blown several feet into the air and quickly engulfed in flames.

Everyone's initial reaction was to turn and ensure the others were okay, said Carter. Moments later, Kilpatrick screamed for the three to leave the vehicle, worried about the gas tank exploding.

The three were able to rescue their robot and other gear from the vehicle. Less than a day later, the Cougar was replaced and the detachment was responding to another call.

Since June, Team Rogaine, a part of the 1st EOD Company, 1st Marine Logistics Group based at nearby Camp Taqaddum, has gone on more than 100 missions, leaving little room in their schedule for sleep or personal time.

They share a closeness brought on by spending 24 hours a day together waiting for the next call, said Carter, a 23-year-old native of Pleasant Hill, Iowa.



Cpl. Graham A. Paulsgrove

Coalition Forces struck a blow to the insurgency in Iraq recently, capturing 21 insurgents during a counterinsurgency operation in the country's western Al Anbar province near a gas station between the cities of Ramadi and Rutbah, Iraq, July 18. The operation was a combined effort between Delta Company of the Twentynine Palms, Calif.-based 3rd Light Armored Reconnaissance Battalion, and a team of Navy SEALs. The operation led to the most detainees the battalion has netted since its arrival in Iraq in March.

Operation Iron Thunder simulates full-scale invasion of North Carolina's coast

Lance Cpl. Angel J. Velasquez
MCAS Cherry Point

MARINE CORPS AIR STATION CHERRY POINT, N.C. — Marines from II Marine Expeditionary Force teamed up with the U.S. Air Force recently for a joint exercise of offloading leathernecks in an austere environment, the same type of mission that could take place in the deserts of the Middle East.

The purpose for the training, conducted July 17 to 20, was to offload Marines, and their equipment from the belly of the Air Force's premier heavy-airlift, four-turbine-engine aircraft, the C-17A Globemaster III, in an expeditionary landing field environment. In this case, Marine Auxiliary Landing Field Bogue, located in Bogue, N.C. For four days, the Marines and members of the 16th Airlift Squadron, 437th Airlift Wing from Charleston Air Force Base, S.C., did just that.

The real trick in this type of exercise is landing such a huge aircraft on such a short runway, offloading quickly and getting back off the ground before the enemy has time to attack the aircraft.

The Bogue airfield is a 4,000-foot mobile runway made up of aluminum matting. This matting can be transported and set up throughout the world to create an instant hard landing surface.

The airfield is controlled and maintained by Marine Wing Support Squadron 271 of 2nd MAW. For the operation, MWSS-271 specially configured the runway to accommodate the large aircraft's arrival and provided ground support and air traffic control.

When the 400,000-pound aircraft landed, maximum braking was immediately applied to stop within 3,500 feet. The Marines and aircrew then began a rapid engine-running, offload of the Marines and their equipment.

The offload technique shortens the aircraft's time on the ground and vulnerability to attack. Once the insertion was complete, the C-17A executed a short-field maximum effort take-off to escape from the area.

The purpose of this operation was to illustrate the insertion of initial security forces into a hostile area, using a temporary airfield constructed by friendly forces.

"This joint exercise in troop insertion into an austere expeditionary airfield is invaluable training for both the Marines and Air Force," said Lt. Col. Kenneth E. Coburn, the II MEF air mobility liaison officer. "And it simulates

the real-world operations currently being faced in Iraq and Afghanistan."

This training was part of a much larger exercise called Operation Iron Thunder, a four-day large-force exercise conducted by the 77th Fighter Squadron from Charleston AFB. The overall exercise used nearly 100 aircraft to simulate a full-scale invasion of the North Carolina coast.

"Operation Iron Thunder is an invaluable opportunity for 77th Fighter Squadron pilots to fly in realistic scenarios that will sharpen and hone critical skills in preparation for future contingency operations," said Capt. Kevin Pugh, of the 77th Fighter Squadron. "In addition to the Gamblers, other American and European air and ground units now have an opportunity to train the way we will fight — if and when called upon."



Lance Cpl. Angel J. Velasquez

An Air Force staff sergeant directs a Humvee off a C17A Globemaster III during the exercise at Bogue airfield.



Family members bump and squirt each other while riding bumper boats at Marine Corps Base Hawaii, Kaneohe Bay's new theme park, Tiki Island. The park also includes two miniature golf courses and slow- and fast-pitch batting cages.

Tiki Island offers fun for entire family

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

Tiki Island miniature golf course held its grand opening, Saturday, next to the Kaneohe Klipper Golf Course aboard Marine Corps Base Hawaii, Kaneohe Bay.

"This is an estimated 1.4 million dollar project," said Kristen Hagen, business operation manager, food and hospitality, Marine Corps Community Service. "We've started planning this project out about a year and a half ago and broke

ground about five months ago."

Hagen said that the decision to build the two miniature golf courses on base was based on a survey that service members and families took two years ago to see what the base wanted to add for family activities they'd like to see.

During Tiki Island's opening ceremonies, MCBH Commanding General Brig. Gen. Steven A. Hummer spoke to the crowd and gave them an insight of what it took to get the theme park up and running. Afterwards, he awarded Tiki Island coloring contest winners with

a certificate and a laminated copy of their entry.

With that done, the general invited the winners to the miniature golf course to putt the first balls into the holes for a hole in one, which officially open up the course. As he and the children putted, the Tiki Island mascot "Tune," jumped through a banner and danced to entertain a crowd that was eager for their chance to begin playing their first game.

"This is a great place," said Ellen Davis, a Coast Guardsman who brought her daughter out to Tiki Island to play a round of golf. "It's close for us, and it's just for the military, which makes it more special for us. It's very nice and clean too, which is what I really like about it."

In addition to its two miniature golf courses, Tiki Island offers patrons batting cages, which have a slow- or fast-pitch area, and a bumper boat pool where family and friends can try to soak each other with squirt guns that are mounted on each craft.

"The decision to add the bumper boats was that of the director of food and hospitality for MCCS," said Hagen. "It was just something that he wanted, and he thought it would be fun – so we included it, and it seems to be a real winner here today."

Hagen said that she is very proud to be able to provide Marines, Sailors and their families with the opportunity to have them enjoy their own theme park right here on base.

"This is just a fun place for people to come to," she said. "It offers so many different activities for the families. People should come and check this place out."



A statue of a frog sits with its back to the batting cages and looks out over the bumper boats on Tiki Island. The statue is one of the many art sculptures that provide "enchantment" for K-Bay's new family theme park, Tiki Island.



John Nishida, director, Food and Hospitality, Marine Corps Community Services, helps one of the winners of the coloring contest putt one of the first golf balls into a hole at the miniature golf course on Tiki Island, July 29, after a grand opening ceremony.



Matthew Callahan, 9, gets ready to hit a slow-pitch ball in one of the batting cages on Tiki Island. Marine Corps Base Hawaii, Kaneohe Bay's new theme park also includes miniature golf courses and bumper boats rides.

MCCS Briefs

www.mccshawaii.com

Kahuna's Sports Bar & Grill 254-7660/7661

Alternative Rock Band Captain Kaos is tonight's live entertainment starting at 10 p.m.

Monday Night is NTN Trivia Night. Players can win prizes while competing against people from other Sports Bars from around the world.

The 24-Hour Hoopla at the Recreation Center is part of the "101 Days of Summer." Participants can earn points for their unit via Xbox, pool and Texas Hold 'Em tournaments. This nonalcoholic event includes food and prizes.

Call 254-7651 for more information.

Kahuna's Recreation Center and Lava Java is now serving fresh sausage ham and egg bagel sandwiches from 6:30 to 10:30 a.m. daily.

Staff NCO Club 254-5481

The Pub Night at the Pub With No Name events begin at 6 and end at 9 p.m., tonight and every Friday, Wednesday and Thursday.

The Officers' Club 254-7650

Grunge Bar Fridays are every first Friday of the month. Pupus will be served at 4:30 p.m., with drink specials all evening. Invite friends and acquaintances by presenting them with a Guest Card available at the Club. Card can be reused every month.

Mongolian Barbecue is offered Wednesday and Friday at 5:30 p.m. in the Lanai Ballroom. Present your card for member discount. Reservations are recommended.

The Monthly Seafood Buffet will be offered on Thursday from 6 to 8 p.m.

Ongoing

Summer Pool Hours are Tuesday through Sunday from 10 a.m. to 5 p.m. The pool is closed Mondays and federal holidays.

The Base Library will host "Produce for Victory," posters on the American Home Front, from Aug. 1 to 31. The Smithsonian Institution in collaboration with The Hawaii Council of the Humanities presents this traveling exhibit.

Call 254-7624 for more information

All Hands

A Back-to-School Sale is going on now through Tuesday at the Marine Corps Exchange.

Call 254-3890 for customer service.

The New Arrivals Orientation will be held at the Base Theater today from 7:30 a.m. to noon and is a mandatory orientation per MCO 1320. It is for all newly arrived active duty personnel to get information about Marine Corps Base Hawaii policies, services and programs. Family members and newly employed civilians are also invited. Open seating. No sign ups needed. The next orientation will be held Sept. 7.

Call 257-7790 or 257-7787 for more information.

The Transition Assistance Program Seminar will be held Monday to Thursday in Building 279, second floor, from 9 a.m. to 4 p.m. The next TAP class will be conducted Aug. 21 to 24. This seminar is open to all hands within one year of separation.

Call 247-7790 for information.

An FBI Special Agent will lead an FBI recruitment presentation Monday from 10 a.m. to noon in Building 267, room 2.

Call 257-7790 for more information.

Alcohol Impact Education Class is offered to authorized personnel who desire to stop or control their alcohol consumption. It will take place on Thursday from 7:30 to 10:30 a.m. in SACC Building 279, third deck. A preliminary screening is required to determine appropriateness to enter the class.

Call 257-7636 for more information.

Kahuna's and the Recreation Center

are looking to hire wait staff, recreation attendants and security guards.

Call 254-7660/7661 for information.

Chaplain's Corner

It's time to find a family

Navy Lt. Richard M. House, Chaplain

My sister has recently moved to Washington from California, somewhere south of Tacoma. Yesterday was her birthday. She's 49, though there was no way on God's green earth that I could convince her that she was 50! I told her that I was there, so I should know how old she was. Her response, "Yes, you were there, and you will always be three years older than me!" You've got to love little sisters!

We had a nice chat, about her new job, getting settled, how she is working too many hours, and she about the job offer from another firm that she had just received. As I listened to her share the latest and greatest of her week. I couldn't help but think about our lives, and how they have flowed back and forth over the years. I got to thinking about family, and how many times during the 34 years since I joined the Navy that I've been away from home.

As I mentioned previously, as a Roman Catholic priest, I am not allowed a wife. That's our lot in life. We know it when we sign on the dotted line, and that's that.

Anyway, back to family. I have an interesting family tree – or as it is referred to by my Chaplain School classmates; a "Family Bush." My father married three different women by the time he was 28, which may appear a bit busy to the outsider, but for some, not to odd. I'll try to explain as best I can, and start with the siblings: Richard, Gina and Steven, share a father. Gina, Steven and Troy, share a mother. And we all shared grandparents, aunts and uncles and cousins, and even though a paternity test was required to determine who Troy's father was, or wasn't, I still consider him my brother.

Although our time together was sporadic, depending on who we were living with at the time, we are still related, we are still family, some by blood and some not. So, I ponder whether or not that it begs the question: What is a family?

I can only imagine that there may be some who come from a blended family. Some are missing a link or two, but you had somebody looking out for you. Over the years, I have mentioned my Family Bush in a homily and someone would approach me afterwards to say they were an orphan, or never had a parent. As we talked further, I would attempt to draw from them significant persons who had an impact on their lives. Invariably,

they indeed could point to a relative, a teacher or counselor in school, someone who had touched them.

Let's take a look at beautiful Hawaii.

If you are married, more than likely you have your immediate family with you. If you are single, then you are here alone and probably living in the barracks. But, yes, even though not related by blood, you are a family – although it's difficult for some military folk to talk about, which I ponder is due to the fact that it brings on emotions that some think better left unexamined.

We all need family. We all need someone who we can confide in and reach out to when there is a need, and it doesn't necessarily have to be someone in uniform. When I was 18, and away from home for the first time in my life, I found myself in Norfolk, Va., where they really did have "Dogs and Sailors Keep off the Grass" signs. Anyway, a friend and I went to a new church when we pulled into port. After the service, we were approached by an older woman. Now that I think about, she was probably the age that I am right now – Lord I'm getting old! Anyway, she welcomed us to the church and invited us to join her family for supper. That was the beginning of a very long-term relationship that we shared with that family. We did just that. We became family.

So who's your family here in Hawaii? Who do you turn to when there's a need? Who can you call upon when you are facing a "No bull pucky," "I don't know what to do" problem? Hopefully, there is someone in your chain of command or maybe even the Chaplain. But if not, you need someone. I think that someone may be in your battalion or unit – why do you think they call us a "Band of Brothers?" Why does the world look with awe upon the United States Marine Corps? It's not just for our fighting prowess. It's more than our weapon power. It's much greater than our military skill. I ponder that it is due to the fact that in spite of all we may face, we are family.



Do brothers sometimes argue and fight? Yes. Do sisters sometimes not talk with one another? Yes. But don't let anyone else say anything about my brother or sister, or they will have to deal with me! Why? Because we're family!

So that's our homework this week – find a family. Think of someone who you can turn to when there is no one else. I'm not saying that you can run out and create a family, but do a personal survey and identify someone. Oh, I know. You know those family care things that we have to put together when we are going to deploy in harm's way? I think now is a good time to start thinking about putting together your "Personal Care Plan."

Who do you turn to? Where do you go? Who do you talk to?

If your idea of getting together with family this weekend is spending a lot of time with your brother "Bud," your grandpa "Jack," cousin "Molson," uncle "Becks," and aunt "Heineken," remember – everything in moderation. Besides eventually they will run out on you, so I encourage you to find someone or something that you can call family, especially if you are here without yours.

Personally, I think that church is a good place to start, but the Pope told me to say that. Just give it some thought. You may be surprised what you come up with.

See you around the neighborhood!
Peace!

COMMUNITY EVENT: Bishop Museum introduces its kapa exhibit

In traditional times, kapa, the fine and softly rendered bark cloth of ancient Hawaii, was an integral part of every important



phase of one's life – from birth and marriage to death. Kapa enfolded newborns, united two souls beneath a single marriage kapa, and protected the remains of departed loved ones. All wore kapa, from those who worked the land, to those who ruled. Its uses varied from daily wear to serving as offerings in the most important of religious ceremonies. In legend, it was the reason Maui was charged with slowing the passage of the sun across the sky – so that his mother's kapa might be allowed to dry. Kapa is the focus of the Museum's newest Vestibule Gallery exhibit, Ho'okahi Kapa: Layers of Life.

Developed in partnership with the Keomailani Hanapi Foundation, this exhibit reveals the beauty, com-

plexity, and layers of kaona (hidden meaning) impressed into each fiber and fold of kapa. The exhibit opened, July 22, and will be on display through Oct. 22. The labor of more than a dozen kapa makers from throughout the state is represented in this exhibit, alongside some of the most beautiful kapa and implementations of the Museum's collections of artifacts.

Kapa making virtually disappeared with the introduction of woven cloth in the post-contact years. Fortunately, with the resurgence of interest in native arts and traditions in the '70s, the art of kapa was reintroduced into contemporary Hawaiian culture.

"Obsessed with the retrieval of a lost art form and challenged by the elusiveness of the process of creating the finest bark cloth in the world, I embarked on a long journey to uncover the secrets of kapa making," said artist and exhibit organizer Marie McDonald of her contribution to

the exhibit. "My work presented here is the result of that discovery."

In today's context, Ho'okahi Kapa represents unity and wholeness among its creators – that while the work of today's kapa makers is often solitary in nature, their creations reflect the vision and movement of a community. "I believe Hawaiian kapa is a fine art form," remarked artist Kawai Aona-Ueoka. "Hawaiian kapa makers can inspire excellence and maintain the authenticity, integrity, and dignity of our Hawaiian kupuna, as well as create expressions of our time."

Located at 1525 Bernice St., the Museum is open daily from 9 a.m. to 5 p.m. Admission is \$14.95 for adults; \$11.95 for youth 4 to 12 years, plus special rates for kama'aina, seniors and military; children younger than 4 and Bishop Museum Members are free.

For information, call 847-3511 or visit www.bishopmuseum.org.

MOVIE TIME

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

For ticket pricing, the Base Theater Box Office defines adults as patrons ages 12 and older, and children as patrons ages 6 to 11. Children ages 5 and younger are free of charge. Parents must purchase tickets for R-rated movies in person at the box office for children 16 years old and younger. Please present your ID card when purchasing your tickets.

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.

Cars (G)
The Break Up (PG-13)
The Lake House (PG)
The Omen (R)
Cars (G)
The Lake House (PG)
The Omen (R)
Garfield: Tail of Two Kitties (PG)
The Lake House (PG)

Today at 7:15 p.m.
Today at 9:45 p.m.
Saturday at 7:15 p.m.
Saturday at 9:45 p.m.
Sunday at 2:00 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.

Navy hospital corpsmen witness shipboard experience firsthand

Lance Cpl. Edward C. deBree
Combat Correspondent

MARINE CORPS TRAINING AREA BELLOWS, Hawaii — Being sent to sea is one thing Sailors expect when joining the Navy.

However, if a Sailor is assigned as a hospital corpsman to a Marine Corps unit, then that Sailor may not spend any time at sea. However, for two Navy corpsmen assigned to 3rd Marine Regiment, getting their chance to finally deploy aboard a ship happened just recently.

"This is the first time that I have ever been on a ship," said Petty Officer 3rd Class Erik Garcia, hospital corpsman, Headquarters Company, of his temporary duty assignment aboard the multipurpose amphibious assault ship USS Bonhomme Richard (LHD-6) during the exercise Rim of the Pacific 2006.

RIMPAC, which recently concluded, brought Marines, Sailors, airmen and soldiers together for a multinational exercise that saw a total of eight nations participating in real-life scenarios at sea and ashore.

"I finally got to see how the Navy runs their side of the house as opposed to how the Marines run theirs. This has been good training and a good experience," said Garcia.

According to the corpsmen, who took part in the Rim of the

Pacific exercise, being back on K-Bay at their unit is less challenging than being in the field. Being in a field environment presented conditions that made treating their patients more difficult due to the lack of facilities.

At hospitals ashore and at sea, corpsmen have access to X-ray machines, ventilators, and pharmacies; whereas in the field, corpsmen may not have access to everything they need to treat patients, according to Garcia.

"In the field, we have limited supplies because we can only bring what we can carry," said Garcia, a 21-year-old Houston, Tx native. "From past experience, I have learned to bring a lot of Motrin to ease any pain a patient feels."

Garcia said the type of medical supplies he brings to the field depends upon what type of climate he is going to be exposed to.

"For instance, if you're going to a cold environment, then you would bring hot packs; and if you're going to a hot environment, then you would bring cold packs," he said.

Garcia admitted that he puts a lot of thought into what he packs for the field.

When the corpsmen are out in the field with Marines, and they have limited supplies, they have to adapt and improvise, said Petty Officer 2nd Class Billy L. Poole, hospital corpsman.

"We were taught to use things



Mass Communication Specialist 3rd Class Marcos T. Hernandez

First Marine Regiment, Echo Company soldiers carry their wounded comrades to be medically treated for injuries as part of a beach assault exercise during Rim of the Pacific 2006. Eight nations participated in RIMPAC, the world's largest biennial maritime exercise. Conducted in the waters off Hawaii, RIMPAC brought together military forces from Australia, Canada, Chile, Peru, Japan, the Republic of Korea, the United Kingdom and the United States.

like the poles off of Humvees, if we need a spine board," said the 26-year-old Catawba, N.C. native.

The two corpsmen said they prefer to be out in the field with Marines because of the training opportunities that the Marine Corps offers them.

"I'd much rather be on the

'green side' than on ship," admitted Garcia. "The Marine Corps spends their money on bullets, and the Navy spends their money on bandages. Being with Marines, you learn to adapt and use what you have around you.

When the corpsmen were on ship and had no patients to

treat, they kept practicing for the real thing, said Poole. The corpsmen held classes on how to treat medical ailments, such as trauma."

"I would do an exercise like this again, because now I have a little taste of ship life," said Garcia. "Next time it will be a little easier to adapt."

World War II America



Lance Cpl. Ryan Trevino

The Base Library aboard Marine Corps Base Hawaii, Kaneohe Bay, is hosting an exhibition called "Produce For Victory" posters on the American Home Front, from 1941 to 1945, provided by Museum on Main Street, a partner of the Smithsonian Institution Traveling Exhibition Service. Presenters encourage all to come out and see the posters that encouraged the American public during World War II. The display was designed to encourage Americans to make the necessary sacrifice needed to win an expensive war between two fronts. The display went up at the Base Library Aug. 1 and is scheduled to come down Aug. 31. Pamphlets and other educational reading material related to the exhibition are available at the Library.

Looking back: When tomorrow came

**Retired Master
Gunnery Sgt. Bob
Talmadge**

I keep reminding folks that the Marine Corps has always trained each day as though there would be a war tomorrow.

In our Corps it cannot be any other way. It stems from our heritage as Soldiers of the Sea, never knowing when the call will sound to "Land the Landing Force!"

It was Saturday, June 24, 1950 and our First Marine Division, or what passed for a Marine Division, with less than half of its authorized strength, was assembled on the airstrip at Camp Pendleton, Calif., undergoing a practice for a forthcoming combat review.

Little did we realize that tomorrow had arrived. Six thousand miles westward, across the International Date Line it was Sunday morning, June 25, and the communist forces in North Korea were attacking their neighbor to the

south.

We knew nothing of this until after we had marched up Rattlesnake Canyon and back to our barracks in the Fourteen Area of the base.

As we entered the barracks it sounded as though all the radios in the building were on and the duty NCO was talking about a war beginning in some Asian country called Korea.

Our planned combat review went on as scheduled the following Saturday.

A few days later we received word that a Marine Brigade was being sent to Korea.

We were the closest Marine Base to Korea, so it was obvious as to which division was going to go west.

My enlistment contract was winding down, but I discovered that my 1st Engineer Battalion was sending its Able Company to support the 5th Marine Regiment, the tip of the spear assigned to the brigade.

See TOMORROW, B-4

Promise made, promise kept

Sgt. Paul Kane

New York City Public Affairs

GROVE, Calif. — Hundreds of soldiers and Marines are alive today because of a promise Tibor Rubin made and kept.

At 13, he was sent to a Nazi concentration camp in 1944. It was there that he made a promise to himself. Around the camp, rumors swirled that the allies were approaching to liberate them.

Rubin promised that if God let him survive the deprivations, brutality and daily horrors of the Nazi concentration camp at Mauthausen, Austria, he would join the liberators. He vowed to fight beside them and repay the debt.

In May 1945, American soldiers liberated the Nazi death camp at Mauthausen and freed the predominantly Jewish inmates from their persecution and struggle. Rubin kept his pledge, and went on to become Army Cpl. Ted Rubin.

"I never forgot how kind the Americans were to us," said Rubin in an interview. "We were dirty and stank and did not speak their language, but they picked us up and saved us." Rubin's mother, father and sister all died at the hands of the Nazis. He was now an orphan.

Rubin, the Hungarian Jew, immigrated to New York City, N.Y., and on his third try with the recruiters, he was enlisted in the U.S. Army.

Come 1950, unprovoked and with a sudden ferocity, Communist Korea invaded democratic Korea. The United States was once again at war. Rubin deployed to Japan and prepared to join the fight in Korea.

"My CO was told to have me stay behind because I was not a U.S. citizen. I had trained with our unit and wanted to go out with the guys," said Rubin. Fortunately, for many American lives, that officer listened to Rubin and sent him into the fight in Korea.

Rubin's unit, the Army's 1st Cavalry Division, was overwhelmed by the North Korean attackers and thrown into a headlong retreat toward the Pusan Perimeter. Rubin's platoon sergeant didn't like Jews or foreigners.

Cpl. Rubin was both.



White House Photographer

Medal of Honor recipient former Army corporal, Tibor "Ted" Rubin, wears the Medal of Honor after being presented the award at the White House by President Bush in September 2005. Rubin received the medal for extraordinary gallantry and selfless sacrifice during the Korean War.

"Any dangerous mission that came up, he sent me and laughed," said Rubin with a thick Hungarian accent from his home in Garden Grove, Calif.

During the Pusan retreat, Rubin crawled across an open field of withering fire to save a soldier who had been left for dead on the battlefield. He was assigned to single-handedly defend a crucial hill against thousands of North Koreans for 24 hours while his unit successfully retreated. After he staved off a final massive nighttime attack, it was clear he had inflicted a staggering number of casualties on the enemy attackers.

When the U.N. forces went back on the offensive, Rubin personally captured hundreds of surrendering enemy soldiers.

After the Chinese poured across the border to reinforce their North Korean allies and counterattack, Rubin was wounded and captured after firing his .30 caliber machine gun down to its last round.

For a second time, Rubin found himself imprisoned and surrounded by death.

During two and a half years

as a POW in a brutal Chinese camp where 40 Americans were dying from starvation, disease or their wounds a day, Rubin inspired others. Tending to the sick, picking lice from them when they were too weak to do it for themselves, cajoling guards for medical supplies, and looting vegetables for his comrades from the guard's garden and stores at risk of certain execution, he is credited by the Army with having saved at least 40 soldiers' and Marines' lives.

He said he tried to keep everyone's spirits up and positive.

"I reminded them of their parents and girl friends and how they needed to not give

highest ideals of military service and fulfilled a pledge to give something back to the country that had given him his freedom," said President George Bush in September 2005 while awarding him the Medal of Honor.

Rubin said he thought the men who did not return were the heroes, and that he had a simply done what needed to be done.

"My mother taught us that we are all brothers and sisters. In the Jewish tradition, it is important to do a 'mitzvah' – a good deed for others," Rubin said.

"I helped people because I could."

up," said Rubin, "It was very hard to be 20 or 21 and facing such a nightmare. But we did."

During his incarceration, the Chinese found out that Rubin was not yet an American and offered to release and return him to Hungary. He refused the offer.

"I stood by my oath," said Rubin of his enlistment oath to the Army.

In 1953, during Operation Little Switch the Chinese released the American POWs to U.N. forces – and freedom.

Fast-forward 50 years.

"By repeatedly risking his own life to save others, Corporal Rubin exemplified the

TOMORROW, from B-3

I also found out that a special supply platoon was being assigned to Able Company, which normally had only had one supply man. I learned further that newly promoted Captain William R. Gould would command the platoon.

Having worked for Captain Gould in the past, I went to see him and asked if he would take me with the supply platoon.

I was then a Sergeant, E-4, under the old rank structure. He agreed to take me and told me to report to the Service Company first sergeant and tell him that I was selected to go with the brigade.

When I did as I was told, the first sergeant checked my service record book and immediately said that since I only had five months left on my enlistment contract, they were not able to send me overseas.

I asked what I could do about that, and he replied that I could extend my enlistment by a year. Scratch, scratch, scratch and the extension was a fact, and I was on my way.

I later learned that many of the division's Marines signed an extension or reenlisted to go with their unit.

It seems like it is a Marine thing to do.

At that point in time, the Marine Corps was in pitiful shape, manpower and equipment wise.

Due to budgetary cut-backs and a concerted drive by people in Washington, the Marine Corps was headed down

the tubes.

Many, including the president, saw no further need for a Marine Corps and were determined to drive it into oblivion.

When the G-3, Colonel Victor H. Krulak, Fleet Marine Forces Pacific, at Pearl Harbor received a query from the Commandant asking how long it would take to mount out a Marine Battalion or a Marine Regiment, he immediately wrote up a dispatch. "Marine Battalion, 48 hours, Marine Regiment, five days – including a Marine Aircraft Wing."

Knowing how seriously under strength the Marine Division and its units were, the Chief of Staff asked him, "How do you know we can do that?" Colonel Krulak replied, "I don't ... but if we can't, we're dead!" The Chief of Staff released the message.

Less than two weeks later, the Marine Brigade set sail from San Diego.

Its 5th Marine Regiment had only two-thirds of its authorized strength.

The Brigade's destination was Kobe, Japan, for off loading and combat reloading its supplies. Time had not permitted combat loading at San Diego.

I was aboard USS ALSHAIN (AKA-55) along with our supplies and most of Able Company, 1st Engineer Battalion.

Eighteen days later, we would land, not in Kobe, but on the docks at Pusan, Korea.

The situation in the Pusan perimeter had deteriorated to the point where the Brigade was needed there ASAP.

— ON THE MENU AT ANDERSON HALL —			
Friday	Strawberry/lemon gelatin	Brown gravy	Lime/raspberry gelatin
<i>Lunch</i>			<i>Specialty bar: Hot dog & sausage</i>
Pepper steak	Sunday	Tuesday	<i>Dinner</i>
Southern fried catfish	<i>Dinner</i>	<i>Lunch</i>	Steak smothered w/onions
Rice pilaf	Barbeque beef cubes	Simmered corned beef w/apple glaze	Southern fried catfish
Potatoes au gratin	Baked turkey and noodles	Honey glazed cornish hens	Mashed potatoes
Glazed carrots	Steamed rice	Parsley buttered potatoes	Baked macaroni and cheese
Simmered black-eyed peas	Creole green beans	Rice pilaf	Southern style green beans
Cream gravy	Simmered cabbage	Fried cabbage with bacon	Fried okra
Lemon chiffon pie	Chicken gravy	Simmered carrots	Brown gravy
Chocolate chip cookies	Sweet potato pie	Chicken gravy	Desserts same as lunch
Marble cake w/chocolate frosting	Chocolate chip cookies	Mustard sauce	Thursday
Vanilla/chocolate cream pudding	Yellow cake w/chocolate chip frosting	Blueberry pie	<i>Lunch</i>
Lime/raspberry gelatin	Vanilla/chocolate cream pudding	Oatmeal cookies	Turkey a la king
<i>Specialty bar: Deli</i>	Cherry/orange gelatin	Strawberry shortcake	Beef stroganoff
<i>Dinner</i>		Vanilla/chocolate cream pudding	Mashed potatoes
Roast turkey	Monday	Cherry/strawberry parfait	Boiled egg noodles
Beef pot pie	<i>Lunch</i>	<i>Specialty bar: Taco</i>	Peas and carrots
Mashed potatoes	Meat loaf	Dinner	Simmered mixed vegetables
Buttered egg noodles	Pork ham roast	Baked tuna & noodles	Turkey gravy
Calico corn	Tossed green rice	Sweet & sour pork	Peach pie
Simmered broccoli	Mashed potatoes	Pork fried rice	Cheesecake w/blueberry topping
Savory bread dressing	Peas and mushrooms	Steamed rice	Chewy nut bars
Turkey gravy	French fried cauliflower	Simmered broccoli	White cake w/mocha cream frosting
Cranberry sauce	Brown gravy	Simmered pinto beans	Vanilla/chocolate cream pudding
Desserts: Same as lunch	Boston cream pie	Turkey gravy	Orange/strawberry gelatin
Saturday	Peanut butter cookies	Chow mein noodles	<i>Specialty bar: Southern meal</i>
<i>Dinner</i>	Peanut butter cake w/peanut butter cream frosting	Desserts same as lunch	<i>Dinner</i>
Baked lasagna	Vanilla/chocolate cream pudding	Wednesday	<i>Lunch</i>
Chicken parmesan	Lime/raspberry gelatin	<i>Lunch</i>	Braised liver w/onions
Spaghetti noodles	<i>Specialty bar: pasta</i>	Five spice chicken	Honey ginger chicken
Marinara sauce	<i>Dinner</i>	Beef yakisoba	Chili macaroni
Italian mixed vegetables	Beef brogyl	Pork fried rice	Grilled cheese sandwich
Simmered peas and carrots	Baked Cajun salmon steaks	Vegetable stir fry	Rice pilaf
Garlic bread	Potatoes O'brian	Corn O'brien	Boiled egg noodles
Cherry pie	Noodles Jefferson	Banana cream pie	Lyonnaise carrots
Ginger molasses cookies	Club spinach	Oatmeal chocolate chip cookies	Club spinach
Spice cake w/butter cream frosting	Mixed vegetables	Carrot cake w/cream cheese frosting	Chicken gravy
Vanilla/chocolate cream pudding		Vanilla/chocolate cream pudding	Desserts same as lunch

Corpsman awarded for courage under fire

Lance Cpl. Ryan Trevino

Combat Correspondent

III Marine Expeditionary Force Deputy Commanding General, Brig. Gen. Mastin M. Robeson, presented a hospital corpsman from 1st Battalion, 3rd Marine Regiment with the Navy and Marine Corps Commendation Medal with "V" Device (authorized for acts or service involving direct participation in combat operations) during a ceremony held here May 26.

Petty Officer 3rd Class Robert John Paul Hinckley, corpsman, Combined Anti-Armor Team II, Weapons Company was presented the award for his actions under fire during 1/3's deployment to Afghanistan where the unit was supporting Operation Enduring Freedom.

The Finley, Wash. native said he remembers what happened Jan. 25 when a convoy in which he and several other Marines were riding left Camp Blessing and headed east along Pech River Road.

Hinckley, the only hospital corpsman along for the ride, was a passenger in one of the vehicles positioned in the rear of the convoy.

"We were riding through an area called 'IED cliff,' when one of the vehicles in front of me got hit by an IED," said the 22-year-old. "The explosion caused the vehicle to flip upside down."

After the explosion, Hinckley said he was quick to respond.

"I was the first one out of the vehicle. I ran up to the 'high back' (Humvee) to assess the casualties," explained Hinckley.

He said he immediately realized that the driver was unharmed during the blast, but the passenger, Lance Cpl. Billy D. Brixey, from 1/3, was trapped in the vehicle and severely injured.

"I noticed he was hurt pretty bad," said Hinckley, remembering his first reaction after seeing the trapped Brixey. He said his legs, arms, and some of his fingers were broken."

Other Marines witnessed Hinckley's actions that day.

"I saw him run up to Lance Corporal Brixey and start taking care of him," said Lance Cpl. Kyle L. Koons, missileman, Weapons Company. "He was doing his job."

About the time Hinckley arrived at the destroyed vehicle, the ambush came into full effect. Insurgents started firing at the halted convoy with machine guns and rocket-propelled grenades. Koons said he saw Hinckley position himself in front of the fallen Brixey, to shield him from enemy fire.

"I looked around and saw rounds bouncing off the ground and the vehicle all around us," recalled Hinckley, who said he knew he needed to get Brixey out of the vehicle as soon as possible. "They were trying to shoot us because they saw a wounded Marine and a corpsman."

After getting Brixey safely out

of the vehicle, Hinckley was able to stabilize him, and applied as many splints to Brixey's broken bones as he could, all the while protecting him from a barrage of enemy fire.

"My first instinct was to get him some cover, said Hinckley. "I needed to save this Marine's life."

The firefight ended when artillery support was called in on the enemy's position up in the mountains.

Badly wounded and in need of immediate care, Brixey was rushed to a helicopter waiting to transport him to the closest hospital for treatment. He later died of his wounds received during the explosion, while on his way to a hospital in Germany.

According to the award citation, Hinckley, with complete disregard for his own safety, coordinated the delicate removal of the Marine from the wreckage under intense enemy fire for 30 minutes.

The deployment to Afghanistan was Hinckley's second with 1/3. He was also with the unit during the initial assault on Fallujah in support of Operation Iraqi Freedom.

This was Hinckley's first award of any kind, and according to the sea-service veteran, it was completely unexpected – just like the day he found himself under enemy fire, treating a wounded Marine.

"At one instance, I thought, 'Wow, I never thought I would find myself here.'"



Lance Cpl. Ryan Trevino

Petty Officer 3rd Class Robert John Paul Hinckley, hospital corpsman, Combined Anti-Armor Team II, Weapons Company, 1st Battalion, 3rd Marine Regiment, pauses for a photo after being presented with the Navy and Marine Corps Commendation Medal with "V" Device (authorized for acts or service involving direct participation in combat operations).

Uncle inspires administrator to join the Marine Corps

Lance Cpl. Rick Nelson

Combat Correspondent

Most everyone has someone in their life who they look up to or want to be like, whether it was a sports figure or a family member.

"I brought my uncle to 'show-and-tell' in kindergarten, because I thought he was a hero. He was a retired sergeant first class in the Army and fought in the Gulf War," said Cpl. LeeAnn M. Gutkowski, administrator, Hawaii Installation Personnel Administration Center, here. "That's when the military first sparked my interests. Then, when I was in high school, I made my mind up to join the Marine Corps."

The Glenwood High School, Chatham, Ill., graduate said she looked into the other branches of service but decided she wanted to be considered a part of what is known as the "best of the best."

"Why settle for less?" said Gutkowski. "I figured that if I'm going to join the military – I might as well go all the way."

"My parents were very proud when they found out I was joining and sup-

ported my decision to serve my country."

Gutkowski joined the Marine Corps under the Delayed Entry Program in October of 2003 and left for boot camp at Marine Corps Recruit Depot, Parris Island, S.C., Jan. 4, 2004.

"I graduated boot camp April 2, 2004, and then went to my MOS (military occupational specialty) school in Camp Johnson, N.C.," she said.

Upon completion of school, she received orders and checked into Headquarters Battalion, here, July 10, 2004.

"My duties now consist of providing administrative service and support to the Marines and Sailors of Marine Corps Base Hawaii," said the 21-year-old. "I work really hard for the personnel here and always do what I can to get their problems taken care of in the fastest way possible."

Master Gunnery Sgt. Louis L. Schumacher, staff noncommissioned officer-in-charge, HI-PAC, said Gutkowski is extremely motivated and is always energetic.

"She's a very talented young NCO and has

unlimited potential," he said. "She's already an outstanding leader, so if she continues her career, I totally see her taking my job in the future."

According to Gutkowski, when she enlisted she set goals for herself. Thus far, she has achieved most of them.

"I wanted to be more patient, physically fit, and successful and efficient at my job," she remarked. "I haven't reached every goal that I've set for myself, but I refuse to settle until I reach them and will always want to improve myself."

Seeing other Marines succeed with the help of their leader's knowledge, support and guidance is very rewarding, said Gutkowski.

"It makes you appreciate the Marine Corps a lot more when you help a Marine overcome a problem or achieve something. That's just another reason why I love being a Marine."

Gutkowski said she is



Lance Cpl. Rick Nelson

Corporal LeeAnn M. Gutkowski, administrator, Hawaii Installation Personnel Administration Center, Headquarters and Service Company, Headquarters Battalion, poses for a photograph Aug. 1. Gutkowski joined the Marine Corps Jan 4, 2004, but said she is unsure what the future holds for her.

undecided as to what she wants to do in the future.

"I love being a Marine and have loved the time I've spent serving with the

Marines and Sailors," said Gutkowski.

"I'm not really sure what the future holds for me, but whether I contin-

ue my career in the military or not, I will be happy and know the Marine Corps helped to make me a better person."

Winners awarded Tiki Island contest prizes

Laeleya S. Saludez

MCCS

The future artists of America, indeed, came in full force and brightly clad in aloha attire to Tiki Island's grand opening ceremony, where emcee Debra Bookatz, MCCS Marketing, announced the winners for the coloring contest that was held for three weeks in the month of July.

Marine Corps Base Hawaii Commanding General Brig. Gen. Steven A. Hummer presented the winners and runners up with their commemorative certificates.

After the presentation, the general, his wife Sheri, and Food and Hospitality Director John Nishida, led the group in a "commemorative putt" at the first hole at MCCS's newest attraction, Tiki Island.

The task for the coloring contest was simple, the children were to color the Tiki Island logo in any manner desired and he or she

could win a free Family Day pass good for 12 free rounds of miniature golf valued at \$48.

In order to properly reflect the development and creativity of each child, the contest was open to three age brackets: 3 to 4, 5 to 6, and 7 to 10.

MCCS Marketing received more than 50 entries that were either mailed or hand-delivered by the mini-artists, showing their excitement, along with their parents.

Die-hard entrants came to the Marketing office during the final weekend of competition to drop their works of art into the designated drop box. Some even went so far as to slide a few entries under the door.

After careful deliberation, much nail biting, and a smattering of flip-flopping, the winners were chosen based on overall creativity and impression.

The winners were as follows:

For the 3 to 4 age group:

Jade Beckett, first place
Kaelyn O'Connell, second place
MacKenna Tindell, third place

For the 5 to 6 age group:

Amber Cowart, first place
Sagel Bush, second place
Nicholas Malone, third place

For the 7 to 10 age group:

Gabby Varos, first place
Hannah Perez, second place
Randii Cavanaugh and Jack Stephenson, tied for third place

The voting in each age group was close. In some cases, a few points separated first place from fourth. Contestants used a variety of color mediums including crayons, magic markers, watercolors, finger paints, and even glitter.

Ultimately, all entries were displayed along the mini golf fences of Tiki Island while the winners and entries from the runners up were laminated and displayed on the clubhouse concession at Tiki Island.



Lance Cpl. Edward C. deBree

Marine Corps Base Commanding General Brig. Gen. Steven A. Hummer putts the first ball into a hole at one of two miniature golf courses at Tiki Island, MCBH, Kaneohe Bay's new family theme park. The park held its grand opening July 29.

Participants toss 'shoes' for their units

Lance Cpl. Rick Nelson
Combat Correspondent

A horseshoe tournament held as part of Marine Corps Community Services "101 Days of Summer" began July 24 with 29 singles match participants and another tournament for doubles with 19 teams participating began July 26 here at the pits next to Risely Field.

Participants in the tournaments competed to see who could rack up the most 101 Days of Summer points for their unit. A total of 15 participants were allowed from each unit to vie for the 150 points that they would get for winning each of the horseshoe tournaments.

Marine Corps Air Facility and Marine Air Logistics Squadron 24, based here, maxed out and left the event with 150 points to add to the points already accumulated by their units during 101 Days of Summer events.

During the singles competition finals, Andre Francis, MCAF, defeated Brandon D.

Vice, MALS-24, with a score of 21-19, July 25.

Anthony Will and Jeremy Ferrier from 1st Battalion, 12th Marine Regiment, dominated the match over Vice and Galen E. Swogger from MALS-24 in the doubles finals with an upsetting score of 11-0, July 27.

According to Dan Dufrene, health promotion coordinator, Semper Fit Center, MCCS, the finals were



ended within a few tosses, but still made for a good time.

"These tournaments are all for fun. It isn't about who wins or loses," said Dufrene. "Participation is the name of the game."

According to Dufrene, the 101 Days of Summer events

were created to offer Marines and Sailors a drug and alcohol free environment in which they could enjoy sports.

Dufrene said that MCCS wanted to come up with a program that didn't glamorize alcohol and one that give Marines and Sailors a place to go and enjoy themselves without having to go out and drink.

"A strong theme of the 101 Days of Summer contest is 'zero, zero, one, three; which stands for zero DUIs, zero underage drinking, no more than one drink an hour, and no more than three drinks in an evening," said Dufrene.

The next event in the 101 Days of Summer is basketball, which began Wednesday and will run until Aug. 12. This event is worth 500 points.

"MALS-24 is very organized and is in the lead as of now, but there's still so much meat left on the bone to be taken in the contest," said the Honolulu native. "A unit can earn anywhere between 1,800 and 2,700 points – just in the health-promotion classes, which can make a big difference in the standings."

For more information about the 101 Days of Summer events, contact Dan Dufrene at 254-7636.



Lance Cpl. Rick Nelson

Double's team members playing in the 101 Days of Summer Horseshoe Tournament compete July 27, during the doubles tournament. Andre Francis won the singles tournament with a score of 21-19; and Anthony Will and Jeremy Ferrier, of 1st Battalion, 12th Marine Regiment took the doubles, 11-0.



Lance Cpl. Rick Nelson

A member of the Combat Service Support Group 3 soccer team dribbles the ball toward Marine Air Logistics Squadron 24's goal Aug. 2 at Pop Warner field, here. CSSG-3 defeated MALS-24 2-1.

CSSG-3 defeats MALS-24 in summer soccer tournament

Lance Cpl. Rick Nelson
Combat Correspondent

Combat Service Support Group 3 defeated Marine Air Logistics Squadron 24 with a score of 2-1 in a 101 Days of Summer Soccer Tournament Aug. 2 at Pop Warner field, in order to earn points toward the tournament.

The tournament earned units 300 points for the first team that signed up and 50 points for each additional team.

"MALS-24 has their stuff together and is doing a wonderful job with participation,"

said Dan Dufrene, health promotion coordinator, Semper Fit Center, Marine Corps Community Services, here. Although they lost the soccer game, they're still dominating in the points race."

Dufrene, a Honolulu, Hawaii native, said CSSG-3 is a good team and won the intramural season of soccer, so it's no surprise they won.

"We all played a good game and had fun," said Hector S. Flores, CSSG-3 player. "For events like this, we just come out to have a good time."

The events are meant to get Marines and Sailors out of the

bars and doing something with a positive spin on it, said Dufrene.

"We're creating an environment where the people can enjoy themselves without being 'three sheets to the wind,'" said Dufrene. "We have a lot of events coming up and hope to see more participation throughout the units."

Basketball tournaments will be held until Aug. 5 and will give units a chance to catch up in the point's race, Dufrene said.

"A big thing we have coming up is the all-night Hoopla

at the Recreation Center with a lot to offer," said Dufrene. "It will be a nonalcoholic event with pool tournament, video games, Texas Hold 'em and much more."

The Hoopla begins Aug. 11 at 5 p.m. at Kahuna's Recreation Center.

"There's still a lot of events for people to get involved in for the 101 Days of Summer and to have a chance to catch up with the leading unit," said Dufrene.

For more information about 101 Days of Summer events contact Dan Dufrene at 254-7636.

Headquarters kicks DUIs to the curb

Arrive Alive Program helps stop drinking and driving

Gunnery Sgt. M.X. Ramierz
Headquarters Battalion

Headquarters Battalion has taken further steps to prevent DUI's involving Marines and Sailors assigned to the Battalion.

The Arrive Alive Program is just what it says – it is a program designed to ensure that our Marines and Sailors arrive to their barracks safely.

The purpose of this program is to prevent drinking and driving and to ensure that our Marines and Sailors do not take a chance with their own or someone else's life behind the wheel of a vehicle.

Headquarters Battalion has put up posters and is handing out cards to the Marines and Sailors that give them the information needed to prevent such tragic accidents that may occur on the road, caused by drunk drivers.

Far too many of our Marines and Sailors are driving under the influence after they have had a few drinks. Some have just been lucky and have not been caught – yet.

Too many careers and lives are being destroyed because someone chose to drink and drive. Drinking and driving is not an accident, it's a decision.

Anyone planning on drinking alcohol needs to be responsible and remember that for every action there will be an equal or greater reaction.

This is how the program works for the Battalion:

Any Marine or Sailor assigned to Headquarters Battalion who has been drinking and does not want to get behind the wheel of his or her vehicle, calls a taxi to take them to the Base. Once the individual arrives at the barracks, he or she tells the Duty NCO that he or she is participating in the Arrive Alive Program. The Duty NCO will pay for the taxi fare, taking information from the individual that is needed for reimbursement of the taxi fare. The individual will be required to reimburse the program through the Duty NCO as soon as possible.

The next day, the Marine or Sailor will be driven to where he or she left his or her vehicle so it can be brought back on Base.

There are no limits or repercussions when utilizing this program, but know that responsible drinking is important.

Our Marines and Sailors are urged to utilize this program, because it is designed for you to ARRIVE ALIVE!

Sports Briefs

Youth Soccer Coming Soon

Marine Corps Community Services' Youth Activities' Youth Sports is still accepting registrations for Youth Soccer. The league begins in August. Call 254-7611 to register.

Party Your Way with MCCS Aquatics

One of Marine Corps Base Hawaii's greatest aspects is that you can swim year-round. What's even better, you can throw pool parties year-round. MCCS Aquatics hosts private pool parties at Kaneohe Base Pool, the Camp Smith Pool and the Manana Housing Pool – Tuesdays through Fridays, weekends and holidays. "Pool parties are great for birthdays, youth teams ceremonies, even family get-togethers," stated Harry Sprague, MCCS aquatics manager. "Each party package includes a 20-foot by 20-foot tented area, picnic tables, and a barbeque grill for grilling your favorite feasts. The Kaneohe Base Pool offers a water slide, diving boards and a kiddie pool. "The pricing is very affordable, and the locations are all convenient," furthered Leonard, "all it takes is a call."

Call MCCS Aquatics at 254-7655 to set up a date for your pool party.

Women Softball Players Needed

Base Intramural Women's Softball Team is looking for a few good players for the 2006 softball season. The team will play in the Intramural Softball League at Pearl Harbor, as well as in a local league and in local tournaments.

Call Master Gunnery Sgt. Louis Schumacher at 257-1469 for more information or to sign up.

Ongoing

Paintball Hawaii

Nestled behind the Lemon Lot is Paintball Hawaii.

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

Call 265-4283 for Friday appointments.

Parents for Fitness

This cooperative babysitting effort is available at the Semper Fit Center for children 6 weeks and older.

All active duty service members and their families may participate; however, PFFP participants are required to volunteer baby-sit three times per month.

Call 291-9131 for more information.

Okinawa Kenpo Karate

Every Tuesday and Thursday, join MCCS Youth Activities' contractor for Kenpo Karate Kobudo classes, held from 6 to 7:30 p.m. in Building 1391, located behind the former 7-Day Store.

Adults and children are welcome. Costs for classes are \$35 for adults, \$25 for children, and \$20 for additional family members. Call MCCS Youth Activities at 254-7610 for information.

Massage Therapy

Massage therapy by certified massage therapists is available at Kaneohe Bay and Camp Smith. Choose from Shiatsu, Swedish, Lomi, deep-tissue and even hot-rock therapy.

For appointments, call the K-Bay Semper Fit Center at 254-7597 or Camp Smith at 477-5197 during regular business hours, Monday through Friday.

Fishing Charters Available

Spend the day aboard one of Bill Collector's fishing charter boats.

For more information, stop by the Base Marina located in Building 1698, across from Hangar 101, or call 254-7666/7667.

Inexpensive, Fun Entertainment

Look no further for economical entertainment, Mondays through Thursdays, at the K-Bay Lanes where all E-1 to E-5 can receive free rental shoes and discounted games at only \$1.50.

For more information, call K-Bay Lanes at 254-7693.

Color Pin Special

Every Wednesday, when you roll a strike and a colored pin is in the headpin position, you can win up to three free games of bowling. All patrons are welcome to take advantage of this deal. If you make the play, you win!

For more information, call the K-Bay Lanes at 254-7693.

Personal Trainers Available at Semper Fit

The Semper Fit Center offers free personal training consultation.

You can schedule an appointment with a trainer who will take body-fat measurements, blood-pressure and heart-rate readings.

They will do all this and tailor a program, based on your physical needs and ambitions.

For only \$5 per workout, a professional trainer will actually work with you to ensure maximum efficiency.

Pick up a personal training appointment card at the Semper Fit Center now, or call 254-7597.

Semper Fit Center Offers Array of Aerobics

Semper Fit Center announces a new and expanded aerobics program. These new classes now being offered include a variety of workouts.

Call 254-7597 for more information on the various classes now offered.

Campground and Picnic Sites

Pyramid Rock, Hale Koa and Fort Hase are available by reservation from dawn to dusk for picnics and parties. Hale Koa Beach may be reserved for overnight camping.

Reservations are required; call 254-7666 for Kaneohe or 477-5143 for Camp Smith.



Gunnery Sgt. Chad McMeen

Denver Bronco cheerleaders perform on the stage of the base theater July 20, at Al Asad, Iraq. The cheerleaders traveled to bases throughout Iraq and Kuwait to entertain deployed service members.

Bronco cheerleaders perform for deployed service members

NFL tour lands in Al Asad, Iraq

Lance Cpl. Brian J. Holloran

3rd Marine Aircraft Wing

AL ASAD, Iraq — Professional cheerleaders from the National Football League performed a two-and-a-half-hour routine at the base theater at Al Asad July 20.

The Denver Bronco cheerleaders visited several bases throughout the country to show their appreciation to the military.

According to Kari L. Gratz, tour manager for the cheerleaders, the girls really wanted to show their gratitude to the brave men and women who serve in the armed forces.

"We have been trying to get out to Iraq since last year," said Gratz. "Last year we went to Afghanistan. They said Iraq was too dangerous. So we keep asking, and this year they finally OK'd it."

The 12 cheerleaders and manager visited numerous bases throughout the country.

"We have been to Al Taqaddum, Fallujah, Baghdad," said Brianna Bateman, cheerleader for the Denver Broncos. "We have also been to a lot of the smaller camps."

When it came to deciding which cheerleaders would get to go to Iraq, a problem arose.

"After we were finally cleared to go to Iraq, we found out that we were able to take 12 girls, but all 36 of the cheerleaders wanted to go," said Gratz. "It was a lot of work to narrow down the list and decide on the final 12. I feel we have a great group out here with us."

According to Gratz, the cheerleaders practiced twice a week for months prior to coming out here.

"We have been practicing a lot and working harder," said Bateman. "We wanted to make sure that we gave everyone out here the best show possible."

The routine was full of comedy and dance routines. It was not your average show, according to Gratz.

"For the show, we had two hosts and 10 costume changes," said Gratz. "It's an awesome show with a lot of audience participa-



Lance Cpl. Brandon L. Roach

Cheerleaders from the Denver Broncos dance with service members during their performance July 20, at the base theater at Al Asad, Iraq. There was a lot of audience participation and that is a great way to get everyone more involved with the show, according to Kari L. Gratz, tour manager for the cheerleaders.

tion."

"We had between 15 and 20 dances," said Bateman. "We brought the crowd on stage and got them involved. The two hosts were also there to entertain the crowd while we were doing costume changes."

According to Bateman, the trip shows them a lot of what service members go through.

"We came out here expecting things to be bad, but everyone out here has it worse than we thought," she stated. "We have been here for nearly two weeks, and I miss so many things from back home. I could not imagine being here for an extended period of time. Everyone out here is my hero."

In addition to the time spent performing on stage, the group toured the base and had time to sit down and talk with military members.

"I really enjoyed the time at the chow halls," said Bateman. "I got to see and talk to the people that I came out to support. I really enjoyed hearing their stories and getting to know them. There are so many amazing people out here. I wish I could



Gunnery Sgt. Chad McMeen

Keela Harris, a third-year cheerleader for the Denver Broncos, hosts a show July 20, at the base theater at Al Asad, Iraq. The show had more than 15 different dance routines and 10 different costume changes.

meet them all. I hope I get the chance to come back and do this all over again."

CONGRATULATIONS CHAMPIONS!

2-2 (CPRW-2 & VPU-2)

2006 INTRAMURAL SOFTBALL CHAMPIONS

CSSG-3

2006 INTRAMURAL SOCCER CHAMPIONS

FEDERAL FIRE DEPARTMENT

2006 INTRAMURAL VOLLEYBALL CHAMPIONS

SOC PAC

2006 CAMP SMITH SOFTBALL CHAMPS



MCCS Softball final standings

TEAM	WINS	LOSSES
Outcasts	4	1
Brewers	4	1
G6	3	2
SOC PAC	3	2
Reboots	1	4
Marauders	0	5

DUI:

Not worth the risk



Arlene H. Hull

LIFELines

Driving under the influence — what a foolish way to tarnish a shining military career. No matter how unblemished your record has been, no matter how many awards and citations you've received, no matter how close that next promotion is, you may find yourself kissing it all goodbye with a DUI.

"Know when to say when." "Friends don't let friends drive drunk." "No, thanks, I'm the designated driver." We've all heard the advertising campaigns. But are you really listening to the warning they are giving you?

Not only in your military career, but also in your everyday life, and quite possibly the lives of others, a DUI can have devastating effects.

This Can Happen to You

Okay, let's pretend that you have heard all the advertising slogans, you've heard others talking about designated drivers, and you've read this article. And you still insist on being irresponsible. You think you can still drive after having a few drinks. You've been out celebrating, having a few drinks with your buddies after work.

You leave the bar and jump into your car. You pull out of the parking lot and head down the road. Wait a minute, was that the curb you just ran over? And, whoa, that was a red light you just ran! Before you know it, there are the flashing blue lights in your rear-view mirror.

You fumble in the center console for some gum or mints or anything that will mask the smell of alcohol on your breath. Don't bother, it isn't going to work.

The officer at the window asks for your license, your registration, and your military ID, then asks you to step out of the car. Then it hits you; you're busted.

Panic sets in, and you find yourself wondering what will happen to your career and to that promotion you were just months away from.

First Offense

If this is your first offense, you may have the chance to make amends. But there will

be harsh consequences.

You will receive a traffic ticket for driving under the influence and most likely for that red light you ran. You will lose your drivers license. Your insurance premium will increase. Your car will be impounded and you will go to jail. Someone will have to come and pick you up, maybe after you've spent the night in jail. You will have to appear in court, before a judge, for sentencing.

In addition to penalties and punishments imposed on you by the civilian authorities, there will be some on base as well.

If you were stopped while driving on base, you will lose your driving privileges on base for a period of time, if not indefinitely. You will have to attend an Alcohol Abuse class on base. Your commanding officer will be notified of your offense and will have the option of imposing any further punishment.

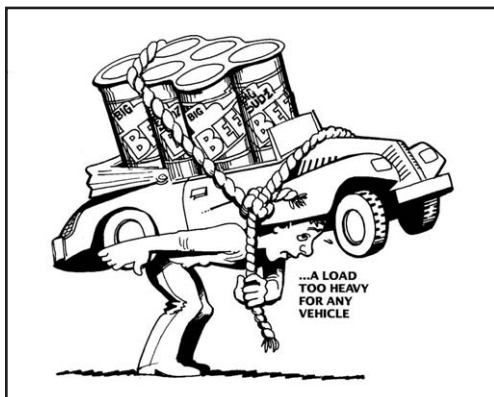
You probably don't need any help to imagine how your spouse, kids, parents, and friends will feel about your being arrested and jailed for drunk driving.

If There's Damage or Injury

The above scenario was assuming that you were alone in your car, no other car was involved, and no one was physically injured. It's a different, even more disastrous story if there is property damage or injury.

If you hit another car, a mailbox, a light pole, a tree, or any solid structure and cause property damage, you could find yourself responsible for costly repair costs if your insurance company denies payment as a result of your being charged with DUI. Even if your insurance company does cover the damage, they will likely cancel your coverage.

How will you feel if your buddy or your spouse is in the car with you and is injured, or if someone else is injured? You could be charged with manslaughter and serve prison time. Are you willing to risk losing your freedom? Is the "buzz" you achieve from drinking worth living the rest of your life with the guilt of knowing your irresponsibility caused another person serious injury, or even worse, if you caused someone's death?



File photo
A badly damaged vehicle sits at the back gate aboard Marine Corps Base, Kaneohe Bay, as a reminder to those headed off the base — Don't drink and drive — Arrive alive!

Second Offense

If this isn't the first time this has happened to you, well, now you have taken the second chance that the Navy or Marine Corps gave you, and you have blown it. This time you probably will be administratively separated from the service. So now your career is gone, probably your driving privileges, your insurance, and chances are your family. Was it all worth it?

About Blood Alcohol Levels

While responsible people don't drink to the point that they have to worry about being charged with drinking under the influence, it is important to know and remember exactly what constitutes a DUI. Every state has its own legal limits for blood alcohol levels, used to determine whether a person driving a motor vehicle has consumed enough alcohol to influence his or her driving ability.

It is important to know what your limits are, to know what having two or three, or even four or five beers before driving will do to you.

Designated Drivers

The best answer is to be a responsible drinker. Don't drink if you plan to drive. When going out with a group or as a couple, it is important to pick a designated driver in advance.

A designated driver is a person who assumes the responsibility of not drinking and for driving everyone else home safely. Check with your local Morale, Welfare and Recreation (MWR) or Marine Corps Community Services (MCCS) on base to see if they have a Designated Driver Program. If not, see if you can help to organize one.

Some local community organizations, such as Mothers Against Drunk Drivers (MADD) have agreements with local taxi companies or even local police departments to provide transportation for people who have not been responsible drinkers.

Don't Take the Risk

You work hard every day in your service career. You put yourself in harm's way protecting the lives of others. Why not be responsible and do it on the streets as well? Be a responsible drinker; don't take chances with your life or mine.

The sobering truths about alcohol abuse

Holly Selders

Navy LIFELines

You've seen the headlines, the billboards, and the advertisements about drunk driving, but have you ever stopped to think about them? Alcohol use and abuse has become a national tragedy. Possibly the oldest drug known to man, alcohol is the legal drug of choice.

According to a new study reported by HealthScoutNews, 9 percent of the national workforce has alcohol-related problems, and the National Institute on Alcohol Abuse and Alcoholism reports that "two-thirds of the population drink, but 10 percent of all drinkers (those who drink most heavily) drink half of all alcohol consumed."

If 9 percent of the population had West Nile virus, that's all you would think about. And you'd probably be worried enough to do something about it. Frankly, the truth about overindulging is that it's unhealthy, unglamorous, and just plain dangerous. Dr. Randy Eltringham, founder of LIFELines, can tell you first hand. Her 23-year-old second cousin, Jeremy, was the passenger in a red Ford Mustang GT one night. The driver, William, Jeremy's best friend, was racing the car, and he was drunk. He lost control and crashed into a utility pole. Jeremy died instantly of head injuries. William escaped alive, but he lost his best friend and faced legal difficulties. This is just one story — the list of victims is endless.

Effects of Alcohol

Binge drinking is defined as "...an extended period of time (usually two or more days) during which a person repeatedly administers alcohol or another substance to the point of intoxication, and gives up his/her usual activities and obligations in order to use the substance" by the Journal of Studies of Alcohol. It is often associated with various health risks such as cancer, liver disease, malnutrition, and accidents.

Technically, alcohol is an organic chemical compound (C₂H₅OH for organic chemists). It's a clear, flammable liquid that easily dissolves in water and has a slight but distinct odor. Packed with seven calories per gram, alcohol's most popular quality is that it is a central nervous system depressant. A quick worker, alcohol doesn't need to be digested; it is absorbed through the walls of the stomach and small intestine. On an empty stomach, about 20 percent of the alcohol in one drink can reach the brain within one minute. Alcohol enters the bloodstream through the veins and capillaries of the digestive system and dissolves in the

water in the blood. The heart pumps the alcohol-rich blood throughout the body, where it acts on all the organs and tissues, especially the brain and liver.

As a person's blood alcohol concentration (BAC) increases, alcohol acts on nerve cells in the brain by interfering with communication between cells. Alcohol suppresses excitatory nerves, slowing you down, and increases the activity of inhibitory nerve pathways, which slows you down even more. The higher centers in the brain, which control movement and thought, are affected first, progressively moving to lower centers.

First the cerebral cortex is affected. As alcohol is ingested, voluntary motions slow down, behavioral inhibitions are removed, and a person's pain threshold goes up. When this area is affected, people are relaxed, talkative, and may say or do things they wouldn't ordinarily do. The thought processes slow down.

Next, the brain's limbic system, which controls emotions and memory, is affected. As a person's BAC goes up, he or she may display overly affectionate or aggressive behavior. Memory loss comes from this area.

The cerebellum, the next area affected by alcohol, coordinates fine muscle movement and balance. This is the area that the famous finger-to-nose roadside examination was designed to test. The hypothalamus and pituitary gland, which control automatic functions such as sexual arousal and sexual performance, are the next to go. It's worth noting that prolonged heavy drinking is shown to increase breast size in men, shrink testes, and reduce sperm cell count. Researchers believe this is due to increased estrogen production. Women, in general, tend to be more vulnerable to alcohol because of estrogen.

The medulla, which controls breathing, heart rate, blood pressure, body temperature, and consciousness, is affected last. Ingest enough alcohol and the medulla can shut down or malfunction, resulting in death.

The body eliminates alcohol at the rate of approximately 1/2 ounce per hour, so it takes roughly one hour to eliminate the alcohol in one 12-ounce beer. The kidneys eliminate 5 percent of the alcohol via urine, 5 percent is excreted by the lungs (which is the basis of the breathalyzer test), and the remaining 90 percent is broken down in the liver.

The liver takes the heaviest toll of overindulgence. In the liver, oxidation changes alcohol into acetic acid. The acetic acid turns into fatty acids, carbon dioxide, and water. Although the liver can process alcohol fairly well, heavy drink-

ing results in a liver clogged with this excess fat. Called fatty liver, this condition leads to alcoholic hepatitis (inflammation), fibrosis, and eventually cirrhosis (scarring). Excess fat can accumulate after only one night of heavy drinking.

Normally, the kidneys reabsorb water as they clean the blood. Alcohol inhibits the production of anti-diuretic hormone (ADH), preventing the kidneys from reabsorbing the water. The kidneys produce more urine, and you run to the bathroom more often. This also leads to dehydration, a symptom of hangover.

The human body is extremely accommodating. Prolonged heavy drinking changes the body's chemistry, and the body becomes much more capable of handling alcohol. Consequently, you need more alcohol to produce the same euphoric feeling. A heavy drinker's ability to feel pleasure physically and emotionally is also compromised.

One researcher uses an "empty bank account" analogy to explain this dependence. When you drink, all your pleasure gets withdrawn in one transaction. Your "pleasure account" is empty, so when you try to draw on those same feelings, there's nothing there. This "emptiness" drives the need to drink in order to feel normal, which leads to more drinking to feel good the next time, and so on.

Do You Have a Problem? There is a simple way to know if you or someone else has a drinking problem or has crossed the line into heavy drinking. The National Institute of Alcohol Abuse asks these questions:

Have you ever felt you should cut down?

Are you annoyed when people question or criticize you about your drinking?

Do you feel bad or guilty about drinking?

Do you have a little "hair of the dog that bit you" just to feel better the next day?

If you answered yes to any of these questions, you probably need to ask more questions or get a professional assessment.

If you want to cut back or realize you need help to do so, contact a clergy member, a chaplain, your doctor, a local chapter of Alcoholics Anonymous (AA), or Down Your Drink.

The truth about overindulging is that irresponsible use of alcohol can devastate not only your own life, but also the lives of those around you. Drunk driving is a preventable crime, and alcoholic cirrhosis is a preventable disease. So if you are out socializing or partying, every 15 minutes, think before you drink. The life you save may be your own.

NFL sends 3/2 handy support

Lance Cpl. Ray Lewis

1st Marine Division

CAMP HABBANIYAH, Iraq — Infantry Marines here just received the longest pass in National Football League history — about 6,000 miles.

Riflemen with Kilo Company, 3rd Battalion, 2nd Marine Regiment caught a care package packed with official NFL gloves and footballs July 27.

The "grunts" elbowed their way into the huddle surrounding the cardboard box for their chance to hog the leathery pigskins.

"It feels good to know that somebody out there is thinking about us and they took the time to hook us up," said Pfc. Justin A. Martinez, a rifleman with Kilo Company.

The 19-year-old from

Soldier, Kan., is a former football player. He says the new gloves are breathable, lightweight and have a good grip.

These qualities come in handy for the Marines here, who will mostly use them for routine chores in the Iraqi sun's smoldering heat.

An infantry officer credited a friend back in the states for providing his Marines with the added comfort and protection.

"My friend who works for the New York Giants and proud supporter of our troops asked if we need anything," said 2nd Lt. Mackenzie R. Jones, a platoon commander for Kilo Company.

The 26-year-old from Vero Beach, Calif., told his friend Marines always need gloves because of their con-

tinuous and rugged job.

"Marines' gloves are always getting ripped or torn from our weapon systems, debris or just the natural wear and tear during their daily operations," Jones said.

His friend said she would see if she could pull some strings.

"Sure enough, we received a care package today with the gloves," Jones said.

It didn't hurt to get the pigskins either.

"These guys are infantry, so when they come back from the field, it's relaxing to toss around the football a little bit," Jones said.

"It's nice somebody sent us something useful," said Pfc. Rick Bigley, a 19-year-old rifleman from Pittsburg, Pa.

All in all, the Marines were happy to have a small part of the NFL while in Iraq.

Pumping iron



A Marine works out at the Base Semper Fit Center gym.

File photo

Multiplayer online games: Intense hobby or addiction?

Lance Cpl. Karim Delgado

Marine Corps Base Camp Butler

CAMP FOSTER, Okinawa — It's 4 a.m. and Cpl. Matthew D. Brooks can't decide whether to take a smoke break or finish slaying servants of the "Scourge" camped at "Fenris Keep."

His dark room, illuminated only by a computer monitor's faint glow, is empty. Some might see this as a low point for Brooks, assuming all of his friends had much better things to do on a Saturday night. But the truth is, his friends are online and waiting for his decision.

"I had a friend whose girlfriend came by and asked if he wanted to go do something, and he said, 'Not right now, I'm playing 'World of Warcraft,'" Brooks said, referring to massively multiplayer online games, or MMOs.

In less than 30 years, fantasy gaming has evolved from a basement strewn with 20-sided dice and a socially inept circle of friends to entire virtual societies, complete with functioning governments.

These online computer games are referred to as "massively multiplayer" because they are capable of supporting hundreds or even thousands of players simultaneously. MMOs take place in what are known as persistent worlds, which continue to exist and evolve even when players are away from the game.

World of Warcraft is currently the most popular MMO, with a subscriber base of more than six million users worldwide. And at least 500,000 of its subscribers are online at any given time, according to the World of Warcraft Web site. Other popular titles include City of Heroes, Guild Wars and Star Wars Galaxy, each having its own distinctive twist on the genre.

The games, with artificial societies that mimic economic and sociological trends that take place in real-world nations, have drawn significant attention. Undersecretary of Defense for Readiness Paul W. Mayberry noticed the games' potential, stating in Military Training Technology (Vol. 8, Issue 4) that recent developments in MMOs could influence future military applications and training.

Marines in Okinawa are not immune to the obsession. Quite the contrary, according to Brooks, who said a large percentage of Marines at the B Company barracks on Camp Foster regularly play at least one type of MMO.

In addition to that, almost every service member with the American Forces Network Okinawa has created a character for World of Warcraft, according to Lance Cpl. Todd Crowell, the morning DJ for WAVE 89.

The games have spread through entire sections of Okinawa units, with Marines grouping up to form official game teams, or "guilds."

A Google search for the "31st Marine Expeditionary Unit" and "Battlefield 2," a first-person shooter MMO, yields several results referencing a guild on the game modeled after the real-life unit, to include infantry and even an aerial operations unit called Marine Medium Helicopter Squadron 262.

The benefits of MMOs, it seems, is they offer Marines a medium to have fun without having to worry about curfews or the costs of going

out in town.

Guild membership may start to dwindle, however, with the new III Marine Expeditionary Force liberty card policy in place since June.

"We lose a lot of people to gold cards," Brooks said, referring to the revised policy that affords Marines more liberty choices.

While most players can rationalize the MMOs as just games, a small few become addicted and lose touch with reality. MMO addiction has ruined careers, marriages, and even led to death in one



Lance Cpl. Karim Delgado

Corporal Matthew D. Brooks plays a massively multiplayer online game in his room July 23.

known case.

In August, the Associated Press reported that a 28-year-old man suffered a heart

attack from playing non-stop for 49 hours. The man had been fired from his job the month before after habitually missing work to play the games. He had eaten minimally and not slept.

"You have to be able to separate fiction from reality," said Lance Cpl. Christopher Rojas, an MMO enthusiast. "The last thing I want is to pay a monthly subscription fee to have my life controlled by a computer game."

Though MMOs can be dangerous if approached without level-headedness, if

regarded as a modest hobby, they can provide players the chance to live out ethereal fantasies in distant lands for a few hours a week, Rojas explained.

As far as Brooks' dilemma goes, the weak, persistent pulse of the Scourge will continue beating while, to the dismay of his guild members, he opts for a smoke break. Before he peels himself away from the World of Warcraft, however, he swears to his team members those three letters of unrelenting gamer loyalty: BRB - be right back.