Hawaii MARINE

VOLUME 36, NUMBER 47 | THOMAS JEFFERSON AWARD WINNING METRO FORMAT NEWSPAPER | DECEMBER 1, 2006



Checkpoint A-3



Lost B-1



Champions C-1

Hawaii loses 4 'Island Warriors' in Al Anbar

Press Release
Marine Corps Base Hawaii

Marines assigned to Hawaii-based 2nd Battalion, 3rd Marine Regiment, 3rd Marine Division, III Marine Expeditionary Force, lost four of their own within three days of each other in combat operations against enemy forces in the Al Anbar province, Iraq.

Killed in action Nov. 22 were: Lance Corporals Joshua C. Alonzo, 21, a team leader from Moore, Texas; James R. Davenport, 20, a mortarman from Hendricks, Ind.; and Private Heath D. Warner, 19, a rifleman from Stark, Ohio. The fourth "Island Warrior," Lance Cpl. Jeromy D. West, 20, a mortarman from Riverside, Calif., died Nov. 25. All four deployed to Iraq with their unit in September.

Alonzo and West joined the Marine Corps June 2004 and reported to Hawaii November 2004. Both deployed to Afghanistan with 2/3 from May 2005 to January.

Davenport and Warner joined the Marine Corps in July 2005 with Warner reporting to Hawaii in February and Davenport reporting in March.

Alonzo's and West's awards include the Purple Heart, the National Defense Service Medal, Afghanistan Campaign Medal, Iraq Campaign Medal, the Global War on Terrorism Service Medal and the Sea Service Deployment Ribbon. Davenport's and Warner's awards include the Purple Heart, the National Defense Service Medal, Iraq Campaign Medal, and the Global War on Terrorism Service Medal.



Pfc. Ethan Hoaldridge

President George W. Bush and wife Laura choose menu items during a breakfast with 300 service members at Hickam Air Force Base, Hawaii, where the president met and greeted troops, shaking hands and congratulating them for a job well done.

Bush visits Hawaii's troops, wraps up Asia-Pacific tour

Pfc. Ethan Hoaldridge
U.S. Marine Corps Forces, Pacific

HICKAM AIR FORCE BASE, Hawaii — President George W. Bush and Laura Bush stopped in for breakfast with 300 service members at Hickam Air Force Base Nov. 21.

The president and his wife met with the troops, shaking their hands and congratulating them for a job well done.

Secretary of State Condoleezza Rice also accompanied the commander-in-chief during his short visit to Oahu, which concluded the president's six-day trip to the Asia-Pacific region.

Bush held meetings in Singapore, Indonesia, and Vietnam to discuss the common threats of terrorism, pandemic outbreaks and North Korea's nuclear weapons.

"It's in our national interests to support these countries as we fight these threats," said Bush in a speech to the troops. "You help our freedoms' cause when you fight terrorism and provide humanitarian assistance. You fight for freedom."

President Bush said he hopes that for generations to come, our nation will look back and remember these service members as the finest armed forces ever known.

Bush visited U.S. Pacific Command to meet with officials and troops before he returned to Hickam to board Air Force One. At Hickam the president shook the hands and patted the backs of 100 service members who waited on the flight line to greet the president.

Before leaving, the president said, "I am very proud of the individuals who decide to make a contribution to our freedom. It takes a special kind of person to say they want to serve something greater than themselves," said Bush. "Thank you for your sacrifice, troops."

All decked out



Christine Cabalo

The Christmas tree lighting ceremony and caroling will be held Sunday at Dewey Square. The U.S. Marine Corps Forces, Pacific Band will conduct a one-hour concert in the Base Theater beginning at 4 p.m. At the end of the band concert, the drum section will lead the audience out to Dewey Square where Brig. Gen. Steven A. Hummer, commanding general, MCB Hawaii, will light the tree along with the help of children of deployed Marines. There will be limited seating at Dewey Square, so attendees are encouraged to bring lawn chairs or a similar alternative.

Flu shots available

Press Release
Naval Health Clinic Hawaii

Naval Health Clinic Hawaii Preventive Medicine staff along with Army and Air Force Preventive Medicine staff will provide influenza immunizations to all DoD beneficiaries (ID required) at commissaries and exchanges in preparation for the 2006 flu season.

The Preventive Medicine departments along with the Joint Public Health Working Group will take the influenza immunizations to the public in the "Pandemic Road Show." Immunizations will be available at the:

- Hickam Air Force Base Exchange today from 11:30 a.m. to 5:30 p.m.
- Marine Corps Base Hawaii, Kaneohe Bay Commissary Saturday from 11:30 a.m. to 5:30 p.m.

Although receiving an influenza immunization is voluntary for civilians, it is highly recommended to reduce the chance of catching this year's flu or reducing its severity if you are exposed to the infection.

Commandant sends message to all

As your new Commandant, let me begin by stating how proud I am of our Corps during this time of war and great national challenge.

You are honorably carrying on our long legacy of selfless service to the Nation.

On the dusty plains of Iraq, in the mountains of Afghanistan, and in numerous other locations, Marines and Sailors are engaged in a complex form of warfare and are serving with great distinction. Here at home, countless others ensure our Corps remains ready for the fight.

The task before us is challenging, but, Marines, you are a tough breed — born of epic battles and tempered in the crucible of honor.

We will persevere and we will win!

Our Marines and Sailors in combat are our number one priority. With this priority in mind, we will focus on the following over the next few years:

- Achieve victory in the Long War.
- Right-size our Corps to achieve a 1:2 deployment-to-dwell ratio.
- Provide our Nation a naval force that is fully prepared for employment as a MAGTF across the spectrum of conflict.
- Reset and modernize to "be most ready when the Nation is least ready."
- Improve the quality of life for our Marines and our families.
- Rededicate ourselves to our core values and warrior ethos.
- Posture the Marine Corps for the future.

I have provided separate guidance to the general officers of the Marine Corps to advance these important areas of focus. Our Corps has fought hard and worked arduously these past few years, and there is still much to be done — but together, we can achieve these goals.



Within 30 days, I want commanders at all levels to review this Guidance with their Marines, Sailors and civilians. I plan to visit many of you over the next several months. I will seek your feedback on this Guidance and your ideas on how we can continue to defeat our adversaries, best serve our Nation, and forge the next chapter in the proud history of our Corps.

Semper Fidelis,

James T. Conway
General, U.S. Marine Corps
Commandant of the Marine Corps

* Log on to http://www.mcbh.usmc.mil/CMC-Guidance.doc to read the CMC's Planning Guidance.

News Briefs

VR-51 Change of Command Ceremony

Fleet Logistics Support Squadron 51 will hold its change of command ceremony aboard Marine Corps Base Hawaii, Kaneohe Bay, at Hangar 105 Saturday at ll a.m.

Commander Jess H. Umphenour, VR-51's executive officer, will relieve Cmdr. Steven E. Whitmore as commanding officer.

Toys for Tots Collection Underway

A Toys for Tots collection box will be available at the Honolulu Hale Courtyard as a drop for new and unused toys from Saturday through Dec. 19 between the hours of 8 a.m. and 11 p.m. People visiting Honolulu Hale to view the Honolulu City Lights displays or enjoy the live entertainment are welcome to bring a new and unwrapped toy to help make the holiday season brighter for a deserving child.

For more information on the Toys for Tots collection at Honolulu Hale, contact the Mayor's Office of Culture and the Arts at 523-4674 or log on to www.honolulu.gov/moca.

Toys for Tots Looking for Warehouse Space

Marine Corps Toys for Tots is in desperate need of warehouse space, approximately 30' by 30' or larger, to put this year's Christmas toys.

Call Staff Sgt. Rob Marchand, Toys for Tots coordinator for the Islands of Hawaii, at 457-5526 for more details.

Waikiki Liberty Bus Schedule Service

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

Pickup
Marine Corps Exchange and Enlisted Club

Drop Off
Hale Koa Hotel parking structure*

Time
6:35 p.m.
9:25 p.m.
01:25 a.m.

Pickup
Hale Koa Hotel

Drop Off
Marine Corps Exchange Annex and Enlisted Club

Time
7:50 p.m.
Midnight
03:00 a.m.

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

Conserve Energy

Turn off all lights and electrical devices/items in the rooms or office if not occupied.

Every little bit you do shows a great impact for all.

Important Phone Numbers:

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

Hawaii MARINE

www.mcbh.usmc.mil

Commanding General	Brig. Gen. Steven A. Hummer
Base Sergeant Major	Sgt. Maj. Daniel J. Fierle
Public Affairs Officer	Maj. Christopher M. Perrine
Deputy Director	1st Lt. Binford R. Strickland
Public Affairs Chief	Gunnery Sgt. Claudia M. de Leon
Managing Editor	Millie Perera
Press Chief	Staff Sgt. Ronna M. Weyland
Layout/Design Editor	Priya S. Jenkins
Photojournalist	Christine Cabalo
Combat Correspondent	Sgt. Sara A. Carter
Combat Correspondent	Cpl. Michelle M. Dickson
Combat Correspondent	Cpl. Rick Nelson
Combat Correspondent	Lance Cpl. Edward C. deBree

Hawaii Marine is an authorized publication for members of the Department of Defense.

Hawaii Marine is published by MidWeek Printing, Inc., a private firm in no way connected with the U.S. Marine Corps, under exclusive contract to the U.S. Marine Corps.

Contents of *Hawaii Marine* are not necessarily the official views of, or endorsed by, the United States Government, the Department of Defense or the U.S. Marine Corps.

The appearance of advertising in *Hawaii Marine,* including inserts and supplements, does not constitute endorsement by the DoD, Department of the Navy or the U.S. Marine Corps of the products or services advertised.

Everything advertised in *Hawaii Marine* shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron.

Editorial content or public service announcements (i.e., all content other than paid advertisements) is edited, prepared and provided by the Public Affairs Office aboard Marine Corps Base Hawaii. Opinions expressed are not to be considered an official expression of the DoD, DoN or the USMC.

Submit items for *Hawaii Marine* to the managing editor no later than noon on the Friday prior to publication, using the following address:

Hawaii Marine, Box 63062, Building 216,
MCB Hawaii, Kaneohe Bay, Hawaii 96863
E-Mail: editor@hawaiimarine.com
Fax: 257-2511, Phone: 257-8835

Service with a smile



Cpl. Brandon L. Roach

Secretary of the Navy Donald Winter serves Thanksgiving dinner to deployed service members at Al Asad, Iraq, Nov. 23. Winter and his staff visited troops in the Al Anbar province of Iraq throughout the holiday to show support to fellow Americans serving during Operation Iraqi Freedom. He is the 74th Secretary of the Navy and has held holding the position since Jan. 3.

How to add a termination clause to a rent or lease agreement

Major Emmanuel V. Tipon
Marine Corps Base Hawaii Legal Assistance

Moving costs add up when a service member moves from one duty station to another — even if he or she moves their own household goods. If you are considering renting or leasing an apartment or home at your next duty station, take preventative steps now to reduce the risk of future moving hassles. Ensure an unexpected transfer or deployment won't cost you more than it should by including a military termination clause in your lease, just in case you need to move or deploy before the lease expires.

What is a military termination clause?

A military termination clause is a legal provision that gives you the option to end the lease before the lease term expires. For the majority of current service members, this means that if you are deployed and want to terminate your rental agreement before heading overseas, you can do so without penalties such as paying for many months of rent, even if you are not living in the rental unit. The termination clause, however, may also apply to a landlord who is a military member and desires to end the lease because he or she is retiring from the military, being released from government service, or returning to the area where the house is located.

How does it work?

Take the increasingly common scenario of rapid deployment, for example. Let's say you are ordered to deploy, but you have five months left on your current lease. With a military termination clause in place, you have the option to end your lease 30 days from written notification. In this case, you should notify the landlord in writing 30 days prior to your departure that you are requesting a release from the contract because you have received orders to relocate or deploy. Don't forget to cite the military termination provision in the lease and include a copy of your permanent change of station orders with your written notification. Depending on the specific terms of the lease, you may be charged for terminating the lease early, but you should not be held responsible for rent for the remaining four months.

What conditions could allow for the early termination of my lease?

As with any contract or an agreement, you have the right to negotiate the terms of a housing lease before signing it. Sit down

See CLAUSE, A-8

United Through Reading keeps Marines, Sailors in touch with their children

Ed Hanlon V
Marine Corps Community Services

You've received the call. Your unit is deploying. Telling your spouse was difficult, but now you are having even more difficulty finding those choice words to explain to your child that you may be gone for a pretty long time.

As you tuck your child into bed that night, and read them their favorite bedtime story, emotion hits. The thoughts of missed story times, of not being able to tuck your child in each night, no longer falling asleep to your voice, are all beginning to set.

Unfortunately, situations such as this actually occur, and the thoughts and emotions that accompany deployment are real.

If you have children and are planning for deployment, let your face and voice be the last thing your child sees and hears before he or she goes to sleep while you continue or begin the bedtime story tradition.

The Family Literacy Foundation in partnership with the USO is proud to offer the United Through Reading program to Marine Corps Base Hawaii.

The program is simple. Deploying Marines and Sailors register with the USO to make an appointment at the MCCS Base Library. On the designated day, patrons either bring their child's favorite book or choose one from the library's selection and are recorded reading the book. The recording is then transferred to a DVD that the patron is welcome to take home to their child.

"The United Through Reading program helps keep deployed military personnel connected to their children," stated Merri Fernandez, library technician. "By providing this program, we are encouraging the enjoyment of reading."

This program is entirely free of cost for participants. In order to get on the recording list, you must first register by sending an e-mail to usohawaii@uso.org. They will provide you with a recording date, which falls on the last Wednesday of every month, somewhere between 4:30 p.m. and 7:30 p.m. Patrons are offered 30 minutes to record a uniquely special story time.

The benefits of this program are endless. In addition to providing your child with some semblance of togetherness during deployment, you can also expand your child's vocabulary and enhance their language and communication skills. By reading a book to your child, you can even increase your child's sense of security through the emotional closeness.

"Whether it's a parent, grandparent, extended family member or a family friend," added Fernandez, "this program eases children's separation anxiety, gives the child a sense of security, and helps the transitional period when the service member returns home."

This program began in November and will continue as long as there is a need. Register now to ensure your recording spot.

Dependent upon participation, more recording time positions may become available.

Call the MCCS Base Library at 254-7624 for more information.

Weekend weather outlook

Today



Day — Mostly sunny with isolated showers. Highs around 77. East winds 10 to 15 mph.

Night — Mostly cloudy with scattered showers. Lows around 65. East winds around 15 mph.

High — 77

Low — 65

Saturday



Day — Partly sunny with scattered showers. Highs around 78. Northeast winds around 15 mph.

Night — Mostly cloudy with scattered showers. Lows around 66. Northeast winds around 10 mph.

High — 78

Low — 66

Sunday



Day — Partly sunny with scattered showers. Highs around 78. Northeast winds around 15 mph.

Night — Mostly cloudy with scattered showers. Lows around 66. East winds 15 to 20 mph.

High — 78

Low — 66





Above: A dummy improvised explosive device detonates in the back of a pickup truck at a vehicle checkpoint. The VCP was just one of the many challenges awaiting the "Lava Dogs," of 1st Battalion, 3rd Marine Regiment, as part of a squad evaluation Nov. 20.

Left: Marines assigned to 1st Battalion, 3rd Marine Regiment, Marine Corps Base Hawaii, Kaneohe Bay, search an Iraqi role player at a vehicle checkpoint.

Vehicle checkpoint training:

'Lava Dogs' prepare for deployment to Iraq

Cpl. Michelle M. Dickson
Combat Correspondent

SCHOFIELD BARRACKS, Hawaii — In preparation for an upcoming deployment to Iraq, Marines from 1st Battalion, 3rd Marine Regiment, Marine Corps Base Hawaii, Kaneohe Bay, participated in a squad evaluation from Nov. 14 to 20. The evaluation challenged the "Lava Dogs'" skills in various scenarios and missions that are similar to what they may encounter while on deployment to Iraq.

The 24-hour evolution included evaluation of vehicle checkpoints, where the main objective was to have the Marines search vehicles and personnel after setting up a basic VCP, said 2nd Lt. Jonathan A. Arnold, platoon commander, 2nd Platoon, Charlie Company.

"We also wanted to see the interaction between the Marines and the role players and the escalation of force," said the native of Pewaukee, Wisc. "We were looking to see if they were using their Arabic language cards and how much they knew about the language."

Arnold said approximately four different scenarios were presented for each squad to complete and not all involved vehicles.

"VCPs are not just about searching the vehicles," said the 26-year-old. "I'll send one group through cooperative; the next group may have a weapon or (improvised explosive device). We'll even have people just walk up to the VCP with no vehicle."

Arnold said the biggest challenge for the Marines who man VCPs is to be thorough in their search and in their questioning.

A lot of the Marines will overlook things like role players acting suspicious or overlook checking certain compartments in the vehicle, said Arnold.

"They need to ask more questions and know the Arabic phrases," he said.

Arnold said that overall, the squads were doing very well – especially since they were suffering from extreme lack of sleep.

"All the Marines are tired, but that's the nature of the business," said Arnold. "I can't say one squad has done the best, because each time a new scenario is presented to each squad, they just keep getting better and better."

"Our main objective was to cut off the main supply route the enemies use to transport weapons," said Lance Cpl. Marc D. Ruggiero, squad leader, 2nd Platoon, Alpha Company. "We were looking for vehicle-born IEDs, weapons without paperwork, and regular villagers who would come up and give us problems."

The native of Milford, Conn., said the biggest challenge for the Marines was trying to maintain security while handling the problems that they were being presented.

"Everyone is getting more comfortable about how everything works, but we need to work on our organization and how to make things happen faster," said the 22-year-old. "The newer Marines did pretty well, though, considering this was their first VCP."

Arnold said the Marines also did very well when a female would approach the checkpoint. They all knew what to do in that situation.

"The Iraqi role players base their roles on how the Marines react to them," said Arnold. "They, of course, have some guidance on what they are to do, but if the Marines are cooperative and say the right things, the role players will react off of that.

"That is the part of the training where the Marines learn how to meet and build Iraqi trust. It's not all about kicking down doors when you're in Iraq. The Iraqis are the ones who will be able to give us useful information over there, so we need to know how to talk to them and be courteous."

Arnold said the Marines are improving their use of the Arabic language.

"The whole squad clicks really well," said Pfc. Jason A. Carbone, point man, 2nd Platoon, Alpha Company. "The best part of this squad evaluation, so far for me, is being able to talk to the Iraqi role players. I was selected by the platoon sergeant to attend classes given by the Defense Language Institute to learn more Arabic, and this is the first time I got to train with the squad. I'm looking forward to exercising what I've learned from language, to tactics."



A role player is searched after being pulled over at the vehicle checkpoint Nov. 20.



Marines from 1st Battalion, 3rd Marine Regiment, drag a role player who was killed after a dummy improvised explosive device detonated in the back of a pickup truck at a vehicle checkpoint. Each 1/3 squad going through the evaluation was put through a variety of scenarios in order to gauge their effectiveness at vehicle checkpoints.



Marines with 1st Battalion, 3rd Marine Regiment, Marine Corps Base Hawaii, Kaneohe Bay, search a vehicle for anything suspicious at a vehicle checkpoint during a squad evaluation. The objective of this portion of the evaluation was to have the Marines cut off the main supply route to enemy forces to prevent them from transporting weapons.

Fallen Marines remembered in Iraq

Cpl. Luke Blom
2nd Battalion, 3rd Marine Regiment



Cpl. Luke Blom

Photos of Pfc. Donald S. Brown (left) and Pfc. Daniel B. Chaires, infantrymen assigned to 2nd Battalion, 3rd Marine Regiment, Marine Corps Base Hawaii, Kaneohe Bay, are displayed at a memorial service held for the two Marines Nov. 3 in Haditha, Iraq. Both Brown and Chaires died Oct. 25 while conducting security operations in Haditha, a city of 30,000 located along the Euphrates River in Iraq's western Al Anbar province.

HADITHA, Iraq — Marines from 2nd Battalion, 3rd Marine Regiment, Marine Corps Base Hawaii, Kaneohe Bay, packed into a dusty, dim-light hallway at their headquarters to remember two of their own in a memorial service Nov. 3.

Private First Class Donald S. Brown and Pfc. Daniel B. Chaires, infantrymen with Echo Company, 2/3, died Oct. 25, while conducting security operations in Haditha, a city of 30,000 located along the Euphrates River in western Al Anbar province.

Brown, a 19-year-old from of Succasunna, N.J., and Chaires, a 20-year-old from Tallahassee, Fla., had spent the previous six weeks patrolling the streets of Haditha, weeding out insurgents from the local population.

Marines who served with and knew Brown and Chaires recounted their time with the two fallen Marines.

Brown was a vibrant and intelligent man, according to fellow Marines, who is remembered as being an extremely motivational person.

"He was the kind of guy who just wouldn't let you fall back. He always had his hand on your back pushing you through tough times," said Lance Cpl. Thurman K. Jones, infantryman and 20-year-old from Jackson, Miss.

Brown was an avid martial arts enthusiast who loved to grapple, according to fellow Marines.

"I remember days when he'd wake me up by putting me in an arm bar. That's just the kind of guy he was – really intense," said Lance Cpl. Steven W. Branka II, infantryman and 19-year-old from Lancaster, N.Y.

Remembered by fellow Marines as an unwavering individual who held his family and morals above all else, Chaires was considered a good man as well as a good Marine.

"He was always himself. He never changed to impress anybody," said Lance Cpl. Patrick J. Lynch, infantryman and 20-year-old from Waynesboro, Pa.

Chaires had aspirations to become a police officer like his father, who fellow Marines said was his most influential role model and source of ethics and values.

"He was the most loyal and courageous man I've ever known. He was a shining example of honor, courage and commitment," said Lance Cpl. Richard E. Brown, infantryman and 20-year-old from Salem, Ore.

Chaires was well known for his manners among fellow Marines.

"He was so nice, it seemed like he was faking it sometimes," said Lance Cpl. Joseph C. Carter, infantryman and 20-year-old from Elew, N.C.

Once the Marines were given a chance to share their memories of Chaires and Brown, 1st Sgt. Darryl Atkins, Echo Company's senior enlisted, called role for the two fallen Marines one last time – a U.S. military tradition to honor the fallen.

As Atkins called the names of the Company's Marines, each answered with a crisp, "all present." When he called for Brown and Chaires, the gathering was met with a lonely silence.

The rifles, boots, Kevlar helmets and dog tags of the fallen Marines were then placed in front of the formation in recognition of Brown and Chaires.

At the close of the ceremony, Echo Company's commander, Capt. Matthew Tracy, ended the ceremony by comparing Brown and Chaires with the "night watchmen" of Europe in the 18th and 19th centuries.

The night watchmen, according to Tracy, wandered the streets after dark to light the lanterns that lined the streets and discouraged any criminal activity in the area.

"These two Marines will continue to be our night watchmen, to remain in over-watch for the rest of our lives. If you let them, said Tracy. "their memory will light the lantern that's in your soul."

Warriors on patrol



Cpl. Luke Blom

Private First Class Luke Focer, a 19-year-old Marine from Pittsburgh and infantryman with the Hawaii-based 2nd Battalion, 3rd Marine Regiment, kicks in the door to an abandoned building while on a patrol in Haqlaniyah, Iraq, Nov. 18.

Iraqis' reaction to Saddam verdict 'apathetic' in Haditha

Cpl. Luke Blom
2nd Battalion, 3rd Marine Regiment

Editor's Note: The names of Iraqis sourced in this article have been changed to protect their identities.



Cpl. Luke Blom

A Marine assigned to Hawaii-based 2nd Battalion, 3rd Marine Regiment, walks his patrol in the street of Iraq as Iraqi civilians sit outside their homes in Haditha, Iraq.

HADITHA, Iraq — Marines from the Hawaii-based 2nd Battalion, 3rd Marine Regiment noticed little, if any, reaction of the local Haditha population to the verdict and subsequent sentencing of Saddam Hussein.

After nearly a year of trial by the Iraqi High Tribunal, Hussein was convicted and sentenced to death Nov. 5, for crimes against humanity.

While there were both celebrations and protests in response to the verdict in other areas of Iraq, residents in the Haditha "Triad" region, home to about 80,000 people and consisting of three Euphrates River towns of Haditha, Barwanah and Haqlaniyah, seemed surprisingly indifferent to the news, said Capt. Paul Bischoff, intelligence officer, 2/3.

In the hours and days following the announcement of Hussein's fate, Marines hit the streets of the Triad to gauge the reaction of local citizens.

"The vast majority hadn't even heard about the verdict, and once they were told most of them just appeared apathetic to the news," said Bischoff, a 30-year-old native of Kaneohe Bay, Hawaii.

"There really hasn't been much of a reaction out here at all. I haven't seen any difference in the Iraqis' behavior or our operations," said Lance Cpl. Zachary Woodburn, infantryman and 20-year-old from Parkersburg, W. Va.

The areas where there were substantial reactions were areas of the country where there is a sectarian divide of Shiite and Sunni Arabs among the population, according to various news reports.

After decades of oppression from Hussein's regime, Shiites were openly enthusiastic about the news of the guilty verdict against Saddam, while Sunnis who often benefited from the regime expressed their opposition.

In the predominantly Shiite cities of southern Iraq, such as the port city of Basra, and the Shiite holy city of Najaf, demonstrators took to the streets in celebration.

Large demonstrations in the Shiite neighborhoods of Baghdad were held with people firing guns into the air and waving banners in approval of the sentence.

But in other Sunni areas such as Ramadi and Saddam's hometown of Tikrit, angry demonstrators denounced the sentence. Sunnis in Baghdad took to the streets, despite a citywide curfew, to express their opposition to the verdict.

While the Triad area is predominantly Sunni, the lack of reaction came as no surprise due to a lack of faith in the new Iraqi government, said Bischoff.

"There's a lot of disillusionment out here. There is no 'buy in' to the national political system right now, and the bottom line is that they don't have a vision of the future," said Bischoff. "Basically, the people out here have much more important stuff to worry about."

With a lack of faith in the fledgling political system in the Al Anbar province, local Iraqi citizens here focus on family, daily life, and their safety from the daily clashes of Coalition Forces and the local insurgency," said Ahmed, a citizen of Haditha.

"The Sunnis loved Saddam, the Shiites hated him. But none of this matters anymore, because he is no longer in power. The news of his trial really does not matter out here," said Ahmed.

Even though the local population seems indifferent to Hussein's sentence, the Marines of 2/3 think this is a giant step forward for the new Iraqi government to forget about their troubled past and move ahead with a democratically elected political system.

The trial of Saddam Hussein was held in an Iraqi court under the Iraqi judicial system, which represents a major success for the Iraqi government, according to 2/3 Marine officials.

"With the death of Saddam comes the end of the Saddam era in Iraq," said Bischoff.

Iraq now has its own permanent constitution, giving the newly formed Iraqi National Assembly, consisting of 275 democratically elected officials, a road map to help ensure a successful democratic Iraqi future.

The effect of Saddam Hussein's rule will be a long-lasting scar on the people of Iraq, but the new government offers hope for the future, said Ahmed. "We want to move on now."

Trainer first to be used by Hawaii Marines

Sgt. Sara A. Carter
Combat Correspondent

Training is vital to the success of a unit deployment. While it is impossible to totally prepare for what will happen while in the theater of operations, simulators are used as a way to provide realistic training scenarios to better prepare Marines.

One way Marine Corps Base Hawaii, Kaneohe Bay, has been preparing its warriors is by utilizing the Indoor Simulated Marksmanship Trainer, Enhanced, and the Amphibious Assault Vehicle Turret Trainer.

The AAV TT is the first to be used on K-Bay. All Marines who drive AAVs are required to train on the TT before they can use the live-fire range.

"This not only saves money on rounds, it familiarizes the Marines with the vehicle before they shoot," said Staff Sgt. Nick Dospital, AAV TT instructor and operator for 3rd Marines, Combat Assault Company.

From loading the weapon to how it is fired, everything that can be done in an AAV can be done in the trainer.

The idea for the trainer came from a joint project with engineers from Naval Air System Command's Program Manager Training Systems and contractors. The turret they used was refurbished by CAC from an asset that was slated for the Defense Reutilization and Marketing Office.

The TT has nine gun tables and various targets the Marines learn how to shoot before practicing with live rounds.

Marines have been utilizing the AAV TT, housed in Building 243, for about two months. Recently another ISMT-E was placed in the building so now there are two linked ISMT-Es to train Marines. The attendees of Sergeants' Course 02-07 are also scheduled to use the equipment.

The facility has been around for a while, but only housed one screen that made it a long process to train the 25 Marines enrolled in the course, said Staff Sgt. Larry Learn, instructor advisor, Sergeants' Course. Now, with the two screens, eight to 10 Marines can train at one time, which gives each of them more time to practice.

Until recently, Marines who attended the course were required to use ISMTs at the 3rd Marine Regiment's Simulation Center for their training. According to Learn, because the Staff Academy now has its own facility, the students will receive double the amount of time to simulate shooting weapons such as the M-240G machine gun, M-16A2 service rifle, M-203 grenade launcher, M-249 squad automatic weapon and 50-caliber heavy machine gun.



Sgt. Sara A. Carter

Brigadier Gen. Steven Hummer, commanding general, Marine Corps Base Hawaii, looks at an old turret that is now being used as an Amphibious Assault Vehicle Turret Trainer.

Just like the AAV TT training, after Marines complete initial training with these weapons they then perform practical application with them in the field where they use blank rounds.

"This might be the only time in a Marines' career that they get the opportunity to shoot these weapons," Learn said.

According to Ed Green, G-3's manager of the Combat Training Devices and Simulators Section, it took almost two years to get the building up and running.

"The Facilities Department did a tremendous job making the building usable." Green said. He also praised on-site NavAir Engineer Riki Kawakami for completing several self-help projects in the building and for keeping the ISMT equipment running.

Brig. Gen. Steven Hummer, commanding general, Marine Corps Base Hawaii, viewed the facility Nov. 20. As he left, he said to the individuals responsible for getting the equipment and putting the building together, "Keep pushing the margins. We should always be trying to make things better."

Any unit can utilize the AAV MTT. To schedule the use of the trainer, call Staff Sgt. Nick Dospital at 257-2563. Also, ISMT time can be scheduled by calling Ed Green at 257-1110; however, the Staff Academy has priority.

'Lava Dogs' continue squad evaluation training

Cpl. Michelle M. Dickson
Combat Correspondent

SCHOFIELD BARRACKS, Hawaii — As part of a weeklong squad evaluation, Marines of 1st Battalion, 3rd Marine Regiment, Marine Corps Base Hawaii, Kaneohe Bay, took part in route security patrols at the east ranges near Schofield Barracks Nov. 14 to 20.

The squad evaluation was designed to take 27 of the battalion's rifle squads and three engineer squads through 24-hour operations that would challenge and prepare them for their upcoming deployment to Iraq.

A route security patrol station provided different scenarios and situations squads may have to deal with in Iraq, said Staff Sgt. Colin S. Boyd, infantry platoon sergeant, Charlie Company, 1/3.

"The squads will have to deal with spotting (improvised explosive devices), casualties, and interacting with locals, among other things," said Boyd, a native of Larve, Ohio.

It made them use their mind. It's a thinking Marine's game; it's not about using brute force all the time. They would encounter many situations at once and have to come up with the best solution."

Boyd said the same situations were delivered to each squad and each one worked hard to out do the other, as it was a competition as well as training.

"I think the biggest challenge for the Marines during the route security was dealing with multiple situations all at once," said Boyd, who was an evaluator for the event. "In one scenario, you have Marines trying to identify an IED, while on one side of the road there is a man with a cell phone. Then, on the other side of the road, out in the distance, there are two other unidentified individuals. Getting the Marines to prioritize what needs to be done takes a lot of communication and team work."

Corporal Matt L. Sartori, squad leader, Charlie Company, 1/3, who deployed with the battalion to Afghanistan, said the squad evaluation is letting them identify what needs to be worked on before their deployment to Iraq.

"The newer Marines who haven't deployed before are picking up on things really fast, and I think they'll definitely be ready by the time we deploy," said the native of Braidwood, Ill. "This is the first time for me to do a squad evaluation, and I've learned stuff myself. The role players can let us know exactly what we're doing wrong when we do it."

The new Marines who are being challenged are gaining knowledge they will need to complete their mission in Iraq.

"I think this training is really helpful to all of us, because we are going to be doing a lot of patrolling, room clearing, and need to know how to identify IEDs while on patrol," said Pfc. Bryant A. Powell, machine gunner, 3rd Platoon, Charlie Company. "It gets exhausting, but you need to give 110 percent out here. The rest of the squad is relying on you."

Boyd said that even with the extreme lack of sleep, morale is high.

"The big thing that drives us, is their drive," said Boyd. "They're all working very hard and want to perform well. They're all doing really well out here and they're all learning a lot."



Cpl. Michelle M. Dickson

A Marine from 1st Battalion, 3rd Marine Regiment, shakes hands with an Iraqi role player during urban patrolling at Schofield Barracks, Nov. 19. The Marines of 1/3 were taking part in a squad evaluation to further prepare them for their upcoming deployment to Iraq.

Bravo Zulu



Cpl. Rick Nelson

Commander, United States Pacific Command Admiral William J. Fallon, speaks to Marines and Sailors assigned to 3rd Battalion, 3rd Marine Regiment, at the Base Theater aboard Marine Corps Base Hawaii, Kaneohe Bay, Nov. 22. Admiral Fallon welcomed "America's Battalion" back from a recent seven-month deployment to Iraq and congratulated them for a job well done.

'Lava Dogs' continue to hone Arabic language skills

Sgt. Jacques-René Hébert
U.S. Marine Corps Forces, Pacific

SCHOFIELD BARRACKS, Hawaii — The sweet, sour smell of a bustling crowd warmed by the afternoon sun filled the crowded marketplace.

Eyes darted back and forth, hands were shaken, and feet shuffled. Voices of Iraqis – peddling politics and wares – were indistinguishable. Like bricks, each cry built upon another, rising to a crescendo in a tower of babble. Without will or warning, the tower fell into screams as the sound of gunfire ripped into the frenzied souk.

Though this scenario has become commonplace to service members serving in Iraq, these Iraqis are lucky. The bullets were blanks and the insurgents are role players.

From Nov. 14 to 20, infantry Marines from 1st Battalion, 3rd Marine Regiment, Marine Corps Base Hawaii, Kaneohe Bay, received realistic training at Schofield Barracks from Iraqi expatriates who were preparing them for exercise Mojave Viper and an eventual deployment to Iraq.

The training, conducted by Force Preparedness Training Services, immersed the Marines in the culture, etiquette and customs of the Iraqi people in an effort to further educate and prepare them for the reality they will soon face.

"A large part of our mission in Iraq is diplomacy," said retired 1st Sgt. Ronald Matthias, deputy project manager for operations, FPTS. "This could possibly be the most valuable part of the Marines' specialized training. Not only do they need to win battles, but the hearts and minds of the Iraqi people need to be won over as well."

The spirit of those words wove its way through the actions of the participating Iraqis – many of whom are now U.S. citizens – as they helped the Marines understand their dynamic and often misunderstood culture.

"Iraqis are a proud people," said Mishtak al-Rafai, a former Iraqi and now American citizen who lives in Louisville with his wife Maria, who is Iraqi-born and was also a participant in the exercise. "Like anybody, Iraqis can mistake some actions as insults. Insults can do irreparable damage. It is important that the U.S. troops understand our customs to make it easier for Iraqis to want to cooperate and aid them in their effort to bring peace to our country."

Al-Rafai's brown eyes flashed anguish and anger as he recounted his experiences in and out of Iraq. One of the U.S.-supported revolutionaries who attempted to topple Saddam Hussein's reign of terror shortly after Operation Desert Storm, Al-Rafai's tale is earmarked by tragedy, culminating in the decimation of the rebels and an exodus to Saudi Arabia. An enemy of the state, Al-Rafai could never return to his homeland where he had forever left friends and family – a familiar story among the participants in the exercise.

These experiences, along with Matthias' guidance, helped create a realistic setting for instructing the Marines in situations they will encounter in the months ahead. Simulated sniper attacks, information gathering from sheiks, and rioting provided the Marines with a chance to utilize their newfound knowledge of Arabic customs and language.



Sgt. Jacques-René Hébert

Marines from 1st Battalion, 3rd Marine Regiment, Marine Corps Base, Kaneohe Bay, participate in a training exercise with more than 40 Iraqi-Americans in an effort to further familiarize themselves with the customs, courtesies and culture of the Iraqi people.

"The whole experience was extremely challenging, but the payoff was immense," said Sgt. Brian Baker, a squad leader from 1st, Battalion, 3rd Marines. "This is by far the best training exercise we've done to prepare us for the upcoming deployment to Iraq. At certain points, the role players did such a good job in presenting us with problems to overcome, I felt like I was over there already."

The Marines' education does not stop at the end of the exercise. For 1/3, the training continues with further language and culture classes that are scheduled for the immediate future.

"Though this was a very educational experience for our Marines, they have much more to learn," said Staff Sgt. Douglas Derring, a platoon sergeant from 1/3. "They've been given common phrase cards in Arabic, and we give them monthly testing to ensure that, by the time they're deployed, they'll have a working knowledge of the language."

U.S. units securing, rebuilding Afghanistan in small steps

Kathleen T. Rhem
American Forces Press Service

FORWARD OPERATING BASE GHAZNI, Afghanistan — Bringing stability to provinces in Afghanistan and bringing areas under control of the national government is a two-step process that's progressing steadily in small steps.

United States forces operating under NATO's International Security Assistance Force at nine forward operating bases in Regional Command East and two in Regional Command South fall into two main categories: provincial reconstruction teams and maneuver units.

"Maneuver will go in, and we'll take an area controlled by the Taliban or insurgent forces," said Army Sgt. Maj. Bryan Gran, operations sergeant major for Task Force Iron Graze. "We'll take it from 'red' – meaning controlled by the enemy – and we'll conduct operations in order to get rid of the enemy to make it more hospitable for the PRT to operate in.

"We get rid of the bad guys, then the (U.S. Agency for International Development) and the engineers and all those people who are going to work on the infrastructure will come in," he added.

Gran said it's important for an area to be relatively secure before infrastructure improvements can begin. "We don't want to go out and build stuff when the enemy is just going to burn it down," he said.

Progress has been steady in TF Iron Graze's area of operations, which is all of Ghazni province – 28,000 square kilometers. In the seven months that the 102nd Infantry Battalion, of the Connecticut National Guard, has run TF Iron Graze, the unit has gained a lot of ground in the security arena. "We've done a lot of kinetic (traditional military) operations; a lot of the bad guys are pretty much going away," Gran said.

At Forward Operating Base Gardez, Task Force Vanguard officials report similar progress. "We've been busy running the bad guys out of the woods," Army Command Sgt. Maj. Wayne Walker, TF Vanguard's senior enlisted advisor, yesterday told Army Command Sgt. Maj. William J. Gainey, senior enlisted advisor to the chairman of the Joint Chiefs of Staff.



Kathleen T. Rhem

U.S. Army Command Sgt. Maj. William J. Gainey (left), senior enlisted advisor to the chairman of the Joint Chiefs of Staff, and Afghan Command Sgt. Maj. Roshan Safi (right), the first sergeant major of the Afghan National Army, speak with Afghan and American service members assigned to the Afghan National Army Logistics Command Nov. 22 in Kabul, Afghanistan.

Gainey made Thanksgiving visits to several bases in Afghanistan.

Task Force Vanguard is the operational element for maneuver missions in Paktika and Logar provinces.

"It's a challenge to get out and make sure you can provide security so the PRT can build schools and infrastructure," Walker said.

Gainey praised the way maneuver and reconstruction teams are working in concert to make huge gains in Afghanistan. "The task forces are gaining trust using kinetic capabilities in support of the non-kinetic capabilities of the PRTs, who are the ones who are doing the work of winning hearts and minds," he told American Forces Press Service.

The continuing success of the PRTs in many areas is allowing the maneuver units in those areas now maintain security without engaging in firefights. "They're winning engagements without a single bullet being fired," Gainey said. "That's what every soldier would like to do."

He said he believes that helping Afghans in the provinces to help themselves is winning a battle in its own right. "Soldiers are used to winning battles by pulling triggers," Gainey said. "It might be more challenging to win without pulling the trigger, but the results are often more lasting."

Task Force Vanguard is working to improve security in the region around FOB Gardez even though the unit is a brigade special troops battalion – the communications, intelligence, military police, and other support troops who support combat arms units. This unit made up of various support troops is performing tasks normally done by infantry units, explained Army Command Sgt. Maj. Jim Redmore of Task Force Spartan, the brigade-level headquarters that oversees TF Vanguard and other units. "They're working as a maneuver battalion task force, but they're not combat arms," he said.

Morale is particularly high in Task Force Spartan because the unit is organized under the Army's relatively new modular brigade concept, Redmore said. The unit's members were formed into a unit, then trained together, deployed together, are serving together and will redeploy together.

"Morale is as high as it could be considering it's Thanksgiving and these soldiers are away from home," Redmore said in an interview. "Cohesiveness is much higher, especially under challenging and trying times.

"Everyone here is a brother," he added.

The sergeant major acknowledged that service members will have bad days and deal with challenges. "But it helps when soldiers can lean on each other," he said.

Redmore said service members of TF Spartan understand their roles and that what they're doing is important. "What they're doing has reason and gives them something to be proud of."

‘Visions of Valor’ exhibit stops at depot

Lance Cpl. James Green
Marine Corps Recruit Depot San Diego



Pfc. Charlie Chavez

Medal of Honor recipient James A. Taylor (left) speaks with news correspondent Bob Lawrence, KGTV 10 San Diego, before the Visions of Valor ceremony in front of the traveling exhibit at James L. Day Hall, the depot command museum.

MARINE CORPS RECRUIT DEPOT SAN DIEGO — A display of photographs and biographies featuring Medal of Honor recipients was opened for the public to view at James L. Day Hall, the depot command museum Nov. 9.

The traveling exhibit was graced with the presence of two Medal of Honor recipients, John Baca and James A. Taylor, who both spoke to the attendees during the grand opening of the TriWest-sponsored “Visions of Valor” exhibition, which will remain on the depot until Jan. 9, 2007.

There are 140 portraits and citations of the recipients of the nation’s highest military decoration, which has been earned by men who showed uncommon valor in combat.

“A lot of Marines, Sailors and soldiers have received awards during the war on terrorism and still don’t understand the significance of the Medal of Honor,” said Barbara McCurtis, director of the depot museum. “This exhibit highlights the men who made the ultimate sacrifice and left the battlefield with the most respected award that is presented by our nation.”

Many of the Medal of Honor recipients received the award posthumously, and the fewer than 120 recipients who are alive today continue to inspire those who will survive them.

Their history is honored through the traveling exhibit, said McCurtis. It allows the men and women of the United States to put faces along with the stories of these brave and noble men as the exhibit passes through the cities of the country.

Their portraits attribute quotes directly from the mouths of the recipients, which gives the exhibit a more personal touch, McCurtis added.

“Visions of Valor” brings a sense of history to the museum in a way that differs from the other exhibits there. It personalizes the medal recipients featured.

Having living recipients at the exhibit’s opening helped enhance the visitors’ understanding of these heroic men’s deeds.

“All the men in these pictures symbolize a family I never had, and to be a part of it is definitely special,” said Mr. Baca, a native of San Diego.

“Visions of Valor” is more than just a traveling display of heroes. It is a place where 140 of the more than 3,460 Medal of Honor recipients in American history are pictured in the same place and time regardless of the era in which they served the United States.

The freedoms America has that most other countries do not, are continually re-established because of the men and women in the armed forces, said Sgt. Curtis R. Hawkins, depot videographer.

Hawkins, who is from Horseshoe Bend, Idaho, said they not only put their lives on the line for the man next to them, but for the families that remain stateside.

“I know the sacrifices the service members make, and I know how it feels to have someone visit you in the hospital after you are wounded,” said Baca, who visits injured service members at Naval Medical Center San Diego. “With the freedom they give this nation, the least I can do is give my time.”

Baca received the Medal of Honor for his actions in the U.S. Army during the Vietnam War. He threw himself on an enemy fragmentation grenade, which was covered by his helmet, saving eight men from injury or death.

The common virtues of uncommon valor captured in the portraits of the Medal of Honor recipients will continue to make their way throughout the western region of the United States. The recipients’ selfless actions will be forever immortalized in the form of this traveling exhibit.

“The humility and heroism of these great patriots shines through every photograph,” said David J. McIntyre, TriWest president and CEO. “It is our extreme pleasure to be able to share their incredible faces — and, indeed, incredible stories — with this portrait collection.”

No job too small



Lance Cpl. R. Drew Hendricks

Master Gunnery Sgt. Daniel G. Zimmerman, comptroller chief, U.S. Marine Corps Forces, Pacific, prepares one of the 19 turkeys served at the senior enlisted Thanksgiving luncheon held at the Sunset Lanai, Camp H.M. Smith Nov. 22. The senior Marines prepared the turkeys and enough fixings to serve the entire battalion and then some. U.S. Marine Corps Forces, Pacific Key Volunteers Network provided door prizes that were raffled off during the luncheon. “It’s good to get together like this with friends and colleagues,” said Col. Cosmas Spofford, commanding officer, MarForPac Headquarters and Service Battalion. “This is a great way to come together and build on the camaraderie that Marines are known for.”

Let the best men win



Staff Sgt Marc Ayalin

As an icebreaker, American and Chinese Marines shake hands and introduce themselves before the start of the obstacle course run in Zhanjiang, China. The event was part of a friendly military competition bewteen Marines from Alpha Company, 1st Battalion, 5th Marines, the Battalion Landing Team of the 31st Marine Expeditionary Unit and the People's Republic of China's 1st Marine Brigade to build relations with their Chinese counterparts. The event was held during the amphibious transport dock ship USS Juneau's (LPD-10) three-day port visit and Search and Rescue Exercise.

Away from home



Cpl. Luke Blom

Corporal Andres Lopez, 21, from Atlantic City, N.J., and forward security element team member, 2nd Battalion, 3rd Marine Regiment, Marine Corps Base Hawaii, Kaneohe Bay, digs into his Thanksgiving Day meal in a mess hall in Haditha, Iraq, Nov. 23. More than 300 service members took a break from combat operations Thanksgiving Day and dined on turkey, ham, potatoes, stuffing and pumpkin pie.

CLAUSE, from A-2

with the landlord and discuss your situation. Come to a mutual agreement on what scenarios will allow you to terminate the lease early. In addition to long-term deployment, you might want to be able to end your lease if you have a temporary change of station for more than three months. After this discussion, make sure any verbal agreements are written into the lease before signing. Also, always make sure your name is on the lease. An early termination clause may not be applicable to a lease if a nonmilitary member — e.g., your spouse only — is on the lease. Of course, your family may be staying in the apartment or house and you might want the lease to continue. If you do, then you simply don't invoke the early termination provisions. But even in this case, it is important that the service member signs the lease. If you have any questions or doubts about a lease you are about to sign, go to your legal assistance office and ask for an attorney to review your lease with you.

Is there a fee for ending my lease early?

Some states have laws that permit the landlord to charge an early termination fee and your termination clause may include such a term. For example, if your lease period was one year and you are ending your lease after six months, the lease may stipulate that you pay one half of one month's rent as a fee.

What if the landlord won't agree to include a "military" termination provision?

Check with your local housing office and the legal assistance office. The Service Members' Civil Relief Act, which is federal law, requires landlords to terminate residential leases for military personnel who are transferred or deployed. If this is the case, you should bring this up during the negotiation period. You can always exert your buying power and shop around for a different place – and a landlord who is understanding of your career and willing to agree to these terms. Even if the landlord tells you that he or she knows about the SCRA that permits you to terminate your lease early, you should still get that included in the rental contract. Having your contract talk about early termination makes ending your lease a lot more worry-free.

What should a military termination clause cover?

A military termination clause should allow you, the military tenant, the option of ending your lease if you:

Receive permanent change of station orders to transfer to another duty station, the main gate of which is more than 20 miles from the main gate of your former duty station.

Receive military orders requiring you to move into government quarters or you voluntarily move into government quarters.

Retire or are released from active duty.

Receive temporary duty orders, temporary change of station orders, or you deploy for a period exceeding 60 days to an area more than 40 miles from where the premises are located.

Have leased the property before relocating or moving to the area, and your orders are changed to a different area before you occupy the property.

Where can I get a military termination clause?

Visit your local housing office or the legal assistance office. They usually have a form addendum appropriate for your circumstances that will supplement any termination rights provided to you by the state where you are located. As with any contract that you have questions or doubts about, visit your legal assistance office in order to have an attorney review the lease with you before you sign.

What if I'm in a lease already that does not have a military termination clause?

The SCRA might still apply to your situation and you may be able to terminate your lease early. So if you are about to deploy or PCS and your lease term will not expire before you leave, contact your legal assistance office in order to discuss your options under the SCRA.

Hawaii Marine
LIFESTYLES
HAWAII MARINE B SECTION DECEMBER 1, 2006

Marines and Sailors visit "Lost" survivors

Story and Photos by Christine Cabalo
Photojournalist

HALEIWA, Hawaii — Four Marines and two Sailors assigned to Marine Corps Base Hawaii, Kaneohe Bay, had a special look at the filming of the television series "Lost," courtesy of Sean Hallock, assistant location manager.

Hallock took the service members to the set of "Lost" on Oahu's North Shore Nov. 20 where the Marines and Sailors met the cast and crew, visited the beach set, and watched as the crew filmed parts of the series.

"We wanted to show them what we do and have them understand there's a lot we put into the show as well," explained Hallock.

Service members from K-Bay were invited to the set of "Lost" where filming of the series takes place in valleys of Heeia.

Hallock said he invited the service members to the set in order to foster a good working relationship with the base and film crew. The day service members visited the set, filming was underway near Haleiwa for upcoming episodes. The visiting service members first visited the primary beach set where they were allowed to take photographs of the beach huts used for the show.

"I've been watching since the beginning," said Seaman Erik Pack, air traffic controller, Marine Corps Air Facility, Marine Corps Base Hawaii, Kaneohe Bay. "They just killed off my favorite character Eko, but I like watching Locke too."

The visitors watched as the cast filmed Kate and Sawyer and later met actors Evangeline Lilly and Josh Holloway. Their tour of the set included viewing rehearsals of scenes for future episodes that featured Yunjin Kim, Dominic Monaghan, Emilie de Ravin and Terry O'Quinn.

"We're doing a three-page scene which will take four to five hours to film but will only take up a minute and a half on television," said Hallock during filming. "It's a lot for very little because of multiple takes and multiple angles."

Service members kept their cameras off while the cameras were rolling in order not to give away any secrets about future episodes.

Pack said he looked for Harold Perrineau, who plays Michael in the series, because he hadn't seen Michael in awhile and was wondering when this character would return.

Marines and Sailors had questions for Hallock about a recent plot twist, but not mentioning any specifics, the assistant location manager said exact plans were made for the four future episodes currently filming.

He also said the film crew and members of the military have a lot in common because both have to be mobile and self-sustained.

"We have our catering gear, all of our food, portable bathrooms, and working trucks," he explained. "We don't really rely on outside power; we've got our own generators."

"Lost" premiered Sept. 22, 2004, and is in its third season of filming on Oahu. The series is scheduled to return from hiatus Feb. 7 and will air new episodes continuously for 16 weeks.



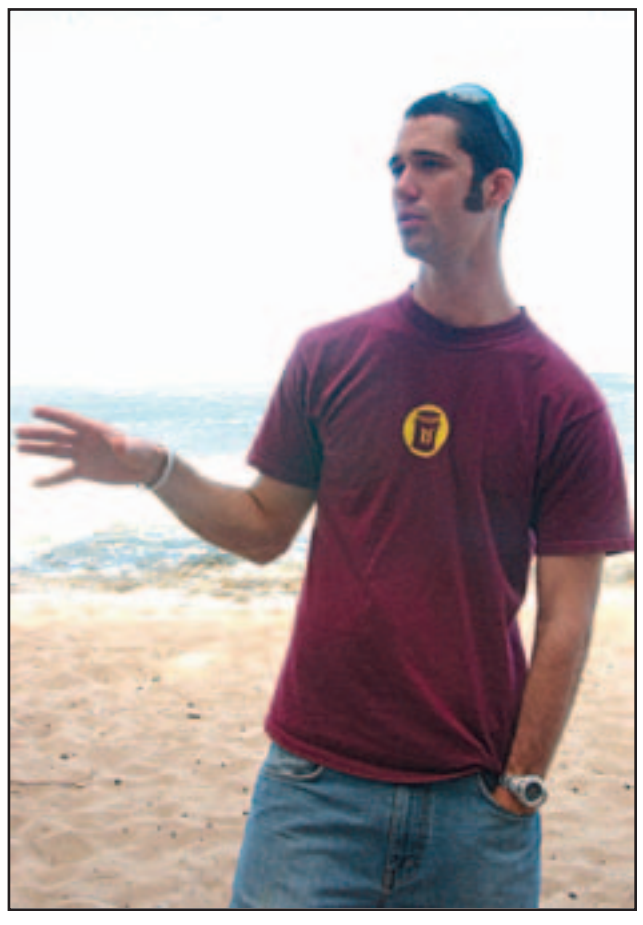
A set from "Lost" hides camera gear and other filming equipment needed for shooting scenes of the television series. In the episode, this area of the beach is used as a makeshift kitchen for the plane survivors who are living off salvaged food.



Seaman Erik Pack, air traffic controller, Marine Corps Air Facility, Marine Corps Base Hawaii, Kaneohe Bay, sits outside one of the sets used on the television series "Lost." In the series, Sawyer (Josh Holloway) lives in this outdoor tent.



A set from the television series "Lost" sits empty on the beach on Oahu's North Shore. In the show, survivors of a plane crash attempt to construct a beach shelter similar to the structure pictured here. Recently, Marines and Sailors from Marine Corps Base Hawaii, Kaneohe Bay, visited with the show's actors and crew on site.



Sean Hallock, assistant location manager, who has appeared in commercials and in an episode of "Baywatch Hawaii," recently gave service members from Marine Corps Base Hawaii, Kaneohe Bay, a tour of the "Lost" set.



"Lost" crew members Noaeau Nakai (left) and Kanoa Dahlin prepare an outdoor set, using photographs that were taken from previous episodes as guides to ensure the props appear the same for each scene.

MCCS Briefs

www.mccshawaii.com

Kahuna's Recreation Center 254-7660/7661

The Crud is tonight's live entertainment starting at 8:30 p.m.

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

Staff NCO Club 254-5481

Wednesdays mean Wing Night starting at 4:30 p.m. Cost is 35 cents a wing for those who dine in. Rocker Room grill menu items are available at 5 p.m.

Mongolian Barbecue begins at 5 p.m. on Thursday, and all children in your party who are 12 and younger receive a free round of miniature golf at Tiki Island good for Thursday night from 6 to 10 p.m. only.

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

The Officers' Club 254-7650

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

Watch the Army vs. Navy football game live tomorrow and enjoy continental breakfast at 8:30 a.m. Kick off is at 9:30 a.m. Halftime pupus include hot dogs, chili and rice, crudités, dip and chips. The cost is $12.50 per member and $16.50 for nonmembers.

Every Wednesday is Member Appreciation Night at the Kauai Bar from 5 to 7 p.m. Show your membership card for half-priced burgers and specially priced domestic and import beverages. Full prices return after 7 p.m.

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

All Hands

Special Matinee Hours will be observed Sunday at the Base Theater. The matinee, "Open Season," will be shown at 12:30 p.m.

Registration for Drivers' Education is being held now through Jan. 5, 2007, at Youth Activities, Building 1090-B from 9 a.m. to 5:15 p.m. Six sessions are offered annually; the next session begins Jan. 6, 2007. Classes are available for both youths and adults.

Call 254-7610 for more information.

A Remembering Pearl Harbor Display featuring the Dec. 7, 1941, attacks is being held today through Dec. 15 at the Base Library.

Call 254-7624 for more information.

The Trim-a-Tree decorating event is being held now through Dec. 23 at the Base Library. Bring a homemade ornament to decorate the Base Library Christmas Tree and receive a sweet treat for your contribution.

Call 254-7624 for more information.

The Transition Assistance Program Seminar will be held Monday to Thursday in Building 279, second floor, from 8 a.m. to 4 p.m. The next TAP class will be conducted Jan. 8 to 11. This seminar is open to all hands within one year of separation.

Call 247-7790 for more information.

The Marine Corps Exchange will be open to men only for Men's Night on Tuesday from 6 to 10 p.m. Door prizes will be given away.

Call 254-3890 for more information.

Information, Tickets and Tours is sponsoring a Holiday Craft Fair at Camp Smith Thursday from 7:30 a.m. to 2 p.m.

The Officers' Club converts to a member's only facility in 2007

Laeleya S. Saludez
Marine Corps Community Services

After more than five decades of accepting members and nonmembers through its doors, The Officers' Club at Marine Corps Base Hawaii, Kaneohe Bay, will be converting to a members-only establishment Jan. 1, 2007.

This shift in policy was first discussed at the Board of Directors quarterly meeting Oct. 13 when MCB Hawaii Deputy Commander Col. Mark Dungan recommended the change to the directors. Dungan said he believed the policy would serve the benefit of going back to the original intent of all officers' club establishments to be for members only.

"For a long time, clubs in the Marine Corps have been semiprivate," said Dungan. "But we believe this (conversion) is the right thing to do."

Dungan said a recommendation to convert The Officers' Club to members only was made by the board of directors to Commanding General Brig. Gen Steven Hummer, with the intent of rewarding members for their loyalty and support, to promote club exclusivity and camaraderie and to offset lagging membership rolls. The recommendation was then staffed to major subordinate commands to include the Navy aboard MCB Hawaii, which concurred with the proposed policy. A decision paper was drafted Oct. 27 and approved by Gen. Hummer. The Club's constitution and bylaws were then amended to reflect the policy change effective Jan. 1, 2007.

"Membership is the responsibility of commissioned officers," said Dungan. "'O' clubs are not designed to be revenue generators, but to break even. At the same time, we want to ensure we continue to maintain strong membership so we can offer our valued members even more benefits."

Dungan said as of the first quarter of 2005, roughly 640 active duty Marines were members. As of the fourth quarter of 2006, the active duty membership dipped to roughly 400.

"This decline is not just due to deployment and rotation," said Col. Dungan. "In fact, the retirement community membership for our Club outnumbers current active duty membership. Also, twice as many active duty members that are currently eligible are not members of the club."

According to The Officers' Club Membership Coordinator Sandy Fa'aui, the membership roster has dropped sharply in the last two years: approximately 25 percent from 1,200 members in 2004 and 2005 to a little over 900 members in 2006.

Dungan said a members-only club is only fair to those who are long-standing members. Also, membership should be something eligible active duty officers, retirees, and government service and non-appropriated funded employees consider as a greater responsibility to the Marine Corps as a whole.

"In the past, it didn't matter whether or not an officer utilized the club on a regular basis or only on special events. Once you were eligible to join, you would join."

"This change is a positive event for the Officers' Club," said Club Manager Don Figueira. "A members-only club helps us run more efficiently because those dues go directly to the upkeep of the facility." Figueira explained that dues offset everything from swimming pool staffing, grounds upkeep, and overhead costs.

In fact, Figueira noted that at a recent Corps-wide Functionality Assessment Conference held in Fredericksburg, Va., in September, it was discussed how all Marine Corps membership clubs have been faced with a drastic decline in membership. Other armed forces have either done away with officers' and staff noncommissioned clubs altogether, or consolidated all ranks into one all-hands establishment.

"Quantico and Lejeune have consolidated all ranks into one club," said Dungan. "Pearl Harbor has no officers' club. Despite flagging membership Marine Corps-wide, we have the most successful officers' club here at K-Bay. We want to improve upon that success."

To underscore that success, the Officers' Club was awarded the 2006 Excellence in Food and Hospitality Award in Quantico, VA this August, an honor bestowed on benchmark MCCS activities that display high performance, customer satisfaction and meet set criteria.

Also, despite waning enrollment, a Marine Corps-wide survey conducted in August and September on the importance of membership, clubs indicated there is a desire to maintain membership clubs. According to Head of Food and Hospitality Carol Garland based in Quantico, Va., 35,000 surveys were sent to Marine Corps officers and staff NCOs and 7,975 responded. Of those respondents, 45 percent were officers and 55 percent were staff NCOs. Half who responded agreed membership clubs offer a valuable military community service. More telling, 56 percent said the elimination of clubs would have an adverse effect on their quality of life.

Dungan emphasized that officers' club membership is not mandatory, such as Ward Rooms in the Navy. "You don't have to join the club if you don't want to," he said. "However, if you are not a member and you are eligible to join, beginning Jan. 1, 2007, you will not be able to use the facility.

Dungan said the sheer beauty of the location and facility is apparent to anyone who steps in the club the first time. "For the price of dues, this is the best deal in town for the best food."

"It is also a part of leadership," said Dungan. "If you have the support of your commanders and leaders to set the right example, their officers will also be members and join them at the Club."

Membership to The Officers' Club effective Jan. 1, 2007, will afford patrons the privilege of walking through the doors and using the Club's facilities and amenities. Members will have the ability to entertain in private dining rooms, bars and meeting rooms. The Club also organizes membership dinners, Sunday brunches, themed events, and holiday themed meals throughout the year. They are also able to use the Club pool and WIFI access, among other privileges. Figueira said more membership benefits are being discussed and looked at for future implementation.

If a potential member decides to join the Club by signing up for the Chase MasterCard, membership benefits include: Access to Marine Corps clubs around the world, exclusive member benefits, waived club dues on permanent change of station status, camaraderie with fellow Marines, refunds of your finance charges when you're engaged in a military campaign through the Blue Star Program, easy station transfer, and automatic Club dues billing to your account.

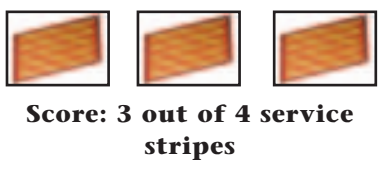
"We will handle this conversion respectfully and with care," said Figueira. "If someone enters the Club after Jan 1. (2007) who is not a member but is eligible to join, we will present them with a packet with all the information they need to become a member on their next visit."

Complete membership kits will be available at The Officers' Club beginning Jan. 1, 2007; however, any eligible nonmember can sign up anytime by filling out the written application or by calling The Officers' Club at 254-7650 for further assistance.

Movie review: *'Borat: Cultural Learnings of America for Make Benefit Glorious Nation of Kazakhstan'*



Lance Cpl. Ryan Trevino
Combat Correspondent



Score: 3 out of 4 service stripes

Editors note: Each week Hawaii Marine's own film critic Lance Cpl. Ryan Trevino will provide readers with in-depth reviews and unbiased ratings of a film currently in theaters or one of the many classics of yesterday.

The rating system requires some explanation before you get started. If the film being reviewed is currently available for rent or purchase it will be assigned a certain number of "microwaves" on a scale of one to four to rate its "reheat factor."

If the film being reviewed is in theaters, it will be assigned a certain number of service stripes on a scale from one to four.

In other words, the more microwaves or service stripes the film receives, the better and more entertaining it is to watch.

The film's complete title says it all – "Borat: Cultural Learnings of America for Make Benefit Glorious Nation of Kazakhstan." You read it right, that's not a typo. Trust that my editor needed plenty of convincing to put the red pen back into its holster after reading that.

Never once has the mere title of a film been funny enough to make me laugh, so I immediately made a beeline for the theater to see this movie that everybody was talking about. My high expectations were met in the first two minutes, and I still haven't stopped laughing. It is a great success.

Make way Ricky Bobby, "Borat" is hands-down the funniest movie of the year. Sacha Boren Cohen, a British comedian known for his character Ali G from "Da Ali G Show," shows us again his versatility in the role of Borat Sagdiyev, a rude, misogynistic and politically incorrect Kazakh television personality, who has been sent to the "U.S. of A" to learn cultural lessons to "make benefit" his country.

This superbly produced mockumentary is not one-dimensional and has a joke for everyone. It not only caters to the "Jackass" crowd of moviegoers who crave physical comedy, it also has plenty to offer the Woody Allen lovers with its rich satirical innuendos.

The team of Cohen and director Larry Charles (of Seinfeld fame) makes for great chemistry. However, any contributions from the director were vastly overshadowed by Cohen's comic genius.

Since "Borat" invaded theaters nationwide a few weeks ago, many people appearing in the film have come forward with lawsuits, claiming Cohen breeched the contract they all signed before appearing on camera.

Those familiar with Cohen's style from "Da Ali G," know he gets most of his laughs when he gets into character and interviews various subject-matter experts who are not "in" on the joke, therefore making them embarrass themselves because they don't know how to respond to the situation.

Not only were the people who appeared in the film upset, the entire country of Kazakhstan was offended by the way Cohen presented the country in the movie. You know something this controversial has to be good, and "Borat" is no exception.

Within the one and a half hours of pure comedy, Cohen as "Borat," punked a group of feminists, a humor coach, some gang members, guests of a high society dinner party, and some drunken college frat boys on his way to Los Angeles to find his one true love, Pamela Anderson, who he eventually finds and tries to court in the traditional Kazakh way by stuffing her into a bag.

The encounters and various obstacles Borat and his portly producer encounter along the way will keep you in stitches. That is – unless you are easily offended, because "Borat" spares no demographic area in this comic free-for-all.

See this movie as soon as you can – before it leaves the theater and you have to wait that long period before it hits the shelves.

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.

School for Scoundrels (PG13)	Today at 7:15 p.m.
The Guardian (PG13)	Today at 9:45 p.m.
Open Season (PG)	Saturday at 6:30 p.m.
All the King's Men (PG13)	Saturday at 9:45 p.m.
Open Season (PG)	Sunday at 12:30 p.m.
School for Scoundrels (PG13)	Sunday at 6:30 p.m.
The Guardian (PG13)	Wednesday at 6:30 p.m.
Flicka (PG)	Friday at 7:15 p.m.
The Departed (R)	Friday at 9:45 p.m.

How to celebrate holidays away from home

Deb Trzcinski
LIFELines

The absence of family members and loved ones is deeply felt at times of family tradition and celebration. Memories of grandma's cornbread stuffing at Thanksgiving, Dad's great birthday surprises, and, of course, the traditional December and January holidays, all live forever as they are commemorated each year.

But military life often means being separated from those you love while traditions, holidays, birthdays, and other special occasions continue to show up on the calendar. With this separation comes the opportunity to carry on fond traditions as well as establishing those of your own.

Something Old; Something New

If family traditions or recipes bring a bit of home to your house, keep them going. In fact, a suggested activity for family members might be a collection of recipes passed down through generations. But, if you secretly wish never to see giblet gravy again, this is your chance to remove it from the holiday menu. If change doesn't come easy for you, try a few new things each year. Be careful not to overdo it. A holiday feast may be too much for a family of three.

Reach Out

Chances are you're not the only folks in town who can't make it home for a special occasion. Reaching out is a great remedy for homesickness. Don't wait for an invitation. Instead, ask around to see if neighbors or friends would be interested in a get-together.

"Ask your holiday guests beforehand if they have family traditions or recipes they would like to bring. When your guests participate in providing some of the holiday meal, this means less work for you and gives them the opportunity to share something from home," said Carol, a military spouse for 25 years (and counting). For those living in another country, she suggests inviting someone from that culture to join you. "Most people are intrigued with other customs, and it also seems to renew your own enthusiasm when you share," she adds.

A child's birthday can be celebrated with other families as well. If you're having a cookout in conjunction with a party, consider inviting single people to join you. This gives them the opportunity to get out of the barracks or off the ship and enjoy a family atmosphere.

Staying Connected

These days, its easier than ever to keep the lines of communication open with those left behind. The advent of e-mail, digital cameras, and live online video puts a connection to home as close as your computer. Encourage grandparents to enter the world of electronic mail so they can stay in close contact and receive pictures instantly. Computer classes for seniors are offered at senior centers and through continuing education programs around the country.

Consider that while you may be longing for home, your family misses you as well. A great gift idea is to make a video or photo album to send them. Highlight your favorite spots in town (a local park where the children play, your jogging route, favorite beach or workplace) as well as a tour of your house, garden and neighborhood. This ties them to you with a visual image of your daily life. Ask loved ones to do the same for you.

Made With Love

Search for something special that your children can make to send as gifts. Grandma will love having a physical reminder of her grandchild, and it will strengthen the child's memory of her. Choose items for everyday use, such as coffee mugs or key chains that your child can personalize.

Invite children from the neighborhood over for a holiday cookie-making party (all holidays are applicable). Bake plain, cut-out cookies ahead of time, and give lots of options for decorating. Allow the children to take the cookies home as a gift for the whole family.

Sending Gifts

Purchasing gifts for multiple family members can become much more stressful with the notion of having to buy them early, find boxes, pack the gifts up, and ship them off. To help eliminate this burden, consider a few options:

• Suggest that those at home include your family in a drawing of names for Christmas gifts at Thanksgiving. This eliminates mass mailings and gives everyone plenty of time to make a purchase and have it shipped.

• Send gift certificates either by mail or the Internet.

• Purchase small things, such as jewelry, linens, or handheld toys to mail, versus large, bulky items.

• Shop early! Put a little money away to hit the after-Christmas sales, and store these gifts for the following year. You can have everything wrapped and ready to go well before the season sets in.

Cut Your List

There are other ways to deal with the holiday bustle. "I cut out sending gifts to everyone with the exception of parents and the children's godparents," said Martha, mother of five and wife of a retired Navy captain. She explained to loved ones that she was simplifying her life and hoped they would do the same by removing her from their list of people to buy for. "That helped with the budget and the stress level."

Mailing Tips

When shipping items, be sure to give yourself plenty of time. Check in advance with shipping companies such as UPS, Federal Express, and the U.S. Postal Service to get a safe timeframe for your desired delivery date.

Shipments from overseas locations may need a month or more to get to their destination, especially in peak seasons. Packages coming into the United States may be subject to customs checks. Investigate potential restrictions before purchasing gifts oversees.

When You're Far, Far Away

Overseas military communities tend to have a bond unlike any other. People within your command or your neighbors become a stand-in family. Special occasions or not — there's often something to celebrate as an excuse to get together and make the best of being away from home.

A group of families once stationed on Guam recall the celebration of a particular Thanksgiving in post-typhoon conditions. A storm ravaged the island the night before, which meant there was no electricity or running water. Everyone survived, and they gathered to eat pre-cooked turkey and trimmings, re-heated on Sterno stoves and charcoal grills. They didn't realize at the time that what seemed to be a hardship would become one of their most memorable celebrations.

Hold on to your traditions, create a few new ones, and instill great memories in the hearts of those around you.

Nearly 250 Marines serving in Iraq choose to reenlist

Cpl. Luke Blom
2nd Battalion, 3rd Marine Regiment

HADITHA, Iraq — Sergeant Frank Carrillo III said he was about 60 percent sure he wanted to commit four more years to the Marine Corps, but he still had unanswered questions like where would he go, what billet would he get, what kind of bonus did he rate?

Carrillo, a radio operator with the Hawaii-based 2nd Battalion, 3rd Marine Regiment, got the answers he needed and was one of nearly 250 Marines who reenlisted in Iraq (a combat zone), thanks to a visit from a team of military occupational specialty monitors from Headquarters Marine Corps.

Monitors are Marines who act as the "gate keepers" for their respective MOS field, deciding who goes to which geographical duty station and which Marines get certain special duty assignments available in the Marine Corps.

They also advise Marines on options concerning reenlistment.

A team of monitors visited Marines at their headquarters in Haditha, Iraq, Nov. 17. All together, the team spoke with more than 1,500 Marines throughout the Al Anbar province during their three-week tour, where they visited Marines from 1st Marine Expeditionary Force.

"Instead of dealing with paperwork and talking to people on the phone, we're actually able to look the Marines in the face and tell them what we can do for them," said Maj. Sean Charney, the officer-in-charge of the monitor team.

But the success of the recent boost of reenlistments spawned from the monitors' trips is also credited to each unit's career retention specialist, according to Charney. Career retention specialists are Marines designated to coordinate the reenlistment process and ensure every Marine in an individual command receives pertinent information about their careers so that they can make an informed decision about whether or not to reenlist.

"The career retention specialists are able to talk to the Marines about the how's and why's of reenlisting," said Charney. "The monitors actually make the decisions for their field, so they're able to answer Marine's questions much more concretely."

The monitors' trip to the Al Anbar province allowed them to have some face-to-face time with Marines currently deployed to western Iraq, where they are providing security to the region, said Charney. They were able to directly answer Marines' questions concerning reenlistment incentives, bonuses, future duty stations, special duties, lateral moves into different specialty fields, and reenlistments.

"That (face-to-face time) pays huge dividends, because we can actually make future assignments for the Marines right there on the spot," said Charney, a 39-year-old native of Lincoln Park, N.J.

The monitors' visit comes in the midst of one of the best years for retention the Marine Corps has seen since the beginning of Operation Iraqi Freedom, said Staff Sgt. Hector M. De La Pena, career retention specialist, 2/3.

For example, the infantry MOS fields – such as mortarmen and machine gunners – usually don't close for reenlistments until sometime between February and April. Military occupational specialty fields close for reenlistment when a target number of Marines reenlist in that particular field.

See REENLIST, B-6

ON THE MENU
AT ANDERSON HALL

Friday
Lunch
Sour braten
Jaegerschnitzel
Hot potato salad
Tossed green rice
Simmered cabbage
Simmered asparagus
Simmered sauerkraut
Boston cream pie
Chocolate chip cookies
Pineapple upside down cake
Vanilla/chocolate creme pudding
Strawberry/raspberry gelatin
Specialty bar: Southern Meal

Dinner
Roast pork loin
Mahi mahi
Mashed potatoes
Wild rice
Simmered broccoli
Corn on the cob
Applesauce
Chicken gravy
Desserts same as lunch

Saturday
Dinner
Herbed rock cornish hen
Country fried steak
Rice pilaf
Candied yams
Herbed green broccoli
Simmered carrots
Vegetable gravy
Chicken gravy
Pumpkin pie
Chocolate cookie
Easy chocolate cake w/chocolate butter cream frosting
Vanilla/chocolate cream pudding
Strawberry/raspberry gelatin

Sunday
Dinner
Yankee pot roast
Baked ham
Mashed potatoes
Candied sweet potatoes w/marshmallows
Simmered mixed vegetables
Simmered pinto beans
Vegetable gravy
Dutch apple pie
Brownies
Lemon cake w/lemon cream frosting
Vanilla/chocolate cream pudding
Cherry/lime gelatin

Monday
Lunch
Baked meatloaf
Creole pork chops
Lyonnaise potatoes
Noodles Jefferson
Boston baked beans
Simmered peas & carrots
Tomato gravy
Cheese cake w/strawberry topping
Cherry pie
Sugar cookies
Peanut butter cake w/peanut butter cream frosting
Vanilla/chocolate cream pudding
Orange/raspberry gelatin
Specialty bar: Pasta

Dinner
Russian turkey stew
Baked fresh fish w/garlic butter
Steamed rice
Simmered corn
Brussels sprouts parmesan

Cream gravy

Tuesday
Lunch
Beef sukiyaki
Southern fried chicken
Egg foo young
Chinese fried egg rolls
Steamed rice
Fried rice
Fried cabbage
Simmered carrots
Chow mein noodles
Sweet and sour sauce
Lemon meringue pie
Lemon cookies
Strawberry shortcake
Vanilla/chocolate cream pudding
Strawberry/lime gelatin
Specialty bar: Taco & Deli

Dinner
Creole macaroni
Baked turkey & noodles
Mashed potatoes
Grilled cheese sandwich
Simmered green beans
Cauliflower au gratin
Turkey gravy
Desserts same as lunch

Wednesday
Lunch
Bar-b-que spareribs
Country style steak
Red beans and rice
Baked macaroni & cheese
Southern style collard greens
Simmered corn on the cob
Cream gravy
Apple pie
Brownies
Pineapple upside down cake
Vanilla/chocolate cream pudding
Orange/raspberry gelatin
Specialty bar: Hot dog & sausage

Dinner
Savory baked chicken
Beef pot pie
Boiled egg noodles
Mashed potatoes
Southern style squash
Simmered peas w/mushrooms
Chicken gravy
Desserts same as lunch

Thursday
Lunch
Baked lasagna
Veal parmesan
Oven glo potatoes
Simmered carrots
Italian mixed vegetables
Tomato gravy
Garlic toast
Cherry pie
Oatmeal raisin cookies
Marble cake w/chocolate cream frosting
Chocolate/vanilla cream pudding
Orange/strawberry gelatin
Specialty Bar: Deli & hot sandwich of the day

Dinner
Chili macaroni
Simmered corned beef
Parsley buttered potatoes
Grilled cheese sandwich
Glazed carrots
Fried cabbage w/bacon
Brown gravy
Mustard sauce
Desserts same as lunch

Marine walks across three countries for freedom

Lance Cpl. James Green
Marine Corps Recruiting Depot San Diego

MARINE CORPS RECRUIT DEPOT SAN DIEGO — Private First Class Michael A. Atem, Platoon 2033, Company "H," graduated Nov. 17 as a Marine just like the Marines by his side.

For the last three months they have been through the same challenges and overcame many obstacles as a team, but their pasts took place in two different worlds.

Atem was born in Bor, Sudan, a country where killing was a resolution of problems between people in his community and death was not hidden from the members of his village.

In 1983, a civil war broke out in Sudan, the North Arabs against the South Christians, and continued for four years. Atem, 8 years old at the time, was struck with a serious situation: Stay and die, or leave his home and live.

He made a decision to leave with his cousin, along with 16,000 other Bor natives who fled the death penalty set in place by their country's war.

Atem, a Christian, walked for more than two months to Ethiopia surviving on wild fruit and sleeping on roadsides every night. After arriving in Ethiopia, he made the country his new home. He remained there for four years before another war broke out.

The year 1991 brought more horrific battles to Atem. Ethiopia was at war with Eritrea. Once again he was forced out of his home for fear of his safety.

"They were killing everyone," said Atem, who is now 27. "We didn't know if the new government after the war would have us killed or not, so we left."

After leaving the second country, he and the other refugees on this journey made their way back to Sudan. They did not get very far before they were attacked by the Eritrean, where many of the refugees were killed.

The survivors of the assault continued on their quest for a safe haven and found it in Sudan. Although the war was over, the small town in which they came to live had no source of food. They lived on wild fruits and fish from a nearby river for three months.

When Atem finally felt he had left the wars of his country far behind, he was again brought back to the reality that the unstable nation he lived in was under attack of the Arabs.

In 1992, Arab warplanes bombed the town Atem called home, which prompted him to leave Sudan for a second time.

"The town was captured by the Arabs soon after we left," said Atem. "We were lucky to get out alive."

Now on his way to Kenya, he came across an American Red Cross convoy that picked him up and brought him to the village of Magaos, located on the border of Kenya and Sudan. While there, they were attacked by the natives, and five of the travelers were killed.

When Atem made it to Kenya, at the age of 13, he attended school and finished up his primary and secondary education. It was at school when he was contacted by the U.S. embassy in Kenya and interviewed to come to America for a better life.

After completing the interview and being selected for the trip, he was given $850 for a plane ticket to Las Vegas, a random city chosen by the U.S. Embassy, which he was to pay back within three years. Now in the U.S. at age 22, he got a job at Burger King and paid his tab in less than one year.

Coming to America meant escaping the wars in Sudan, but he faced the consequence of being separated from his cousin who received a ticket to Michigan.

Atem went to Michigan to reunite with his cousin after paying his debt, where he attended Lansing Community College and earned his Associates Degree in molecular biology.

While he was in college, Atem was contacted by an Army recruiter who told him how he could benefit and help others by joining the military. He researched the military branches and contacted a Marine Corps recruiter, who set everything up for him to attend recruit training here.

Atem said he joined the military to help those who cannot help themselves. If it was not for the people who helped him leave Sudan when he was young, he would not be here today.



Lance Cpl. James Green

Private First Class Michael Atem salutes the American flag as "Retreat" plays on the depot, and the flag is lowered.

He enlisted in the Marines as an accounting and supply clerk and was assigned to Company E. After being dropped for training for stress fractures, he was in the Medical Rehabilitation Platoon for three weeks before resuming training with Company H.

"Because of his broken English, it was hard for him to understand what was going on and why he was dropped," said Gunnery Sgt. Christopher M. Glocke, drill instructor, Platoon 2033. "He is a good recruit though. He may not be the loudest, but he wants to be here."

Aside from this slight setback, Atem said he has learned discipline, leadership and is more confident in everything he does.

Atem's next stop is Marine Combat Training at the School of Infantry in Camp Pendleton, Calif., where he will learn all the basic combat skills he will need to be successful in the Marine Corps.



Lance Cpl. James Green

Private First Class S. D. Mandall shares water with Atem during weapons turn-in. This camaraderie is encouraged in recruit training.

Budgeting tips for annual Holiday shopping

Brandi Givens
LIFELines

For many military families, financial stress goes hand-in-hand with holiday shopping. There are ways to alleviate some of this annual anxiety with a little careful planning.

Consider Opening a Holiday Savings Account

Many financial institutions offer accounts designed for short-term saving. These accounts are versatile; money can be transferred automatically or manually at the member's convenience.

It's never too late to start saving. Perhaps next year you might want to take advantage of a long-term savings effort. By opening an account in January and saving just $50 a month. By November you will have saved $500 plus interest.

Make a Holiday Budget

One way to keep spending under control is to create a holiday budget. It is wise to base this budget on cash available so that credit card bills aren't overwhelming in January. Making a budget can be broken into three simple steps:

• Decide what your total holiday spending budget will be for the year.

• Make a detailed list of holiday expenses.

• Allot a portion of your budget to each expense.

Once a holiday budget is made, don't be discouraged by what may look like small amounts. There are many ways to save money while still giving wonderful gifts.

Coupons and Discounts

Below are some ideas for saving money on gifts.

• *Shop early:* Spread gift-buying through the year to ease financial stress and to take advantage of off-season sales. Be sure to remember whose gifts have already been purchased by storing everything in one large container, complete with a check-off list taped inside the lid.

• *Search through mail and newspapers:* Retailers often circulate coupons, such as $10 off a $50 purchase. Add this discount to items which are already on sale, and you'll get a great deal.

• *Shop the Web:* Most online retailers don't charge tax. Many even advertise free shipping and will send gifts directly to loved ones. For online specials and coupons, check out Flamingoworld.com.

• *Shop at eBay.com:* Gifts can often be found for much less than you would pay retail. Just remember to check shipping charges before bidding.

Homemade Gifts

Here are some suggestions for homemade gifts that can cost very little but will please your family and friends a lot.

• *Scrapbooks:* A scrapbook filled with photos is an irreplaceable keepsake. Start this project early and watch for sales on supplies at your local craft stores.

• *Baked goods:* Buy holiday tins from any discount store and fill them with homemade cookies and candy from treasured family recipes.

• *Mix in a jar:* Fill pretty jars with the dry ingredients for making cocoa, coffee drinks, tea, soups, or cookies. Complete the gift by tying the recipe card to the jar with a festive ribbon.

• *Portraits:* Major department stores offer great online coupons for portrait packages. If you want to save more money, have a friend take a nice snapshot of you; for less than $3, Wal-Mart will enlarge that snapshot to 8 by 10. Throw in a nice but inexpensive frame, and you have a great gift for family members.

• *Holiday craft shows:* During the holiday shopping season, bases often sponsor craft fairs where local vendors often sell inexpensive handmade items. Check your base newspaper for dates and times.

• *Search the Web:* The Internet is filled with sites that contain countless ideas for homemade gifts. Start your search with iVillage.com, Home and Garden Television, Allrecipes.com, and Make-stuff.com.

Remember, no matter what your budget is for the holidays, you can avoid financial stress and make the holidays special for your family and friends.

Senior enlisted advisor gets new role

Cpl. Rick Nelson
Combat correspondent

Service members in any branch of the service will face many obstacles that they must overcome to continue on to the best of their ability during their tour in the military.

Senior Chief Petty Officer Eric S. Anderson, senior enlisted advisor, 3rd Dental Battalion, Marine Corps Base Hawaii, Kaneohe Bay, said he wanted to leave the small-town life and see the world, so he joined the Navy in June 1987 and was sent to San Diego for basic training.

"My parents were very proud when I joined but, at the same time, realized I wouldn't be around very often," said Anderson.

He said that even though he joined, he didn't expect to be in the Navy after his first enlistment, but admitted that he was interested in becoming a Navy SEAL (the acronym for sea, air and land and also the name for the members of the Naval Special Warfare unit who are trained for unconventional warfare.)

"At first, I wanted to be a Navy SEAL," said the native of Coquille, Ore. "That's the reason I became a (hospital) corpsman. It was wide open for SEALs, which made my chances better."

Anderson completed the physical screening for the SEAL program but was disqualified during the medical portion due to color deficiency in his vision.

"After I found out I wasn't going to be able to be a SEAL, I went back to being a corpsman and traveled around quit a bit," he said.

Anderson has been deployed to Guam, Korea, Australia and the Philippines and served in operations Desert Shield and Desert Storm.

"Desert Shield and Storm were the most miserable 10 months in my life, but I wouldn't trade it for the world," said Anderson. "I have so many memories from there that made being miserable worth it."

Anderson said he spent 14 of the 19 years he has been in the Navy assigned to Marine Corps units where he worked primarily with Marines.

"I grew up very outdoors oriented and did things like hunting and fishing, so I love being with the Marines," said the 38-year-old.

Speaking about his newest assignment at 3rd Dental Battalion, Anderson admitted that it is very different from what he is used to. Just recently, the Navy combined the hospital corpsman and dental technician job ratings into one – the hospital corpsman rating.

"I'm actually a corpsman and not what used to be called a dental technician," he said. "My main job basically will be the training and mentoring of enlisted Sailors and as advisor to the commanding officer on enlisted matters."

Being in a leadership position makes you see the whole picture instead of just a little piece of the pie, he added.

"I've been put in a leadership position for a job I'm not really familiar with, but leadership is leadership. I don't need to know how to take care of teeth – just the Sailors who work on them," said the sea-service veteran. "It's more about taking care of your people and pushing them to do their job correctly and to go as far as they possibly can."

Anderson said the end of his military career is right around the corner, but he is unsure as to what he wants to do when he retires from the Navy.



Cpl. Rick Nelson

Senior Chief Petty Officer Eric S. Anderson, senior enlisted leader, 3rd Dental Battalion, Marine Corps Base Hawaii, Kaneohe Bay, poses for a picture outside the building he works in. Anderson has been assigned to Marine Corps units 14 out of the 19 years he has been in the Navy and said he loves working with Marines.

"I'm thinking about opening up a gym or becoming a teacher, once my time in the Navy has ended," he said. "I've had a great time in the Navy.

"In the beginning I thought I was going to do one enlistment and go back to work in my hometown. I've been on terminal leave twice already but decided to stay in due to promotions and my CO (commanding officer) joking around with me – telling me if I don't reenlist he will send a squad out to find me."

Aside from the good times Anderson had during his career, he said he also has a few regrets.

"The one thing I regret most is that I haven't gotten to spend as much time with my kids as I would have liked to," said the father of three. "I've missed too many birthdays and Christmases because of deployments."

Anderson, who has two daughters and one son, said his children are the most important things in his life.

"My daughter was born while I was in Desert Storm. I had no clue (that she had been born), until my sergeant major pulled me out of line to get steak and congratulated me," he said.

"I had no clue why I was being congratulated, and then the CO showed me a letter stating that my daughter had been born almost three days before. Throughout the whole time the sergeant major was trying to talk me into naming my daughter Marina Cora, but I decided Victoria was better."

Once his career in the Navy comes to an end, Anderson plans to make up for lost time with his children.

American Indian thrilled to be in Hawaii

Christine Cabalo
Photojournalist

Born and raised in Chinle, Ariz., it was not a surprise to her Navajo community when Matilda Montoya announced she'd be joining the Marine Corps.

Now a sergeant, Montoya enrolled in the Delayed Entry Program before officially joining the Corps in August 2002.

Although she said she initially wanted to be a combat engineer so she could deploy and do interesting field work abroad, the Marine Corps placed her in a totally different field.

"When they test you for what type of job you'd be good at, I was placed in logistics," Montoya said.

Today she works for the Supply Department at Marine Aviation Logistics Squadron 24 aboard Marine Corps Base Hawaii, Kaneohe Bay. Working in accounting, she tracks funds for parts, flight equipment, and fuel for all the aviation squadrons assigned to MALS-24. As an aviation supply clerk, her job is to make sure squadrons aren't overspending their budgets on needed supplies for helicopters, planes and other aviation vehicles.

"In Hawaii, I'm in charge of looking out for three Marine squadrons and three Navy squadrons," said Montoya.

For six months – from February to July – Montoya got her chance for field work abroad when she deployed to Iraq. Working in supply, the 22-year-old noted that during her tour of duty in Iraq, working hours were strenuous. She was on duty for 12 hours at a time for six days a week.

"When our work was done," said Montoya, "we'd go out and help the other shops. We'd ask them if they needed help with reports or with delivering gear."

Though she said her work in Iraq was interesting, Montoya said she enjoys being stationed in Hawaii. Since she spent elementary and high school years on the Navajo reservation, coming to Hawaii was something she always wanted to do.

"Who doesn't want to come to Hawaii and be paid to go?" asked Montoya. "Some people save up their whole lives just to come here and visit. I love it. I love the beaches and the mountains, and the weather is really nice."

Relaxing at North Beach and just driving through the Hawaiian countryside are some of the ways Montoya unwinds after work. She said she loves being connected to the natural beauty of Oahu.

Although she thinks Hawaii is beautiful, she does occasionally miss the comforts of home. Montoya said it was difficult to practice her Native American church faith because of the shortage of other NAC service members in the area. Although she is able to engage in daily prayers, Montoya said she stays connected to her religion by staying in contact with her family at home. Recently, she met other Navajo service members who are assigned to K-Bay and has been spending time with them.

"We made Navajo tacos and played Texas Hold 'Em," said Montoya. "There's this sense of camaraderie and being home ..."

Montoya said she didn't expect to be working in accounting, but it is a job that has been easy to learn.

At the end of her enlistment, Montoya said she plans to continue to serve her country by working in the government. She expects to graduate from ITT Technical Institute in the fall of 2008 with a degree in criminal justice and would ultimately like to go to work for the FBI or CIA.

"I'd like to keep giving back to the government," she said. "I want to work in a job that would be protecting the country but at a lower level than the military."



Christine Cabalo

Sergeant Matilda Montoya, aviation supply clerk, Supply Department, Marine Aviation Logistics Squadron 24, Marine Corps Base Hawaii, Kaneohe Bay, stands in front of dozens of spreadsheet booklets that list the spending habits of aviation squadrons aboard the base.

Aikahi Elementary students 'Turkey Trot' Marine Corps style

Cpl. Rick Nelson
Combat Correspondent

Kailua, Hawaii — Seven Marines assigned to Headquarters Battalion, Marine Corps Base Hawaii, Kaneohe Bay, volunteered to assist the students at Aikahi Elementary School, Kailua, with their annual "Turkey Trot," which is held each year before the students leave for their holiday break.

"The students love interacting with the Marines and going through an obstacle course the Marines put together for the students," said Randy Scoville, vice principal, Aikahi Elementary School. "Once they crawled through the camouflage netting, they did a pumpkin relay, went down the new inflatable slide, and got their face's painted by the Marines."

According to Scoville, the student's favorite part of the day was having the Marines paint their faces – camouflage fashion.

"The face painting makes them feel like they're more like the Marines or warriors," the Kailua native said. "When the Marines come out to the school they become heroes to these kids."

Lance Cpl. Tony S. Thomasson, pay clerk, Finance Office, HQBN, said he wishes Marines would have come to his school while he was in elementary school.

"I love helping out these kids," said the native of Tampa Bay, Fla. "It's good for young kids to have positive role models in their life to look up to."

Thomasson also said the most rewarding part of the day was when he got the opportunity to eat lunch with the students.

"Once we got our lunch and walked into the cafeteria all of the students were coming up to us begging us to sit with them or at their table," said the 20-year-old. "It's things like that, that make (volunteering) all worth it."

During the Turkey Trot, students and Marines seemed to be enjoying themselves and had big smiles on their faces, said Scoville.

"This type of event builds a relationship with the Marine Corps that I hope lasts forever," he added. "This is an experience the students will not forget and could possibly aspire some of the students to follow in the footsteps of the Marines."

The Turkey Trot is held each year before the students leave for their holiday break.



Cpl. Rick Nelson

Lance Corporal Tony S. Thomasson, pay clerk, Finance Office, Headquarters Battalion, Marine Corps Base Hawaii, Kanoehe Bay, paints the face of a student at Aikahi Elementary School in Kailua during their annual "Turkey Trot," where students complete various obstacles while interacting with Marines.

REENLIST, from B-3

This year the Marine Corps may have to close out the infantry fields as soon as the end of this month due to the high rate of retention, said De La Pena, a 30-year-old from Chicago.

Of the 40 Marines in 2/3 who are eligible for reenlistment, eight actually reenlisted during the monitors' visit, according to De La Pena. That's a significant jump from the average of a few reenlistments per month for the battalion, said De La Pena.

While no one on the monitors' team seemed to have pinned down the reason for such a reenlistment boom this year, De La Pena, a forward security element platoon sergeant for 2/3, said his theory as to why a high number of Marines are committing four more years to the Marine Corps is because they are gung-ho.

For Carrillo, and many Marines like him, having that face-to-face time with his monitor meant getting answers to the questions he had before deciding whether or not to reenlist. He said it made all the difference in the world in helping him decide.

"I was able to sit down with my monitor and ask my questions and express my concerns, and get the answers straight from the horse's mouth," said Carrillo, a radio operator and 22-year-old native of Wheatley, Calif.

After a 30-minute conversation, Carrillo and his monitor came to an agreement.

"When I came to the fleet, I felt like I didn't know anything in my field," said Carrillo, who has been guaranteed a spot as a communications school instructor after this seven-month deployment. "I've learned a lot since then, and I want to go back to the (communications) school and teach Marines what they'll need to know in the fleet."

Along with the tangible rewards of reenlisting – thousands of dollars in bonuses, the choice of future duty station and job – there were also the intangible benefits like beginning a new chapter in the Marine Corps by reenlisting in a combat zone, said Gunnery Sgt. Charles A. Walker, infantry monitor and a 30-year-old from Hendersonville, N.C.

"The idea that you reenlisted in (in a combat zone), and right afterwards geared up to go on a combat patrol will be a great memory for a lot of guys out here," said Walker.

For every story like Carrillo's, there are many Marines who are not sure if they want to stay in the Corps for another four years.

"I was about 50-50 before I talked with the monitor. Now I'm leaning more toward staying in, but I still have some thinking to do," said Sgt. Joseph Roy, scout sniper and 22-year-old native of Gladstone, Mich.

"Each monitor assists Marines in making the right decision, whether it is for them to stay in or get out. They help build a path for the individual Marines and make sure they're moving in the right direction for their future," said Charney.

Roy was told that he would get more than $30,000 in bonus money, which would be tax free if he reenlists in Iraq.

Service members' pay while serving in Iraq is tax exempt – a benefit they receive serving in a combat zone.

But Roy did have a couple of questions the monitor could not immediately answer – questions about the standard of living and educational opportunities that would be made available if he decided to reenlist.

"I wanted a couple things that the monitor couldn't guarantee," said Roy.

With aspirations to live off base at his next duty station and attend the eight-week Marine Corps Martial Arts Instructor-Trainer Course, Quantico, Va., Roy said he is still unsure whether or not he wants to continue his Marine Corps career.

Whether or not a Marine decided to reenlist or just ask some questions, the monitors considered the opportunity to talk with the Marines on the front lines a great way to take care of their own, said Walker

"After talking with all these Marines," said Walker, "I'm confident that we're keeping the finest, best Marines around."

Hawaii MARINE
SPORTS

HAWAII MARINE C SECTION — DECEMBER 1, 2006



Lance Cpl. R. Drew Hendricks

Rodney "Big Mac" MacCullough (center) plows through the Outlaws' defense for a huge gain before being brought down during the Intramural Football League Championship game played at Marine Corps Base Hawaii, Kaneohe Bay, Wednesday.

'Raiders' bound for 'Best of the West Tournament'

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

The Camp H.M. Smith Raiders beat the Combat Service Support Group 3 Outlaws 12-7 in the Intramural League Championship game at Marine Corps Base Hawaii, Kaneohe Bay Wednesday.

Not only did the Raiders claim the title, they also ensured a spot in the "Best of the West" Football Tournament to be held in San Diego.

Wednesday night's game was a hard-fought battle between the Raiders and Outlaws. The teams had been a challenge for each other all season, with the Raiders' only loss going to the Outlaws.

Although the Raiders went on to win the game, they started off poorly, an aspect the Outlaws took full advantage of, spending the entire first quarter in the Raiders' red zone and toed the goal line all the way into the second quarter.

In the second quarter, with nine minutes on the clock, Outlaws' running back Duane Brown struck first for his team.

With the score 7-0 and nine minutes left in the half, the Raiders made a momentum change when Brenden Villa'Hashimoto, who plays multiple positions for the Raiders, ran a 60-yard kickoff return to the Outlaws' 30-yard line.

After that boost of confidence from Villa'Hashimoto, the Raiders' offense took to the field.

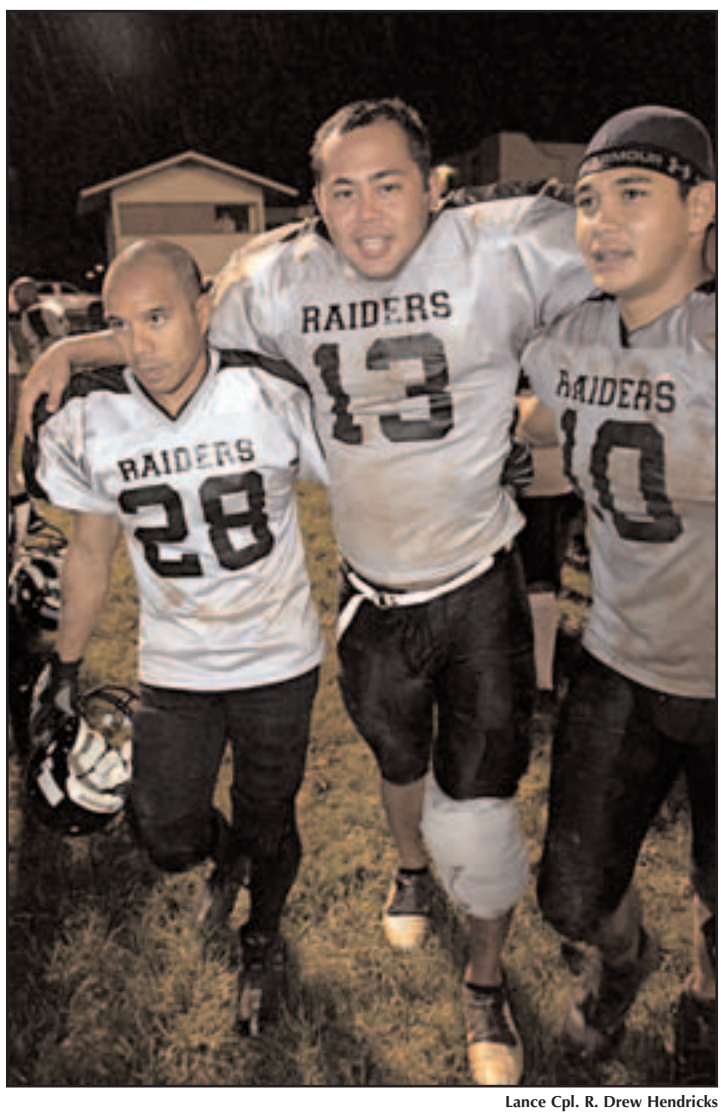
Rodney "Big Mac" MacCullough, Raiders' running back, pounded in several runs to put his team into the Outlaws' red zone for the first time that night.

After several first downs, the Raiders were so close to the goal, the ball carrier could have tripped into the end zone, but the determined Outlaws' defense kept any hopefuls out. That is, until Kal Lopes, Raiders' quarterback, led by his center, Gabriel Coronado, snuck up the middle into the end zone for the Raiders' first touchdown.

A botched extra point left the Raiders down by one but even more determined to pull ahead.

With the score 7-6, the Outlaws took over possession. The Raiders were able to hold the Outlaws until the end of the half, but their defense

See FOOTBALL, C-5



Lance Cpl. R. Drew Hendricks

Brenden Villa'Hashimoto (center), who plays multiple positions for the Camp Smith Raiders, is helped off the field after the Intramural Football Championship game. Villa'hashimoto proved to be invaluable in the Raiders' championship win against the Combat Support Service Group 3 Outlaws Wednesday.

Marines, Sailors take the 'Warrior Challenge'

Sgt. Sara A. Carter
Combat Correspondent

Forty-two fire teams carried a map of the base during Combat Service Support Group 3's Warrior Challenge aboard Marine Corps Base Hawaii, Kaneohe Bay, Nov. 22. They were given a grid number, which gave them the location of one of 10 stations they would find throughout the morning. At each station those from the unit not participating in the competition waited to explain what skill was going to be tested and recorded each team's time.

"The purpose of this event was to evaluate/validate annual basic skills training conducted by the companies of CSSG-3," said Staff Sgt. Michael Driggs, platoon sergeant, CSSG-3, 3rd Marine Logistic Group. "It also drove the Marines and Sailors to review and refresh their basic skills in preparation for the competition."

The day started at grid number 295713, the pull-up bars in front of CSSG-3. From there, they were given grid number 318727, which led them to the rifle range.

Some ran while others walked to the top of the road that led to the range. Once at the top, the competitors learned that they would have to take apart and reassemble a pistol and rifle. After they successfully did that, they were given the coordinates to the next station, the top of Kansas Tower.

"We wanted a course that was going to be spread out enough to allow separation between the teams throughout the event and also be physically demanding," said Driggs. "Captain Gourgoumis and I put together the stations and their locations along with a representative from each company that would be evaluating one of the 10 stations."

A fire team comprised of Sailors was the first to reach the top of Kansas Tower. Once there, they had to provide medical attention to one of their "injured" teammates. With a giant lead on

See WARRIOR, C-5



Sgt. Sara A. Carter

A Marine assigned to Combat Service Support Group 3, Marine Corps Base Hawaii, Kaneohe Bay, climbs a rope at the obstacle course during the group's battle skills competition Nov. 22.

Golfing with the Gunny

R. Lee Ermey, a retired gunnery sergeant, and his teammate, Petty Officer 3rd Class Matthew R. Kinard, compete during the "Golf with the Gunny" tournament Nov. 15 at Awase Meadows Golf Course, Okinawa.



Lance Cpl. Corey A. Blodgett

Marine Corps smoking policy unlikely to change in wake of new state law

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

U.S. MARINE CORPS FORCES, PACIFIC, CAMP H. M. SMITH, Hawaii — As of Nov. 16, the Hawaii State Department of Health has implemented new guidelines and regulations on where people may smoke according to the Hawaiian Healthy Air & Workplaces Law.

This law, however, will not affect federal property, including Marine Corps bases and stations on Hawaii.

Though the Marine Corps has a "good neighbor" policy when it comes to state laws and regulations, force and base inspectors have determined the DoD policy on smoking in the workplace is more strict than the state of Hawaii's new law, said Col. Leandro Bailey, the U.S. Marine Corps Forces, Pacific Force Inspector.

"This is not something we are taking lightly, and we are carefully examining our policies to ensure we make the proper decisions," he added.

Under the new law, smoking is prohibited in enclosed or partially enclosed facilities owned by the state or counties. These prohibited places include any areas open to the public, including private businesses and all places of employment. Also, Hawaii's airports will be smoke free from cabin to curb. Even while outside a prohibited area, a person cannot smoke within 20 feet of doorways, windows or ventilation intakes.

The Marine Corps standards are nearly the same but in some areas, the distance from doors and windows is farther.

"The Hale Koa Hotel's policy requires patrons to smoke 50 feet away from doors and windows," said Julian Lipsher, for the Hawaii State Department of Health. "Ours is 20 feet."

On Marine Corps facilities, smoking is prohibited in all assigned spaces – specifically those spaces designated for use or occupied by Marine Corps personnel. These spaces include office, training and eating areas.

Marine Corps Base Hawaii has made no specific decisions concerning the new state law. As such, no changes to the current policy have been implemented.

All personnel, however, will have to comply with the state law when away from federal property.

Sports Briefs

2-for-1 tickets offered to military for University of Hawaii game

As a continuing tribute to the brave members of the Armed Services, University of Hawaii is offering two tickets for the price of one (maximum of 12) to military personnel (active duty and reservists) for its final home football game against Oregon State, which will be played Saturday at 7:05 p.m. at Aloha Stadium. A valid military identification card is required when purchasing tickets at the Aloha Stadium Box Office in advance or on game day. At the Stan Sheriff Center Box Office, this discount is only available in advance

Tickets will be sold today from 8 a.m. to 4 p.m. Because tickets are in special sections and supply is limited, advance purchases are encouraged. Other restrictions may apply.

Hawaii's Military Forces Provide Support for Special Olympics

The Holiday Classic Winter Games are scheduled for Dec. 1-3.

This year, hundreds of military service members from Marine Corps Base Hawaii, Kaneohe Bay, and Hickam Air Force Base are providing support for 1,000-plus Special Olympics athletes and coaches from more than 50 delegations statewide during the Special Olympics Hawaii Holiday Classic Winder Games today through Sunday.

The Hawaii Air National Guard will fly more than 330 athletes and coaches from Hilo, Kona, Kauai, and Maui to Hickam to compete in basketball, bowling and bocce (an Italian game similar to lawn bowling that is usually played on a long earth-floored court) alongside athletes from Oahu during this three-day event held at both K-Bay and Hickam Air Force Base.

The Holiday Classic Winder Games provides athletes a final chance to compete with athletes statewide before the end of the season. This event includes a multi-division three-day basketball tournament; singles, doubles and unified team bowling competitions; and traditional and unified doubles bocce tournaments. The Holiday Classic marks the end of the fall season for the athletes.

This annual event would not take place if it wasn't for the all around support of Hawaii's military forces. From providing the facilities for competition to the hundreds of volunteers, these individuals truly make the Holiday Classic possible.

Special Olympics' mission is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills, and friendship with their families, other Special Olympics athletes and the community.

See schedule on C4.

Athlete of the Year

Marine Corps Community Services is looking for the "best of the best" to represent Marine Corps Base Hawaii as male and female athlete of the year. In order to be selected, a package that includes a completed Athlete of the Year application and a recommendation letter completed by a senior noncommissioned officer or higher must be submitted to MCCS Varsity Sports by close of business Dec. 15. Only complete packages will be accepted.

Contact the Athletics Office, Building 219, at 254-759 for application forms and further information.

Ongoing

Personal Trainers

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

Trainers will do all this and tailor a fitness program, based on your physical needs and ambitions. For only $5 per workout, a professional trainer will actually work with you to ensure maximum efficiency.

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

Semper Fit Center Offers Array of Group Exercise Programs

New classes are now being offered and include a variety of workouts.

The class schedule for Fridays is as follows:

8:45 to 10 a.m.
Step Challenge

11:45 a.m. to 12:15 p.m.
Gut Cut

4:45 to 5:45 p.m.
Cycling

5:45 to 6:45 p.m.
Pilates

7 to 9 p.m.
Aikido

Congratulations Camp H. M. Smith 'Raiders' 2006 Tackle Football Champions



Running with the bulls



Twenty-four Marines, who all have hopes of becoming scout snipers, participate in a run as part of a physical fitness test they must complete that includes going through an obstacle course, twice, and a five-mile pack run Nov. 20. The run was conducted as part of a three-day screening process to determine which Marines will continue with the next phase; a 30-day screen process to determine which Marine will attend scout sniper school. According to Sgt. Ben Upton, scout sniper leader, of the 24 Marines trying out, only six will be selected for the school. "We are looking for Marines with heart," he said. "Ones who aren't quiting."

Sgt. Sara A. Carter



File photo

Aquatics

One of Marine Corps Base Hawaii's greatest aspects is that you can swim year-round. What's even better, you can throw pool parties year-round.

Marine Corps Community Services Aquatics hosts private pool parties at the MCB Hawaii, K-Bay Main Pool the Camp Smith Pool and the Manana Housing Pool, as well. Tuesdays through Fridays, weekends and holidays, MCCS Aquatics invites you to party your way at one of the base pools.

"Pool parties are great for birthdays, youth teams ceremonies, even family get-togethers," stated Harry Sprague, MCCS Aquatics Manager." Each party package includes a 20' by 20' tented area, picnic tables, and a barbeque grill for grilling your favorite feasts.

The Kaneohe Base Pool offers a water slide, diving boards, and a kiddie pool for the peewee party folk. "The pricing is very affordable, and the locations are all convenient," furthered Leonard. ''All it takes is a call."

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

Tips to keep holiday stress at a minimum

Gail Carlson, MPH, Ph.D.
Continuing Medical Education, School of Medicine, University of Missouri-Columbia

True or false? Feeling let down (sad, tired, lacking in energy) after the holidays is usually a sign that the holidays were disappointing, unpleasant, or did not meet expectations?

Many people will answer "true" when asked this question, even though the holidays might be a time of joy, fun and excitement.

On the other hand, they can also be tiring, disappointing and tension packed.

As a result, folks sometimes feel "blue" or let down during or immediately after the holidays.

It is easy to assume that these feelings are a sign that the holiday did not go well; changes need to be made.

However, that let down feeling may be nothing more than your body's need to relax and recuperate after a very busy and hectic schedule.

Because of the excitement, hussle and bussle of the season, there are events, activities and people that act as stressors — anything that causes stress.

Some stressors are caused by negative events while others are the result of things that we look forward to.

Negative stressors are family arguments, disappointment over gifts, concern about spending too much money, loneliness, not being able to get home for the holiday, not enough sleep, and too many people.

But, events that we truly look forward to can also be stressful like visiting with friends and family, playing with grandchildren that you don't see very often, wrapping gifts, preparing food, decorating the house, eating favorite or special food, and the change of routine and pace.

It is important to remember that some people do truly become depressed during the holidays.

Holidays are not a magical cure for people who are lonely and sad.

The best gift you might be able to give someone who is depressed is the assurance that you don't expect him or her to automatically feel better because it is a holiday.

Encourage involvement in holiday activities and events, but give that person some space and permission to leave when they feel they need to.

For the rest of us, the major concern is stress overload.

Stress can be caused by a single major event such as the disappointment that occurs when an unexpected ice storm keeps family members away from a planned gathering.

It can also result from a pileup of little things, even things we enjoy — too many parties, late evenings, the added tension of having house guests, time schedules, a change in routine, etc.

The body needs a chance to recover from stress.

Without these rest periods, individuals are more susceptible to emotional tension and physical illness.

There is also more risk of a breakdown in family communication.

While there are some things that are beyond our control, there are things we can do to keep holiday stress in check:

- Keep expectations for the holiday season manageable.
- Don't try to make it "the best ever."
- Make a list and prioritize the most important activities.
- Be realistic about what you can and cannot do. Pace yourself.
- Organize your time.
- Establish a budget and stick to it!
- Don't forget to add the cost of all those special holiday foods that you plan to prepare.
- Enjoy holiday activities that are free, such as driving around to look at decorations or go window-shopping without buying anything.
- Don't drink too much. Excessive drinking will only make you tired and depressed.
- Spend time with people who are supportive and care about you.
- Make new friends if you are alone during special times.

Recognize that life brings change.

The holidays don't need to be just like they were in the "good old days" to be enjoyable.

Develop some new family traditions.

Celebrate the holidays in a way you have not done before. Find time for yourself.

Don't spend all your time providing activities for your family and friends.

Before jumping to the conclusion that those post-holiday blues are a sign that something did not go well, remember that this reaction may be nothing more than your body relaxing and returning to a prestress stage.

If the holidays weren't what you expected, talk it over with your family and make some changes.

On the other hand, if you enjoyed your holidays but still have that let down feeling, try to relax and just accept your body and mind's need to recuperate after an exciting and fun filled time.

Understanding, identifying suicidal behaviors

Research Staff
LIFELines

Suicide is an intentional act resulting in one's own death.

Suicidal behaviors encompass a broad range of acts, including suicidal attempts, gestures, threats, and suicidal thoughts.

Suicide attempts are behaviors that, if left unchecked, could result in death.

Suicidal gestures are defined as behavior that would not result in death if left unattended.

The lack of lethality does not undercut the seriousness of suicidal gestures.

Lethality of a behavior does not necessarily coincide with whether or not the person intends to end his or her life.

A suicidal person does not always understand what is lethal and what is not.

For instance, in the case of overdoses, he or she does not always know what dosage will result in death.

The only solution for first responders is to take all suicidal attempts, gestures and threats seriously.

The biggest reason people threaten suicide or communicate to others they have been thinking about suicide — and the great majority do so before attempting or completing suicide — is to let others know they are in pain or great psychological distress.

This is their way to let it be known that they need help.

We cannot predict whether they might kill (or attempt to kill) themselves once they have the thought of suicide.

However, we can be sure that if we ignore such communications, we increase the chances that someone in pain will feel even worse (unnoticed, uncared for, unheard) and have even more reason to want to end that pain by suicide.

Pain felt by someone who may be suicidal often is related to unmet needs.

We all have needs to be loved, to be in control, and to avoid shame.

Suicidal thoughts can be brought on by an event or series of events best characterized as a loss or threatened loss (e.g., a relationship breakup, a failure, a humiliation).

Yet the fact remains that we all have failed relationships and failures, so it is important to keep in mind that such simple explanations are inadequate to account for the complicated nature of human behavior — especially when someone is in a personal crisis.

Quite often, the psychological pain a suicidal person feels is intensified by an underlying mental health problem, such as depression or anxiety.

Sometimes, people in such despair try to cope with their pain by turning to alcohol or drugs to deaden the emotional pain.

Of course, the consequence of this is only to make their problems (and pain) worse. But there is no typical description of someone who is suicidal.

Because suicide is such a complex behavior, it requires a trained professional to understand, evaluate, and effectively treat what is likely to be a serious mental health problem.

For this reason, the basic message of this Suicide Prevention training is to observe, identify, and refer for help.

March brings DoD Annual Suicide Prevention Conference

News Release
Health Affairs

FALLS CHURCH, Va. — The Department of Defense 5th Annual Suicide Prevention Conference, will be held March 5 to 8, 2007, at The Seminole Hard Rock Hotel in Hollywood, Fla. This year's conference theme is "The Force of Caring: Promoting Collaboration and Integration in Suicide Prevention."

The conference will feature a new format, offering venues for lay people wanting practical information and for those who are more academically oriented.

All of the military services will be represented.

Attendees will include suicide prevention program managers, behavioral health professionals and technicians, counselors, chaplains and chaplain assistants, unit suicide prevention officers, members of installation suicide prevention committees, health promotion professionals, substance abuse professionals, command and unit leaders involved in suicide prevention, and public affairs professionals. Non-DoD civilians, international attendees, professionals in other fields, and the media are also welcome to attend.

With worldwide interest in suicide prevention increasing, this annual event has been gaining attendance and recognition. Last year, more than 250 people attended, including representatives from five foreign militaries.

Sponsored by the Office of the Assistant Secretary of Defense for Health Affairs, there is no registration fee. Conference planners will structure the courses and presentations to the preferences of those attendees working directly in suicide prevention with our men and women in uniform.



File photo

A service member sits alone, contemplating suicide. Managers and supervisors should recognize signs of suicide and be prepared to provide proper guidance when necessary.

Information on the conference, including a call for presentations and posters, registration, and agenda can be found on the conference Web site at: http://www.ha.osd.mil/2007mspc/.

Human Papillomavirus:

How you can better protect yourself, loved ones

Jennifer Cornelissen
LIFELines

What incurable disease infects 5.5 million Americans each year, often has no symptoms, can complicate pregnancy, and leads to genital cancers?

The answer is human papillomavirus, and most people have never heard of it.

According to the National Institutes of Health, the name human papillomavirus refers to more than 100 related viruses, including about 30 that cause genital infections.

NIH scientists believe that at least 20 million Americans currently have HPV and that one in two sexually active individuals will acquire genital HPV during their lifetimes.

Transmission

Because genital HPV is transmitted through skin-to-skin contact, it is easily acquired through oral and any sexual contact with an HPV carrier.

In fact, NIH researchers estimate that two out of three people who have sex with an infected person will develop genital warts within three months.

Women are more likely than men to catch HPV, and nearly half of those with HPV have no symptoms.

As a result, said Bill Calvert, senior advisor for Health and Wellness at the Navy's Center for Personal Development, "Infected people may infect their sexual partners without ever being aware of their own infection."

Symptoms and Complications

HPV affects the body in different ways over time. While some individuals are asymptomatic, others can develop genital warts or genital cancers.

Genital warts can appear externally on the vagina, anus, penis, or scrotum, or internally on the vulva or cervix. Their appearance can vary from minute, single growths that are smooth and flat to large, massed clusters with a cauliflower texture.

During pregnancy, increased wart growth may hinder urination and obstruct the birth canal.

Rarely, mothers may transmit HPV to their infants, who can develop laryngeal papillomatosis (warts in the throat).

The most serious complication associated with HPV is genital cancer.

According to Bob MacDonald, program manager of the Navy's Sexual Health and Responsibility Program, certain strains of HPV are directly linked to cervical cancer.

HPV is also sometimes associated with vulvar, anal and penile cancers.

Diagnosis and Treatment

Health care providers diagnose HPV through a medical examination, which may include a Pap smear, a colposcopy (magnified examination of the vagina and cervix), and an HPV test.

Once HPV is diagnosed, genital warts and cervical lesions are treatable.

"Some people spontaneously clear the infection from their bodies, but others are infected for life," Calvert said. Treatment options include topical solutions, freezing, burning, laser removal, surgery, and antiviral injections. Even after treatment, genital warts may grow back, and cervical cancer may develop.

Because HPV is a virus, it can't be cured.

However, vaccines to prevent HPV and cervical cancer are in development and offer hope for future prevention.

Prevention

The best way to reduce the risk of acquiring HPV is to engage only in low-risk sexual behavior.

Calvert and MacDonald recommend the following strategies:

- Abstaining from sex.
- For people who decide to have sex, long-term mutual monogamy with an uninfected partner is safe — but, it's difficult to know if a partner is infected.

Selecting a lower-risk partner (those who have had sex with fewer people) may also reduce one's risk of getting HPV.

If you decide to have sex outside of a long-term, mutually monogamous relationship, you can reduce your risk of getting HPV by:

- Having sex with fewer people and select lower-risk partners (those with fewer sexual partners). If a sexual partner has warts, avoid sexual contact.
- Using a male latex condom every time you have sex.

Although the effectiveness of condoms in preventing HPV transmission is not well understood, condom use may reduce the risk of developing cervical cancer and will reduce the chance of getting many other sexually transmitted diseases.

- Staying sober. Alcohol lowers inhibitions and increases the odds of higher-risk sexual behavior.

For more information about HPV, call the Centers for Disease Control's STD hotline at (800) 227-8922 or visit SHARP online.

Remember that, as MacDonald said, "It's not who you are, but what you do that puts you at risk."

On the menu



Gunnery Sgt. Levingston D. Hodges

Edward J. Strapp, reserve liaison officer, Marine Corps Base Hawaii, shows off his "catch of the day," a 10-pound mahi mahi Nov. 21 after a 10-hour chartered fishing trip on the Bill Collector offered daily at the Base Marina. For more information on chartered fishing trips, call the marina at 254-7667.

Special Olympics Hawaii - 2006 Holiday Classic – Schedule of Events (11-9)

Friday, December 1

Basketball

12:00 pm - 5:00 pm	Team Basketball	K-Bay Gym
12:00 pm - 5:00 pm	Team Basketball	Hickam AFB Main Gym and Youth Center

Doubles and Unified Bowling

12:00 pm - 3:00 pm	All Doubles	Hickam Lanes
12:00 pm - 3:00 pm	Unified Bowling *	K-Bay Lanes

Meals

11:15 am – 1:00 pm	Pizza Lunch distributed at competition venues
4:30 pm – 6:30 pm	Dinner at K-Bay Anderson Hall and Hickam Hale Aina Cafeteria

Special Events

7:30 pm - 9:30 pm	Opening Ceremonies	Hickam AFB Hangar 35
8:30 pm - 9:30 pm	Head of Delegation meeting	HIANG Conference Room

Saturday, December 2

Basketball

8:00 am - 5:00 pm	Team Basketball	K-Bay Gym
8:00 am - 5:00 pm	Team Basketball	Hickam AFB Main Gym and Youth Center

Singles Bowling – Hickam Lanes

8:30 am - 11:30 am	All 22-29 Singles Bowlers	Hickam Lanes
11:30 am - 2:30 pm	30+ Male Singles Bowlers (No Ramps)	Hickam Lanes
2:30 pm - 5:30 pm	30+Female Singles Bowlers & Male Ramps	Hickam Lanes

Singles Bowling – K-Bay Lanes

8:30 am - 11:30 am	8-15 Male Singles Bowlers	K-Bay Lanes
11:30 am - 2:30 pm	8-21 Females Singles Bowlers	K-Bay Lanes
2:30 pm - 5:30 pm	16-21 Males Singles Bowlers	K-Bay Lanes

Bocce

8:30 am – 1:00 pm	Traditional Doubles	Soccer Field behind Hickam Bowling Center

Meals

6:30 am – 8:30 am	Breakfast at K-Bay Anderson Hall and Hickam Hale Aina Cafeteria
11:00 am – 1:00 pm	Boxed Lunches at Competition venues
4:30 pm – 6:30 pm	Dinner at K-Bay Anderson Hall and Hickam Hale Aina Cafeteria

Special Events

7:00 pm - 10:00 pm	Victory Dance	K-Bay Enlisted Club

Sunday, December 3

Basketball

8:00 am - 12:00 pm	Team Basketball Medal Games	K-Bay Gym
8:00 am - 12:00pm	Team Basketball Medal Games	Hickam Main Gym and Youth Center
8:00 am – 9:00 am	Basketball Individual Skills	Hickam Youth Center

Unified Bowling

8:30 am - 11:30 am	Unified Bowling*	Hickam Lanes
8:30 am - 11:30 am	Unified Bowling*	K-Bay Lanes

Bocce

8:00 am – 12:00 pm	Unified Doubles	Soccer Field behind Hickam Bowling Center

Meals

6:30 am – 8:30 am	Breakfast at K-Bay Anderson Hall and Hickam Hale Aina Cafeteria
11:15 am – 1:00 pm	Pizza Lunch distributed at Closing Ceremonies to Neighbor Islands

A brief Closing Ceremony will be held at both K-Bay and Hickam Gyms prior to departure.
*** See bowling schedule for list of when and where Unified teams are scheduled to bowl.**

Blood pressure questions answered

Brandi Givens
LIFELines

Lieutenant Commander Jeffrey Quinlan, Family Medicine Residency Program director at Naval Hospital Jacksonville, Fla., helps answer some common questions about blood pressure.

What is Blood Pressure?

Blood pressure is the pressure our blood exerts while flowing against artery walls. To measure blood pressure, a blood pressure cuff is placed around the patient's arm and is inflated. This squeezes the arm's arteries and stops the blood flow. As the cuff deflates, blood begins to flow again. Two numbers are then read from the blood pressure gauge, such as 120/80.

What Do the Numbers Mean?

The two numbers represent two different measurements. The first number, the systolic reading, represents the measure of blood pressure as the heart beats. The second number, the diastolic reading, represents the measure of blood pressure as the heart rests between beats.

What is Hypertension?

Hypertension is the medical term for high blood pressure. According to the American Heart Association, optimal blood pressure is 120/80 or lower. A blood pressure reading from 120 to 139 systolic, or from 80 to 89 diastolic, is considered prehypertensive. A blood pressure reading higher than 139 systolic or 89 diastolic is considered hypertensive.

What About Low Blood Pressure?

Although not as common, abnormally low blood pressure is also a concern because it may result in an inadequate blood flow to vital organs, such as the brain.

What Are the Symptoms of High Blood Pressure?

High blood pressure is called "the silent killer" because there are often no symptoms.

Why is High Blood Pressure Bad?

Hypertension causes the heart to work harder than normal and strains the arteries. This can lead to damaged blood vessels, damaged organs, heart disease, heart attack, stroke, kidney failure, blindness, and other medical problems.

Can High Blood Pressure Be Cured?

When the cause for hypertension is unknown, it usually can't be cured. However, it can be controlled with medication, diet and exercise.

What Causes High Blood Pressure?

In almost all cases, the cause for high blood pressure is unknown. High blood pressure with unknown causes is called primary hypertension. The remainder of cases, those with secondary hypertension, have a determined underlying cause, such as kidney problems, tumors in the pituitary or adrenal gland, diabetes, or narrowing of the aorta.

Do Certain Foods Affect Blood Pressure?

Salt or sodium can increase blood pressure, especially in salt-sensitive individuals. Foods such as fruit, vegetables, and low-fat dairy products may lower blood pressure because they contain potassium, magnesium and calcium. Sugar and high-fat foods may not directly raise or lower blood pressure, but too much of these foods can lead to hypertension risk factors, such as obesity.

How Does Exercise Affect Blood Pressure?

Exercise increases blood pressure for a limited and controlled amount of time, but the overall effect of regular exercise can lower blood pressure.

How Does Stress Affect Blood Pressure?

Stress increases blood pressure due to body chemicals released during stressful situations. In most individuals, this rise in pressure decreases as the situation passes. Chronic stress, however, can induce hypertension.

How Can I Check My Blood Pressure?

Active duty members can seek blood pressure screening through their hospital corpsman. TRICARE beneficiaries can make an appointment through their primary care manager.

FOOTBALL, from C-1

found no "light at the end of the tunnel," as the Outlaws received the ball at the start of the second half.

During half time, the Raiders used the break to discuss some of their mistakes.

"We gave them that touchdown," said Lopes. "We dictate this game, and we allowed them that touchdown. So let's do what we've always done and not let it happen again."

Defensive coach Noel Demello also had a few words of advice for his defense.

"We need to tighten up on the outside and force them to go up the middle," he said. "We know they can't go up our middle."

With Demello's encouragement and guidance ringing in their ears, the Raiders' defense came back on top and kept the Outlaws down.

Once they got possession of the ball, the Raiders wasted no time charging toward the goal line.

The Raiders got first down after first down, thanks to the Big Mac's hard-pounding runs. That is, until the Outlaws' defensive line had enough and put an end to his rushing.

While the Outlaws may have stopped the Raiders' running game, they couldn't stop a pass to Avery Chester, Raiders' running back, who caught the ball between three defenders in the end zone.

Raiders decided to go for the 2-point conversion, but came up short and the score remained 12-7. Still, the Raiders' defense intended to maintain their teams' lead and fought hard against the Outlaws' offensive line and quick backfield.

The teams rocketed close to their respected end zones, but both were unable to get by the other's defense.

Well into the fourth quarter, the Outlaws took a large loss, when Tiki Smith, Outlaws' quarterback, went down after a vicious hit from the Raiders.

With their starting quarterback gone, and still trailing by 5, the Outlaws pushed their offense to the limit.

Unfortunately for them, they were never able to recover, as the Raiders' defense showed no mercy.

Fourth down and inches, and a minute left in the game, the Outlaws were poised on their last play of the season; but there would be no come-from-behind victory for them. Villa'Hashimoto crushed their hopes, breaking up a pass and securing possession for the Raiders.

With only 52 seconds left in the game, the Raiders decided to take no chances and ran out the clock.

The game and the league championship ended at 12-7 in favor of the Raiders who are now set to prepare for the "Best of the West" tournament, which will be held sometime in January 2007. This competition will pit them against the best teams from around the Marine Corps.

While the Raiders have been playing eight-man football, the tournament is played with 11, which will require them to work that much harder to prepare their strategy.

"We can do it the same way we took this championship," said head coach Carson Peapealalo. "Hard work and discipline got us this far, and I expect it to carry us the rest of the way."

Since the Raiders also have to boost themselves to a 45-man squad, they will be taking along some of the best players from their opposing teams here on the island.

Demello remarked, "It will be an all-star team of sorts."

WARRIOR, from C-1

the competition, hospital corpsman headed to the next station – the obstacle course.

Fire team after fire team jumped and climbed over the obstacles. Those who couldn't climb the rope at the end received a five-minute penalty. From the "O" course, they ran or walked to Fort Hase Beach where they grappled against another team.

Each team had two opportunities to win. If the team won the first match, they were given the grid numbers to the next location – the armory – where they disassembled and reassembled an M2 50-caliber machine gun. If a team lost the first match, they fought against the next team. Two losses equaled a five-minute penalty.

The next location after the armory was the Base Pool. There, Marines and Sailors had to swim 200 meters, two laps, in the pool. The last stretch of the competition led everyone back to the pull-up bars were everyone did a maximum set of pull-ups. Team members could do as many pull-ups as they could. There was no time limit.

According to Driggs, the stations were designed to be basic skills that all Marines and Sailors are required to know, and were not specific to any Military Occupational Specialty.

The group that made it to the top of Kansas Tower first, Navy Lt. Matthew Randolph, Navy Lt. Jeremy Hammel, Petty Officer 1st Class Kelly Miller and Petty Officer 1st Class Raymond Collier from Medical Company were the overall winners of the competition, finishing the challenge with a time of 3:03:27.

The overall times were decided after any and all penalties and/or rewards were calculated. Teams were assessed time penalties for any incorrect procedures at each station and for not being able to complete a task. Teams were also given a five-minute, time-off reward for each improvised explosive device they found, Driggs said. There were three IEDs on the course.

Although everyone who competed in the event didn't receive a medal or certificate, everyone got something out of it, even if it was good physical training, said Driggs. The winning team received medals and "Medical NOV 2006" will be engraved on a plaque showing all of the winners of the units past "Warrior Challenge" winners.

"It was hard, but fun," said Lance Cpl. Juan Gonzales, motor transportation, CSSG-3. "It was not what I expected. I didn't think it was going to be this challenging."

Driggs said most of the Marines and Sailors took the event seriously and were very competitive.

"Like any other training evolution throughout the Marine Corps, we had a lot of Marines and Sailors who were really excited and gave 100 percent the entire competition. And then we had a few others who looked at it as another 'forced fun' event and didn't try their best to put out," Driggs said. "Overall, I feel that the event was a success and regardless of how the participants felt about being out there, everyone got something out of it."

The fact that there were both Marines and Sailors in the challenge didn't change the fact that they are one team together, fighting one fight, and the Warrior Challenge was solely Warrior vs. Warrior and not Marines vs. Sailors, Driggs said.

"I feel that whenever you get Sailors, soldiers or airmen vs. Marines they always feel that they have something to prove to the Marines," he continued. "I am positive that it makes a lot of Marines mad – in a healthy, competitive way – that a Navy team won and that come the next Warrior Challenge, it will be very tough for the Navy to repeat their recent success."

CSSG-3's next Warrior Challenge is tentatively scheduled for April 2007. The group hopes to conduct these challenges every six months.



Sgt. Sara A. Carter

Marines assigned to Combat Service Support Group 3, Marine Corps Base Hawaii, Kaneohe bay, run down from the second checkpoint at Kansas Tower, while others walk toward the top during the group's battle skills competition Nov. 22.