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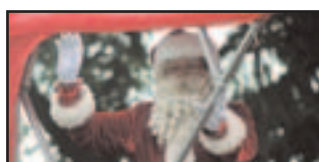
VOLUME 36, NUMBER 48

THOMAS JEFFERSON AWARD WINNING METRO FORMAT NEWSPAPER

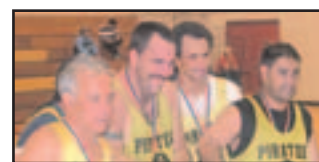
DECEMBER 8, 2006



Jayne Wayne
A-3



Christmas events
B-1



Olympics
C-1

Disney presents Toys for Tots million-dollar check

Press Release

United States Marine Corps Public Affairs Office

HOLLYWOOD, Calif. — At 2:30 p.m., the feature entertainment event at the El Capitan Theater on Hollywood Boulevard was the Walt Disney Pictures World Premiere of "Santa Claus 3" starring Tim Allen.

To introduce this heart-warming family motion picture, Mr. Robert Iger, president and CEO of The Disney Company, presented a check for \$1,000,000 to retired Lt. Gen. Matthew T. Cooper, president and CEO of Marine Toys for Tots Foundation, as The Disney Company's 2006 donation to Toys for Tots.

Toys for Tots is one of the nation's premiere Christmas charitable undertakings.

The Disney Company was Toys for Tots' first National Corporate Sponsor based on contributions made in 1948.

Each year thereafter, The Disney Company has been a strong supporter of Toys for Tots; hence has earned the distinction of being the longest standing National Corporate Sponsor of Toys for Tots.

The 2006 donation of \$1,000,000 is the largest single cash donation by a corporation in the 59-year history of Toys for Tots.

On behalf of everyone associated with Toys for Tots, the president & CEO of Marine Toys for Tots Foundation extends special thanks to Iger and his outstanding Disney team for this unequaled cash donation and for holding the distinction as the longest standing National Corporate Sponsor of Toys for Tots.

Free phone cards offered to military members underway

Kristine M. Sturkie

Navy Exchange Service Command Public Affairs

VIRGINIA BEACH, Va. — For the fifth year in a row, the Navy Exchange Service Command and AT&T will provide free phone calls to military members underway during the holiday season.

Each Sailor, Marine and Coast Guard member who will be underway aboard a U.S. Navy ship or Coast Guard vessel with AT&T Direct Ocean Service phones during the December holiday season will receive a \$10 prepaid phone card. NEXCOM expects to distribute 17,000 free phone cards during the holidays.

"This program has been so successful in the past that we decided to do it again this year," said Jennie Virden, NEXCOM personal telecommunication specialist. "Our military members sacrifice so much for our country, including being away from loved ones over the holidays. We are proud to be able to provide them a way to call home for free."

Ships receiving the free phone cards this year include: Norfolk, Va.-based ships USS Dwight D. Eisenhower (CVN 69), USS Saipan (LHA 2), and USS Anzio (CG 68); Mayport, Fla.-based ships USS McInerney (FFG 8), USS Robert G. Bradley (FFG 49), USS Boone (FFG 28); and San Diego-based ships USS Boxer (LHD 4), USS Bunker Hill (CG 52), USS Dubuque (LPD 8), USS Comstock (LSD 45), and USS Preble (DDG 88).

Free phone cards will also be provided to Naval submarines and 12 U.S. Coast Guard cutters that will be deployed during the holidays.

Embedded Training Team 5-1 heads out

Cpl. Rick Nelson

Combat Correspondent

A small team of Marines and Sailors from various units aboard Marine Corps Base Hawaii departed for Afghanistan Nov. 29 to aid in training the national army there.

The group of 15 Marines and three Sailors make up Embedded Training Team 5-1.

"We were officially tasked approximately three months ago with this mission," said 1st Sgt. David R. Stocks, senior enlisted advisor, Marine Logistics Group-3. "Our duties will be to advise, train and mentor the Afghani National Army while in country."

Stocks said the mission is unique because the Marines and Sailors assigned to ETT 5-1 will spend their deployment in Afghanistan with the ANA.

"We're going to eat, sleep and operate independently with the ANA for the entire nine months we're out there," he said.

In order to prepare for the deployment, ETT 5-1 did mountain warfare, mountain movement, information operations, survival, and navigation training in Bridgeport, Calif., and conducted special weapons training, cultural language training, and strategic planning in Quantico, Va.

"I think with the training we've done, we're more than prepared for this deployment," the Huntington Beach, Calif., native said. "The most crucial part of the training we did was the information operations, because it gave the Marines and Sailors an overall of the culture and tactics of why we're going to Afghanistan."

Petty Officer 3rd Class Charles Mark, hospital corpsman, ETT 5-1, who was deployed to Afghanistan with 1st Battalion, 3rd Marine Regiment in 2005, said the training for this deployment was the best he had ever done and knows it is what is going to bring him



Cpl. Rick Nelson

Sergeant David M. Wilois, advisor, Embedded Training Team 5-1, Marine Corps Base Hawaii, Kaneohe Bay, gathers gear to load into a bus Nov. 29 at 3rd Marine Regiment's armory, before leaving for a nine-month deployment to Afghanistan, where ETT 5-1 will be training the Afghani National Army.

back to his wife.

"It's going to be hard to be away from my wife, family and Hawaii for so long, but at the same time, I'm looking forward to going, because I want to see what's changed

since I left," the Dinuva, Calif., native said.

The goal that the team would like to achieve before leaving Afghanistan is to leave the Afghani soldiers with confidence in their

operations, said Stocks.

"I think with the training and group of guys going out there," he said, "we should be able to accomplish the mission and return home safe."

65th anniversary



Petty Officer 1st Class James E. Foehl

A chaplain assigned to Commander, Navy Region Hawaii, checks the ranks of an honor cordon for USS Arizona survivors before an official welcome to the Arizona Memorial Visitors Center. One hundred Sailors and Marines assigned to guided-missile destroyer USS Paul Hamilton (DDG 60), USS Russell (DDG 59) and Combat Service Support Group 3 made up the honor cordon, which officially welcomed the survivors back to the Visitors Center for the 65th anniversary of the attack on Pearl Harbor. See next week's Hawaii Marine for stories on the history of the Dec. 7, 1941, attacks and a feature on Medal of Honor recipient and survivor retired Navy Lt. John Finn.

Bush: Administration will take Iraq Study Group report seriously

USA Sgt. Sara Wood

American Forces Press Service

WASHINGTON — The report issued Dec. 6 by the Iraq Study Group offers an opportunity for government leaders to come together and work toward a solution in Iraq, and the administration will take the report's recommendations very seriously, President Bush said.

"This report gives a very tough assessment of the situation in Iraq," Bush said after receiving a copy of the report this morning at the White House. "It is a report that brings some really very interesting proposals, and we will take every proposal seriously, and we will act in a timely fashion."

Members of the administration and Congress won't agree on every proposal put forth in the report, Bush acknowledged, but added that this is

an important opportunity for leaders to work together for the good of the country. He thanked the members of the commission for their work, noting that they have made a vital contribution to the U.S. and the future of Iraq and the Middle East.

"We can achieve long-lasting peace for this country, and it requires tough work," Bush said. "It also requires a strategy that will be effective, and we've got men and women of both political parties around this table who spent a lot of time thinking about the way forward in Iraq and the way forward in the Middle East."

The 10-member bipartisan Iraq Study Group is co-chaired by former Secretary of State James Baker and former Congressman Lee Hamilton. The group's report will now move to Congress for consideration.

NEWS BRIEFS

Real snow to fall on Christmas Party, Family Day today

Third Marine Regiment will hold its Christmas Party and Family Day today from 1 to 5 p.m. in the field across from Fort Hasse Beach aboard Marine Corps Base Hawaii, Kaneohe Bay. Food, beverages, games, and real snow will be available for all to enjoy. Two dumptrucks filled with snow will be delivered to K-Bay for this event. Marines and families of 3rd Marine Regiment invite the entire base community to attend.

Insurance Companies Barred

Effective Nov. 6, 2006, American Amicable Group and its subsidiary companies to include American Amicable Life Insurance Company of Texas, Pioneer American Life Insurance Company and Pioneer Securities Life Insurance Company, have been barred from conducting solicitation activities on Department of Defense installations worldwide for a period of five years beginning .

Toys for Tots Collection Underway

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

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

Toys for Tots Looking for Warehouse Space

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

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

Conserve Energy

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

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

Hawaii Marine Accepts Letters

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

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

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

Important Phone Numbers:

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

HAWAII MARINE

www.mcbh.usmc.mil

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FAX: 257-2511, PHONE: 257-8835

2 Hawaii-Based Marines killed in helicopter crash in Iraq

Press Release

Marine Corps Base Hawaii

Major Joseph T. McCloud, 39, of Wayne, Mich.; and Cpl. Joshua C. Sticklen, 24, of Virginia Beach, Va., died Sunday when the CH-46 Sea Knight helicopter they were riding in crashed in Al Anbar province, Iraq.

Both Marines were assigned to 2nd Battalion, 3rd Marine Regiment, 3rd Marine Division, III Marine Expeditionary Force, Marine Corps Base Hawaii, Kaneohe Bay. They deployed to Iraq in September.

McCloud was an infantry officer who enlisted in the Marine Corps in 1990 and was commissioned in April 1992. He reported to Hawaii April 2006 and was assigned as the operations officer for 2/3.

McCloud's awards include the Meritorious Service Medal, Joint Service Commendation Medal, three Navy and Marine Corps Commendation Medals, two Navy and Marine Corps Achievement Medals, Combat Action Ribbon, seven Sea Service Deployment Ribbons, Iraq Campaign Medal, Global War on Terrorism Service Medal, Armed Forces Expeditionary Medal, Global War on Terrorism Expeditionary Medal, NATO Medal, Kuwait Liberation Medal (Kuwait), United Nations



MCLOUD

Medal, Kuwait Liberation Medal (Saudi Arabia), and four Southwest Asia Service Medals.

Sticklen, an intelligence specialist, enlisted in the Marine Corps October 2002 and reported to K-Bay for duty July 2003.



STICKLEN

Sticklen's awards include the Marine Corps Good Conduct Medal, Iraq Campaign Medal, Sea Service Deployment Ribbon, Afghanistan Campaign Medal, Global War on Terrorism Service Medal and the Korean Defense Service Medal.

Drive safe during the holidays

Mario Diprete

Base Safety

This holiday season, let's do our part to make it home safe for the holidays.

Most of us will be out making that last-minute dash to the malls for gifts, while others may be enjoying the company of family and friends at cookouts and holiday parties around the Island.

While out and about on Oahu's busy highways and city

streets, let's focus on doing our part to be the best drivers we can possibly be.

Traffic accidents and deaths have affected the lives of countless Americans.

Many have lost family and friends in tragedies that could have been prevented.

Vehicle crashes are often a greater threat to life and health than crime.

Below are some helpful tips to ensure you and your family arrive alive this holiday season:

1. Allow yourself enough time to arrive safely.
2. Everyone buckles up. No excuses.
3. Pay complete attention to your driving task at hand.
4. Save that cell phone conversation for when you arrive at your destination. If lost or if you need to get an urgent message out, have someone else in the car handle the conversation for you. Another option to talking on the cell phone when driving is to pull

over at the next available parking lot or side street.

5. Maintain a safe speed for weather conditions and following distance between your vehicle and other vehicles on the road.

6. Be courteous — it's infectious.

7. Never get behind the wheel if you've been drinking. Plan ahead. You have too much to lose, so don't let alcohol influence your decision.

'At the dock of the bay'



Sgt. Sara A. Carter

U.S. Coast Guard Cutter Ahe pulled up to Water Front Operations' T-Pier aboard Marine Corps Base Hawaii, Kaneohe Bay, Nov. 29 where it was docked for three days in order to pick up supplies and a part for the vessel.

Weekend weather outlook

Today



Day — Mostly sunny with isolated showers. Highs around 80. East winds 10 to 15 mph. Chance of rain 20 percent.

Night — Partly cloudy with scattered showers. Lows around 70. East winds 10 to 15 mph. Chance of rain 30 percent.

High — 80

Low — 70

Saturday



Day — Mostly sunny with isolated showers. Highs around 80. East winds 10 to 15 mph. Chance of rain 20 percent.

Night — Partly cloudy with scattered showers. Lows around 70. East winds around 10 mph. Chance of rain 30 percent.

High — 80

Low — 70

Sunday



Day — Mostly sunny with isolated showers. Highs around 80. East winds 10 to 15 mph. Chance of rain 20 percent.

Night — Partly cloudy with scattered showers. Lows around 70. East winds around 10 mph. Chance of rain 30 percent.

High — 80

Low — 70



Destiny Prater rappels down the tower at Landing Zone Boondocker aboard Marine Corps Base Hawaii, Kaneohe Bay, during Jayne Wayne Day Saturday.



Christal Wallsch, a 1st Battalion, 3rd Marine Regiment spouse, looks down range during a static display that included various types of firearms and equipment Marines use while in the field.

Left: Corporal Ryan Phalon, 1st Battalion, 3rd Marine Regiment, Marine Corps Base Hawaii, Kaneohe Bay, assists Shradah Reyna, a 1/3 spouse, with firing the M-203 grenade launcher at the K-Bay Range Saturday during the Lava Dog's Jayne Wayne Day.

Day devoted to training spouses, loved ones

Story and Photos by
Cpl. Rick Nelson

Combat Correspondent

Spouses and loved ones of Marines assigned to 1st Battalion, 3rd Marine Regiment, Marine Corps Base Hawaii, Kaneohe Bay, were at the Range Saturday where they participated in "Jayne Wayne Day," to get a sampling of what the Marines do during a regular work or training day.

The 1/3 commanding officer began their day by welcoming them and giving a brief background on Jayne Wayne Day.

After the brief, attendees were separated into groups and guided by Marines to "stations" where the spouses participated in activities such as firing different weaponry, viewing static displays, taking part in Marine Corps Martial Arts, and rappelling down walls, to name a few.

"We hold the Jayne Wayne Day once a year. Last year we received a lot of positive feedback, so we decided to put on another one," said Lt. Col. James W. Bierman, commanding officer, 1/3. "We had a good turnout with about 60 wives who showed up to participate."

Jayne Wayne Day is conducted in order to help wives understand and appreciate what their spouses do, the Virginia native added.

"It's great to see the husbands and wives out here together," said Bierman. "We're trying to plan a lot of events in the future for the families of 1/3. These events raise morale and motivation in the troops, but, most importantly, events raise the sense of belonging to the wives of 1/3."

Bierman said it seems the wives enjoy the rappelling and shooting the most.

"I came to support my husband and the Marines in his troop, and I've been having a great time," said Britany Cothran, 1/3 spouse. "The most fun I had was firing the machine gun."

It's good to see the wives smiling once they've finished an event, said Bierman.

Lance Corporal Theodore Cothran, machinegunner, Weapons Platoon, Bravo Company, said he thinks having Jayne Wayne Day will make it easier for the spouses when the Marines are away.

"When we deploy, they will meet other wives and be able to have someone to communicate with."

In addition to Jayne Wayne Day, the "Lava Dogs" will have a Christmas party that will also help bring the spouses together.

"We want everyone to be close," said Bierman. "We're all one big 1/3 family and these events keep it that way."



Matti Reel, wife of a 1st Battalion, 3rd Marine Regiment Marine, fires a squad automatic weapon while on the Marine Corps Base Hawaii, Kaneohe Bay Range during Jayne Wayne Day Saturday. Participants also fired the M-16 rifle and M-203 grenade launcher.



Matti Reel, Jayne Wayne Day participant, takes down 2nd Lt. Russell J. Jackson, platoon commander, 3rd Platoon, Bravo Company, 1st Battalion, 3rd Marine Regiment, during the Marine Corps Martial Arts demonstration.

Remembering Pearl Harbor: Visiting the Arizona Memorial



Daniel Martinez, park historian, National Park Service, Pearl Harbor, Hawaii, stands at the sign for the USS Arizona Memorial just outside the Visitor Center. Martinez said the park receives an estimated 4,500 visitors each day for boat tours to the memorial and 300 to 500 visitors to the Visitor Center.

Story and Photos by Christine Cabalo

Photojournalist

Pearl Harbor, Hawaii — Seemingly floating in the shallow waters off Ford Island at Pearl Harbor Naval Base, the Arizona Memorial sits just above the midsection of the sunken battleship USS Arizona. Completed in 1961, the memorial serves as a reminder of the 1,177 Sailors and Marines who died aboard after the Pearl Harbor attack. Their deaths account for more than 49 percent of the casualties suffered after the Dec. 7, 1941, bombing.

"Pearl Harbor has different meanings to different people," said Daniel Martinez, park historian, National Park Service. "One must understand, there was a history of Pearl Harbor before the attack, and there is definitely a history of Pearl Harbor after the attack. What we try to do at the Arizona Memorial and what we'll do in the future is tell those multiple stories."

Visitors to the memorial are introduced to these multiple perspectives by reading the biographies of one of 10 heroes, each from a different background and culture, featured on the reverse side of their entry ticket. Martinez said the heroes were chosen in an effort to remind visitors that everyone was impacted by the bombings.

"The attack on Pearl Harbor was not only a monumental moment in American history, it was also a monumental moment in world history," said the historian. "The 20th Century changed that day forever.

"The event brought the United States into a global war and galvanized a nation to go from a politically divided country to a united country, because of the nature of the attack on Pearl Harbor," he explained.

To teach visitors the history behind the Pearl Harbor attacks, the tour begins with a short historical information brief about World War II given by one of the park rangers, a volunteer, or Pearl Harbor survivor. The brief is followed by a 23-minute film that features archived news footage from the 1940s.

First shown in 1993, Martinez said the purpose for the film is to offer the public a better perspective for the reasons behind the bombings.

"We do this so people don't forget and remember the sacrifice that was made," said Kevin Tobin, park ranger, National Park Service who is a retired chief petty officer.

After viewing the film, visitors are then taken from the Visitor Center to a shuttle boat that takes them out to the memorial.

Artifacts recovered from USS Arizona, along with other Pearl Harbor memorabilia, are housed in the museum at the Visitor Center. Audio tours that provide the history behind the museum arti-

facts and of Pearl Harbor are available to visitors.

Martinez noted that future plans for the park which houses the Visitor Center include streamlining security checkpoints to other Pearl Harbor historic sites so visitors aren't forced with going through additional checkpoints.

The historian said plans for renovation at the Arizona Memorial Visitor Center, which sees an estimated 1.5 million visitors every year, includes a new museum and updated facilities. Groundbreaking for the new buildings and infrastructure is scheduled for next year and will be fully operational in 2009.

"There are many, many perspectives on Pearl Harbor," said Martinez. "I think what's important to remember is that all of those perspectives have value and need to be understood."

The Arizona Memorial Museum and Visitor Center is open daily from 7:30 a.m. to 5 p.m., and admission is free. The memorial is closed Thanksgiving, Christmas and New Year's Day. Boat tours are available every 15 minutes from the Visitor Center to the memorial beginning at 8 a.m. with the last shuttle at 3 p.m. Tickets to the memorial are on a first-come, first-served basis.

For more information about the memorial log on to: <http://www.nps.gov/usar/>.



A glass case featuring a portrait of Rear Adm. Issac C. Kidd and some of his personal effects is on display at the Arizona Memorial Museum. Kidd, who died aboard the battleship USS Arizona during the Pearl Harbor attacks, was the first flag officer casualty in World War II.



Visitors explore the Arizona Memorial's Assembly Room where views of the sunken battleship USS Arizona and the Honolulu shoreline can be seen. Designed by Alfred Preis, the memorial includes the Entry Room, which houses nine state flags of battleships, and the Shrine Room where the names of the 1,177 Sailors and Marines who died aboard USS Arizona after the attack on Pearl Harbor are listed.



The Arizona Memorial measures 184 feet in length and rests above what remains of the battleship USS Arizona. Approved for construction by President Dwight D. Eisenhower in 1958, the structure is supported by two 250-ton steel girders and 36 concrete pilings.



A boat shuttle departs from the Arizona Memorial and heads back to the Visitor Center. Daily tours of the memorial leave from the Visitor Center area every 15 minutes beginning at 8 a.m. and ending at 3 p.m., arriving at the Arizona Memorial near Ford Island.



Park Rangers Kent Schaeffer (left) and Kevin Tobin are assigned to the Arizona Memorial where they give tours of the memorial and answer historical questions. Tobin is a retired chief petty officer and Schaeffer is a former Marine who was assigned to Marine Corps Base Hawaii, Kaneohe Bay.



Christine Cabalo



Christine Cabalo

Left: Marines uproot mangrove seedlings that overtook native plant life along the Nuupia Ponds shoreline during Pride Day Nov. 30. Once seedlings were removed with bolt cutters, volunteers dragged the cuttings further inland to prevent them from sprouting again in the water.

Gunnery Sergeants Melvin Williams (left) and Aaron Moore, Communications and Information Systems, Headquarters Battalion, Marine Corps Base Hawaii, Kaneohe Bay, search for bottles along the shoreline near Pyramid Rock. In the background, volunteers from Headquarters Battalion check the beach for boat twine and other trash that has washed ashore.

Marines, Sailors show pride for their base

Christine Cabalo

Photojournalist

Hundreds of volunteers cleaned more than 2,950 acres of Marine Corps Base Hawaii, Kaneohe Bay, during Pride Day Nov. 30. Military and civilian volunteers picked up litter, removed abandoned bulk items, and helped clear overgrown invasive plant life around Mokapu Peninsula.

"Pride Day takes priority for the entire day," said Gunnery Sgt. Paul Harvey, deputy base inspector. "The event is about beautification and taking pride in your base."

The base was divided into eight areas and assigned to units, said Harvey. Marine Corps Base Hawaii Recycling Center personnel sorted trash they received and volunteers took non-recyclable materials to the base landfill.

A total of five tons of green waste and wood were taken to the base landfill, according to David Cunha, landfill manager, who said this year's Pride Day was the most successful he's seen since working as landfill manager. He estimated that there was 2,800 pounds of trash collected.

Volunteers who removed trash from the central Mokapu drainage channel were up as early as 6 a.m. Civilians from the Environmental Compliance and Protection Department worked with Marine volunteers to clean out mangrove growth along the shores of Nuupia Ponds. Mangrove plants are an invasive foreign species that push out other native plant life and damage the local ecosystem.

Other volunteers who were cleaning around Pyramid Rock and the areas near Hill Top beaches collected bottles and debris that were washed ashore.

Harvey said Pride Days help to keep trash and debris from piling up.

"It's just like when you're home," said Harvey. "You put anything aside, and it just sits there unless you do something about it."

As deputy base inspector, Harvey met with representatives of each unit and assigned the areas the units were responsible to clean. He then spent all of Pride Day ensuring the eight areas were thoroughly cleaned by checking with representatives from each unit. If volunteers had questions about what to do with trash, such as tree cutting and piles of old office furniture, Harvey was on call to answer their questions.

"Checking on everyone during the day made me realize just how big this base is," said Harvey. "I never realized just how many moving parts of the base we have. There are a lot of busy people in the base during a daily basis."

The deputy base inspector said Pride Day would not have been as successful without the military and civilian volunteers who agreed to help.

Harvey said trash from households and base offices is taken care of by different base departments. For instance, trash from base offices can be taken to the landfill located near the base range. Office trash disposal

for all non-recyclables is available with a landfill pass issued by the base Recycling Center and permission from the dump master. Service members can call Jim Sibert at 257-4300 at the Recycling Center for answers any ques-

tions about what to do with hazardous materials and recyclables.

If service members and their families who live on base have questions about trash disposal or removal, they should contact the Base

Housing Office at 257-1257. Household trash does not go in the base landfill, because the landfill is for trash from military units only. The Housing Office administers curbside pickup of household trash.

Pride Day has been a coordinated effort of the Base Inspector's Office and the Environmental Compliance and Protection Department for more than five years. The next Pride Day is scheduled for April 2007.

Sharing information



Sergeant Michael McClay (left), chief sniper, Scout Sniper Platoon, 3rd Battalion, 3rd Marine Regiment, Marine Corps Base Hawaii, Kaneohe Bay, shows a member of the Republic of Korea Marine Corps a sniper rifle used by the U.S. Marine Corps Nov. 29. Members of the ROK Marines were on base for a one-day visit to the regiment.

Sgt. Sara A. Carter

LIFESTYLES



Santa waves to the crowd as he rides down the parade route in Kaneohe Saturday. In spite of on-and-off rain showers, hundreds lined the parade route down Kamehameha Highway to watch Saturday's parade.

'Tis the season ...

Stories and Photos by
Sgt. Sara A. Carter

See B4 for the Kaneohe Christmas Parade

See B5 for the Toys for Tots Bike Run

**See B6 for the Marine Corps Base Hawaii Tree Lighting Ceremony
and Christmas Concert**



Hokulani, dressed as "Santa Dog," walks with her owner before her debut in the Kaneohe Christmas Parade Saturday. This is the second year she has dressed up for the parade.



Bears, which were donated to the Toys for Tots program, are strapped to the front of motorcycles to secure them for their ride in the 32nd Annual Toys for Tots Bike Ride Sunday.



Individuals who attended the Marine Corps Base Hawaii, Kaneohe Bay, tree-lighting ceremony take a moment to snap a couple of photos of the fully lit Christmas tree Sunday before heading home.

MCCS Briefs

www.mccshawaii.com

Kahuna's Recreation Center 254-7660/7661

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

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

Hot Country Wednesday features Dita Holifield and Red Handed.

Staff NCO Club 254-5481

Registration for the Swing into December SNCO Golf Tourney scheduled for 12:30 p.m. Dec. 20 is currently underway. Fee for senior noncommissioned officer club members is \$43, nonmembers pay \$55. The tournament is held in four-person, scramble format.

Call the Kaneohe Klipper Golf Course at 254-2107 to register.

A Boutique Evening on Thursday will feature unique craft and holiday gift items for both men and women from 5 to 7 p.m.

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

The Officers' Club 254-7650

A delectable Holiday Buffet is served every Thursday, Friday and Saturday through the month of December from 6 to 8 p.m. Buffet items include roasted chicken, fresh salmon, roast pork, snow crab lets, roast prime rib of beef carving station, and a variety of salads.

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

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

All Hands

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

Call 254-7610 for more information.

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

Call 254-7624 for more information.

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

Call 254-7624 for more information.

This month's Lifestyles, Insights, Networking, Knowledge and Skills Session theme is "Rockin' Around the Marine Corps." The class will be held tomorrow from 8:30 a.m. to 4 p.m. L.I.N.K.S. is open to all military spouses.

Call 257-2368 for more information.

Accelerated Online Five-Week Classes are being offered in the Joint Education Center, Building 220 from Monday through January 12, 2007. Registration is open to all military service members and their family members.

Call 257-2158 for more information.

A Permanent Change of Station Workshop will be held on Wednesday in Building 267, room 5 from 8 a.m. to noon. No orders needed. Reservations required.

Call 257-7790 for more information.

Community event:

Stars from New York City Ballet, American Ballet Theatre, other mainland companies complement local dancers

Ballet Hawaii presents its annual "Nutcracker," staged by Pamela Taylor-Tongg and featuring top Mainland dancers to complement the local performers, Dec. 15 to 17 at the Blaisdell Concert Hall.

Danced to the ever-popular music of Tchaikovsky played by the Honolulu Symphony under the baton of Stuart Chafetz, Ballet Hawaii's Nutcracker stars Megan Fairchild and Joaquin de Luz of the New York City Ballet as the Sugar Plum Fairy and her Cavalier, Stella Abrera and Sascha Radetsky of American Ballet Theatre as the Snow Queen and King and in the Arabian pas de deux, and Lilyan Vigo Ellis, winner of the prestigious Princess Grace Award and a member of Carolina Ballet, making her Hawaii debut as the Dew Drop.

Tickets to Nutcracker are priced from \$25 to \$75, with discounts for students, seniors and military at the Blaisdell Box Office and all Ticketmaster outlets.

They may be purchased on the phone toll free at 1-877-750-4400 or online at www.ticketmaster.com.

With a cast of more than 100 dancers, including Derek Daniels as Herr Drosselmeyer, Maria Jose Beltran-Rowlands and WillieDean Ige as Frau and Dr. Silberhaus, Maree Miller as Marie, Natalie Schull as Fritz, Anne Milewski as the Colombine Doll and Little Bo Peep, Timour Bourtasenkov as the Soldier Doll, Marion Philpotts-Miller as Mistress Mouse, Gregory Lau as the Nutcracker Prince, Bourtasenkov and Joshua Cho in the Russian Trepak, Ben Moffat as Mother Ginger and featured performers Carolyn Berry as The Grandmother and Dr. Philip McNamee as The Grandfather, Ballet



Megan Fairchild and Joaquin de Luz, both from the New York City Ballet, as the Sugar Plum Fairy and her Cavalier Prince in Ballet Hawaii's "Nutcracker."

Hawaii's Nutcracker showcases a new set by Peter Dean Beck and new costumes by Anne Namba.

Also available is a VIP package for \$150 per person that includes a pre-show reception catered by Compadres, Shanghai Bistro, Hong Kong Harbor View Seafood Restaurant, The Bistro at Century Center,

3660 on the Rise, Romano's Macaroni Grill and Duc's Bistro, with wines by JMD Beverages and coffee by Starbucks; Golden Circle seating; reserved Blaisdell parking; and a post-performance backstage reception with the cast.

For information and reservations on this package, call Ballet Hawaii at 521-8600.

Movie review: Horror films



Lance Cpl. Ryan Trevino
Combat Correspondent

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

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

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

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

With all the junk Hollywood pumped into theaters this past Halloween, horror film buffs are instead dashing to their local video store to get their goose bump fix. So, to help save hours of sifting through row after row of garbage in the horror section, I've compiled a list of three must-see horror movies that are guaranteed to keep you up at night. Oh, and for all the sniveling little babies out there, you might want to swing by the

Marine Corps Exchange first and pick up a Night Light, because these films will make the darkness of night play tricks on your mind.

The Blair Witch Project



Reheat score: 3 out of 4 microwaves

I hear a lot of people pick at this film, but they will always lose the argument just by looking at the numbers. It was made for 30,000 dollars and earned a total profit of more than 35 million. That will settle any argument right there. I'm not saying numbers are everything, but when a film earns that much profit, it's for a reason.

The producers' purpose for making this "indie" was original and simple. They wanted to create a movie that looked and felt real, which they accomplished way beyond what they originally planned.

The story follows three student filmmakers out into the woods to film a documentary on a local folk legend named the Blair Witch, who was said to haunt the woods and the nearby town. Before they head out, they interview the "locals" to get some insight on the Blair Witch. The acting and camera work seem so real and unscripted that you can't help to forget all your preconceived notions and hunker down for the ride of a lifetime. Shaky camera techniques and a creepy setting are the key ingredients, placing the viewer right next to the filmmakers as they are harassed and tormented by the supernatural forces that live in the woods. The ending is abrupt and not many questions are answered, but that doesn't matter because you'll be so

scared that you'll never want to learn what really happened.

The Shining



Reheat score: 4 out of 4 microwaves

In my opinion, "The Shining" is the King Kong of the horror genre, even though it's got a little bit of psychological thriller to it as well. From the twisted and imaginative mind of movie director Stanley Kubrick comes a movie that will have you jumping out of your seat at every sound. Known for captivating audiences in other genres with films such as "Full Metal Jacket," "2001: A Space Odyssey," and "A Clockwork Orange," Kubrick takes a stab at the horror genre and cuts it wide open.

A young Jack Nicholson plays a struggling writer named Jack Torrance, who has taken a winter job hotel sitting a beautiful resort in the mountains of Colorado, hundreds of miles away from any form of civilization. Jack finds out at the beginning that this hotel has a violent and unnerving history, but doesn't let that affect his decision to move his family out there for what he thinks will be a little peace and quiet.

With nothing but time on his hands, Jack begins to feel the suffocation of the extreme isolation. This, coupled with supernatural forces that reside in the hotel, begin to play tricks on his mind. He is coaxed by outside forces and unexplainable forces within himself to hunt down and murder his family with an axe.

The beautiful imagery of this film alone makes it a classic. Although it veers quite far from the source material, a best-selling novel by Stephen King, Kubrick makes it his own by

intertwining his unique sense of pacing and unconventionality to give more visually to the viewer. Another important element of the film making it so good and spooky is its chilling soundtrack. You can't just cover your eyes to escape its wrath, you have to cover your ears too.

The Exorcist



Reheat score: 4 out of 4 microwaves

This is the movie that sparked the whole possession craze you see in some of today's horror films like "The Exorcism of Emily Rose," and "American Haunting." Director William Friedkin exploits all of our worst fears in this 1973 film, which still has more fright factor than any of the big-budget scary movies made since then.

The story is relatively simple. An actresses' daughter named Regan begins to act a little strange at first. Small occurrences happen to let us know that something isn't quite right. Her actions gradually progress into a full-on demonic possession that has the once sweet and innocent Regan spewing green chunks all over everyone and rotating her head a full 360 degrees. Catholic Priests specializing in exorcism are brought in to expel the demon occupying Regan's body, resulting in some of the most eerie sequences ever put on film.

For its time period, this movie was beautifully executed. Its originality and timeless haunting images and soundtrack will live on forever. If you've never seen this film, watch it alone tonight with all the lights out. But if you hear a sound outside your door, don't rush to call the Military Police; it's probably just the wind.

MOVIE TIME

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

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

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

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

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

Flicka (PG)
The Departed (R)
Employee of the Month (PG13)
School for Scoundrels (PG13)
Charlotte's Web (PG)
We Are Marshall (PG13)
The Departed (R)
Man of the Year (PG13)
Employee of the Month (PG13)

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

ON THE MENU

AT ANDERSON HALL

<p>Friday <i>Lunch</i> Roast turkey Lemon baked fish fillets Baked macaroni & cheese Garlic roasted potato wedges Mixed vegetables Lyonnaised carrots Cream gravy Peach pie Chocolate chip cookies Spice cake w/lemon butter cream frosting Vanilla/chocolate cream pudding Lemon/orange gelatin <i>Specialty bar: Southern Meal</i></p> <p><i>Dinner</i> Chili conquistador Chicken cacciatore Burritos Refried beans Spanish rice Simmered corn Green beans Taco sauce Desserts: Same as lunch</p>	<p>Saturday <i>Dinner</i> Pork roast Chicken cordon bleu Mashed potatoes Boiled egg noodles Simmered broccoli Polonaise Simmered succotash Chicken gravy Boston cream pie Shortbread cookies Yellow cake w/butter cream frosting Vanilla/chocolate cream pudding Lemon/raspberry gelatin</p> <p>Sunday <i>Dinner</i> Oven roast Honey glazed Cornish hens Rice pilaf Savory bread dressing Asparagus w/hollandaise sauce Simmered squash Creole Brown gravy Pumpkin pie Oatmeal cookies</p>	<p>Devil's food cake Vanilla/chocolate cream pudding Strawberry/lime gelatin</p> <p>Monday <i>Lunch</i> Beef stew Baked fish fillets Baked macaroni & cheese Wild rice French fried okra Buttered corn Cream gravy Pecan pie Chewy nut bars Spice cake w/butter cream frosting Vanilla/chocolate cream pudding Lemon/strawberry gelatin <i>Specialty bar: Pasta</i></p> <p><i>Dinner</i> Veal Parmesan Braised pork chops, bone-in O'Brien potatoes Peas with onions Spaghetti</p>	<p>Marinara sauce Mixed vegetables Mushroom gravy Desserts: Same as lunch</p> <p>Tuesday <i>Lunch</i> Barbeque chicken Battered fish portions Steak fries Simmered corn Simmered asparagus Chicken gravy Sweet potato pie Double chocolate chip cookies Yellow cake w/chocolate chip frosting Vanilla/chocolate cream pudding Cherry/orange gelatin <i>Specialty bar: Taco & Deli</i></p> <p><i>Dinner</i> Turkey ala king Salisbury steak Parsley buttered potatoes Glazed carrots Club spinach Brown gravy</p>	<p>Desserts: Same as lunch</p> <p>Wednesday <i>Lunch</i> Chili macaroni Roast turkey Grilled cheese sandwich Mashed potatoes Simmered pinto beans Turley gravy Cheesecake w/cherry topping Peanut butter cookies Peanut butter cake w/peanut butter frosting Vanilla/chocolate cream pudding Lemon/raspberry gelatin <i>Specialty bar: Hot dog & sausage</i></p> <p><i>Dinner</i> Meat loaf Pork ham roast Mashed potatoes Tossed green rice Cauliflower combo Broccoli w/cheese sauce Brown gravy w/mushrooms</p>	<p>Desserts: Same as lunch</p> <p>Thursday <i>Lunch</i> Swiss steak w/brown gravy Chicken Parmesan Rice pilaf Oven browned potatoes Corn on the cob Simmered peas & carrots Brown gravy Blueberry pie Brownies White cake w/lemon cream frosting Vanilla/chocolate cream pudding Lime/cherry gelatin <i>Specialty bar: Deli & hot sandwich of the day</i></p> <p><i>Dinner</i> Beef Yakisoba Sweet & sour pork Shrimp fried rice Steamed rice Simmered broccoli Fried Cabbage w/bacon Chicken gravy Desserts: Same as lunch</p>
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LIBERTY BUS SCHEDULE

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

Pickup	Drop Off	Pickup Times
Marine Corps Exchange and Enlisted Club	Hale Koa Hotel parking structure*	6:35 p.m. 9:25 p.m. 01:25 a.m.
Pickup	Drop Off	Pickup Times
Hale Koa Hotel	Marine Corps Exchange Annex and Enlisted Club	7:50 p.m. Midnight 03:00 a.m.

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



The U.S. Marine Corps Forces, Pacific Band plays Christmas music as it marches down Kamehameha Highway during Saturday's parade.



"Sparky the Fire Dog" rides in the Crash, Fire and Rescue vehicle during the Kaneohe Christmas Parade Saturday.

'Tis the season ... for a celebration

Holiday parade brightens dreary day

KANEOHE, Hawaii — Despite dark clouds and on-and-off rain showers, hundreds of people lined the curbs of Kamehameha Highway in Kaneohe for the annual Christmas parade Saturday.

The U.S. Marine Corps Forces, Pacific Band was one of the first groups to make its way down the street. The band performed the "Marines' Hymn" and a variety of Christmas tunes. As they passed, the crowd cheered and applauded for them.

The Young family from Kaneohe applauded

as each group walked or drove by. They said they have been attending the Kaneohe parade for more than 15 years, so it is now a family tradition.

Marching bands, customized vehicles, people walking dogs and riding horses waved and wished the crowd a merry Christmas.

Jezurine Smith, 10, from Kaneohe was one of many who walked a pet dog in the parade. This was the first year she has participated in the parade.

The band was not the only group of Marines participating in the parade. Marines from Marine Corps Base Hawaii's Crash, Fire and Rescue drove one of their rescue trucks down Kamehameha Highway as "Sparky the Fire Dog" waved from an opening on the top of the vehicle.

Then, right before Santa Claus made his

way down the parade route, Marines collecting toys for the Toys for Tots program accepted toys from the crowd.

As Santa faded from sight, children with bags of candy walked the parade route, passing treats to the children in the crowd. Then, in a blink of an eye, the crowd disappeared and the street was once again clear.



Members of the Castle High School Marine Corps Junior Reserve Officer Training Corps march down Kamehameha Highway during the Kaneohe Christmas Parade.



Members of the Korean Veterans Association drive historic vehicles down Kamehameha Highway during the Kaneohe Christmas Parade Saturday.



In spite of on-and-off rain showers, hundreds of paradegoers lined Kamehameha Highway to watch the Kaneohe Christmas Parade Saturday, which ended with a Christmas greeting from Santa and gifts of candy.



A biker hands Staff Sgt. Robert Marchand, Toys for Tots coordinator for the Marine Corps Reserves, 4th Force Reconnaissance Company, Marine Corps Base Hawaii, Kaneohe Bay, a box of donated toys before the start of the 32nd Annual Toys for Tots Bike Run Sunday. This year, an estimated 6,000 bikers participated in the bike run.

'Tis the season ... for giving

Bikers, Marines unite for the children

WAIKIKI, Hawaii — Thousands of motorcyclists parked their bikes at Ala Moana Beach Park in anticipation of the 32nd Annual Toys for Tots Bike Run Sunday.

The bikers were from different clubs, but they had one reason to unite — the children.

Dennis Morey, state director, Street Bikers United Hawaii, Inc., said the ride is the biggest event the biker community participates in, but it is not the only one.

"The biker community does so much — especially here in Hawaii," he said. "Every weekend, there is a club doing something for a charity. If you see a bunch of bikers riding on the weekend, it is safe to say they are doing a charity run."

This is also the biggest event during the toy collection season, said Staff Sgt. Robert Marchand, Toys for Tots coordinator for the Marine Corps Reserves, 4th Force Reconnaissance Company, Marine Corps Base Hawaii, Kaneohe Bay.

Crowds began to gather along the sidewalks from the Beach Park to Kapiolani Community College. Many of the observers took pictures of the bikes, most of which were decorated in Christmas garlands and toys that were going to be given to the Marines who were collecting the toys at the end of the ride.

This was the 26th year Jesse "Chief" Baker participated in the ride.

"It is fun to get some toys for the kids," he said. "These children didn't ask to be brought into this world, so they need to be taken care of."

Baker, a veteran who served in the Air Force for 29 years, said he also serves Meals on Wheels at Thanksgiving and Christmas to adults whom he said are usually forgotten during the holidays. He said he will continue to participate in the Toys for Tots ride as long as he can but wishes there was more that could be done throughout the year for the

children, not just during Christmas time.

"Kids ought to be taken care of all year long," said the veteran.

The "Chief" was the lead motorcyclist in the parade of approximately 6,000 bikes. On the back of his bike waved the American and Prisoner of War/Missing in Action flags.

The Toys for Tots program is a well-known organization that collects toys during the Christmas season for less-fortunate children in the community. Marchand said the official toy drive kickoff was Nov. 25 and will continue until Christmas Day.

According to Marchand, the program collected enough toys for approximately 17,000 children last year. The goal this year is to collect about 40,000 to 50,000 toys.

"I want to be able to give each child two toys," he said.

For more information about the Toys for Tots program visit www.toysfortots.org.



Three-year-old Claire Park, who is vacationing from Korea with her parents, waves as the motorcyclists pass during the 32nd Annual Toys for Tots Bike Ride Sunday.



Toys, which were donated to the Toys for Tots program, are strapped to the back of motorcycles to secure them for their ride down Ala Moana Beach Park to Kapiolani Community College Sunday.



A biker dressed as Santa Claus heads the 32nd Annual Toys for Tots Bike Run at Ala Moana Beach Park Sunday.



Nearly 6,000 bikers, some on decorated bikes, took part in this year's Toys for Tots Bike Run.



Children reach for real snow that began to fall from a tree house next to the Christmas tree.



Santa Claus hands candy to children at Dewey Square aboard Marine Corps Base Hawaii, Kaneohe Bay, Sunday.



Children and adults gather around the recently lit Christmas tree at Dewey Square aboard Marine Corps Base Hawaii, Kaneohe Bay, Sunday.

'Tis the season ... for gathering

Base celebrates the start of the Christmas season

Families from Marine Corps Base Hawaii gathered to celebrate the start of the Christmas season with a Christmas concert and tree-lighting ceremony aboard Marine Corps Base Hawaii, Kaneohe Bay, Sunday.

The evening started with a concert by the U.S. Marine Corps Forces, Pacific Band in the Base Theater. Children clapped and sang along as the band performed songs like, "Frosty the Snowman" and "Rudolph the Red Nose Reindeer."

"A Christmas Festival," "Bugler's Holiday," "Grandma got run Over by a Reindeer," and "Greensleeves" were among the other songs they performed.

Seventeen-month-old Sydney Spayd clapped and danced on her mother Julie's lap throughout the concert.

"It was great," Julie said. "We really enjoyed it – especially Sydney."

After the concert, the crowd from the theater made their way to the Christmas tree in Dewey Square that was decorated with lights and ornaments. They waited as the sun went down for the final part of the celebration – the tree-lighting ceremony.

The brass ensemble from the band played more Christmas music, while children played and chased each other.

Just before sunset, Colonel Mark Dungan, deputy commander, Marine Corps Base Hawaii, walked over to the control box for the tree lights and looked out into the crowd.

"Who is going to help me light the tree?" he asked.

Without hesitation, children ran from the bleachers to the colonel's side. Completely surrounded by children, the colonel began the countdown.

"On the count of ... three ... two ... one."

As the plunger on the box was press down, the tree lights illuminated the tree and all of its decorations, and real snow began to blow from a little birdhouse next to the tree. Children squealed with delight as they tried to capture the fast-melting snowflakes.

With the tree lit and the snow flying, all waited by the Christmas tree, anticipating the arrival of Santa Claus.

As the crowd waited, the band sang Christmas carols. Then, in the distance, came a screaming fire truck siren. The children rushed to the sidewalk to investigate.

"Ho, Ho, Ho. Merry Christmas," Santa said as the fire truck pulled up and dropped off its special passenger.

Excited, children rushed to Santa to see what was in his red bag.

As he handed out the candy, one little girl dressed in a plaid Christmas dress sat in her father's arms cried, "Santa, Santa" until the man in red looked at her and said, "Hello."



Children play tag prior to the start of the tree-lighting ceremony.



U.S. Marine Corps Forces, Pacific Band members sing Christmas carols at Dewey Square at the conclusion of the tree-lighting ceremony.

Pay clerk makes stepfather proud

Cpl. Rick Nelson
Combat Correspondent

When a person is around something for a long period of time, it sometimes becomes a part of their life or somewhat second nature.

"My father wasn't really around much when I was a kid, because he and my mom were divorced when I was really young," said Lance Cpl. Tony S. Thomasson, pay clerk, Finance Office, Headquarters Battalion, Marine Corps Base Hawaii, Kaneohe Bay.

"When I was 11 or 12 years old, my dad pretty much disappeared out of my life for almost five years. That's about the same time my mom started dating my stepdad, who is now a retired Marine Corps gunnery sergeant and someone who proved to be very influential at that time in my life."

Thomasson said he couldn't have asked for a better role model.

"He introduced me to the Marine Corps which is where my obsession with my beloved Corps began," he added.

Thomasson began to think about a future in the Marine Corps soon after his mother and stepfather were married.

"My stepfather always encouraged me to join. I worked at a gym and a lot of the guys there were former Marines, so they always said good things about it," Thomasson said.

"During my first year at college, I decided school wasn't for me at that point in my life, and I wanted to take a step forward and gain that extra responsibility and independence I needed. That's when I went to the recruiter and decided to join."

Thomasson, a native of Tampa Bay, Fla., was a student at Newport Ritchie Community College, Brooksville, Fla., when he made the decision to join the Corps.

"My mom went through the emotional stage where she worried about me, but my stepfather was very excited that I was going to follow in his footsteps," Thomasson said.

Other members in my family were telling me how he was bragging about me when I wasn't around, and it made me feel really good to know it meant so much to him."

Thomasson left for Marine Corps Recruit Depot, Parris Island, S.C., Oct. 31, 2005, and was assigned to Platoon 2000, Echo Company, 2nd Battalion. Upon completion of recruit training, he attended Military Occupational Specialty School at Camp Johnson, N.C.

"I reported into Headquarters Battalion on May 26 and have loved the time I've spent here so far," said the 20-year-old of his Kaneohe Bay duty station. "My job is pretty cool, because I get to help Marines get the money they



Lance Corporal Tony S. Thomasson, pay clerk, Finance Office, Headquarters Battalion, Marine Corps Base Hawaii, Kaneohe Bay, followed the footsteps of his stepfather, a retired gunnery sergeant, and joined the Marine Corps after deciding college was not for him.

work hard to earn. I fix most pay problems and ensure Marines are getting the correct pay.

"I'm also the senior lance corporal, so they expect me to step it up and set the example to make sure the office is run right."

Corporal Allan R. Sorensen, travel clerk, Finance Office, said Thomasson has had a positive attitude since he arrived to the office.

"He approaches every

task he is given with motivation and enthusiasm, and I think he'll do very well in the Corps," said Sorensen.

Thomasson said he sometimes wishes he were in the field more than in the office.

"I'd love to deploy," he said. "It's the one thing I can say I would do pretty much anything for. Every day I think about it, I want to deploy more and more."

His enlistment so far has

been good, according to Thomasson.

He likes what the Marine Corps has offered him but is unsure whether he is going to continue his Marine Corps career or not.

"I still have a lot of time in my first enlistment, so I'll worry about that when the time comes," he said.

"I really think it will come down to my rank and the circumstances at the time. I mean, who knows

where my job will take me. If I don't stay in the Marines I'd like to go to college and earn a degree at Florida State University."

Thomasson said he only has one regret concerning the Marine Corps.

"I just wish I would've realized earlier the Marine Corps is the place for me and signed up before I went to college," he admitted. "Who knows where I would be now?"

Chaplain's Corner

The sacrifice of long ago

Navy Lt. Richard M. House, Chaplain

"Yesterday, December 7, 1941 — a day which will live in infamy — the United States of America was suddenly and deliberately attacked by naval and air forces of the Empire of Japan."

— President Franklin Roosevelt

Thus begins the speech by President Roosevelt to the Congress of the United States the day following the attack on Pearl Harbor. Yesterday, many gathered not too far from here to recall the sacrifice of our comrades 65 years ago.

Each and every American knows exactly where they were Sept. 11, 2001, when terrorism struck our nation. Of my generation, each person can recall where he or she was when President John F. Kennedy or the Reverend Martin Luther King Jr., was assassinated.

The event we acknowledge this week is but a page from a history textbook, but those of my mother's generation know exactly where they were when they heard the news Dec. 7, 1941. There may be some reading this who have no doubt as to where they were on that date, because they were there. We honor those few among us who still remain; those who still bear scars, both physical and emotional; and we honor their fallen comrades and all who mourn their loss.

Today I am moved to speak to that which brought our comrades to the place of making that supreme sacrifice. I would like to share with you the oath, or one similar, that each one of us who wears and has worn the uniform of the United States, took:

"I solemnly swear (or affirm) that I will support and defend the Constitution of the United States against all enemies, foreign and domestic; that I will bear true faith and allegiance to the same; that I take this obligation freely, without any mental reservation or purpose of evasion; and that I will well and faithfully discharge the duties of the office on which I am about to enter; so help me God."

I invite those in uniform to take this opportunity to examine this oath as we recall those we honor today.

"I ... solemnly swear (or affirm) ..."

There are precious few things in life

that we hold as truly solemn. While we would surely include family and loved ones as precious, it is often that things thought to be solemn are confined to places of worship, mosques, temples, synagogues, churches or cathedrals. Those who died and fought Dec. 7, 1941, and all those who have served our country in uniform throughout our history, took an oath, raised their right hand and spoke these, or similar words. They swore a solemn oath. What can be more solemn than keeping one's word? Those we honor today kept their word! What can be a more solemn gift than a life given for another? They proved this beyond a shadow of a doubt.

"... to support and defend ..."

Those who fought and those who died that day did just that. They supported and defended the Constitution of the United States and the freedoms expressed therein. The surprise attack that Sunday morning caught our nation and our comrades off guard. We, as a nation, were not prepared. But those who fought that day defended their fellow service members and their country with their blood and their very lives. They offered support and defense to all those living that day, as well as those of us yet to be born.

"... true faith and allegiance ..."

I looked up these three words and I found that these words meant steadfast, loyal, honest, just, ideal, essential, belief, trust, constant, duty, conviction, obligation, fidelity, devotion, and loyalty. Were our comrades who fought and died that day perfect? No. Were they perfect examples of all of these ideals? No. But by virtue of their actions, did they strive for these ideals? Most definitely! It is our hope that we might be able to attribute some of these attributes to those of us in uniform. If we find ourselves in a struggle as we strive for these ideals, we are then privileged to have the example of those whom we recall today for inspiration as we attempt to be like them as we too serve our nation.

"... so help me God."

We conclude this oath of service to our country with these powerful words. As a believer, I strive to live my life according to sacred scripture, the teachings of my faith, and my trust in God. I first took this oath as a teenager at the



end of the Vietnam War. I raised my right hand again when I was middle aged, serving anew as a chaplain. As I now prepare to deploy to Iraq, I recognize that I did not fully understand these words 34 years ago. While I may feel that I have better sense of those words now, no one truly knows how they will respond until they are called upon to do so. As we have once again been called upon to raise up arms against tyranny, I ponder that it is only with the help of God that we will truly be able to live this oath to its fullest.

As this oath concludes with, *"... so help me God,"* I believe that there is no question as to whom we will all one day answer. God alone will judge us. Our prayer is that when we are called upon to put these ideals into action that we will be able to respond as well as those whom we honor and remember this week.

We will join that great cloud of witnesses who have gone before us. Those living and dead, who perhaps truly did not understand the oath they took until they were called upon to take up arms against an aggressor; an aggressor, who, by his evil actions, was attempting to deny freedom to a group of people.

As I write this, we are, of course, once again at war. Our prayer is that just as the skills that we have obtained to carry out our technical mission comes to us as second nature, so might the sentiments of this oath flow from us as we are once again called upon to fulfill these words.

See you around the neighborhood. Peace.

Maintaining family traditions while on deployments

Research Staff

LIFELines

Obviously, family traditions are customs that your family follows regularly — like a birthday each year with a strawberry-rhubarb pie, singing off-key at family parties, cookouts on Memorial Day or the Fourth of July, or decorating the Christmas tree on a certain day. They may be hard to follow while you are deployed, but use your imagination. Use this time away from home as an opportunity to come up with some new traditions to go with your deployment, and remember it when you come home. Here are a few examples:

Before You Leave:

Give your family a scrapbook to hold your letters, drawings, maps, and other souvenirs.

Hide small gifts or notes throughout your home. Jot down the location of each item and take the list with you. Every few weeks during your deployment, send home a treasure map or a clue to lead your family to one of the gifts or notes.

If you have small children, make a videotape of yourself reading their favorite storybooks. Ask your partner to play these for your children before bedtime each evening when you are away.

Ask your children for a special keepsake, such as a drawing or photograph, to bring with you on your deployment. Give your children a photograph of you in a special frame to keep near their beds.

Agree on a phrase you will each say before going to sleep (such as, "the sounds of love don't just happen, you have to make 'em." Then everyone makes kissing noises.)

During Deployment

Ask your family members to read your letters aloud at family cookouts, at Thanksgiving or



File photo

Christmas. Eating together as a family is an important way to maintain connections.

Share a letter.

Write the first paragraph of a letter or story, and then send it to your family to add another paragraph. Continue adding to the letter throughout your deployment. Also send individual e-mails to your children. For a young child, you can create a Word document with big letters that can be printed.

Have an ongoing trivia contest.

Through e-mail or letters, ask your spouse or children trivia questions and have them do the same for you. Make it especially meaningful by asking questions about your family, like: "Where was Grandpa born?" or "What was your first word?" Reveal the correct answer in your next letter or e-mail.

When You're Home Again

Return to your old family traditions. If you cooked pancakes on Sunday mornings and tucked your children into bed at night before you were deployed, start up these traditions again.

Also, continue some of your deployment traditions. There is no reason you cannot adapt these to fit your new circumstances.

Christmas concert



Sgt. Sara A. Carter

Three trumpet players from the U. S. Marine Corps Forces, Pacific Band perform "Bugler's Holiday" by Leroy Anderson during a one-hour concert performed prior to the tree-lighting ceremony Sunday aboard Marine Corps Base Hawaii, Kaneohe Bay.

Hawaii MARINE SPORTS

HAWAII MARINE C SECTION

DECEMBER 8, 2006



Lance Cpl. Ryan Trevino

Members of the Central Oahu Pirates posed for a photograph after a brief medals presentation at the Semper Fit Center Sunday. The Special Olympics Hawaii Holiday Classic State Games were held here and at Hickam Air Force Base Dec. 1 through 3.

K-Bay, Hickam host Special Olympics games

Lance Cpl. Ryan Trevino
Combat Correspondent

More than 725 athletes from the Hawaiian Islands competed in a variety of sport events at this year's Special Olympics Hawaii Holiday Classic State Games that began Dec. 1 and ended Sunday. Events were held aboard Marine Corps Base Hawaii, Kaneohe Bay, and on Hickam Air Force Base.

The athletes earned their spot in the state games by competing in regional challenges throughout the year. The holiday games represent one of the three major athletic competitions held in Hawaii by SOHI each year, according to Dan Epstein, vice president of Sports for SOHI.

As posted on the organization's Web site, www.specialolympichawaii.org, their mission is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities thereby giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy, and participate in a sharing

of gifts, skills and friendship with their families, other Special Olympics athletes and the community.

"The Special Olympics is a huge niche for these athletes for a variety of reasons," said Epstein, who spent much of the three-day event driving back and forth between K-Bay and Hickam to make sure everything was running smoothly.

"The biggest benefit for the athletes is the opportunity to compete. But, at the same time, they also get a chance to interact with each other and build self-confidence and self-esteem that they get from competing."

The athletes tested their skills and teamwork in basketball, bowling and bocce and earned medals, if they placed in the top three spots for any event.

To celebrate the competition and take some time to relax, the athletes attended a victory dance Saturday in the ballroom of Kaneohe Bay's enlisted club. The dance provided another opportunity for the athletes to interact with each other – outside the world of competition.

Colonel Mark A. Dungan, deputy com-



Amanda Corby

An enthusiastic coach helps one of the Special Olympics athletes during the bowling matches at this year's Hawaii Holiday Classic Games. This year, the games were held at both Marine Corps Base Hawaii, Kaneohe Bay, and Hickam Air Force Base.

mander, Marine Corps Base Hawaii, was on hand at the victory dance to give some words of encouragement for the next day and praise them for accomplishments they had made throughout the year and, in particular, the first two days of the Hawaii Holiday Classic State Games.

"At the end, we're all winners right?" Col. Dungan quizzed the crowd, which immediately erupted with applause.

More than 400 volunteers came out to support the event in every way possible. They served as drivers, chaperones, judges,

coaches, and scorekeepers. Each seemed committed to making the athletes' time during the event a pleasurable and memorable one. More than three-fourths of the volunteers for this event were service members.

"The volunteers get more out of it than they put into it," said Epstein, implying that even the most kindhearted deeds have a little bit of selfishness to them, but in a good way.

See OLYMPICS, C-2

Outrigger paddling offers small taste of Hawaii

Staff Sgt. Ronna M. Weyland
Press Chief

A Hawaiian outrigger canoe paddling demonstration is scheduled for Dec. 16 from 10 a.m. to 3 p.m. at the Marine Corps Exchange complex aboard Marine Corps Base Hawaii, Kaneohe Bay.

According to Greg Kvaska, 21st Dental Company, MCB Hawaii, K-Bay, the demonstration will introduce the military community to the Hawaiian national sport of outrigger paddling and offer the opportunity to sign up for an organized beginner paddlers' class.

"Hawaiian outrigger paddling is much more than a recreation, exercise or sport," said Kvaska. "It embodies the Hawaiian culture and heritage of ohana – family. Members come in all sizes, shapes, abilities, and walks of life, yet paddling as one in a sleek canoe on the beautiful blue Hawaiian waters is an incredibly bonding experience."

Local paddlers will be on hand during the five-hour demonstration to exhibit paddling techniques, discuss and answer questions regarding the sport, and distribute information about upcoming



File photo

beginner's paddling classes.

Kvaska said two free classes are scheduled for beginners.

The first will be held Dec. 23 at Kaneohe Bay's Marina at 9 a.m., and the second is scheduled for Dec. 24 at 9 a.m. at the Honolulu Pearl Canoe Club near the Rainbow Marina close to the Pearl Harbor Memorial Building.

Maps to both marinas and information on what to wear and expect will be

available at the demonstration.

There are as many as 40 paddling clubs on Oahu, most of which will begin recruiting beginners after the holiday season.

In addition to adult paddlers, many of these clubs have crews that range in age from 14 to 18.

For more information on the demonstration, contact Greg Kvaska at 254-3074 or via e-mail at Gregory.kvaska@usmc.mil.

Aikido lessons offered at Semper Fit Center

Cpl. Rick Nelson
Combat Correspondent

Have you ever wanted to be more like your favorite martial arts expert who takes down all the bad guys in his movies?

If that's your wish, you might want to check out the Semper Fit Center aboard Marine Corps Base Hawaii, Kaneohe Bay, because it now offers aikido classes that are instructed by a sixth-degree black belt. For a minimal fee, you can enroll in classes Mondays and Wednesdays at 8 p.m. and Fridays at 7 p.m.

According to Herbert Kondo, instructor, Aikido Class, anyone who is at least 16, is a service member on active duty, a family member, or are otherwise authorized to use the Semper Fit Center can attend his class.

"aikido is a good course and helps you with a lot of different things," he said.

Unlike other forms of martial arts, in aikido you are taught to settle a problem with your opponents without using violence, said the sixth-degree black belt.

"In essence aikido is the way of harmony," he added. "In this course, I want to teach the students – through the study of martial arts – to be better people, to be physically fit and, if necessary, how to defend themselves if the time comes."

According to Hiroshi Kato, a student in the course, aikido is perfect for people of all ages.

"I'm 69 years old and love doing aikido," the Kaneohe, Hawaii, native said. "I wrestled in high school and about four years ago heard about aikido and have been doing it since."

Kondo, a retired Marine Corps captain, said aikido is something that must be practiced over and over again until it becomes second nature.

See AIKIDO, C-7

Sports Briefs

Athlete of the Year

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

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

Ongoing

Youth Soccer

MCCS Youth Activities' Youth Soccer began in August. Those interested are invited to check out the games.

For more information, call 254-7611.

Parents for Fitness

This cooperative babysitting effort is available at the Semper Fit Center for children 6 weeks and older.

All active duty service members and their families may participate; however, PFFP participants are required to volunteer baby-sit three times per month. Call 291-9131 for more information.

Personal Trainers Available at Semper Fit

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

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

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

Campground and Picnic Sites

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

Three of those beaches, Pyramid Rock, Hale Koa and Fort Hase are available by reservation from dawn to dusk for picnics and parties. Hale Koa Beach may be reserved for overnight camping. Reservations are required.

Call 254-7666 for Kaneohe or 477-5143 for Camp Smith for more information.

Fishing Charters Available at MCB Hawaii

Spend the day aboard one of Bill Collector's fishing charter boats.

For more information, stop by the Base Marina located in Building 1698, across from Hangar 101, or call 254-7666/7667.

K-Bay Lanes

Economical entertainment, Mondays through Thursdays, at the K-Bay Lanes where all E-1 to E-5 can receive discounted games at \$1.75 and .50 for their rental shoes Monday to Thursday.

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

Paintball Hawaii

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

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

Call 265-4283 for appointments.

Personal Trainers

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

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

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

Semper Fit Center Offers Array of Group Exercise Programs

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

The class schedule for Fridays is as follows:

8:45 to 10 a.m.

Step Challenge

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

Gut Cut

4:45 to 5:45 p.m.

Cycling

5:45 to 6:45 p.m.

Pilates

7 to 9 p.m.

Aikido

OLYMPICS, from C-1

Epstein went on to say that he was very pleased with how this year's event turned out and wanted to extend the organization's thanks and appreciation to the Marine Corps for all their support.

"The Marines have been phenomenal," he said, adding that all the athletes have a profound respect for the men and women

in uniform. "All of our families and athletes really appreciate all the support we have received from the military."

The military and Special Olympics have been teaming up since the early 90s to make these types of events possible. Additionally, Marine Corps Base Hawaii has been providing support for SOHI since 1997 - with the exception of 2001. According to Epstein, the SOHI and mili-

tary team will live on forever.

"The military is able to provide us support that we can't get from anywhere else, said Epstein. "There will never be an end to it."

According to Epstein, Special Olympics will also continue on throughout the years.

"If there wasn't a Special Olympics, then there would be a huge gap in these athletes' lives."



Amanda Corby

Navy Lt. Andrew Baldwin poses with members of the "Molokai Mana" basketball team, which was competing for the gold in the Special Olympics Hawaii Holiday Classic Games.



Senior Airman Erin Smith

A Special Olympics athlete gets ready to send her bowling ball down the alley at the Hickam Air Force Bowling Center during the Holiday Classic Games held at both Marine Corps Base Hawaii, Kaneohe Bay, and at Hickam Air Force Base Dec. 1 through 3.



Lance Cpl. Ryan Trevino

David Tokuda of the "Central Oahu Pirates" raises his arm to signal his team's success in winning medals for the basketball competition held Dec. 1 through 3 at the Semper Fit Center. More than 400 volunteers, three-fourths military, lent a hand during the Special Olympics Hawaii Holiday State Classic Games.



Amanda Corby

An athlete from Leeward team "Excel" races down the court during one of the Special Olympics Hawaii Holiday Classic Games.



File photo

Aquatics

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

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

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

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

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

How to know which dietary fats to choose

Special to LIFELines

Mayo Clinic

Most foods contain several different kinds of fat — including saturated, polyunsaturated, monounsaturated and trans fat — and some types are better for your health than others are.

It's not necessary that you completely eliminate all fats from your meals. Rather, choose the best types of fat and enjoy them in moderation.

Fat: A necessary nutrient

Your body needs fat to function properly. Besides being an energy source, fat is a nutrient used in the production of cell membranes, as well as in several hormone-like compounds called eicosanoids. These compounds help regulate blood pressure, heart rate, blood vessel constriction, blood clotting and the nervous system. In addition, dietary fat carries fat-soluble vitamins — vitamins A, D, E and K — from your food into your body. Fat also helps maintain healthy hair and skin, protects vital organs, keeps your body insulated, and provides a sense of fullness after meals (satiety).

But too much fat can negatively impact your health. Eating large amounts of high-fat foods adds excess calories, which can lead to weight gain and obesity. Obesity is a risk factor for several diseases, including diabetes, heart disease, cancer, gallstones, sleep apnea and osteoarthritis. And too much of certain types of fat — such as saturated fat or trans fat — can increase your blood cholesterol levels and your risk of coronary artery disease.

Healthy Fats

When choosing fats, your best options are monounsaturated and polyunsaturated fats. These fats, if used in place of others, can lower your risk of heart disease by reducing the total and low-density

lipoprotein (LDL) cholesterol levels in your blood. Cholesterol, which your body produces for building cells, is the main substance in fatty deposits (plaques) that can develop in your arteries. Plaques that build up can reduce blood flow through your vessels, increasing your risk of heart disease and stroke.

One type of polyunsaturated fat, omega-3 fatty acids, may be especially beneficial to your heart. Omega-3s appear to decrease the risk of coronary artery disease. They may also protect against irregular heartbeats and help lower blood pressure levels.

Here are the differences among these healthy fats as well as the best food sources for each type:

- **Monounsaturated Fat** remains liquid at room temperature but may start to solidify in the refrigerator. Foods high in monounsaturated fat include olive, peanut and canola oils. Avocados and most nuts also have high amounts of monounsaturated fat.

- **Polyunsaturated Fat** is usually liquid at room temperature and in the refrigerator. Foods high in polyunsaturated fats include vegetable oils, such as safflower, corn, sunflower, soy and cottonseed oils.

- **Omega-3 Fatty Acids** are polyunsaturated fats found mostly in seafood. Good sources of omega-3s include fatty, cold-water fish, such as salmon, mackerel and herring. Flaxseeds, flax oil and walnuts also contain omega-3 fatty acids, and small amounts are found in soybean and canola oils.

Harmful Fats

Saturated and trans fats are less healthy kinds of fats. They can increase your risk of heart disease by increasing your total and LDL ("bad") cholesterol. Dietary cholesterol isn't technically a fat, but it's found in food derived from animal sources. Intake of dietary cholesterol increases blood cholesterol levels, but not as much as saturated



File photo

and trans fats, and not to the same degree in all people.

Here are how these fats differ and what their common food sources are:

Saturated Fat

Usually solid or waxy at room temperature, saturated fat is most often found in animal products — such as red meat, poultry, butter and whole milk. Other foods high in saturated fat include coconut, palm and other tropical oils.

Trans Fat

Also referred to as trans-fatty acids, trans fat comes from adding hydrogen to vegetable oil through a process called hydrogenation. This makes the fat more solid and less likely to turn rancid. Hydrogenated fat is a common ingredient in commercial baked goods — such as crackers, cookies and cakes — and in fried foods such as doughnuts and French fries. Shortenings and

some margarines also are high in trans fat. As of January 2006, food manufacturers are required to list trans fat content on nutrition labels. Amounts less than 0.5 grams per serving is listed as zero grams trans fat on the food label.

Dietary Cholesterol

Your body naturally manufactures all of the cholesterol it needs, but you also get cholesterol from animal products, such as meat, poultry, seafood, eggs, dairy products, lard and butter.

A Daily Limit for Fat Intake

The U.S. Department of Agriculture and the Department of Health and Human Services recommend that fat make up no more than 35 percent of your daily calories. This means that if you consume 1,800 calories a day, consume no more than 70 grams of fat a day. To figure: Multiply 1,800 by 0.35 to get 630 calories, and divide that

number by nine, the number of calories per gram of fat, to get 70 grams of total fat. Keep in mind, however, that this is an upper limit and that most of these fat calories should come from monounsaturated and polyunsaturated sources.

In addition, the USDA and HHS recommend these upper limits for saturated fat and dietary cholesterol for healthy adults:

Type of Fat Recommendation

Saturated Fat

Less than 10 percent of your total daily calories

Dietary cholesterol and less than 300 milligrams a day

Though the USDA and HHS have not yet established an upper limit for trans fat, they do suggest that you keep your trans fat intake as low as possible. The American Heart Association, on the other hand, has set an upper limit for

See *FATS*, C-4

FATS, from C-3

trans fat — no more than one percent of your total daily calories.

Be aware that many foods contain different kinds of fat and varying levels of each type. For example, butter contains unsaturated fats, but a large percentage of the total fat is saturated fat. And canola oil has a high percentage of monounsaturated fat, but also contains smaller amounts of polyunsaturated fat and saturated fat.

Tips for Choosing the Best Types of Fat

Limit fat in your diet, but don't try to cut it out completely. Focus on reducing foods high in saturated fat, trans fat and cholesterol, and select more foods made with unsaturated fats. Consider these tips when making your choices:

- Saute with olive oil instead of butter.
- Use olive oil instead of vegetable oil in salad dressings and marinades, and use canola oil when baking.
- Sprinkle slivered nuts or sunflower seeds on salads instead of bacon bits.
- Snack on a small handful of nuts rather than potato chips or processed crackers, and try peanut butter or other nut-butter spreads — nonhydrogenated — on celery, bananas, or rice or popcorn cakes.
- Add slices of avocado, rather than cheese, to your sandwich.

• Prepare fish such as salmon and mackerel, which contain monounsaturated and omega-3 fats, instead of meat one or two times a week.

Monounsaturated and polyunsaturated fats have few



File photo



File photo

adverse effects on blood cholesterol levels, but you still need to consume all fats in moderation. Eating large amounts of any fat adds excess calories. Fat contains nine calories per gram, compared with four calories per gram for

protein and carbohydrates. Also make sure that fatty foods don't replace more nutritious options, such as fruits, vegetables, legumes or whole grains.

How the TRICARE Weight Control Project can help

Christelle Michael

TRICARE Management Activity

Being overweight causes health problems that 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 and 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 Navy Capt. Patricia Buss, deputy chief medical officer, TRICARE Management Activity.

Weight Management 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 age 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.

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.

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 interventions 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 lifestyle-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."

How you can help support disaster victims

The Center for the Study of Traumatic Stress

LIFELines

People often experience strong and unpleasant emotional and physical responses to disasters.

Reactions may include combinations of confusion, fear, hopelessness, helplessness, sleeplessness, physical pain, anxiety, anger, grief, shock, aggressiveness, mistrustfulness, guilt, shame, shaken religious faith, and loss of confidence in self or others.

There is consensus among international disaster experts and researchers that psychological first aid can help alleviate painful emotions and reduce further harm from initial reactions to disasters.

Your actions and interactions with others can help provide psychosocial first aid to people in distress. Psychological first aid creates and sustains an environment of:

- safety
- calming
- connectedness to others
- self efficacy — or empowerment
- hopefulness

Psychological First Aid Do's:

*Do help people meet basic needs for food and shelter, and obtain emergency medical attention. Provide repeated, simple and accurate information on how to obtain these. (safety)

*Do listen to people who wish to share their stories and emotions and remember there is no wrong or right way to feel. (calming)

*Do be friendly and compassionate even if people are being difficult. (calming)

*Do provide accurate information about the disaster or trauma and the relief efforts. This will help people to understand the situation. (calming)

*Do help people contact friends or loved ones. (connectedness)

*Do keep families together. Keep children with parents or other close relatives whenever possible. (connectedness)

*Do give practical suggestions that steer people toward helping themselves. (self-efficacy)

*Do engage people in meeting their own needs. (self-efficacy)

*Do find out the types and locations of government and nongovernment services and direct people to services that are available. (hopefulness)

If you know that more help and services are on the way, do remind people of this when they express fear or worry. (hopefulness)

Psychological First Aid Dont's:

*Don't force people to share their stories with you,

especially very personal details. (This may decrease calmness in people who are not ready to share their experiences.)

*Don't give simple reassurances like "everything will be OK" or "at least you survived." (Statements like these tend to diminish calmness.)

*Don't tell people what you think they should be feeling, thinking or doing now or how they should have acted earlier. (This decreases self-efficacy.)

*Don't tell people why you think they have suffered by giving reasons about their personal behaviors or beliefs. (This also decreases self-efficacy.)

*Don't make promises that may not be kept. (Un-kept promises decrease hope.)

*Don't criticise existing services or relief activities in front of people in need of these services. (This may decrease hopefulness or decrease calming.)

Activity, nutrition add up

Cmdr. Lissa Ann Wohltmann

USN REDCOM South

To easily cut healthcare 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 in a Tic-tac 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 ScienceDaily, "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.

Doctor Stephen Barrett, notoriously known for debunking myths in the medical

world, said that generally people don't need to purchase expensive nutritional 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."

You also can stretch your healthcare 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 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.

The best and most efficient way to save on healthcare costs is through the Navy's Preventive Maintenance System on your body. A healthier body means a healthier wallet.



File photo

Creating a less stressful environment for yourself, family

Taya L. Cline

LIFELines

Bills, traffic, work supervisors, doctor appointments, arguments in the family, politics, the environment, the future — it's enough to give you a monster headache and raise your blood pressure to the moon. The little stuff gets to everybody and makes your life seem more hectic and chaotic. But if these things cause you more than occasional anxiety — you've got stress.

We are all familiar with stress. We all know what its affects can be on our lives and our loved ones. But did you know that there are very simple ways to reduce your stress levels? By following a few simple guidelines, you will be on your way to a stress-reduced environment.

How to Know if You're Stressed?

Everyone deals with stress differently — partly because the things that cause us stress are

different and partly because everyone's body reacts differently to stress.

You should be able to recognize the symptoms of your stress, which might include cold sweats, physical abdominal pain, headaches, blurred vision, dizziness, elevated blood pressure, chronic fatigue, sleeplessness, general feeling of unrest, and anxiety.

Know Your Enemy

Identifying what is causing your stress is the first step in reducing it.

Take a moment to think about the times that you feel most stressed. Is it right before payday when you are making out your budget or getting ready to pay bills? Is it around the holiday season?

Do you become overly stressed when your Sailor or Marine receives orders that will take them away from your family? Or when they are due to return? Or do you stress when you are in a new and unfamiliar environment? How about feel-

ing stress on a daily basis because you just can't identify with the people in your new area?

Identify Your Stressors

Write down all the moments that you have felt stressed in the past week. Think about your current situation and what stresses you out today. Concentrate on what you have to deal with right now. Just thinking about that will help you find solutions to your problems.

After you have done that, prioritize your stress makers into a list, starting with the smallest stressor at the top and the largest at the bottom.

Now take a look at that list. Those little stressors at the top may be small, but they may be contributing the greatest amount of stress in your life.

Now take a look at the larger stressors at the bottom of your list. Try to connect your small stressors to your larger stressors. For example, if your large stressor is deployment,

more than likely your small stressors are pre-deployment activities, such as preparing paperwork for deployment, budgeting payments during deployment, arranging for childcare, packing, etc. The small stressors are complicating the large stressor.

By making this list, you have already admitted you are stressed, identified your stressors, and linked them into categories, reducing your stress into manageable groups. Now you are ready to start finding ways to help you cope with your stress.

Coping Strategies

Try to envision what you would like to see for yourself in the future. This will help you set realistic goals in life. Focus on the small steps you need to take to achieve those goals. Work on achieving that goal. Take one step at a time, until you feel you have accomplished what you have set out to do. If you can't see all the steps right now, just move in the direction of your

goal. Sometimes the answer to a problem is easier to see if you move farther along the path.

What, Me Worry?

Worrying about problems is a drain on your energy, according to Susie Mantell, inspirational speaker, stress expert. Mantell reminds us that worrying can become a kind of detrimental hobby that increases our stress level.

"When you notice you're worrying a lot, it's good to take a step back and reassess," she said, advising this simple reality check: Ask yourself, "Will this matter in six months?"

What Are You Laughing At?

Simple laughter is another excellent way to relieve stress.

See STRESS, C-7

STRESS, from C-6

It's tough to be bummed out when you're laughing. Read a funny book. Get your kids to tell you jokes. Do whatever it is that makes you laugh out loud. The heartier the better, although even giggles can change your outlook.

Get Moving

Exercise is also a great way to deal with stress and releases endorphins in your body that make you feel better — more hopeful and more energetic. Start planning a daily routine that will allow you 30 minutes to stretch, run, walk, or participate in exercise.

Don't Give Up

During times of high stress, we often think that the situation we are currently in will not end. One of the most important things to remember during your time of stress is that it won't last forever. This level of stress will decrease in time, and it will eventually become something in your past.

AIKIDO, from C-1

"It's like practicing your golf swing," he said. "You have to continue to practice your techniques until they come to you without any predetermined ideas."

The Vietnam veteran also said aikido is a good way to neutralize any stress.

"People need to express how they feel, and they can do it here on the mat," Kondo said. "During the course, they can defuse the aggression they have built inside them without getting hurt."

While training, he said students are taught to execute moves, as well as to be taught how to counter a move once it

has been executed on them.

"Everyone in the class is learning, whether they're doing a technique or are the one the technique is being done to," said Kondo. "If a person is interested in martial arts, aikido is a great form, because it teaches you so much more than just how to fight."