Hawaii Marine

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CasEvac A-3



Luau B-1



NFL C-1

Hawaii Sailors patrolling Iraq

Navy Lt. Aaron Roberts

VP-47 Public Affairs

TALLIL, Iraq — Hawaii-based Patrol Squadron 47 and Maintenance Detachment Team Alpha of Consolidated Maintenance Organization 2 finished another rewarding month of their 2007-2008 deployment.

The squadron is deployed here with a detachment from al Udeid, Qatar. More than 350 sailors here are serving in the Global War on Terrorism.

The majority of the squadron flies missions in support of Operation Iraqi Freedom.

Golden Swordsmen crews use sophisticated surveillance sensors to support Coalition Forces in Iraq.

Squadron aircraft stream full-motion video to the troops on the ground. In addition they provide security overwatch for supply convoys.

"I talked to a convoy truck driver at the bus stop the other day. He asked me what I did and when I told him, he shook my hand and told me how thankful he was to have us here," said Lt. j.g. J.J. Donchez, a Golden Swordsmen pilot. "It makes you look at the world and our mission differently."

"I'm amazed everyday at the sheer amount of work that goes on here on a daily basis, and the impact our Sailors have made since

See PATROL, A-6



Seaman Meagan E. Klein

Patrol Squadron 47 commanding officer Cmdr. Steve Deal and Combat Aircrew 7 exit their P3-C Orion aircraft after flying the squadron's 200,000 mishap-free flight hour, a record more than 34 years in the making. VP-47 is the first full Navy squadron deployed to the Middle East in support of Operation Iraqi Freedom.

'Get to the chopper!'



Lance Cpl. Brian A. Marion

Marines from Echo Company, 2nd Battalion, 3rd Marine Regiment, are directed into the back of a Marine Heavy Helicopter Squadron 362 CH-53D Sea Stallion helicopter during a casualty evacuation exercise at Landing Zone Boondocker Jan. 24. The exercise was conducted to instill more confidence within the junior Marines prior to deploying to Iraq. For more information on 2/3, see A-3.

NO ACCESS *Businesses deemed off-limits*

Christine Cabalo

Photojournalist

Greg Azus said he didn't want to battle with the Armed Forces Disciplinary Control Board when the board contacted him in 1981.

He took no action after the board sent a letter stating his then new business, Hawaii's Natural High, would be off-limits to service members.

The board's recent January meeting marks more than 25 years of its members unanimously voting to keep the business banned.

"I believe it was because I sold smoking accessories, pipes and those types of things," Azus said.

He added, "I haven't stopped selling them, but they're really only a small part of my business now."

His shop is one of two businesses on the board's current off-limits list, which is compiled through previous investigations from the military and Honolulu Police Department.

Establishments may face banning according to Marine Corps Order 1620.2D if investigators deem them unhealthy for military members or conducive to illegal activity. Comprised of all branches of service, the AFDCB meets quarterly.

"Business owners get a letter of notice saying why they may be on the list of off-limits establishments," said Lt. Col. Grant Frey, AFDCB member and Provost Marshal, MCBH Military Police Department. "We do give them some extra time to present their case and time to make changes to their business to eliminate the potential for criminal activity."

Azus said he doesn't condone any illegal uses for his smoking accessories, and he understands the military has its own code.

The items make up just 10 percent of the merchandise he sells. Most of his mer-

See ACCESS, A-6



Christine Cabalo

Hawaii's Natural High, located on Saratoga Road, is one of two businesses off-limits to all service members. During its January meeting, the Armed Forces Disciplinary Control Board unanimously voted to continue its ban of this business and the defunct Galaxy Nightclub.

Relief Society Birthday

NMCRS celebrates 104 years of serving Marines, Sailors

Lance Cpl. Brian A. Marion

Combat Correspondent

The Navy-Marine Corps Relief Society celebrated its 104th birthday Jan. 23, at Building 4016 here.

The society established itself through the proceeds of the Army-Navy football games, and, at first, helped widows and orphans of deceased Marines and Sailors with financial assistance physical needs.

According to the Relief Society's Web site, its mission is to, " … provide, in partnership with the Navy and the Marine Corps, financial, educational and other assistance to members of the Naval Services of the United States, eligible family members and survivors when in need; and to receive and manage funds to administer these programs."

Although the society celebrated its 104th birthday, the celebration was also for the people who keep it running: its volunteers.

"Within this office, there's only one or two people who actually work while the rest are volunteers," said MartyAnn Grant, director, NMCRS Kaneohe Office. "We have about 15 volunteers in our office, and without them, it would be difficult for us to run the office. It's like that throughout the NMCRS. There's usually a director and an assistant or two with volunteers helping with everything."

See BIRTHDAY, A-6



Lance Cpl. Brian A. Marion

Volunteers with the Navy-Marine Corps Relief Society Kaneohe Office cut their birthday cake as the NMCRS celebrated its 104th birthday. The volunteers were given the opportunity to cut the cake in recognition of their service.

Civilian employees' political activites governed by Hatch Act

Ken Griffin

Managing Editor

John McCain, Hillary Clinton, a circus clown and a donkey walk into a bar. The bartender says …

Actually don't expect to hear or tell the rest of that joke in the federal workplace. Not unless the jokester knows for sure that nobody will be offended by the punch line.

Telling political jokes is just one of the many things covered under civilian employees' behavior regarding political activities while on the clock or in an official capacity.

Under the Hatch Act, civilian employees can't use their official titles while participating in permitted political activities. Bosses also can't solicit uncompensated volunteer time from subordinates. Civilian employees also can't solicit or discourage participation in political activities while conducting official Department of Defense business.

Fundraising activities are also covered under the Hatch Act. Federal employees can't solicit or receive political contributions, and can't solicit contributions anonymously on the phone. They also can't host or sponsor a political fundraiser, although spouses can do so and the employee may attend.

Participating in political activities while on duty, in a government office or building or using a government vehicle is also a no-no, just as using work e-mail to mass-mail recipients to encourage support or oppose a candidate, party or partisan group.

So, with all the prohibited activity, wondering what's okay?

Employees may:

- Be members or serve as officers of a political party or partisan group
- Attend and participate in political conventions, caucuses or rallies
- Serve as delegates to a political party convention

See POLITICAL, A-2

News Briefs

Channel 2 Survey

Combat Camera is conducting a survey to gather information about usage of the Base Commander's Channel, Channel 2. ComCam is using the information to improve the service in order to better serve the base community.

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

2008 Fubini Award

The 2008 Eugene G. Fubini Award nomination packages are due to U.S. Marine Corps Forces, Pacific, no later than April 1. This honorary award recognizes an individual from the private sector who's made a significant contribution to the Department of Defense in an advisory capacity for a sustained period.

For more information on submitting nominations, email Candace.larson@usmc.mil or call 477-8706.

Voting Assistance Workshop

There's a voting assistance workshop Thursday in Building 216 (Room 47/48) from 1 to 4 p.m. for voting assistance officers. Training is mandatory for VAOs within 90 days of appointment. Voting assistance officers are also required to register at the USMC VAO Registration database at http://www.manpower.usmc.mil/voting.

To RSVP or for more information, call Capt. Tracy A. Maese at 257-8813 or email tracy.a.maese@usmc.mil.

Help Evaluate MCCS

Marines and spouses with children can help evaluate Marine Corps Community Services' Children, Youth and Teen Program Feb. 1-24. Headquarters Marine Corps is conducting an online survey.

To take the survey, visit http://www.usmc-mccs.org/surveys between the survey dates. It takes about 15 minutes to complete. For more information, contact Coralie Kramer at 257-7340.

MCDP coming to Hawaii

The Marine Civilian Development Program, which helps transitioning Marines develop effective private sector skills, is coming to Hawaii June 14-19. Interested Marines within six months of their end of active service as of those dates should log onto the MCDP Web site for more information or to apply, at http://www.marinecdp.org.

Tax Center

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

For more information call (808) 630-8296.

Hawaii Marine Accepts Letters

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

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

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

Important Phone Numbers:

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

Chaplain's Corner — *Different routes to healing*

Navy Capt. Stephen Linehan
MCBH Command Chaplain

The other day I talked with a chaplain friend who is also a licensed clinical counselor.

We worked together during his first tour. Through the years he kept up his credentials as a counselor.

I'm sure it helped his ministry. Both of us work in the Marine Corps today.

The day we talked, the media reported that during the month of November no Marine assigned to Camp Pendleton had been killed in action in Iraq or Afghanistan. It was the first time since the summer of 2003 that a month passed in which no Camp Pendleton Marine was killed in action. Thank God!

In the course of our conversation, we shared how we have listened to Marines and Sailors who have deployed, seen combat and felt all the stuff that goes along with it.

We talked also about how the Marine Corps and Navy, the "Docs" and other professionals, work long hours to help people heal and become whole again. Again, thank God!

I wondered how at the end of the day, after the medicine is finished, the therapy complete, and the support group disbands – what happens? My friend the chaplain/counselor said it was a very good question.

Some common experiences for him and me:

We have been around long enough to see Marines and Sailors come and go.

Most, if not all, people have difficulty talking ... about it all ... war and combat and more.

People call us Father and like a father, we are deeply concerned and ask how they are going to do in life. We want them to do well!

Again I asked: How can we help them when the prescription runs out, the therapy is completed and the group session disbands? What happens? What do we do now?

Life happens. We do our best, our very best.

All the ups and downs, the griefs and the anxieties, the joys and the hopes happen!

While my friend is a trained counselor, the common ground we share is ministry. He was quick to recognize ministry over his training as a therapist.

Anyone who has been wounded in any way can struggle with praying.

Chaplains help people pray, connect to God and others. We hope those connections bring healing; they often do. Chaplains can't write prescriptions; some might be able to do therapy and run group sessions ... but we all pray and lead people in prayer.



LINEHAN

> **"It has been said that things have a way of being healed by walking ... that's right, walking! Going for a long walk, somehow moving arms and legs and body, has a way of moving mind and heart ... we gradually realize we do not walk alone."**

The match is struck; the candle lit; the bell peals, the assembly gathers, the congregation rises, we pray ... as a community, each day, each week, we pray; we lift our minds and hearts to God.

My friend and I minister each day to help people let go of all that holds them down. We offer to God their hopes and dreams, suffering and pain.

People tell us their stories. In the telling and listening healing comes. Chaplains listen to stories and tell the stories that have sustained in ages past.

The stories of ancient and not so ancient warriors fill the pages of great literature. People have gone to war for a long time. Those pages account how warriors turn to each other. Homer followed Odysseus home from war ... Shakespeare pulled together those happy few, that "band of brothers." Hemingway gave a farewell to arms ... The Bible tells of so many defeats and victories ... You may well know more.

It has been said that things have a way of being healed by walking ... that's right, walking! Going for a long walk, somehow moving arms and legs and body, has a way of moving mind and heart ... we gradually realize we do not walk alone. In our day and age that might be on an elliptical machine in a gym or called PT!

So after all is said and done and swallowed – what happens? Life happens. What helps that? Take care of our self, as in taking care of your mind and heart and body. Yeah a healthy mind in a healthy body ... and commit to something greater than myself ... be part of a community ... remember you are part of something bigger than yourself. Learn the lesson of love, which isn't always a feel-good thing ...

And don't forget to say your prayers.

Packing up, shipping out, Iraq here I come

Cpl. Chadwick deBree
Island Warrior

Throughout my career in the Marine Corps, I've seen units here come and go, whether to Afghanistan or Iraq, battalion or squadron, I've watched them leave.

Now I find myself as a part of one of the battalions preparing to deploy to Iraq and realized something I've never considered when I watched these units leave: what it takes to deploy.

When I was a lance corporal, I always thought the units would go to their respective training areas, either Twentynine Palms, Calif., or Yuma, Ariz., and then just deploy.

Now as a more mature Marine, I realize this is not the case. There are a lot of little things that go along with deploying.

As the time draws near for me to leave there are a lot of things I have to get done beforehand.

Between checking out new gear, packing this gear, packing all my personal belongings, taking care of my car, it all becomes a little stressful at times, and these are only about a quarter of other things I have to do.

Most of these things I can handle because they're easy to fulfill, but there is one thing that I'm finding out is the hardest thing to do - saying goodbye to my family.

I'm a single Marine that lived in the barracks, so I thought it wouldn't be that hard to deal with because I'm not married and don't have to say goodbye in person. It's only now that I realize it's probably equally as hard to say goodbye to my family who are more than 3,000 miles away.

> **"I'm a single Marine that lived in the barracks, so I thought it wouldn't be that hard to deal with because I'm not married and don't have to say goodbye in person. It's only now that I realize it's probably equally as hard to say goodbye to my family who are more than 3,000 miles away."**



deBREE

I now know how it feels to be a Marine separated from his family, getting ready to deploy.

But this is what I signed up for. This is who I am and what I do. Aside from all the things that must be done before I leave. With our heads held high, myself and the Marines I'll be deployed with will do just fine.

I'm having the time of my life, because I'm about to experience something new.

I'm as prepared as I'm going to get to venture into, what is to me, uncharted territory. With the Marine to the left and right of me, I will come home safely and so will they.

As one of my superiors told me, there are three golden rules: 1. Know your job. 2. Look out for your buddy. 3. Have fun.

Hawaii MARINE

www.mcbh.usmc.mil

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Fax: 257-2511, Phone: 257-8836

POLITICAL, from A-1

Civilian employees may also actively participate in political campaigns, including:

- Displaying signs, stickers, buttons or similar material (but not on duty, on a government vehicle or in a government office)
- Initiating or circulating a partisan nominating petition
- Canvassing for votes
- Endorsing or opposing candidates in political advertisements, broadcasts or campaign literature
- Addressing a political convention, caucus or rally for a candidate
- Managing a political campaign or distributing campaign literature

The following election-related activities are also okay:

- Voting
- Acting as recorders, watchers or challengers at a polling place
- Serving as election judges or clerks
- Driving voters to a polling place

Participating in the following fundraising activities are okay:

- Making a financial political contribution
- Attending, addressing or being a featured guest at a political fundraiser (but refraining from soliciting contributions personally)
- Soliciting or receiving uncompensated volunteer services (but not from a subordinate or anyone with official matters before DoD)
- Managing or organizing a political fundraiser hosted or sponsored by others

To find out more about prohibited/permitted political activities, see the deputy secretary of defense's memorandum dated Nov. 14, 2007, or research the Hatch Act.

Weekend weather outlook

Today



Day — Scattered showers. Mostly cloudy. Breezy, with an east wind around 20 mph. Chance of precipitation is 30 percent.

Night — Scattered showers. Mostly cloudy. Breezy, with an east wind around 20 mph, with gusts as high as 24 mph. Chance of precipitation is 30%.

High — 81

Low — 70

Saturday



Day — Isolated showers. Partly cloudy. Breezy, with an east wind around 23 mph, with gusts as high as 29 mph.

Night — A 20 percent chance of showers. Partly cloudy. Breezy, with an east wind around 20 mph, with gusts as high as 24 mph.

High — 81

Low — 70

Sunday



Day — A 20 percent chance of showers. Partly cloudy, with a high near 81. Breezy, with a east wind around 23 mph, with gusts as high as 29 mph.

Night — A 20 percent chance of showers. Partly cloudy, with a low around 70. East wind around 18 mph, with gusts as high as 23 mph.

High — 81

Low — 70



Photos by Lance Cpl. Brian A. Marion

Marines with Echo Company, 2nd Battalion, 3rd Marine Regiment, carry a mock casualty to a Marine Heavy Helicopter Squadron 362 CH-53D Sea Stallion helicopter to be evacuated to safety during a casualty evacuation exercise at Landing Zone Boondocker Jan. 24.



Echo Company Marines are strapped in for a short ride as part of a casualty evacuation exercise. Along with setting up landing instructions with the helicopter, some Marines got the opportunity to wear a headset and listen to radio traffic.



Devil Dogs are directed into the back of an HMH-362 CH-53D Sea Stallion helicopter at LZ Boondocker after compleing their portion of Echo Company's casualty evacuation exercise.

Cleared to land



Island Warriors run up the rear ramp of an HMH-362 CH-53D Sea Stallion helicopter at LZ Boondocker Jan. 24.



Marines from Echo Company, 2/3, fireman carry their mock-wounded brethren to safety at Landing Zone Boondocker Jan. 24 during a casualty evacuation exercise. Over 200 2/3 Marines participated in the exercise.



A Marine with Echo Company, 2/3, radios pilots from HMH-362 during casualty evacuation exercises at LZ Boondocker Jan. 24. The layout of the land, enemy presence, location, friendly units' location and noticeable landmarks were included in information Marines gave to the pilot during the exercise.

Island Warriors, Ugly Angels train for casualty evacuation

Lance Cpl. Brian A. Marion
Combat Correspondent

Infantry and air wing Marines training for operations in Iraq and other areas of operation conducted casualty evacuation exercises Jan. 23-24 at Landing Zone Boondocker here.

Echo Company, 2nd Battalion, 3rd Marine Regiment, conducted the training with Marine Heavy Helicopter Squadron 362 and HMH-363 to help the participants gain the confidence they'll need during deployments.

"Most of the Marines don't have any helicopter experience," said Capt. Seth Gibson, forward air controller, 2/3. "What we want to do is have good communication between air and ground forces to conduct ground operations."

Throughout the afternoon, Gibson and others called in coordinates and the grass swirled as transmission after transmission went to helicopters landing and picking up Marines.

"Training like this is very effective for the Marines," said Sgt. Daniel Grady, crew chief, HMH-362. "It gives them a chance to talk to and direct a helicopter, which they don't do often."

The 2/3 Marines agreed the practical application would help them.

"This type of training is real," said Lance Cpl. John Squicciarini, squad leader, 3rd Platoon, Echo Company, 2/3. Much of this training is new to 2/3, and will help them be more prepared than ever for challenges they'll face during deployment.

Echo Company conducted the training with four to five Marines taking turns calling in the helicopter from locations around LZ Boondocker.

The helicopter received information including the type of terrain, the location of ground forces, "enemy" status and clearance to land.

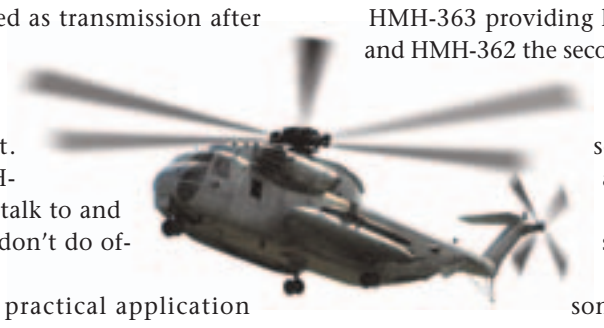
Although the Marines practiced carrying casualties to the helicopter, the main training goal was to give the Marines more confidence when working with the helos.

"Most of this training is about confidence," Gibson said. "We came here to build confidence and the skills they'll need in case of a military or civilian casualty while deployed to Iraq."

Not only did the Marines gain confidence, but the training gave leaders experience in their new positions.

"We had a lot of our team and squad leaders get out of the Corps," Squicciarini said. "Our new team and squad leaders are all about the training. It'll make them more confident and comfortable [with] it in Iraq."

More than 200 Island Warriors trained for two days, with HMH-363 providing helicopter support the first day, and HMH-362 the second.



"The training was flawless for both days," Gibson said. "The squadrons go through plenty of air time, and our Marines understand the importance of the skills they're practicing."

The squadrons echoed Gibson's thoughts about the casualty evacuation training.

"The training went well," Grady said. "They had a lot of new guys with them, but they called us in each time for a landing with barely a hitch."

The Island Warriors are deploying to Iraq this year, and with this training, the Marines feel better prepared for their deployment.

"Practical application exercises are always good," Squicciarini said. "I liked the training a lot, and it has helped make us ready for Iraq."

Educating the next generation

Program aids Marine Corps children through scholarships

Lance Cpl. Ronald W. Stuaffer
Combat Correspondent

The Marine Corps Scholarship Foundation is offering children of Marines or Navy corpsmen the opportunity to pursue higher education.

The foundation is accepting applications for spring 2008 scholarships. High school seniors and first-time college freshman must apply by March 3, and all others must apply by April 15.

Applicants must be a child of a Marine, former Marine, or Navy corpsman working with Marines. The applicant must show a history of academic success, community service and have an adjusted family income of less than $77,000.

They must also submit their completed application form, DD214, IRS1040, transcript of grades and Federal Student Aid Report. Students must also submit a 500-word essay on concerns for the future or their society and the people of the world, as well as an issue of local, national or international concern and its importance to the applicant.

"These scholarship programs provide life-changing opportunities for students who need financial assistance toward a college degree," said Chris Randolph, the foundation's president. "They increase their chances for success in their personal and professional lives, and that's critical for our Marine families."

> **"These scholarship programs provide life-changing opportunities for students who need financial assistance toward a college degree."**
>
> — Chris Randolph
> President, MCSF

Students who are currently under scholarship by the foundation may reapply each year for up to four years of undergraduate study.

Also, children whose parents participated in Operations Iraqi Freedom or Enduring Freedom may qualify for additional funding.

"There is no real age requirement," said David Uy, foundation public relations. "In some cases there are adults who have applied."

Final decisions are going to be made in June and all applicants will be notified whether or not they are selected.

Applications will be reviewed twice and go through a board of foundation members, officers, staff and volunteers in spring and early summer, who use a firm point system to review and score each application.

Successful applicants will receive notification in the mail consisting of a scholarship letter, a certificate of acceptance, conditions and details of approval, an enrollment verification form and a media release form.

Scholarship checks go directly to the student's school upon receipt of the signed conditions, details of the award and the enrollment verification.

"We don't find as many as we like to, but we're trying to get the word out about the foundation," said Alan Hammer, foundation secretary.

Hammer said the foundation has been of great importance to parents who can't afford to send their children to college, but want them to receive a higher education.

"The foundation was started in 1962 by a reserve Marine brigadier general, who read about a Marine Medal of Honor recipient who couldn't afford to send his child to college," Hammer said. "He then decided to help those in need. We've approved more than 36-million scholarships in the past."

Since the foundation started, the private, nonprofit organization has been helped young adults accomplish educational goals for 46 years.

"We hold scholarship balls in New York, Washington, D.C., Philadelphia and Los Angeles to raise money, as well as roughly 15 golf tournaments and receive other contributions also," Hammer said

Hammer said this year, the foundation is awarding 1,044 scholarships, targeting children of enlisted Marines, but selection is viewed on needs-based criteria."

The Marine Corps Scholarship Foundation deadline for 2008 is only a month away, so applicants need to act fast.

Individuals can download an application on the Internet at http://www.mcsf.org, submit a written request to P.O. Box 3008, Priceton, NJ 08543-3008 or call (800) 292-7777 to receive the application in the mail.

Study Up On MCSF Scholarships

Who's Eligible?

A student must be the child of a current U.S. Marine or the child of a Marine retired or deceased. Applicants must also be high school graduates, or registered as an undergraduate student at an accredited educational institution. Scholarships are not offered for graduate study. Scholarship recipients must have a family income of $77,000 or less. This limit increases if siblings apply.

What Can I Use It For?

Scholarships are only for undergraduate studies based on satisfactory academic progress and students who are pursuing their first undergraduate degree or technical certificate.

More Money

Children whose parent is participating or has participated in Operation Iraqi Freedom or Operation Enduring Freedom may qualify for additional scholarship funding.

How to Apply

Individuals can download an application on the internet at http://www.mcsf.org or submit a written request to P.O. Box 3008, Priceton, NJ 08543-3008 or call (800) 292-7777 to receive the application in the mail. They must also submit their completed application form, DD214, IRS1040, transcript of grades, Federal Student Aid Report and a 500-word essay.

Deadlines

Seniors in high school and first-time college freshmen, must apply by March 3, and will receive notification by the middle of April. All others must apply by April 15.

Blood donor Ceremony recognizes lifesavers

Lance Cpl. Alesha R. Guard
Combat Correspondent

FORD ISLAND, Hawaii — *The Armed Services Blood Program supplies blood and blood products for 1.3-million service members and their families across the nation and around the globe. This means blood must be available for routine military medical treatment facility operations as well as contingency operations. Since the Korean Conflict the military blood program has provided more than 1.5 million units of blood to treat battlefield illnesses and injuries alone. In addition to providing blood for those in critical need in combat situations, the ASBP also supports the peacetime needs of military personnel and their families. Blood must be available to military hospitals for scheduled and emergency procedures. Every year military hospitals transfuse more than: 54,000 units of red blood cells; 20,000 units of plasma; and, 5,000 units of platelets.*

-Armed Services Blood Program Web site

The Blood Donor Center at Tripler Army Medical Center along with the Armed Services Blood Program hosted their fourth annual donor recognition ceremony Friday at Ford Island's Conference Center.

The center recognized more than 60 donors, installations, subordinate units, blood drive coordinators and volunteers for their efforts during 2007.

Donors' contributions added up to more than 4,156 pints of blood units and 479 platelets last year. The blood went to military facilities around the globe.

"We are the only blood program in the world that can get blood anywhere in the world in 48 hours," said Guy Harrington, blood donor recruiter for the ASBP at Tripler Army Medical Center.

He added, "It's important for the Navy, because the Navy throughout the Pacific Command theater gets their medical care and blood from TAMC."

Naval ships store TAMC's frozen blood for unforeseen events as well as wartime, according to TAMC's newsletter, "The Blood Banker." Most of the frozen blood currently resides in the Pacific region at military blood depots. Currently, there are plans to store frozen blood in Afganistan and Iraq.

"On the battlefield group O is in the highest demand; nearly 70 percent of blood units sent are group O," according to Army Lt. Col. Emmett Gourdine, chief of Blood Bank Services, TAMC. "Nearly 30 percent of blood units left the island of Oahu, and went to Iraq and Afganistan"

Gourdine thanked not only the donors but all who helped in the blood drive's success.

"We also want to recognize the commanders who encouraged their service members and their families," Gourdine said. "The blood drive coordinators do a great job marketing the blood program. The staff who work long hours ensure the safety of blood products to patients."

Some donor awards included top whole blood donors and the one-gallon club donors.

"It's important to be recognized for giving blood because it motivates others to donate," said Petty Officer 3rd Class Christopher Morrow, hospital corpsman, Naval Health Clinic Hawaii, a recipient of the gallon plus award.

The ceremony's guest speaker, Tanya Jones, a registered nurse at TAMC, is just one person who needed blood last year. On Jan. 15, 2007, Jones received 21 units of blood after having a c-section birthing her third child.

"I believe if it wasn't for God who touched the hearts of you who had donated, I would not be standing here," Jones said.

She added, "I thank you who donated, I thank the staff of Tripler who made sure the blood was there for me."

The ASBP provides over 2 million blood products to service members worldwide. This includes over a 150 blood products transfused in Operation Enduring Freedom and Operation Iraqi Freedom.



Petty Officer 3rd Class David N. Dexter

Petty Officer 3rd Class Christina Perez, hospital corpsman, Naval Health Clinic Hawaii, receives the 1st Place award for unit participation during the 4th Annual Tripler Army Medical Center and Armed Services Blood Program Donor Recognition Ceremony, Friday.

'Cause I'm the Rocketman



Sgt. Bryson K. Jones

Lance Cpl. Tyler Carroll fires an AT-4 during live-fire training Jan. 18, at the Udairi Range Complex in Kuwait. Marines of Charley Company, 1st Battalion, 5th Marine Regiment, from Camp Pendleton, Calif., are training as part of their current deployment to the Pacific and Arabian Gulf.

Moto Photo

Each week Hawaii Marine's Moto Photo showcases the most motivating Marine Corps photograph from around the globe.
Whether it demonstrates progress in the Global War on Terror or is just a stellar photograph of Devil Dogs in action, you can catch it here.

Rear Admiral Prindle makes historic visit

Navy Lt. Aaron Roberts
VP-47 Public Affairs

TALLIL, Iraq – Rear Adm. Brian C. Prindle visited the men and women of Task Group 57.18, comprised of Sailors from Patrol Squadron 47, Patrol Squadron 26, Consolidated Maintenance Organization 2, and Mobile Operational Control Centers Delta and Golf, at Ali Air Base here.

Rear Admiral Prindle, commander, Patrol and Reconnaissance Group, visited Ali as one of his final stops touring forward deployed P-3C squadrons.

"I cannot think of another organization in the Navy, especially in aviation, that has more dynamic events going on," Prindle said. "Everyone I talk to has high praise for this command. You are the leading the way at the fighting edge of freedom."

Task Group aircrews are flying in support of maritime patrol operations and Operation Iraqi Freedom. This is an unprecedented era for the P-3 Navy, marking the first time a complete P-3 squadron and maintenance organization have deployed to Iraq.

Though originally designed for maritime patrol and submarine hunting, the P-3 has additional capability to enable it to be the "eyes in the sky" for Coalition Forces on the ground. The plane is equipped with cameras that allow surveillance over great distances with precise resolution, making it a force multiplier in counterinsurgency operations.

The Admiral spent his day touring the Navy compound, talking to Sailors, and answering questions about current P-3 operations. He wanted to see firsthand how the Task Group accomplishes its mission.

Prindle, a P-3 Naval aviator, gave a very enthusiastic speech to his fellow Sailors about the P-3 community.

"Coming out here is one of the most valuable things I do. I get reenergized when I watch this well-oiled machine doing great things for our nation. I see a lot of talented and motivated Americans doing tremendous work," Prindle said.

Prindle continued his journey to al Udeid Air Base before flying back to Norfolk, Virginia.



Seaman Meagan E. Klein

Rear Admiral Brian C. Prindle, commander of Patrol and Reconnaissance Group, addresses Task Group 57.18 Sailors in Iraq. Ali Air Base was one of the last locations Prindle visited in his recent tour of the Fifth Fleet area of operations.

Defense Department looking for Civilian Language Corps volunteers

Uncle Sam wants you to become a linguist

John J. Kruzel
American Forces Press Service

WASHINGTON — Don't be surprised to see a poster featuring a white-goateed Uncle Sam in a star-spangled top hat, his index finger jutting through the canvas above a row of block letters that may look like jibberish to you.



A familiar WWI recruiting poster altered to reflect a shifting American cultural landscape that places greater demand on linguists. Original poster by J.M. Flagg, modified by Fred W. Baker III.

Starting today, Uncle Sam wants skilled speakers of Russian, Mandarin Chinese, Swahili or any other of 10 "critical languages," to join a Defense Department pilot program designed to build a cadre of trained linguists.

By 2010, the National Language Service Corps hopes to amass a pool of 1,000 civilian language experts, willing to volunteer their foreign tongues on behalf of the United States if an immediate national need arises.

"The concept of the language corps really appeared because there was a recognition that there's simply no way the federal government — or for that matter, state or local governments — can ever plan and program their work force to address all the language issues that might come up," said Robert O. Slater, director of the National Security Education Program, which administers NLSC.

> **"The concept of the language corps really appeared because there was a recognition that there's simply no way the federal government — or for that matter, state or local governments — can ever plan and program their work force to address all the language issues that might come up."**
>
> — Robert O. Slater
> Director, NSEP

"We've recognized in the past five to 10 years that language skills are a difficult commodity to find in the United States," he said. "The concept of a corps would be one that identifies this kind of expertise and warehouses it, because we never know when we'll need it; we never know what disaster will strike."

People in the Southeast remember Aug. 25, 2005, as the day Hurricane Katrina battered their homes, flooded cities and altered the course of their lives in a national crisis exacerbated by demolished phone lines, power outages and downed Internet networks.

But in addition to a crippled communications infrastructure, a swath of the affected population was made incommunicado for another reason.

"We know from a lot of postmortems that have been done on Katrina that there were 50,000 to 100,000 displaced Vietnamese in families that needed a lot of support," Slater said.

He added, "It was difficult to find people — especially professionals — who understood the Vietnamese language and culture enough to guide the displaced populations through the maze of regulations and issues that would be required for them to deal with."

Had a cadre of critical linguists deployed as part of the Federal Emergency Management Agency response, the population left culturally marooned might have recovered with greater fluency.

To shore up foreign language gaps within the U.S. government, the Defense Department will establish an elite community of speakers known as the "dedicated pool" and assign linguistic units to specific government agencies.

In addition, the current U.S.-wide dearth of organized critical linguists would be filled by the "national pool," consisting of a broader array of talent to be called upon during times of need.

The Pentagon has begun working with Congress on establishing a budget for language corps recruiting, training and compensation disbursed to volunteers called to serve, Slater said.

"Long term, the department will need to work with Congress on establishing authorization and appropriation for the permanently established corps. That will be critical to the future of the corps," he added.

The NLSC program is a component of the Defense Department's comprehensive language roadmap and the National Security Language Initiative President Bush proposed a year ago.

Gail H. McGinn, deputy undersecretary of defense for plans, oversees the Defense Department's foreign-area officer program, a linguistics initiative that embeds cultural and linguistic specialists with military members in their region of expertise.

In an interview with American Forces Press Service last month, McGinn said language has a unique ability to connect U.S. operators with their foreign counterparts and local civilians.

"To be able to communicate with the people, to understand what they're saying, to understand what they're thinking, to understand what their habits are and the correct way to interact with people is incredibly important," she noted.

The cooperation among federal agencies, Congress and the White House on linguistic initiatives underscores the increasingly prominent role language skills play in U.S. missions at home and abroad.

"Deficits in foreign language learning and teaching negatively affect our national security, diplomacy, law enforcement, intelligence communities and cultural understanding," a National Security Language Initiative fact sheet on the State Department Web site says. "The NSLI will dramatically increase the number of Americans learning critical need foreign languages … through new and expanded programs from kindergarten through university and into the work force."

U.S. citizens interested in volunteering or who want more information should call (888) Say-NLSC (729-6572) or visit the NLSC Web site.

Mokapu Family Fair builds stronger community ties

Lance Cpl. Achilles Tsantarliotis
Combat Correspondent

Parents became more involved in their children's education during Mokapu Elementary School's 2nd annual School and Family Fair in the school's cafeteria Jan. 23.

The fair featured various presentations and projects created by the children, and helped build a stronger bond between the school and Marine Corps Base Hawaii's community.

"We're inviting the community and staff to share information and answer any questions," said Annette Ostrem, principal, Mokapu Elementary School. "Our goal is to build bridges between the school and community, and strengthen our knowledge of what resources are available to better ourselves."

> **"Our goal is to build bridges between the school and community, and strengthen our knowledge of what resources are available to better ourselves."**
>
> — Annette Ostrem,
> Principal, Mokapu Elementary

Some of the exhibits were from the school's students, Ostrem said. A few of the other stands included information on basic first aid, and available classes - and information about activities on Oahu.

Most of the parents were appreciative of the school's efforts and enjoyed seeing their children's exhibits, like science projects and critical thinking projects.

"I like it," said Gunnery Sgt. John Recklies, radio chief, 3rd Marine Regiment. "It lets me see what my kids do at school and gives them a chance to show off some of their work."

He added, "Mokapu is [3rd Marine Regiment's] adopted school, we try to help them as much as we can, and it's good to come and see how they're doing or what they could use help with."

One booth promoted a pilot program called "Hawaii Fido," Ostrem said. The program was established to create incentives for good student behavior, and reward them with a chance to interact and read to the base's canines, promoting self esteem and literacy in the process.

"It's a great time," said Petty Officer 1st Class, George Cook, aviation electronics. "I like the fact that I can see some of the innovative programs they're doing for our children and even what the children do here."

He added, "I'm happy they started it and kept doing it, it's definitely a good thing for the parents to be involved and build the tie."



Lance Cpl. Achilles Tsantarliotis

Gunnery Sgt. John Recklies, radio chief, 3rd Marine Regiment, looks at a display board the students at Mokapu Elementary School made during the second annual school and family fair, Jan. 23.

Mokapu's effort toward building a stronger family oriented community were well received and while some of the school's students ran around, enjoying the company of fellow classmates, others took just as much joy in proudly showing parents their school projects.

Marine Corps Base Hawaii's community can expect more events to further build upon their sterling relationship with the school, as well as look forward to next year's school and family fair, according to Ostrem.

A presentation of brotherhood



Lance Cpl. Caleb Gomez

Local sheiks listen to Maj. Gen. W. E. Gaskin, commanding general of Multi-National Force — West, speak in Camp Fallujah, Iraq, Jan. 16. The general is presenting Sheiks in al Anbar province with a Mameluke sword as a sign of brotherhood.



Seaman Meagan E. Klein

Airman Zechariah Edwards and Petty Officer 3rd Class Daniel Childress empty hydraulic fluid from the P-3C propeller assembly.



Lance Cpl. Brian A. Marion

Members of the Navy Marine Corps Relief Society, along with reresentatives from the Marine Corps and Navy, celebrate the NMCRS's 104th birthday at Building 4016 here Jan. 23. The society has spent more than a century providing aid to Marines and Sailors.

PATROL, from A-1

arriving a couple of months ago," said Command Master Chief Bill Singer. "No question what is going on at VP 47 and CMO 2 is what I would call magic.The mesh of people, the mission, and the OPTEMPO make for an unforgettable deployment."

The squadron has achieved an unprecedented 100 percent mission completion rate. On Dec. 19, VP 47 reached a major milestone of 200,000 consecutive mishap-free flight hours thanks in part to the hard work from CMO 2 maintainers.

"CMO 2 has many dedicated men and women. They work hard to keep planes in the air. We have never seen a team pull together through challenge and adversity like this group," said Navy Lt. Dave Carroll, officer-in-charge, CMO 2 Det. Alpha.

VP- 7 has also flown important missions in other parts of the theater. Specifically, the Golden Swordsmen detachment in al Udeid has protected the sea base in Middle Eastern waterways.

BIRTHDAY, from A-1

Captain Ben Mercier, Marine NMCRS fund drive representative, and Navy Lt. Colleen Stephens, Navy NMCRS fund drive representative, also attended the birthday celebration.

"It is an amazing society that has been around for a while," Stephens said. "They have been doing a wonderful service for our Marines and Sailors, and they will continue to do great things for us."

The society is a non-profit charitable organization sponsored by the Department of the Navy. It has around 300 offices aboard Navy and Marine Corps bases worldwide. It offers financial assistance to eligible recipients in the form of interest-free loans, grants and scholarships based on emergency needs and educational purposes.

In addition to financial assistance, the society offers financial counseling services, the Visiting Nurse Program, thrift stores and other services.

"We want people to think of us as their first resource instead of their last resort," Grant said. "Sometimes what happens is people hear from their friends that we denied them a service a few years back, so they think we will deny them now, but they might not know our policies change just about every year. We get exceptions to our policies and send those exceptions to our board of directors. If the directors start seeing enough exceptions, then they'll change the policy."

As the society grows a year older, it continues to serve Marines and Sailors in its capacities.

"I appreciate everyone coming and celebrating our birthday," Grant said. "We tried to leave our 104th year prepared, and we look forward to our 105th year serving Marines and Sailors."

For more information about NMCRS including history or the services it offers, visit its Web site at http://www.nmcrs.org, or call the local office at 257-1972.

ACCESS, from A-1

chandise is rock n' roll gear and concert tickets for musical acts he promotes that don't want to use Ticketmaster.

Hawaii's Natural High is the only off-limits establishment open for business.

Construction crews began demolition work last week at the other off-limits site, The Galaxy. No signs mark the areas as off-limits, however service members have ways of learning what's restricted.

"People can find out from their commander's newspapers or from the base inspector's office what areas are off-limits," Frey said. "When I worked at Camp Pendleton, it wasn't unusual to have a business or two listed in the area."

Frey said bans are removed once owners offer the board proof their business isn't a danger to service members. Businesses may petition the board at any time during their meetings, however Azus said he's unlikely to go through the process.

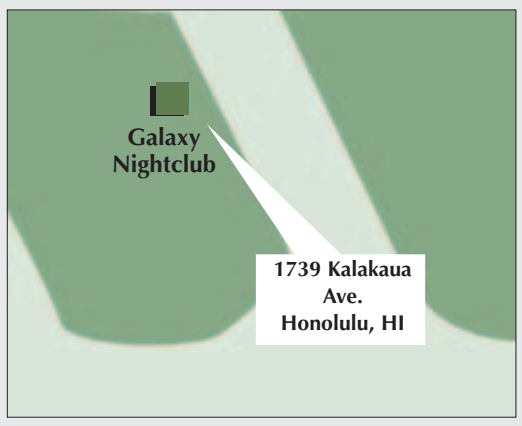
Once the board deems a site as off-limits, any service members found at the sites are subject to punishment. They may be penalized through their service's regulations and under the Uniform Code of Military Justice.

Establishing a place as off-limits is a fair and impartial process, Frey said.

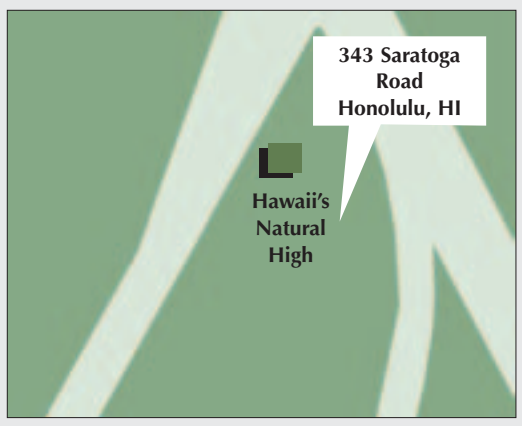
The lieutenant colonel said the reason any place is off-limits is for service members to avoid anything dangerous. By policy, the board doesn't automatically lift its restrictions when businesses change ownership or their establishment's name.

"The bigger issue is we're trying to keep service members away from criminal activity," the AFDCB member said. "The locations haven't tried to push any actions to the board, and they haven't requested we reinstate them."

Know where they're at, know they're off-limits



Galaxy Nightclub
Construction crews tore down Galaxy Nightclub last week but service members are still advised to stay away. The Armed Forces Disciplinary Control Board deemed the club may have conducted illegal activities, and the area will remain off-limits until the owner successfully petitions for list removal.



Hawaii's Natural High
Located on Saratoga Road, Hawaii's Natural High is the only establishment on the off-limits list that is currently open for business. It doesn't matter if you plan on buying a pipe from there just to use for tobacco, bro. It's off-limits, don't risk it, don't go, don't become subject to punishment.

Cha-Ching

Survey may give Hawaii service members raise in pay

Press Release
U.S. Pacific Command

FORD ISLAND, Hawaii — Military personnel in Hawaii have an opportunity to directly affect part of their paychecks this year by taking part in a living-pattern survey, said Maj. Gen. Stephen Tom, chief of staff for U.S. Pacific Command, Jan. 22 here.

The survey, which will take place in February, affects the cost of living allowance that military personnel stationed in Hawaii receive each month.

The final result of the survey could be an increase, decrease, or no change to the COLA paid each month to military personnel, said Tom.

Tom and Stephen Westbrook, director of the Per Diem, Travel and Transportation Allowance Committee for Military Personnel Policy, spoke to 50 senior enlisted and officers from all branches during an information session on Ford Island about COLA and the online survey that will take place in February.

COLA is an allowance designed to compensate members for the difference between the costs of goods and services in the continental United States and the same goods and services in an overseas area, which includes Alaska and Hawaii.

The living-pattern survey collects information about locations where military families shop and dine, both on and off base. The results of this survey are used to form the retail price schedule, which takes place in March this year.

During the RPS, Hawaii allowances survey teams conduct a market-basket survey for prices of 120 goods and services at on-base commissaries and exchanges and the top three off-base locations identified from the living-pattern survey. The market-basket data is then analyzed for each overseas location.

Other data such as income, number of command-sponsored family members, and the percentage of income military families spend on COLA-related items is also factored into the amount service members receive in COLA.

The living-pattern survey is only conducted every three years and is the basis for COLA amounts received by service members. Therefore, maximum participation is critical, said Westbrook.

Currently there are approximately 45,000 military personnel stationed throughout the Hawaiian Islands. In 2005, approximately 11,000 participants took the survey, said Westbrook.

This year's goal is to have maximum survey participation by all uniformed military, said Tom. This includes all Coast Guard, U.S. Public Health Services, and Hawaii National Army and Air Guard personnel who have been assigned to Hawaii for at least three months.

But members in uniform are not the only ones urged to take the survey.

"We really want the spouses who do the shopping (for a military family) to participate in the survey," Westbrook said.

A link to the survey will be active Feb. 1-29 on the U.S. Pacific Command website at www.pacom.mil.



Army Staff Sgt. Tim Meyer

Stephen Westbrook, director of the Per Diem, Travel and Transportation Allowance Committee for Military Personnel Policy, spoke to 50 officers and senior enlisted from all branches during an information session on Ford Island about the online living pattern survey that will take place in February. The survey will affect the cost of living allowance for service members stationed in Hawaii.

THIRSTY?

Drink some COLA facts

COLA defined

COLA is an allowance designed to compensate members for the difference between the costs of goods and services in the continental United States and the same goods and services in an overseas area, which includes Alaska and Hawaii — Cola is a delicious beverage. Don't confuse the two.

How COLA is calculated

Through a living-pattern survey. The survey collects information about locations where military families shop and dine, both on and off base. The results of this survey are used to form the retail price schedule.

Other data such as income, number of command-sponsored family members, and the percentage of income military families spend on COLA-related items is also factored into the amount service members receive in COLA.

How often the living-pattern survey is conducted

The living-pattern survey is only conducted every three years and is the basis for COLA amounts received by service members.

How to affect the amount of COLA you recieve

Participate in the living-pattern survey currently taking place until Feb. 29 on the U.S. Pacific Command Web site at http://www.pacom.mil.

Don't think taking the survey is important? Well, here's a quick fact for you, on average it's 35 percent more expensive to live in Hawaii than it is to live in Sacramento, Calif. It's 46 percent more expensive than it is to live in Harrisburgh, Penn., and it's 40 percent more expensive than living in Baton Rouge, Ls.

Around the Corps

Battalion raises $30,000 to save Iraqi child's life

Lance Cpl. Shawn Coolman
1st Marine Division

HADITHA CITY, Iraq — Three-year-old Amina Al'a Thabit has one chance at life.

On a routine meet-and-greet patrol through the city streets here, Marines with Lima Company, 3rd Battalion, 23rd Marine Regiment, Regimental Combat Team 5, noticed something wasn't quite right with little Amina.

"The first day we saw her we thought she was the cutest girl," said Sgt. Bryan C. Velasquez, 23, a Lima Company squad leader from Houston. "We just fell in love with her."

Amina has a congenital heart condition, known as Complex Cyanotic Heart Disease that can't be treated with the current facilities in Iraq.

"She is unable to oxygenate her blood properly," said Navy Capt. John H. Nadeau, the battalion surgeon. "She unfortunately has a number of birth defects; the blood bypasses her lungs and gets pumped around her body without sufficient oxygen."

The battalion raised approximately $30,000 for her safe travel to the U.S. and to have open-heart surgery. If not treated, her life expectancy would be dire.

"We needed about $30,000 to fly a U.S. medical team to Jordon and fly Amina and her mom back to the U.S.," said Maj. John K. Jarrard, commanding officer, Lima Company, a 35-year-old native of Gainesville, Ga. "This is a huge effort; folks back home, private donations, everyone came together to make this happen."

The effort to get Amina and her mother clearance to enter the U.S. was facilitated by the battalion's communications officer, Maj. Jake J. Falcone, through the State Department and the Department of Homeland Security, with whom he is a civilian contractor.

"By word of mouth we hope this act will spread the message that we're not the devil or here for oil," Falcone said.

Amina arrived in the U.S. Wednesday and is now at the Monroe Carell Jr. Children's Hospital at Vanderbilt University in Nashville, Tenn., awaiting her surgery.

"Amina is in the hands of the best surgeons in the America," Jarrard said.

While not with her daughter at the hospital, Amina's mother is staying at a local home of an Iraqi family that Jerrard's wife and aunt found through the hospital.

Although the facility here couldn't treat Amina, the future for Haditha City Hospital looks promising.

Amina was diagnosed with her condition here, but there are not sufficient facilities or equipment to perform these kinds of operations, said Jarrard.

"The doctors can diagnose it now to some degree, but with a year-long $7.5-million dollar upgrade to the hospital starting in March, they will," Jarrard said. "Iraqi doctors are exceptional; it's just a matter of providing them with the facilities and equipment."

The Iraqi government backed the Marines' effort with unconditional support.

"We couldn't have done this without the full support of the Iraqi government from the local to the national level," Jarrard said. "We're making progress to take care of these kinds of problems right here in Iraq. We have done everything we can — all we can do is pray for a successful surgery and rapid recovery."



Lance Cpl. Shawn Coolman

Three-year-old Amina Al'a Thabit and her father embrace before Amina flew to the United States with her mother for heart surgery.



Hawaii Marine
LIFESTYLES

HAWAII MARINE B SECTION | WWW.MCBH.USMC.MIL | FEBRUARY 1, 2008

HAWAIIAN STYLE

Hale Koa offers traditional Hawaiian luau

Lance Cpl. Achilles Tsantarliotis
Combat Correspondent

Hawaii's Polynesian ancestry, culture and traditions are what set this state apart. No other state shares a similar origin.

Yet, folks visiting or recently moved from the mainland might not experience many of the diverse traditions Hawaii has to offer.

What better way to experience a little bit of the history, traditional food and dance than in a collective offering; a culturally educating and entertaining luau.

Honolulu's Hale Koa Hotel hosts the feast weekly in their tropical Luau Garden and provides an authentic, comfortable atmosphere to fully experience the theme of a luau.

"What I really like about the luau here is the environment," said Dan Richardson, a tourist visiting Hawaii. "If I imagined a luau from everything I've ever seen or heard about them, I still don't think it'd be as breathtaking as this. I mean, it's just beautiful, from the grounds and vibrant plant life to the exotic performers on stage."

The luau offers an authentic and equally exotic environment where patrons are served their food, unlike typical buffet-style luaus. The feast is concluded with an evening of entertainment, beginning with Hawaii's origins and customs with "This is Hawaii" chants, song and dance, ending with contemporary Hawaiian entertainment.

"I think it's great because it's the complete package at a lower rate than normal," said Lucy Lau, marketing coordinator, Hale Koa Hotel. "You don't normally find a package like this at most luaus. It's a sampling of what the Hale Koa has to offer; great entertainment and quality food."

Hale Koa does an excellent job recreating the area and feeling of a traditional luau, and preparing the menu, said Glenn Medeiros, master of ceremonies and singer for the luau.

Luaus also feature the famous Kalua Pig, which is traditionally prepared by salting and wrapping it before slowly cooking for six hours in an authentic imu (Hawaiian underground oven), Lau said.

"I'm proud to be a part of the show," Medeiros said. "It's a wonderful place to perform at. It's beautiful, and the food and service are just incredible. The show's been around for about 25 years and at first it had a backyard kind of feel to it. Then they slowly changed the area to a more professional environment, but they always kept the traditions that were part of the show."

The array of performances begins to unfold after the food is served and the starry sky begins to fall.

"The master of ceremonies is a big part of the show," Medeiros said, "and I've been to other luau's, and they all have their own touch, but I really think we have the best show despite any specific MC. It's because the performers and entertainment offered here is truly one-of-a-kind."

The event is a memorable Hawaiian experience and one of Hale Koa's many different entertainment shows.

The luau is on Monday and Thursday September through May, and Monday, Wednesday and Thursday during the summer months of June through August.

Tickets are available at the Hale Koa Activities Desk, or charge by phone at 955-0555.



A taste of Hawaiian sweets, the haupia and coconut cake is an example of the authentic cuisine found at Hale Koa's luau.



After the feast, patrons can move up to better enjoy the performers and Hawaiian music at the Hale Koa Hotel's luau in Waikiki. The show features food, song and dance.



Photos by Lance Cpl. Achilles Tsantarliotis

Entertainers uncover a pig during the Hale Koa luau in Waikiki Monday. The pig is a luau custom, prepared with salt and wrapped before it goes into an imu (Hawaiian underground oven).

PASS IN REVIEW



The fastest way to become a musical deity

Lance Cpl. Achilles Tsantarliotis
Combat Correspondent

Video games are becoming more and more interactive. Gone are the ways of conventional joystick/button mashing formulas with a competitive objective, to the new upcoming games that focus on group fun and promote a social atmosphere.

Who says it's a bad thing?

I'm not an avid gamer and as a guitarist (not only virtually) I was always dismissive of the Guitar Hero games that led to "Rock Band." I don't regret missing the prequels, but I'm glad I picked up the "so addicting there should be a clinic in the Netherlands for recovering fiends," "Rock Band".

"Rock Band" takes away the "solo" feeling of euphoria the "Guitar Hero" induces and replaced it with a fail-proof formula, "rockin' with the bros."

It's available for the PlayStation 2, PS3 and XBOX 360 systems, and despite a hefty price-tag, roughly $180, it definitely pays for itself, providing countless hours of attempting to "make it big," or at least finish a song without getting booed off stage by a virtual audience.

It comes with three controllers (for lack of a better word): a guitar featuring "frets" near the neck for realistic type shredding on those killer Sabbath songs; a drum set, including a kick pedal that makes my friend become incredibly tense and spastic during songs, going to the length of needing periodic rests for maximum performance (but hey, bands need to work together as a cohesive unit, at least until stardom); lastly, a microphone, and I'm not going to lie, mine's still in its packaging.

Unfortunately, I don't have any vocalists near me and the third man will usually opt to plug in another guitar to double as bass, because there's no way I'm pulling double duty.

Rock Band is an amazing game that excels in multiplayer fun, and in more ways than the obvious. Who doesn't love talking trash to their bassist who possibly has the worst rhythm in the history of man, or, laugh hysterically (until you're out of breath) at your buddy on the drums starting to look a lot like that one fuzzy guy from the Muppets.

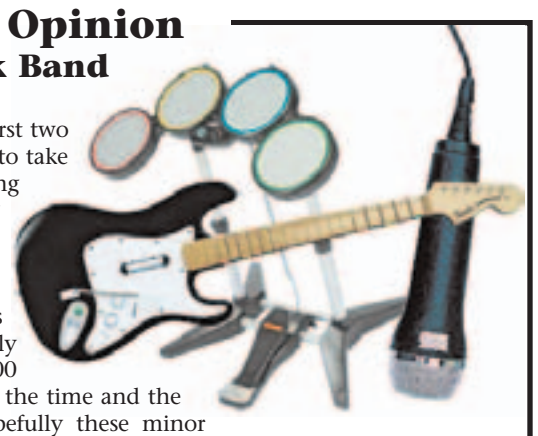
For those of you who are musically handicapped don't "fret." I'll admit the finger dexterity and techniques I know from real guitar did ease the transition to virtual guitar, but I know plenty of guys who haven't touched an instrument since the recorder in grade school and still manage to shred with ease.



Boasting an already impressive 58-song library in the game, from punk to classic rock and everything in between, you also have the option of downloading songs over the Internet to keep you from burning out. Now take a relatively limitless song library and consider the ranging difficulties of "senior citizen easy" to "rubber fingers and a zombie stare" impossible, this game is a must have for playing with the guys/girls, and if being a hot seller for months isn't enough evidence of a quality product, stick to that shooter you can't seem to get bored of, because that's one less competitor on the road to endless money and jacuzzi parties for me.

Second Opinion
Rock Band

3/4



Rock Band does indeed rock ... for about the first two weeks. If you have neither the time or friends to take your band on a world-wide tour then unlocking all of the game's songs feels more like working than rocking. The song selection is varied and often times you'll find a favorite artist, but unfortunately the track you're looking forward to shredding to is missing. Downloadable songs add to the selction but can get pricey, especially considering the original purchase is close to $200 and only comes with one guitar. If you've got the time and the cash, Rock Band is a great investment. Hopefully these minor annoyances will be fixed in the sure-to-be-made sequel, Rock Band 2: 'Road to Rehab.'

- Cpl. Fayloga

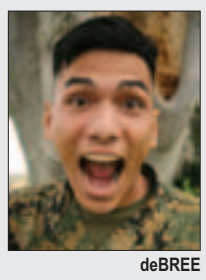
Better Know A Critic


CABALO

Random 3 from top 5 games
Sonic the Hedgehog, Transylvania, The Sims

Random 3 from top 10 bands
Smash Mouth, TLC, Sam Phillips

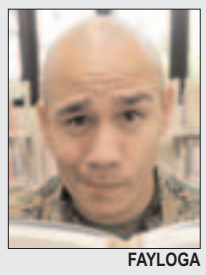
Favorite videogame console
Sega Genisis


deBREE

Random 3 from top 5 games
Tetris, Mario Kart, Brain Age

Random 3 from top 10 bands
Red Hot Chili Peppers, Underoath, Killswitch Engage

Favorite videogame console
Nintendo DS


FAYLOGA

Random 3 from top 5 games
Zelda series, Halo series, Metal Gear series

Random 3 from top 10 bands
Bob Marley, The Beatles, The Smiths

Favorite videogame console
Super Nintendo Entertainment System


GRIFFIN

Random 3 from top 5 games
Mortal Kombat, Street Fighter, Tetris

Random 3 from top 10 bands
Van Morrisson, ZZ Top, Ryan Adams

Favorite videogame console
Sega Genesis


GUARD

Random 3 from top 5 games
I don't play video games.

Random 3 from top 10 bands
Anthony Hamilton, Chris Brown, Keisha Cole

Favorite videogame console
(See top)


MARION

Random 3 from top 5 games
Smash Mouth, TLC, Sam Phillips

Random 3 from top 10 bands
Fort Minor, Tim McGraw, Hinder

Favorite videogame console
XBox 360


MORA

Random 3 from top 5 games
Madden Football, Tekken, Contra

Random 3 from top 10 bands
Stone Temple Pilots, The White Stripes, Pearl Jam

Favorite videogame console
Playstation 3


RUISI

Random 3 from top 5 games
Mario Party, Wii Sports, Donkey Kong

Random 3 from top 10 bands
Tiger Army, Elvis, Frank Sinatra

Favorite videogame console
Nintendo 64


TSANTARLIOTIS

Random 3 from top 5 games
Call of Duty 4, Gears of War, Halo 3

Random 3 from top 10 bands
The Original Fleetwood Mac, Lamb of God, Pantera

Favorite videogame console
XBox 360



Rockers bring back the 'rock' to rock 'n' roll

Cpl. Chadwick deBree
Combat Correspondent

I was in eighth grade when I started to really listen to music. Korn was singing about freaks on leashes, Offspring about being cool for a Caucasian guy and Lauryn Hill was singing about that thing (what ever that thing was). After that, in high school, I branched off into the world known as heavy metal and the rest is history.

"But what was it that you listened to before this time?" you may ask. Well the answer is simple, pure rock and roll. I grew up listening to bands such as Led Zeppelin, Lynyrd Skynyrd and the king of them all, Black Sabbath. Since then I haven't really heard anything new that sounded similar to those bands… until I came across a band called Down.

Down is the brainchild of musicians from well-established bands in the world of metal including Crowbar, Corrosion of Conformity and the almighty Pantera.



I first heard of Down in the summer of 2002 when I was a wee lad attending a small concert called Ozzfest.

They came on the stage and just blew the crowd away, and I was instantly hooked. These guys didn't care that they were playing deep, unadulterated rock and roll to a crowd full of Slipknot fans.

Down consists of Kirk Windstein of Crowbar, Pepper Keenan and Jimmy Bower of Corrosion of Conformity and Rex Brown and Phil Anselmo of Pantera. Unlike these musicians' other bands, when they come together as Down, they channel their influences and make something magical happen.

In their latest record, "Over the Under," the band lets all their personal aggression out. After each member suffered through Hurricane Katrina in their hometown of New Orleans, these guys had a lot to get off their chest.

In songs like "Beneath the Tides" and "On March the Saints," the band makes it clear they're upset but are keeping their heads high, and people affected by the natural occurrence should come together to make their beloved town what it once was.

One song on the album is about personal loss as well. In 2004, Phil and Rex suffered what most people don't want to, the loss of a close friend who they called "brother." In that year, the music world lost a talented guitar player named Darrell Abbot, but known to millions as "Dimebag," of Pantera. To cope with their loss, the band wrote a song called "Mourn," which describes what they were feeling when they received the news.

Throughout the album, listeners can hear the talent these musicians really have. The guitar duo of Windstein and Keenan show they can expand into new territories foreign to their other bands. The two switch off between monstrous guitar riffs and solos that would make Toni Iommi proud.

Brown also proves himself on this record. Like in Down's previous record, "Down II: A Bustle in your Hedgerow," Brown proves he is really the master at his bass, playing blues-inspired bass lines.

Another part of the rhythm section, the drums, is brought courtesy of Bower, who has played drums for both Corrosion of Conformity and Crowbar. On this record, he strayed away from simple drumming and experimented with different beats, which proved to be in his favor.

If you're a Pantera fan, don't expect Anselmo to provide screaming like he did in his other band.

When he's with Down, Anselmo takes time to make sure his voice is perfect to bring that bluesy sound the South is known for.

If you like rock 'n' roll, be sure to pick up this record. It's not one that disappoints.

TALK* STORY

The game of the year is this Sunday and it looks to be quite a match-up. The New England Patriots are set to make history, assuming they can overcome the New York Giants, who've had quite an impressive playoff run. It's too close for us to call so we need your help.

Who do you think will win this year's Super Bowl?

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



"The Patriots will win the Super Bowl. They have come too far to be beaten now. I think it's their destiny to be undefeated."

— Staff Sgt. Tyrone Burroughs



"I may not like the Patriots, but they have an undefeated record this year. They've been steady throughout the year, and I would rather have them than the Giants."

— Camara Sharp

"It will be a close game, but defense will be the deciding factor of the game. The Giants' defense will put pressure on Brady and shut him down."

— Gunnery Sgt. Steven Jarvis



Desert Diaries

Lance Cpl. Alesha R. Guard
Combat Correspondent

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

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

Serving in the military is something Sgt. Matthew R. Crooks always felt all young men should do.

"The events of Sept. 11 affected a lot of people in the country and just pushed me over the edge to actually join," Crooks said. "Then I figured if I was going to join, why not fight with who most consider the best?"

He deployed to al Asad, Iraq, in April 2007, with Marine Heavy Helicopter Squadron 362, Marine Aircraft Group 24, as a crew chief for a CH-53D Sea Stallion.

His crew went through pre-deployment training at Marine Corps Air Station Yuma, Ariz., where he became a weapons and tactics instructor during training.

"When we first went to Yuma there were only a few people from the squadron who had landed in a dusty, sandy environment, so it was a little hairy at first," Crooks said. "But after all the pre-deployment training they were all able to do their job safely."

> ***"The events of Sept. 11 affected a lot of people in the country and just pushed me over the edge to actually join. Then I figured if I was going to join, why not fight with who most consider the best?"***

The training paid off, as none of the missions in Iraq were ever the same, according to Crooks.

"You would always be expecting that someone might shoot at you, so we'd constantly be paying attention to what's going on because you never know what's going to happen," Crooks said.

One night, expecting to fly a general support mission, the crew received intelligence on the location of captured soldiers.

"The . . . soldiers were ambushed south of Baghdad and had three men captured," Crooks said. "One man's body was found near the Euphrates River, and we were asked to send out five aircraft to pickup a Navy Seals team in Fallujah and then fly them to where they thought the captured men were."

After intense planning, Crooks coordinated his crew with F-18s, C-130s and attack helicopters.

"The mission ended up being successful in the fact we brought everybody home and nobody was injured, but we did not find the soldiers," Crooks said.

The entire squadron flew about 4,000 hours while deployed and returned safely back to Hawaii in October.

"The Marine Corps' oldest CH-53D is in our squadron, and we flew it safely while we were in Iraq," Crooks said. "The entire squadron received the Iraq Campaign Medal and the Sea Service Deployment Ribbon," Crooks said. "I also received an air medal with six stripe flights."

Crooks has about four years left on his new contract, reenlisting along with other members in his crew in Iraq.

"Some of the men really surprised me when they reenlisted," he said. "I think deployment changed their mind, and . . . they felt really good about what we do."

A Day in the Life ...

Lance Cpl. Achilles Tsantarliotis
Combat Correspondent

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



Lance Cpl. Achille Tsantarliotis

Ammunition technician Lance Cpl. James Laflin of Base Ordnance, Headquarters Battalion, is a man behind the curtain, providing the props to ensure success in the theater of war.

Behind the curtain

If all the Marine Corps were a stage, infantry would fill the starring roles. All along the audience is captivated by their heroics, never realizing the "crew" backstage making the magic happen.

Behind the curtain is how Lance Cpl. James Laflin considers himself in the "production team" of occupations working toward the same goal.

Laflin, an ammunition technician with Base Ordnance, Headquarters Battalion, is humble and free of insecurities concerning his job. He's proud and eager to continue his role providing infantry and base units with their tools. He's happy with the change of direction he took in his life.

"I went to college for economics and business," said the Cincinnati native. "I needed a change of pace. I slowly came to the understanding that I really only went to college because everyone else did ... seemed like the right thing to do. As I got to the point where my income wasn't enough for my living expenses, I knew college wasn't possible at that point."

Laflin took a new approach when he heard his brother, who followed a common career throughout his family, speak so passionately about serving in the Army.

"When I heard my brother talking about how much he liked it and the endless benefits he had," Laflin explained, "I thought maybe I was going about life the wrong way. Maybe there's something different out there for me. Being from an Army family, I knew I wanted to do my own thing, make me stand out in my family. Before you know it I was in the delayed entry program and getting ready for boot-camp."

Laflin's original choice of occupation was something to do with logistics. When he heard he was on the road to becoming an ammo tech, he didn't know what to expect, but realized it was an important job.

"Once I got into the fleet and started working, I found a lot of similarities to some of my past jobs. Keeping inventory, maintaining and organizing ... it made it a lot easier for me to adjust, even though the paperwork was another world for me. Luckily, with my [non-commissioned officers'] help and guidance it slowly became second nature," Laflin explained.

Laflin slowly realized the importance of his role and how it directly affected mission accomplishment after just a few months.

"We support the 'grunts;' we make sure they get their ammunition for training," he said. "It's a lot more than just handing it off and wishing 'em the best of luck. We keep everything organized depending on hazard class, ensure they all have proper documentation and make sure the vehicle they deliver it on is safe. One time at Pohakuloa Training Area, a junior Marine rolled up and came to retrieve ammo without authorization, and we just turned him away. It ended up not even being his unit's ammo, but another unit's, so had he gotten it, it would have stopped their training, as well as his own unit's."

Naturally, a big part of the job is knowing everything about the different ammunition and what can be stored next to what, Laflin said.

"At our [military occupation specialty school] we learned everything about the ammo," he said. It's more than handing ammo out; it's making sure everything is incident free and ready for the infantry."

Laflin said sometimes it's as simple as cutting the grass.

"Doing everything correctly and cautiously is harder than assumed," said Lance Cpl. Todd Lawhon, ammo technician, Base Ordnance, HQBN. "It's a crucial part of the warfighting aspect;ammunition is dangerous when fired, but it's still dangerous when stored and that's part of the job."

"There's guys that make the kills," Laflin said. "Then there are guys behind the scenes making sure that happens. We're those guys."

Financial planning for retirement key

News Release
LIFELines

Are you intimidated by the concept of retirement planning? Do you assume it's too complex to tackle on your own? Actually, the essence of a retirement plan is quite simple — figure out how much money you'll need and how to save that amount in the years left before you retire.

Generally, you'll need 70 to 80 percent of your current income to maintain your lifestyle during retirement. The earlier you start saving, the easier it will be to reach your goal.

In creating your retirement plan, it's crucial to consider the effects of inflation. Inflation means that, as years pass and inflation rises, your money won't stretch as far. Assume a yearly inflation rate of four percent, and adjust your saving goals accordingly. To see the actual effect of inflation on your savings, try out the inflation calculator on the Department of Labor web site. Aim for investments that earn an interest rate that's higher than the inflation rate.

If you're not comfortable identifying a retirement saving goal yourself, contact a financial counselor at the Fleet and Family Support Center or Marine Corps Community Services, read a retirement planning book, or hire a professional retirement planner. Or use one of the many online retirement calculators — try the Ballpark Estimate on the American Savings Education Council Web site as a starting point.

Once you've identified your retirement goal, create a plan to reach that goal. You'll need to focus on a variety of saving options.

Pension Plans

A pension is money you receive when you retire. That money can be generated from employer-paid plans such as military retirement or from employee-paid plans such as a 401(k).

Military Retirement

Generally, service members can retire with partial pay after completing 20 or more years of active service. To request an estimate or ask questions about retirement pay, look under Money Matters on the Defense Finance and Accounting Service Web site.

Thrift Savings Plan and 401(k)

These are saving tools that let you invest a portion of your pretax pay in retirement funds. Generally, you can't withdraw your money until you reach a specified retirement age, at which time you'll likely be in a lower tax bracket than when the money was invested. In some cases, your employer will provide matching funds. The TSP is for federal employees and is now open to military personnel.

Self-employment

If you're self-employed, you have different retirement saving options. For example, you can choose a private pen-

See PLANNING, B-5

MOVIE TIME

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

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

Call 254-7642 for recorded information.

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

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

I am Legend (PG13)	Today at 7:15 p.m.
No Country for Old Men (R)	Today at 9:45 p.m.
National Treasure: Book of Secrets (PG)	Saturday at 7:15 p.m.
Charlie Wilson's War (R)	Saturday at 9:45 p.m.
The Golden Compass (PG13)	Sunday at 2 p.m.
I am Legend (PG13)	Sunday at 7:30 p.m.
No Country for Old Men (R)	Wednesday at 6:30 p.m.
National Treasure: Book of Secrets (PG)	Friday at 7:15 p.m.
Charlie Wilson's War (R)	Friday at 9:45 p.m.

SPOTLIGHT ON BASE

Word to Pass

Singing Valentines

The Sounds of Aloha Chorus, a non-profit organization, is offering live singing valentines 9 a.m. to 9 p.m. Feb. 13-14, and for special events Feb. 15-16. The organization asks for $60 donation in place of compensation.

For more information, call 262-7664 or visit http://www.hawaiisingingvalentine.com.

African-American Heritage Story Time

Enjoy cultural stories, crafts and a tasty snack at the Base Library's African-American Heritage Story Time Program Saturday 10-11 a.m. The event is open to all military families, sponsored guests and Department of Defense employees.

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

Super Bowl XLII

Watch the big game with food and door prizes at the Officers' Club, SNCO Club or Kahuna's starting at 12:30 p.m. Sunday. Service members and their guests can enjoy the Super Bowl at their respective clubs.

Bosses Night at Kahuna's

Come enjoy an evening of camaraderie and pupus at Kahuna's Bar & Grill Tuesday from 4:30 to 6:30 p.m.

For more information, call Alexis Swenson at 254-7660.

Baby Boot Camp

Marine Corps Family Team Building invites active duty service members and their spouses to learn about childbirth, newborn care, postpartum changes and breastfeeding basics Tuesday and Wednesday from 9 a.m. to 3 p.m. at Building 244. Reservations are required.

To make a reservation or for more information, contact the New Parent Support Program at 257-8803.

New Arrivals Brief

All new active duty personnel must attend the New Arrivals Brief, with the next brief going Feb. 7 from 7:30 a.m. to noon at the Base Theater. The brief provides information about policies, services and programs aboard Marine Corps Base Hawaii. Family members and newly-employed MCBH civilians are also encouraged to attend.

For more information, contact Marine &

On the Menu
at Anderson Hall

Friday
Lunch
New England clam chowder
Tomato soup
Roast turkey
Lemon baked fish fillets
Baked macaroni and cheese
Garlic roasted potato wedges
Mixed vegetables
Lyonnaise carrots
Chicken gravy
Peach pie
Chocolate chip cookies
Spice cake w/lemon butter cream frosting
Vanilla/chocolate cream pudding
Lemon/orange gelatin

Dinner
New England clam chowder
Tomato soup
Chicken cacciatore
Chili conquistador
Burritos
Refried beans
Spanish rice
Simmered corn
Green beans
Taco sauce

Saturday
Dinner
Beef barley soup
Chicken noodle soup
Pork roast
Chicken Cordon Blue
Mashed potatoes
Boiled egg noodles
Broccoli polonaise
Simmered succotash
Chicken gravy
Boston cream pie
Shortbread cookies
Yellow cake w/butter cream frosting
Vanilla/chocolate cream pudding
Lemon/raspberry Gelatin

Sunday
Dinner
Chicken w/rice soup
Vegetable soup
Oven roast
Honey glazed cornish hens
Rice pilaf
Savory bread dressing
Asparagus w/hollandais sauce
Simmered squash creole
Brown gravy
Pumpkin pie
Oatmeal cookies
Devil's food cake
Vanilla/chocolate cream pudding
Strawberry/lime gelatin

Monday
Lunch
Miso soup
Portugese bean soup
Chinese five spice chicken
Grilled Mahi Mahi w/wild rice
Garlic cheese potatoes
Broccoli polonaise
Orange glazed carrots
Mushroom gravy
Carrot cake w/cream cheese frosting
Cheese cake
Creamy banana coconut pie
Oatmeal chocolate chip cookie
Vanilla/chocolate cream pudding
Lime/strawberry gelatin

Dinner
Potato chowder soup
Beef noodle soup
Veal parmesan
Braised pork chops, bone in
O'Brien potatoes
Spaghetti w/marinara sauce
Mixed vegetables
Peas w/onions
Mushroom gravy

Tuesday
Lunch
Cream of chicken soup
Bean w/bacon soup
Barbequed spareribs
Southern fried chicken
Southern fried catfish
Corn on the cob
Southern style greens
Hush puppies
Red beans with rice
Candied sweet potatoes
Baked macaroni and cheese
Jalepeno corn bread
Blueberry cobbler
Sweet potato pie
Double chocolate chip cookies
Yellow cakew/chocolate chip fudge frosting
Vanilla/chocolate cream pudding
Cherry/orange Gelatin

Dinner
Cream of chicken soup
Bean w/bacon soup
Turkey a la king
Salisbury steak
Parsley butter potatoes
Glazed carrots
Club spinach
Brown gravy

Wednesday
Lunch
Manhatten clam chowder
Cream of mushroom soup
Chili macaroni
Roast turkey
Grilled cheese sandwich
Mashed potatoes
Simmered pinto beans
Simmered mixed vegetables
Turkey gravy
Cheese cake w/cherry topping
Peanut butter cookies
Peanut butter cake w/peanut butter cream frosting
Vanilla/chocolate cream pudding
Lemon/raspberry Gelatin

Dinner
Manhatten clam chowder
Cream of mushroom soup
Meat loaf
Pork ham roast
Mashed potatoes
Tossed green rice
Cauliflower combo
Broccoli w/cheese sauce and rice
Brown gravy w/mushrooms

Thursday
Lunch
Cream of broccoli soup
Tomato soup
Swiss steak w/brown gravy
Chicken vega
Oven browned potatoes
Corn on the cob
Simmered peas and carrots
Brown gravy
Blueberry pie
Brownies
White cake w/lemon cream frosting
Vanilla/chocolate cream pudding
Lime/cherry Gelatin

Dinner
Cream of broccoli soup
Tomato soup
Beef yakisoba
Sweet and sour pork
Shrimp fried rice
Simmered broccoli
Fried cabbage w/bacon
Chicken gravy

Created by: GySgt Charles Wolf

SEMPERTOONS™

THE GREATEST MARINE CARTOONS ON THE PLANET!

Technically, I didn't open it...
So, Technically...,
You can't be mad at me!"



Marine Corps Base Hawaii
Command Religious Program

Recurring Religious Ministries Activities

Religious Support

Roman Catholic (MCBH Chapel)

Daily Mass	Tuesday–Friday	11:45 a.m.
Sunday Mass	Sunday	9:30 a.m.
Sailor–Marine Mass	Sunday	5 p.m.

Protestant (MCBH Chapel)

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

The Church of Jesus Christ of Latter-day Saints

POC is Chaplain Daniel Whitaker at MCBH Chapel, 257-1501/216-0156

Jewish

Aloha Jewish Chapel Pearl Harbor (Bldg. 708) located across from Makalapa Medical Clinic
POC is Mr. Daniel Bender, 523-4814

Jewish Bible Study	Monday	6:30 p.m.
Kabbalat Shabbat	Friday	7:30 p.m.
Shabbat Morning Services	Saturday	8:15 p.m.

Wiccan Fellowship

Contact Chapel for more information

Islam

Main Post Chapel, Schofield Barracks (Bldg. 791)
POC SSgt Abdelwahed, 624-3325

(Jumah) Prayer	Friday	1 p.m.

PLANNING, from B-3

sion known as a Keogh Plan or a Simplified Employee Pension Plan, which can be structured as an IRA or a 401(k) plan. For details, see the Small Business and Self-Employed Community section of the Internal Revenue Service Web site.

For more information about pensions, see the Retirement Plans and Savings section on the Department of Labor Web site.

Social Security

As a general guideline, your Social Security benefit will be about 40 percent of your average lifetime earnings. The benefit amount is automatically adjusted for changes in cost of living. These benefits are not intended to be your sole source of retirement income, so you need to include other options. Visit Social Security to learn how to get an estimate of future benefits and information about other Social Security benefits.

Personal Savings and Investments

Personal savings and investments are increasingly important in retirement planning. You can take advantage of several different kinds of long-term investments to help prepare for your retirement.

Individual Retirement Account

Your money can be invested in a variety of saving tools, such as stocks or mutual funds. Contributions to a traditional IRA are tax deductible, with taxes paid upon withdrawal.

Contributions to a Roth IRA are not tax deductible because they come out of your after-tax income, but you won't have to pay taxes upon withdrawal.

Stocks and Bonds

You can buy individual stocks or bonds as an investment.

Stocks are individual ownership shares in a corporation; buying stocks carries a higher risk because the stock market can go up or down.

Bonds are essentially loans from an investor to a company or government in return for interest payments.

Mutual Funds

These are investments such as stocks or bonds, bought with the pooled resources of several individual investors. A mutual fund is professionally managed and generally charges a fee or sales commission.

Certificate of Deposit

A CD is an interest-earning deposit at a financial institution, and it must be left in that institution for a specified length of time or you'll be charged a penalty.

It's important to realize the different risk levels associated with each type of investment you make.

You can learn the basics of investing by reading sites on the Internet — start with Savings Tools on the American Savings Education Council Web site.

Also access Military Saves.

Insurance and Survivors Benefits

During retirement, your health and life-insurance needs may change. Consider what is available through your employer, the federal government, and private insurance companies.

Health insurance, Medicare

Medicare is the federal health coverage program available to people age 65 and older or on disability. Medicare generally does not cover all health costs in retirement, so you should consider supplemental health insurance.

Life Insurance

You'll still need auto and home insurance during your retirement years, but your life-insurance needs may change. Life insurance is designed to cover your family's living expenses during your working years. However, during retirement your living expenses should be generated by the money you have saved, thus reducing the amount of life insurance you need.

Survivor Benefit Plan

This provides payments to a service member's designated survivors equal to at least 55 percent of the member's base amount. For details, see the document Preparing for Your Military Retirement on the Defense Finance and Accounting Service Web site.

Retirement planning is a cornerstone of personal financial security.

The increasing mobility of today's workforce requires that you take more responsibility for your own retirement planning and savings.

The best way to prepare is to start early, spend less than you earn, and invest what you save.

Recruit this



Cpl. Chadwick deBree

Staff Sgt. Solomon Jennings, career retention specialist, 2nd Battalion, 3rd Marine Regiment, 3rd Marine Division, falls into the dunk tank after his son hits the mark during a battalion family day Jan. 25, at Risely Field here. The Marines and Sailors of 2/3 held the family day to bring each other together before their deployment in support of Operation Iraqi Freedom this year.

Early retirement: young, healthy, raring to go

News Release

LIFELines

Something mysterious happens to us as we age. The years go by faster and faster, and AARP and the DoD keep mailing us information on retirement. Yet we don't feel old, and we certainly don't look old. We wonder how retirement could have seemed so far away just a few years ago, and now it is looking us square in the eye. If you're thinking about retiring while you're still a little wet behind the ears, here are a few things to consider.

What About a New Career

Transition Assistance will provide you with all the regulations regarding retirement from military service. Retirees thinking about opening a new business may want to contact the Small Business Administration for valuable advice and information.

Many Sailors and Marines become "double dippers" after waiting the required 180 days after retirement by moving into civil service positions within the government. There is no waiting period if you work for a company that is not engaged in business with the government.

The Importance of Financial Planning

You can plan on living until age 83; if you retire at age 55, that means you will be retired at least as long as you worked.

You cannot draw Social Security until age 62, which is considered early retirement. The early withdrawal benefits are only 80 percent of what they will be if you wait until age 65.

If you start taking your social security income at age 62 and invest all of it for the next three years, you may actually come out better than if you wait until age 65. A financial planner will be able to advise you on which is the best choice in your financial situation.



File photo

Add up all of your assets that don't have a fixed-income payout, such as a 401(k), profit sharing, or IRA. If you and your spouse plan to sell your present home and move into a less expensive, smaller home, calculate the monthly savings you expect to achieve.

Add up all of your current monthly expenses and subtract the expenses that are work related. Add in association memberships, hobbies, travel, and any other expenses that will result from your early retirement.

If you are 55 now, figuring inflation at four to six percent, you will need to double your present retirement income to maintain the same standard of living at age 75 that you currently enjoy.

Fortunately, your retirement pension is somewhat tied to inflation, although inflation for the past 20 years has been running close to six percent.

He Retired — She Didn't

A spouse of a retired service member we know told us her husband spent a week organizing the kitchen cupboards. He was so bored, he alphabetized the canned goods and spices and set up a food filing system. You can imagine how much his spouse appreciated his efforts. Luckily, he found a job before he tackled the rest of the house.

If the spouse of a retired service member works full time, the Sailor or Marine may resent his or her spouse's employment because the days seem to drag by until the spouse returns from work. On the other hand, the working spouse may resent the retired spouse's freedom and leisure. Choosing early retirement signals the beginning of a new way of life for both the service member and the spouse.

Think of retirement as the beginning of the best time of your life. The possibilities are endless, if you have planned well and keep your goal in sight.

Around the Corps

Two brothers bond to stay together while in Corps

Lance Cpl. Shawn Coolman
1st Marine Division

HADITHA, Iraq — Two brothers from Clanton, Ala., half a world away from everything they know, still have one thing in common: each other.

The brothers' journey working together began when Sgt. Steven N. Penley, squad leader, Lima Company, 3rd Battalion, 23rd Marine Regiment, was on recruiting assistance duty and recruited his brother Jeremiah Penley.

"I was in Lima Company before, and when I got back from my first deployment in 2003 I wanted to stay in the Marine Corps, but I didn't know what I wanted to do," Sgt. Penley said. "I liked active duty, so I decided to do recruiters assistance and [planned to] become a recruiter."

However, his plans changed once he learned that his brother was deploying with 3/23.

"When I found out my brother and two other guys that I recruited were coming here, I turned down my recruiting package and came back to Lima Company and was put into 2nd Platoon," Sgt. Penley said.

When the brothers arrived to Iraq they were in two different companies.

"It just worked out that I needed some different leadership and experience, so we traded with different companies," Sgt. Penly said. "One of my guys wanted to go to a different squad, and I needed a good point man. That's when I got my brother in my squad, which works out really well because we do everything together and work well as a team."

Both Penleys decided on a working relationship and moved quickly to separate work from personal time.

"When we're not working we're brothers, but when we are working I'm a sergeant of Marines and he is a lance corporal in the Marines," Sgt. Penley said.

They both share memories of home and can relate to each other when they need to comfort one other.

"Even though we're not home with family, I still have my brother here," said Lance Cpl. Jeremiah T. Penley, a rifleman with Lima Company. "A couple days ago our grandfather passed away, and it's nice to have someone to talk to."

"It's definitely better having my brother here," Lance Cpl. Penley said. "I wouldn't want to come back and not have it this way; it makes it a little easier."



Lance Cpl. Shawn Coolman

Lance Cpl. Jeremiah T. Penley, 25, a rifleman (left), and his older brother Sgt. Steven N. Penley, 26, a squad leader (right), both from Clanton, Ala., are with Lima Company, 3rd Battalion, 23rd Marine Regiment, Regimental Combat Team 5. The two brothers speak with a local doctor about the registration of his vehicle while on a security patrol through the streets of Haditha.

Sergeant Arnulfo Rocha, a team leader in the Penleys' squad, commented on what it's like being in the brothers' squad.

"I'm glad that I got put into the Penleys' squad," said Rocha, a Houston native. "[Sgt. Penley] treats everyone with respect, and he doesn't discriminate against anyone; we're all Marines in his squad."

Hawaii MARINE
SPORTS

HAWAII MARINE C SECTION | WWW.MCBH.USMC.MIL | FEBRUARY 1, 2008

2008 NFL military challenge:



Lance Cpl. Ronald W. Stauffer

William J. Corrigan runs the 40-yard dash during the NFL Military Challenge tryouts at Pop Warner Field here Friday.

Marines prepare to take down other services

Lance Cpl. Ronald W. Stauffer
Combat Correspondent

Athletes from Marine Corps Base Hawaii and U.S. Marine Corps Forces, Pacific, gathered at Pop Warner field here Friday to compete for a spot on a six-man team for the NFL Military Challenge at the Pro Bowl Football Festival Feb. 8.

The Military Challenge is an annual inter-military event, in which a six-man team participates in five events against the other services.

Potential players competed in five categories to determine the best athlete for the position.

Joe Au, intramural sports coordinator, and Meghan Brophy, varsity sports coordinator, oversaw the tryouts.

"Our goal is to come back victorious and take down the Air Force, who are the returning champs," Brophy said.

All the athletes participated in each category to effectively evaluate their strengths and weaknesses in all the positions.

The first tryout event was the 40-yard dash, which each competitor competes in at the tour-

See NFL, C-6

Crews go green for challenge

Christine Cabalo
Photojournalist

Living healthier doesn't mean getting bent out of shape for anyone changing their daily habits.

"Crews Into Shape," a federal program to increase health awareness, is open for all service members, federal employees and families. It's the first time the free annual health campaign is available here.

"The program was started by a dietician at the Navy and Marine Corps Public Health Center eight years ago," said Bob MacDonald, public health educator, Navy and Marine Corps Public Health Center. "It originally started as part of our '5 A Day' program, and it's a way to get people to eat more fruits and vegetables."

Starting in March, groups of two to ten will compete for points through exercising, good nutrition habits and learning how to keep healthy. More than 1,900 people took the challenge last year, including Sgt. Jessica Gonzales, career counselor, Marine Heavy Helicopter Squadron 466 in San Diego.

"It was something we did as an office," she said. "We all joined together as an all Marine crew. I heard about the program at the gym where they were handing out fliers. I brought the fliers back to the office, and it sounded like fun so we all did it."

Groups or crews, are encouraged to include five to nine servings of fruits and vegetables daily in addition to staying active. The public health educator said adults on average need more fruits and vegetables, and the program offers points for incorporating servings in addition to group exercising. Hawaii members can seek out health counseling from Dan Dufrene, health promotion coordinator, Marine Corps Community Services.

"Portion control is very important," he said. "The largest gain from the program is getting the right foods, and it's a way for people to get

See GREEN, C-6

One serving equals ...

On average, adults consume only 25 percent of the fruits and vegetables they need to stay fit, according to a 2007 report on nutrition from the Center for Disease Control and Prevention. All adults should have roughly five to nine servings of fruits and vegetables each day. The National Cancer Institute recommends using these rough estimates to for how big one serving is:

One medium-size fruit
One half-cup of frozen, raw or cooked vegetables
One half-cup of frozen, raw or cooked fruits in 100% juice
One half-cup of canned, cooked or frozen legumes (peas and beans)
One fourth-cup dried fruit

To learn more about healthy portion sizes, log on to http://www.mypyramid.gov. For more information about nutrition and exercise, log on to the CDC's reports Web site at http://www.health.gov/dietaryguidelines/.



Lance Cpl. Ronald W. Stauffer

Ryan Robinson, point guard, VP-4, breaks through the CSSG-3 defense, making a layup during an Intramural Basketball League game at the Semper Fit Center here Friday.

VP-4 dominates CSSG-3, 42-32

Lance Cpl. Ronald W. Stauffer
Combat Correspondent

Pressing into the second week of Intramural Basketball, Patrol Squadron 4 shutdown Combat Service Support Group 3, 42-32, during a league game at the Semper Fit Center here Friday.

Putting pressure on the CSSG-3 defense, the VP-4 offense used their speed and passing skills, stealing the game in the second half.

The VP-4 defense also struck hard, making it difficult for CSSG-3's offense to attack the hoop.

Both teams stepped onto the court with a 1-0 record, knowing only one team could leave undefeated.

"We want to start fast and control the game," said Ashon Brown, VP-4's head coach, before the game. "We're going to hit them hard on defense and run them in the beginning."

Brown said if the team was going to come out on top, they'd have to play smart and aggressively.

He said he expected to control the game by pushing for the press and control CSSG-3 by pressing CSSG-3's offense.

"The best offense is a strong defense," Brown said.

On the other side of the court, Jerry A. Robertson gathered his team before the game to run through plays.

"It's a bunch of new players this season," Robertson said. "We've got new faces, and they're just starting to get their chemistry down as a team."

As quickly as the jump-ball started the game, both teams pushed down court at full speed, fighting for possession and points.

Ryan Robinson, point-guard/shooting-guard, came

See BASKETBALL, C-7

Warriors take season opener over 1/12

Lance Cpl. Alesha R. Guard
Combat Correspondent



Lance Cpl. Achilles Tsantarliotis

Luke Johnson, 1/12 head coach and pitcher, gets ready to smack the ball during the opening game of the Intramural Baseball League at Risley Field here Monday.

The Headquarters Battalion Warriors defeated 1st Battalion, 12th Marine Regiment, 13 - 12, in the opening game of the Intramural Baseball League at Risley Field here Monday.

The Warriors were able to walk away with the game with massive hits and strong defense.

"It's the first game of the season, and our first game since 2007, since we were in Iraq last season," said Luke Johnson, head coach and pitcher for 1/12, before the game. "Today we want to get back into the swing of things and hopefully get a win."

The Warriors took 3rd place in the playoffs last season.

"Today we're going to play basic baseball, see what we got and try to develop our skills," said Romeo Ibrao, Warriors head coach. "Our goal for the game is to get one run in each inning – anything after that is bonus points."

The first three batters were out quickly. Warriors pitcher Eric McKay struck out 1/12's first and third batters and had help from center outfielder Tom Hollman, who caught a pop fly.

See BASEBALL, C-7



A Marine member of the Double Tap unit, who goes by the call sign El Diablo, stares through his custom made mask at his opponents. Many of the members of Double Tap have a full arsenal of weapons and gear.



A member of Double Tap, who goes by the call sign Smooth Operator, lays down cover fire from behind a barricade.

Friendly Fire

Marines, Sailors play airsoft hard

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

CAMP H.M. SMITH, Hawaii — "I need cover fire on that tower now," a Marine yells out to his team members. "Watch out for the sniper! Get down, get down."

Too late, the Marine takes a hit right in the neck. In real combat, this would most likely be his end, but in airsoft it's a walk of shame off the field.

Airsoft is a sport enjoyed by military, law enforcement and everyday Joes who like the rush of simulated war games, and the chance to pit tactics against other enthusiasts.

Unlike paintball, this rapidly-growing sport uses realistic weapons, from M4s with M203 grenade launchers, to the M249 Squad Automatic Weapon.

Marines and Sailors from U.S. Marine Corps Forces, Pacific have taken to this sport like ducks to water, forming an "elite" unit called Double Tap.

Three corpsmen stationed here started the unit. These three, who go by their call signs, Los Gatos, El Jefé and Smooth Operator, have spread airsoft fever throughout the command.

"The corpsmen got me hooked when they first showed me their weapons. They were so realistic I had to try it out," said a Marine who goes by the call sign El Diablo. "I went out and got my own weapon and now my Marines and buddies from my former unit are getting involved as well."

The unit's founders have been involved in the sport for more than six months. In a short amount of time, they built up their arsenal and became highly competitive in the Hawaii airsoft community.

"We were playing so much, we decided to form a unit," Los Gatos said. "A few of us have been in real combat so it goes hand-in-hand with our jobs and previous experiences."

For these service members, airsoft is not just a fun thing to do on the weekends.

"You can apply military training in a highly-competitive and exciting sport," Smooth Operator said. "The challenge of having a target, an objective and using basic skills to achieve them makes this sport very appealing."

"It's good times for us because a lot of us came from grunt units and we don't get to do much of that training anymore," Los Gatos added.

According to the members of Double Tap, their combined military experience gives them an edge over their competition.

"Some of the guys we play against have been playing these kinds of sports for 20 years. They try to use paintball tactics that don't work in this game," Los Gatos said. "We take the advantage by using basic war-fighting tactics to bring the fight to them. We dominate a lot of the other teams."

The sport is fairly popular in Hawaii, with ranges all across the island. Some of the more popular ones are in Barbers Point, Kuoloa Ranch and Marine Corps Base Hawaii.

Japan dominates the airsoft market. Hawaii's close proximity to Japan makes it easier to get more and better equipment here than on the mainland, according to Los Gatos.

Airsoft weapons are powered by batteries and compressed air, and shoot small plastic pellets. Some of the more powerful weapons, like sniper rifles, can have a muzzle velocity of



A member of Double Tap low crawls through tall grass in order to sneak up and secure an enemy tower.

700 feet per second. An actual M16A2 assault rifle has a muzzle velocity of 3,050 fps.

"Even though the rounds are small they are fired at an fps that is hundreds faster than paintball," Los Gatos said. "They hurt and leave welts, but cause no serious damage."

The sport has several advantages over paintball, according to Los Gatos and Smooth Operator. But there is one aspect of paintball they wish could be implemented into airsoft.

"The only downfall the sport has is, unlike paintball, you have to use the honor system," El Diablo said. "If your opponent won't go down, you just keep shooting him until he does."

The sport has a lot to offer military members, according to Double Tap. Besides combat training, physical conditioning and good, old-fashion fun, it can help keep Marines out of trouble.

"A lot of Marines waste a lot of money and time on dumb stuff, like getting wasted on the weekends," El Diablo said. "This sport is a much healthier and better way to spend your time and money."

To get involved in the Hawaii airsoft community, visit http://www.HawaiiAirsoft.us/ or http://www.hawaiiairsoftclub.com.



Photos by Cpl. R. Drew Hendricks

Peter Richardson, 17-year-old junior at Kapolei High School, sits and waits in his sniper hole as opposing airsoft players come rushing out of a building during an airsoft competition at Barbers Point Jan. 21.

SPOTLIGHT ON SPORTS

SPORTS BRIEFS

Pro Bowl and Tailgate Party

The Single Marine & Sailor Program event Feb. 10 is open to all single Marines and Sailors E-5 and below and their sponsored guests. Tickets are $50, which includes transportation from Kahuna's at 9 a.m., a sideline ticket, food and drinks.

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

Swamp Romp

The 14th Annual CSSG-3 Swamp Romp is Feb. 23 at the Boondocker starting at 7 a.m. The Swamp Romp is a 5-mile mud run that starts and finishes at the Boondocker Obstacle Course.

Teams of six can register and pay the $120.00 entry fee at the Semper Fit Center or online at www.mccshawaii.com/cgfit.htm.

Late registration fees begin on Feb 16. For more information, call Meghan Brophy at 254-7590.

Family Bowling Day

Operation Homefront is hosting a family bowling day Feb. 23 at K-Bay Lanes from 1 to 4 p.m. The event is open to families of deployed and deploying Marines and Sailors.

Information and tickets distributed by unit Family Readiness Officer.

For more information, call Xiomara Bowes at 257-2087.

Ping Pong Tournament

The Single Marine and Sailor Program is hosting a ping pong tournament at the Camp Smith recreation center from 11 a.m. to 1 p.m. The tournament is open to all single Marines and Sailors duty E-5 and below.

E5 and below can invite E-6 and above to participate.

Sign up at the Semper Fit Center or Camp Smith Rec Center.

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

Goju-Kan Karate

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

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

Youth Gymnastics/Dance Class

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

For more information, call 254-7610.

Parents for Fitness

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

For more information, ccall 664-0184.

Deep-Sea Fishing Charters Offered at Base Marina

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

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

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

Campground and Picnic Sites

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

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

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

Paintball Hawaii

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

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

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

K-Bay Lanes Color Pin Special

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

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

Semper Fit offers group classes



Group exercise classes are available at Semper Fit Center! Keep in shape with one of several training sessions that work out all your body areas. Classes at the center include:

Glutes to the Max

Unmush your tush with this intense glute workout. Get rid of the granny fanny with exercises for the hips and butt as you tone with weights, the exercise ball and resistance bands. To top it all off there will be a short ab workout and some stretching after your glutes have been pushed to the max.

Stretch

Reach for your toes in this class. Tired of having someone else scratch your back? Time to limber up. A class working on getting back the flexibility you once had or just stretching out those over worked muscles. This class is great way to reduce your chances of getting injured from tight muscles.

Yoga

Stretch your mind and your workout in this conditioning class. Learn how to be more fit, flexible and ease all your daily stress.

Ask about discounts for active-duty members. For more information, call 254-7597.

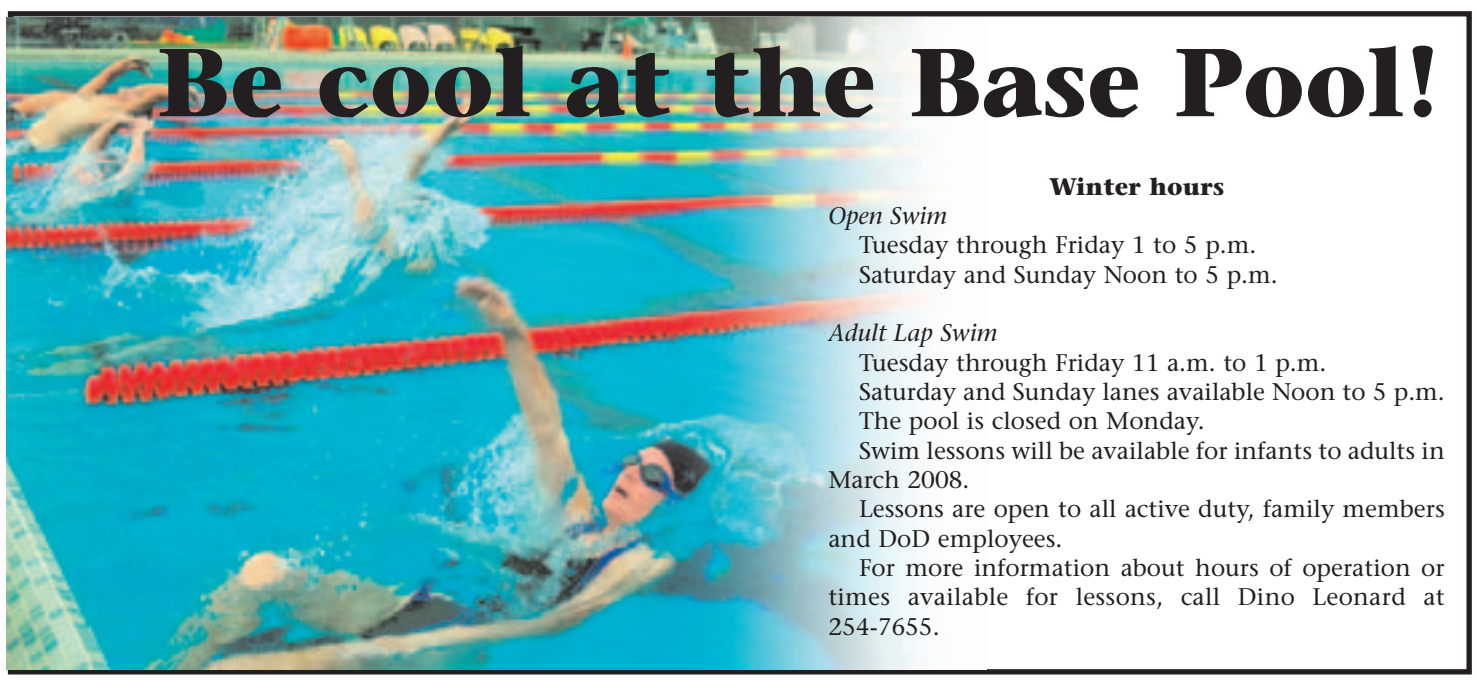


Need a flexible workout?

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

For more information, call 254-7597.





Be cool at the Base Pool!

Winter hours

Open Swim

Tuesday through Friday 1 to 5 p.m.

Saturday and Sunday Noon to 5 p.m.

Adult Lap Swim

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

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

The pool is closed on Monday.

Swim lessons will be available for infants to adults in March 2008.

Lessons are open to all active duty, family members and DoD employees.

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

Health and Wellness

February is Children's Dental Health Month

21st Dental Company kicks off awareness



Photos by Lance Cpl. Alesha R. Guard

Karen Clark, dental assistant in radiology, Navy Medical Logistics Command, takes an x-ray of a patient at the dental clinic Tuesday.

Navy Lt. John McGehee
21st Dental Company

February is Children's Dental Health Month, which means 21st Dental Company will go into the community to provide children and their families with important information on oral health.

This annual event teaches children good habits so that they have a head start toward a lifetime of oral health.

We recommend starting off the month by contacting your dentist to ensure you and your family are up to date with your check-ups and cleanings. Active Duty personnel can contact 21st Dental Company at 257-3100. Family Members should contact the Tricare Dental Plan. Information regarding Tricare enrollment and benefits may be obtained at http://www.tricaredentalprogram.com.

Look for 21st Dental Company at your local schools and at Mokapu Mall on selected Saturdays in February. Points of contact at 21st Dental Company concerning Children's Dental Health Month are Lt. Cmdr. Franlils Tengasantos and Lt. John McGehee, at 257-3100.

What is Tooth Decay?

Tooth decay is the disease known as caries or cavities. Unlike other diseases, however, caries is not life threatening and is highly preventable, though it affects most people to some degree during their lifetime.

What causes tooth decay?

Tooth decay occurs when teeth are frequently exposed to foods containing carbohydrates (starches and sugars) like soda, candy, ice cream, milk, cakes and even fruits, vegetables and juices. Natural bacteria live in your mouth and form plaque. The plaque interacts with deposits left on your teeth from sugary and starchy foods to produce acids. These acids damage tooth enamel over time by dissolving, or de-mineralizing, the mineral structure of teeth, producing tooth decay and weakening the teeth.

How are cavities prevented?

The acids formed by plaque can be counteracted by saliva, which acts as a buffer and remineralizing agent. Dentists often recommend chewing sugarless gum to stimulate your flow of saliva. However, though it is the body's natural defense against cavities, saliva alone is not sufficient to combat tooth decay. The best way to prevent cavities is to brush and floss regularly. To rebuild the early damage caused by plaque bacteria, we use fluoride, a natural substance that helps to re-mineralize tooth structure. Fluoride is added to toothpaste to fight cavities. The most common source of fluoride is in water, added to most community water supplies and to many bottled and canned beverages.

If you're at medium-to-high risk for cavities, your dentist may recommend special high-concentration fluoride gels, mouth rinses or dietary fluoride supplements. Your dentist may also use professional strength anticavity varnish, or sealants – thin, plastic coatings that provide an extra barrier against food and debris.

Who is at risk for cavities?

Because we all carry bacteria in our mouths, everyone is at risk for cavities. Those with a diet high in carbohydrates and sugary foods and those who live in communities without fluoridated water are likely candidates for cavities. And because the area around a restored portion of a tooth is a good breeding ground for bacteria, those with a lot of fillings have a higher chance of developing tooth decay. Children and senior citizens are the two groups at highest risk for cavities.

What can I do to help protect my teeth?

The best way to combat cavities is to follow three simple steps:

Cut down on sweets and between-meal snacks. Remember, it's these sugary and starchy treats that put your teeth at extra risk. Some research says certain foods, such as peanuts or sugar-free chewing gum, may be "friendly" to teeth. Eating these foods along with or after foods that contain carbohydrates may help to counter the effects of acids produced by bacteria. Drinking plenty of water can help wash away food particles. Of course, dentists encourage patients to eschew these sugary snacks in favor of healthy alternatives.

Brush after every meal and floss daily. Cavities most often begin in hard-to-clean areas between teeth and in the fissures and pits – the edges in the tooth crown and gaps between teeth. Hold the toothbrush at 45 degrees and brush inside, outside and between teeth and on the top of the tongue. Be sure the bristles are firm, not bent, and replace the toothbrush after a few weeks to safeguard against re-infecting your mouth with old bacteria than can collect on the brush. Only buy toothpaste and rinse containing fluoride (antiseptic rinses also help remove plaque) bearing the American Dental Association seal. Children under 6 should only use a small pea-sized dab of toothpaste on the brush and should spit out as much as possible, because a child's developing teeth are sensitive to higher fluoride levels. Finally, because caries is a transmittable disease, toothbrushes should never be shared, especially with your children.

See a dentist at least every six months for checkups and professional cleanings. Because cavities can be difficult to detect, a thorough dental examination is important. If you get a painful toothache, if your teeth are very sensitive to hot or cold foods or if you notice signs of decay like white spots, tooth discolorations or cavities, make an appointment right away. The longer you wait, the more intensive and lengthy the treatment will be. Left neglected, cavities can lead to root canal infection, permanent deterioration of decayed tooth substance and even loss of the tooth itself.

Find more information on dental health topics at http://www.agd.org/consumer.



Lieutenant Cmdr. Vinh Doan, general dentist, 3rd Dental Battalion, works on a patient at the dental clinic with Seaman Tony Manasrangsi, dental assistant, 3rd DB.

Awareness key for gasoline burn prevention

Press Release
Shriners Hospitals for Children

February 3-9 is Burn Awareness Week, and Shriners Hospitals for Children is using this week to kick off a year-long campaign designed to help prevent gasoline burn injuries.

The Shriners Hospitals for Children specializing in burns have treated more than 800 children since 2002 for acute burn injuries resulting from ignition of highly flammable materials such as gasoline. Kids ages 13 and older are in the highest at risk group for gasoline and other flammable substances.

Most gasoline injuries are avoidable through proper use and storage of gasoline. We hope that by visiting this Web site and utilizing the available materials, you'll join us in our mission to prevent burn injuries.

Gasoline Use

DO use gasoline only to fuel an engine. That is its only use!

DO remember that gasoline vapors can be ignited by a spark, flame or other source of heat that is located many feet away.

DON'T use gasoline anywhere near a barbecue grill.

DON'T use gasoline to light a barbecue grill or to start or accelerate a fire.

DON'T use gasoline as a cleaning fluid or solvent.

Handling Gasoline

DO handle gasoline in a responsible manner.

DO remember that an engine that is still warm can ignite gasoline vapors. Only add gasoline when an engine is completely cool.

DON'T allow children to touch gasoline or a gasoline container, even under supervision.

DON'T handle gasoline near a flame source, such as matches, lighters and pilot lights on stoves and water heaters.

DON'T use gasoline indoors.

DON'T siphon gasoline by mouth, as it is harmful or fatal if swallowed.

DON'T induce vomiting if gasoline is swallowed. Instead, seek immediate medical attention.

Storing Gasoline

DO store gasoline only in an approved gasoline container.

DO store gasoline in a well-ventilated outside storage area that is not attached to your home, such as a shed or garage, preferably in a locked cabinet. Be sure there are not any ignition sources nearby.

DO place the gasoline container out of reach of children.

DO keep only the minimum amount of gasoline required (generally, no more than a gallon).

DON'T store gasoline in a glass jar, milk jug or any other non-approved container.

DON'T store gasoline anywhere inside a home or vehicle.

DON'T store gasoline near a source of heat or sparks, such as a hot water heater, furnace, clothes dryer or any appliance that uses a pilot light.

About Gasoline Containers

DO check gasoline containers for compliance with the ASTM F852 standard, which establishes performance requirements for portable gasoline containers intended for reuse by consumers. This compliance is indicated in writing on either side or the underside of all approved plastic gasoline containers.

DON'T put anything other than gasoline in a gasoline container.

DON'T drink anything out of a gasoline container.

HEALTH AND WELLNESS

Glaucoma robs vision: patients not aware of damage

Press Release

Prevent Blindness America

For millions of Americans, the threat of vision loss is all too real. However, only half of them are aware that they have a potentially blinding eye disease.

Glaucoma destroys peripheral vision and, over time, can cause blindness.

The "sneak thief of sight" has no warning signs until sight has already been diminished. Once sight has been lost to glaucoma, it cannot be restored.

Glaucoma is a leading cause of blindness in the world, second only to cataracts, and the leading cause of blindness in African-Americans, according to the National Institutes of Health. Left untreated, glaucoma can lead to damage of the optic nerve, visual field loss, and ultimately sight loss. It affects one in 200 people age 50 and younger and one in 10 over the age of 80.

"We can't stress enough how vitally important it is to have your eyes examined by a professional to protect sight," said Daniel D. Garrett, senior vice president of Prevent Blindness America. "There's no cure for glaucoma yet, but treatment can be effective if glaucoma is detected and treated early."

In addition to the impact that glaucoma can have on quality of life, the financial implications are extremely significant.

According to research funded by Prevent Blindness America, glaucoma costs the U.S. economy $2.86 billion every year in direct medical costs for outpatient, inpatient and prescription drug services. Glaucoma patients between the ages of 40 and 64 years of age can expect to pay $3,352 annually per person.

For those 65 and older, the annual costs jump to $5,243 per person. And those expenditures will only increase as medical costs continue to soar.

Prevent Blindness America has joined other leading eye care groups to build awareness during January's National Glaucoma Awareness Month to educate the public on what they can do to help save their vision.

The group also provides free information on the disease through its toll-free number and through the Web at the "Glaucoma Learning Center," http://www.preventblindess.org/glaucoma.

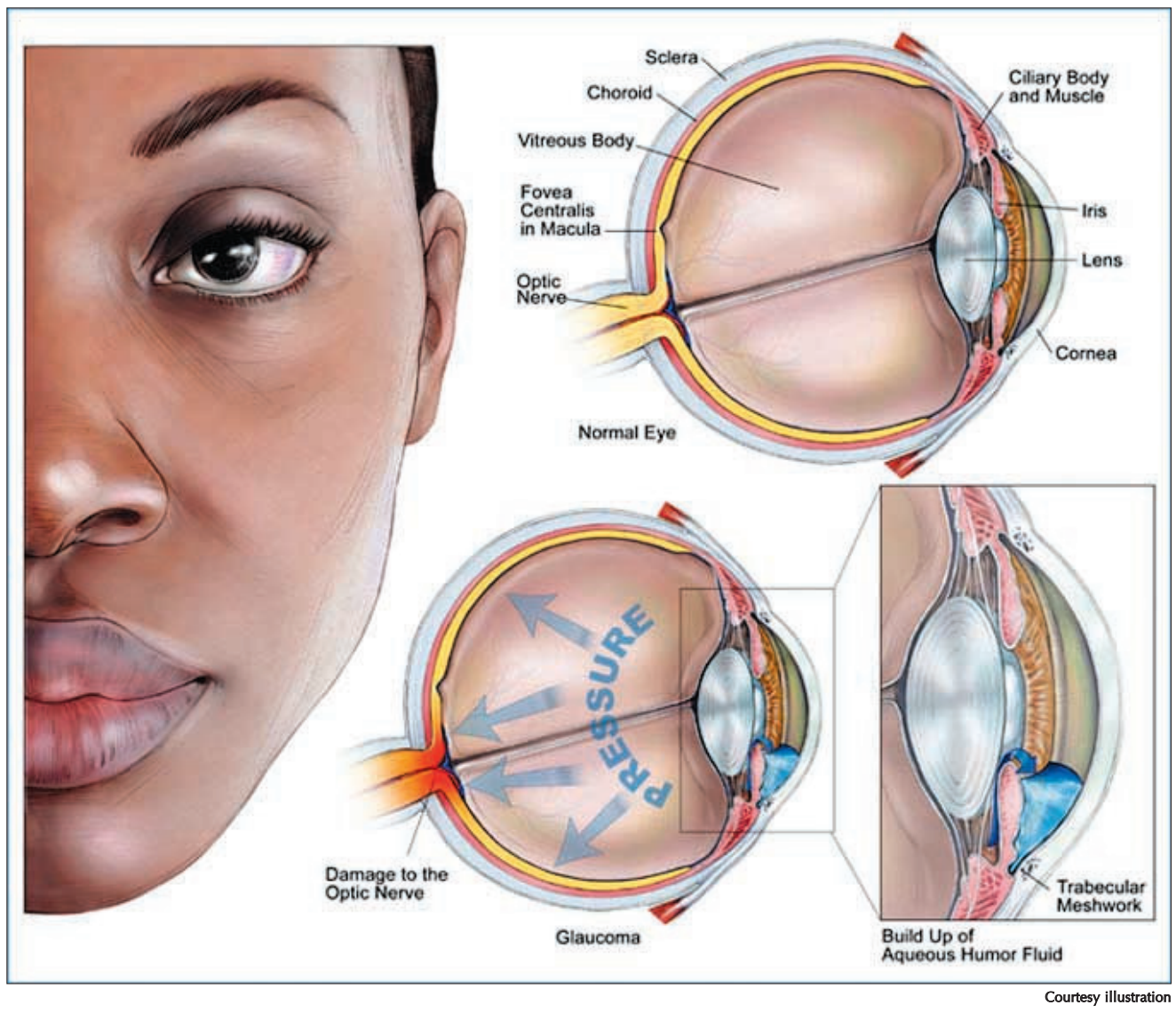
"The Glaucoma Web Discussion Forum," also part of the Glaucoma Learning Center's free online services, allows patients and caregivers the opportunity to discuss online all subjects related to the disease.

Topics range from general information on the condition and its treatment, to shared experiences and emotional support.

Prevent Blindness America also offers free printed materials including the "Guide for People with Glaucoma."

This comprehensive booklet serves as a handbook for patients and includes general information about the disease as well as information on how to administer eye drops and types of glaucoma surgery.

Everyone is at risk for developing glaucoma. However, some factors that may increase the chance of having the disease include:



Courtesy illustration

◆Age – The older you are, the greater your risk.

◆Race – African-Americans have glaucoma four to five times more often than others. African-Americans are also likely to have glaucoma at a younger age.

◆Family history – If you have a parent, brother or sister with glaucoma, you are more likely to get glaucoma too. If you have glaucoma, your family members should get complete eye exams.

◆Medical history – Diabetes, previous eye injuries, eye surgery or long-term steroid use can increase your risk of glaucoma.

Prevent Blindness America offers a variety of fact sheets and brochures including a glaucoma "Eye Q" quiz, a glaucoma 17-point checklist and a guide for people who have been diagnosed with the disease.

Materials on glaucoma are available in both English and Spanish by calling (800) 331-2020 or visiting http://www.preventblindness.org/glaucoma.

Daily exercise dramatically lowers men's death rates

Press Release

American Heart Association

Increased exercise capacity reduces the risk of death in African-American and Caucasian men, researchers reported in Circulation: Journal of the American Heart Association.

The government-supported Veterans Affairs study included 15,660 participants and is the largest known to assess the link between fitness and mortality.

"It is important to emphasize that it takes relatively moderate levels of physical activity — like brisk walking — to attain the associated health benefits. Certainly, one does not need to be a marathon runner. This is the message that we need to convey to the public," said Peter Kokkinos, Ph.D., lead author of the study and director of the Exercise Testing and Research Lab in the cardiology department at the Veterans Affairs Medical Center in Washington, D.C.

Kokkinos and colleagues investigated exercise capacity as an independent predictor of overall mortality for African-American men (6,749) and Caucasian men (8,911) and also examined whether racial differences in exercise capacity influence the risk of death. Veterans were tested by a standardized treadmill test to assess exercise capacity between May 1983 and December 2006 at Veterans Affairs medical centers in Washington, D.C., and Palo Alto, Calif. The men were encouraged to exercise until fatigued unless they developed symptoms or other indicators of ischemia. These individuals were then followed for an average of 7.5 years and death rates were recorded.

Researchers classified the subjects into fitness categories based on their treadmill performance, expressed as peak metabolic equivalents achieved. Technically, a MET is equivalent to oxygen consumption of 3.5 milliliters per kilograms of body weight per minute. One MET represents the amount of oxygen the person uses at rest. Anything above one MET represents work. The higher the MET level achieved, the more fit the individual.



File photo

Based on this concept, the researchers divided the participants into four categories:

◆3,170 men were "low fit," achieving less than 5 METs;

◆5,153 men were "moderately fit," achieving 5 to 7 METs;

◆5,075 were "highly fit," achieving 7.1 to 10 METs; and

◆2,261 were "very highly fit," achieving more than 10 METs.

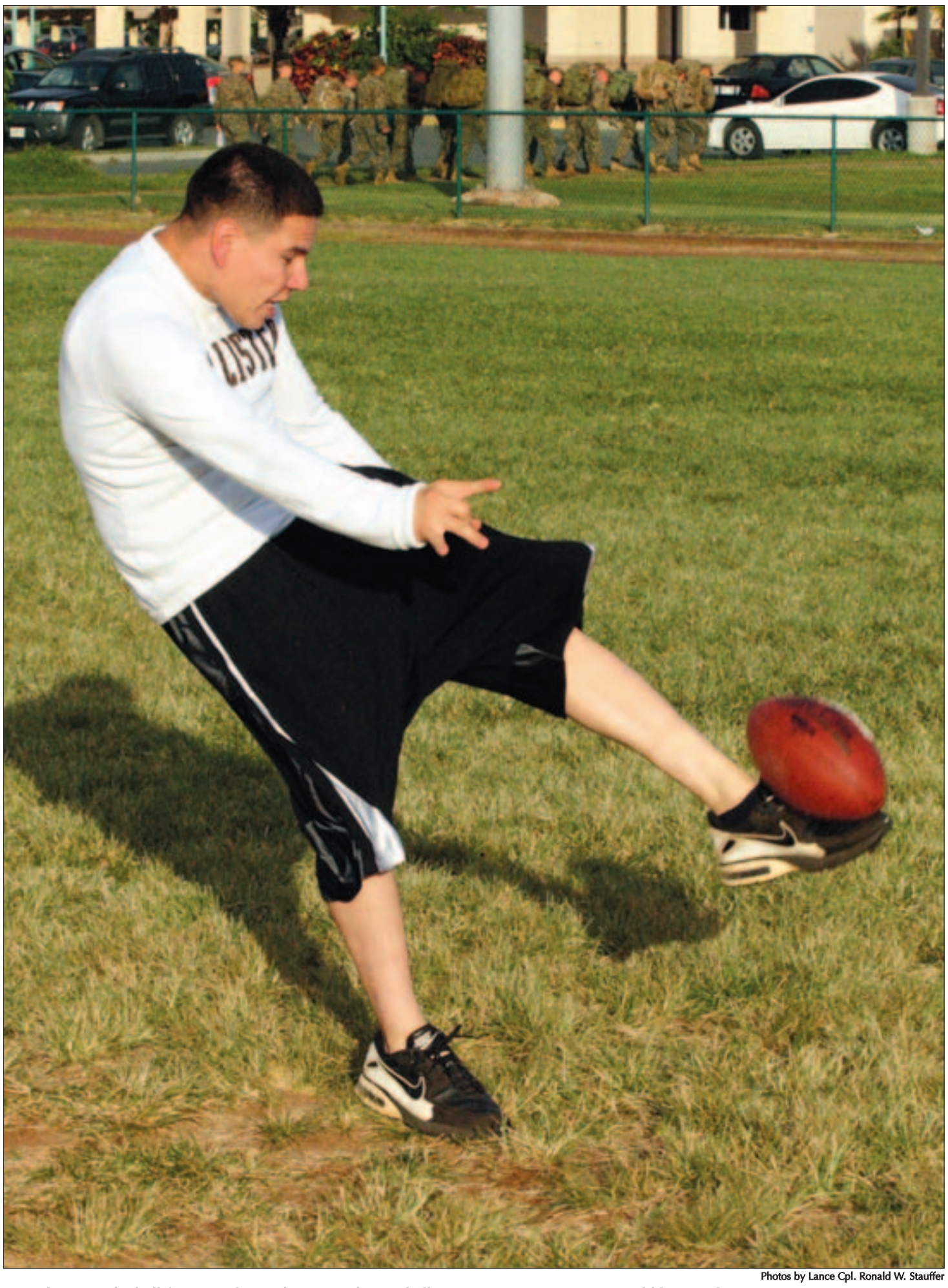
The study found that "highly fit" men had half the risk of death compared to "low fit" men. Men who achieved "very highly fit" levels had a 70 percent lower risk of death compared to those in the "low fit" category. For every 1-MET increase in exercise capacity (fitness), the risk for death from all causes was 13 percent for both African Americans and Caucasians.

Kokkinos said, "These findings are important for several reasons: First, we were able to quantify the health benefits per unit increase in exercise capacity. Second, this is the first study to provide information on physical activity and mortality in African Americans, information lacking until now. Keep in mind that death rates in African Americans are much higher when compared with Caucasians, in part because race and income negatively influence access to healthcare."

"The Veterans Affairs' health system is unique in that it ensures equal access to care regardless of a patient's financial status," he added. "Thus, it provides us with a unique opportunity to assess the impact of exercise or physical activity on death without the influence of healthcare differences."

According to Kokkinos, most middle-age and older individuals can attain fitness levels with a brisk walk, 30 minutes per day, five to six days each week. "I do not advocate that everyone can start with 30 minutes of physical activity. In fact, 30 minutes may be too much for some people. If this is the case, split the routine into 10-15 minutes in the morning and another 10-15 minutes in the evening. The benefits will be similar if the exercise volume accumulated is similar," he said

"Our findings show that the risk of death is cut in half with an exercise capacity that can easily be achieved by a brisk walk of about 30 minutes per session 5-6 days per week," he added. "Physicians should encourage individuals to initiate and maintain a physically active lifestyle, which is likely to improve fitness and lower the risk of death. Individuals should also discuss exercise with their physician before embarking on an exercise program."



Photos by Lance Cpl. Ronald W. Stauffer

E.J. Veliz punts the ball for score during the NFL Military Challenge tryouts at Pop Warner Field here Friday.



Michael Berg shows off his throwing arm at the challenge.

GREEN, from C-1

off the sofa. It's all small steps for healthier living."

MacDonald said this year's program awards points for groups who log on to the U.S. Department of Agriculture's Web site about portion sizes. He said what makes the program work well is crews offer each other support and encouragement to complete the challenge.

"It was really fun for all of us," Gonzales said. "We bought more fruits and vegetables to put in our office. There was always a pool of food people could eat from, and it was fun to encourage each other to participate."

During the 2007 challenge, the sergeant led her crew in filling out the daily journals used to calculate points and nutritional progress. Looking back, Gonzales said she thinks having a chart for a crew is a good way to encourage members to be competitively healthy. Both McDonald and Dufrene said the four-week program isn't a crash diet geared for rapid weight loss.

"It's a way for people to think about their health and weight," MacDonald said. "There's no formal weigh in, and we've found that formal weigh-ins with groups were chasing people away. No one else on your crew knows how much you weigh, and it's about having a contract with yourself to improve your health."

Dufrene said making smart decisions about what to eat is part of improving anyone's health. He said applying the program's standards at any time, even during restaurant meals, doesn't have to be difficult. He recommends staying away from fried foods and ordering sauces on the side when eating out.

The health promotion coordinator said making good choices throughout the day increases energy levels.

"Preparing your own food can really help," he said. "You can make your own trail mix and bring in healthy snacks so you have something to munch during work. The key is in preplanning, and it doesn't have to be a big deal."

Pre-planning helped her officemates stick to the program and bond together, Gonzales said. After completing the challenge, she said her office is a happier working place and her crew still encourages each other to eat right. It's a program people can continue in the long run, MacDonald said.

"Our hope is to change people's daily habits for healthier living," he said. "We hope crews continue to encourage each other even after the program finishes."

For more information, log on to http://www.nehc.med.navy.mil/HP/Crews_Into_shape/index.htm.

NFL, from C-1

nament. The relay-style run consisted of three competitors on each side of the start and finish line.

The second event was punting, judged by accuracy and distance. Scoring was based on how far off the kicks were from the centerline.

"So far we've got a team of kickers, and it's unusual," Au said. "I wish we would have had more people come out for more events."

Brophy said she's never seen so many players try out for the kicking position.

"Usually we've got all the players coming out because they want to try and pass or receive," Brophy said. "It's odd to see just kickers."

Along with punting, the competitors also took part in a field goal kick. The players had to kick from the ground without a kicking tee while another player held the ball in place. The competitor who had the most successful kicks of 10 balls received a higher score.

"Some of the players hadn't kicked, caught or thrown a football for awhile, and it's great to see them out here giving their best for the tryouts," Brophy said.

The fourth event was long snapping from three different distances. The competitors had to snap in a shotgun formation, a field-goal position and a long snap attempt to a punter. Competitors will have to snap the ball through hoops accurately for scores.

"I was hoping to see 40 to 50 guys out here," said Sgt. Maj. Michael Berg, battalion sergeant major, Headquarter and Service Battalion, who came out to throw. "I thought that as competitive as we are in the Marine Corps, we would have had more athletes."

The last event was a passing and receiving drill, where receivers ran out to the 10, 20 and 30-yard line to catch a pass and run back to the starting line before the next receiver could run out. Depending on catches and distance is how the event is scored, but the selected players will only have a minute to do so at the tournament.

"We appreciate all the players who came out to participate in the tryouts," Brophy said. "I think it was an experience for some of the players who haven't played in a while."

Brophy calculated the scores at the end of the tryouts to determine the best athletes in each category.

"Even though we didn't get the turnout we were expecting, I think we all had fun while we were out here for the tryouts," Brophy said.

Six athletes are representing the Marine Corps and competing in the 2008 Military Challenge at the Pro Bowl Festival at Kapiolani Park in Honolulu Feb. 8.



Lance Cpl. Ronald W. Stauffer

Zane Sibley, point guard, CSSG-3, breaks down court on a steal during an Intramural Basketball League game at the Semper Fit Center here Friday.

BASKETBALL, from C-1

out strong for VP-4, breaking through the CSSG-3 defense to drop two baskets from inside the paint and a shot from the three point line.

"I gave my team a play for the game," Robertson said. "They were a bit shaky at the beginning, but if they keep doing what they're doing they'll come together."

Both teams kept a steady flow offensively, keeping turnovers early in the game to a minimum, but as the first half wore on, VP-4's defense stepped up their game and pressured CSSG-3's offense.

"This is the first season the team has played together, and we're still learning," said Bryan Terrell Griffin, CSSG-3's team captain. "The more we play together the better we're going to get during the season."

VP-4 ended the first half leading 16-13.

"Pressure, pressure, pressure," Brown said as he talked to his team in a huddle. "We've got good ball running out there, but it's only the half."

VP-4 started the second half dropping shot after shot, pulling away from CSSG-3 and leading the game 25-15.

Robinson continued to put points on the board.

Midway through the second half, CSSG-3 showed no sign of life and struggled to keep possession of the ball.

Both teams, looking exhausted, pressed up and down the court scoring points as the half ended.

With under 4 minutes on the clock and VP-4 leading 34-25, CSSG-3 made an attempt to even the score but was matched shot for shot by VP-4's offense as time ran down.

At the final buzzer, VP-4 celebrated victory, winning 42-32 and leaving 2-0 for the season.

"It was a good game, but we need to keep the hustle up," Ashon said. "We started strong, finished strong and can only hope this is one of many more wins to come."

Intramural Basketball League games are Monday, Tuesday, Wednesday and Friday, with three games per night starting at 6:30 p.m. at the Semper Fit Center here.

BASEBALL, from C-1

By the third inning, the Warriors kept 1/12 to a single run, with another out by Hollman who caught a high fly-ball.

Not to be showed up on defense, Rick Brogdon, 1/12's second baseman, caught a pop-ball at second base. He lobbed it to first for the double play, ending the third inning with Warriors in the lead, 9 - 1, but 1/12 wasn't going to hand the game over to the Warriors without a fight.

The scoreboard read 9 - 3 in the fourth inning, and L.J. Hardey, 1/12 pitcher, stepped up to bat with bases loaded. Swinging, he smacked the ball to center field, bringing everyone home.

Catcher and first baseman Chris Claxton then smacked the ball and sent Hardey home for a run, bringing 1/12 neck-in-neck with the Warriors, 9 - 8.

At the end of the fourth inning, Johnson struck out three players to keep the Warriors in sight, 10 - 8.

The Warriors raised their lead after a double from Bradley Rich and a triple from their pitcher Erik Gamboa, scoring three runs.

With time running out, 1/12 scored four more runs in a last-ditch effort to catch up, but the Warriors won the first game of the season, 13 - 12.

"We're going to work on batting and accuracy with pitching for next game," Johnson said. "I was really happy with our double plays, and I think we did pretty well today."

The 1/12 head coach said Hardey was one of the game's key players with his great hits.

"Pitching held us up," Ibrao said. "If you are deep with pitchers, you'll go a long way because you can't depend on only two guys an entire game."

Ibrao said Bradley Rich, pitcher, shined during their opening game.

"He's a great closer and you can expect to see him on the mound every game this season," Ibroa said.



Lance Cpl. Achilles Tsantarliotis

The Warriors slap hands with 1/12 after the Intramural Baseball League's opening game at Risley Field here Monday. The Warriors won 13-12, despite a last-ditch effort from 1/12.

Around the Corps

All-Marine wrestler grapples for Corps, country

Sgt. Rocco DeFilippis
U.S. Marine Corps Forces, Europe

CRETEIL, France — When he started wrestling at age 5, Sgt. Donavan Depatto didn't know that one day he would be traveling the world to compete in the sport he loves.

As a member of the Marine Corps' All Marine Wrestling Team, Depatto, 23, traveled here Jan. 25 to compete in the Cristo Lutte International Invitational, an annual wrestling tournament featuring world-class competitors from more than 14 countries.

"A lot of people only dream of being able to visit some of the places I have been," said Depatto, an Operation Iraqi Freedom veteran. "I'm living my dreams, and it makes me proud to be able to represent my country and the Marine Corps through wrestling."

A heavy equipment operator by trade, Depatto has wrestled for the Marine team since 2004. With 18 years of wrestling experience, Depatto said his family ties are what drew him to the sport at such a young age.

"I got into wrestling because my dad, his dad, my uncles and a lot of my friends were all wrestlers," Depatto said. "Wrestling is huge in my family and in the area where I grew up, so it just came natural."

After high school however, the four-time medalist in the Minnesota State High School League's state wrestling championship faced a dilemma – pursue wrestling at the collegiate level or answer a higher calling.

Depatto said he knew he had some maturing to do after high school and looked to the Marine Corps as a steppingstone to prepare him for success in life.

In October 2002, he packed his bags and headed out to Marine Corps Recruit Depot San Diego to begin the transformation of becoming a United States Marine. Depatto knew the All Marine Wrestling Team was an option from the beginning, but said regardless of wrestling opportunities he wanted to earn the title, United States Marine.

After completing recruit and combat training, he reported for duty at Heavy Equipment Operators School in Ft. Leonard Wood, Mo., where he learned to operate various types of heavy equipment.

His first assignment in the Fleet Marine Force was at 2nd Marine Logistics Group at Marine Corps Base Camp Lejeune, N.C. It was there, in 2004, that Depatto began his journey to wrestle for Marine Corps.

"I submitted my resume to be reviewed along with all other applicants in the Marine Corps," Depatto said. "After my resume was approved and my command gave me their consent, I went to trial camp."

During the tryouts, Depatto was selected from a group of about 40 Marines to fill one of four vacant spots on the 14-member All Marine team.

Depatto describes his time on the team as an up and down experience. With physically taxing training, weight management, and injuries on one side — Depatto said the thrill of competing, the camaraderie built with teammates and the overall experience of traveling as a representative of the United States and the Marine Corps makes up for it all.

"When you are up it's never as good as it seems, when your down you feel like you'll never be up again," Depatto said. "But life will go on; you just have to be mentally tough."

Although a member of the All Marine Wrestling Team, Depatto still remains focused on his career in the Corps. In 2005, he deployed to Operation Iraqi Freedom with his unit for an eight-month tour in Iraq's al Anbar province.

"A lot of people get the misconception that all we do is wrestle," Depatto said. "Even though we are on the team, we still maintain all of the standards that are expected of Marines."

For Depatto, wrestling has always been an important part of his life. He said that the character traits that make a good wrestler — dedication, perseverance, and a little bit of brute force in addition to others — are also vital to being a good Marine.

Although Depatto didn't advance to the medal round at the Cristo Lutte tournament, he said that the experienced gained by these types of trips is invaluable to wrestlers who wish to succeed at an international level.



Sgt. Rocco DeFilippis

Sergeant Donavan Depatto, in red, squares up with a wrestler from the Bulgarian National Wrestling Team during the 13th annual Cristo Lutte International Invitational in Creteil, France.

"Being able to compete overseas is amazing," Depatto said. "A lot of guys only dream about competing at this level and here I am living that dream."

In the wake of the Cristo Lutte tournament, Depatto has returned to the United States to prepare for his next competition, the Dave Schultz Memorial International in Colorado Springs, Co., on Thursday.