

# Hawaii MARINE

INSIDE	
CG Mail	A-2
USMC 227th Birthday	A-3
Mass Casualty Drill	A-4
Patrol Squadron 9	A-6
Blotter	A-8
USMC Birthday Ball	B-1
MCCS & SM&SP	B-2
Holiday Mail Dates	B-3
Menu & Ads	B-4
Word to Pass	B-5
Chaplain's Conference	B-6
Tackle Football	C-1
Sports Briefs	C-2
Health & Fitness	C-7

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November 8, 2002

## Happy 227th,



Sgt. Alexis R. Mulero

**Top** — Lance Cpl. Jose Duran, a pay clerk with MCB Hawaii, is dressed as Marines were during the War Between the States. Duran and the rest of the MCB Hawaii pageant crew will perform at Dewey Square today at 10:30 a.m.

**Above** — Sergeant Sean D. Habian, a military policeman, with MCB Hawaii, plays his role as a World War II Marine.

See page A-3 for more on the 227th birthday celebration.



Sgt. Alexis R. Mulero

We all know that a powerful combination of teamwork and individual achievement forms the strength of our Corps. We are Marines, first and foremost. Through innovation, trust and mutual respect, we have evolved into an adaptive and flexible fighting force ideally suited for 21st century challenges. Though the character of war continually changes, we understand that the nature of war is timeless: that the ultimate arbiter of battle is the human will. We recognize this, and we embrace the values that strengthen our will and define our character. For two-hundred and twenty-seven years, Marines and their families have dedicated themselves to the cause of the defense of freedom. Our accomplishments adorn the mastland of the Battle Color of the Marine Corps for all to admire, and they reflect the importance of the legacy we inherit and willingly accept.

Through a shared experience and success in battle, we distinguish ourselves by selfless service — in a sense, we are a fraternity of sacrifice. As stewards of our rich heritage, we continually reflect upon the generations of Marines who, in their time, faithfully answered our country's call. In their example, we will find the strength and inspiration necessary to meet the coming challenges. We celebrate this connection with our history; yet, we remain focused on the challenges of the future. We have an important dual responsibility; to remain ready for today, while transforming our capabilities to meet the challenges of tomorrow.

We find profoundly gratifying, our life-long pride of association with fellow Marines — active, reserve, veteran and civilian — and the knowledge that we contribute daily to securing our Nation's freedom.

I encourage all Marines to celebrate the camaraderie, enrichment and fulfillment of service with men and women subordinated to a greater cause: preparing for an exciting future and extending the legacy of our great Corps.

Happy Birthday, Marines!

*James L. Jones*  
General, U.S. Marine Corps

## Marines!

### Riggers gain paraloft

**Cpl. Jason E. Miller**  
Combat Correspondent

Jump qualified Marines from 4th Force Reconnaissance Co., and 1st Radio Bn., MCB Hawaii, Kaneohe Bay, recently put into operation a new storage and repair area for parachutes and other jumping equipment.

The new paraloft was ceremonially opened Monday by Brig. Gen. Jerry C. McAbee, commanding general of MCB Hawaii, and it will provide Marines with such basic functions as adequate storage space, equipment security, and a central area for parachute riggers from different units to work together on unfamiliar equipment.

"This was just an obvious example of a win-win situation for the base and the Marines," said Brig. Gen. McAbee. "We transformed an old warehouse into a functional and necessary facility for Marines training here."

"The Marines from 1st Radio use some different gear than we do," said



Cpl. Jason E. Miller

**Above** — Brigadier Gen. Jerry C. McAbee, commanding general of MCB Hawaii, and members of the Paraloft Facility untie the Maile Lei. **Below** — The new paraloft was converted from an old storage warehouse at minimal cost to the base.

Staff Sgt. Jerry Smith, paraloft chief for 4th Force Recon. "It will be good for our riggers to work together in a single area, just to gain more experience working with unfamiliar equipment."

The new facility will feature several different parachute lockers and other storage areas that are necessary in a safe paraloft. Different types



of parachutes must be kept in different areas.

Likewise, damaged or unserviceable gear must be held separate from gear that is ready to be used.

See PARALOFT, A-4



Cpl. Jason E. Miller

Marine Aircraft Group 24's commanding officer, Col. Gregory Reuss, welcomes aboard the new paramedics of the Advanced Life Support Emergency Service. The ambulatory service began operation on Sunday.

### Base, community get new ambulatory service

**Cpl. Jason E. Miller**  
Combat Correspondent

Residents aboard MCB Hawaii, Kaneohe Bay, can now rest a little easier knowing that the Federal Fire Department on base has recently added an Advanced Life Support System to its arsenal for protecting and serving those living here.

The Advance Life Support Paramedic ambulatory service became available Sunday. The Emergency Medical Services ambulance, which was previously based at Branch Medical Clinic, Kaneohe Bay, was transferred to the Federal Fire Department, during a ceremony Nov. 1.

Special guests at the ceremony includ-

ed Brig. Gen. Jerry C. McAbee, commanding general of MCB Hawaii, and Navy Capt. Joseph Moore, commanding officer of the Naval Medical Clinic, Pearl Harbor. Both welcomed the new paramedics aboard.

"Today marks a landmark event," said Capt. Moore during his speech at the ceremony. "The type of emergency response you are getting today is second to none."

Mirroring the transfer of the Emergency Medical Services unit at Pearl Harbor, the transfer serves to provide the MCB Hawaii community with an increased standard of care that only an advanced life support ambulance

See AMBULANCE, A-8

## MCBH NEWS BRIEFS

### USMC BIRTHDAY PAGEANT BEGINS AT 10:30 A.M.

Marine Corps Base Hawaii will celebrate the Marine Corps' 227th Birthday with a ceremony and pageant on today at Dewey Square. The ceremony will begin at 10:30 a.m. and will include the traditional reading of the commandant's birthday message and a cake-cutting ceremony. The pageant will feature Marine Corps uniforms from throughout the Corps' history. Anderson Hall will feature a Marine Corps birthday meal beginning at 11:30 a.m.

### DEERS, CAC CENTER RELOCATE

The MCB Hawaii Defense Enrollment Eligibility System (DEERS), and Common Access Card (CAC) identification system is scheduled to move to Bldg. 216, Room 75, on Tuesday.

The new center will be located next to the Navy-Marine Corps Relief Society office, and it will be open from 7:30 a.m. to 4:30 p.m., Monday through Friday.

After Nov. 18, hours will expand to 7 a.m. to 5 p.m., Monday through Friday.

### JWC GOES ONLINE

Photos and news from the recent Joint Women's Conference are available on the organization's website at [www.jointwomensconference.org](http://www.jointwomensconference.org).

Marine Corps Base Hawaii spouses responsible for making the event a success were Toni Spoffard, director; Mari Rollins, treasurer; Nico Duncan, Marine Corps liaison; Stephanie Jones-Ortega, workshop coordinator; and Jodi Schlather and Andrea Peterson, whom handled registrations.

### COMMISSARY OFFERS NEW HOURS STARTING NOV. 18

The Commissary is changing hours to better serve the community. Starting Nov. 18, it will be open Saturday through Monday from 10 a.m. to 6 p.m., and Tuesday through Friday, 10 a.m. to 7 p.m.

### IMPORTANT NUMBERS

On-Base Emergencies	257-9111
Military Police	257-7114
Crisis Hotline	521-4555
Child Protective Service	832-5300
Fraud, Waste, Abuse & EEO	257-8852
Business Management Hotline	257-3188

## Hawaii MARINE

Commanding General Brig. Gen. Jerry C. McAbee  
Public Affairs Director Maj. Chris Hughes  
Public Affairs Chief Gunnery Sgt. Rhys Evans  
Managing Editor Aiko Brum  
Press Chief Staff Sgt. Jesus A. Lora  
Staff Writer Sgt. Robert A. Carlson  
Staff Writer Sgt. Alexis R. Mulero  
Staff Writer Cpl. Jason E. Miller  
Sports Editor Cpl. Jessica M. Mills  
Staff Writer Cpl. Richard W. Holtgraver  
Staff Writer Pfc. Monroe F. Seigle

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To contact the MCB Hawaii Public Affairs Office use the following addresses:

HAWAII MARINE, BOX 63062, BLDG. 216,

MCB HAWAII, KANEOHE BAY, HAWAII 96863

E-MAIL: HAWAIIIMARINE@MCBH.USMC.MIL

FAX: 257-2511, PHONE: 257-8840

# Pegasus soars over Philippines

Lance Cpl.  
**Josh Hauser**  
MCAS Iwakuni

### BASCO ISLAND, Philippines

— Marine Heavy Helicopter Squadron 463 wasted no time stepping up to the challenges posed to it as the most recent squadron assigned to Marine Corps Air Station Iwakuni under the Unit Deployment Program.

With little more than a week under its belt aboard the station, the Pegasus took to the skies with four of its CH-53D Sea Stallion helicopters, and more than 60 personnel, and headed for the Philippines to tackle Exercise Talon Vision.

After a quick stop at a Japan Air Self Defense Force base at Kanoya and another stop at MCAS Futenma, Japan, to refuel, HMH-463 displayed its ability to emulate the mythical flying horse it's named after, conquering more than eight hours of flight time over the Pacific Ocean.

Before reaching its final destination, Pegasus stopped once again on the small Philippine island of Basco.

However, the stop proved to be much more than just a routine refueling, with the Marines of HMH-463 proudly playing the role of ambassadors for the United States, according to Lt. Col. Scott Kerchner, commanding officer of HMH-463.

"We're grateful that the Philippine government allows us to utilize the airstrip at Basco for refueling," said Kerchner.

"There's no way we could accomplish flying this far of a distance without their assistance."

Officials at Basco invited Kerchner to the governor's home during the visit to meet with the governor and

diplomats from Manila.

"We don't mind the American planes stopping here to refuel," said Governor Vincente Gato. "We'd just like to meet with them from time to time."

Gato went on to say that the friendship between the Philippines and the United States has been a long-standing relationship.

Many of Basco's residents excitedly came out to the airstrip to get a closer glimpse of their aerial visitors.

"This airstrip has been utilized before, but many times the aircraft would just land, refuel and takeoff," said Gato. "It's good to be able to meet the faces coming to the island, even if it's just a short visit."

Kerchner stressed the importance of the island nation's kindness and extended the Marine Corps' gratitude

for their assistance.

"One of the most important factors in maintaining relations between our countries is communication," said Kerchner. "This visit was a great opportunity for us to meet and thank the people who support us around the world."

Approximately 800 U.S. Marines and Sailors from 3d Marine Division and 1st Marine Aircraft Wing stationed on Okinawa and Iwakuni, Japan, are participating in the two-week Talon Vision exercise.

It is a bilateral training event focusing on improving military relationships between the Philippines and the U.S. while increasing readiness for both countries.

The exercise emphasizes quality ground and air integrated training at the small-unit level.



Lance Cpl. Josh Hauser

HMH-463 Marines refuel their CH-53D Sea Stallion aircraft at the airstrip on the Philippine island of Basco during Exercise Talon Vision. More than 800 U.S. Marines and Sailors deployed from Okinawa and Iwakuni, Japan, to participate in the exercise.

## Major general visit

Major Gen. Eric Olson,  
commander for the 25th  
Infantry Division, Light, visited  
personnel aboard MCB Hawaii,  
Kaneohe Bay, recently, to see  
the capabilities of Marines and  
Sailors in combat situations.



Sgt. Alexis R. Mulero

# Buoys now mark range danger zones

Sgt. Alexis R. Mulero  
Combat Correspondent

Marines conducting live-fire training at U'lupau Range Training Facility aboard MCB Hawaii, Kaneohe Bay, will be able to train more efficiently after the installation of five buoys, Oct. 3-5.

The buoys cost the base an estimated cost of \$75,000, and were assembled and installed by the crew of the USS Coast Guard Cutter Kukui of Honolulu.

The Coast Guardsmen will continue to perform maintenance on these eight-foot-high floating devices that mark the surface danger zone for boaters, fishermen and aircrews traveling around the crater.

"According to the Code of Federal Regulations, Note A, on nautical chart 19357 of Oahu; small arms fir-

ing areas are closed to navigation when ranges are hot," said Maj. John S. Claucherty, deputy chief of staff, G-3, MCB Hawaii, Kaneohe Bay.

Prior to the installation of the buoys, there were no objects to mark the area as prohibited to boaters during live-fire training. The buoys mark the triangle-shaped danger zone for 5.56 mm ammunition used on the range.

"The range also flies 8-foot-long flags when the range is hot,"



Courtesy of Coast Guard

The buoys are eight feet tall, and they are lighted at night.

Claucherty added. "Previously, this was the only way boaters knew live-fire training was going on."

"The majority of boaters understand the Marines are training for war, and they respect that," Claucherty explained. "They will go around the buoys, and the benefit is that when the flag is down and the range is not hot, the buoys are FADs [Fish Aggregation Devices]."

The range will soon install strobe lights that will illuminate the range's red marking flag during night live-fire training.

"The base staff is doing this and other similar projects to directly support the tenant commanders preparation for war," said Claucherty.

# SecNav sends b-day greetings

"As we honor the 227th birth of the United States Marine Corps, our Nation continues our strong and decisive response to the terrorist acts of September 11th.

Although the war on terror is still far from over, the Navy and Marine Corps, our fellow services and our allies have terrorized the terrorists, defeated the Taliban and freed the people of Afghanistan.

President Bush, two years before the war on terror began, foresaw the challenges our nation now faces when he noted that, "Moments of national opportunity are either seized or lost and the consequences reach across decades."

Like the Marines of Belleau Wood, Iwo Jima, and Inchon, today's Marines are answering the president's call to make

the world safe for our children and grandchildren.

During this year, our Nation will continue to count on your honor, courage and commitment. Like the generations of Marines that have come before you, I know that one day, our Nation will celebrate your courage and sacrifice during Operation Enduring Freedom as another chapter in the victorious combat

legacy of the United States Marine Corps.

Happy Birthday Marines!

It is an honor to serve alongside each and every one of you.

God Bless you, your families and the United States of America.

Semper Fidelis!"

Honorable  
Gordon R. England  
Secretary of the Navy

## Traditions date from Nov. 10, 1775

On Oct. 21, 1921, Maj. Gen. Edwin McClellan, of the Historical Section, HQMC, sent a memo to Maj. Gen. Commandant John A. Lejeune, suggesting that the original birthday of Nov. 10, 1775, be declared a Marine Corps holiday to be celebrated throughout the Corps. Accordingly, on Nov. 1, 1921, Lejeune issued Marine Corps Order No. 47 summarizing the history, mission, and tradition of the Corps, and directed that it be read to every command each Nov. 10.

"On Nov. 10, 1775, a Corps of Marines was created by a resolution of the Continental Congress. Since that date, many thousand men have borne the name Marine.

In memory of them, it is fitting that we who are Marines should commemorate the birthday of our Corps by calling to mind the glories of its long and illustrious history.

The record of our Corps is one



which will bear comparison with that of the most famous military organizations in the world's history. During 90 of the 146 years of its existence the Marine Corps has been in action against the nation's foes.

From the battle of Trenton to the Argonne. Marines have won foremost honors in war, and in the long eras of tranquility at home.

Generation after generation of Marines have grown gray in war in both hemispheres and in every corner of the seven seas that our country and its citizens might enjoy peace and security.

In every battle and skirmish since

the birth of our Corps, Marines have acquitted themselves with the greatest distinction, winning new honors on each occasion until the term Marine has come to signify all that is highest in military efficiency and soldierly virtue.

This high name of distinction and soldierly repute, we who are Marines, today, have received from those who preceded us in the Corps. With it we also received from them the eternal spirit which has animated our Corps from generation to generation, and has been the distinguishing mark of the Marines in every age.

So long as that spirit continues to flourish, Marines will be found equal to every emergency in the future as they have been in the past, and the men of our nation will regard us as worthy successors to the long line of illustrious men who have served as "Soldiers of the Sea" since the founding of the Corps.

## Esprit de Corps — Marine Corps



Cpl. Jessica M. Mills

Commanding officer of Marine Air Logistics Squadron 24, Lt. Col. John C. Wright Sr., cuts the first piece of cake during the Marine Corps' time honored-tradition of the official cake cutting ceremony in honor of the 227th Marine Corps birthday. Sergeant Ben Cobb, embarkation chief for MALS-24, holds the NCO sword used during the ceremony.

## Marine Corps Birthday Celebrations

Unit/Organization	Date	Time	Location
MCB Hawaii Uniform Pageant	Today	10:30 a.m.	Dewey Square
Asia Pacific Center	Today	12 p.m.	Asia Pacific Center
Headquarters Bn., MCB Hawaii	Today	6 p.m.	Ilikai Hotel
3rd Bn., 3rd Marine Regiment	Today	6 p.m.	Turtle Bay Hilton
Headquarters and Service Bn., Marine Forces Pacific	Today	7:30 p.m.	Hilton Hawaiian Village
Islandwide Officers Ball Rehearsal	Saturday	9 a.m.	Hilton Hawaiian Village
Islandwide Officers Ball Ceremony	Saturday	8 p.m.	Hilton Hawaiian Village
1st Bn., 3rd Marine Regiment	Monday	6 p.m.	Ilikai Hotel
1st Bn., 12th Marine Regiment	Thursday	6 p.m.	Hale Koa Hotel
3rd Bn., 3rd Marine Regiment	Nov. 15	6 p.m.	Hilton Hawaiian Village
Maui Leatherneck Ball	Nov. 16.	7 p.m.	Maui

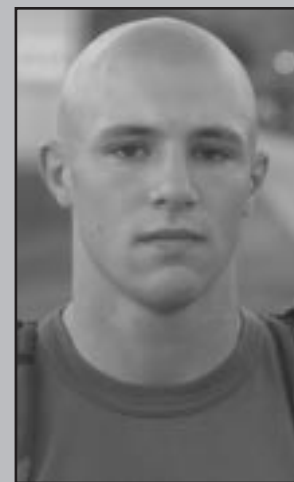


Official U.S.M.C. Photo

Tun Tavern is the birthplace of the Marine Corps.

## WORD ON THE STREET

# "What was the Marine Corps' proudest moment?"



"...The day the Japanese surrendered in World War II."

Lance Cpl. Donnie Panzica

Squad leader  
India Co., 3/3



"...The day Chesty Puller was born."

Cpl. Herlon DaCruz

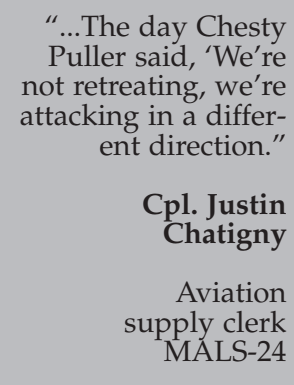
Rifleman  
Bravo Co., 3/3



"...The battle of Belleau Wood. We fought well."

Sgt. Mark Kauffman

Korean linguist  
1st Radio Bn.



"...The day Chesty Puller said, 'We're not retreating, we're attacking in a different direction.'"

Cpl. Justin Chatigny

Aviation supply clerk  
MALS-24



"...The day we were born in Tun Tavern, Philadelphia, Pa."

Pfc. Erick Kahila

Disbursing clerk  
Headquarters Bn.,  
MCB Hawaii



# MCAF plays 'victim' during casualty drill

*The painful screams of 245 men, women and children could be heard everywhere around the broken, fiery remains of the Boeing 747-400 across the flightline*

Story and Photos by  
**Cpl. Richard W. Holtgraver Jr.**  
Combat Correspondent

HONOLULU — Fire and medical crews worked feverishly in the hot, hellish environment to try and save as many lives as possible from the burning wreckage.

More than 20 Marines from Aircraft Rescue and Firefighting, part of MCB Hawaii's Marine Corps Air Facility, assisted with the mass casualty drill recently, by portraying the blood-splattered victims of a plane that had experienced landing gear failure upon arriving at Honolulu International Airport.

Several area high schools participated in the drill; more than 50 teenage students lent a helping hand to authorities by portraying the crash victims as well.

More than 400 people responded to the large-scale drill from numerous agencies here, and in Honolulu, each treating it as if it were an actual emergency.

"All airports that accommodate aircraft greater than 30 passengers are required to conduct drills like this every three years under Federal Aviation Regulation 139," said Ronnie Simpson, Honolulu Airport's Federal Aviation Administration district office manager. "This particular event was a full-scale emergency disaster drill mixed with a mass casualty drill."

"I think they did a [really] good job, considering everything that was going on and all of the casualties involved in the drill," said Sgt. Melissa L. Ohm, a crash crewman for ARFF.

For more than an hour and a half, medical and rescue workers toiled at their trade under the intense Oahu sun, trying to save as many lives as possible.

After the last of the 79 casualties was taken away by ambulances, and the flightline cleared of debris, only then could the firefighters and rescuers take a moment to reflect upon what took place during the hour and 40 minutes it took them to



Dave Carter a senior at Kalaheo H.S. plays dead to add realism to the mass casualty drill at Honolulu International Airport.



Above — Another role-player is removed by firefighters.

Right — Sergeant Melissa L. Ohm, a crash crewman with ARFF, acts shocked and detached as she plays out her role in this mock disaster.



complete the drill.

"This whole event was to test the airport's emergency plan," said Peter Phillips, assistant fire chief of Honolulu International Airport, "and it went well."

"My goal was to get medical care to the casualties within an hour after the crash. That time is called the 'Golden Hour.'"

Victims of aviation accidents have a considerably greater chance of survival if they receive medical attention within the first hour after a crash, according to Phillips.

"We were able to implement a tagging system for casualties that helped rescue workers, sort them

into three separate triage areas, according to significance of injury," said Phillips.

As firefighters and medical personnel packed up, they discussed some of the situations and scenarios that had taken place that morning.

Many wore smiles on their faces knowing that they had done their job well.

Those tasked with evaluating the event would have a lot of information to critique.

"They put forth the effort and took the drill seriously, despite the lack of true danger," said Simpson upon reflection.



Leilehua H.S. sophomore Samantha Forestiere adds realism to the drill by screaming for help.

## PARALOFT, From A-1

"It's all about control," said Staff Sgt. Smith. "It's essential that we keep the gear locked up. No one is allowed in the paraloft

without being escorted by a rigger.

"The units' gear will even be separated, so they only have access to the gear that belongs to them. It's going to be very se-

cure in the new area."

The new facility comes from a converted storage area, which was utilized by 4th Force and a P-3 Orion squadron aboard the base. The building was emptied

out and cleaned to meet paraloft standards.

Construction on the building, including new lockers and storage areas, totaled around \$70,000.

"That's not very much at all considering the security it will provide for the lives of Marines jumping," said Smith. "We want the Marines here to stay safe."

## COMMENTARY

## 'Alcohol and drugs ... do not just appear'

**Capt. Daniel J. Evans**  
Prosecutor, MCB Hawaii

As a prosecutor on MCB Hawaii for two years, I have seen a myriad of crimes caused by drinking and drugs.

The vast majority of Marines, Sailors and civilians are obviously good and law abiding, and they always do the right thing to help their fellow service and family members.

Drugs and alcohol have a serious impact on judgment, though, and many crimes are caused by good service members who are under the influence of drugs or alcohol.

Drugs and alcohol are to blame for these lapses, and it is easy to blame them for criminal acts and the harm they cause: both for the service member and those around him or her. Alcohol and drugs, however, do not just appear in the blood. The decision to take them is usually a sober one.

That sober decision, before the first sip of beer on Friday night, can lead to later criminal harm.

That sober decision is an important one, because all too often it leads to a life-changing event. By life changing, I mean both life changing for the service member who commits the crime, and for the victims and families the service member impacts.

Of the more than 100 courts-martial and administrative separation boards I have prosecuted, over 90 percent of them dealt with alcohol or drugs, directly or indirectly. The most obvious cases are positive urinalyses, which destroy the service member's military career and gives him or her a criminal record.

Drugs and alcohol also affect behavior which leads to further poor decisions.



Drinking and driving is a well known example of this.

Other, less obvious crimes are also products of drinking such as assaults, disorderly conduct and sex assault.

Alcohol and drugs lower inhibitions and awareness, and they distort reality. Just because inhibitions are lowered, though, does not mean this behavior is tolerated. The law does not make exceptions.

The lifestyle associated with drinking and drugs also leads to a large number of thefts in the barracks. Young Marines



**"Of the more than 100 courts-martial and administrative separation boards I have prosecuted, over 90 percent of them dealt with alcohol or drugs."**

Capt. Daniel J. Evans  
Prosecutor, MCB Hawaii

and Sailors spend much of their pay in Waikiki, and sometimes their pay is not enough toward the end of the

month.

Too often, I have seen cases where a young service member steals money and checks from his barracks so he can go out and party. But the Marine or Sailor convinces himself, "it is only for drinks," and "I'll pay it back when I get paid." Of course it never is paid back, except after they are court-martialed and sent to the brig.

Theft severely impacts both the integrity of the unit and the individual service member whose money was stolen.

By the way, underage drinking is a vi-

olation of a general order, and it's therefore a felony offense. Underage drinking leads to other problems with violence and health, and it should not be tolerated.

Recently, a Marine was sent to the brig for seven days for underage drinking at BayFest. It is the duty of noncommissioned officers in the barracks to police this problem and make sure young Marines know what to do.

Not reporting underage drinking is also a crime, and this leads to a false sense that underage drinking is tolerated.

The key to avoiding problems is to be responsible and make the right choice. Right now, the Marine Corps and Navy need you to be responsible and to be ready for war. Do not put yourself in a position where you are out of control.

- When you drink too much, you are out of control.

- When you hang out with civilians who smoke crystal meth, you are out of control.

- When you go to rave parties and take ecstasy, you are out of control.

It will not be fun when you are caught and sent to prison. Again, your fellow Marines and Sailors need you to be in control and ready for combat.

Stay in control by staying sober.

## 'Troops to Teachers' allows military to impact young minds

**Hawaii Marine Staff**  
Press Release

Are you about ready to be discharged or separated from military service?

How about teaching young minds and fostering the high standards you adopted in the military in a class-

room?

Several distance learning programs that lead to teacher certification are available via the Internet. However, keep in mind that certification is controlled by individual states.

Review the following Web sites to see how you can make a difference.

**"Troops to Teachers" Web sites:**

- Drexel University at [www.drexel.com/Fields\\_of\\_Study/education/GITC/index.shtml](http://www.drexel.com/Fields_of_Study/education/GITC/index.shtml)
- Liberty University at [www.liberty.edu/Academics/Graduate](http://www.liberty.edu/Academics/Graduate)
- Old Dominion University at [www.odu.edu/home/distance.htm](http://www.odu.edu/home/distance.htm)
- Rio Salado College at [www.rio.maricopa.edu/ci/visitors\\_center/education](http://www.rio.maricopa.edu/ci/visitors_center/education)
- South Carolina Troops to Teachers Coalition at [www.hehd.clemson.edu/TTT](http://www.hehd.clemson.edu/TTT)
- Troops to Teachers at [www.proudtoserveagain.com](http://www.proudtoserveagain.com)
- University of Phoenix at [www.uofphx.quinstreet.com/maed/about.jsp](http://www.uofphx.quinstreet.com/maed/about.jsp)

# Golden Eagles prepare to deploy; unit chats with families

**Petty Officer 2nd Class  
Phil Hasenkamp**

*PACFLT Affairs/CPRFP Asst. PAO*

How do you hone an already razor-sharp Patrol Squadron? When it comes to getting an edge before going on deployment, Patrol Squadron 9 has the formula: answer questions.

"We think pre-deployment briefings are critical to readiness," VP-9 Executive Officer Cmdr. Dan Rieck said over the dim hum of families congregating at the the Bachelors Officers Quarters at Kaneohe Bay. "We're going to be a long way from home, and we can't expect our Sailors to focus on what they're doing mission-wise, if they're not sure everyone's being taken care of here at home."

The idea of a pre-deployment briefing

isn't a novel concept. The Navy has held pre-deployment briefings of some type for a very long time. In fact, many of the things covered in VP-9's session have been passed down from years.

"There are general written guidelines as to what should be covered, but most of the stuff is passed down from squadron to squadron," said Rieck. "But the most important thing is to make sure that everyone has their questions answered. And if they don't get their questions answered, we want them to know where they can go to get answers later."

Questions during the briefings can vary. But the queries are usually specific in nature, as great care is taken to cover as many topics as possible.

"People usually ask how they can keep good communications, or what

they can do in the case of a specific medical emergency," explained Rieck.

When Sailors go on deployment, they leave behind more than teary-eyed loved ones. Many of them have significant investments such as cars or boats for which they'll want peace of mind.

"Power of attorney is a big thing," said Petty Officer 2nd Class Erik Grant, as he clutched the hand of his wife Angela. "I want to make sure she can do stuff with our property when I'm gone."

Mrs. Grant had different concerns.

"I'm just hoping everything will be O.K. emotionally. It will be hard, but we're a pretty close family," she said, adding that her husband will miss Christmas, Valentine's Day, the couple's anniversary and the birthday of their two-and-a-half year-old son, Peyton.

"He's going to be gone all of the special times," she said.

But "gone" these days has an altered definition in 2002 for P-3 aviators.

"On my first deployment, years ago, we had the opportunity for a phone call back home once a month," Commanding Officer Cmdr. Brad Carpenter said. "Nowadays, we have video connections, email and almost instantaneous communications. The ability of families to communicate during a deployment has grown by leaps and bounds."

But upgrades in communication between VP-9's Sailors and their families didn't arise out of a want of luxury. These improvements came from necessity. Numerous battle efficiency awards prove that VP-9 can handle almost anything thrown its way.

# LIFESTYLES

## USMC Birthday Ball

### Bits of History:

1775 • Nov. 10  
The Continental Congress authorizes the creation of two battalions of Continental Marines. The birthday of the Corps.

1776 • March  
The Marines take part in their first-ever amphibious landing.

1777 •  
Marines fight ashore in the Battle of Princeton alongside the Continental Army.

1783 • April  
The Revolutionary War ends with the Treaty of Paris. Both the Marines and Navy are disbanded.

1798 •  
The Marine Corps is officially reinstated.

1805 •  
Lieutenant O'Bannon is awarded the Mameluke sword by the Pasha of Tripoli.

1812 •  
The War of 1812.

1820 •  
Archibald Henderson takes the position of commandant.

1847 • September  
The bloody Battle of Chapultepec takes place. The blood stripe on the Blue Dress trousers of NCOs and above is supposed to commemorate this battle.

1861 •  
The Civil War prompts many Marine officers to switch to the Confederate Marines.

1868 • November  
An emblem which closely resembles the present one is adopted.

1898 •  
The Spanish-American War.

1900 •  
The Boxer Rebellion. During this year, a young private named Dari Daly earns his first of two medals of honor.

1914 •  
Another Corps hero, Smedley Butler, earns his first medal of honor. Also during this year, Wendell Neville, later to become the 14th CMC, is awarded the medal of honor.

1917 •  
World War I.

1918 • Aug. 13  
The first female Marine, Opha Johnson, enlists.

1941 - 45 •  
World War II. The casualties total 93,996. Approximately 2,000 of these are POWs.

1950 •  
The Korean War

1954 • Nov. 10  
The Iwo Jima Memorial, located at Arlington National Cemetery in Virginia, is dedicated.

1962 •  
The Vietnam War. Total casualties number more than 100,000 Marines.

1979 • November  
Marines are taken hostage in Iran.

1983 •  
The Grenada Operation. There were a total of 18 Marines killed during this operation.

1990 - 91 •  
The Gulf War.



### Just for kids

Participants in the Marine Corps ball ceremony march the birthday cake to center stage, where Lt. Col. Joseph Bowe, commanding officer of Headquarters Bn., MCB Hawaii, and Sgt. Maj. William Wilson, Headquarters Bn. sergeant major, stand by to cut it.



Bowe cuts through the icing of the Marine Corps birthday cake with his Mameluke sword.



After the ceremony, children wasted no time in getting to the art tables to begin constructing crafts.

In front of a crowd of more than 20 children, Bowe, guest speaker at the celebration, gave a speech about the importance of celebrating the Marine Corps' birthday.



## Base children attend their own birthday celebration

Story and Photos by  
Cpl. Jason E. Miller  
Combat Correspondent

Children from around MCB Hawaii, Kaneohe Bay, gathered at the Lifestyles, Information, Networking, Knowledge, and Skills House, Saturday, to hold their own celebration of the Marine Corps' birthday, during the 2nd annual LINKS Kids Marine Corps Birthday Ball.

Complete with the Marine Forces Pacific Band performing live music, and a cake-cutting ceremony, in which the youngest and oldest child in attendance tasted the first slices, more than 20 youngsters showed up to take in the festivities.

Lieutenant Col. Joseph Bowe, commanding officer of Headquarters Bn., and Sgt. Maj. William Wilson, Headquarters Bn. sergeant major, spoke with the children and their parents on the history and traditions surrounding the Marine Corps birthday.

"Two hundred and twenty-seven years is a very long time," Bowe said. "This is an important holiday for Marines and everyone on the



Young Hayden McCloud speaks with Headquarters Bn., MCB, Hawaii's Sgt. Maj. William Wilson, after being the first child to eat a piece of Marine Corps birthday cake.

base. It's a very big part of our history, and we celebrate it like any other birthday: We have a birthday cake."

Bowe and Wilson together led the cake-cutting ceremony. Slices were cut with the Mameluke Sword and passed out to the children.

After the playing of the Marines' Hymn and Anchors Away by the MarForPac Band, the kids retired to making crafts, eating cupcakes and enjoying the occasion.

"It's very important for

these young ones to understand what they are celebrating," said Wilson to parents in attendance. "Someday, they might find themselves here as Marines, celebrating the Marine Corps birthday at a real ball."

"We just wanted to give something back to the kids," said Nico Duncan, one LINKS volunteer who spoke at the ceremony.

"They always see us getting dressed up to go to the ball, so we figured it was their turn."



The Marine Forces Pacific Band provided musical support for the kids's Marine Corps Birthday Ball.

# MCCS

MARINE CORPS COMMUNITY SERVICES  
www.mccshawaii.com

## POSSIBILITIES IN PARADISE

By Debbie Robbins, MCCS Public Relations

### NOVEMBER

#### 8 / Today

**Turkey-to-Go** — The big Thanksgiving dinner is just around the corner. Take the stress and labor out of this holiday and let Marine Corps Community Services' catering professionals do the work for you.

Starting today, you can order a "Turkey-to-Go" meal for just \$59.50. This festive, culinary feast feeds approximately six to eight adults and includes a 10-12 pound herb and garlic roasted turkey, cornbread, Portuguese sausage & chestnut stuffing, roast garlic mashed potatoes, giblet gravy, corn o'brien, cranberry sauce, rolls and butter, and pumpkin pie.

Turkey-to-Go meals may be reserved now through Nov. 21, while supplies last. Meals are limited, so make your reservation early. Pre-payment is due no later than Nov. 21.

For more information about

Turkey-to-Go, call 254-5592.

#### 9 / Saturday

**70s & 80s Old School Jam** — Celebrate the 70s and the decade of decadence during the Rocker Room's Old School Jam.

Dress up in your best vintage garb, and you could win a prize for the best costume. Think disco, shoulder pads and big, big jewelry.

Doors open at 6 p.m., and the party kicks off at 8 p.m. and lasts until 2 a.m. Club members may dine on free pupus from 9 - 11 p.m.

Many guests will score big during the "Lucky Number Giveaways," throughout the evening.

#### 10 / Sunday

**Santa's Silver Certificates** — There's a "ho, ho, whole" lot of yuletide spirit at the Marine Corps Exchange during Santa's Silver Certificate days. Certificates will be issued Nov. 10, while supplies last.

For every \$10 spent, customers will receive one Santa Silver Certificate, good for \$1 toward merchandise. Certificates may be used from Nov. 29 - Dec. 24.

Customers may use their certificates at the MCX, the Nutri-Fit Center, the Game Zone, the Exchange Annex or at the Camp Smith main exchange.

For more details, call the MCX at 254-3890.

#### 12 / Tuesday

**Transition Program Seminar**

— Take advantage of the Transition Program Seminar, Nov. 12 - 14 in Bldg. 279, on the second deck from 8 a.m. - 4:30 p.m.

Service members separating from the service within six months are required to attend this brief. Spouses are also welcome.

For more details, call the Transition Program at 257-7790.

#### 16 / Saturday

**Chili Cook Off & Biker Party** — Some like it hot: chili that is.

All ranks are invited to put their chili recipe to the test and enter the Rocker Room's chili cook off.

This party is more than a caldron of beans and spices, it's a Biker Party, complete with biker games and lucky number drawings.

The rock & roll group "The King Pins" will play live and then DJ "D-Day," will keep the party rolling.

The Chili Cook Off and Biker Party is set from noon - 9 p.m. on the Rocker Room lanai.

For more information, call 254-5592.

#### 18 / Monday

**Be Your Own Boss** — Are you ready to run your own company? Deep down do you possess an entrepreneurial zest?

Nurture your business desire and get the details that will transform your ideas into a thriving reality during Personal Services' "Start Your Own Business Workshop" in Bldg. 3096, Room 1, from 9 - 11 a.m.

Representatives from the Hawaiian Small Business Association, the Internal Revenue Service and the Business Development Center will be on-site to present attendees with facts, laws and resources to start a small business.

Reservations are recommended. This workshop welcomes all military I.D. cardholders.

For more information, call Personal Services at 257-7795.

**Military Family Appreciation Week** — This celebration goes Nov. 18 - 25, and the Personal Services Department would like to thank all military families of MCB Hawaii.

Your sacrifices and dedication are very much appreciated.

Watch for updates concerning Military Family Appreciation Week special events and activities.

For more information, call 257-7790.

**Great Minds "Link" Alike** — The next Lifestyles, Information, Networking & Knowledge session is set for Nov. 18 - 21 from 6 - 8:30 p.m. in Bldg. 3074.

Military spouses who enjoy learning about military traditions, resources and etiquette (not to mention meeting a great group of friends) are invited to attend.

Reservations are recommended. Call LINKS at 257-2368.

**Party Patrol** — Planning a little get-together this Thanksgiving? Stop by your Party Supply Headquarters located at the Base Marina.

The Outdoor Recreation Center rents out everything you'll need to keep the gang comfortable and entertained. Canopies, tents, folding chairs, tables, bouncy houses, horse-shoe rings, a dunk tank and more are available for rent.

If your crowd would like to embrace Thanksgiving on the water, opt to rent a pontoon boat and tour beautiful Kaneohe Bay. For more, call 254-7667.

### DECEMBER

#### 5 / Monday

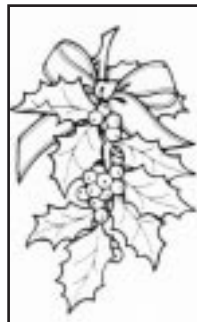
**Camp H. M. Smith Holiday Craft Fair** — Are you ready to discover some "tree-mendous" holiday gifts?

Add your last-minute entries to your holiday shopping list, and head to the Camp H. M. Smith Craft Fair, Dec. 5 from 7:30 a.m. - 2 p.m. in Bldg. 4, adjacent to the Marine Corps Exchange.

Craft-goers will find yuletide treasures from homemade crafts to baked goods — all at bargain prices.

Crafters interested in selling homemade items may reserve a Marine Corps Community Services' table through Nov. 22 for \$25.

No privately owned tables will be permitted. Spaces are limited, so sellers should reserve their tables early.



## SM&SP



All events are open to single, active duty military. The SM&SP Office is located in Bldg. 219.

Call 254-7593, for more information on any program or activity.

#### Program Review

**Thursdays:** Enjoy free tennis lessons from 11 a.m. - 12:30 p.m. at K-Bay's tennis courts. Call 258-8081 for reservations.

**Nov. 9:** Mark your calendar to enjoy the Barefoot Splash Snorkel Cruise at \$30 per person.

**Nov. 27:** You won't want to miss the Holiday Base Thanksgiving Dinner Party for single, active duty personnel, only. Volunteers are needed.

**Dec. 7:** Don't forget to take advantage of Santa's Village at the Enlisted Club. Volunteers are also needed to support this event. Call 254-7593.

(Transportation is provided for all above mentioned events.)

#### SM&SP Benefits

Have your voice heard. Make a difference. Get involved. Grow. Have a blast.

The SM&SP is about all these things and more.

Single Marines and Sailors enjoy many worthwhile and exciting benefits.

Contact program coordinator Leslie Graham at 254-7593, or stop by the SM&SP office for details.

## 'We are family...,' boot camp bound

It was an ordinary day for Staff Sgt. Clarence Masayos, a Palau Islands native and the lone canvassing recruiter of Permanent Contact Station Hilo, RSS Hawaii when the Brown siblings walked into his office and stated their mission — to become Marines. "I thought it was too good to be true," said Masayos. "I thought they just wanted to check it out, but they really wanted to become Marines." Native Hawaiians (from left to right), Aaron, 18; Joseph, 21; and Chasitie, 19, wasted no time explaining their intentions to Masayos. They wanted more for themselves and more from life. The siblings explained that they had heard about the Marine Corps experience from a family friend, who had recently returned from basic training, and they were convinced that the Marines Corps path was the one they wanted to take. Joseph is scheduled to ship to MCRD San Diego, Calif., this month; Aaron, on June 16, 2003 — three days before his 19th birthday; and Chasitie is scheduled to ship for basic training at MCRD Parris Island, S.C., March 10, 2003 — one day after her 20th birthday. (Submitted by Sgt. Cheryl A. Mann, 12th Marine Corps District)



Sgt. Cheryl A. Mann

## SM&SP plans 'turkey day' bash, Nov. 27

**Edward Hanlon V**  
MCCS Marketing

For the single Marines and Sailors not fortunate enough to spend time with their families this Thanksgiving, the Single Marine & Sailor Program is holding its annual Holiday Bash, Nov. 27 at Kahuna's Bar & Grill.

Not only will these Marines and Sailors get a great traditional Thanksgiving feast, but also there will be door prizes, music, events and entertainment for all.

Events include Sumo wrestling, boxing and the famous Kahuna's mechanical bull riding competition.

The doors will open at 6 p.m., and the two buffet lines will open shortly there-

after.

Free AT&T in-room long distance certificates will be given to each guest, along with other sponsor-provided items.

Last year, more than 460 Marines and Sailors participated in this event. The Single Marine & Sailor Program is expecting even more this year.

For more details, call 254-7593.

## MOVIE TIME

Prices: Adults (12 and older) \$3, Children (6 to 11) \$1.50, Children (5 and younger) free.

Matinee prices are \$2 for adults and \$1 for children. Parents must purchase tickets for "R" rated movies in person at the box office for children 16 years old and younger.

For E-5 and below, admission is free to the second show on Friday and Saturday evenings only. Sunday evenings, the price is \$1 for all patrons.

Please show your ID at the box office. Phone 254-7642 for recorded info.

The Banger Sisters (R)	Today at 7:15 p.m.
Stealing Harvard (PG13)	Today at 9:45 p.m.
The 4 Feathers (PG13)	Saturday at 7:15 p.m.
City by the Sea (R)	Saturday at 9:45 p.m.
Blue Crush (PG13)	Sunday at 3:30 p.m.
Stealing Harvard (PG13)	Sunday at 7:15 p.m.
Trapped (R)	Wednesday at 7:15 p.m.
The Tuxedo (PG13)	Nov. 15 at 7:15 p.m.



# Holiday parcels need mailing now for timely arrival

**Sgt. Alexis R. Mulero**  
*Combat Correspondent*

During the holidays, Marines, Sailors and families living aboard MCB Hawaii, Kaneohe Bay, may be away from most of their families and loved ones. However, any local post office can provide a number of ways for residents to mail greeting cards and presents to their loved ones during the busy holiday season, to stay connected despite the distance.

The base post office recommends that residents send their mail by priority or first class mail before Dec. 11, regardless of destination to domestic or international addresses.

But, for procrastinators who know they will run a bit late in sending out their holiday mail, the post office recommends sending packages via Federal Express before Dec. 19.

Space available or parcel mail should

be posted by Nov. 27.

"Extra services such as certified, registered or insured mail can provide protection and peace of mind to the sender," said Staff Sgt. Cecilia Salter, base postal mailroom inspector.

When packaging a present, Salter recommends choosing a sturdy, paperboard or corrugated fiberboard box, with enough room for cushioning material around the content. When reusing a box, cover all previous labels and markings with a black marker or adhesive labels.

"Regardless of what type of box people use, it's essential that they tape the seams with 2 inches of wide tape," said Salter. "Use clear or brown packaging tape, reinforced packing tape or paper tape.

"If using any wrapping or gift paper,



Cpl. Jason E. Miller

**Sergeant Stephen Houghton prepares for the holiday rush by moving boxes in the base post office.**

place the address underneath wrapping or inside the parcel. This may speed up the arrival of your mail if the wrapping paper is destroyed or damaged during delivery."

In addition to proper packaging, the accuracy of the address affects the speed and handling of mail.

"Military addresses must show the grade, full name, and PSC number, unit number or ship name," said Salter. "If necessary, make sure you replace city names with 'APO' or 'FPO' and the state with 'AA,' 'AE,' or 'AP,' and use a special zip code."

Additionally, all international mail must contain a customs form inside or attached to the package.

As the holiday mailing season gets into full swing, the post office on base — and the ones off base too — become crowded, so Salter recommends getting packages in the mail early.

For more information regarding the holiday mailing season, the base post office recommends residents go online and visit [www.usps.com](http://www.usps.com), or call the base post office at 257-2008.

**USMC b-day meals begin at 10:30 a.m., today**

The Anderson Hall dining facility will celebrate the 227th Marine Corps birthday during the following meal hours, to accommodate various events taking place: Lunch from 10:30 a.m. to 1:30 p.m. and Dinner from 3 - 5 p.m.

# On the Menu

*Anderson Hall will prepare the following this week:*

<p><b>Today</b></p> <p><u>Lunch</u> Pepper Steak Southern Fried Catfish Rice Pilaf Potatoes Au Gratin Sugar Cookies Asst. Fruit Pies</p> <p><u>Dinner</u> Roast Turkey Beef Pot Pie Paprika Buttered Potatoes Steamed Rice Sugar Cookies Asst. Fruit Pies</p> <p><u>Specialty Bar</u> (For Lunch and Dinner) Pasta Bar</p> <p><b>Saturday</b></p> <p><u>Dinner/Brunch</u> Baked Lasagna Chicken Parmesan Pizza Slices Garlic Bread Marble Cake w/Chocolate Icing Asst. Fruit Pies</p> <p><b>Sunday</b></p> <p><u>Dinner/Brunch</u> Barbecue Beef Cubes Baked Turkey &amp; Noodles Steamed Rice Ginger Molasses Cookies Spice Cake w/Butter Cream Frosting</p>	<p><b>Veteran's Day Holiday</b></p> <p><u>Dinner/Brunch</u> Meat Loaf Pork Ham Roast Steamed Rice Mashed Potatoes Chocolate Chip Cookies Asst. Fruit Pies</p> <p><b>Tuesday</b></p> <p><u>Lunch</u> Simmered Corned Beef w/Mustard Sauce Glazed Cornish Hens Parsley Buttered Potatoes Egg Noodles Peanut Butter Cake w/Peanut Butter Frosting Asst. Fruit Pies</p> <p><u>Dinner</u> Turkey Pot Pie Sweet &amp; Sour Pork Steamed Rice Parsley Buttered Potatoes Peanut Butter Cake w/Peanut Butter Frosting Asst. Fruit Pies</p> <p><u>Specialty Bar</u> (For Lunch and Dinner) Taco Bar</p> <p><b>Wednesday</b></p> <p><u>Lunch</u> Pork Adobo Beef Yakisoba Steamed Rice Pork Fried Rice Oatmeal Cookies Strawberry Shortcake</p>	<p>Asst. Fruit Pies</p> <p><u>Dinner</u> Steak Smothered w/Onions Southern Fried Catfish Mashed Potatoes Steamed Rice Oatmeal Cookies Strawberry Shortcake Asst. Fruit Pies</p> <p><u>Specialty Bar</u> (For Lunch and Dinner) Country Bar</p> <p><b>Thursday</b></p> <p><u>Lunch</u> Turkey A La King Beef Porcupines Mashed Potatoes Boiled Egg Noodles Marble Cake w/ Chocolate Cream Frosting Pineapple Cake Asst. Fruit Pies</p> <p><u>Dinner</u> Braised Liver w/Onions El Rancho Stew Honey Ginger Chicken Steamed Rice Boiled Egg Noodles Marble Cake w/ Chocolate Cream Frosting Pineapple Cake Asst. Fruit Pies</p> <p><u>Specialty Bar</u> (For Lunch and Dinner) Taco Bar</p>
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**HAPPY BIRTHDAY, MARINE!**

## WORD TO PASS

### Hale Koa Hosts T-Day Buffet

Dine on Hale Koa's bountiful harvest buffet of traditional and island dishes while a pianist plays from a beautifully decorated stage in the Banyan Tree Showroom for Thanksgiving dinner, Nov. 28.

The buffet will be served from 11 a.m. to 7 p.m., and reservations are now being accepted.

Call the Hale Koa's Activities Desk at 955-0555, ext. 546, to make your reservation, or to inquire about its other Thanksgiving holiday options.

### Mustangs Schedule Reunion

The Marine Corps Mustang Association was founded on Nov. 10, 1985, and it is "an organization dedicated to the preservation of the history and accomplishments of all Marines who have risen from the enlisted to officer ranks ... thereby earning the title 'Mustang.'"

You are invited to join the ranks of this 1,600 member organization.

To join, email topmustang@aol.com. Write MCMA Inc.; P.O. Box 1314, Delran, NJ 08075-0142. For more details, call (856) 786-4400.

### VFW Sponsors Two Scholarships

•Hawaii's Veterans of Foreign Wars and its Ladies Auxiliary are hosting their annual Voice of Democracy Youth Scholarship competition, now through Nov. 30.

This scholarship is designed to give high school students in grades 9 - 12 the opportunity to voice their opinion on their responsibility to America, using as a theme "Freedom's Obligation."

Winners are first selected at the school level, then the top Hawaii school district winner will receive a trip to Washington, D.C., in March 2003; at least a \$1,000 scholarship; and the chance to compete for a \$25,000 scholarship.

•The VFW/AUX is also sponsoring the National Patriot's Pen

Program for 7th and 8th graders. This year's theme is "My Pledge to America," and the entry deadline is Dec. 1.

Winners will first be selected at the school level, then the top Hawaii school district winner will receive a cash prize. Only one national winner will receive a trip to Washington, D.C., in March 2003, and the \$10,000 savings bond prize.

For more details, contact Nicholas Young, state commander, at 541-1709 or visit the Web site [www.vfw.org/vod](http://www.vfw.org/vod).

### Veterans Day Cards Online

Anyone who wants to use today's computer technology to say "thank you" to a favorite veteran can log onto the American Legion's Web site at [www.legion.org](http://www.legion.org) and send an electronic Veteran's Day greeting card to a loved one — all from the comfort of home.

The free service runs through Nov. 12.

**Thank You**

**AMERICA'S VETERANS!**

Veterans Day is the time to say thank you to those who have worn a military uniform and to those who today are keeping strong the unbroken bond of service.

*To each and every one who serves, we say thank you.*

[www.legion.org](http://www.legion.org)



Cpl. Jacques-René Hébert

A panel of experts on religious radicalism, from the Asian-Pacific Center for Security Studies, briefed Marine Forces Pacific chaplains on the increase of radical Islam throughout Southeast Asia at the Senior Leadership Ministry Conference held at the Hale Koa Hotel, Oct 21 - 23.

## *Pacific chaplains discuss their role in Corps, with religious issues*

**Cpl. Jacques-René Hébert**  
Marine Forces Pacific Public Affairs Office

HONOLULU — Chaplains from the Marine Forces Pacific area of responsibility met Oct. 21 - 23 at the Hale Koa Hotel to discuss their field and its role in the future of the Marine Corps.

The Senior Leadership Ministry Conference was hosted by the MarForPac Chaplain's office and featured numerous lectures and roundtable discussions on such issues as advisory responsibilities at a strategic level, religious radicalism in the Asia-Pacific region, ministry in the joint arena, and religious and culturally motivated transnational terrorism.

"One of the benefits of this conference is that it allows me to clearly convey the commander's intent for ministry," said Navy Capt. Henry Nixon Jr., Force chaplain, MarForPac. "The chaplains can also get on the same sheet of music, so we can convey our own collective mission to each individual command."

Of course, there was far more to the conference than that. With America's war on terrorism and a potential conflict brewing in Iraq, the chaplains discussed what their role would be in the future.

"There's going to have to be a new strategy for a post-9/11 spiritual leadership," Nixon explained. "I'm praying that out of this, we will become viewed as pastors, priests, rabbis — as persons of God — and not so much as higher-ranking officers."

"One of the values chaplains have to their command is that we enjoy privileged communication with the Marines and Sailors," he continued. "People speak to us in confidence, and we're bound by ordination and regulation to keep silent. However, with that knowledge, we can unplug a lot of problems and reduce friction through understanding and spirituality, not disciplinary actions."

The role of the enlisted side of the chaplaincy, the religious program specialists, was also discussed. According to Nixon, there is an increased focus on the RPs' roles as leaders.

"Without the RPs, we could not do our job," said Nixon. "True, they're Sailors, but they have to be a cut above to be in a Marine Corps uniform."

Religious program specialists are often seen running errands for the chaplains or speaking with the troops to observe the emotional and spiritual state of the collective unit. However, it is not commonly known that one of the RPs' chief responsibilities is to provide personal security for the chaplain in time of war — a spiritual corpsman of sorts.

In addition to deciding the future roles of chaplains and RPs, the chaplains were also briefed on upcoming problems such as the increase of religious radicalism in Southeast Asia.

A panel of experts on the subject from the Asian-Pacific Center for Security Studies spoke with and answered questions from the MarForPac chaplains. According to the panel, an increase of radical Islam is brewing in such countries as Indonesia and Malaysia, creating a tension between those of other religious beliefs.

Reports of fleeing Al-Qaeda members seeking refuge with radical sympathizers add to the threat of terrorism in the region.

At the conclusion of the conference, a new challenge was set down for the religious ministers: Increase the command pressure on making decisions that are morally and ethically sound, while achieving greater religious and spiritual intimacy with Marines and Sailors.

**KILL • A • WATT**

IT'S EVERYONE'S RESPONSIBILITY  
TURN OFF WHEN NOT IN USE



# Hawaii MARINE SPORTS

Hawaii Marine C Section

November 8, 2002

## Bandits trounce Warriors in 47-0 beating

**Cpl. Jason E. Miller**  
Combat Correspondent

During the final game of the regular season, the Warriors of Headquarters Bn. were utterly plundered by the Marine Corps Aircraft Group 24 Bandits during Intramural Tackle Football action Nov. 1 at Pop Warner Field aboard MCB Hawaii, Kaneohe Bay, where they lost their third game of the season, 47-0.

From the first possession when the Warriors went three-and-out and were forced to punt, the Bandits simply controlled every aspect of the game, holding Headquarters Bn. to negative yardage in the first half.

On the Bandits' first possession, the MAG running game led by Cory Pinson reared its ugly head and hammered down the field in only a few plays to the Warriors' two-yard line. Pinson rushed the ball in the end zone on the next carry to put the Bandits on top, where they would stay for the rest of the game.

With only three Warrior rushing attempts the entire game, it was easy for the Bandits to guess where the ball was headed on almost every play. Pressure on Warriors' quarterbacks forced un-



Pfc. Monroe F. Seigle

Warrior quarterback Vance Moore looks for a receiver under heavy pressure.

wanted passes and kept Headquarters Bn. scoreless the entire game.

Instead of hoping for big plays, the Bandits first established the run and then struck for another touchdown at 5:23 in the second quarter, when wide receiver

Cory Moore brought down a 20-yard touchdown pass from quarterback Ron Bradbury.

During their next possession, the Warriors fumbled the snap and gave MAG-24 another chance to score.

Two plays later, Bradbury found wide receiver John Baker for a 10-yard touchdown pass that put the Bandits ahead, 21-0, after the extra point.

When the Warriors got the ball again, defensive tackle Joel McCoy brought down the Warriors' quarterback for two sacks and forced yet another punt, which only went nine yards before being downed by the Bandits.

The Bandits were again right in scoring territory and looking to capitalize once more before halftime. This time, though, the Warriors' defense held the Bandits to a 47-yard field goal attempt by Tim Legros, which sailed to the left of the upright.

The Warriors were looking to score just before the half, as they began mounting a drive. But, after throwing an interception, the Bandits had time for one last play before the half.

Bradbury avoided a sack and

See FOOTBALL, C-3

## Boxing résumés now due to HQMC

**Bryan Driver**  
Public Affairs Specialist, Headquarters Marine Corps

MCB Camp Lejeune — Marine Corps Community Services Camp Lejeune will host the 2002 All-Marine Boxing Trials at the Goettge Memorial Field House Nov. 19 through 21. Opening ceremonies will be held Nov. 19 at 7 p.m., and all matches will begin at 7:30 p.m.

Boxers who are interested in participating in the trials must have at least two years of competitive boxing experience and submit an athletic resume to Headquarters Marine Corps' Semper Fit for approval. Boxers selected to compete will be sent to Camp Lejeune on permissive temporary additional duty orders and have their transportation expenses funded.

For more information, contact the USMC Boxing Team at 910-451-2061. Call HQMC's Semper Fit at 703-784-9542.

## 1/3 strikes out against Headquarters

**Pfc. Monroe F. Seigle**  
Combat Correspondent

The Headquarters Bn. softball team aboard MCB Hawaii, Kaneohe Bay, defeated 1st Bn., 3rd Marine Regiment, in a 13-2 victory to kick off the season Tuesday night.

The 1/3 team got on the board first when left fielder Jason Kelly lined a double and then went on to score off of a single by Jason Gates.

Headquarters Bn. struck back with some fury, putting four runs on the board in the bottom of the first, with a double by outfielder Clayton Edwards, and another by outfielder Pete Adams.

To add insult to injury, Headquarters Bn. continued to march over 1/3 with a triple by James Baughman followed by an in-the-park-home run by Jason Gates, bringing the score to 4-1.

The second inning came up empty for 1/3 after two singles. Headquarters Bn.'s offense continued its onslaught by adding two more runs via Adams and Baughman off of line drives, bringing the second inning to a close with Headquarters Bn. in the lead, 6-1.

Headquarters Bn. continued to shut down 1/3's offense in the third inning, keeping them scoreless and only allowing them one more run in the 4th when second baseman Michael Timmerman scored off of a sacrifice fly.



Pfc. Monroe F. Seigle

Clayton Edwards, outfielder, crosses home plate scoring the first run for HQBN in Tuesday night's game.



Pfc. Monroe F. Seigle

Stewart Langford, pitcher for 1/3, aims for a strike in Tuesday night's game.

In the fifth inning, Headquarters Bn. let the dogs out on the 1/3 defense with constant line drives, scoring five runs and bringing the fifth inning to a close with Headquarters Bn. leading the way, 11-2.

The sixth inning was the last time 1/3 would be able to penetrate the tough Headquarters Bn. defense, and left fielder Jason Arena and Kelly scored off a double by Gates.

Neither team would score in the last inning of the game, and Headquarters Bn. celebrated with plenty of motivation for their next game.

## K-Bay gymnasts compete, place in islandwide contests

**Story and Photos by Sgt. Alexis R. Mulero**  
Combat Correspondent

Five female keiki from the MCB Hawaii, Kaneohe Bay, gymnastics team competed at the 7th Annual Hawaii Academy Turkey Classic in downtown Honolulu, Sunday.

Savannah Long, Sierra Fisher, Stephanie Lozada, Hannah Power and Beatrice Rodin competed against more than 60 other gymnasts on Oahu to place in four different events.

"Each competition serves as a stepping-stone towards higher-level ones," said Di Rodin, head coach and director for K-Bay Gymnastics.

The first event of the day for the K-Bay ladies was the balance beam in which Long placed fifth among 11-year-olds, and Powers, Rodin, Lozada and Fisher placed second, third, eighth and tenth, re-



Hannah Power salutes the judges prior to her performance during the Floor Exercise during Hawaii Academy's Turkey Classic, Sunday.

spectively, among 12-year-olds.

In the acrobatic and graceful floor exercises, Long placed seventh, and Rodin, Powers, Fisher and Lozada placed seventh, ninth, tenth and eleventh, respectively.

Long placed third on the high-flying

vault, and Rodin, Powers, Fisher and Lozada placed sixth, eighth, ninth and tenth.

The last event was the uneven bars in which Long placed seventh, Lozada

See GYMNASTS, C-3



Savannah Long strikes a pose during one of her turns in her floor exercise during Hawaii Academy's Turkey Classic, Sunday.

# BASE SPORTS

## Debbie Robbins

MCCS Public Relations

### MCB Hawaii to Host 5th Annual Turkey Trot

If you think that a delicious dinner and sound sleep are what define the Thanksgiving season, you must have forgotten about the 1st Radio Bn.'s 5th Annual Turkey Trot, Nov. 23 at 8 a.m.

The event is a combined 10K race and a one-mile Family Fun Run aboard MCB Hawaii, Kaneohe Bay, which will give you a chance to burn off the calories that will accompany your Thanksgiving feast.

The entry fee is only \$15 for the Turkey Trot (includes a free T-shirt) and the Family Fun Run is free for both adults and children.

Awards will be presented to the 1st, 2nd and 3rd overall competitors, along with 1st place awards going to the individual division winners.

In addition to all of the fun, 50 lucky entrants will walk away with a complimentary Thanksgiving turkey, compliments of Safeway. Refreshments will also be available.

Information packets will be available for pick-up at the Semper Fit Center,

Bldg. 3037, on Nov. 15th and 16th between the hours of 9 a.m. to 4 p.m.

For additional information, please contact Varsity Sports Coordinator Steve Kalnasy at 254-7590.

### Paintball Takes Aim

Let your "inner-predator" come out. Spend a day practicing your combat skills with Paintball Hawaii.

A tournament is being held Nov. 16 from 9 a.m. till 5 p.m. aboard MCB Hawaii, Kaneohe Bay. There will be a captains' meeting at 8 a.m.

The cost is \$75 for each 3-person team with unlimited rounds included.

The field is normally open Fridays, by appointment only, 1 - 5 p.m.; Saturdays, 9 a.m. - 5 p.m.; and Sundays, noon - 5 p.m.

Private games and birthday parties are welcome. Select Fridays are available for training exercises and unit events.

For individual play, the cost is \$40 per person and includes all rental equipment and 400 rounds.

For unit training, the cost is \$20 per person. Players have the option of bringing their own paint or buying it at the field. For more details, contact Paintball Hawaii owner Roland Manahan at 265-

4283, or SMSP at 254-7593.

### Fast Pitch Seeks Players

Intramural Sports Coordinator Joe Au is seeking command interest in fielding intramural baseball teams for January.

This will be a fast-pitch baseball league. Interested military members should contact their sports representative, and the reps should e-mail Joe at Joe.Au@usmc-mccs.org

### Rocker Room Rolls with Pigskins

Cheer on your favorite NFL football team every Monday night at the Staff NCO Rocker Room's Monday Night Football pigskin and pupu party.

Doors open at 4:30 p.m., and plenty of free prizes and pupus will keep you and your gang coming back for more.

Each week the Rocker Room will feature a guest bartender. Also, a King and a Queen of the Quarter will be crowned. and become eligible to win the regal recliner during Super Bowl Sunday.

### Throw Strikes at K-Bay's Lanes

Bowling is back, and back "with attitude!" Monday through Thursday, E-5 and below can bowl for \$1.50 per game

with free shoe rental at K-Bay Lanes.

Bowling leagues for youth, women, intramural and a Wednesday night mixed foursomes are starting. All bowling levels are welcome.

Check out Semper Extreme Bowling Fridays 6 p.m. - 1 a.m.; Saturdays at 11:30 a.m. - 5 p.m. and 8 p.m. - 1 a.m.; and Sundays, 6 - 9 p.m.

The K-Bay Lanes also features bumper bowling for keiki, a hearty snack shop, a pro shop and arcade.

Birthday and private parties are welcome. Please call ahead to schedule.

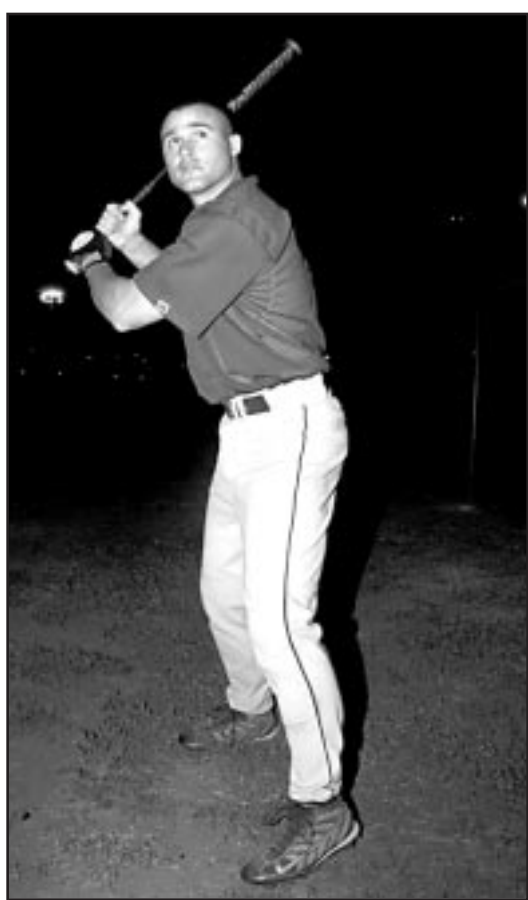
For more information, call K-Bay Lanes at 254-7693.

### SM&SP Offers Discounts

Take advantage of the benefits the Single Marine and Sailor Program has to offer.

The Kaneohe Klipper has discounted prices for E-5 and below. The greens fee is only \$9 for 18 holes and \$5 for 9 holes. Plus, club rental is lowered to \$5 per set.

Two tee times on Saturdays and Sundays are reserved for Single Marine and Sailor Program only. The deadline for the Saturday tee-off is Thursday at 5 p.m., and Sunday's deadline is Friday at 5 p.m. For more details, call 254-7593.



Pfc. Monroe F. Seigle

## Base All Stars

**NAME:** Staff Sgt. Jason Kelly

**BILLET:** Platoon Sergeant

**UNIT:** Bravo Co., 1st Bn., 3rd Marine Regiment

**SPORT:** Softball

**POSITION:** Left Field

- Began playing softball 12 years ago.

- Participated on the 3rd Regional Marine Softball Team.

- Was on the Marine Corps Air Ground Combat Center, 29 Palms, All Star Team.

*"Softball has given me a competitive edge, and it keeps me on my toes."*

## Raiders sack Outlaws in playoffs



Pfc. Monroe F. Seigle

Chris Graper of the Combat Service Support Group 3 Outlaws loses yardage after being sacked by a gang of Raider defenders during Monday night's game. Although the Outlaws played tough, the Raiders won, 20-14.

# COMMUNITY SPORTS

### Trekkers Invited to Hike, Sunday

Visiting hikers are welcome to join the Hawaii Trail and Mountain Club, Sunday at 7 a.m. when it takes a chest-heaving, toe jamming, knee cracking, butt-wrenching climb.

The mountain views will be spectacular, and the company will be sublime, when the crew tackles Pu'u Heleakala.

If you're interested in participating on this six-mile, advanced-level trek in Nanakuli, contact coordinator Fred Dodge at 696-4677, for more information.

### Hunter Classes Offered Today and Saturday

Hawaii's Department of Land & Natural Resources hosts its next series of Hunter Education Classes today (from 5:45 - 10:15 p.m.) and Saturday (from 7:45 a.m. - 4 p.m.) at 1130 N. Nimitz Highway, Suite A-212A on the second floor.

Learn about archery safety, wildlife identification, conservation and more.

This free class is open to anyone 10 years old and above who enjoys outdoors. Attendance is required both days for certification. Preregister at 587-0200.

### Hale Koa Offers Tennis Tournament

The Hale Koa Hotel is offering a tennis doubles classic Nov. 15 - 17. There will be a men's and women's division, as well as mixed doubles.

The cost is \$30 per team, and the entry deadline is Nov. 8.

Make checks payable to the Hale Koa Hotel and mail them to:

D. Conroy, Hale Koa Hotel Tennis  
2055 Kalia Road  
Honolulu, HI 96815

Entry forms are available at the POiNT Health Club.

### Charity Fishing Tournament Scheduled, Nov. 15 - 17

All ages, whether boating or shoreline, are invited to participate in Haleiwa Joe's Charity Fishing Tournament, Nov. 15 through 17, beginning at sunset (about 6 p.m.)

Plenty of prizes will be awarded in categories such as largest ulua, largest papio, largest reef and largest game for manini (7 and under), keiki (8 to 12), teens (13 to 17) and adults (18 and over).

T-shirts (\$13) and banquet tickets

(\$10) will be available for entries received by the Nov. 13 deadline. (Late entrants will not be guaranteed a T-shirt on the day of the event.)

Final weigh-in time will go Nov. 17 from 12 - 2 p.m. for boaters, and from 2:30 - 4:30 p.m. for shoreline fishers.

Cost is \$15 for 12 and under, \$25 for teens and \$40 for adults.

Proceeds benefit Haleiwa Joe's Windward Scholarship Fund. For more details, contact Tim York at 247-6671.

### Family Hike Goes Nov. 16

The Hawaii Trail and Mountain Club challenges novice hikers to tackle a special family hike, courtesy of the Nature Conservancy, Nov. 16 at 8 a.m.

A standard favorite, but still a bit of a challenge, this five-mile, intermediate-level outing will allow hikers to enjoy nature to their heart's content.

This new hike loop will skirt cultural sites, the wreck of an old B-24 from World War II and some rare plants.

As with all HTMC hikes, bring your own lunch and water, wear sturdy shoes and clothing, and exercise caution.

The \$2 donation and an additional \$5 reservation fee is requested. Children under 18 must be accompanied by a responsible adult. Also, trails and lunch sites must be kept litter free, and firearms, pets, radios and other audio devices are prohibited on all hikes.

### Bellows Hosts Outdoor Recreation

Just because summer is over, does not mean you have to be a couch potato. Bellows Recreation (at 259-8080) offers plenty of outdoor activities.

Learn how to choose the best waves to shoot the curl, as Bellows offers bodyboarding lessons Fridays at 1 p.m. The cost is \$12 per person and includes the use of a bodyboard.

Learn ocean kayak skills, including deep water recovery, navigation, water safety, and efficient paddling techniques. Classes are every Wednesday and Thursday at 1 p.m. The cost is \$14 for adults and includes kayak rental.

Pay for classes and pick up your life jacket at Equipment Check Out.

For more information, call Bellows Recreation at 259-8080.

## Post-Season Tackle Football Stats and Schedule (Records as of Nov. 6)

### Monday, Nov. 4

1/3 Raiders 20  
vs.  
CSSG Outlaws 14

### Wednesday, Nov. 6

MAG-24 Bandits 41  
vs.  
Camp Smith Mountain Warriors 0

### Tuesday at 6 p.m.

HQ 3rd Marines Bone Crushers  
vs.  
1/3 Raiders

### Monday

To be announced

### Nov. 15 at 6 p.m.

Championship game

**GYMNASTS, From C-1**

third, Fisher seventh, and Powers and Rodin tied for ninth.

Afterward, the scores were added and then averaged for the overall winners. Long placed seventh among her age group, Rodin sixth, Powers eighth, Lozada ninth and Fisher eleventh.

The K-Bay team didn't have enough competitors to be eligible for the team awards, and they went to Hawaii Island Twisters, Hawaii Academy and Hickam Air Force Base's gymnastics teams.

"The K-Bay athletes already qualified for the state meets during their first-ever competition last week," said Rodin. "This tournament offered them another opportunity to experience and understand gymnastic competitions."



**Head Coach Di Rodin demonstrates a proper handstand.**

The members of the team have been training for less than a year.

"The competition is an important part of the athletes' development because it teaches them to take responsibility for their performance, and that can't be taught during practice," explained Rodin.

**FOOTBALL, From C-1**

launched a "Hail, Mary!" to the end zone, where Corey Moore came down with another MAG touchdown as time expired in the half. The Bandits led 28-0 at halftime.

More of the same followed in the second half, as MAG-24 continued to pile points atop the Warriors defense, who had been on the field most of the game because of pitiful offensive play by the Warriors.

The talent pool runs deep on both teams, but MAG-24 simply put together an all-around game that couldn't be slowed down all night. By the end of the game, MAG-24 led, 47-0.

The Warriors finish the season with a 3-3 record, while the Bandits improved to 5-1. Both teams are looking ahead to the playoffs, which are currently underway.



Pfc. Monroe F. Seigle



**Above — Vance Moore, quarterback for the Warriors, looks downfield for an open receiver during the game Nov. 1.**

**Left — Jarold Hager kicks the ball downfield.**

Pfc. Monroe F. Seigle

## SPORTS AROUND THE CORPS

## USAF captain wins Marine Corps Marathon

**Press Release**

Public Affairs Office  
MCB Quantico, Va.

**MARINE CORPS BASE QUANTICO, Va.** — Under clear blue October skies, U.S. Air Force Capt. Christopher Juarez won the 27th Marine Corps Marathon, completing the 26.2-mile course in a time of 2 hours, 25 minutes, 1 second.

"To be in the Air Force and win the Marine Corps Marathon is a great feeling," said Juarez. "No one can ever take that away from me."

Top female finisher, Elizabeth Scanlon crossed the finish line with a time of 2:57:27.

"The worst part was the 14th Street Bridge," said Scanlon. "It seemed like it was never going to end."

First place in the wheelchair Division belonged to Holly Koester with a time of 3:06:32.

The Marine Corps Marathon is an amateur race beginning and ending at the Marine Corps War Memorial.

It is the sixth largest marathon run in the United States, and the 10th largest in the world.

With cannons firing, an estimated 17,000 runners started the race. The course took the runners around the Pentagon, across the Francis Scott Key Bridge into Georgetown, a short route into Rock Creek Park before heading past the Lincoln and Jefferson memorials and the Washington Monument. Runners then headed down along the National Mall before passing the Capitol. The marathoners then headed for home by



Sgt. Jason Anderson

**Christopher Juarez makes a break around the 22-mile marker after running in the pack with other expected top finishers. He stayed in the lead to win his first Marine Corps Marathon.**

returning to Arlington via the 14th Street Bridge. The runners completed their journey at the Marine Corps War Memorial, crossing the finish line and receiving their finisher medals.

The Marine Corps Marathon offers no

prize to the winner. However, many ran the race not necessarily to win a medal, but to support and gain attention for other causes such as the disabled, leukemia, sickle cell anemia and cerebral palsy.

Some groups, like the Ground Pounders, have made

it a "Marine Corps tradition" by running every one of the 26 previous races.

Others made sure the marathon stayed true to its name as "The People's Marathon" by wearing costumes and other non-traditional running outfits, while many showed their patriotism and support with American flags.



# Self exams key to deterring breast cancer

**Retired Navy Capt.  
Elizabeth K. Zachariah, M.D.**  
*Head, Radiology Department  
Naval Medical Clinic, Pearl Harbor*

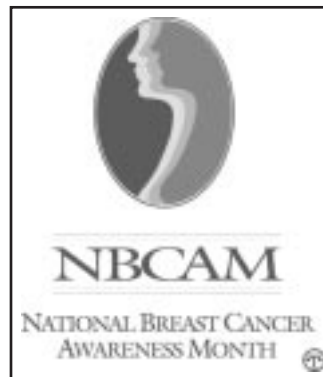
Breast cancer is one of the most common forms of cancer among women, surpassed now only by lung cancer. It is an equal opportunity killer, affecting all ages, races and, on a lesser scale, the male gender.

Statistically, it is found more frequently among the Caucasian race and women.

One in nine women are diagnosed with breast cancer. As women age, the risk of developing the disease increases.

Absolute risk factors include gender and history of the disease in immediate family members (mother and sisters).

Early detection is the best way to combat the disease. A breast self-exam should be conducted monthly, two to three days prior to a woman's menstrual cycle. Your Primary Care Manager can also perform breast examinations, provide guidance on how to perform the self-exam and arrange for a mammo-



gram screening, as necessary.

Mammograms are the most valuable medical tool for providing early diagnosis and treatment. The American College of Radiology recommends that women should receive their first mammogram at age 35, should repeat exams every other year between ages 40-50, and annually thereafter.

Many women are afraid of having a mammogram.

"The rumors are not true! A mammogram is not unbearably painful!" explained Joy M. Matthies, a mammography technologist at the Naval Medical

Clinic Pearl Harbor. "A mammogram is an X-Ray picture that is produced by a low-dose radiation machine with a fast screen developing process.

"The process of taking the mammogram is completed during a short, 15-minute visit," Matthies added.

"Prior to the exam, I was very nervous," explained Shelia Sharp, a patient at Branch Medical Clinic Makalapa who described her first screening. "I had heard that it was a very painful procedure.

"After the exam, I realized it wasn't as painful as I had been told. The staff took

great care to put me at ease by explaining the process every step of the way," Sharp continued. "The peace of mind was well worth the minor discomfort."

Mammography can only be performed by treatment facilities that are closely monitored by the Food and Drug Administration and the American College of Radiology. These facilities must complete annual certification requirements.

Both the FDA and the ACR evaluate the quality of exams and the credentials of the facilities' staffs.

Naval Medical Clinic Pearl Harbor conducts approximately 2,300 mammograms annually. A board-certified radiologist and two American Registry of Radiologic Technologists certified in mammography provide mammogram services to Pearl Harbor ohana.

All women should remember to conduct their monthly breast self-exam and to contact their PCM to discuss concerns.

For appointments at Branch Medical Clinic Makalapa, call 473-0247. Call 257-2131 for appointments at Branch Medical Clinic Kaneohe Bay.

## Myths about regarding breast cancer; early detection aids

**NAPS**  
*Featurettes*

With all the focus on women and health these days, what is it that prevents women from really taking care of their own health?

With all the evidence that suggests early detection of breast cancer can be instrumental in saving lives, why would women forgo getting a routine mammogram?

What's more, with information available on the benefits of early detection that show there may be less need for invasive treatment and better outcomes, why do women seem to ignore the facts?

There are several reasons. Among the top barriers to early detection of breast cancer, some women think that they are not at risk because breast cancer does not "run in their family;" some believe that the results of a mammogram will be breast cancer, so they avoid the test; still other women lack insurance or financial resources to pay for mammograms; and still others believe that if they are over 65, they do not need a mammogram.

Here are some quick facts:

- Only five to 10 percent of all breast cancers can be attributed to inherited genetic mutations.

Most women diagnosed with breast cancer do not have a fam-

ily history of this disease. Therefore, beginning when a woman is 40 years old, routine mammography and a clinical breast exam is strongly recommended by most health care organizations.

Women 20 and older should practice monthly breast self-examination and report any unusual changes in their breasts to their healthcare provider.

- While fear of finding breast cancer is a motivating factor for many in not obtaining a mammogram, in fact more than half the time, breast cancer found via mammography is found at early, more treatable stages.

Early detection of this disease leads to earlier treatment when

the tumor is still small and requires less invasive procedures.

- Medically underserved women can find places offering no-cost mammograms by contacting the Centers for Disease Control and Prevention at 1-888-842-6355.

- Women over 65 should receive routine mammography screening and clinical breast exams because risk increases with age, and therefore, early detection is more important than ever if you are an older woman.

In fact, the average age at diagnosis is 63 years of age. Women, especially in this age group, should talk to their physicians and be sure to schedule a mammogram and clinical

breast exam.

Education about options for breast health is important. Women should be informed so that they can make educated choices about breast health.

Resources such as the National Breast Cancer Awareness Month Campaign provide information on its Web site, [www.nbcam.org](http://www.nbcam.org).

The regularly updated link searches the sites of the Board of Sponsors, a group of 19 national public service organizations, professional associations and government agencies including the American Cancer Society, the National Cancer Institute and the AstraZeneca Healthcare Foundation.

# Use care with kid medicines

## NAPS Featurettes

When your child has a fever, a cold, the flu, or any other common ailment, what should you do? According to the National Council on Patient Information and Education, parents need to “Be MedWise” with over-the-counter medicines for infants and kids:

- Only use medicines formulated for infants and children because their metabolisms are very different than those of adults. Never cut adult-strength tablets in half or try to estimate a child’s dose of an adult-strength liquid. Similarly, giving older children liquid medicines that are especially formulated for babies can also lead to dosing errors.

- Always use the dosing device packaged with medicine to make sure that infants and kids get the intended dose. Never use kitchen spoons or other home utensils to measure medicine doses.

- Know your child’s weight as most pediatricians and pharmacists agree that the child’s weight is the best way to determine correct dose.

- Compare ingredients when giving more than one OTC medicine. Read the “drug facts” label on each product to compare the active ingredients and uses. It’s possible to give your child two different products that contain the same active ingredient.

- Follow the directions carefully. This way, you’ll understand the dosing instructions and be aware of any warnings.

- When in doubt, ask your doctor or pharmacist *first*. Your child’s health is too important to guess. See [www.bemedwise.org](http://www.bemedwise.org).