

# M Hawaii MARINE

VOLUME 36, NUMBER 15

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APRIL 14, 2006



MEDCAP  
A-3



Skate Park  
B-1



Championship  
C-1



AGUILAR

## Hawaii-based Marine dies in flash flood

MCBH PAO  
Press Release

Corporal Andres Aguilar Jr., 21, of Victoria, Texas, died April 2 when the 7-ton truck in which he was riding rolled over in a flash flood near Al Asad, Iraq.

Aguilar was a communications technician with Headquarters Company, 3rd Battalion, 3rd Marine Regiment, here.

Aguilar joined the Marine Corps June 2002 and reported to Hawaii March 2003. He deployed to Iraq March 2006. He also deployed to Afghanistan with 3rd Battalion, 3rd Marine Regiment from November 2004 to June 2005.

His awards include the Good Conduct Medal, Navy Unit Commendation, National Defense Service Medal, Iraq Campaign Medal, Afghanistan Campaign Medal, Global War on Terrorism Service Medal, and two Sea Service Deployment ribbons.

Aguilar is survived by his father, mother and brother.



Cpl. Jonathan Agg

Greg Medina, reflects on his son's life and death. Medina, a mechanical inspector at the National Museum of the Marine Corps, joined the project after his son, Lance Cpl. Brian Medina, was killed in Iraq in 2004.

## Father's labor labor of love

Cpl. Jonathan Agg  
Combat Correspondent

MARINE CORPS BASE QUANTICO, Va. — Greg Medina awoke in the early morning hours of Nov. 12, 2004, with an intense, shooting pain in his side. Clutching the ache, Medina was unable to cry out; he could hardly breathe. After several agonizing minutes the pain subsided, but was replaced with a haunting sense that he had lost his son, Lance Cpl. Brian Medina, an infantryman then serving with B Company, 1st Battalion, 3rd Regiment, 3rd Marine Division, in Fallujah, Iraq.

Medina went to his job as usual that morning at the construction site of the new Social Security Administration building in

See LABOR, A-6



1st Lt. Carl DeSantis

A Lava Dog with the Distributed Operations Platoon, 1st Battalion, 3rd Marine Regiment, peers down into the Pech River Valley while on a mission high in the mountains near Camp Blessing in Nangalam, Afghanistan.

## 1/3 provides first DO platoon in combat

Sgt. Joe Lindsay  
Combat Correspondent

**NANGALAM, Afghanistan** — Lava Dogs serving in the Distributed Operations Platoon with 1st Battalion, 3rd Marine Regiment, based out of Marine Corps Base Hawaii, are making history by providing the first such platoon ever sent to a combat zone during their current deployment to Afghanistan in support of Operation Enduring Freedom.

Distributed Operations is an evolving concept created by the Marine Corps Warfighting Laboratory in Quantico, Va., that, according to "A Concept for Distributed Operations" statement released by the MCWFL last year, "describes an operating approach that will create an advantage over an adversary through the deliberate use of separation and coordinated, interdependent, tactical actions enabled by increased access to functional support, as well as by enhanced combat capabilities at the small-unit level."

"The essence of this concept lies in the capacity for coordinated action by dispersed units, throughout the breadth and depth of the battlespace, ordered and connected within an operational design focused on a common aim."

According to the Gunnery Sgt. Jack Scheaffer, a project officer with the MCWFL who is currently serving with the Distributed Operations Platoon at 1/3's forward operating base at Camp Blessing in Nangalam, "The DO concept isn't as

complicated as it might sound."

First Lt. Carl DeSantis, platoon commander, Distributed Operations Platoon, 1/3, said he couldn't agree more.

"Distributed Operations is a new concept the Marine Corps is testing under guidance from the commandant to be able to cover more battlespace with less personnel by increasing the training and the small-unit level and the communications package," said DeSantis, a native of Reno, Nev., by way of Folsom, Calif. "Basically it gives a platoon the training, ability and gear to cover an area that a company would normally cover."

"It really just comes down to brilliance in the basics," added Scheaffer, a Vietnam veteran who joined the Marine Corps in 1968. "I think there were a lot of misconceptions as to what the DO project was in the beginning. Initially, everybody looked upon it and said sarcastically, 'Oooh, trying to train up a secret squirrel outfit, are you?' and things of that nature. All DO really is, is just emphasizing the basics of training and giving people the best training and the best gear that we can possibly give them."

The Distributed Operations Platoon got plenty of that training during a four-month pre-deployment training evolution at Fort Hunter Liggett in Jolon, Calif., before deploying to Afghanistan in January.

"When we first got to Fort Hunter Liggett, we started from scratch, literally," said Staff Sgt. Robert Lytle, infantry platoon sergeant,

Distributed Operations Platoon, 1/3. "We went back to the recruit training method," admitted the former drill instructor.

After their arduous four-month training regime, which included courses in both day and night tactics, techniques, procedures, patrols, communications, ambushes, land navigation, marksmanship, indirect and direct fire, fire and maneuver, convoy operations, weapons technologies and a plethora of other skills, the Distributed Operations Platoon was deemed ready to deploy to combat as the first ever platoon of its type.

"I think the battalion commander put the DO Platoon in the best place he could have possibly put them by sending us to Camp Blessing," said Scheaffer, a native of Richfield, Pa. "Not to take anything away from any of the other FOBs (forward operating bases), but this seems to be kind of the end of the line in Afghanistan. There is a lot of enemy activity out here. We are out here in Indian country and I think it is an excellent place for the DO Platoon."

According to Lytle, the Distributed Operations Platoon concept is one that he believes will eventually become a mainstay in the Marine Corps.

"We know the whole world is watching us, to see if this DO concept will work," said Lytle, a native of Asheville, N.C. "We take that personally. We want to prove that DO is more than just

See DO, A-6

## K-Bay shows its appreciation for all Key Volunteers

Lance Cpl. Ryan Trevino  
Combat Correspondent

More than 175 members of the Key Volunteer Network, supporting the various units here, were honored by Marine Corps Family Team Building for their contributions during a ceremony held at Pop Warner Field, Friday.

The network of volunteers serves as a primary communication link between unit commanding officers and unit families, and enhances mission readiness.

"The Key Volunteer Network is so important, because the Marines' families need to be taken care of, and the KVs (Key Volunteers) do that," said 1st Lt. Eve A. Baker, director, Marine Corps Family Team Building, the Marine Corps Community Services parent program of the KV Network. MCFTB provides educational resources and services to foster personal growth and enhance the readiness

See KEY, A-7



Lynn Cuthrell (left), beneficiary education representative, TriWest; and Karl Kiyokawa, Hawaii market vice president, TriWest; present Marine Corps Base Hawaii Commanding General Brig. Gen. Steven A. Hummer with a check for \$5,000 during the Key Volunteer Appreciation Ceremony, Friday. There are more than 175 trained Key Volunteers on K-Bay.

Lance Cpl. Ryan Trevino

## NEWS BRIEFS

### Pride Day is a Day for Everyone to Lend a Hand

Due to the holiday weekend, Pride Day began one day earlier than planned. However, Marines, Sailors, and civilian Marines are encouraged to join forces again today to rid the base of trash and debris.

This year, as in years past, the joint effort will focus on intense, thorough, and systematic clean up of the entire base.

### Easter Sunrise Service/MCBH

Sunday from 6:30 to 8:30 a.m. at Fort Hase Beach, here. For more information call Chaplain Daniel Owens at 257-8318.

### Easter Sunrise Service/Bellows

Sunday from 6:30 to 8:30 a.m. at Bellows Air Forces Base pavilion B. Minister Joshua Dial will begin service at 6:30 a.m. At 7 a.m., a free breakfast buffet will be provided along with free photos with the Easter bunny. An Easter egg hunt will follow at 8:30 a.m. For more information call 259-4112.

### Communication Cables Damaged

The storm March 31 caused severe damages to the base's telecommunications cables, which adversely effected service to telephone lines. In next week's Hawaii Marine, our Combat Correspondents will explain what happened to the base's communications and what is being done to correct some of the damages and problems.

### Excellence in Federal Government Awards Luncheon

The Honolulu Executive Board is sponsoring the 2006 Excellence in Federal Government Awards Luncheon, May 2, at the Sheraton Waikiki Hotel, Hawaii Ballroom Contact Daniel Gonzales in Building 216, room 81, 257-8808, prior to April 11 to purchase tickets.

### Parade and Concert

There will be "A Salute to Our Troops" Waikiki parade and outdoor concert to salute all Hawaii-based military personnel, including the men and women of the U.S. Army, Air Force, Navy, Marine Corps, Coast Guard, National Guard and Reserves

The Parade will begin at 9:30 a.m. May 6 from Fort DeRussy and continue on to Kalakaua and Monsarrat avenues and end at Kapiolani Park at 11:30 a.m.

The outdoor concert, featuring John Legend, will begin at 12:05 p.m. at Kapiolani Park Bandstand and Main Stage and end at 4:45 p.m.

For additional information, call 836-3351.

### Parking Lot Closure

The Base Theater parking lot will be closed until Aug. 23 for repairs and improvements.

For more information, call Base Facilities at 257-2171.

### Hawaii Marine Accepts Letters

Letters should be clear and concise. The Hawaii Marine staff reserves the right to edit letters for clarity and length. Comments must be signed with a full name and a telephone number must be provided.

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

All letters and news briefs should be e-mailed to: editor@hawaiimarine.com.

### Important Phone Numbers:

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

## HAWAII MARINE

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MCB HAWAII, KANEOHE BAY, HAWAII 96863  
E-MAIL: EDITOR@HAWAIIIMARINE.COM  
FAX: 257-1289, PHONE: 257-8835

# Claims, reimbursements made

Lance Cpl. Edward C. deBree

Combat Correspondent

Marine Corps Base Hawaii will join hundreds of other military installations in implementing the Defense Travel System in early April.

"The Defense Travel System is a paperless temporary travel system to process TAD (temporary assigned duty) online," said Shayan Farazmand, mission systems sector manager, Information and Technical Solutions Division, DTS. "It's similar to travel Web sites like Orbitz and Travelocity, because military personnel have control over what flights they go on; what seats they sit at on the plane; what lodging they stay at when they get there; and where they rent a vehicle from."

In order to access DTS, enlisteds and officers need their common access card, access to a computer and software downloaded from the Web site. From there, the request and orders are routed through their chain of command for approval. Once approved, orders can be printed out and the service

member can take the orders to the airport, where he or she can charge their expenses to a government credit card.

Upon completion of the travel, a voucher is filled out, listing all charges the service member made, which he or she files for reimbursement two to three days later.

The system will reduce the time it takes for service members to get reimbursement for all travel expenses they have made during the period they were on TAD, said Farazmand.

"This system does what the travel office does, but you are in charge of it," said Army Master Sgt. Bruce Carter, DTS fielding team member, Program Manager Office, DTS. "The sooner you get reimbursed, the better. This system cuts down on time - which, if you save time, you save money. This system has saved the government millions of dollars, and it's easy to use for the service members. I have used it before."

Marine Corps Base Hawaii initiated the program in November 2005 and it should now be fully operational on base. Units that will be able to use DTS include

Headquarters Battalion, 3rd Marine Regiment, Combat Service Support Group 3, Marine Aircraft Group 24, and Marine Corps units stationed aboard Camp Smith.

Carter said that commanders will like the system because it keeps them informed as to wheretheir Marines that are going on TAD, and it will save money in their budget.

According to the DTS Web site, the Defense Travel System was first envisioned in the mid-1990s and first fielded in 2001 at 21 pilot sites. It is now supporting hundreds of thousands of service members and Department of Defense personnel worldwide.

"Marines here are about to get technical, because it's all Web based," said Carter. "It puts them in charge of where they're going and how they're getting there, and it will put them online with the rest of the Department of Defense. They will no longer have to go to the travel office and wait."

For more information on DTS, log on to [www.dtstravelcenter.dod.mil](http://www.dtstravelcenter.dod.mil).



Cpl. T. J. Kaemmerer

Angela E. Zavala, editor, TIYM Publishing Company, Inc., addresses a crowd during the 2006 TIYM African-American Yearbook reception at the Library of Congress April 6. This is the sixth year the Marine Corps has advertised in the publication, which provides a wide range of resource and referral information about the African American community.

# Marines promote diversity

Cpl. T. J. Kaemmerer

Marine Corps Recruiting Command

WASHINGTON, D.C. — More than a dozen Marines, including two of the Corps' senior-ranking African-Americans, attended a reception for the release of the 2006 TIYM African American Yearbook at the Library of Congress April 6.

This is the Corps' sixth year advertising in the publication, which provides a wide range of resource and referral information about the African American community.

Also in attendance were representatives from various government agencies, private sector businesses, and members of the U.S. Air Force, U.S. Coast Guard and members of Congress.

Major Gen. Walter E. Gaskin, commanding general, Marine Corps Recruiting Command, and Maj. Gen. Cornell Wilson, director of Reserve Affairs Division,

Headquarters, U.S. Marine Corps, were the senior Marines in attendance. Gaskin, the keynote speaker of the evening, told an enthralled audience about the contributions of the first African-American Marines, known as the Montford Point Marines. Because of them, the Marine Corps today benefits greatly from its ethnic diversity. Gaskin is the first African-American to head the Corps' recruiting efforts.

"The Marine Corps came to be where it is today because of the dedication and contributions of those first African-American Marines," said Gaskin. "The Marine Corps is a team, and our strength stems from the diversity of each of our individual Marines."

Government and community leaders understand the value of these yearbooks to their organizations efforts in promoting diversity.

Congressman Charles B. Rangel, D, N.Y., was slated to speak at the event but couldn't attend due to prior commitments. Representing Rangel was Cedric Grant, who voiced the congressman's remarks.

"Diversity is what makes America the great nation it is today," Grant said, on Rangel's behalf. "It is our bedrock and our strength"

The 2006 TIYM African-American Yearbook highlights those experiences, traditions and accomplishments of African-Americans in many walks of life, to include the military. This year, the Marine Corps is featured in a five-page, full-color advertorial that highlights educational and leadership opportunities in the Corps, as well as the accomplishments of several African-American Marines.

According to Angela Zavala, editor, TIYM Publishing Company, Inc., her company has

really grown with the Marines.

"Our Success wouldn't be possible without the support of the Marine Corps," Zavala said.

With a distribution network of 50,000 outlets to include the U.S. Senate and House of Representatives, the Department of Defense, U.S. embassies and consulates, schools, the American Council on Education; and the National Council for Community and Education Partnerships, the Marine Corps hopes to further their growth with TIYM Publishing.

"The Marine Corps will continue communicate its message of opportunity and diversity through the African-American Yearbook as a means of reaching influencers in the African-American community," Gaskin said.

For more information, or to obtain a copy of this year's African-American Yearbook, visit [www.tiym.com](http://www.tiym.com).

## Weekend weather outlook

### Today



**Day** — Partly to mostly cloudy skies throughout the day. The winds will be easterly at 12 to 15 knots with gust to 23 knots during the day. There will be isolated rain showers during the morning hours.

**Night** — Partly cloudy skies will prevail throughout the night. The winds will be easterly at 10 to 12 knots with gust to 18 knots.

High — 78  
Low — 72

### Saturday



**Day** — Partly cloudy to mostly cloudy skies throughout the day. The winds will be easterly at 10 to 13 knots with gusts to 20 knots. Expect isolated light rain showers before sunrise

**Night** — Partly cloudy skies will prevail throughout the night. Winds will be easterly at 10 to 12 knots with gusts to 18 knots. Expect few rain showers during the early evening hours.

High — 78  
Low — 72

### Sunday



**Day** — Partly cloudy with temporary mostly cloudy conditions throughout the day. The winds will be northeasterly to easterly at 08 to 12 knots with gust to 16 knots. There will be light rain showers during the morning hours.

**Night** — Partly cloudy skies becoming mostly cloudy overnight. Winds will be easterly at 07 to 10 knots with isolated gust to 15 knots. Expect few rain showers over night.

High — 78  
Low — 72



Photos by Lance Cpl. Stephen Kwietniak

Navy Lt. Aric Aghayan, battalion surgeon, 1st Battalion, 3rd Marine Regiment, from Shawnee, Kan., provides medical attention to an Afghan boy during a recent Medical Civil Affairs Project, or MEDCAP, in Jalalabad, Afghanistan. Marines and Sailors from 1/3 are currently deployed from their home base at Marine Corps Base Hawaii to Afghanistan.

## 1/3 conducts MEDCAP in Afghanistan

Marines and Sailors provide humanitarian aid to nearly 1,000 Afghan villagers and refugees during MEDCAP

Story by Sgt. Joe Lindsay

Combat Correspondents

**JALALABAD, Afghanistan** — Navy hospital corpsmen from 1st Battalion, 3rd Marine Regiment, based out of Marine Corps Base Hawaii, recently provided medical checkups to nearly 1,000 Afghan refugees and locals, while elements of the U.S. Army's Civil Affairs team stationed here handed out humanitarian supplies, which included food, clothes, blankets, and other essentials, to the swarms of people who flocked to an aid station set up by coalition forces between two refugee camps in the sprawling town of Jalalabad.

The Medical Civil Affairs Project, or MEDCAP as it is commonly referred to, was a joint coalition forces effort between 1/3's Marines and Sailors, U.S. Air Force airmen, U.S. Army and Afghan National Army soldiers, and Afghan National Police officers, noted 1st Sgt. John Armstead, company first sergeant, Headquarters and Service Company, 1/3.

"The Marines, ANA and ANP provided the security for this important mission, so that 1/3's corpsmen and the Army's civil affairs team could help these people," said Armstead, a native of Canton, Ohio. "It is hard to describe the scene of these refugee camps. There were human feces everywhere, most people had no shoes to speak of, and there was no running water. These people are destitute. If we're not going to help them, who is?"

Sadly, noted Chief Petty Officer Claude English, enlisted senior medical department representative, 1/3, the answer to Armstead's question is probably nobody.

"The majority of these children have most likely never been seen by a doctor before, not even when they were born," said English, a New Orleans native. "The average life expectancy for women over here is 43 years. Many women die in childbirth, because they don't have access to medical facilities. The average life expectancy for men is a little higher, at 47 years. It is a hard, hard life here in Afghanistan."

According to English, the purpose of the MEDCAP was to help the refugees and displaced Afghans in any way possible, with a specific emphasis on treating children.

"We can't cure cancer out here," observed English, "but we're definitely doing everything we can to help them out. These people don't have anything over here and everyday comes down to a matter of survival. By focusing on the children we hope we can help them at a young age so they have a better chance to live a healthy life."

For those who attended the MEDCAP, from 1/3 Commanding Officer Lt. Col. James Bierman down to the Marines on the ground providing security, it was a day many said they would not soon forget.

"The Marines were there to provide security so the corpsmen could do their thing, but we felt like we were a part of it, too," said 1st Lt. Matt Bronson, executive officer, Headquarters and Service Company, 1/3. "Being over here every day makes you realize how much we take for granted back in the states," continued the Barre, Mass., native. "I will never forget seeing the looks of relief on the faces of the parents when their children were receiving medical treatment and they were getting medicine and multi-vitamins for their kids."

"We as a coalition are directly impacting their lives for the better," added Bronson. "It's a good feeling."

Others who took part in the MEDCAP conveyed similar messages regarding the day's events.

"It was great!" said Navy Lt. Aric Aghayan, battalion surgeon, 1/3. "We saw nearly a thousand patients, which exceeded my expectations, but we were prepared for it," continued Aghayan, a native of Shawnee, Kan. "The whole operation went smoothly, and we got a chance to help a lot of people who really needed it."

"This is what being a corpsman is all about," added Petty Officer 1st Class Tim Gorman, leading petty officer, 1/3, from Tucson, Ariz. "It was a long day, but I couldn't think of a better way to spend it."

According to Sgt. Maj. Michael Berg, battalion sergeant major, 1/3, and a native of Plymouth, N.H., the MEDCAP was in keeping with 1/3's philosophy of "No better friend; no worse enemy."

"We are here in Afghanistan to root out the enemy insurgents, but we are also here to help the local Afghan people in other ways as well," said Berg, who attended the MEDCAP with Bierman.

"The Afghan children are what it is all about. We want them to have a better future, to live in freedom, and to make sure they are healthy and have a chance in life. Seeing the smiles on the faces of the children and their parents just hits home why we are here — to help the people of Afghanistan."



Navy Lt. Aric Aghayan, battalion surgeon, 1st Battalion, 3rd Marine Regiment, from Shawnee, Kan., provides medical attention to an Afghan man during a recent Medical Civil Affairs Project, or MEDCAP, in Jalalabad, Afghanistan.



The injured foot of an Afghan boy is treated by Navy Lt. Aric Aghayan, battalion surgeon, 1st Battalion, 3rd Marine Regiment, who was in Jalalabad Afghanistan as part of a recent Medical Civil Affairs Project, or MEDCAP, aimed at providing medical check-ups and humanitarian aid to Afghan refugees and displaced persons.

# High-performance fabrics pose burn threat

**Lance Cpl. Stephen Holt**

*1st Marine Logistics Group*

**CAMP TAQADDUM, Iraq** — According to Marine Corps commanders in Iraq, the wearing synthetic athletic clothing containing polyester and nylon has been prohibited while conducting operations from forward operating bases and camps.

The ban on popular clothing from companies like Under Armour, CoolMax and Nike comes in the wake of concerns that a substantial burn risk is associated with wearing clothing made with these synthetic materials.

When exposed to extreme heat and flames, clothing containing some synthetic materials like polyester will melt and can fuse to the skin. This essentially creates a second skin and can lead to horrific, disfiguring burns, said Navy Capt. Lynn E. Welling, the 1st Marine Logistics Group head surgeon.

Whether on foot patrol or conducting a supply convoy while riding in an armored truck, everyone is at risk to such injuries while outside the wire.

Burns can kill you and they're horribly disfiguring. If you're throwing a melted synthetic material on top of a



Lance Cpl. Stephen Holt

**A hard crust (shown here) is the result of a burn test conducted by Navy Capt. Lynn E. Welling, the 1st Marine Logistics Group's surgeon. The test on the material was done in an effort to study how polyester materials found in high-performance wicking material react to fire.**

burn, you will have a bad burn with plastic melted into your skin, and that's not how you want to go home to your family, said Welling.

According to Tension Technology International, a company that specializes in synthetic fibers, most man-made fabrics, such as nylon,

acrylic or polyester will melt when ignited and produce a hot, sticky, melted substance causing extremely severe burns.

For these reasons, Marines have been limited to wearing clothing made with these materials only while on the relatively safe forward operat-

ing bases and camps where encounters with fires and explosions are relatively low.

The popularity of these products has risen in the past few years and has started being sold at military clothing stores. Some companies have come out with product lines specifically catering to mili-

tary needs. This makes polyester clothing readily available to service members, said Welling.

The high-performance fabrics work by pulling perspiration away from the body to the outside of the garment instead of absorbing moisture like most cotton clothing.

The Under Armour company, a favorite among many service members here, advertises that the fabric used to make their garments will wick perspiration from the skin to the outer layer of the clothing allowing the person wearing it to remain cool and dry in any condition or climate.

While these qualities have been a main reason for Marines to stock up on these items, the melting side effect can be a fatal drawback, said Welling.

This point was driven home recently at a military medical facility located at Camp Ramadi, a U.S. military base on the outskirts of the city of Ramadi, arguably one of the most dangerous cities in Iraq.

"We had a Marine with significant burn injuries covering around 70 percent of his body," said Cmdr. Joseph F. Rappold, the officer-in-charge of the medical unit at the base.

The Marine was injured when the armored vehicle he was riding in struck an improvised explosive device, or IED, causing his polyester shirt to melt to his skin. Even though he was wearing his protective vest, Navy doctors still had to cut the melted undergarment from his torso.

*See BURN, A-5*

# Marines swap rank during NCO week

**Cpl. Megan L. Stiner**

*Combat Correspondent*

The Combat Assault Company office displayed a rare image during noncommissioned officer's week, April 3 to 7. Instead of the normal one staff NCO or officer occupying a room during working hours, there were two Marines or Sailors.

Throughout the various offices in the company, the image remained the same. In nearly every scenario, one of two individual's faces was adorned with a smile as he observed the other whose furrowed brow remained in place while shuffling papers and answering the phone.

Where the observant individual's collar displayed two similar chevrons, the other's exhibited a different look. On the left was a sergeant's or corporal's chevron, and on the right was a different insignia atop a red patch.

For one week, Marines participated in NCO week where they were given the opportunity to swap rank and responsibilities with staff NCOs and officers in their company.

"I was very interested when I first heard of the concept for NCO week," explained Sgt. Robert S. McMillian, an amphibious assault vehicle Marine who assumed the responsibilities of 1st Sgt. Anthony Sammartino, company first sergeant, H&S Company, during the week. "I plan on making the Marine Corps a career, so it gave me the opportunity to see what the higher-ranking Marines do on a day-to-day basis. It definitely helped to give me an idea of what I can expect in later years and determine what route to take."

According to McMillian, a native of Miami, Okla., a lot of Marines may think that their staff NCOs and officers have easy jobs which afford them a lot of free time. However, after experiencing the tasks and duties of his first sergeant, he has a totally different perspective of the workload and a newfound respect for the job title.

"This job is quite a bit too demanding," said the 31-year-old. "There is all the routine work and responsibilities, but then there are also a lot of extra tasks that arise throughout each day."

According to Sammartino, who was the brains behind the weeklong event here, he was put through the exact same thing when he was a corporal, which was when the idea originated.

"I am leaving the unit soon, and I wanted to do one last big event for the Marines before I took off," he explained. "It was a good experience for me, and



Cpl. Megan L. Stiner

**Sgt. Robert S. McMillian, acting first sergeant, Combat Assault Company, 3rd Marine Regiment, here, concentrates while looking over paperwork in the first sergeant's office. During noncommissioned officer's week, April 3 to 7, the NCOs of CAC took on the duties and responsibilities of the staff NCOs and officers of their company in an effort to give them a better idea of the higher-ranking Marine's and Sailor's responsibilities and daily workload.**

I thought they would benefit from it as well."

McMillian, an eight-year veteran, said he thinks it is a good event for any unit or group of Marines to go through.

"Before NCO week, the only perspective of the staff NCO and officers' jobs was from an outside view," he explained. "Now I know they don't have extra time and less work. I see the process they go through each day and how demanding it really is for them."

Sammartino said some Marines might complain because it takes a while for things that need to get done to get downrange. One of the benefits of job

responsibilities is getting to see what it takes for things to happen and why, at times, it seems to take so long.

"You always hear Marines say they are waiting for word," he said. "By participating in NCO week, they get a chance to see where the word comes from, what changes occur as it gets pushed down each

level of the chain of command, and why the changes and, at times, delays occur. It gives them a better perspective as to why some things happen and how decisions and events are decided and ultimately put into action."

Each day of the week brought a new responsibility to the table for the NCOs. Monday was job assignments, which were decided on by choosing from a hat. Tuesday was a day for the NCOs to shadow the Marine whose job they would be assuming. Wednesday the NCOs took control of the responsibilities with a minor amount of assistance from the staff NCOs and officers. Thursday they took full reign of their new billet. Friday the staff NCOs and officers assumed their NCOs' billets, and the event was wrapped up.

According to McMillian, one negative aspect of the experience is the fact that it is only one week long.

Although Marines get a taste of their new job billet, they don't get the whole experience because of the time constraint.

"There is only one day for turnover, and then we just kinda got thrown into the job," he said. "If I had more time to prepare, then I probably wouldn't be so overwhelmed."

In a similar manner, Cpl. Rob E. Minnish, acting commanding officer, expressed his experience as being confusing, but in a little different way.

"We did get thrown into a lot of meetings and odd situations," said the Dayton, Ohio native. "But, the hardest part for me was trying to figure out the long acronyms as the colonel spoke during meetings. It was nice not having anyone telling me what to do, but when it came to the business of being the CO, I realized I have a lot to learn."

Aside from the difficulties of their newfound responsibilities, both McMillian and Minnish agreed the week was very informative and beneficial for them and their fellow Marines and Sailors.

"I hope other units take this concept and apply it to their Marines and Sailors," said McMillian.

"It taught me a lot, and I think it could benefit any Marine or Sailor to see what the individuals above them in the chain of command are responsible for on a daily basis."

**BURN, from A-4**

His injuries would not have been as severe, had he not been wearing a polyester shirt, said Rappold.

Burns have become a common injury in Iraq as the enemy continues to employ IEDs and roadside bombs.

Currently, such hidden explosives are the number-one killer of service members in Iraq, said Welling.

For years, service members with jobs that put them at a high risk of flame exposure, such as pilots and explosive ordnance disposal personnel, were kept from wearing polyester materials because of the extra burn threat. Now, with so many encounters with IED explosions, the Marines are extending this ban to everyone going outside the wire.

As the summer months in Iraq get closer, temperatures during some days are expected to hover around 130 degrees Fahrenheit. With blistering temperatures like these, many will be wearing the moisture wicking, quick-drying clothing in an attempt to beat the heat and stay cool.

"I understand it gets to be 150 degrees in a turret during the summertime. My goal is not to make it more uncomfortable or harder on the service members. My job is to make sure that when they hit an IED and are engulfed in flames, they have the best protection possible and the least risk of something (going wrong) that could have been prevented," said Welling.

A concern among commanders is that service members will downplay the problem of wearing wicking materials in combat settings, because they think their body armor or uniforms will protect them.

The camouflage utility uniforms are designed to turn to ash and blow away after the material is burned, but the burn hazard is still present, said Welling, who recommends wearing 100 percent cotton clothing while on missions.

So far, Marines have been responding well to the new regulations.

"The policy is good, because it's designed for safety and is about keeping Marines in the fight," said Cpl. Jason Lichtefeld, a military policeman with the 1st MLG, who plans to make sure his Marines comply with the new rules.

Even Marines who never venture off their base should be aware of the risks associated with wearing the wicking fabrics.

Recently, there was a case where a Marine's high-performance undershirt started smoking when he was shocked by an electrical current. Fortunately, it didn't catch on fire or melt, but the potential was there, said Welling.

When working in a low-risk environment where exposure to flames or intense heat is minimal, the high-performance apparel can be an optimal option for staying cool in the Iraq heat.

"We've got a great piece of gear, but when you put it in the wrong environment, it could cause more problems than its worth," said Welling.

The directive is straight forward and simple.

"The goal is not to bubble wrap the warrior going outside the gate," said Welling.

"The idea is to minimize the (hazards) we have control over."

# Environmental stresses disposal awareness

*Environmental Compliance and Protection Department*

MCBH Environmental Compliance and Protection Department would like to remind residents, military and civilians working on base, about solid-waste disposal procedures.

"Many people are unaware of the procedures of how to dispose of bulky items and hazardous waste here on base and in the community. We would like to get the word out to our customers," said Paulette Ujimori, Solid Waste Compliance manager of the EC&PD. "Due to restrictions with our landfill permit we can't accept hazardous wastes or bulky items, but people new to our base or the island sometimes don't know what to do with them."

Hazardous waste may include paints, solvents, batteries, fluorescent lamps, antifreeze, used oil, propane tanks, solvents, ammunition, etc. On MCBH, there are two types of hazardous waste: Household hazardous waste and industrial hazardous waste.

Residents living in base housing generates household hazardous waste. Base housing residents may bring their usable, unwanted hazardous products, such as paints, household cleaners, motor oils and propane tanks to the "Reuse Room" at the Self-Help Store in Building 1505 on the corner of Cushman and Lawrence roads. They'll be able to swap or pick up products, at no cost, for use in their residence. Household hazardous waste (products no longer usable), generated from base housing, should be discarded according to the MCBH Household Hazardous Waste Disposal Chart. Residents living off base may take their household hazardous waste to one of the city's Drop-Off Convenience Centers (propane cylinders must be empty). More information on the City's Convenience Centers may be found at [www.opala.org](http://www.opala.org), or by calling the City & County of Honolulu at 692-5411.

MCBH personnel, military and civilians, engaging in daily maintenance and repair operations, generate industrial waste. All industrial hazardous waste, with the exception of ammunition, must be turned in to the Base Hazardous Waste Accumulation Site via work center's authorized Satellite Accumulation Site. Federal and state governments have established strict regulations for the disposal of industrial hazardous waste. Noncompliance of these regulations can result in potential fines for MCBH. All hazardous waste must be turned in to the work center's SAS. The Hazardous Material and Hazardous Waste Coordinator for each work center's SAS is fully trained in accumulation and turn-in procedures. "The State Department of Health can fine us for improper disposal of hazardous wastes," said Ujimori. "For example, the fine for improper disposal of a single lead acid battery can be up to \$10,000."

Ammunition is also considered a hazardous waste and should not be removed from the work areas. Ammunition includes blank and live rounds and any other type of explosive material that may present a potential explosive hazard. If ammunition is accidentally removed from the work area, it should be returned to amnesty bins set up at the Range and the 3rd



File Photo

**A trash truck dumps its load in a landfill aboard K-Bay. This photo serves as a reminder from the Environmental Compliance and Protection Department, here, to dispose of solid waste properly.**

Marines Armory, Building 4053, located off Mokapu Road across the street from McDonalds. The bins are set up for individuals to turn in rounds that they may have accidentally taken away from work areas, with no questions asked, and without threat of disciplinary action on the individual turning in the rounds. Ammunition can also be turned in to any Regiment Officer of the Day. If you encounter any ammunition or ordnance that you are unsure of, contact the Provost Marshal's Office at 257-2123.

Anything that may be questionable should not be touched by untrained individuals or improperly disposed of in the trash. At no time should ammunition be disposed of in household trash or dumpsters. Ammunition that enters the solid waste stream has the potential to injure refuse collection and disposal workers.

Bulky items also pose a problem with solid waste disposal, because they are not easily compacted or land-filled. Unusable bulky items are picked up from base housing areas biweekly as part of regular trash pickup. For bulky item pick up off base, the city and county of Honolulu provides bulky item pick up service and should be providing free, regularly scheduled pick up in all areas, beginning in February 2006. (Currently, some areas require residents to call to schedule a pick up).

For more information regarding bulky item pick up off base, visit the city's Web site at [www.opala.org](http://www.opala.org). The base thrift shop, located at Third Street will accept any usable furniture during work hours. These items should

not be left outside of the Thrift Shop after hours, because rain may damage the items, making them unusable and resalable. For more information, contact the Thrift Shop at 254-0841. Government-generated bulky items should be brought to the Recycling Center for proper disposal.

"We would also like to remind our units and tenants on base that recyclables must be taken to the recycle center located at Building 132 at the intersection of First and D streets. Recyclables, hazardous wastes, ammunition and bulky items are not allowed in base dumpsters," Ujimori added. "The refuse driver does inspect dumpsters prior to pick up, if any of these materials are found in a dumpster, facilities, Motor Transportation Division will tag the dumpster and notify the unit to remove any of these items prior to the dumpster being picked up. Units should then contact Motor-T at 216-6242 to notify them that the dumpster has been cleaned and is ready for pick up.

Housing residents also need to be reminded to follow proper solid-waste disposal procedures as well. While no one inspects their trash, the same rules apply to them when it comes to disposal of their solid waste."

More information on base regulations for solid-waste disposal can be found in Chapter 3 of Base Order 5500.15B on <http://www.mcbh.usmc.mil/g1/adjutant/pubs/5000/BaseO%20P5500.15B.doc> and on the Environmental Compliance and Protection Department's Web site at <http://www.mcbh.usmc.mil/g4/environ/g4edir.htm>.



Photo by Sgt. Joe Lindsay

First Lt. Carl DeSantis, platoon commander, Distributed Operations Platoon, 1st Battalion, 3rd Marine Regiment, from Reno, Nev., hands a blanket to a village elder during a humanitarian mission to the hamlet of Rechah Lam in the Kunar Province of eastern Afghanistan earlier this year.

### LABOR, from A-1

Washington, where he worked as a mechanical inspector. Early in the day, he mentioned his premonition to a coworker who tried to reassure him. But he was unconvinced. After work, he found reasons not to go home. He went to the gym. He ran errands. At 11 p.m., Greg Medina finally returned home. Relieved not to have received dreaded news about Brian, he prepared to settle into bed for the night. At 11:45 p.m. came the knock on the door.

As a junior Marine stationed at Kanhoe Bay, Hawaii, Brian Medina repeatedly requested orders to Iraq, essentially fighting his way onto deployment. According to Medina, his son's enthusiasm earned him a reputation among his peers. Before deploying from Okinawa, he reportedly chastised a number of Marines in his unit for bemoaning their mission to Iraq.

"He essentially told them to pack their gear or go home. He told them, 'We're Marines and this is what we do,'" Medina recalled a later account from one of Brian's squad members. Once in Iraq, Brian continued to lead from the front. The citation for his posthumous Navy Marine Corps Achievement Medal with combat distinguishing device states he "consistently performed his duties as a rifleman in an exemplary and highly professional manner ... at a greater risk to his own life, he enthusiastically assumed point-man duties for his squad and occasionally his platoon."

It was on point that Brian

was fatally wounded Nov. 12, 2004, in the courtyard of a home in Fallujah two months after landing in country.

After clearing a number of houses in a search and attack mission near the company command post, Medina and fellow squad member Lance Cpl. David Branning came upon a locked gate. The two Marines bravely kicked open the gate and led their fire team inside. Medina entered first and broke left followed by Branning who went right. Both were immediately ambushed with a barrage of armor-piercing machine-gun fire. Branning died on the scene and Brian later died enroute to a field hospital.

Since that day, Medina has come to understand Brian's life in the Corps as best he can, developing relationships with his son's friends to come to terms with his own loss and to keep the memory of Brian close.

He has been comforted by Brian's comrades, many of who he traveled to meet in Hawaii after the unit's rotation home. Like adopted sons, he listens to their war stories, stories he will never hear from Brian, and he reassures them that they did everything they could for his son. He is grateful for the love they shared for Brian and irrefutably demonstrated through their own acts of heroism and sacrifice.

Cpl. Andrew Ethridge attended Brian's funeral on crutches and wept over his casket as Greg Medina wrapped an arm around his shoulders and comforted him. Andrew was shot in the leg while running

to Brian's aid as he lay dying in the courtyard. Andrew still blames himself for not being able to save his friend's life. Cpl. Alexis Ayala, Brian's fire team leader, was decorated, in part, for retrieving Branning's body, helping to carry Brian to safety, and returning to the fire-swept courtyard a third time for a medical bag so a corpsman could continue to try to save Brian.

There is a strong military tradition in the Medina family. Greg Medina served 20 years as a Navy SeaBee, his brother retired from the Air Force as a lieutenant colonel, and his father was a captain in the Army.

"I'm grateful it wasn't drugs that killed him, or a drive-by, or a drunk driver," Medina said. "He was killed doing something he truly believed in. The guys believed in what they were doing, and he believed he was making a difference."

The spring following Brian's death, Greg Medina's employer, Jacobs Facilities, offered him a mechanical inspector position at the future site of the National Museum of the Marine Corps. He jumped at the opportunity.

He said he took the job not to serve the Marine Corps or even Brian, but for himself.

"This keeps Brian alive for me. So it's not for Brian, it's for me," Medina said. "I always have a place to go, south or north. I can go to Arlington or I can come here. This is close for me. I can spend a lot of time here."

When he visits Arlington, Medina notices how the older graves lack the fresh flowers

### DO, from A-1

a good concept on paper, but that it actually works in practice."

Other Marines in the Distributed Operations Platoon seemed to echo Lytle's sentiments.

"There is pressure, because the Marine Corps has invested a lot of time and resources training us," said Cpl. Alexis Ayala, 1st Squad Leader, Distributed Operations Platoon, 1/3. "The whole Marine Corps is watching us, and it is up to us to set the standard."

"The Lava Dogs in the DO Platoon have risen to the challenge, and we are doing good things out here," continued Ayala, a native of Queens, N.Y., by way of Morgantown, N.C. "We are the first DO Platoon in history. We are the founding fathers and all of us are very proud of that."

One reason Lytle said he believes Distributed Operations has a bright future in the Marine Corps is because it is based

on the Marine Corps philosophy of empowering small-unit leaders.

"The Marine Corps has always trusted its small-unit leaders," said Lytle. "That's all we were doing in DO – except we were just trusting them a whole lot more."

Lytle's statement seemed to be consistent with the MCWFL concept for Distributed Operation release, which states: "Continuing the trend toward decentralization of authority has been a hallmark of the Marine Corps combat development, this concept posits the distribution of decision-making authority across a wide number of junior leaders who are directly engaged in the fight. By moving authority downward, we will dramatically increase the speed of command."

According to Lytle, the Distributed Operations Platoon is not meant to supplant traditional infantry platoons, but rather to compliment them.

"We're just another asset for the command to utilize," said Lytle. "A deadly asset."



Courtesy of Greg Medina

Lance Cpl. Brian Medina, an infantryman, B Company, 1st Battalion, 3rd Regiment, 3rd Marine Division, was killed in Iraq in 2004.

found on the more recent plots.

"On all those new graves, there is always something fresh there," Medina said. "I just don't want to ever have Brian's site left bare. To do that is to forget."

The permanence of the National Museum of the Marine Corps will never let

Medina forget. But just to be sure, other safeguards are in place, too. Medina keeps a disk of photographs documenting Brian's Marine Corps service: Early pictures of Brian with perfect, post-boot camp posture to pictures of Brian posing with his squad members in Iraq. One photo taken shortly after he killed a man for the first

time, shows Brian sitting against a wall in combat gear looking despondent. A later photo from another angle shows Brian unmoved, perhaps still considering the gravity of his earlier combat action.

Medina has never been able to explain the sudden pain he felt when Brian was killed in Iraq, but he believes he has received another message through a more recent dream.

Medina is on a sailboat with his son at the helm, and is surprised to see his son manning the rudder with ease.

"Brian, where did you learn to sail?" he asked.

Brian does not answer but gives his dad a confident smile.

Suddenly, Medina is in the water behind the sailboat as his son drives the sailboat, continuing to cut through the waves toward the horizon.

"Where are you going?" Medina asked aloud, the boat now out of earshot.

When he woke, Medina said he understood.

"He's in a better place," said Medina of his son.

"He is going on with his journey."



Photos by Lance Cpl. Ryan Trevino

Becka Nielson and her two-year-old son Van (left) sit with Tanja Murdock and her daughter Brianna, 14 months, in the crowd during the Key Volunteer ceremony. There are more than 175 key volunteers distributed among the various units here.

### KEY, from A-1

of Marine Corps families.

"The KVs can relate to the families and spouses of the unit better than could a uniformed volunteer, because they themselves are spouses and mothers," said Baker. She added that the Key Volunteers' primary duties include: Welcoming new families to the units and providing them information about base resources, keeping them updated when the unit is deployed; organizing "Family Days" and welcome home parties; and providing general family readiness assistance to unit commanding officers.

Each of the units on base has their own group of Key Volunteers who were honored. Brenda Cooklin, Key Volunteer, 3rd Battalion, 3rd Marine Regiment, said it serves as a good support group for spouses with deployed husbands.

"It's a really good link for the wives to let them know what is happening," said Cooklin, the spouse of Sgt. Nick Cooklin, platoon sergeant, Lima Company, 3/3.

Tanya Murdock, Key Volunteer, 1st Battalion, 3rd Marine Regiment, has been doing this for one and a half years and agreed it is a good support system.

"We just get together and talk about what's going on while they're (husbands) on a combat deploy-

ment," said Murdock. Her spouse is Staff Sgt. Jacob Murdock, platoon sergeant, Alpha Company, 1/3.

Other Key Volunteers were there to tell their thoughts about the program.

"It's a good way to make friends during activities," chimed in Murdock's friend Becka Nielson, who met meet Murdock through the network.

Commanding General Marine Corps Base Hawaii Brig. Gen. Steven A. Hummer, spoke at the ceremony, emphasizing the Key Volunteer's mission is crucial to mission readiness and even called it a "combat multiplier."

Lieutenant Col. Rob Scott, executive officer, 2nd Battalion, 3rd Marine Regiment, was present at the ceremony with his wife Gabriella, a Key Volunteer for the unit, and their three children.

Scott said he also believes the network is vital to the mission.

"We couldn't have accomplished what we did without them," said Scott, referring to how much the network helped him and his unit through their last two deployments.

During the ceremony, each Key Volunteer on the base was honored for his or her contributions.

"We wanted to appreciate all of the key volunteers, not just one or two," said Baker. "Without KVs to help out, and offer guidance, and support to the



Above: Key Volunteers from 1st Battalion, 3rd Marine Regiment are presented with gifts for the work they have done for the Key Volunteer Network. Key Volunteers serve as a link between families and the command of their spouses' unit.



Left: Kids stayed busy during the Key Volunteer Appreciation celebration and played in two "Bouncy Houses" set up by volunteers.

families of the unit, there would be a lot more unhappy families and unhappy service members."

Baker added it is just as important for the deployed Marine as it is for the Marine's family back at home.

"If a Marine knows his family is OK, he can stay focused on the task at hand and accomplish the mission,"

said Baker.

Following the ceremony, the guests enjoyed music provided by the Marine Corps Forces Pacific party band and refreshments provided by the event's sponsor, TriWest. TriWest also presented Marine Corps Family Building with a \$5,000 check to strengthen the program.

Military children also came out with their parents to play in two "Bouncy Houses" that were set up by volunteers working the event.

For more information on becoming a Key Volunteer, contact the unit Key Volunteer coordinator, family readiness officer or commanding officer and ask about Key Volunteer training opportunities.

# LIFESTYLES

HAWAII MARINE B SECTION

APRIL 14, 2006



## Skaters catch air

Christopher Holba, a 9-year-old, "gets air," from a "vert" ramp at the Hickam Singapore Skateboard Hangar aboard Hickam Air Force Base. The "Hangar" is the only skate park on the island with a large, 30 foot wide by 60 foot long keyhole bowl.

**Story and Photos by  
Lance Cpl. Roger L. Nelson**  
*Combat Correspondent*

All across the United States, baseball and football fields are a dime a dozen and can be found within minutes. But for the people who like more extreme sports, finding a safe venue may be difficult.

Hickam Air Force Base has looked past the normal baseball diamond and has built a skateboard park inside an airplane hangar for those who like to live life "on the edge."

"It's called the Hickam Singapore Skateboard Hangar and is one of the largest skate parks found on Oahu," said GeeMee L. Ige, park attendant, at the Hangar. "The park is home to the only keyhole bowl (a wooden, swimming-pool shaped ramp) in the state."

She said it is 60 feet long and 30 feet wide and the closest bowl like this is in California.

According to Ige, the park was recently resurfaced and new ramps have been constructed.

"One of the new ramps is a bank roll-in (when dropping onto the ramp) to quarter-pipe to wedge bank that covers over 32 feet on the north end of the course," said the Waipio Gentry, Hawaii native. "The course also has added a new ledge to the center pyramid, which travels down one side of the banked wall."

Other ramps at the park include many different styles of vertical ramps and a large half pipe.

"The street course is the part of the park that I find to be the most difficult for me," said Lance Cpl. Derek T. Mallow, admin clerk, Headquarters Company, 3rd Marine Regiment. "I've been skateboarding for eight years and pretty much skated vert ramps my whole life, so this park gives me a chance to work on skating in other areas and types of ramps."

Skateboarders, people with scooters and roller bladers are permitted in the park as long as they have, or rent all of the appropriate safety gear which consists of kneepads, helmet and elbow pads, said Ige.

"If the person doesn't have their own pads, we rent out pads at the park for a small price," said Ige.

Renting each piece of safety equipment costs \$2 per item or all three pieces of equipment for \$5.

"I've ridden at a lot of skate parks when I lived in California, but this is honestly one of the best ones I've ridden," said 20-year-old Mallow. "It's really cheap to ride there, too. I've got my own equipment, so me and my boys will get together at least twice a week, usually on Saturday, and take a road trip to Hickam and will end up spending, like, a dollar for the whole day."

"I love getting away from work and doing something that takes my mind off of my everyday problems," said Lance Cpl. Christopher Lammers, cannonier, Bravo Battery, 1st Battalion, 12th Marine Regiment, here. "It also gives me a chance to practice, so I can work towards being more like the professional skateboarder, Shawn White. It would be cool to be able to tear it up on a skateboard like him."

A liability waiver is available at the park and is mandatory to be on file for each patron who uses the park and must be updated annually. Additionally, youths must be at least 10 and carry a valid identification card in order to remain in the facility unaccompanied, explained Ige.

"It works out well for military personnel because only active duty military, military retirees, reservists, National Guardsmen, Department of Defense civilian employees and respective family members are eligible to use the park," said Ige. "The base will sometimes open the base for events or contests that take place at the park."

We've had a few professional skateboarders come here to skate and sign autographs for viewers, so the park is pretty well known."

According to Ige, there are more additions being planned for the street course, in order to make a more challenging terrain for park users.

"The only complaint we ever get about the park is the fact that users want it opened later and on Mondays and Tuesdays," said Ige.

For more information about the Hickam Singapore Skateboard Hangar, call the Skateboard Center at 448-4422 or the Community Center at 449-3354.



Squeak A. Scallaro kick flips over a ramp at the Hickam Singapore Skateboard Hangar.



The street course at the Hickam Singapore Skateboard Hangar is considered the most popular part of the park. The course has many different types of ramps, jumps and rails for riders to use. Officials plan to construct even more ramps and obstacles for the street course in the near future.

## MCCS Briefs

www.mccshawaii.com

**Kahuna's Sports Bar & Grill**

254-7660/7661

**Tonight, Local bands** Dagra, Crucible and Mister Meaner rock the house, starting at 10 p.m.

**Ultimate Fighting Championships return.** Don't miss the UFC59 "Reality Check" featuring Tito Ortiz "The Huntington Beach Bad Boy" against Forrest Griffin, broadcast live from Arrowhead Pond in Anaheim via DirecTV starting at 4 p.m. Saturday. Doors open at 3 p.m.

**Staff NCO Club**

254-5481

**Payday Lunch Buffet** — Today from 11 a.m. to 1 p.m., the Club will feature a buffet with different entrees for the next three months, so that patrons can comment on what items they enjoy most through a survey that will be made available that day. Member and nonmember pricing will apply.

**Easter Champagne Brunch** — Sunday from 10 a.m. to 1:30 p.m., the Club will feature live music and an Easter-egg hunt.

Member and nonmember pricing will apply. Reservations are required. Call the club for more info.

**Family Night** offers children-friendly food in relaxed environment from 5:30 to 8:30 p.m., Thursdays.

**The Officers' Club**

254-7650

**Easter Sunday Brunch.** The Officers' Club will host an Easter Sunday brunch from 8:30 a.m. to 1 p.m. by reservation only. Member and nonmember pricing applies.

**All Hands**

**A Family Picnic and MarForPac Band Concert** will be held April 21 at the Child Development Center from 6 to 7 p.m. The event is open to all military, DoD employees and their families and guests.

**Easter-Egg Stravaganza** The Base Library will host an egg event from 1 to 2 p.m. There will be Easter stories, crafts and treats. The event is open to all military, DoD employees and their families and guests.

**Transition Assistance Program** is required for service members separating from the military within the next six months. Spouses are also highly encouraged to attend.

The sessions will take place in Building 279, Monday through Thursday from 8 a.m. to 4 p.m. each day.

For more information, call 257-7790.

**L.I.N.K.S. Training** — Lifestyles, Insights, Networking, Knowledge and Skills is a class for spouses new to the island or the military lifestyle. L.I.N.K.S. provides basic information necessary to acquaint them with the unique aspects of the Marine Corps and Navy life.

This two-day session will take place from 9 a.m. to noon, Tuesday through Wednesday at the L.I.N.K.S. House, Building 3074. For more information, call 257-2368.

**Pre-ACT Practice Testing** is being offered at the Joint Education Center in preparation for the official ACT. This session is open to all active duty military ID cardholders. Registration is required. Call 257-2158 for information.

**Ongoing**

Military Child Month specials will be available at Information Tickets and Tours.

Roberts Hawaii will be offering "Buy two regular adult military price, get one military child (4 to 11) free" for the Magic of Polynesia show and Ali'i Kai Catamaran Dinner Cruises.

For information and reservations, contact I.T.T. at 254-7563. These offers are available April 1 thru April 30.

# Military awareness of Income Tax Refund Anticipation Loans

**LIFELines Research Staff**

Income tax Refund Anticipation Loans are nothing more than a costly version of a payday loan. Hundreds of military families that would never consider a payday loan are participating in RALs at interest rates from 40 to 700 percent, depending on the size of their expected refund.

A recently conducted nationwide survey found that two-thirds of those who had signed up for an advanced same-day payment, from a tax-preparation company, did not realize that they had entered into a loan agreement with exorbitant interest rates and administrative fees.

The most recent government analysis indicates that consumers paid more than \$1 billion in RAL loan interest fees and an additional \$389 million in administrative or application fees on top of the loan interest rate.

Of particular concern, nearly 80 percent of these interest rates and fees were squeezed out of taxpayers with \$35,000 annual income or less, which covers a large segment of the junior enlisted population of the military. But even more disturbing are the thousands of military taxpayers who qualified for the Earned Income Tax Credit who took these loans.

The Earned Income Tax Credit is for people who work, but do not earn high incomes. If they qualify and claim the credit, they pay less federal tax, pay no tax or even receive a refund beyond the amount of tax with-

held. EITC is intended to boost the income of those who work and qualify. Yet, more than half, 50 percent of those who are enticed into taking these Return Anticipation Loans are recipients of the Earned Income Tax Credit. With check-cashing fees and loan-interest rates, these citizens paid more than three-quarter of a billion dollars to get access to this government-sponsored benefit. A benefit distributed through our income-tax system and funded by the rest of the taxpayers.

As a result, many states including Maryland, Connecticut, Arizona, New York, Ohio and Texas have passed laws or introduced legislation restricting rates or outlawing Refund Anticipation Loans.

To protect a loss to the American taxpayers and the U.S. Treasury, a bill has been introduced in the U.S. Congress that would totally outlaw RALs if any portion of the loan is secured by Earned Income Tax Credit proceeds.

According to the National Consumer Law Center 53 percent of those using RALs have a high school education or less.

HBSC/Household has reported that a majority of their RAL participants have an average annual income of less than \$18,000. Jackson Hewitt reported that 73 percent of RAL consumers made less than \$30,000 annually. Conversely, less than 10 percent of those who earned \$75,000 annually and/or were college educated have ever participated in Return Anticipation Loans.

## IRS offers filing assistance to 2005 hurricane victims

**LIFELines Research Staff**

Many taxpayers who were affected by hurricanes Katrina, Rita or Wilma face special challenges this filing season. These challenges may include retrieving copies of prior year tax returns or learning how to claim a casualty loss on a 2005 tax return. Whatever the issue, the Internal Revenue Service offers a number of channels of assistance to hurricane victims.

For hurricane victims who need help with tax matters, the IRS has a dedicated toll free number to call, 1-866-562-5227. This is a one-stop shop offering help on multiple issues that arise for disaster victims.

Similarly, their Web site, IRS.gov, features a special section with the new tax laws and

resources for hurricane victims, including answers to frequently asked questions. IRS.gov has links to "Tax Relief in Disaster Situations" and "Help for Katrina Victims."

Taxpayers can also use this Web site to find Publication 4492, "Information for Taxpayers Affected by Hurricanes Katrina, Rita and Wilma," which will be available in late January.

Free volunteer return preparation assistance is available for low- to moderate-income individuals through the Volunteer Income Tax Assistance and Tax Counseling for the Elderly programs.

Call 1-800-829-1040 to find a location near you.

Finally, help with return preparation or other basic tax services is available free or at

low cost through disaster relief agreements with the tax professional community, while IRS Taxpayer Assistance Centers can also provide help with tax matters to hurricane victims.

Hurricane victims who have not been able to secure help through other channels may call the Taxpayer Advocate Service at 1-877-777-4778.

For people interested in helping Hurricane Katrina victims, the IRS reminds taxpayers about a leave donation program it has established with employers. The leave donation program allows employees to help Katrina victims without having to make a cash donation. Taxpayers should check with their employers for more information on this program.

# Turbo Tax; free to service members

**Military OneSource and LIFELines**

LIFELines and Military OneSource are promoting TurboTax Essentials and TurboTax Basic at no cost to service members. TurboTax allows you to quickly file your taxes. It walks you through the process step-by-step, asking simple questions in plain English. Your answers are put on the right IRS and state tax forms. All the math is done for you, and all the forms you're likely to need are included.

To access your 2005 W-2, visit the myPay — Web site.

Helpful Hint: Have the following items available before you start Turbo Tax:

- Social Security numbers for you, your spouse and dependents
- Child care, education and adoption costs
- W-2 forms for all employers for you and your spouse
- Investment income forms
- Alimony information

- Social Security benefits
- Miscellaneous income
- Form 1098-E for student loan interest

- Form 1098 for home mortgage interest

- Charitable donations
- Medical and dental expenses
- Real estate taxes

For a complete list, visit the TurboTax Web site and the tax preparation checklist.

To prepare your taxes online, go to TurboTax.intuit.com.

In order to use the service you will have to provide a user I.D. and password.

(The products or services available from links on LIFELines and/or Military OneSource Online are provided by vendors "as is." Ceridian Corporation [private contractor of Military OneSource] expressly disclaims all warranties, expressed or implied, including, without limitation, any implied warranty of merchantability or fitness for a particular purpose.)



## IRS deduction changes for car donations to organizations

**LIFELines Research Staff and the IRS**

If you donate a vehicle (including a boat or aircraft) to a qualified organization after December 31, 2004, your deduction is limited to the gross proceeds from its sale by the organization. This rule applies if the claimed value of the donated vehicle is more than \$500. However, you generally can deduct its fair market value if the organization:

1. Makes significant intervening use of the vehicle,
2. Materially improves the vehicle, or
3. Transfers the vehicle to a needy individual in direct furtherance of the donee's charitable purpose of relieving the poor and distressed or underprivileged who are in need of a means of transportation.

Boats, aircraft, and other vehicles.

These rules also apply to donations of boats, aircraft, and any other vehicle manufactured mainly for use on public streets, roads, and highways.

Acknowledgement required.

If the claimed value of the car is more than \$500, you must have a written acknowledgement of your donation from the organization and must attach it to your return. If you do not have an acknowledgement, you cannot deduct your contribution.

The acknowledgement must include the following information:

1. Your name and taxpayer identification number.
2. The vehicle identification number or similar number.
3. A statement certifying the car was sold in an arm's length transaction between unrelated parties.

4. The gross proceeds from the sale.
5. A statement that your deduction may not be more than the gross proceeds from the sale.
6. The date of the contribution.

However, if there was significant intervening use of or material improvement to the car by the organization, the acknowledgement does not have to include the information in items 3, 4, and 5 above. Instead, it must contain a certification of the intended use of or material improvement to the car and the intended duration of that use and a certification that the vehicle will not be transferred in exchange for money, other property, or services before completion of that use or improvement. This acknowledgement must be provided within 30 days of the sale of the car or, if there is significant intervening use or material improvement of the car by the organization, within 30 days of the contribution.

## MOVIE TIME

**Prices:** For Friday and Saturday shows at 7:15, prices are \$3 for adults, 12 and older; \$1.50 for children 6 to 11. Matinee prices are \$2 for adults, \$1 for children. Parents must purchase tickets for R-rated movies in person at the box office for children 16-years-old and younger. Prices for Sunday, Wednesday shows at 6:30 and Friday and Saturday shows at 9:45 are \$2 for adults and \$1.50 for children. Show your ID card when purchasing tickets. Entry is free for children 5 and younger.

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

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

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

Eight Below (PG)  
Date Movie (PG-13)  
The Pink Panther (PG)  
Running Scared (R)  
Eight Below (PG)  
Date Movie (PG-13)  
Freedomland (R)  
Madea's Family Reunion (PG-13)  
Running Scared (R)

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

# Marine finds career in the corps

**Lance Cpl. Roger L. Nelson**  
*Combat Correspondent*

Every choice a person makes can possibly change their life for better or for worst, and some can even be lifesaving.

Corporal Giovanni Dominguez, legal/administration clerk, S-1, Headquarters Battalion, here, said he joined the Marines in order to make a better life for himself and get off the streets.

"During high school, I played baseball and football, but knew I wasn't going to become anything from that," said the 22-year-old. "I didn't grow up in the best place in the world and knew if I went to college, I would never go to class, because all I wanted to do was party.

"It wasn't easy growing up with all these negative things around me. It was really survival of the fittest," he said. "It's rough, because if you try to excel and become something more, then you get picked on for being a 'nerd' or a 'goody goody.' My parents worked all the time and when that happens, the streets are what ends up raising you, and I just wanted to get away from that lifestyle."

According to Dominguez, a high school teacher is the person who had the biggest influence on his decision to enlist.

"I spoke with the Army recruiter first, and then spoke with the Marine's recruiter and realized I wanted to be a Marine," said the Hostos Lincoln Academy of Scientist school graduate. "The fact that the Marine Corps is known as the hardest was one of my main reasons I picked them. I guess 'curiosity killed the cat.'"

Dominguez arrived at Marine Corps Recruit Depot, Parris Island, S.C., Sept. 4, 2001, for recruit training.

"My parent's didn't mind me joining the Marines at first, but then the September 11 attacks happened while I was in boot camp and they changed their minds," said the Bronx, N.Y. native. "After boot camp, MCT (Marine Combat Training), and my MOS (Military Occupational Specialty) school, I was stationed in Quantico, Virginia. After that, I decided to reenlist, and that's when my family was the most upset."

Dominguez said, at first, he just wanted to get his four years done and get out, but now he just wants to continue his career.

"I want to be able to get everything I can out of the Marine Corps, whether it be college, leadership abilities or knowledge," said Dominguez. "I figured the hardest parts are over. So why not do it again?"

Dominguez reported into HQBN July 27, 2005, and said he now deals with a lot of Marines' legal problems.

Dominguez said, once he arrives to work in the morning, he does a lot of work on punishments Marines may receive.

"It's hard, because I love helping Marines, whether they're my Marines or not. But some of the things people get in trouble for are ridiculous. I understand Marines are going to make mistakes, but things like being a deserter is cowardly. I don't think people should give up and run away from their problems. Stick it out and take it like a man, and some day you may be in charge."

Dominguez said he thinks he is a very fair leader and his leadership traits are what they are due to his leaders.

"I took all the style of leadership traits from Marines that have been over me, and I put them all together to have the leadership qualities I do

today," Dominguez said. "I'd say I'm a work hard; play hard kind of Marine. Once your stuff's done there's no reason why you shouldn't be able to have a little fun."

Dominguez is a motivated Marine who is very competent, said Capt. Peter Baker, battalion adjutant, HQBN.

"He does very good at what he does and is a fast learner," said Baker. "There's a lot to learn in this job, and he has no problem catching on."

Dominguez is currently enrolled in college at Chaminade University and is working toward earning an associate's degree in Criminal Justice.

"I'm not sure if I'm going to continue my career in the Marines, but, if possible, I'd like to get a degree before this enlistment is done, because I want to be in the FBI," said Dominguez. "But whether I reenlist or not, the Marine Corps has been a good building block for me and has changed me for the better. The Marine Corps isn't for everyone, but it is a good way to prove a lot of different things to yourself instead of taking the easy way out. That's why we're considered the 'few and the proud.' Not everyone has what it takes to be a Marine."

## 1/3 corpsmen credited with saving two Afghan girls injured by land mine

**Sgt. Joe Lindsay**  
*Combat Correspondent*

JALALABAD, Afghanistan - Two Afghan sisters, 10 and 8, were recently injured when a Soviet-era land mine exploded after one of the girls picked up the device, possibly thinking it was a toy.

The incident occurred near Jalalabad Airfield, and upon receiving word that two small Afghan girls were hurt in the explosion, hospital corpsmen from 1st Battalion, 3rd Marine Regiment, based out of Marine Corps Base Hawaii, sprung into action.

"Two of our corpsmen immediately grabbed their gear and sprinted a mile and a half to the scene," said Chief Petty Officer Claude English, enlisted senior medical department representative, 1/3. "They saved the lives of those girls - literally," admitted the New Orleans native.

The two corpsmen - Seaman Michael Ewing, from Mount Laurel, N.J., and Seaman Charles Mark, from Dinuba, Calif., both hospital corpsmen said it was a good thing they got there when they did.

"Myself and HN Mark were the first corpsmen on the scene," said Ewing. "The fingers of the older sister were hanging off her hand, as she was bleeding from shrapnel wounds to her legs, face and neck. The younger sister had shrapnel injuries to her lower extremities. Both girls were pretty decently injured, but the older sister was in a more critical state."

"We immediately started treating the girls, starting with the older sister who was in worse shape," said Mark. "We stabilized her and then had her transported back to our medical facility at JAF. From there, the girls were airlifted to Bagram Airfield. They are both going to be OK."

Thanks, in no small part, to the efforts of



Sgt. Joe Lindsay

Seaman Michael Ewing, hospital corpsmen (left), from Mount Laurel, N.J., and Seaman Charles Mark, from Dinuba, Calif., share a happy moment together shortly following their aid of two Afghan sisters, 10 and 8, who were severely wounded by a Soviet-era land mine outside of Jalalabad Airfield, Afghanistan. Both corpsmen are currently serving in Afghanistan with 1st Battalion 3rd Marine Regiment in support of Operation Enduring Freedom.

Ewing and Mark, noted Navy Lt. Aric Aghayan, battalion surgeon, 1/3.

"It was a great exercise in teamwork," said Aghayan, a native of Shawnee, Kan. "HN Ewing and HN Mark did an excellent job. Both corpsmen kept their cool and let their training come

into play. I am very impressed by these two corpsmen and by the job all our corpsmen have been doing since we got to Afghanistan."

"It's a natural corpsman instinct to want to help people," added English. "We want to help people who are hurt. It's not just our job - it's

who we are. This incident could have had an entirely different outcome were it not for the quick and capable response of our corpsmen. It gives me goose bumps and a lot of pride knowing these corpsmen with 1/3 saved those two little girls."

According to Aghayan, the land mine which injured the girls is one of millions of such devices which plague the Afghanistan countryside.

"Afghanistan is the most heavily land mined country in the entire world," said Aghayan. "There are literally millions and millions of unexploded ordnance and land mines throughout this country that have remained here since the Soviet war."

"The land mine that injured these girls is called a 'toe-popper,'" continued Aghayan. "The reason it is called a 'toe-popper' is because if you step on one, it will blow off your toes. It is designed to maim its victims. It is very small and doesn't look menacing, but it brings damage and destruction."

According to Aghayan, the two Afghan sisters could have easily mistaken the land mine for a toy.

"The little girls were actually playing with it when it went off," commented Aghayan.

As impressed as Aghayan said he was with Ewing and Mark, it was the elder sister who he said truly amazed him.

"The older girl, who was no more than 10, was incredibly stoic and brave and kept her cool the entire time," observed Aghayan. "Before she was airlifted to Bagram for surgery, she said something to us, which our interpreter translated as, 'God bless you guys for helping me and my sister.'"

"That is all the thanks we would ever need," continued Aghayan. "That pretty much sums up what being a corpsman is all about."

## Thrifty and nifty



Courtesy photo

The All Enlisted Spouses Club Thrift Shop celebrated 51 years of service on base Saturday. A bag sale was held in celebration of the event and raised more than \$800.

All proceeds went to a local charity.

According to Suzie Thompson, president AESC and spouse of Gunnery Sgt. Daniel Thompson, Marine Heavy Helicopter Squadron 463, all members were out in force to make sure the event was a success.

# Marine unfazed by combat injuries received in Iraq

**Sgt. Roe F. Seigle**  
1st Marine Division

HADITHA, Iraq — Lance Cpl. Matt Calvert accepts the wound he received March 25 from a rocket-propelled grenade attack in Iraq. He said, it comes with the territory of being a Marine in a combat zone.

The infantryman from Blue Springs, Mo., said he was unfazed by the wound that was caused when insurgents attacked his unit's patrol in western Al Anbar Province.

"I did not hear the insurgent fire the RPG (rocket-propelled grenade) until the round exploded against the wall near me," said the 22-year-old.

Calvert was injured when shrapnel from a rocket-propelled grenade caught him in the chest and neck when his platoon came under attack in this Euphrates River Valley city.

According to accounts, he was providing security at an intersection of two major roads in the heart of Haditha when his platoon, part of the Hawaii-based 3rd Battalion, 3rd Marine Regiment, was attacked. The small-arms attack came as the Marines were leaving the city to return to their forward operating base here, he said.

Reflecting on the incident several days later at the Marines' base here, Calvert credits his body armor for saving his life. If it wasn't for the thick, armored plates in his vest, he's certain the shrapnel could have been lethal, he said.

"I was full of adrenaline, so I did not feel any pain at all," said Calvert, who also saw combat during a deployment to Afghanistan last year. "I remember feeling a sharp pain in my shoulder blade under my protective vest. I knew something had penetrated it."

As he spoke, he held his M16 A4 service rifle closely. His weapon never left his side, he said.

Calvert and the rest of the battalion's Marines arrived in Iraq about a month ago. At that time, they focused their efforts on disrupting insurgent activity in the "Triad" region of Haditha,

Haqliniyah, and Barwanah — three of the most populous towns in the area.

Though previous Marine units have spent more than a year combating the insurgency here, there is still more work to be done, as evidenced by the recent attack on Calvert's platoon as well as the frequent improvised explosive devices the Marines have encountered since arriving here.

But while IEDs and occasional insurgent attacks are nothing new to Coalition Forces operating in Al Anbar Province, Calvert's perseverance in the face of danger seemed to have inspired others in the unit — a testament that one man's actions can inspire others.

Cpl. Robert Janson, 22, witnessed the attack. He was on patrol with Calvert that day, and said he could not believe Calvert's reaction to the attack.

"Calvert just brushed this attack on his life off like it was nothing," said, one of the unit's squad leaders. "All he cared about was getting back out on patrol four hours later too find those responsible for the attack."

After reinforcements were called out to the scene of the attack, Calvert's wounds were treated and he was medically evacuated to the Marines' base here. Though he's still recovering, his wounds have not deterred him from helping the Iraqi people and finding those responsible for the attack, he said.

"The only thing the insurgents accomplished that day was to heighten the Marines' awareness to an even higher level and make them more determined to hunt them down and bring them to justice," Calvert said.

More importantly, such attacks will not hinder the progress of the Iraqi Army or the growth of Iraqi communities here, said Calvert. The Marines here are suppressing the few insurgents that remain in the area, he said. all the more reason he can't wait for his injuries to heal — to get back in the action.

"If you think about (the wounds) too much, that can affect you even more than the physical injuries," said Calvert.

While his injuries are healing,

Calvert added that telling his family — especially his mother — what happened was more painful than his wounds.

"She took it well," he said. "She understands why I am out here, and all she wants is for me to come home safe."

Even though he's injured, Calvert still keeps the sense of humor he is known for in his unit, keeping morale up with his witty banter, according to his unit members.

"We can still count on him to drop his one-liners that make us all laugh," said Calvert's squad leader. "He is a great Marine and can be counted on for anything. He brings morale to the squad with his level of motivation and his sense of humor."

Humor aside, Calvert takes his job, and the welfare of his fellow Marines, who he calls his "brothers," quite seriously.

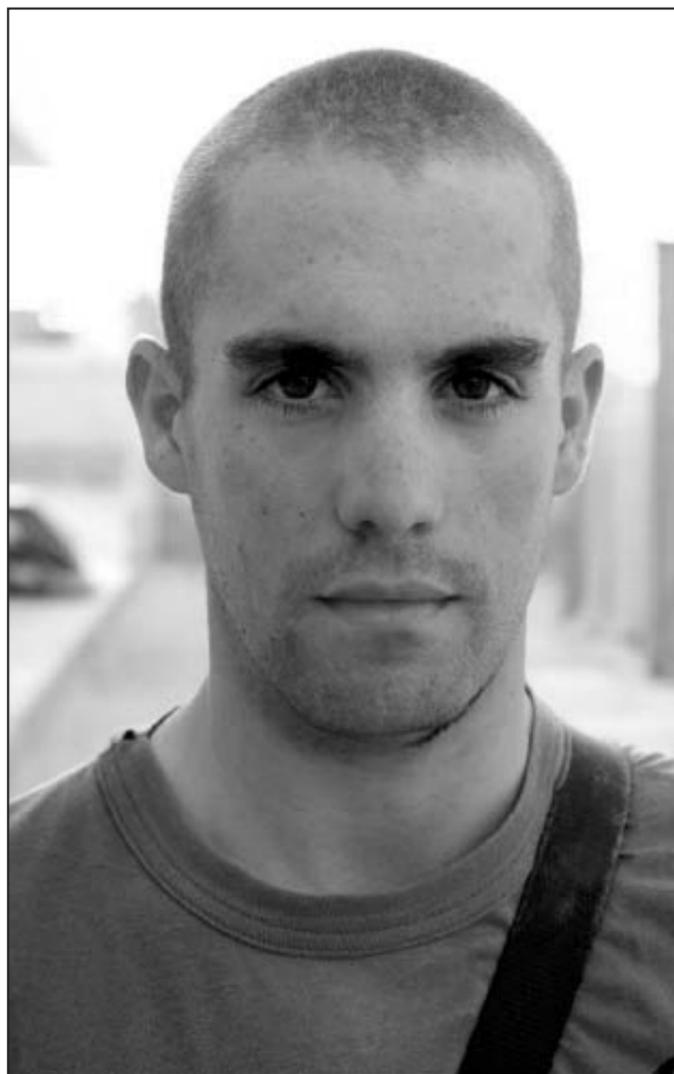
"I am focused on becoming a corporal ... and leading troops," said Calvert, whose brown eyes give away his seriousness on the subject, as does the slightly deeper tone in his voice when he speaks of other Marines in his unit.

"Calvert is going to make a good leader of Marines," agreed his squad leader.

A promotion to corporal would make Calvert a noncommissioned officer — a small-unit leader.

But for this two-time combat veteran, leadership means more than adding another stripe to the black, metal rank insignia on his collar. For Calvert, a promotion means added responsibility to protect his Marines and ensure their mission is complete before they return to their base in Hawaii later this year.

"I am not going to hold onto the fact that I was hurt, and I, or another one of the Marines, can be hurt again," he said. "I am going to accomplish my mission here and return home to my family. That is also what I am going to make sure the other Marines are going to do."



Sgt. Roe F. Seigle

Lance Cpl. Matt Calvert, a 22-year-old from Blue Springs, Mo., said he is unfazed by wounds he received in Iraq's western Al Anbar province, March 25. The Marine infantryman was wounded when shrapnel from a rocket-propelled grenade caught him in the chest and neck when his platoon's patrol in Haditha, Iraq, came under attack from insurgents. Calvert is currently deployed in support of Operation Iraqi Freedom with the Hawaii-based 3rd Battalion, 3rd Marine Regiment.

## Lifelines network now audio capable

### LIFELines Press Release

WASHINGTON, D.C. — In a continuing effort to stay on the cutting edge of on-the-go, on-demand technology, and to make its award-winning content available whenever and wherever users choose to listen, the LIFELines Services Network Web site is now audio-capable.

This variation of podcasting allows users to download MP3 audio files of professionally narrated articles either directly to their computer or to a personal listening device such as an MP3 player.

"Through the use of this relatively inexpensive technology, young service members are able to download useful information from sites such as LIFELines for review and action at a more convenient time," said retired Navy Captain Bill Hendrix, director, LIFELines Services Network.

Instructions for downloading and saving MP3's:

Using your mouse, right-click on the MP3 icon located to the right of the article title,

Select 'Save Target as...'

In the 'Save As' window, navigate to the desired file save destination,

NOTE: If your personal listening device (i.e.; MP3 player or other PLD) is connected to your PC, you may save the file to this device directly (depending on the device's capabilities)

Save the file and listen to the narrated article at your convenience.

Since its inception in January 1999, LIFELines has received numerous awards and citations. The LIFELines Services Network is a real-time, online multi-media Quality of Life services delivery system that provides Sailors, Marines and their families with "equal access to high-quality QOL services regardless of duty location."

Those interested in LIFELines Services Network, contact: Rudy Brewington (rudolph.brewington@doditc.lifelines.usmc.mil) at 202-433-3865

## Artists perform at Hickam

**Staff Sgt. Sarah Kinsman**  
15th Airlift Wing Public Affairs

HICKAM AIR FORCE BASE, Hawaii — The Patriot World Tour comes to Hickam, Monday.

The tour, including Lee Greenwood, Restless Heart, Dick Hardwick, Mary Therese and the New England Patriots Cheerleaders, performs on the Mall aboard Hickam Air Force Base beginning at 6 p.m. Monday. All DOD card holders are invited to attend the event.

The tour kicked off April 5 at Incirlik Air Base, Turkey; Kadena Air Base, Japan; Kunsan Air Base, Korea; Misawa Air Base, Japan; three deployed locations in Southwest Asia and completing their tour here at Hickam.

Headquarters, United States Central Command; Headquarters U.S. Air Forces in

Europe; Headquarters Pacific Air Forces and Headquarters Air Force Reserve Command are co-sponsoring the tour. The Air Force Band of the Pacific has been instrumental in helping to coordinate the Pacific portion of the tour.

The event's opening act is a Combined Air Forces Band. Lee Greenwood, best known for his hit song "God Bless the USA," will perform. Restless Heart will also perform some of their hit songs such as "Bluest Eyes in Texas," "When She Cries" and "Feel My Way to You."

Due to stage construction and the event, traffic will not be allowed to go up or down Eighth or Ninth streets. Julian and Porter avenues will be closed off where they intersect, shuttles will be available from the Burger King and Base Exchange parking lots. Food booths will be available.



Courtesy photo

Lee Greenwood entertains service members at a Kuwait concert earlier this year.

# ON THE MENU

## AT ANDERSON HALL



### Today

*Lunch*  
Pepper steak  
Southern fried catfish  
Rice pilaf  
Potatoes au gratin  
Glazed carrots  
Simmered black-eyed peas  
Brown gravy  
Sugar cookies  
Fruit pie

### Pasta specialty bar

*Dinner*  
Roast turkey  
Beef pot pie  
Mashed potatoes  
Buttered egg noodles  
Calico corn  
Simmered broccoli  
Savory bread dressing  
Turkey gravy  
Cranberry sauce  
Sugar cookies  
Fruit pie

### Saturday

*Dinner*  
Baked lasagna  
Chicken parmesan  
Spaghetti noodles  
Marinara sauce  
Italian mixed vegetables  
Simmered peas and carrots  
Pizza slices  
Garlic bread  
Marble cake  
Fruit pie

### Sunday

*Dinner*  
Barbeque beef cubes  
Baked turkey and noodles  
Steamed rice  
Creole green beans  
Simmered cabbage  
Tomato gravy  
Ginger molasses cookies  
Spice cake

### Monday

*Lunch*  
Meat loaf  
Pork ham roast  
Steamed rice  
Mashed potatoes  
Simmered peas  
French fried cauliflower  
Brown gravy  
Chocolate chip cookies  
Fruit pie

### Pasta specialty bar

*Dinner*  
Beef brogul  
Fresh baked Cajun fish  
Mashed potatoes

Rice pilaf  
Club spinach  
Mixed vegetables  
Brown gravy  
Chocolate chip cookies  
Fruit Pie

### Tuesday

*Lunch*  
Simmered corned beef  
Honey glazed Cornish hens  
Parsley buttered potatoes  
Fried cabbage  
Simmered carrots  
Egg noodles  
Chicken gravy  
Peanut butter cake

### Taco specialty bar

*Dinner*  
Turkey pot pie  
Sweet & sour pork  
Steamed rice  
Jefferson noodles  
Simmered broccoli  
Simmered pinto beans  
Turkey gravy  
Chow mein noodles  
Peanut butter cake  
Fruit pie

### Wednesday

*Lunch*  
Pork adobo  
Beef yakisoba  
Pork fried rice  
Vegetable stir fry  
Corn O'Brien  
Oatmeal cookies  
Strawberry shortcake  
Fruit pie

### Hot dog specialty bar

*Dinner*  
Steak smothered with onions  
Southern fried catfish  
Mashed potatoes  
Baked macaroni and cheese  
Southern-style green beans  
Peas and carrots  
Brown gravy  
Oatmeal cookies  
Strawberry shortcake  
Fruit pie

### Thursday

*Lunch*  
Turkey a la king  
Beef porcupines  
Mashed potatoes  
Boiled egg noodles  
French fried okra  
Simmered mixed vegetables  
Turkey gravy  
Tomato gravy  
Marble cake  
Pineapple upside down cake  
Fruit pies

### Taco specialty bar

*Dinner*  
Braised liver with onions  
El rancho stew  
Honey ginger chicken  
Rice pilaf  
Boiled egg noodles  
Lyonnaisse carrots  
Club spinach  
Chicken gravy  
Marble cake  
Pineapple upside down cake

# Volunteers needed



### Special Olympics

**Hawaii** is currently recruiting volunteers for the 2006 State Summer Games to be held May 26 to 28 at the University of Hawaii at Manoa.

Special Olympic athletes work very hard to overcome many challenges ... and they can with your support.

You can help to build self-esteem, instilled pride, and bring joy to the lives of hundreds of Special Olympics Hawaii athletes!

Whether you are looking for inspiration or you want to inspire, Special Olympics can touch your life!

For information on how to volunteer, visit [www.specialolympichawaii.org](http://www.specialolympichawaii.org), or contact Cindy at 943-8808, ext. 27.



# Hawaii MARINE SPORTS

HAWAII MARINE C SECTION

APRIL 14, 2006

## K-Bay women's basketball drops 'heartbreaker' at buzzer

**Lance Cpl. Ryan Trevino**

*Sports Editor*

Only 15 seconds remained in regulation, with the Marine Corps Base Hawaii, Kaneohe Bay Women's Varsity basketball team trailing the Hickam Air Force Base Flyers by one point. K-Bay put the ball in the hands of forward Ali Betsinger with the clock winding down. Betsinger dribbled up the court and fired off a midrange jumper over a Flyers' defender with only six seconds left on the clock.

The ball sailed through the air, hanging K-Bay's tournament fate in the balance. Swoosh! The shot dropped and K-Bay took the lead with five seconds remaining. They seemed to have pulled off the impossible, coming back from an 11-point deficit to lead the top-ranked Flyers early in the 2006 Hickam Women's Aloha Classic Basketball tournament game held Monday at Hickam Air Force Base gymnasium.

Hickam called their final timeout after the Betsinger's shot fell, and huddled up on the sideline to come up with a game plan. This game wasn't over yet. Andreia "Big" Borrego took the inbound pass for the Flyers and stormed down court, almost unguarded. She stopped just outside the three-point line and heaved up a shot with only one second left to play. Her shot fell and K-Bay lost the battle by two points, 30-28, in a game that went down to the very last second. The Flyers advanced to the next round in the winner's bracket and K-Bay fell to the loser's bracket.

"It's a heartbreaker," said Betsinger. "We came back and put it together, but they hit the big shot at the end."

K-Bay coach Artis Johnston said it was a tough loss for the team.

"They just put the ball in the hands of their best player and she came through," said Johnston of the Flyers' player. "It doesn't matter though. I'm super proud of the girls, they played hard."

Borrego, an All-Air Force player, said she was really surprised she sunk the shot.

"It's unbelievable. I mean, I'm not even an outside shooter," said Borrego. "I play my best in the paint."

Borrego, who racked up 12 points for her team, said she has hit big shots at the buzzer before, but never one from that far out from the basket.

Johnston said this would have been a huge win for his team.

"We wanted this game so bad," he said. "They've (Hickam) dominated women's basketball all over the island."

He added his team was just starting a program with little experience playing together and were He said they were looking for a marquee win to put them on the map.

Borrego and her teammate Rachel Brown owned the paint for the Flyers scoring 19 points combined – more than half of their team's 30 points.

The only other team participating in the women's tournament is Luke Air Force Base, which Hickam and K-Bay played later in the week.



Lance Cpl. Ryan Trevino

Sarah Walker, guard, K-Bay Women's Varsity team, looks for the open pass during a game Monday against the Hickam Flyers in the 2006 Women's Aloha Classic tournament held at Hickam. K-Bay lost the game to the Flyers in the final seconds, 30-28.



Lance Cpl. Ryan Trevino

Hickam players celebrate after Andreia Borrego sunk a last-second 3-pointer to defeat K-Bay in a Aloha Classic Basketball tournament game Monday. The final score was 30-28, with Hickam advancing in the tournament.

## Dirty Third cleans house

### 1/12 falls to 3rd Marine Regiment in intramural championship game

**Lance Cpl. Roger L. Nelson**

*Combat Correspondent*

The 1st Battalion, 12th Marine Regiment intramural basketball team, Steel Reign, was edged out 40-33 in the Intramural Basketball Championship game Friday by 3rd Marine Regiment's, Dirty Third at the Semper Fit Center gym, here.

The win for the Dirty Third brought their record to 13 wins and five losses for the intramural season.

Led by Tony "Big Man" Rogers, the Dirty Third stayed strong throughout the game, and utilizing their team member's size, speed and ability to their

advantage.

Guy Woodard, coach, Steel Reign, said his team has been playing solid throughout the week and was ready for this game, but the Big Man was too much for them.

"The win was easy, and we all knew we were going to murder them coming into the game," said Rogers. "It feels great, and my team played hard, so we deserve this win."

However, Carl H. Griffin, shooting guard, Steel Reign, said if their team would have been playing the way the team is capable of, the turnout would be different.

"We didn't play as hard or as well as we're capable of," said Griffin. "We should've

had that game in the bag. It was such a close game, so I feel like we gave it away."

Rogers said a win is a win, no matter how close the game is and he would take it any day.

"We used intensity, intensity, and more intensity to win this game," said Mikel D. Roberts, Dirty Third player. "When we get in tune and all work together, it's like a controlled chaos."

Roberts attributes the team's win to Rogers.

"If we didn't have him on the team, we would've gone nowhere," he said. "So thanks to him, I can leave the court with a bigger trophy than the other guys."



Mike D. Dilemma, Dirty Third player, goes for a layup at the Intramural Championship game held at the Semper Fit Center Friday.

Lance Cpl. Nelson

## Sports Briefs

### Tuesday

**Camp Smith Intramural Volleyball Season begins** — Games will be held at CS GYM at 1100. Open to all Active Duty, registration required. Call Kelly Fornes at 257-2158 for more information.

### April 26

**Kaneohe Intramural Volleyball Season starts** — Games at the Semper Fit Center begin at 1800. Registration deadline for the mixed league tournament is Apr. 18. Call Joe Au at 254-7591 for more information.

### April 28 - 30

**Top of the Mountain Spring Softball Tournament** — The tournament will be held at Bordelon Field aboard Camp Smith. Cost is \$175 per team. Register at the Camp Smith Semper Fit Center.

Call 477-0498 for more information .

### April 29

**13th Annual 3D Marines 10K** — The race will start at Pop Warner field at 7 a.m. "Run with the Fighting 3D" is the second event of the 2006 Commanding General's Fitness Series. The race is open to the public. Register at Semper Fit Center by day of the event.

Call 254-7590 for more information.

**108th Hospital Corpsmen Birthday Ball Golf Tournament** — Tournament registration will be begin at 10 a.m at the Kaneohe Klipper Golf Course. The deadline to register teams in April 14. The best-ball format tourney will kick off at 12:30 p.m. Longest drive and closest-to-the-pin competitions will also be held. Registration point of contact for 3D Marines is Petty Officer 1st Class Swisher at 257-1144; 21st Denta is Petty Officer 1st Class Tramill 257-3100; MAG-24 is Petty Officer 1st Class Loza at 257-1371; and CLR-3 is Petty Officer 3rd Class Guebara at 257-2437.

**Youth Soccer Clinic** — The Hawaii Pacific University Women's Soccer Team will hold a soccer clinic open to all school age children from 8 a.m. to 12 p.m.

Admission to the event is two canned goods. Contact Virginia Tamura, 254-7610, for more information.

### April 30

Servicing and cleaning of the Main Pool is estimated to be completed. The Officers' Club pool open during posted hours to all hands for duration of main pool renovation. For more information contact Harry Sprague at 254-7655.

### Ongoing

**Semper Fit All-Marine Chess Team** — The competition will be held June 11 to 17 in Jacksonville, Fla. Marines interested in competing must submit resumes to the athletics coordinator by April 21. Resumes must include the United States Chess Federation membership card identification number, state of registration, USCF rating, date of rating, and record of significant chess activity during the past two years.

Call Stacy Barkdull at 254-7590, for more information.

**Paintball Hawaii** — Nestled behind the Lemon Lot here is Paintball Hawaii. Cost is \$25 per person and includes one air refill, equipment and the field fee. The field is open on weekends from 9 a.m. to 5 p.m. Call 265-4283 for Friday appointments.

**Personal Trainers Available at Semper Fit** — For those looking to get into a tailored exercise regiment, or for those just looking for some good advice on weight management and weight control, Semper Fit Center offers free personal training consultation.

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

**Semper Fit Center offers array of aerobics** — The MCCS Semper Fit Center announces a new and expanded aerobics program. These new classes now being offered include a variety of workouts.

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

### Briefs

Submit items for the sports briefs section via e-mail to editor@hawaiimarine.com or call 257-8837.



Cpl. Lydia M. Davey

Service members from 16 nations participated in a public order drill, involving uniformed troops and plain-clothed service members posing as rioters, during a field training exercise, in Kingston, Jamaica, April 4. The training evolution was part of Exercise Tradewinds, an event to prepare Caribbean regional security forces for the 2007 World Cup of Cricket, set to take place in Kingston.

## Marines prep Jamaica for cricket tourney

**Cpl. J.R. Stence**  
MCAS Cherry Point

**KINGSTON, Jamaica** — Marines monitoring a three-day security training exercise in Kingston, Jamaica, April 2 through 4, helped evaluate foreign security agencies on their ability to oversee a large, international sporting event.

Civil and military units from 16 countries throughout the Caribbean participated in the training evolution for the 2007 World Cup of Cricket, set to take place in Kingston and other venues in the region.

"I think the security forces have performed very well," said Capt. John L. Roach, the detachment commander here for Marine Corps Security Force Training Company, Coast Guard Base Northwest Annex, Chesapeake, Va. "They obviously have their own tactics, techniques and pro-

cedures that they're utilizing, (but) by and large, they've demonstrated their capabilities pretty decently."

The drill took place at a stadium and empty hotel representing the players' lodging. The drill included riot control, vehicle and personnel checks, public relations work, and casualty evacuation for simulated improvised explosive devices detonated at the hotel and stadium.

Jamaica Defense Force reservists, U.S. Marines and British Royal Marines played the roles of rioters, journalists, and terrorist during the training evolution.

Security personnel at the stadium had to fend off attacks from the role players with non-lethal batons, Plexiglas shields and smoke grenades. The rioters kicked and hurled themselves against the shields, trying to break through the security perimeter and gain entrance to the stadium

field.

Stadium security guards also had to conduct vehicle searches, respond to several simulated IEDs and evacuate casualties.

Security at the hotel had the same task, with one exception. Instead of practicing riot control, they oversaw a press conference with JDF troops posing as cricket players.

Jamaica Defense Force 2nd Lt. Radcliffe H. Barrett, with 3rd Battalion Jamaica Regiment National Reserve, in Curphey Barracks, Kingston, said the exercise provides JDF the only formal non-lethal training it receives.

The Jamaican troops are infantryman, not military police, he said.

"The forces had a lot of obstacles they had to overcome, principally, lack of sustainment training back at their respective commands," said Roach.

They don't have much time to

conduct the training because they're busy carrying out their primary missions as infantrymen, he said.

The three-day training evolution was the first formally evaluated portion of a larger training exercise, called Exercise Tradewinds. The exercise ran March 25 through April 7.

Barret said the exercise helped the units identify areas of weakness to work on until the tournament starts. The tournament is slated to take place between March and April of 2007, he said.

Roach said that although the Caribbean security forces have many improvements to make before the start of the games, the exercise has helped them and been a good test for the Marines.

"All Marine Corps Security force personnel have done an outstanding job imparting our knowledge and adapting to their capabilities," said Roach.

## Counselor reaches out to kids

**Lance Cpl. Ryan Trevino**

Combat Correspondent

How many people lend a helping hand to Marines who are having some problems in life and call a foul on them at the same time?

Gunnery Sgt. Kenneth J. Etheridge balances his time as a counselor at the

Substance Abuse Counseling Center here and as an official for military and civilian sporting events held around the island.

Etheridge first started officiating sports when he was on recruiting duty in Rockville, S.C. His first gig was umpiring softball games held by the recruiting staff for the members of the Delayed Entry Program. He said this was the beginning of a new passion for him.

"Referring softball games helped me get more involved in DEP programs," said the Columbia, S.C. native.

Recruiting duty turned out to be a solid foundation for the life he leads today. He said he was able to reach out to young people through the recruiting station and venture into a new hobby in sports officiating.

"I really enjoyed recruiting duty," said Etheridge. "It changed my life."

He then got orders to come out to Hawaii in 1998. He was attached to Combat Service Support Group 3, where he worked as a motor transportation mechanic.

Etheridge said he noticed all the venues around him

in Hawaii to continue honing his newfound craft as a sports official.

"Hawaii sports provided me the opportunity to continue working in sports officiating," said Etheridge, who himself was a high school athlete. "I started to realize that I could do a better job as an official than as a player."

Etheridge started attending various clinics and camps around the island that trained him in the proper mechanics and helped him develop his skill as a sports official. He even became a member of State Association of Hawaii Basketball Officials, which allowed him to referee games outside of base. He worked intermediate school and high school games, as well as officiating most of the games on base.

Meanwhile, his military career was headed in a different direction. He became the Substance Abuse Counseling Officer for CSSG-3, where he started working closely with young Marines with alcohol problems.

"I really enjoyed my job there as the SACO," said the 37-year-old. "It provided great opportunities to help younger Marines who are struggling with alcohol. It was a great chance to really give back to the Marine Corps."

Between balancing his life working with young Marines and sports officiating, he also managed to get on the coaching staff of the

Headquarters Battalion Warriors intramural football team, which he helped lead to a championship last season. His dedication continued to remain true to the Corps over anything else that came up.

"I gave up opportunities outside the base, to give back to the Marines on the base."

According to Alton Arakaki, director, Substance Abuse Counseling Center, Etheridge can never have too much on his plate.

"He's a multi-tasker," said the four-year friend and colleague of Etheridge. "He's always doing something and being productive."

Arakaki added that he admires Etheridge for his ability to reach the young Marines through the SACC.

"He can reach farther into the units than any civilian can," said Arakaki. "He brings the understanding of what it is to be a Marine."

In reality, Etheridge is a dying breed. He is one of the last active-duty SACC counselors left in the Marine Corps, due to a new Marine Corps directive that orders Marines in B-Billets to return to their primary Marine Occupational Specialty due to global conflicts that have sparked the Marine Corps into action.

Etheridge, who is retiring after serving 20 dedicated years in the Corps, wants to continue working in the substance abuse field. He has earned in bachelor's degree in counseling and



Tony Blazejack

**Gunnery Sgt. Kenneth J. Etheridge balances his time as a counselor at the Substance Abuse Counseling Center here and as an official for military and civilian sporting events**

plans to continue his studies toward his masters.

He also plans to take his career as a sports official as far as it will go.

"I eventually want to reach the NCAA (National Collegiate Athletic Association) level," said the father of three. "I'll give it two or three years, then see where I'm at and assess my situation."

Etheridge says he highly encourages Marines to get involved with activities on their off-duty time, and tries to set the example by showing them what he does. He has plenty of advice on how to go about it.

"Just start young and

work your way up," said Etheridge. "You can develop a skill that you can take anywhere."

Arikaki said he is impressed with the amount of dedication Etheridge has for everything he does.

"He is one of the most focused people I've ever met," said Arikaki. "Whatever he does, he gives it his all."

According to Etheridge, working in sports is just another outlet to do what he loves the most – working with young Marines. He encourages everybody to get involved with the youth, whether it be through sports or something else.

# Pandemic influenza threat is real

## LIFELines Research Staff

Press Release

During the 20th century, the emergence of new influenza "A" viruses caused three pandemics, all of which spread around the world within one year of being detected. The most severe of these was the 1918-19, "Spanish flu," [A (H1N1)]. More than 500,000 people died from the "Spanish flu" in the United States, and 20 to 40 million people died worldwide.

U.S. military operations in World War I were impacted as 48,000 U.S. military members died from this influenza and subsequent pneumonias. Many people died within the first few days after infection, and others died of complications later. Nearly half of those who died were young, healthy adults.

The U.S. Centers for Disease Control and Prevention has estimated that within a three- to four-month period of the pandemic's first wave, the U.S.

could have up to 200 million cases with 800,000 hospitalizations and 300,000 influenza-related deaths. Age groups and geographical areas not affected by the first wave are often vulnerable during the second wave pandemics months after the first wave. In the past, the second wave has also been more severe.

In an influenza pandemic, the Department of Defense's mission is to preserve combat capabilities and readiness, save lives, reduce

human suffering and slow the spread of infection. Military personnel will be vaccinated as soon as a pandemic influenza-specific vaccine becomes available though it may be three to six months or more after the pandemic starts before vaccine is available.

If an effective vaccine is unavailable, military readiness may be affected. Military and civilian medical systems may be overwhelmed by dramatic increases in patient num-

bers. Staff availability may also be limited as medical personnel and their families become infected. Limited antiviral drug supplies as well as the lack of an effective vaccine will exacerbate the situation early during the pandemic. Interventions such as restriction of movement may slow the spread of disease but will not stop it.

Because DoD is committed to protecting the health and well-being of our forces, much has been done to prepare for the possibility of

another influenza pandemic.

For current information on pandemic influenza visit the following Web sites:

WHO - Avian Influenza Frequently Asked Questions  
[http://www.who.int/csr/disease/avian\\_influenza/avian\\_faqs/en](http://www.who.int/csr/disease/avian_influenza/avian_faqs/en)

CDC - Information about Influenza Pandemics

<http://www.cdc.gov/flu/avian/gen-info/pandemics.htm>

Send suggestions or submissions to:

C H P P M - H I O  
Staff@amedd.army.mil

# TRICARE launches weight control program

## Christelle Michael

TRICARE Management Activity

Being overweight causes health problems and may lead to a lifetime of health concerns and possibly early death. Some of the physical effects of being overweight include higher risk of diseases such as heart disease, cancer and diabetes; increased incidence of musculoskeletal injuries; increased daytime sleepiness; and increased surgical risk.

TRICARE Management Activity has created a demonstration project that will test various methods of education and prevention to inform and educate active duty family members and retired beneficiaries about the negative effects of obesity.

Surveys show that poor diet/inactivity were among the leading causes of death from 1994 to 2000. Active duty service members are not immune: from 1995 to 2002, the percentage of overweight active duty service members has increased by 10 percent.

"Data collected during this demonstration project will provide invaluable guidance to the Department's leaders and the military health system in determining what weight management treatments work for our beneficiaries," said U.S. Navy Capt. Patricia Buss, deputy chief medical officer, TRICARE Management Activity.

Weight Management



Cpl. Jessica M. Gold

Surveys show poor diet and inactivity were among the leading causes of death from 1994 to 2000.

Demonstration Project Research Triangle Institute and the Cooper Institute will implement the Healthy Eating and Active Living in TRICARE Households program, a four-state demonstration project for TRICARE in Indiana, Illinois, Ohio and Michigan. The project will provide non-active duty adult, TRICARE Prime-enrolled, overweight and obese beneficiaries with 12-month access to behavior modification targeting diet and physical activity. To be

eligible beneficiaries must be 18 to 64, not entitled to Medicare or enrolled in the TRICARE Extended Care Healthcare Option and living within 50 miles of the research centers.

The weight management demonstration project will use telephone and Internet, as well as interactive behavioral support and education. The project will assess whether five to 10 percent weight loss can be achieved and maintained over the course of the study.

Behavioral intervention with added pharmacotherapy will be compared to behavioral intervention alone. The demonstration project will study the effectiveness of different intensity behavioral intervention with or without medication.

Research Triangle Institute and the Cooper Institute will conduct this demonstration as an institutional review board-approved research study. Research Triangle Institute will begin recruiting proj-

ect participants in spring 2006.

The result of this demonstration project will assist TRICARE in determining ways to deliver the best possible benefit for its uniformed services members, retirees and their families.

U. S. Air Force Col. Joyce Grissom, medical director in the Office of the Chief Medical Director, TRICARE Management Activity, said the demo project will offer non-active duty beneficiaries access to scientifically based behavioral interven-

tions that have previously been offered to active duty service members through face-to-face service-specific multidisciplinary weight management programs.

"We hope that this demonstration, and other life-style-oriented pilot projects will have a positive and lifelong impact on the health of participating TRICARE beneficiaries," Grissom said. "We want to continue to find ways to enhance the benefit and deliver the best possible health care."

## Marine volunteers time with area youth

**Pfc. Charles E. McKelvey**

*MCAS Cherry Point*

**MARINE CORPS AIR STATION CHERRY POINT, N.C.** — What one does with their free time is completely up to them. They could get another job, play a sport or simply sleep the time away. For one Marine he chooses to spend his free time coaching and mentoring the area youth along with volunteering for many other events in the area.

Theodore P. Burke, maintenance administrative clerk, Marine Air Logistic Squadron-14 is a prime example of a Marine twenty-four seven, even when off the job, he exemplifies the qualities of a good Marine by volunteering his time to help out with the local youth sports programs.

Burke is currently one of the coaches for the Havelock youth traveling lacrosse team for the under 13 age group. "One of the biggest things I enjoy about coaching the children is being able to see a child begin the season with little or no skills at the sport and finishing with well developed skills and confidence in the sport," Burke said.

This is the third year the team has been around. About a month deep into practice, they have their first scrimmage against New Bern coming up this weekend.

Burke, along with the rest of the team, put in almost six hours a week every Tuesday, Thursday and Saturday evening practicing at the Havelock Recreational Fields.

Seeing an email about the chance to coach children in a sport he enjoys, Burke jumped on the opportunity.

With more than nine years of experience in the sport, Burke has been playing lacrosse through school and taught it at a local recreation center before joining the Marine Corps.

Burke also enjoys playing soccer, basketball, football and likes to swim along with coaching the youth.

Other things Burke has donated his time to include: coaching for the Cherry Tree Soccer program, judging for a local fishing tournament, volunteering for the Special Olympics and making grocery bags for the needy during the holiday season.

When it comes to Burkes' free time and view on coaching, he said, "I plan to pick up on the next sport coming up after lacrosse is over, it could be any sport, I am just out there to help the kids."



Pfc. Charles E. McKelvey

David Guthrie, Youth Sports director, prepares equipment needed for the upcoming Start Smart baseball program.

## Program offers a head start in sports

**Pfc. Charles E. McKelvey**

*MCAS Cherry Point*

**MARINE CORPS AIR STATION CHERRY POINT, N.C.** — Not everyone is born an Eli Manning or an Alex Rodriguez, and for simple facts like that programs such as Start Smart are taking off in popularity throughout the United States along with Cherry Point, a supporter of the program since 1999.

The Start Smart programs, which was created by the National Alliance for Youth Sports, is a program that gets children ready to participate in sports at a young age, and

is a huge success here, making Cherry Point the only Marine Corps installation to achieve the All-Star rating in 2005.

David Guthrie, Youth Sports Director, is the driving force behind the youth programs at Cherry Point and an avid supporter of the Start Smart programs. Guthrie, who has been here since 2002, has brought the program a long way since coming onboard, increasing the program from only one sport all the way up to all six this past year.

Start Smart, which is easy to set up and run, uses a step-

by-step approach that builds confidence and self-esteem, along with making sports fun. The program that promotes parents and children to have a healthy positive sports experience and make the child comfortable with playing team sports at an older age.

The Start Smart programs include the sports development program, baseball, soccer, basketball, golf and football. The programs, which last six weeks, are run once a week for an hour. The participants are given homework at the end of the session to work on in preparation for

the next week. The parent must attend every session with their child.

Start Smart was developed by specialists in the fields of motor skill development and youth sports with the goal of having parent-child groups perform motor skill tasks that gradually build confidence in children while they are having fun at the same time.

"The biggest thing I see that the kids take away from Start Smart is they get to learn a new sport at a young age in a fun environment," said Guthrie. Parents also benefit greatly from the pro-

gram, said Guthrie

"Start Smart creates an environment where parents can spend quality time with their children outside of the house," he said.

With results such as 70 percent of parents involved reported, improvement in their relationship with their children as a result of participating in the Start Smart program, and 95 percent of parents who participated in Start Smart said they have learned new ways to help their child learn and develop sports skills, it would be hard to say that Start Smart is not a welcomed program here.

# Cutting health-care costs is easy

**Cmdr. Lissa Ann Wohltmann**

*USN REDCOM South*

To easily cut health care costs, simply put a stop to preventable diseases. This is the basic sentiment of many doctors and health organizations.

One simple way is to take advice from the "America On The Move" plan.

"We are trying to get people to integrate a moderate amount of physical activity in their day," said Wendy Artman, an America On The Move representative. "Everybody can make a small step."

America On the Move is a national initiative designed to help all Americans maintain or improve health through small steps. No weighing your food, counting calories, calculating the carbohydrates or running marathons. The message is uncomplicated: Move more; eat less. Yet, American culture doesn't seem to support active lifestyles.

"A lot of physical activity has been engineered out of our lives," said Philip Haberstro, president of the National Association of Health and Fitness. For example, children who live three blocks from school don't walk or ride a bicycle – instead they are driven. An employee who sits in front of a computer all day is considered efficient.

Also, the message is to eat nutritiously and judiciously. According to "Science Daily," "The hearts of people who follow a low-calorie, yet nutritionally balanced diet resemble those of younger people." A great number of restaurants sell an enormous amount of unhealthy fare, while the healthiest eating approach – plant-based nutrition – is treated as an afterthought.

Dr. Stephen Barrett, notoriously known for debunking myths in the medical world, said that generally people don't need to purchase expensive nutrition-

al supplements.

"Balanced diet provides the nutrients most people need," he wrote in his report "Twenty-Five Ways to Spot Quacks and Vitamin Pushers."

"The average American—stressed or not—is not in danger of vitamin deficiency."

Buying all these excess vitamins and nutrients can cost big bucks. Barrett urges people to beware when others try their scare tactics. The average person adhering to U.S. Dietary Guidelines is in no danger of vitamin deficiency. If someone is treating you and selling you supplements, it's a good sign that this is not the most reputable individual with whom to trust your health.

You also can stretch your health-care dollar by purchasing generic drugs, getting your medications from mail-order pharmacies – if possible – having your child vaccinated and avoiding emergency rooms. Also, get the most from your insurance plan by checking on everything on your bill as well as ensuring your deductible is correct.

If you do become ill; however, learn everything you can about your condition. This will save you time and frustration when dealing with the proverbial runaround from health care providers. The best and most efficient way to save on health care costs is through the Navy's PMS – Preventive Maintenance System on your body. A healthier body means a healthier wallet.

## Downcourt!



Lance Cpl. Ryan Trevino

A player from the Twentynine Palms varsity basketball team looks downcourt in the Hickam Aloha Men's Basketball tournament Monday at Hickam. Twentynine Palms, who stayed here while the tournament was going on, defeated the Warriors, 64-33.