

# MHawaii MARINE

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2005 THOMAS JEFFERSON AWARD WINNING METRO FORMAT NEWSPAPER

OCTOBER 20, 2006



Engineers  
A-3



Sea Life Park  
B-1



Football  
C-1



Lance Cpl. Edward C. deBree

Marines and Sailors of Marine Heavy Helicopter Squadron 463 are greeted as they get off the plane at Hangar 105 Oct. 13. Approximately 115 Marines and Sailors returned home after a seven-month deployment to Al Asad, where they served in support of Operation Iraqi Freedom. HMH-463 was the first full squadron of CH-53D Sea Stallion helicopters to be deployed to support OIF.

## ‘Pegasus’ Marines, Sailors return home from Iraq

**Lance Cpl. Edward C. deBree**

*Combat Correspondent*

“From the sandbox, across the sea, welcome home 463,” is printed on one of many signs that covered the wall of Hangar 105 early in the morning Oct. 13 as approximately 115 Marines and Sailors of Marine Heavy Helicopter Squadron 463, Marine Aircraft Group 24, returned home from Iraq.

Friends, families and Marines of HMH-362 were on hand to greet “Pegasus” squadron members, who were returning

from a seven-month deployment in support of Operation Iraqi Freedom.

Marine Heavy Helicopter Squadron 463’s mission in Iraq was to provide assault support to I Marine Expeditionary Force.

“We flew day and night for seven days a week for seven months,” said Lt. Col. Randel W. Parker, commanding officer, HMH-463, and a Denver native. “We worked around-the-clock. The Marines of 463 met or exceeded every goal I had for them. They were outstanding out there.”

The squadron was the first full CH-53D

Sea Stallion squadron to forward deploy to Al Asad. Earlier this month, HMH-463’s sister squadron, HMH-363, took over the duties in the Al Anbar province in Iraq. Parker said he thinks they’ll do great and pick up where HMH-463 left off.

“It feels fantastic to be back home with the family and friends who supported us through out our deployment,” he said. “I want to thank everyone at Marine Corps Base Hawaii for their support during our deployment and making our return home a memorable occasion.”

## Marine Corps Base Hawaii shakes, rattles, rolls from quake

**Lance Cpl. Edward C. deBree**

*Combat Correspondent*

Marine Corps Base Hawaii felt the effects of a 6.7-magnitude earthquake that shook the Hawaiian Islands and left the state without power Sunday.

According to the U.S. Geological Survey’s Web site, the quake occurred at 7:07 a.m. on the Big Island of Hawaii and was the biggest earthquake to hit the chain of islands since 1975 when a 7.2-magnitude quake caused two deaths, several injuries, and caused an estimated \$4.1 million in property damage.

A few minutes after the quake, electricity was knocked out for several hours, and, according to base officials, MCB Hawaii was ready for this disaster.

“We implemented our natural disaster plan,” said Capt. Rebecca Furman, operations officer, Military Police Department,

Provost Marshal’s Office. “Our first step was assessment of what was affected throughout the base.”

Furman said she looked for things like power and water outages, and then report those outages.

The Military Police had to plan how to perform their job without electricity and limited fuel and how to respond to incidents that were reported due to the earthquake and power outage, said Furman.

Although electricity and water were out, the base commissary opened so that families aboard base could buy necessities.

“We conducted sort of a mini sidewalk sale for the families on base who needed basic items to support them until the power came back up,” said Bernie Bernante, store director, Kaneohe Bay Commissary. “The families were taken care of to the best of our abilities.”

During the sidewalk sale,

the store brought out flashlights, batteries, charcoal, charcoal fluid, bread, tuna fish, and special baby food items for the customers.

Bernante said, in case another disaster should hit, families should prepare themselves by looking at what items should be bought at the display inside the commissary.

Anderson Hall Dining Facility opened up in the wake of this disaster for the Marines, Sailors, and family members on base who didn’t have the means to cook food.

“It was another day for these Marines and Sailors – just longer,” said Master Sgt. Raymond Wolcik, mess hall manager, Anderson Hall. “The (military police) went around base housing and announced that we were open for the families.”

Anderson Hall had approximately 150 civilians arrive to eat along with its usual customers – Marines and Sailors.

During the power outage there were only five Marines and one Sailor on staff, who prepared roast beef, spaghetti, hot dogs, and whatever else they could cook up, according to Wolcik.

“If it wasn’t for Base Facilities, who set up a backup generator, we could have lost \$77,278.83 worth of inventory,” said Wolcik. “It was Sergeant Christopher Drake and the Marines and Sailor he was in charge of that ran the show.”

One thing an earthquake could create that would affect islands surrounded by water is a tsunami, but with new alarms being installed to warn of tsunamis, people just need to be calm, said Jacqueline Freeland, Anti-Terrorism Force officer, MCB Hawaii.

“In Hawaii, earthquakes have the potential to produce a tsunami in 20 minutes,” said Freeland. “Generally, we

See **QUAKE**, A-7

## Hawaii-based Marines killed

**News Release**

*Marine Corps Base Hawaii*

Lance Corporals Derek W. Jones, 21, of Salem, Ore., and Jeremy S. Sandvick Monroe, 21, of Chinook, Mont., died Oct. 8 of wounds received while conducting combat operations against enemy forces in Al Anbar province, Iraq.

Jones was a rifleman and team leader and Sandvick Monroe was a rifleman. Both Marines were assigned to 2nd Battalion, 3rd Marine Regiment, 3rd Marine Division, III Marine Expeditionary Force, Marine Corps Base Hawaii, Kaneohe Bay.

Both joined the Marine Corps in May 2004. Jones reported to Hawaii in November of that year, while Sandvick Monroe reported in October. Being assigned to the same battalion, Jones and Sandvick Monroe deployed to Afghanistan with 2/3 from May 2005 to Jan. 2006 and to Iraq in September.

Both Jones and Sandvick Monroe were awarded the Purple Heart, the National Defense Service Medal, Afghanistan Campaign Medal, Iraq Campaign Medal, the Global War on Terrorism Service Medal and the Sea Service Deployment Ribbon.



Courtesy photo by Keely Lynch

Kody Lynch and his younger sister Torii Sue pose for a photo in Richmond, Va., in February. Both Kody and Torii Sue are allergic to peanut products. Kody has a severe allergy to peanut products and is one of the reasons for the ban on peanut products at Mokapu Elementary School aboard Marine Corps Base Hawaii.

## Ban on peanuts for children’s safety

**Cpl. Michelle M. Dickson**

*Combat Correspondent*

You start to get dizzy. You can’t breathe, and your throat is closing up. You’re breaking out from head to toe in hives as strong abdominal pains shoot through your body. You’re going into anaphylactic shock because you’re allergic to something most people don’t give a second look at as being harmful.

Something as simple as a peanut can cause death to those who are allergic, but people at Mokapu Elementary School aboard Marine Corps Base Hawaii, Kaneohe Bay, are making it a point to see that no child is at risk for such potential dangers while attending their school.

The school banned all peanut products from the campus Oct. 10, due to the serious

health concerns of potential allergic reactions, said Annette Ostrem, principal, Mokapu Elementary.

“My responsibility is for the health and safety for all of the students at Mokapu Elementary,” said Ostrem, a native of Cucamonga, Calif. “We have many children at the school who are allergic to peanuts, with one child who is seriously allergic. We were forced to put this policy into place to maintain the campus as a safe and nurturing environment for the children.”

There have been no incidents of anaphylactic shock at Mokapu, but Ostrem said they want to prevent any potential for an occurrence.

“We have been very blessed that we haven’t had a crisis here at the school,” said

See **PEANUTS**, A-7



# NEWS BRIEFS

## 12th Annual Joint Spouses Conference

The 12th Annual Joint Spouses Conference is being held at The Officer's Club today and tomorrow. Spouses from all branches of the armed services will be attending more than 50 workshops that are designed to empower, enlighten, motivate and educate. For more information, call Katie Lynch, Marine Corps liaison, at 489-7886.

## Blood Drive

The Kaneohe Officers' Spouses' Club and the All-Enlisted Spouses' Club are holding their "Biannual Blood Drive for the Troops" at the Marine Corps Base Hawaii, Kaneohe Bay, Chapel Oct. 25 from 9 a.m. to 3 p.m.

This is an all-hands event, and civilians who work aboard K-Bay are welcomed to donate. Walk-ins are welcome and will be handled on a first-come, first-serve basis.

Donating takes approximately 30 to 45 minutes. Call 366-0381 or e-mail 363redlions@earthlink.net for more information.

## Exceptional Family Member Program

The Exceptional Family Member Program Support Network will meet Monday from 6:30 to 8:30 p.m. in Building 5082. These support group sessions will feature guest speakers, trainers, and other resources for families with special needs. Sharing of personal experience is also encouraged. Call 257-7783 for more information.

## Road Closure

The final phase of the 2nd Street repair project will close a section of 2nd Street to all traffic from Oct. 25 to Feb. 2, 2007. The section that will be closed will be between D Street and E Street. Motorists are requested to detour around the work area in accordance with the detour plan on page A7.

## Temporary Closure of Motorcycle Range

During the month of November, the motorcycle range will undergo maintenance to the existing surface. Riders should check with the Base Safety Center for updates and class scheduling.

During the closure, Naval Safety Region, Pearl Harbor has agreed to absorb Marine Corps Base Hawaii riders until the range is operational.

Courses affected are the Basic Rider Course and Experienced Rider Course. The Group Rider Course will continue to be offered.

Contact the Base Safety Center at 257-1830 for more information.

## Manpower Management Officer Assignments comes to K-Bay

A Manpower Management Officer Assignments team will be aboard Marine Corps Base Hawaii, Kaneohe Bay and Camp H.M. Smith, Thursday. The visiting MMOA team will consist of a command segment that provides professional military education, coordinates anticipated FY07 staffing goals, and provides specific officer assignment counseling.

Officer monitors will be available for individual interviews and counseling. All monitor interviews at MCB Hawaii will be held at The Bachelor Officer Quarters conference room. All MMOA interviews at Camp H.M. Smith will be conducted at the Pollack Theater.

## Important Phone Numbers:

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

# Hawaii MARINE

www.mcbh.usmc.mil

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# ‘Red Lions’ assume role of assault support in Iraq

## Cpl. James B. Hoke

3rd Marine Aircraft Wing

**AL ASAD, Iraq** — Marines and Sailors assigned to Marine Heavy Helicopter Squadron 463 turned their mission over to the "Red Lions" of HMH-363 at Al Asad, Iraq, Oct. 7.

The squadron's mission is to provide assault support, which encompasses everything from moving cargo, supplies and passengers to supporting raids in the Al Anbar Province of Iraq.

The Pegasus Marines of HMH-463, Marine Aircraft Group 16 (Reinforced), 3rd Marine Aircraft Wing (Forward), came to Iraq in the early days of April this year as the first full CH-53D Sea Stallion helicopter squadron to deploy to Iraq.

"The Marines have exceeded every expectation that I had," said Lt. Col. Randel W. Parker, commanding officer, HMH-463. "They've supported every mission that was handed down to them. We flew close to 4,000 hours in support of Operation Iraqi Freedom, moved more than 2.3 million pounds of cargo and hauled more than 24,000 passengers, while maintaining an average mission capable readiness rate of 89 percent.

"We've done our deployment out here," the 44-year-old native of Littleton, Colo., added. "It's time to get these Marines and Sailors back home to see their families, friends and loved ones."

HMH-463's squadron members focused on more than just their mission while in the war-torn country. They focused on preparing the Red Lions for the work the arriving squadron would be

undertaking in its seven-month deployment.

"It helps a lot of the Marines to know or know of the Marines who are taking over," said Sgt. Maj. Karl Villalino, sergeant major, HMH-463, and a 37-year-old native of Long Beach, Calif. "A lot of them have communicated with each other prior to their arrival here, giving the incoming squadron a heads up on what to expect."

With proper planning and constant communication, turnover between the two squadrons went smoothly, according to Lt. Col. Allen D. Broughton, commanding officer, HMH-363, MAG-16.

"It was great doing the turnover with Pegasus," said Broughton, a 41-year-old native of Lemoore, Calif. "They are a great squadron. They set the bar very high, but we are not looking to break any of their records. We're just looking at accomplishing the mission out here.

"The first things are mission accomplishment and safe operations both in the air and on the ground," the graduate of Fresno State University added. "We have to maintain a high level of readiness in both personnel and aircraft, and we have to be ready at a moment's notice when required."

Although the Marines are still adapting through the jet lag of coming out to the desert and are loaded down with their new jobs and requirements in the war zone, they said they are glad to be serving their country, according to Broughton.

"They are very excited to be here," he said. "They are actually very excited that HMH-463 is leaving, and the mission is now ours. They are excited to



Cpl. James B. Hoke

**Lance Cpl. Charlie Flippin (left) and Cpl. Amanda Hill lower the Marine Corps flag during their squadron's transfer-of-authority ceremony with Marine Heavy Helicopter Squadron 363 at Al Asad, Iraq, Oct. 7. HMH-363, Marine Aircraft Group 16 (Reinforced), 3rd Marine Aircraft Wing (Forward), assumed the responsibilities of assault support from HMH-463, MAG-16. Flippin and Hill are both administration clerks with HMH-463. Flippin is a native of Fredericksburg, Va., and Hill hails from Haleyville, Ala.**

go out there on their own and fly the missions."

"We have an extremely young squadron compared to HMH-463, but even with some of our older Marines, it's their first tour to Iraq," said Sgt. Maj. Roy H. Smith, sergeant major, HMH-363, and a 43-year-old native of Inglewood, Calif. "There is only a small per-

centage of our Marines who have been here before, but the Marines are always excited. We've had quite a few Marines extend just to be out here with us."

As the sun begins to set on HMH-463's stay in the desert, HMH-363 Marines say they are confident they can pick up the reins, according to Smith.

"We are going to continue what HMH-463 started," the Morningside High School graduate concluded. "We will maintain good support to the Marines on the ground. Ultimately, my goal is to leave here with the same amount of Marines and Sailors that I came here with, walking away the same way they arrived."

# Base fights domestic violence

## Ed Hanlon V

Marine Corps Community Services

*"Who overcomes by force hath overcome but half his foe."*  
— John Milton, Paradise Lost, 1667

Marine Corps Base Hawaii is committed to reducing, then eliminating, incidents of domestic violence at home and aboard the installation. October is Domestic Violence Awareness month; however, Marine Corps Base Hawaii has promised to fight domestic violence year-round.

Backing the effort is Marine Corps Community Services.

In response to domestic violence incidents aboard MCB Hawaii, Commanding General Brig. Gen. Steven A. Hummer has tasked MCCS' Marine and Family Services to develop a comprehensive campaign to address this serious issue.

"Several months ago, I was asked to devel-

op a plan to reduce domestic violence aboard Marine Corps Base Hawaii," said Kalani Mills, MCCS' Family Advocacy program manager and clinical supervisor. "We've developed a team that includes health promotions, marketing, and counseling services."

Fighting such an omnipresent social issue is not an easy mission. The campaign includes awareness elements that will inform the community about the fact that domestic violence is preventable, counter-productive, and contrary to Marine Corps standards. The educational elements define how we can prevent violence, as well as the many victim resources available to the base population if the need arises, said Mills.

The campaign began by determining who is at greatest risk for a domestic violence incident. "We looked at our cases and saw certain patterns," stated Mills. "Offenders were 60 percent male and 40 percent female — usually E-5 and below, 25 or younger, mar-

ried less than two years, and statistically usually have a young child. We also found that 40 percent of cases involved mental health issues and that many offenders come from backgrounds where violence was the norm."

Also discovered was that a large percentage of people are involved in a domestic disturbance (arguing) prior to an actual physical altercation.

If you have approached or passed the threshold of a domestic violence incident, there are resources available here at home to help. MCCS' Marine and Family Services offer a number of workshops and classes that include: Anger Management, Building Healthy Relationships, and Marriage Skills. Counseling Services also has highly trained and qualified victim advocates on staff in the event of an incident. All patrons are treated on a strictly confidential basis.

For more information on these classes, resources, and programs log on to www.mccshawaii.com/advocacy, or call 257-7780.

## Weekend weather outlook

### Today



**Day** — Mostly cloudy. Showers likely. Isolated thunderstorms in the afternoon. Locally heavy rainfall possible in the afternoon. Highs around 84. East winds around 10 mph. Chance of rain 60 percent.

**Night** — Mostly cloudy with showers likely and isolated thunderstorms. Locally heavy rainfall possible. Lows around 73. East winds around 10 mph. Chance of rain 70 percent.

**High — 84**  
**Low — 73**

### Saturday



**Day** — Mostly cloudy. Showers likely. Scattered showers and isolated thunderstorms in the afternoon. Highs around 84. East winds around 10 mph. Chance of rain 70 percent.

**Night** — Mostly cloudy. Showers likely and isolated thunderstorms in the evening. Lows around 73. East winds around 10 mph. Chance of rain 70 percent.

**High — 84**  
**Low — 73**

### Sunday



**Day** — Mostly cloudy. Showers likely in the morning. Scattered showers in the afternoon. Highs around 84. East winds 10 to 15 mph. Chance of rain 70 percent.

**Night** — Partly cloudy with scattered showers. Lows around 72. East winds 10 to 15 mph. Chance of rain 50 percent. Friday.

**High — 84**  
**Low — 72**





Combat Engineers, Combat Assault Company, 3rd Marine Regiment, work late into the night at the Pohakuloa Training Area on the island of Hawaii, where they check the depth of a fence pole hole Oct. 3.

# Engineers build walls for training

**Story and Photos by  
Cpl. Rick Nelson**

*Combat Correspondent*

## POHAKULOA TRAINING AREA, Hawaii

— Engineers from Combat Assault Company, 3rd Marine Regiment with 1st Battalion, 3rd Marine Regiment, built concrete walls Oct. 4 to be used for explosive training exercises at the Pohakuloa Training Area on the island of Hawaii.

"We're building these walls so we can practice fence and concrete charges later on during PTA," said 2nd Lt. Luke I. Balthazar, platoon commander, Combat Engineers, CAC, 3rd Marine

Regiment. "During the training, we will be teaching Marines from Alpha Company, 1/3, different ways to use the charges."

According to Balthazar, some of the explosive charges they will be using while on deployment are capable of blowing a hole through steel.

"This is great training and PTA is a great place to get a lot of it done," said the Honolulu native. "There's a lot we can do here that we can't at K-Bay (Marine Corps Base Hawaii, Kaneohe Bay), like using a lot bigger charges. This training will help us out a lot to prepare for our deployment to Iraq."

Lance Cpl. Dean T. Allen, fire team leader, Combat Engineers, said there are a lot of new

Marines in the unit and the training being conducted is very important.

"We need to be schooled as much as possible, because Iraq is no joke, it's the real deal," said Allen. "It's very important that we get as much training done as possible."

Allen, a native of Vincennes, Ind., said he loves this training and thinks it will help the battalion with the mission they will be assigned during their deployment.

"Considering that we're going to be rebuilding Iraq, this (training) is going to help us a lot," said the 19-year-old. "It's also good that we're passing our knowledge on to the Marines from Alpha Company, 1/3, because who knows when they'll need to know this stuff?"

Aside from building walls, the engineers are taking the time in PTA to come together as a team and learn to trust each other.

"We're made up of a lot of people who have never been deployed and don't know what to expect, really. But we've got a lot of good guys, and we have to be able to trust each other. They have to know you'll be there for them and them

for you," Allen said.

Balthazar said he wants to build trust and make the Marines work more as a team.

"I want to make sure these guys possess all the things necessary to be a combat engineer," he added.

According to Balthazar, aside from the engineers' normal duties, they will have a lot of responsibilities during their upcoming deployment.

"We're not going to be just making walls and blowing them up while in Iraq," he said. "We'll also be clearing (improvised explosive devices), making sure everything is put together properly. We will be doing both the combat engineer side as well as the infantry side. If called upon, we will also be doing things like clearing houses and more infantry-type of stuff."

We will be fine during our deployment, because we have good leaders, Allen said.

"I know it's a combat zone and is dangerous, but I look forward to going," he said, "because I know I'll get the job done and will return home safe."



Corporal Warren Bujol, squad leader, Combat Engineers, Combat Assault Company, 3rd Marine Regiment, uses the light from the spotlight on his head and moonlight to help his Marines prepare for the next morning when they will be using explosives to tear down walls and fences at the Pohakuloa Training Area on the island of Hawaii.



Engineers work through the late night in order to check a hole to make sure it is deep enough for a fence pole.



Corporal Timothy C. Pechacek, squad leader, Combat Engineers, Combat Assault Company, 3rd Marine Regiment, watches over a Marine to make sure he properly cuts the cement block in half Oct. 4 at Pohakuloa Training Area on the island of Hawaii.



# Vital information about pandemic influenza

**Michael O. Leavity**  
*U.S. Department of Health and Human Services*

*Editor's note: The following is a reprint of information published by the U.S. Department of Health and Human Services in its guide to Pandemic Influenza – Pandemic Influenza Planning: A guide for Individuals and Families. This article is the first in a series of articles that will appear in the Hawaii Marine for the purpose of informing our audience about Pandemic Influenza.*

**Pandemic Influenza: Get Informed. Be Prepared.**

This is the first part of a three part article that is designed to help the military community understand the threat of a pandemic flu outbreak in our country and your community. The first part of this series will describe Pandemic Flu to introduce what it is and to help make the community aware of the importance of planning for this possibility. The second part will describe possible symptoms to be aware of and then we will describe common sense healthy behaviors. The third series will describe actions that you can take in preparing for a pandemic. Each individual and family should know both the magnitude of what can happen during a pandemic outbreak and what actions you can take to help lessen the impact of an influenza pandemic on you and your community. We will also look at a list of supplies that individuals and families may want to stock just as you would for hurricane preparedness. Grocery stores may be closed or run low on some foods if transportation is limited. Finally, we will be keeping you up-to-date on the latest detailed military plans as we are updated. Some information in this paper has been taken from the Centers for Disease Control and Prevention site, the Federal Government site for Pandemic Flu information and U.S. Army Col. Michael Brumage, Chief of

Preventive Medicine at Tripler Army Medical Center.

**Pandemic Influenza: What I Need to Know**

An influenza (flu) pandemic is a widespread outbreak of disease that occurs when a new flu virus appears that people have not been exposed to before. Pandemics are different from seasonal outbreaks of influenza. Viruses that people have already been exposed to cause seasonal flu outbreaks. Flu shots are available to help prevent widespread illness. Pandemic flu spreads easily from person to person and can cause serious illness because people do not have immunity to the new virus.

A pandemic may come and go in waves. Each wave can last for months at a time. Everyday life could be disrupted due to people in communities across the country becoming ill at the same time. These disruptions could include everything from school and business closings to interruption of basic services including public transportation and health care. An especially severe influenza pandemic could lead to high levels of illness, death, social disruption, and economic loss.

**Some Differences Between Seasonal Flu and Pandemic Flu**

*Seasonal Flu*  
Caused by influenza viruses that are similar to those already affecting people.

Symptoms include fever, cough, runny nose, and muscle pain. Deaths can be caused by complications such as pneumonia.

Healthy adults are usually not at risk for serious complications (the very young, the elderly, and those with certain underlying health conditions at increased risk for serious complications).

Healthy adults may be at increased risk for serious complications.

*Pandemic Flu*  
Caused by a new influenza virus that people have not been exposed to before. Likely to be more severe, affect more people, and cause more deaths than seasonal flu because people will not have immunity to the new virus.

Symptoms similar to the common flu may be more severe and complications more serious.

Generally causes modest impact on society (e.g., some school closings, encouragement of people who are sick to stay home). A severe pandemic could change the patterns of daily life for some time. People may choose to stay home to keep away from others who are sick. In addition, people may need to stay home to care for ill family and loved ones. Travel and public gatherings could be limited. Basic services and access to supplies could be disrupted.

**A Historical Perspective**

In the last century, there were three influenza pandemics. All of them were called pandemics because of their worldwide spread and because they were caused by a new influenza virus. The 1918 pandemic was especially severe. The 1968 pandemic (Hong Kong flu) was the least severe, causing about the same number of deaths as the United States experiences every year with seasonal flu.

1918-1919: Most severe, caused at least 500,000 U.S. deaths and up to 40 million deaths worldwide.

1957-1958: Moderately severe, caused at least 70,000 U.S. deaths and 1-2 million deaths worldwide.

1968-1969: Least severe, caused at least 34,000 U.S. deaths and 700,000 deaths worldwide.

**Vaccine**  
Influenza vaccines are designed to protect against spe-

cific flu viruses. The federal government is making vaccines for several existing bird flu viruses that may provide some protection should one of these viruses change and cause a flu pandemic. A specific pandemic influenza vaccine cannot be produced until a pandemic flu virus strain emerges and is identified. Once a pandemic influenza virus has been identified, it will likely take 4-6 months to develop, test, and begin producing a vaccine.

Efforts are being made to increase vaccine-manufacturing capacity in the United States so that supplies of vaccines would be more readily available. In addition, research is underway to develop new ways to produce vaccines more quickly.

**Treatment**

A number of antiviral drugs are approved by the U.S. Food and Drug Administration to treat and sometimes prevent seasonal flu. Some of these antivirals may be effective in treating pandemic flu. These drugs may help prevent infection in people at risk and shorten the duration of symptoms in those infected with influenza. However, it is unlikely that antivirals alone would effectively contain the spread of pandemic influenza. The federal government is stockpiling antivirals that would most likely be used in the early stages of an influenza pandemic. There are efforts to find new drugs and to increase the supply of antivirals. Antivirals are available by prescription only.

**What is the U.S. Government Doing to Prepare for Pandemic Influenza?**

The U.S. government has been preparing for pandemic influenza for several years. In November 2005, the President announced the National Strategy for Pandemic Influenza. Ongoing preparations include the following:

Working with the World Health Organization (WHO) and with other nations to help detect human cases of bird flu and contain a flu pandemic, if one begins.

Supporting the manufacturing and testing of influenza vaccines, including finding more reliable and quicker ways to make large quantities of vaccines.

Developing a national stockpile of antiviral drugs to help treat and control the spread of disease.

Supporting the efforts of federal, state, tribal, and local health agencies to prepare for and respond to pandemic influenza.

Working with federal agencies to prepare and to encourage communities, businesses, and organizations to plan for pandemic influenza.

**Get Informed**

Knowing the facts is the best preparation. Identify sources you can count on for reliable information. If a pandemic occurs, having accurate and reliable information will be critical.

Reliable, accurate, and timely information is available at [www.pandemicflu.gov](http://www.pandemicflu.gov).

Another source for information on pandemic influenza is the Centers for Disease Control and Prevention Hotline at: 1800-CDC-INFO (1-800-232-4636). This line is available in English and Spanish, 24 hours a day, 7 days a week. TTY: 1-888-232-6348. Questions can be e-mailed to [cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov).

Look for information on your local and state government Web sites. Links are available to each state department of public health at [www.pandemicflu.gov/plan/tab2.html](http://www.pandemicflu.gov/plan/tab2.html).

Listen to local and national radio, watch news reports on television, and read your newspaper and other sources of printed and Web-based information. Talk to your local health care providers and public health officials.

**Finally**

Becoming educated on Pandemic Influenza is the first step we should all take to prepare for a possible outbreak. The second step is learning healthy behaviors. The third step is making plans in case a Pandemic outbreak should occur.

Take your first step now. Next week, we will discuss Healthy Behaviors.



# New patch salutes former squadron

**Lt. j.g. Malissa A. Ford**

*Patrol Squadron 47*

October 13 marked the beginning of a new tradition in Patrol Squadron 47. The Navy P-3 squadron based at Marine Corps Base Hawaii, Kaneohe Bay, will now wear a "Heritage Patch" with red shirts every Friday.

The new patch is a throw-back from the commissioning of the squadron as VPB-27 (Patrol Bombing Squadron 27) in Harvey Point, N.C., when VPB-27 was established in June 1944 during World War II, later becoming VP-47.

The red shirts have the Hawaiian Islands pictured on the front; on the back is a long list of past accomplishments.

The timeline of the command outlines the transition from World War II to present-day operations in support of operations Enduring Freedom and Iraqi Freedom.

The idea of this new tradition was the brainchild of Petty Officer 2nd Class (Aviation Warfare qualified) Brian High.

While on the most recent deployment, High researched the beginnings of VP-47 and found the first VPB-27 patch.

The patch has a traditional Hawaiian cartoon character with a periscope in hand, hunting for submarines while keeping a vigilant watch over the Hawaiian Islands.

"I wanted to educate the squadron on its history and promote morale throughout the entire squadron," said High after a recent safety stand-down, during which a video filled with memories of the deployment was shown for the first time.

After credits rolled, the squadron's Commanding Officer Cmdr. Dan Schebler walked



Petty Officer 3rd Class Kevin Beauchamp

**Lieutenant Junior Grade Malissa A. Ford (left), Petty Officer 1st Class (Aviation Warfare qualified) Heather D. Valyou, an aviation electronics technician (Air Warfare qualified), Navy Lt. Susan M. Sacavage, and Lt. j.g. Deborah A. Neuhaus pose beside a squadron P-3 Orion in Hangar 104. The four aviators of Patrol Squadron 47, Marine Corps Base Hawaii, Kaneohe Bay, are wearing the squadron's "Heritage Patch."**

into the auditorium wearing the new "Friday uniform." It was then that Schebler presented everyone in the squadron with a patch as a surprise by the commanding officer.

Petty Officer 1st Class (Aviation Warfare qualified) Jay Vaught, an aviation war-

fare systems operator, said, "Wearing the heritage patch reminds me that this squadron has a rich history that is full of accomplishments."

Vaught concluded, "I'm honored to have the opportunity to follow in their footsteps."



Staff Sgt. Ronna M. Weyland

**Chris Clark, lead instructor, BikeEd Hawaii, Hawaii Bicycling League, Honolulu, leads a group of bicyclists through a skill drill test during the Bicycle Rodeo aboard Marine Corps Base Hawaii, Kaneohe Bay, Saturday. The two-hour semi-annual event teaches children basic safety techniques to use while riding their bikes.**

## Bicycle Rodeo lassoes basics, reinforces safety

**Staff Sgt. Ronna M. Weyland**

*Press Chief*

More than 20 school-aged riders turned out for the Bicycle Rodeo sponsored by Base Safety Saturday at the parking lot near the Child Development Center on Marine Corps Base Hawaii, Kaneohe Bay.

The two-hour, semi-annual event focused on bike safety, helmet inspection, and a variety of skill drills.

"We do a quick overview of bicycle safety and the importance of wearing helmets," said Chris Clark, lead instructor, BikeEd Hawaii, Hawaii Bicycling League, Honolulu. "I'm sure they all took something important they learned home with them."

Clark said the course helps encourage riders to be more confident on and around the road.

"It is great to see young ones excited to be out riding," said Clark, explaining that it is part of BikeEd's mission to get people to bike

more often.

Air Force Lt. Col. Pete Breed, chief of Force Health Protection, Pacific Command, brought his two sons Benjamin, 4, and Marcus, 3, to the rodeo.

"They seemed to enjoy themselves, and they got to ride around with their friends for a few hours," said Breed.

He added that the group did a good job working with the children on bike safety and the importance of wearing a helmet.

According to Bill Sode, deputy director, Base Safety, MCB Hawaii, K-Bay, this is the first time BikeEd has been used for this event.

"They do this all the time, and their people already work with the schools (on island) to do this type of training," he said.

The Bicycle Rodeo is part of ongoing training courses involving traffic safety offered throughout the year.

"This is not a required event for people to attend," said Sode. "It is just an additional service the base offers for the community."



# ‘Prevent cooking fires - Watch what you heat’

*Fire officials educate public during Fire Prevention Week*

**Cpl. Sara A. Carter**  
*Combat Correspondent*

Groups of children from the Child Development Center, Marine Corps Base Hawaii, Kaneohe Bay, walk around the front of the Marine Corps Exchange wearing a mixture of black and yellow plastic firefighter hats, and looking at a variety of emergency response vehicles. Something catches their eye – it’s a little red, remote-controlled, firetruck named Freddie, and he was moving his way toward the children. Excitedly, the children run up to him.

“Hi,” the little red firetruck said.

“Hi,” repeated the animated children.

Freddie the Firetruck and Sparky, the Dalmatian mascot for most federal fire departments, were two tools local emergency response personnel used to stress the importance of fire safety to children and adults as they entered the Marine Corps Exchange Oct. 12.

“When the kids see Freddie and Sparky, they go crazy,” said Victor Flint, battalion chief, Federal Fire Department, Fire Prevention Field Office, Area No. 1.

The Federal Fire Department educates children at their schools throughout the year, and the organization sets up special demonstrations at local military installations in observance of Fire Prevention Week, which is held Oct. 8 through Oct. 14 each year.

This year’s theme is “Prevent cooking fires – Watch what you heat.” The Federal Fire Department wants to increase the public’s awareness of the dangers of smoke and fire, Flint said.

Flint believes this year’s theme is important because every 79 seconds there is a house fire in the United States. The number-one cause of house fires is a fire caused when cooking. Food left unattended on the stove, range or oven is the leading cause of home cooking fires, according to the firefighters. Two out of three home cooking fires start with a fire on the range or stove.

There are many statistics about house fires that can be found on the Web site for National Fire Prevention Association. Some include:

- Between 1999 and 2002, there were 114,000 reported home fires associated with

cooking equipment on average per year, resulting in an annual 290 deaths and 4,380 injuries.

- Food left unattended during the cooking process is the leading cause of home cooking fires.

- Three out of 10 reported home fires start in the kitchen – more than any other place in the home.

- Two out of three reported home cooking fires start with the range or stove.

- Electric ranges or stoves

have a higher risk of fires, injuries and property damage, compared to gas ranges or stoves; however, gas ranges or stoves have a higher risk of fire deaths.

“The best way to fight fire is to prevent fire,” said Glen Delaura, fire chief, Federal Fire Department.

According to [www.nfpa.org](http://www.nfpa.org), Fire Prevention Week was established to commemorate the Great Chicago Fire: The tragic 1871 fire that killed more than 250 people, left

100,000 homeless, destroyed more than 17,400 structures, and burned more than 2,000 acres. The fire began Oct. 8, 1871, and continued to burn until Oct. 9 – the day the fire caused most of its damage.

The group of approximately 20 emergency services personnel visited Tripler Army Medical Center Oct. 10, Schofield Barracks Oct. 11, Pearl Harbor Oct. 13, and will visit Pearl Harbor Elementary School, Oct. 27.



Cpl. Sara A. Carter

Seven-month-old Justin Gray laughs as Freddie the Firetruck rolls past him Oct. 12.



Cpl. Sara A. Carter

A group of 4 year olds from the Child Development Center here give Sparky high fives in front of the Marine Corps Exchange Oct. 12. Members of the Federal Fire Department visited five military installations to promote fire safety during Fire Prevention Week.

PEANUTS, from A-1

Ostrem, “and we are going to work very hard to prevent the potential of having one.”

Keely D. Lynch, a substitute educational assistant, Mokapu Elementary School, experienced firsthand what it was like to have one of her children go through an allergic reaction from a peanut product. She said, at the time, she had no idea that her son Kody was allergic to peanuts.

“We were living in Okinawa at the time and my husband was inside our house with Kody, and my oldest daughter was outside eating crackers with peanut butter,” said Lynch. “Kody ran outside, put his finger in the jelly, and touched his face. Just the small amount that mixed with the jelly sent him into anaphylactic shock. We rushed him to the hospital.”

Kody survived the incident. Now living in Hawaii, Lynch said she had one close call at Mokapu Elementary that could have been a repeat occurrence.

“September 14, I went with Kody, who now is in first grade, to a ‘Bring your parent to lunch day,’” said Lynch. “I was watch-

ing him carefully, because his good friend that was sitting next to him was eating a peanut butter and jelly sandwich. I turned to drink some milk and when I did, Kody and his friend gave each other a high five. Just the contact of peanut butter to the skin can cause a reaction, so I rushed him to the bathroom and washed it off.”

This potentially bad situation is what led to the new policy at the school, said Lynch, who is grateful for all the support to get the policy started.

“I would like to thank all the parents, faculty and staff in the community for taking something like this so seriously,” she said. “Now I know when I kiss my son goodbye, that he will be safe and be coming home. No parent wants to think about burying their child, and that could have been the reality of September 14.”

Ostrem said in addition to the new policy, the school has implemented optional training for the entire teaching faculty and staff on how to recognize a child who may be having an anaphylactic episode. They will also teach them how to administer an EpiPen, an auto-injec-

tor that releases epinephrine, which is an emergency treatment for severe allergic reactions.

“It’s a lifesaving process like CPR or the Heimlich maneuver,” said Ostrem. “Parents give us their trust to educate their children; we need to live up to that trust.”

Ostrem said the peanut ban would remain at the school for the time being, until changes have been made to make the environment safer.

“I know some parents may not agree with the situation, but I appreciate how wonderful the support has been from all of them,” said Ostrem. “Everyone is understanding and heartfelt, and if I was called upon by any of them, I will do my best to protect their child.”

Ostrem said she and her staff are working to address questions that families may have and hopes that they were able to attend the last Parent Teacher Association meeting Oct. 12 where they would have been given more information about the situation.

If parents have questions about the ban, they can contact Annette Ostrem at 254-7964.

QUAKE, from A-1

would be notified six to 10 hours before an earthquake to prepare ourselves by removing heavy objects that could fall, board up windows, and prepare for a violent shake. In that time, you would also want to make a plan on where to go and how to get there, if it should generate a tsunami.”

One thing service members and their families could start doing to prepare for a natural disaster is to start making an emergency kit.

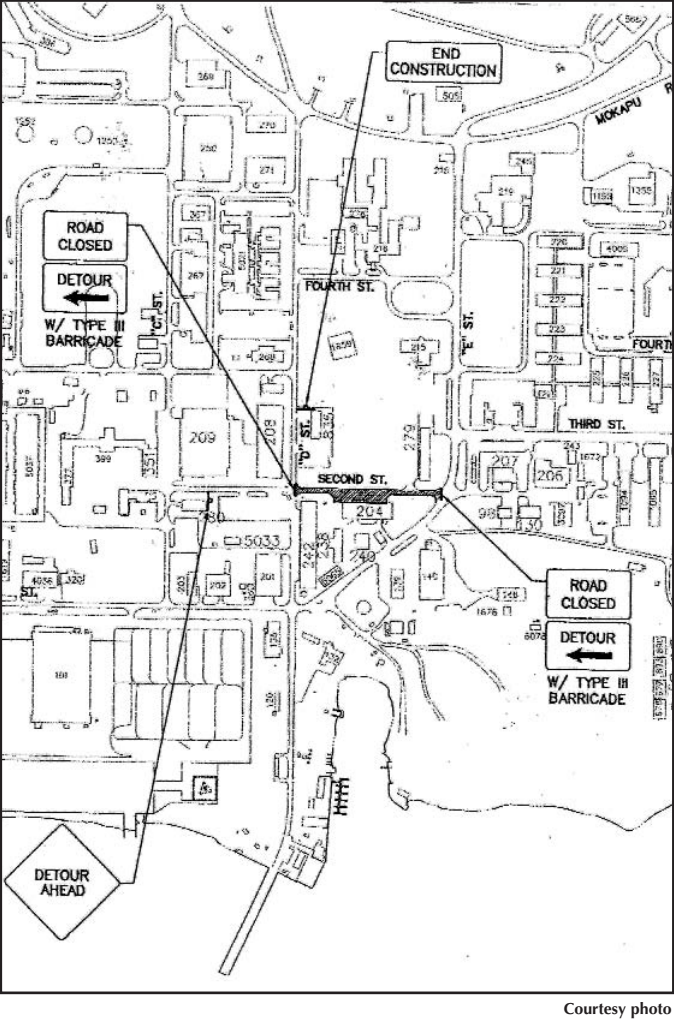
The kit should contain 30 days worth of priority items such as one gallon of drinking water for each family member, non-perishable food, supplies for infants, and prescription drugs.

Other items to be included in an emergency kit are blankets for each family member, a first-aid kit, flashlights, batteries, a battery-powered radio, a can opener or pocketknife, and a change of clothes.

“Being prepared has a lot to do with individual preparedness and responsibility,” said Freeland.

For more information on earthquakes go to [www.usgs.gov](http://www.usgs.gov).

# Road Closure



See news brief on A2.



# LIFESTYLES

HAWAII MARINE B SECTION

OCTOBER 20, 2006

## Sea lions, dolphins and penguins – Oh my!

**Story and Photos by  
Christine Cabalo**

*Photojournalist*

**MAKAPUU POINT, Hawaii** – Visitors have been coming to Sea Life Park since its opening in 1964 for its live animal shows and views of Rabbit Island. After recent renovations made by the new owner, Dolphin Discovery, guests now have access to more interactive events at the park's 300,000-gallon aquarium.

Most programs and exhibitions are scheduled to repeat at least once throughout the day. Trainers give short lectures at each of the animal's habitats, offering visitors information about seabirds, penguins and Hawaiian monk seals. Visitors can touch small marine animals as they swim in special exhibit pools and can buy food to feed sea turtles in their feeding pool.

Other exhibits include the Hawaii Ocean Theater Show, the Kolohe Kai Sea Lion Show, and the Hawaiian Reef Stingray Ballet. The theater show features dolphins, sea lions and penguins that perform while the audience learns about the park's conservation efforts.

The Dolphin Cove Show is presented once a day. The park's dolphins and trainers perform together in a 20-minute exhibition, showcasing the animals as they maneuver through the water. Members of the audience are invited by trainers to feed the performing dolphins during the show.

A new opportunity for visitors includes special interactive programs with the



In the Sea Lion Discovery Program, guests can swim and interact with sea lions in their park habitat. Participants are taught to communicate with the sea lions using trainer hand signals and may purchase photos of their experience.

park's animals.

Guests supervised by park trainers swim with animals up close and may purchase photos of this experience. Encounters are by paid reservation and, depending upon the activity, can last from 30 minutes to 2 1/2 hours.

Some of the activities visitors can reserve include interacting with sea lions or dol-

phins and hand-feeding tropical fish. Special animal performances are scheduled during evening luaus and seating must be reserved in advance.

More than just a place to see marine animals, Sea Life Park is a research facility, breeding center, and conservation institution. According to reports from *USA Today*, the park is home to the only two living "wholphins,"

which are the offspring of a bottlenose dolphin and a false killer whale that were born in captivity.

Born in 1985, Kekaimalu, meaning "from the peaceful ocean," gave birth to her most recent wholphin calf in 2004. Her offspring, Kawili Kai, or "blend of the ocean," is one of three wholphins born to Kekaimalu.

Sea Life Park, located at 41-

202 Kalanianaʻole Highway, is open daily from 9:30 a.m. to 5 p.m. Admission is \$24.95 for children 4 to 12 and \$31.20 for adults.

Military discount tickets are available at the Navy Information, Tickets and Travel offices, priced at \$15.50 for adults and \$12.50 for children 4 to 12. Children 3 and younger are admitted for free. A portion of each

guest's admission fee supports marine animal rescue and rehabilitation programs. Guests participating in reserved interactivities should bring a swimsuit and towel. All visitors should wear comfortable shoes and sunscreen.

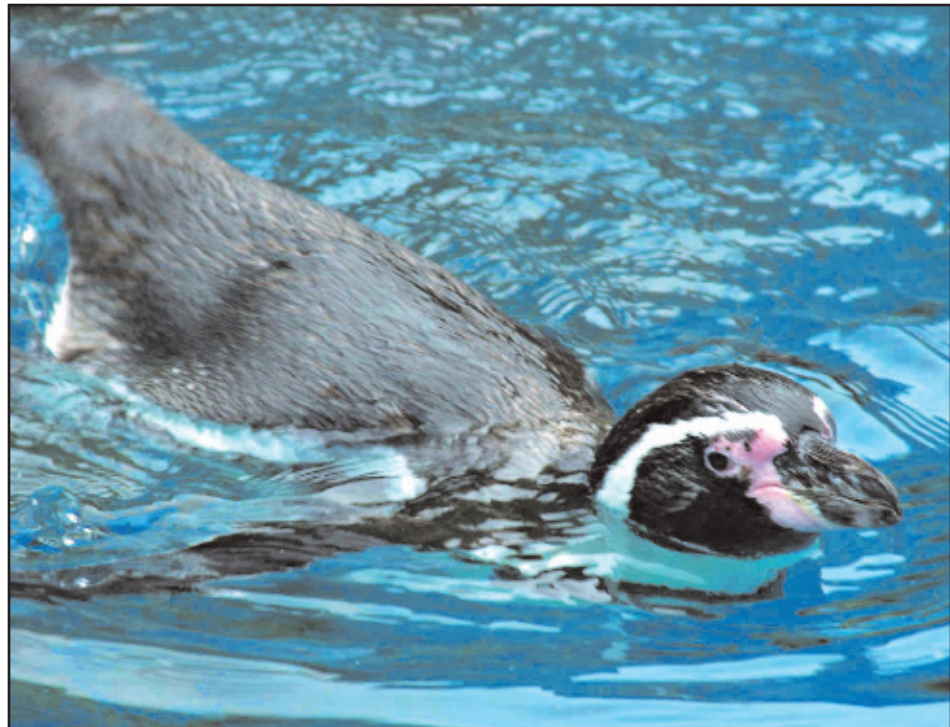
For more information and to make reservations, call 259-933 or visit: [www.sealifeparkhawaii.com](http://www.sealifeparkhawaii.com). For military discounted tickets call 254-7563.



This brown booby is one type of bird Sea Life Park cares for in its Seabird Sanctuary. Injured birds are taken in by the park until their strength is regained.



For just \$2, visitors can feed the sea turtles seen here in their feeding pool. Sea Life Park is currently conducting gender population studies of the honu (green sea turtles).



With 70 feathers per square inch, Humboldt penguins, indigenous to Chile and other parts of South America, are well suited to warm weather in Sea Life Park.



Visitors to Sea Life Park watch a midday Dolphin Cove Show. During the 20-minute program, dolphins perform with trainers and maneuver through the water.



## MCCS Briefs

www.mccshawaii.com

### Kahuna's Recreation Center 254-7660/7661

**Latin Night with Son Caribe** starts at 8:30 p.m. tonight.

**The Rocky Horror Picture Show** will be shown at Kahuna's Recreation Center at 10 p.m Saturday. Attendees may come dressed as a member of the cast. Props for the movie will be provided. There will be a best costume contest, and the winner will win a DVD player and a DVD copy of the movie.

**Direct TV NFL Sunday Ticket** broadcasts up to nine NFL games at the same time, live, via satellite. Doors open at 6:30 a.m. Playbook menu featuring breakfast choices is available.

**Monday Night Football** pre-game begins at 6:30 p.m. Doors open at 6 p.m. Enjoy the game on Kahuna's multiple plasma screen televisions. Offered during game time only are 25-cent wings and logo glass special.

**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

**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.

**Monday Night Football** in the Rocker Room begins at 6:30 p.m. Festivities will include half-time games and king and queen of the quarter recliners. Pupus are available for purchase until halftime.

**Wednesdays mean wing night** starting at 4:30 p.m. Wings are 35 cents each for those who dine in. Rocker Room grill menu items are available at 5 p.m.

**Fairways to Go** is offered seven days a week from 8 a.m. to 6:30 p.m. Call 254-5592 to place an order.

### The Officers' Club 254-7650

**Today's Pasta Lunch Buffet** is offered from 11 a.m. to 1 p.m.

**The 12th Annual Joint Spouses Conference** will be held today and tomorrow at The Officer's Club. Spouses from all branches of the armed services will select from more than 50 workshops designed to empower, enlighten, motivate and educate.

**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.

**Family Pasta Night** is Thursday from 6 to 8 p.m. The buffet is similar to the Pasta Lunch Buffet and includes a chocolate fountain.

### Ongoing

**Halloween Pet Photo Contest.** The Veterinary Treatment Facility is holding a Halloween pet photo contest from now through Oct. 31. Those wishing to submit entries may send up to three 4" by 6" photos of your pet(s) dressed in costume. Photos will be judged in three categories: Most original, scariest and cutest costume(s).

Call the VTF at 257-3643 for more information.

**Tiki Island** fun park features two 18-hole miniature golf courses, bumper boats, batting cages, and a concession stand.

Call 254-5481 for more information.

### All Hands

**A Non-Appropriated Funds Sale** is being held tomorrow and Sunday at the Temporary Lodging Facility from 10 a.m. to 2 p.m. Various vehicles and furniture will be up for sale. Bids start as low \$4.

Call Mia Ng at 254-7616 for more information.

**A Home Interiors and Outdoor Living Promotion** is being held now through Oct. 30 at the Marine Corps Exchange Annex from 9 a.m. to 9 p.m. Call 254-7616 for more information.

# History of the jack-o'-lantern, pumpkin facts

*Editor's note: The following is a reprint of information posted on www.pumpkinpatchesandmore.org*

## Jack 'O Lantern

If you are not from the British Isles, you won't believe where your hollowed-out pumpkin comes from! In Ireland and Scotland hollowed-out turnips with embers or candles inside became a very popular Halloween decoration a few hundred years ago. The English used beets, which they call beetroots.

Tradition held that they would ward off Stingy Jack and other malevolent spirits on Halloween, and they also served as representations of the souls of the dead. Irish families who immigrated to America brought the tradition with them, but they replaced the turnips with pumpkins, which, native to the new world, were plentiful. It didn't hurt that they are a lot easier to carve than turnips. People began to carve frightening faces and other designs into their jack-o'-lanterns.

The practice of carving turnips began with an Irish myth about a man nicknamed "Stingy Jack," a famous cheapskate who, on several occasions, avoided losing his soul to the devil by tricking him – often on All Hallows' Eve. In one story, he convinced Satan to climb up a tree for some apples, and then cut crosses all around the trunk so the devil couldn't climb down. The devil promised to leave Jack alone forever, if he would only let him out of the tree. In another

story, Stingy Jack invited the devil to have a drink with him. Of course, Stingy Jack didn't want to pay for his drink, so he convinced the devil to turn himself into a coin so that Jack could pay for their drinks. Once the devil did so, Jack decided to keep the money! He put it into his pocket next to a silver cross, which prevented the devil from changing back into his original form. Jack eventually freed the devil, again with the same promise not to take his soul.

When Jack eventually died, he was turned away from heaven, due to his life of sin. But, in keeping with their agreement, the devil wouldn't take Jack, either. He was cursed to travel forever as a spirit in limbo. As Jack left the gates of hell, the devil threw him a hot ember to light the way in the

dark. Jack placed the ember in a hollowed-out turnip and wandered off into the world. According to the Irish legend, you might see Jack's spirit on All Hallows' Eve, still carrying his turnip lantern through the darkness. The Irish began to refer to this eerie figure as "Jack of the Lantern," and then, just "Jack O'Lantern."



Photo illustration by Cpl. Sara A. Carter

# Community events:

## Honolulu Orchid Society's 67th Annual Orchid Show comes to Neal Blaisdell Center Exhibition Hall now through Sunday

The Honolulu Orchid Society's 67th Annual Orchid Show, whose theme is "The Great Hawaiian Orchid Show," is being held today at the Neal Blaisdell Center Exhibition Hall and will run until Sunday.

The Honolulu Orchid Society hopes to educate the community about the culture of orchids, especially in how to successfully grow and flower orchid plants and hopes to help the community develop a knowledge and appreciation for the industry. The Great Hawaiian Orchid Show also serves as the nonprofit organization's primary fundraiser for the year.

This year's event will feature a diverse program that will educate and stimulate the senses through various displays, seminars, demonstrations, and a youth hula performance by Kulani Dance Studio, Saturday at 3 p.m.

The Great Hawaiian Orchid Show is not just for orchid enthusiasts. "There are about 25,000 different orchid species out there," said David De Witt, Honolulu Orchid Society Show co-chairperson. "People who are interested in plants and landscaping usually always attend the shows, but others are encouraged to attend to

learn more about those other species that are used for cooking, perfumes, and medicines."

The many breathtaking displays and exhibits put on by the different orchid and plant societies from Oahu and the neighbor islands feature prize-winning orchids, as well as unusual varieties, such as miniatures and fragranced types. Exhibitors use all kinds of plant material in their displays, showcasing their creativity. Displays range in size from tabletop-sized to as large as 350 square feet. Besides the orchids, bonsai plants, crown of thorn plants, and cacti and succulents will be featured.

"Orchid growing is very therapeutic," said Debi Soutar, Honolulu Orchid Society Show Publicity Chairperson. "It's nice to focus your energy into caring for something that is beautiful. Some orchids only flower once a year, and many of the older growers get so much joy out of watching and waiting for those special blooms."

This year, shoppers can look forward to buying orchids, crown of thorns, tropicals, jewelry made of real orchid flowers, handmade corages and leis, gardening tools, and worm kits for making homemade compost. For a fee, plant-repotting



Courtesy photo

services will also be available.

Matthew Goo, one of several plant doctors will be on-site to answer questions regarding agriculture, such as how to export plants to and from Hawaii. Event goers can even bring in their sick orchid plants for the doctors to evaluate. The sick plants must be kept isolated (quarantined) properly in an enclosed bag or container of some kind so that their ailments don't spread to the healthy plants at the show.

The judging and awards are determined the evening of Oct. 19 and award ceremonies will take

place at 9 a.m. Friday by the educational stage area. There are 40 different award categories.

Make sure not to miss the Great Hawaiian Orchid show at the Neal Blaisdell Center Exhibition Hall at 777 Ward Ave. Admission is \$3.00 for adults but is free for children 12 and younger. The dates and times are: Friday from 9 a.m. to 8 p.m., Saturday from 9 a.m. to 7 p.m., and Sunday from 9 a.m. to 4 p.m.

For more information, contact David DeWitt, Honolulu Orchid Society Show Co-Chairperson at hos558@yahoo.com.

# Silent auto auction underway

A silent auction is now underway at the Auto Skills Center, Building 3097, Marine Corps Base Hawaii, Kaneohe Bay, for bids on the vehicles listed below. Bids will be taken by placing a sealed ballot in a box provided at the Auto Skills Center. Bidding will close at the close of business on Oct. 30. The boxes will be opened the day after closing, and the persons with the highest bids will be notified.

YEAR	MAKE	MODEL	MIN BID	REMARKS
1990	DAIHATSU	ROCKY	\$100.00	RUNS GOOD/BAD INTERIOR
1993	TOYOTA	CAMRY	\$200.00	RUNS GOOD NEEDS SOME BODY WORK
1995	MAZDA	MX-3	\$500.00	RUNS GOOD
1990	MAZDA	MX-6	\$50.00	RUNS GOOD , EXHAUST LEAK, CLUTCH WORK
1989	CHEVY	S10BLAZER	\$725.00	RUNS, NEEDS FUEL PUMP
1994	PLYMOUTH	VOYAGER	\$300.00	BODY GOOD, NEEDS HEAD GASKET WORK
1994	ISUZU	TROOPER	\$1,000.00	RUNS, NEEDS VALVE ADJUSTMENT
1987	GMC	JIMMY 4X4	\$800.00	STARTER SHORTED
1980	CHEVY	CAMARO	\$800.00	NEEDS MAJOR TUNE-UP, BODY WORK
1988	FORD	MUSTANG HP	\$2,500.00	V8-460 RUNS HIGH PERFORMANCE CAR
1998	ACURA	INTEGRA	\$3,000.00	RUNS LOOKS GOOD
1984	CHEVY	MONTE CARLO	\$1,000.00	RUNS, MISSING SPEEDO
1994	FORD	F-150 FS 4X4	\$2,000.00	RUNS GOOD
NOTES:	HP FS	HIGH PERFORMANCE FLARESIDE		

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

## MOVIE TIME

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

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

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

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

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

World Trade Center (PG-13)  
Idlewild (R)  
How to Eat Fried Worms (PG)  
Invincible (PG)  
Material Girls (PG)  
World Trade Center (PG-13)  
Beerfest (R)  
Invincible (PG)  
Crossover (PG-13)

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



# Chaplain’s Corner

## Take notice of trees, roots

Navy Lt. Richard M. House, Chaplain

Don’t you just love trees? I like trees, but I don’t know much about them. Oh, I can figure out the difference between a palm tree and a Redwood, but that’s about it. There’s just something, I don’t know what it is. There are, of course, the basic wood products and all that we derive from trees, but I ponder that it is their beauty that moves me most.

Anybody been to Unchon, Korea? It’s a town near the DMZ that we used to go to for exercises in the early 80s when I was with 12th Marines. I seem to recall that we were there for months on end. It was dusty and hot or very muddy and wet, depending on the season. I remember that the hills were covered in large green trees. You know — the ones with needles and cones and stuff.

As we were there for months on end, we were able to see the seasons change. As summer turned to fall, I noticed that standing alone in the midst of thousands of Christmas tree-type trees was one tree that wasn’t a Christmas tree — it was more like the kind of tree that changes color and the leaves fall off. There was only one of these.

I didn’t notice it at first, because it was hidden against the green that surrounded it. But after awhile, it began to stand out. It was huge, and it was almost as large as the other trees that surrounded it. I took note of that tree every day. The leaves turned bright, then deepened, and then fell off altogether. And as luck and the Corps would have it, we found ourselves in Unchon two years in a row, so I was able to spot the tree immediately.

How did it flourish on that mountain among so many others of a different species? Outnumbered, it stood its ground, and made itself known to anyone who would take the time to look. When it was in its glory, its yellow, orange and red colors stood out in a most vibrant way against the rich green backdrop that surrounded it.

Twenty years later, I mentioned that tree in a homily at the Marine Memorial at Camp Pendleton. And don’t you know, someone came up to tell me and said that they too had been in Unchon for an exercise.

They also had noticed a lone tree on a hill in Korea. The lieutenant colonel was far too young to have been there in 1982, but he remembered the tree from a later exercise. You know, there aren’t that many people around who were in the Corps in Korea in 1982, but I was talking with a three-star the other day who was with 12th Marines on that same exercise. I’m getting too old for this!

Friday, I went to the chow hall. Do you go to the chow hall? You should. If you are young and in uniform, you should eat at the chow hall. For \$3.50 you can get all the great chow you can eat. If you’re eating someplace else – save your money, and eat at Anderson Hall.

Anyway, on the way back from chow, I saw someone behind my building cutting down the banana trees. I don’t own the building or the banana trees, but I wandered back to see who was killing my trees.

It seems that a Marine had taken it upon himself to clean up the overgrown banana trees, but I pondered that he was taking them down too close to the ground, and was thinking that doing that would lead to their demise. He told me that the trees could be trimmed way back and still survive. Then I remembered that I had seen the same thing done even in a far more distressing manner to a clump of banana trees closer to the battalion.



Someone had set them on fire! I was just appalled that someone would do that. But don’t you know – they grew back! And now they are as strong as they were before, perhaps even more so.

As you may recall, I peddle my bike everywhere. And it’s only a one-speed grandma bike, so I don’t go very fast, so I usually go slow enough to take notice of the scenery. It didn’t take me long to figure out why we are on what is called the Windward side of the island. There are times that I feel like I’m peddling up Mt. Everest. What a blast of wind! As I’m peddling, I take note of some of the trees. They’re not straight. They’re bent. They’re crooked. Whether they are palm trees or another type of tree on this side of the island, they all have adjusted to their surroundings. They have not given in to them; they have held their own. I ponder that they must have an amazing root system to survive such violent winds.

So here’s the point. Here we are, most of us in green or desert uniforms. But I ponder that it is not necessarily a bad thing to stand out once in awhile – hopefully for the good! I ponder that the Corps doesn’t want robots but men and women who will make the right choices. You can stand out for the bad and end up at office hours, or you can stand out for the good, and be a leader.

Even though I thought that the way that Marine was trimming the banana trees that there was no way that those trees could survive. But as brutal as his pruning appeared to be, it was clear by the thriving crops around us that pruning may be necessary to encourage growth. Such as it is with us perhaps, that what in the midst of trauma may appear to be soul threatening, it is just that which is necessary to maintain the good growth of our soul.

What is that old saying? “What doesn’t kill you makes your stronger.” And even though we may feel that we are beset by violent storms, it’s all a matter of how we are grounded. How strong are our roots? To what are you grounded? To what are you anchored?

So our homework for the week is to take notice of a tree, and to take note of your roots.

See you around the neighborhood!  
Peace!

# ON THE MENU

## AT ANDERSON HALL

<b>Friday</b> <i>Lunch</i> Oven roast beef Baked tuna & noodles Steamed rice French fried cauliflower Vegetable combo Brown gravy Chilled horseradish Banana coconut cream pie Chocolate chip cookies Carrot cake Cream cheese frosting Vanilla/chocolate cream pudding Lime/strawberry gelatin <i>Specialty bar: Southern Meal</i>	Vanilla/chocolate cream pudding Strawberry/orange gelatin	Brown gravy Desserts: Same as lunch
<b>Dinner</b> Sauerbraten Baked knockwurst with sauerkraut Scalloped potatoes Noodles Jefferson Green beans with mushrooms Creole summer squash Brown gravy Desserts: Same as lunch	<b>Monday</b> <i>Lunch</i> Teriyaki chicken Salisbury steak Mashed potatoes Steamed rice Simmered carrots Simmered lima beans Brown gravy Pumpkin pie Chocolate cookies Easy choc. cake with chocolate butter cream frosting Vanilla/chocolate cream pudding Strawberry/strawberry gelatin <i>Specialty bar: Pasta</i>	<b>Wednesday</b> <i>Lunch</i> Baked ham Chili macaroni Candied sweet potatoes Grilled cheese sandwich French fried okra Cauliflower au gratin Pineapple sauce Bread pudding with lemon sauce Peanut butter brownie Banana cake with butter cream frosting Vanilla/chocolate cream pudding Orange/raspberry gelatin <i>Specialty bar: Hot dog &amp; sausage</i>
<b>Saturday</b> <i>Dinner</i> Grilled T-bone steak Pork chops Mexicana Mashed potatoes Spanish rice Mexican corn Peas & mushrooms Brown gravy Cheesecake with cherry topping Fruit nut bars Chocolate/vanilla cream pudding Lemon/lemon gelatin Yellow cake	<b>Tuesday</b> <i>Lunch</i> Sweet Italian sausage Veal pamesan Cheese ravioli Spaghetti noodles Simmered asparagus Italian blend vegetables Meat sauce Strawberry glazed cream pie Brownies Devil’s food cake with mocha butter cream frosting Vanilla/chocolate cream pudding Cherry/lime gelatin <i>Specialty bar: Taco &amp; Deli</i>	<b>Thursday</b> <i>Lunch</i> Cantonese spareribs Baked tuna & noodles Shrimp fried rice Corn on the cob Club spinach Corn bread dressing Brown gravy Lemon chiffon pie Snicker-doodle cookies German chocolate cake Vanilla/chocolate cream pudding Lime/strawberry gelatin <i>Specialty bar: Deli &amp; hot sandwich of the day</i>
<b>Sunday</b> <i>Dinner</i> Beef pot pie Baked ham Baked macaroni & cheese Club spinach Cauliflower au gratin Cream gravy Bread pudding with lemon sauce Vanilla cream pie Vanilla cookies Pineapple upside-down cake	<i>Dinner</i> Swiss steak with tomato sauce Lemon baked fish Lyonnaise potatoes Steamed rice Southern style green beans Vegetable combo	<i>Dinner</i> Swedish meatballs Caribbean chicken breast Steamed rice Paprika butter potatoes Simmered brussels sprouts Simmered summer squash Chicken gravy Desserts: Same as lunch



# Marines, Sailors take care of their own

**Cpl. Sara A. Carter**  
*Combat Correspondent*

It is a joyous time when Marines return with their units from a deployment. But most returns are bittersweet, because there always seems to be some who don't make it home. For those who don't return, families and fellow Marines and Sailors memorialize them during a service.

A memorial service is not just a time for Marines and Sailors to grieve their fallen brethren; it's also a time for the families to find closure. In some circumstances, due to financial hardships and high costs associated with traveling to Hawaii from the mainland, many families may not be able to attend the memorial services.

In order to allow all family members to attend the service, the Navy-Marine Corps Relief

Society uses donated funds to pay for their trips.

"It is important for the families to meet the Marines their loved ones served with," said Beth Cooling, NMCRS volunteer and wife of 3rd Battalion, 3rd Marine Regiment's commanding officer. "It helps the families get closure, and it helps the Marines too."

The relief society contacts each of the families to invite them to the ceremony, then provides them with airfare, lodging, and a rental car to use for five days.

Third Battalion, 3rd Marine Regiment, which returned from a seven-month deployment to Iraq last week, has scheduled a memorial service for today at 3 p.m. between Hangar 101 and 102 aboard Marine Corps Air Facility, to pay their respects to their 11 brothers who lost their lives supporting Operation Iraqi

Freedom. In case of inclement weather the memorial will be held at the Base Chapel. The families of the fallen have already been notified, and most have already made arrangements for their trip to Hawaii.

"Currently, 75 family members are coming out for the memorial," said Cheryl Milca, assistant for NMCRS. "We still have two families waiting to confirm."

According to Milca, this is the fifth memorial the society has arranged for families of the fallen. The first was held in January 2005.

Sometime during the start of the war, someone anonymously donated \$2 million to the NMCRS, specifically for memorial ceremonies, Milca said. These funds have been used to bring families to memorial ceremonies throughout the world.

"We have used \$166,000 for

our memorial services (here) so far," the assistant said. "The Navy and Marine Corps can use this money, so with all of the memorial services that are held at the different bases, we might be getting close to using up all of the money."

Once the money is gone, another \$2 million will be donated to the society, she continued.

Anonymous donations to NMCRS is not the only way the nonprofit organization raises funds. They also receive donations during the Combined Federal Campaign fund drive and during the NMCRS fund drive held each year in the spring.

To date, the NMCRS has brought 174 service members' families to Marine Corps Base Hawaii, Kaneohe Bay, to attend services.

"Some of these families might not have been able to come," Milca said. "They are

grateful for the assistance." more information on the Call 257-1972 or 257-1973 for NMCRS.



Cpl. Sara A. Carter

Joyce Bertolino of Hampstead, N.H., weeps as she kisses the dog tags of her late son, Pfc. Matthew Bertolino. Bertolino, who was assigned to 1st Battalion, 3rd Marines and killed in Afghanistan on Feb. 9, was one of four service members who were remembered at a memorial service June 29. Families of fallen Marines and Sailors are brought to the memorial services on Marine Corps Base Hawaii, Kaneohe Bay, through funds from the Navy-Marine Corps Relief Society.

## Oahu Marines get sneak peek of 'Flags of Our Fathers'

**Lance Cpl. R. Drew Hendricks**  
*U.S. Marine Corps Forces, Pacific*

**U.S. MARINE CORPS FORCES, PACIFIC, CAMP H. M. SMITH, Hawaii** — Instead of your normal "oohs" and ahhs" heard during most movies, a combination of "Ooh-rah," "Yut" and other Marine speech could be heard before, during and after the advance screening of "Flags of Our Fathers."

The screening was hosted at the Dole Cannery 18 Megaplex in Honolulu, Oct. 12. Marines around Oahu were invited to the screening through the efforts of the Pacific War Memorial Association, which obtained the tickets from Paramount Pictures.

"I thought it was important to do this because the Marines used these islands to train for the battle of Iwo Jima," said Alice Clark, founder of the PWMA. "Most of all, I think the Marines need to see this movie."

One of the special guests in attendance was Donn Lewin, a former Marine who served during World War II and fought on Iwo Jima.

Even though Lewin does not need to see a film to remember those experiences, he said he was excited to see it.

He says he does not worry about the memories. They don't seem to haunt him as much as they do others.

"I am one of the lucky ones. I got out alive and I don't have night-



Lance Cpl. R. Drew Hendricks

**Before the advance screening of "Flags of Our Fathers" at the Dole Cannery 18 Megaplex, Honolulu, Oct. 12, Donn Lewin, a former Marine who served during World War II, talks with Marines from 3rd Radio Battalion about his experiences on Iwo Jima.**

mares," he said. "I can tell you about almost every minute, from the time we hit the beach, until I was wounded twice and they made me get off that island, like it was yesterday, but it doesn't bother me."

Like most of the Marines who fought on the island of Iwo Jima, it isn't what happened to Lewin that troubles him, but what happened to his brothers in arms.

"The only thing that bothers me, and I put it out of my head, is I landed with 12 men under me and when I got off there, there were only three of us left," he said. "It bothers me, but I don't let it affect me."

The movie paints a picture of what Lewin and his comrades went through, not just in battle, but back home as well. Lewin and his fellow Marines fought during a time when war was fought by the young. At 18 years old he fought on Guadalcanal, was part of the first wave at Bougainville, the first wave at Guam and the fourth wave at Iwo Jima.

Based on the book by James Bradley, the movie shows a time when the country was worn down, financially stressed, cynical and flat out tired of war.

The characters in the film are forced to deal with war, families back

home and people who just don't seem to understand what's truly going on. The movie retells the story of Iwo Jima through a Navy corpsman and two Marine privates first class who were the only men out of the six who raised the flag on Mount Suribachi to survive the battle of Iwo Jima. It follows their lives after the battle as they are taken from their units to promote the campaign for war bonds.

It is a film that portrays, in a historical manner, the events during and after the battle of Iwo Jima. It shows the heartache and hardships of those who have the burden of remembering the dead.

The characters are young, just as many of the service members were back then, but the country still thought of them as champions.

"I was 15 when I joined the Corps, and I was 18 on Iwo," said Lewin.

The movie, according to Lewin, is spot on, true to life and does its best to capture the emotion and perspective of these men.

"That's how we all felt back then," said Lewin. "They kept calling us heroes, but the ones who were heroes were the ones who didn't leave that island. If you're going to do anything, do it for the guys I had to leave back there."

Most of the Marines who saw the movie sung its praises.

"I thought it was incredible. I read the book awhile ago and I

thought they did a great job sticking to it," said Lance Cpl. Patrick Gordon, a Korean linguist, Alpha Company, 3rd Radio Battalion. "Just like the book, it showed that these men didn't think of themselves as heroes. It was the men who died that should be regarded as heroes."

For some Marines it instilled even more pride in being a Marine and gave them a motivational boost.

"I have always been proud of being a Marine, but seeing what these guys went through and the things they accomplished, it makes me want to get out there and get a piece of the action," said Dereck Shockley, a Marine with 3rd Radio Battalion.

It also shows a glimmer of the esprit de corps Marines of yesterday and today stand for and what some have fallen for.

Marines who fight in the sands of Iraq and Afghanistan have the same mentality as those who fought on the beachheads of the Pacific, said Lewin.

The Marines may fight for the people of America, but they die for their brothers, those right beside them, said Lewin, quoting the movie.

"That's how it has been and that's how it will be," said Lewin.

The Marine Corps has endorsed the film, and all Marines and Sailors past and present are encouraged to see it. The film is open to public viewing Oct. 20.



# Manager helps Marines, Sailors with transition

**Christine Cabalo**  
*Photojournalist*

At Marine Corps Base Hawaii, Kaneohe Bay, service members seek Transition Assistance Program Manager Ric Paguio's help to make a smooth transition from military life to civilian life.

“My primary responsibility is to deliver the transition program seminar to separating and retiring Marines and Sailors,” said Paguio, who works for Marine Corps Community Services. “It’s a four-day class, and what it entails is a briefing on all the benefits and services available to the military folks who are getting out of the service.”

As a retired senior chief petty officer who served in the Navy for 26 years, Paguio said he had to ask himself similar questions about what to do after he retired.

“There are a lot of factors that affect what an individual is going to do on the outside,” he said. “First of all, where are they going to go? Where are they planning to go? What type of job are they looking for? Do they have family members?”

Federal law states that service members must take the TAP class no later than 90 days before leaving military service. Although law requires separating or retiring Marines and Sailors to be present for the seminar, Paguio said he would still urge them to attend. Representatives from organizations such as the Veteran’s Association and Joint Education Task Force speak during the class about available medical and educational benefits.

“In addition to that, once they attend the class, they can also make an appointment with one of the specialists here,” said Paguio. “We assist them in putting a resume together, if they need assistance doing that. We actually assist them in the job search process – where to look, depending on what field they want to go into when they leave the service. Some of them don’t necessarily want to do what they did while they were in the military. They want to do something different or get a degree to allow them to do something different.”

Paguio noted that it might not be possible for service members, such as infantrymen, to do in the civilian world what they did in the military. While Marines have a variety of options available to them, he said one career field that is always available is security. He noted that service members getting out could easily find positions as firefighters, police officers or armed security officers, because nearly all Marines have had duties in ensuring public safety.

“Businesses and industries outside of the military are looking to hire veterans these days,” said Paguio. “And the reason is because they’re aware of their (service members’) work



Christine Cabalo

**As manager of the Transition Assistance Program, Ric Paguio helps Marines and Sailors readjust to civilian life. Paguio, who retired from a 26-year career in the Navy, manages TAP classes that teach service members which benefits they will receive after they separate.**

ethics – the fact that they come to work on time; they’re drug-free and have marketable skills.”

For more than three years, Paguio has offered his assistance at the base and said he is committed to ensuring veterans make a smooth transition. He noted that his previous military service has given him the needed skills and experience in counseling others. In addition to this practical training, Paguio received the Certified Workforce Developmental credential in September.

This certification comes from the National Association of Workforce Development Professionals, an organization dedicated to high standards of professional ethics and technical knowledge. He is one of just 11 people in Hawaii who are listed on NAWDP’s Web site as certified in this way.

Getting certified was a rigorous process, noted Paguio. Five months ago, he and other MCB Hawaii professionals went to Arizona for 40 hours of professional development to fulfill some of the CWDP’s requirements.

Paguio said that any certification or credential that a person earns on the job says that he or she takes his or her job seriously.

“There are 10 competency areas that we are well versed in that help us do our job better,” he said. “It all ties in and says that we’re professionals at what we do. That’s a good thing for our clients to know.”

He noted that there was a time before the early ‘90s where the government did not give service members as much help in readjusting after they concluded their tour of duty. Paguio noted that veterans, including ones from the Vietnam conflict, pushed for more support because of their own problems adjusting to civilian life after the military.

“That’s the whole idea of TAP,” said Paguio. “It’s to let them know that hey, you have these benefits and services available to you. There are people willing to help you.”

# Navy hospital corpsman prepares to deploy to Iraq with Marines

**Cpl. Rick Nelson**  
*Combat Correspondent*

Everyone joins the military for their own reasons, some for college and some for the experience, but who’s to say what the right reason is?

“I originally wanted to join the Marines because I wanted to be hardcore,” said Petty Officer 3rd Class Renso R. Sanchez, hospital corpsman, 1st Battalion, 3rd Marine Regiment. “I was really into the medical field and the Marine Corps didn’t offer that, so I spoke with recruiters from the other services. Once I found out the Navy had a medical field and worked hand-in-hand with Marines, I decided that’s the route I would take.”

Sanchez, a graduate of James Monroe High School, North Hills, Calif., said he decided the military would be the right path for him when he realized he wanted to begin a new life.

“I’ve always had a job as far back as I can remember, but I just didn’t want to be one of those people who lived off of their parents,” he said. “My parents weren’t too thrilled about the idea of me joining, because they thought I was going to go to war .... man were they right.”

Sanchez joined the Navy July 22, 2002. After completing basic training and his Hospital Corpsman School, he was sent to Iraq for seven months where he served in support of Operation Iraqi Freedom with 1st Battalion, 5th Marine Regiment in March 2005.

“It was cool being deployed, but really hard sometimes,” said the native of San Fernando Valley, Calif. “This upcoming deployment is going to be difficult, because I know what to expect. It’s tough with all of the casualties and always being scared for your life.”

A lot of the younger Marines and corpsmen are excited about going, because it’s their first time. But they don’t realize the danger, he added.

“I love being deployed. I just hate that feeling of not knowing what’s going to happen the next day or even in the next 10 minutes,” the 21-year-old said. “But it’s my job, and if I’m told to do it then I gladly will. Being scared is natural. I guess you have to be brave and overcome your fears when the time calls for it.”

Sanchez is described as a motivator by the Marines he works with and is said to always have something to talk about.

“No matter what you’re interested in ‘Doc’ Sanchez will



Cpl. Rick Nelson

**Petty Officer 3rd Class (Fleet Marine Force qualified) Renso R. Sanchez, hospital corpsman, 1st Battalion, 3rd Marine Regiment, poses for a photo at Pohakuloa Training Area on the island of Hawaii Oct. 5. Sanchez was at PTA for training to prepare for his second deployment to Iraq where he will serve in support of Operation Iraqi Freedom.**

take part in it and will hold a conversation or go along with whatever it is,” said 2nd Lt. Luke I. Balthazar, platoon commander, Combat Engineers, Combat Assault Company, 3rd Marine Regiment. “The Marines are lucky to have a Doc like him and all of them enjoy having him around. He’s very helpful even when it comes to stuff we have to do, like mixing cement and building walls.”

According to Sanchez, he loves working with Marines and has been with Marines throughout his entire enlistment.

“Marines are funny and have an awesome sense of camaraderie,” he said. “I don’t know

if I’m going to reenlist or not, it really depends on if I get promoted before my enlistment ends.”

Sanchez is currently working toward earning an associate’s degree in Health Science through online courses at Coastline Community College. He said if he does decide to reenlist, he would want to continue working with Marines.

Sanchez said he has had a lot of memorable times during his enlistment, including receiving the Navy and Marine Corps Achievement Medal with combat “V” for his actions in Iraq and meeting a lot of good friends.



# Hawaii MARINE SPORTS

HAWAII MARINE C SECTION

OCTOBER 20, 2006

## ‘Warriors’ put ‘Bulldogs’ in doghouse

**Lance Cpl. Edward C. deBree**

*Combat Correspondent*

Headquarters Battalion Warriors defeated the 1st Battalion, 12th Marine Regiment Bulldogs 30-14 during an intramural tackle football game Oct. 11 at Pop Warner Field.

The Warriors were determined to pick themselves up after suffering a 28-6 defeat earlier in the season to the Camp H.M. Smith Raiders.

In the beginning of the first quarter, Warriors shut down the Bulldogs’ offense to gain possession of the ball, and that’s when the Warriors unleashed all they had.

Warriors’ running back Edward Smith was handed the ball and ran 20 yards in the team’s first play, which set the mood for the rest of the game.

Warriors’ quarterback Kevin Martin cocked back his arm and launched the ball 15 yards, which landed in the hands of receiver Pedro Villarreal for the touchdown. The Bulldogs’ defense was able to block the field goal to keep the Warriors from scoring the extra point 6-0.

This streak would carry on into the second quarter as Warriors’ wide receiver, Harold Wallace Jr., plucked the ball out of the air for a 30-yard pass and touchdown, 14-0.

See FOOTBALL, C-3



Lance Cpl. Edward C. deBree

Warriors' Kevin Martin runs past the Bulldogs' defense during an intramural tackle football game at Pop Warner Field. The Warriors walked away with the game, 30-14, Oct. 11, to bring their record to 2-2. Warriors’ coach Juan Castro said he needs more players so the current line up doesn’t run thin.

## ‘Raiders’ trounce Marine Aircraft Group 24 28-12

**Lance Cpl. Jon E. Hoaldrige**

*U.S. Marine Forces, Pacific*

**CAMP H.M. SMITH, Hawaii** – A smothering, bloodthirsty defense in the second half led the still-undefeated Camp H.M. Smith Raiders to a 28-12 victory over the Marine Aircraft Group-24 Bandits in an intramural football game Oct. 12.

It seemed they had met their match as the Raiders gave hometown fans a scare the first half, allowing the Bandits to gain a 12-0 lead in the first half.

The game was more than half over before the Raiders showed some sign of life.

From the start, both defenses stifled the opposing offense for the entire first quarter. The game became intense after Gabe Gustafson, Bandit cornerback, caught his second interception of the night and returned it 45 yards for a touchdown with 6:54 left in the half.

Gustafson’s touchdown served as a catalyst for the offense, and Deray Davis, Bandit quarterback handed off to Victor Curly for another Bandit touchdown.

After a failed field goal attempt, Camp Smith left the field for halftime, down 12-0.

“We were missing assignments on offense and defense,” said Carson Peapealalo, Raiders head coach. “We needed to get back to the basics and play hard.”

After a halftime pep talk, which could be heard from the opposite end of the field, the Raiders came out swinging.

The Bandits received the ball to begin the second



Lance Cpl. Jon E. Hoaldrige

Camp H.M. Smith Raiders' offense struggled throughout the game, but a smothering, bloodthirsty defense in the second half led the still-undefeated Raiders to a 28-12 victory over the Marine Air Group-24 Bandits in an intramural football game Oct. 12.

half, but the Raiders’ defense plugged every hole, stifling their running game.

Forced to punt on fourth down and deep in their own territory, the Bandits mishandled the snap and the Raiders recovered the ball on the 10-yard line.

With 3:52 left in the third quarter, Rodney “Mac” McCullough, Raiders’ running back, pounded the ball into the end zone to cut the lead in half, 12-6.

After another Bandit turnover, Marlon Cummings, Raiders’ quarterback, snuck thru the

defensive line up the middle for another touchdown with less than three minutes remaining in the third quarter.

With the score tied, the Bandits showed signs of panic, and Camp Smith’s defense sensed it.

What seemed to be a promising offensive drive by the Bandits was abruptly ended by a nasty hit from Raider linebacker, Alike Dowsett.

The cracking sound of helmet on pad echoed on the field, and the ball popped loose, flying back toward the red zone. “Big John” Kahapea scooped the

ball up, keeping his momentum and ran it in untouched for another touchdown.

After a successful two-point conversion, the score was 20-12 with just seconds left in the third, but the Raiders weren’t satisfied.

Again, the Raiders forced the Bandits to punt, and for the second time took advantage of a badly snapped punt. Solomon Castillo, Raiders’ lineman, took advantage and ran it into the end zone.

Avery “Big House” Chester, Raiders’ running back, got the 2-point conversion the next play, leaving the score 28-12.

The Raiders sealed the deal

with their last touchdown and consistent defensive stops. The remaining nine minutes had brief moments of hope for the Bandits, but they couldn’t execute.

“You can’t win a game with four turnovers in the second half, but we will right the ship before we play them again,” said Jamie Willis, Bandits’ head coach. “We’ll keep practicing and try to improve our continuity on the playing field.”

The Raider’s played Combat Service Support Group 3 Thursday. See next week’s *Hawaii Marine* for more details about the game.

## VP-47 wins basketball season

**Lance Cpl. Edward C. deBree**

*Combat Correspondent*

Patrol Squadron 47 finished the basketball season as reigning champions for the intramural league.

With a record in the season of 9-2, VP-47 was feeling confident in coming home with the championship. This was the third time in a row that VP-47 has come home with the championship in a four-year span.

“The only reason why we didn’t win the championship last season was because our squadron was deployed,” said Scott Sabu, VP-47. “We played really good this season as a team. There were no egos, no stars, just one team and that’s why we were able to win.”

In the last game of the championship playoffs, VP-47 was pitted against Marine Aviation Logistics Squadron 24, who gave VP-47 a run for their money in the second half.

“We knew we would have to play hard and jump on them quick because they were a really good team,” said Marquis Ball, VP-47. “We had to set the tempo of the game in the beginning or fall into their trap. They didn’t have enough size and we used size to our advantage.”

With this year’s season over, the team members of VP-47 are looking forward to next year.

“I look forward to defending our championship and coming home with number four,” said Ball. “It was just motivating for me to play against the Marines and come home as the champion. The Marines are more athletic and in shape and we showed them that not all Navy is out of shape.”



## Sports Briefs

### HSL-37 Splash & Dash Biathlon

Part of the CG Semper Fit Series, the Biathlon race is open to the public. Contestants can sign up until the event starts. The race begins Saturday at 7 a.m. at Hangar 103.

Visit [www.mccshawaii.com/cgfit.htm](http://www.mccshawaii.com/cgfit.htm) or call Stacy Barkdull at 257-7590 for more information.

### Youth Flag Football and Cheerleading

Youth Activities is currently accepting registration for youth flag football and cheerleading. The seasons run from Oct. 1 to Dec. 15. When registering, bring a copy of a birth certificate or your military ID card.

Call 254-7610, for more information.

### Ongoing

#### 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.

#### Personal Trainers

For those looking to get into a tailored exercise regimen, or for those just looking for some good advice on weight management and weight control, Semper Fit Center offers free personal training consultation.

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.

Call Semper Fit Center at 257-7597 to schedule an appointment.

#### Campground and Picnic Sites

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

Three of those beaches, Pyramid Rock, Hale Koa and Fort Hase are available by reservation from dawn to dusk 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 H.M. Smith for more information.

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

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

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

Call the Base Marina to charter the Bill Collector at 257-7667 or 254-7666.

#### K-Bay Lanes

Economical entertainment, Mondays through Thursdays at the K-Bay Lanes where all E-1s to E-5s can receive free rental shoes and discounted games at only \$1.50.

Call K-Bay Lanes at 254-7693, for more information.

#### Fall Swim Lessons Offered

The Base Pool Fall Swim Lessons are given from 1 to 5:30 p.m. Classes are open to all military service members, spouses, and DoD Employees. All levels of instruction are offered, and classes run Tue-Fri for two weeks. Reservations required, and placement is on a first come, first served basis, so call MCCS Aquatics at 254-7655.

#### 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 old 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, with certified massage therapists, is available at the Semper Fit Center, Kaneohe Bay. The massage therapy program will help relieve your mental and physical fatigue and improve overall circulation and body tone. Appointments are available by calling the Kaneohe Bay Semper Fit Center at 254-7597.

#### MCCS Aquatics

One of MCB 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 the MCBH K-Bay Main Pool, the Camp Smith Pool and the Manana Housing Pool, as well. Tuesdays through Fridays, weekends and holidays, MCCS Aquatics invites you to party your way at one of the base pools. "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' x 20' 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 for the peewee party folk. "The pricing is very affordable, and the locations are all convenient," furthered Leonard, "all it takes is a call." Call MCCS Aquatics at (808) 254-7655, to set up a date for your pool party.

## Intramural softball standings as of Oct. 17

Team	Wins	Losses	Playoffs for intramural softball run from Oct. 23 to 26.
CSSG-3 Supply	19	1	
2-2	16	2	
HQBN	17	3	
3rd Radio Bn.	13	6	
Fire Dept. "A"	11	6	
HSL-37	12	9	
VP-47 "A"	11	10	
Fire Dept. "B"	9	9	
MALS 24	9	11	
CAC	6	15	
VP-47 "B"	5	15	
3rd Mar Reg	4	15	
VP-4	6	7	
HMH-363	2	10	
1/12	0	7	



## Tackle football standings as of Oct. 17

Team	Win	Losses
Camp H.M. Smith	4	0
CSSG-3	3	0
HQBN	2	2
MAG-24	1	4
1/12	0	4



Cpl. Sara A. Carter

Kevin Ramirez, radio operator, Combat Assault Company, 3rd Marine Regiment, receives a punch to the stomach from Charles Martin, Maintanance, CAC, during Marine Corps Martial Arts Training Oct. 16 at Fort Hase Beach.

**Oct. 25**  
Camp H.M. Smith vs. HQBN

**Oct. 26**  
CSSG-3 vs. 1/12

**Nov. 1**  
1/12 vs. MAG-24

**Nov. 2**  
CSSG-3 vs. HQBN

**Nov. 6**  
Camp H.M. Smith vs. 1/12

## 2006 tackle football schedule

All games will be played at 6 p.m. at Pop Warner Field unless otherwise noted.

Playoffs are scheduled for Nov. 13, 15 and 20. Championship playoffs are scheduled for Nov. 27.



## SIGN UP FOR FALL SWIM LESSONS

Want to learn how to swim? Classes are available now from MCCS Aquatics.

Classes run for two weeks, Tuesday through Friday, and are available from 1 to 5:30 p.m.

Reservations are required in advance. Call 254-7655 for more information and scheduling.



# Teambuilding



Cpl. Roger L. Nelson  
Brigadier Gen. Steven A. Hummer, commanding general, Marine Corps Base Hawaii, cuts a ribbon to open the new Lifestyle Insights, Networking, Knowledge and Skills building Oct. 13.

## FOOTBALL, from C-1

The Bulldogs finally got into the game with one minute and 30 seconds on the clock when receiver Jaree Williamson jumped into the air to catch a 30-yard throw into the end zone 14-6.

With 20 seconds left on the clock, Wallace grabbed the ball on the return and zigzagged his way through the Bulldogs’ defense for a 40-yard return, as a fan from the crowd shouted, “Just put that play in the highlight reel,” as the second quarter ended.

“We need to come back and you guys have what it takes to beat them,” said Bulldogs’ coach Delbert Pider to his team during halftime. “You guys are the big dogs in the woods so get out there and show them who you are.”

The Warriors put Pider’s words to rest when quarterback Edward Smith pushed through the defense at the one-yard line to score. The Bulldogs’ defense pushed their way through to chase Smith in an attempt to divert the 2-point conversion, but in doing so they left Wallace wide open to catch the ball.



Lance Cpl. Edward C. deBree  
Warriors' Kevin Martin runs past Bulldogs’ defense Oct. 11 during an intramural tackle football game at Pop Warner Field. The Warriors defeated the Bulldogs 30-14.

As the clock shed away seconds, in a final push to score before the end of the third quarter, the Bulldogs’ Anthony Norman Jr., slipped through the hands of the Warriors to run 30 yards for a touchdown,

bringing the score to 22-14. A short pass to Wallace in the middle of the fourth quarter resulted in a 40-yard run into the end zone bringing the score to 30-14. After that, it was just a matter of running out the clock to secure the win.

“We knew we had it in us to win this game,” said Warriors’ coach Juan Castro. “Every time we worked together, we scored. The last game against Camp Smith, we argued amongst each other, and that is what cost us.”

On the other side of the field, Pider said that his team needs to stick to the basics and run with the ball in order to get out of their 0-4 record.

“We lacked practice time, and that’s what killed us,” said Pider. “We need to work on our linemen to protect our quarterback to give him more time to throw the ball. That’s our weakest point.”

The Warriors need more players from both Headquarters Battalion and Marine Corps Air Facility in order to successfully keep winning games, said Castro.

“We’re running thin,” he said. “Toward the end of this game, we were wearing them (the Bulldogs) out, but we were also wearing ourselves out, because we needed almost everybody for every play. We just need more players and keep playing as a team to win this season.”

# What to expect before your baby arrives

**Kelley Harper**  
*LIFELines*

America’s finest are trained to respond at a moment’s notice to any contingency. No challenge is too great, no obstacle too far out of reach. Or is it? It’s unlikely that they taught you in boot camp how to change a dirty diaper, walk a fussy baby, or measure formula in the middle of the night. Nothing will fully prepare you for parenthood, but you can learn what to expect and how to handle your new bundle of joy – whether you’re

on land or at sea.

**What to Expect as a Rookie Father**

In your first few months as an expectant father, it may seem as though nothing has really changed. As far as you can see, your wife’s belly is getting a little larger, your grocery bill is going up, and you’re spending all your free time giving massages.

So where do you fit in? Often, fathers feel unsure of what their role is during

pregnancy and the first few months after the baby is born. But just because you’re not the pregnant one doesn’t mean you don’t have concerns and fears of your own.

“I want to make sure that the baby and my wife are in good health,” said Marine Staff Sgt. Winiberto Garcia of Camp Pendleton, Calif. “And I worry about having everything to provide for my family.”

Health and finances may not be your only worries. It’s also normal to feel any of the

following:

- \* Concern about what type of father you will be
- \* Added responsibility and pressure to balance your time
- \* Curious about relationship changes with your partner
- \* Mood changes (hers and yours)
- \* Changes in the way you view the world and others around you

Rest assured, this is all part of adjusting to fatherhood and understanding the changes in your life during the coming months.

**Are You Ready for Boot Camp Again?**

Grab your gear, because you’re off to train for your most difficult challenge – your precious new addition.

Baby Boot Camp, a class offered by Marine Corps Community Services, Marine Corps Base Hawaii, is for expectant, new, and returning parents. You’ll be guided through every aspect of parenting from how to change a diaper to understanding relationship changes with your spouse. Fathers are encouraged to attend

alone or with their spouse.

Monica, a Navy spouse whose husband was deployed during most of her pregnancy and the birth of their first child, attended classes in Bremerton, Wash.

“It’s a great resource,” she said. “They have everything you can imagine for new parents, from basic parenting classes to videos you can borrow. It really helped me deal with being a new mother and helped me include my husband in being a new father.”



# Men, women with yoga practice can be flexible

**Carole W. Butler**  
*LIFELines*

“Act your age,” grown-ups advise boisterous children. But when joints stiffen and muscles ache, grown-ups daydream, “Oh, to be young again.” While no amount of exercise or dreaming can reverse aging, adults can become more agile and youthful by practicing yoga.

Why do yoga students get into strange poses? According to both yoga advocates and Western medicine, certain yoga postures provide gentle internal massage of body organs and help stretch and strengthen muscles and joints. For example, one study reported in the Journal of the American Medical Association (JAMA) found that yoga significantly relieved some symptoms of carpal tunnel syndrome. Western medicine is beginning to admit that yoga can be a valuable addition to healing and body maintenance.

As for being an aching grown-up, “No one is ever too old to practice,” said Melinda Allen, a registered yoga instructor at the Marine Corps Community Services fitness center in Okinawa, Japan. Allen is a registered Yoga Alliance instructor with 10 years’ experience.

“I taught a seniors yoga class in Oklahoma,” said Allen. “Ages ranged from 70 to 98. We just took it at a slower pace with lots of modifications.”

Modification is a key element. “In any form of yoga, modified poses are available,” said Andrea Kowalski,

a DoDDS teacher who also teaches yoga at the MCCA. “The healing properties of yoga lie more in the intention than in the perfection of a pose.”

In addition, no one is ever too young to start yoga, if the new prenatal yoga class is any indication. “The prenatal yoga class is a big success,” said Corry L. Matthews, MCCA group fitness director. This specialized class meets the needs of both mom and baby.

“Children can start at any age, as long as it’s safe and fun,” said Allen. “In addition to improving strength, coordination and concentration, yoga can help children cope with the stresses of school and peer pressure.”

In addition to the prenatal class, Allen teaches power yoga, which is a blend of Iyengar and Ashtanga yoga styles. Kowalski teaches the Kundalini style of yoga. If these words twist your tongue, don’t worry. Studying yoga is not nearly as intimidating as it might sound, according to some enthusiastic yoga students stationed on Okinawa with their military husbands. These Navy and Marine Corps spouses find yoga to be a valuable aid to health, especially in these stressful times.

“Yoga is my personal escape from the pressures and stress that I face the rest of the time working, coping with the military lifestyle and raising a family,” said Dawn Moore, a yoga student for only six months. She also enjoys yoga’s noncompetitive aspect.



File Photo

Contestant Mike Samples in the 2005 “Splash & Dash” emerges from the water just ahead of his competition. This year's event will be hosted by the "EasyRiders" of Helicopter Antisubmarine Squadron Light 37.

## ‘EasyRiders’ host 2006 ‘Splash & Dash’ biathlon at K-Bay

**Edward Hanlon V**  
*Marine Corps Community Services*

An amphibious assault is coming to Kaneohe Bay. As they are trained to do, Marines and Sailors aboard Marine Corps Base Hawaii will be passionately hitting the surf and turf around the Marine Corps Air Facility. This is not a training exercise, it is for real. It is the Helicopter Antisubmarine Squadron Light 37's Second Annual “Splash & Dash” Biathlon.

The Oct. 21 biathlon starts and finishes at Hangar 103 and consists of a 500-meter swim followed by a 5-kilometer run. This event is open to the public.

“The HSL-37 biathlon is the only one of its kind in the Commanding General's Semper Fit Series,” stated Stacy Barkdull, a native of Kansas City, Mo., and Marine Corps Community Services Varsity Sports coordinator at Kaneohe Bay. “It brings the community onto the base for an experience they may never get anywhere else.”

The race begins at 7 a.m. with the swim. “Although it's an open-water swim, it's in a fairly calm, smooth and protected bay,” declared Barkdull, “It is perfect for beginning or advanced biathletes.”

The best thing about HSL-37's biathlon is that you do not need all of the equipment required for a triathlon. After

the swim, grab your running shoes and head around the flight line for the 5-kilometer foot race.

“Running by the flight line will enhance the race by giving the participants more of a military feel during their run,” she invited. “The scenery is beautiful, and they get a chance to run near an active taxiway (except on race day) and see military aircraft.”

The entry fee for the event is \$21 and includes a race T-shirt.

Participants may register and pay online at [www.mccshawaii.com/cgfit.htm](http://www.mccshawaii.com/cgfit.htm) or at the Kaneohe Bay Semper Fit Center, Building 3037. You can also register on race day but are not guaranteed a T-

shirt. All checks presented for the race must include a Social Security number.

“A large majority of the profits from the race go to the HSL-37 unit party fund, which enhances their quality of life,” stated Barkdull. “It's a fun and easy way to raise money for the unit.”

Awards will be presented to the top three overall finishers, in both men's and women's categories as well as the top biathlete in the following age categories: 14 and younger, 15 to 19, 20 to 24, 25 to 29, 30 to 34, 35 to 39, 40 to 44, 45 to 49, 50 to 54, 55 to 59, and 60 and older.

Contact MCCA Athletics at 254-7591 for further HSL-37 Splash & Dash information.