

M Hawaii MARINE

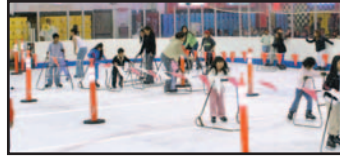
VOLUME 36, NUMBER 14

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APRIL 7, 2006



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legacy lives on
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Ice Palace
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playoffs
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Rains pound island, flood base

Corinne Knutson
Lifestyles Editor

For the past eight weeks, Hawaii has suffered through numerous storms that brought heavy rains and thunder. This past Friday, a massive downpour closed some of the streets aboard Marine Corps Base Hawaii and a minor sewage spill brought out four workers from Base Facilities who worked for four days to prevent sewage from spilling into Kaneohe Bay.

According to Lee Stebbins, Base Facilities and Maintenance Division, efforts seemed to pay off.

"The sewage plant was pegged out at its 5-million gallon capacity," said Stebbins, Repairs and Operations Branch head. He went on to say that not a single drop of raw sewage spilled from the main plant, which usually processes 1.25 million gallons of sewage a day, but is designed to treat 2 million gallons per day.

The plant was back to normal operations on Monday, said Stebbins.

During the heavy rains Thursday, Friday, Saturday and Sunday, Stebbins said four of Base Facilities civil service employees worked 24-hour shifts.

"When it rains, somebody has to start the bal-



Andrew Baldauf (left), 51, and Kevin Aipoalani, 28, civil service workers with Base Facilities and Maintenance Division, clean out the Pond Road storm drain at North Beach, here.

let dance at the plant, adjusting and opening valves," he explained.

On the days that there was a heavier accumu-

lation of rain, his staff of 12 civil-service employees also checked drains, monitored the landfill near the rifle range for landslides, and did their

best to keep all base operations functioning properly.

"It was a unique event, to get that much water all at once," Stebbins said. "Many of the guys said this is the most water they'd ever seen on base."

Civil-service workers, Kevin Aipoalani, 28, a heavy labor contractor, and Andrew Baldauf, 51, a motor vehicle operator, cleared debris from the Pond Road storm drain.

"We're trying to keep drains clear as best we can," said Baldauf, who added that he has never seen weather this bad in the 27 years he has worked on base.

Baldauf and Aipoalani said that there was extensive flooding on the golf course and Lawrence Street, due to heavy rainfall and a backed up drain.

Jeff Larson, engineer, Base Environmental and Compliance Department said that because Lawrence and Manning streets are at low point in the sewage system, waste from this area must be pumped up hill. Due to rainwater seeping into the sewage line, approximately 2,000 gallons of sewage overflowed near Building 1566.

See RAIN, A-5



Courtesy Photo

Sgt. Maj. Michael Berg, sergeant major, 1st Battalion, 3rd Marine Regiment and a native of Plymouth, N.H., presents Purple Heart, posthumously to Army Sgt. Kevin Akins, from Oglethorpe, Ga., by way of Burnsville, N.C.; Sgt. Anton Hiett, from Mount Airy, N.C., Staff Sgt. Joseph Ray, from Asheville, N.C., and Spc. Joshua Hill, from Fairmont, Ind. during a memorial service held recently at Jalalabad Airfield, Afghanistan. The four soldiers of the 391st Engineer Battalion were killed March 12 by an improvised explosive device while conducting route-clearing operations on the Pech River Road in the Kunar Province of eastern Afghanistan.

Marines, Sailors mourn loss of Army brethren

Sgt. Joe Lindsay
Combat Correspondent

ASADABAD, Afghanistan — Marines and soldiers gathered at Jalalabad Airfield recently to pay tribute to four soldiers assigned to the U.S. Army Reserve's 391st Engineer Battalion, Greenville, S.C., and Asheville, N.C. The soldiers were killed March 12 when an improvised explosive device ripped through their Humvee while their convoy was conducting route clearing operations on the notorious Pech River Road, also known as IED Alley, in the often volatile region of Kunar Province in eastern Afghanistan.

The four soldiers: Staff Sgt. Joseph Ray, 29, a combat engineer from Asheville; Sgt. Kevin Akins, 29, a combat engineer from Oglethorpe, Ga., by way of Burnsville, N.C.; Sgt. Anton Hiett, 25, a combat medic from Mount Airy, N.C.; and Spc. Joshua Hill, 24, a heavy-equipment

operator from Fairmont, Ind., were serving at Camp Wright in Asadabad at the time of the attack. Each soldier had less than one month remaining on their one-year tour in Afghanistan where they were deployed in support of Operation Enduring Freedom at the time of their deaths, noted Army Sgt. 1st Class Steven Wilson, route clearing package platoon sergeant for Camp Wright, 391st Engineer Battalion.

"Their deaths have really devastated us," said Wilson, a native of Canton, N.C. "They were out there serving on what is widely known as the most dangerous road in Afghanistan — the Pech River Road. They were doing their job, and they were saving lives."

"Their deaths are going to affect our battalion for a long, long time," continued Wilson. "We are not just fellow soldiers — we are friends. We are family. This has hurt our family a lot. It's tough."

According to Army Spc. Philip

McGinty, a combat engineer with the 391st Engineer Battalion who was riding in the vehicle directly behind the four soldiers' Humvee when the IED exploded, the loss has left everyone who knew the four reeling, including himself.

"I knew as soon as the bomb went off that it was over — that they were all dead," said McGinty, a native of Ellijay, Ga. "I was staring right at their vehicle when the IED hit. I saw the whole thing. I saw my buddies die. I just lost it. I went crazy, basically. Those were my friends in there — all dead. It's impossible to describe how I felt. How I feel."

"All four of them were great people, and I was really lucky to know them and especially to get to spend the last days of their lives with them," added McGinty. "We all worked together more as friends than as subordinates and commanders. It's just terrible what happened."

See BRETHEREN, A-4

IEDs no deterrent for 'America's Battalion'

Sgt. Roe F. Seigle
3rd Marine Regiment

BARWANAH, Iraq -- Hawaii-based Marines searching a known hotspot for insurgent-placed "improvised explosive devices" say the danger posed by these deadly devices don't deter them from providing security to the local populace here.

The Marines operating in this western Al Anbar Province town had one detonate only a few feet from them during a recent patrol and search operation in this town along the Euphrates River.

When the explosion occurred, the Marines, from Lima Co., 3rd Battalion, 3rd Marine Regiment, were teaching Iraqi Soldiers the tactics and procedures used by insurgents who place IEDs.

Since January 2005, IEDs have

are working hand-in-hand with on a daily basis.

"I know the insurgents responsible for this attack did this to see how far they can push us and to try to make us step down from establishing law and order here," said Sgt. Joshua Wartchow, a 22-year-old squad leader. "This just makes the Marines more determined and cautious."

Directly after the blast, the Marines witnessed the suspected triggerman flee back into a village.

Before the make-shift bomb detonated, the Marines were teaching soldiers from the Iraqi Army the known tactics and procedures of how insurgents place improvised explosive devices. According to one Iraqi soldier, "Ahmad," the experience was ironic and eye-opening.

Ahmad said that IEDs are a



Sgt. Roe F. Seigle

U.S. Marines from the Hawaii-based 3rd Battalion, 3rd Marine Regiment patrol through Barwanah, Iraq — a small village off the Euphrates River in western Al Anbar Province — for any signs of insurgent activity March 23. During the patrol, Marines and Iraqi soldiers encountered an improvised explosive device (IED) — a make-shift bomb used by insurgents to harm coalition forces and the Iraqi populace. The Marines, from 3rd Battalion, 3rd Marine Regiment, said the danger posed by these deadly devices don't deter them from providing security to the local populace here.

accounted for about 50 percent of all U.S. fatalities in Iraq, according to the Iraq Coalition Casualty Count — an organization which tallies U.S. and coalition casualties, based off Department of Defense press releases.

The IED explosion was the first hostile action against the Marines from Lima Company since their arrival here.

Despite the threat of IEDs, the Marines insist they will not be deterred from training the Iraqi Security Forces "in high military standards" while establishing a good relationship with the Iraqi people and the Iraqi soldiers they

common occurrence in Iraq, but he has never had an up-close and personal encounter with one like he did March 24.

Wartchow was less than 15 feet from the device when it detonated. "I remember it feel like I was in slow motion," recalled Wartchow, a native of Doylestown, Pa. "I saw it explode and dust go everywhere. I felt it throw my body back from the hill I was standing on."

He said other Marines in the area could not see him after the blast because it pushed him down

See IED, A-4

NEWS BRIEFS

Key Volunteer Appreciation

Today there will be a Key Volunteer Appreciation Ceremony at Pop Warner Field from 4 to 6 p.m.

This is a special event organized by Marine Corps Family Team Building to show appreciation to all the Key Volunteers and their families for all their hard work. There will be a short ceremony followed by a social hour with live music, refreshments, and bouncy houses for the kids.

Each Key Volunteer will receive a ticket for a random drawing and chance to win a prize.

For more information or to RSVP, contact 1stLt Eve Baker at 257-7777, eve.baker@usmc.mil.

Promotion Briefs

Major James McLaughlin, enlisted promotions section head, Headquarters Marine Corps, will be giving three briefs today.

The first brief is scheduled for 10 a.m. at Camp Smith's Pollock Theater. The second and third briefs are scheduled for 1 p.m. and 3 p.m. aboard Marine Corps Base Hawaii at the Base Theater. Each brief will last approximately one hour with a 30-minute question and answer period to follow. As the Base Theater's parking lot is now closed, parking is available at the Bowling Alley and behind Building 4009. The target audience for this brief is all officers, SNCOs, and sergeants who will be in zone for promotion. For more information, contact Gunnery Sgt. Hodges, base adjutant chief at 257-7712.

Commissary Closure

The Base Commissary will be closed for inventory Monday from 10 a.m. to 1 p.m. It will reopen for business at 1 p.m. and continue normal operations.

Prayer Breakfast

The annual Hawaii Prayer Breakfast will be held at 7 a.m. Thursday at the Hilton Hawaiian Village's Coral Ballroom. A number of tickets have been donated for use by Marines and Sailors aboard Marine Corps Base Hawaii. Additional personnel are invited to attend. The guest speaker is Russell O'Quinn, internationally known test pilot and aircraft designer. For tickets or more information, contact the Base Chapel at 257-2734.

Pride Day Friday

Each year, Marines and Sailors join forces to rid the base of trash and debris. This year, Master Sgt. Sheldon A. Comer, deputy base inspector, is again encouraging all units to participate in this base-wide event. The significance of Pride Day was to focus on an intense, thorough systematic field day of the entire installation, said Comer of last year's efforts. This year Pride Day kicks off at 8 a.m.

Excellence in Federal Government Awards Luncheon

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

Navy/Marine Corps Relief Society fundraiser

This year's fundraising drive is underway and will continue until April 21. Service members who would like to donate to the NMCRS should contact their unit representative who is spearheading the NMCRS fundraiser for their unit.

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

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Lance Cpl. Ryan Trevino
Sgt. Joe Lindsay
Cpl. Megan L. Stiner
Cpl. Michelle M. Dickson
Cpl. Sara A. Carter
Lance Cpl. Edward C. deBree
Lance Cpl. Roger L. Nelson

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FAX: 257-1289, PHONE: 257-8835



COMMANDING GENERAL'S PROCLAMATION "Sexual Assault Prevention Begins ... With You"

April is Sexual Assault Awareness Month. It is my intention to raise awareness and promote the prevention of sexual violence. The theme for this year is "Sexual Assault Prevention Begins ... With You." The theme reminds us of our role as leaders, mentors, friends or co-workers in sexual assault prevention

During the past year, the military services and the Department of Defense (DoD) have developed and implemented policies addressing sexual assault prevention and response. These new policies enhance military readiness by deterring sexual assault and improving victim support. They help establish a climate of confidence in which:

- sexual assault and the attitudes that promote it are not tolerated
- victims of sexual assault receive the care and support that they needed, and
- offenders are held accountable for their actions.

One significant policy change allows sexual assault victims confidentiality when reporting to a Uniformed Victim Advocate (UVA), Sexual Assault Response Coordinator (SARC), Chaplain, Health Care Provider or Victim Advocate. Confidentiality removes many of the barriers (fear, embarrassment, shame) normally associated with reporting such crimes by allowing victims to receive treatment and support without having to initiate a criminal investigation.

These new policies and initiatives are the first steps in a long-term effort to eliminate sexual assault from our ranks and to provide better care and support to the victims. Each of us has a responsibility in preventing sexual assaults and creating an environment characterized by honor, respect and dignity.

S. A. HUMMER
Brigadier General, U.S. Marine Corps
Commanding General, Marine Corps Base Hawaii

3rd Radio Battalion holds blood drive

Cpl. Michelle M. Dickson

Combat Correspondent

In an effort to replenish supplies of donated blood that are currently being sent to overseas units that are deployed in support of Operation Iraqi Freedom and Operation Enduring Freedom, members of 3rd Radio Battalion hosted a blood drive March 30.

"There are people out there that need it," said Lance Cpl. Michelle E. Breyer, Korean linguist, 3rd Radio Battalion, III Marine Expeditionary Force, as she sat back in her chair awaiting the slight prick of the needle. "I would hope if I need blood one day that someone would be willing to donate to me."

Dozens of people like Breyer came out March 30 to 3rd Radio Battalion's blood drive, held at the electronic and maintenance facility, here.

The goal of the drive was to educate service members and stress the importance for the military community, especially in Hawaii, to donate blood, said Guy M. Harrigan Jr., blood donor recruiter, Tripler Army Medical Center.

"Through the Armed Services Blood Program, we are currently sending more than 500 units of blood per week in support of OIF and OEF," explained the Greenville, S.C. native. "We want to get the word out to the military and their families that we need to take care of each other. We are a military blood program and even the Blood Bank of Hawaii or the American Red Cross will not provide blood for the military at no cost. We need to donate and provide for each other."

Harrigan said the main problem with getting donations from the military is the restriction

placed on service members, who are returning from deployments.

"Most of the personnel on bases are either deployed, or just returned from a deployment to either Iraq or Afghanistan," said Harrigan. "These people must wait one year before being eligible to donate again. Actually, 43 percent of the military is ineligible to donate blood, but 80 percent will need blood, even if not in combat."

Other restrictions that can disqualify a person from being able to donate blood is if he or she has had a tattoo or piercing within the last 12 months. Another reason is if he or she has traveled to Europe for six months or more, between 1980 and 1996, and/or has traveled to Iraq or Afghanistan for 12 months.

"We know that there are new service members that arrive to bases all of the time so we would like to be able to at least know that we can get a few of them to donate," said Harrigan. "We're hoping to get at least 30 to 40 units of blood today at this drive."

The blood drive held by 3rd Radio Battalion was originated by Lance Cpl. Chris W. Glock, electronic intelligence analyst operator, 3rd Radio Battalion, who said that he found out that there is a lack of blood available on island and also, how easy it was to coordinate and make the drive happen.

"I've been in Radio Battalion's Remain

Tax filing deadline fast approaching

Lance Cpl. Roger L. Nelson

Combat Correspondent

The time to file your taxes is winding down, and the Marine Corps Base Hawaii Tax Center, will help you file your taxes until the deadline.

"The general filing deadline for most people this year is midnight on April 17," said Capt. Adam T. Snow, officer-in-charge, Tax Center. "For the Tax Center to e-file your taxes in a timely manner, come in early on the 17th." If you choose to mail in your own taxes, make sure you get it postmarked no later than April 17 and that the envelope is properly addressed with enough postage."

Snow said if a Marine or Sailor was deployed for contingency operation in 2005, they have an automatic extension and can file and pay their taxes at least 180 days after they left the combat zone. However, in general, it's best to file within the normal deadlines.

"Remember, the (Internal Revenue Service) is a massive bureaucracy you probably do not want knocking at your door," said Snow, a Richardson, Texas native.

Taxpayers may also request an extension by filling out the necessary forms with the IRS and can be submitted at the Tax Center, said Snow.

According to Lance Cpl. Derek T. Mallow, administrative clerk, Headquarters Company, 3rd Marine Regiment, getting his taxes prepared at the base tax center saved him a lot of time on his tax return.

"I was at the office for only 20 minutes, and everything was taken care of," said Mallow. "I got my return directly deposited into my checking account about a week later, so it took a lot less time for me to get my money."

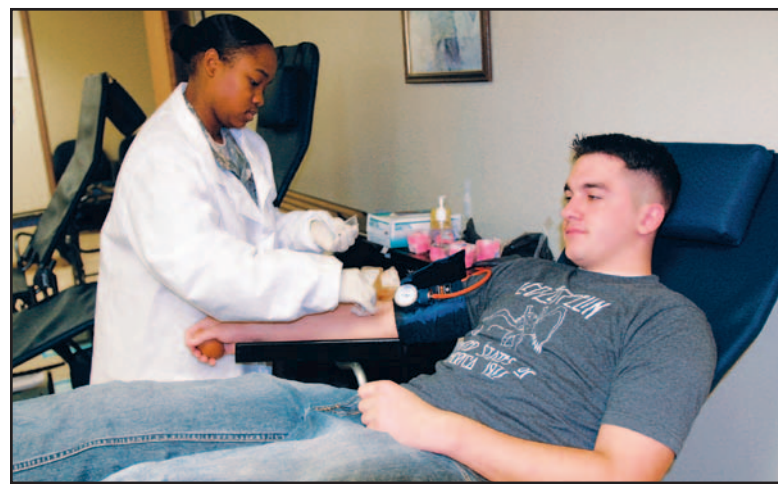
According to Snow, the average time to get taxes prepared is approximately 20 to 30 minutes.

"We've had some returns that took an entire day to figure out," said Snow. "We have every issue under the sun pass through here. Things from \$100,000 in profits on land sales, to Hurricane Katrina losses, to disability related severance payments."

Mallow said he also saved a lot of money getting his taxes prepared at the MCBH Tax Center.

"Before I joined the Marines, I got my taxes done at this place near my house that charged a certain percent of whatever my return was," said Mallow, an Oceanside, Calif. native. "Even when I did get my taxes back, which was usual

See TAXES, A-4



Cpl. Michelle M. Dickson

Lance Cpl. Joe G. Snyder, communicator, 3rd Radio Battalion, donates blood, March 30. The next blood drive will be at the base chapel, April 5.

Behind Element for a while now, supporting the troops as they went out," said Glock. "When Guy informed me about the blood drives and how there are such low supplies of blood in the desert, I thought it'd be another way that myself and the battalion could help out."

Glock said the support from the battalion was what he had expected, because most of them had already been to Iraq.

"The people who could donate, did it," said the Aurora, Colo. native. "The command supported the drive; everyone who could participate did."

The next blood drive on base will be April 5, at the base chapel, and April 12 at the Installation Personnel Administration Center.

"Even spouses and family members can host or donate at a blood drive," said Hannigan. "We want to get everyone involved, even if the active family member may be deployed at the time."

For more information on hosting a blood drive in the near future, contact Guy Hannigan at Tripler Army Medical Center, 433-6699.

Weekend weather outlook

Today



Day — Partly to mostly cloudy skies throughout day. The winds will be northeasterly to easterly at 10 to 12 knots with gust to 18 knots during the day. There will be isolated rain showers during the early morning hours.

Night — Partly cloudy with temporary mostly cloudy conditions throughout the evening. The winds will be northeasterly at 06 to 08 knots with gusts to 15 knots.

High — 78
Low — 72

Saturday



Day — There will be partly cloudy skies with temporary mostly cloudy conditions during the afternoon hours. The winds will be northeasterly to easterly at 12 to 15 knots with gusts to 23 knots. Expect isolated light rain showers before sunrise.

Night — Partly cloudy skies will prevail throughout the night. Winds will be easterly at 08 to 12 knots with gusts to 18 knots. Expect few rain showers during the early evening hours.

High — 79
Low — 72

Sunday



Day — Partly cloudy skies becoming mostly cloudy by the afternoon. The winds will be easterly 10 to 15 knots with gusts to 20 knots. There will be light rain showers during the afternoon hours.

Night — Mostly cloudy skies will prevail throughout the night. Winds will be easterly at 08 to 12 knots with isolated gusts to 16 knots. Expect few rain showers over night.

High — 79
Low — 72

Legacy of corpsman lives on

Sgt. Joe Lindsay

Combat Correspondent

JALALABAD, Afghanistan — When Petty Officer 3rd Class John Fralish, a hospital corpsman assigned to Alpha Company, 1st Battalion, 3rd Marine Regiment, based in Kaneohe Bay, Hawaii, was killed in action during a firefight with enemy insurgents northwest of Mehtar Lam in the Laghman Province of eastern Afghanistan Feb. 6, it was by no means the end of his remarkable story — or his legacy.

Indeed, according to U.S. Army 1st Sgt. David Schneider, infantry first sergeant, Echo Company, 1st Battalion, 125th Infantry, Michigan Army National Guard, Fralish is still revered among not only his fellow corpsman and the Marines and soldiers he served with, but also by residents of a tiny village high in the mountains near Fralish's former forward-operating base at Mehtar Lam.

"The name of John Fralish lives on in the mountains of Afghanistan among the local population," said Schneider, a native of Dimondale, Mich., who currently trains Afghan National Army soldiers while serving as

recalled Schneider. "There was a small fire going on in the hut, for light and warmth. John went to where the little girl was. She had fallen in the mountains a while back and was missing a chunk of her calf muscle. Her leg was hurt real bad. The cut was six inches long and five inches wide down to the bone. Fabric from an old dress was being used as a bandage, and it was soaked through not with blood, but with puss. Infection had set in, and she probably had no more than a couple of days to live if she would have remained in that state."

Fralish would see to that she didn't remain in that state for long.

"He immediately cleaned the wound, applied antibiotics and redressed it," recalled Schneider. "Still, that was only going to buy her a couple more days of life at best. She needed immediate surgery in a hospital. We were on a combat mission that we had to get back to, but John wasn't just going to sit by and let this girl die.

"He took off his rank insignia and gave it to the old man, along with a note he wrote explaining who he was and what the situation was, and for this girl and her family to be given safe passage to the medical facility at Mehtar Lam," said Schneider. "Over the next couple of days, while we were in the field, the girl's family got her to Mehtar Lam on the back of a donkey. When we returned to the FOB at Mehtar Lam, the girl was there being treated. Her family was overjoyed to see John again, and they rightfully credited him with making this all possible."

Still, the girl's wound and infection were too serious to be adequately treated at Mehtar Lam, said Schneider, and nothing short of amputation of her lower leg would save her life.

"When we heard that, everyone passed the hat around, and we got enough money together so the family could hire a car to take them to the hospital at Bagram Airfield," said Schneider. "It was airmen, soldiers, Marines and Sailors — everyone chipping in together.

"Well, the girl's family showed the note John had written along with his rank insignia at every check point, and it got their car through to Bagram where the little girl underwent successful surgery," said Schneider. "She made it, and she's recovering nicely and is alive and well now directly because of John. She has a second chance at life."

As fate would have it, right around the time of the surgery that saved the girl's life, Fralish was killed during a firefight with insurgents.

"His actions saved her life," said Petty Officer 3rd Class Christopher Taylor, hospital corpsman, Alpha Company, 1/3. "I would have given anything if John would have been alive to see the girl again after her surgery, but I know in his heart he knew she was going to make it. It was very important to him that she was OK.

"Here is a guy who goes out every day on combat missions where he knew he might get killed, but he never concerned himself with that," continued Taylor, a native of The Woodlands, Texas, who served alongside Fralish at Mehtar Lam. "His concern was always with the Marines whose lives were in his hands as well as the Afghan locals who needed help.

"That whole village mourned John's death along with us," said Petty Officer 3rd Class Cameron Stewart, a hospital corpsman with 1/3 from Spokane, Wash., who has strong family ties to Vancouver, Wash. "All those who

served with John were and are deeply affected by his loss. To see Afghan villagers also affected by the loss is a true testament to the character and type of person John was.

"John was like a brother to me," continued Stewart. "He had the kindest heart of anyone I have ever met."

Others who served with Fralish spoke of him in a similar vein.

"He literally saved that small girl's life," said Chief Petty Officer Claude English, enlisted senior medical department representative, 1/3. "It just goes to show you what type of special person John was. He is at the tip of the spear when it comes to heroes," admitted the New Orleans native.

"John was good-natured and had a huge heart," said Petty Officer 1st Class Tim Gorman, leading petty officer, 1/3. "It was a true reflection of who he was as a person — the things he would do for one little girl in the middle of a foreign country to make sure she got the proper care she needed. Any chance he got to help someone, he did.

"I really miss him," continued Gorman, a native of Queens, N.Y., by way of Tucson, Ariz. "It's been two months since he died, but I don't miss him any less. I'll miss him for as long as I live. He'll always be with me and the corpsman and Marines he



Photo courtesy of Chief Petty Officer Claude English

Petty Officer 3rd Class John Fralish, a corpsman with 1st Battalion, 3rd Marine Regiment, from New Kingstown, Pa., poses for a photo in Mehtar Lam, Afghanistan, shortly before being killed in action during a firefight with insurgents on Feb. 6.

officer, 1/3, who has since mailed it to Fralish's parents in Pennsylvania.

"It was an honor to pass this on John Fralish's family," said Bierman, a Virginia native. "This entire story demonstrates the character and nobility of the young Marines and Sailors serving here in Afghanistan."

And also, perhaps, demonstrates how one man's actions can change the mind-set of an entire community.

"Ever since John's actions, that village and

Photo by Sgt. Joe Lindsay

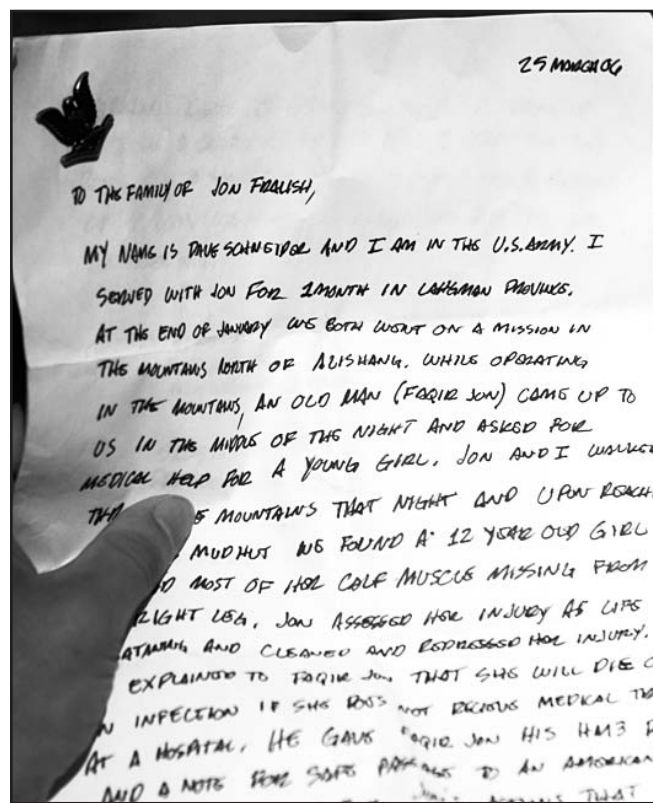


Photo by Sgt. Joe Lindsay

Fralish Legacy 6: A letter written by U.S. Army 1st Sgt. David Schneider, infantry first sergeant, Echo Company, 1st Battalion, 125th Infantry, Michigan Army National Guard, displays the actual rank insignia of Petty Officer 3rd Class John Fralish, a hospital corpsman with 1st Battalion, 3rd Marine Regiment, from New Kingstown, Pa., who was killed in action Feb. 6 during a firefight with insurgents in Laghman Province, Afghanistan. The letter, along with Fralish's rank insignia, were recently mailed back to Fralish's parents in Pennsylvania by Lt. Col. James Bierman, commanding officer, 1/3.

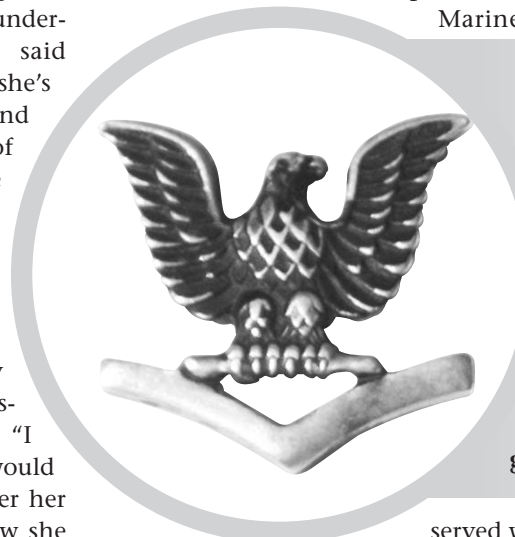
the noncommissioned officer-in-charge of the Army's embedded training team at Mehtar Lam. "Just before he died, John risked his life to save the life of a little Afghan girl on the brink of death."

While on a combat patrol with Alpha Company in early February, shortly before his death, Fralish, who was from New Kingstown, Pa., got word from an old Afghan man that there was a little girl who was in bad shape a few miles away, said Schneider.

"When John heard that there was a child who needed help, he was going to do everything he could to see to it that she got that help," commented Schneider. "John wanted to help everyone who was hurt. It's just the way he was. Keep in mind, we were in hostile territory, and it was the middle of the night, but John wanted to go."

And with that, Fralish, Schneider, two ANA soldiers and an interpreter left with the old man to find the girl.

"The old man led us to this little mud hut in the middle of nowhere up in the mountains,"



Actual rank insignia of Petty Officer 3rd Class John Fralish, a hospital corpsman with 1st Battalion, 3rd Marine Regiment, from New Kingstown, Pa., taken shortly before it was mailed back to Fralish's parents in Pennsylvania by Lt. Col. James Bierman, commanding officer, 1/3. Fralish was killed in action Feb. 6 during a firefight with insurgents in Laghman Province, Afghanistan. In the days before his death, Fralish had given his rank insignia to the family of a little Afghan girl he treated in a remote mountain village so they would be given safe passage to transport the girl to more adequate medical facilities. The insignia was returned by the girl's family upon the news of Fralish's death. The little girl is now recovering and doing fine.

served with. That smile — the whole Captain America persona. You can't defeat it."

And neither, it seems, can the spirit of Fralish's legacy among the villagers of the girl whose life he helped to save.

"The girl, her family, and all the villagers were extremely saddened to learn of John's death," Schneider said. "They were deeply affected by the news."

The rank insignia Fralish gave to the girl's family that first night was recently returned to Schneider when the old Afghan man who originally led Fralish to the girl's family hut visited Mehtar Lam.

Schneider subsequently passed the insignia on to Lt. Col. James Bierman, commanding

the surrounding area have made it a point to alert us to insurgent activity," said Schneider. "What used to be an area where the insurgents could blend in and operate in has now turned against them."

"Those villagers getting a chance to meet John and seeing his actions turned the tide of a lot of Afghan people's way of thinking who may not have trusted the coalition before," continued Schneider. "Now, not only was a little girl's life saved by John, but more American and coalition forces' lives can be saved as a result of the insurgents losing their grip on the area. All because of one man's sense of humanity. John Fralish's legacy remains and will continue to remain long after his death."

Photo illustration by Andy Falelua

Petty Officer 3rd Class John Fralish, from New Kingstown, Pa., a hospital corpsman with 1st Battalion, 3rd Marine Regiment, rests his elbow on the back of a Humvee high-back vehicle, Feb. 5, the day before he was killed in action during a firefight with insurgents in Laghman Province, Afghanistan. This is the last known photograph of Fralish.



BRETHREN, from A-1

I will miss them all, as long as I live."

Many of the soldiers from the 391st who served with the four slain soldiers were still too shaken up by the deaths to discuss their friendships.

"I'm just not ready to talk about it yet," admitted Army Spc. Jesse Hutchison, a combat engineer from Kingsport, Tenn., who served side by side the four soldiers. "They were just so dedicated ...," his words trailing off into an obvious sea of emotion that made it too difficult for him to continue.

Marines from 1st Battalion, 3rd Marine Regiment were also feeling the sting of the loss of Ray, Akins, Hiatt and Hill.

"The soldiers from the 391st work with us very closely here at Asadabad," said 1st Sgt. Gerard Calvin, first sergeant, Charlie Company, 1/3. "All the Marines here are feeling this loss very deeply. The 391st supports just about every mission we go on, and the work they have done has played a very crucial role in the success we have had out here. It is impossible to say how many Marine Corps and coalition forces lives the soldiers from the 391st have saved over here through their route clearings.

"They have one of the most dangerous jobs in the entire military," continued Calvin, a native of Richmond, Va., currently serving a third tour of duty in Afghanistan. "What it comes down to is that those four soldiers gave their lives, saving the lives of others."

Lava Dogs from 1/3 who served with Ray, Akins, Hiatt and Hill spoke of them in the highest of terms.

"All the soldiers of the 391st have our respect out here – none more so than Staff Sergeant Ray, Sergeant Akins, Sergeant Hiatt and Specialist Hill," said Sgt. Damian Haug, an infantry platoon sergeant with Headquarters Company, 1/3. "What First

Sergeant Calvin said about them giving their lives so others could live is exactly right.

"The bottom line is that every single Lava Dog family member back in Hawaii and throughout the nation should be thanking God that we have these soldiers from the 391st out here with us sweeping these roads for IEDs," continued Haug, a native of Fargo, N.D. "They have found countless IEDs out here that would have killed many Marines. A lot of Marines are going to be coming home to their families because of the 391st. They deserve our deepest respect. I know they've got mine. I'll always be proud to be able to say I served with alongside the 391st and that I got to meet men like these four heroes."

Lance Cpl. William Duffield, a rifleman by trade currently serving as a clerk for Charlie Company, 1/3 said he couldn't agree more.

"The Marine Corps and the Army have a history of their Marines and soldiers giving each other a hard time about who is better, who is tougher and stuff like that," said Duffield, an Iraq veteran who received the Purple Heart for wounds he sustained in the battle of Fallujah. "But just underneath the surface of all that back and forth joking is a profound respect that Marines and soldiers feel for each other. I can tell you right now that nobody's got as much respect for the soldiers in the 391st as the Marines from 1/3 who had the honor of serving with them in Afghanistan.

"The way we feel right now, it's no different than if Marines had died," continued Duffield, a native of Ridgway, Pa. "Those four soldiers were our brothers. They sweated with us over here, they fought with us over here and ultimately they died over here. But they died so that we could live. There is no greater sacrifice."



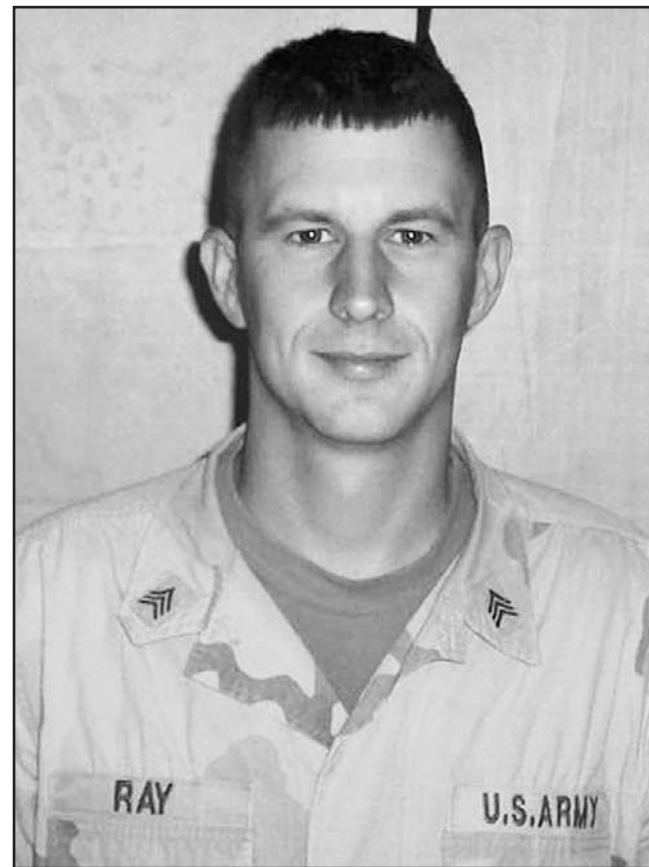
Sgt. Kevin Donudell Akins
January 10, 1977 – March 12, 2006.



Sgt. Anton Jesean Hiatt
July 26, 1980 – March 12, 2006.



Spc. Joshua Lee Hill
January 31, 1982 – March 12, 2006.



Staff Sgt. Joseph Randall Ray
February 27, 1977 – March 12, 2006.

Photos courtesy of 391st Engineer Battalion

IED, from A-1

the hill they were standing on.

"I did not even think about the fact that I could have been seriously injured," said Wartchow. "I just wanted to find the trigger-man."

Although this was the first IED experience for these Marines, IEDs are not new to the Al Anbar Province, which was once a hot bed of insurgent activity. IEDs used to be part of the daily regimen for many U.S. servicemembers, until Marines and Coalition Forces wiped out the foreign fighters seven months ago.

Still, the experience was an eye-opener for some, a reminder that though locals in this small town are waving and children are greeting the Marines and Iraqi soldiers, Iraq is still a war zone.

Now, Marines have to be even more on the alert, combat complacency, and keep an eye out for potentially hidden bombs.

"I knew we had Marines in the area of the explosion," said 1st Lt. Eric Montgomery, a platoon commander with Lima Co. "I was ready to call for a medical evacuation. I found out no one was injured when I arrived on the scene to assist."

Still, the Marines leave nothing to chance. They will continue to maintain a strong presence here to disrupt insurgent activity. Moreover, the Marines say their kindness should be not be mistaken for weakness.

"The insurgents are going to realize that Lima Company is not a poorly-trained unit," said Montgomery, 24. "We will continue to establish a presence here. We will also be proactive and aggressive in finding the insurgents."

Montgomery believes the Iraqi Army unit partnered with Marines here is steadily learning to conduct independent operations and its soldiers are making bounds in progress toward relieving Coalition forces here.

"The Iraqi Army is learning quickly," said Montgomery, a native of Cary, N.C. "As they continue to improve and the number of insurgents steadily decrease, Coalition forces will be able to withdraw."

TAXES, from A-2

of your refund for such a loan.

"Another reason why the Marine Corps Base Hawaii Tax Center should be used is because we can do your state returns. Most places out in town in Hawaii will not complete an out-of-state return," said Snow. "We see many, many taxpayers who have already gone out in town and paid to do their federal return but still have to come in and see us for their state."

Mallow said another reason he chose to go to the MCBH Tax Center is because they also help military members and their dependents get the proper return for deductibles.

"They helped me get money back for what I spent on books and supplies for school,"

said the 20-year-old. "I can honestly say I recommend the Tax Center to anyone who is able to go there. It would really make no sense to go anywhere else. It's free, quick, and the service of the Marines and civilians working there is superb."

The MCBH Tax Center, located in Building 401 is open from 8 a.m. until 6 p.m., Monday thru Friday. The center is scheduled to remain opened until April 25 and will reopen next year in mid January, said Snow.

If a taxpayer chooses to mail in their own taxes, they should make sure they get it postmarked no later than April 17 and that the envelope is properly addressed with enough stamps, said Snow.

For more information about the MCBH Tax Center, call 257-1399.

From the Edge

Staff Sgt. Ralph Scott
Tallahassee, Fla.
infantry platoon sergeant, 1/3

*To my wife Ingrid and our babies –
I love you and miss you very much.
I will see you soon.
Aloha from my little clan.*

Sgt. Michael Chambers
Lexington, S.C.
infantry platoon sergeant, 1/3

*To my beautiful wife Michelle
– I love you and miss you and the kids.
To Trevor, Tyler, Triston and Max
– love you guys. To everyone back in
South Carolina – Go Gamecocks!*



Financial Forum to benefit all

Cpl. Megan L. Stiner
Combat Correspondent

The National Association of Securities Dealers is hosting a free financial educational forum scheduled for Wednesday at the Hawaii Convention Center, downtown Honolulu, from 9:30 a.m. until 2:30 p.m.

All service members, military retirees, DoD employees and family members are welcome to attend the day long event. Transportation is provided to and from HCC, and a free continental breakfast and lunch are also provided to attendants. A detailed transportation schedule for each base is available at the NASD Web site: SaveAndInvest.org

"The information presented is beneficial to anyone who attends the forum," said Ed Josiah, personal financial management counselor, Marine Corps Community Services, here. "Everyone, from the private who wants to gain information on savings to the senior officer who is interested in beefing up their portfolio, can gain useful information from going to the forum."

According to Josiah, a lot of individuals have questions concerning financial benefits and savings investments, but many don't ask questions or get the information they need, because they don't want to end up getting scammed or getting stuck listening to a long sales pitch.

"This forum is safe, easy, and extremely informative," said the Big Island, Hawaii native. "The entire event is also free of charge. There just aren't any drawbacks to attending."

Some of the information presented includes mutual funds, smart saving for retirement and investing tips and advice.

Strict rules also prohibit any sales presentations during the program or anywhere on the premises, to ensure attendants only receive the educational information intended at the event.

A question and answer session is also included at the forum, at which time guests can inquire about any general information they have concerns about. The speakers include Senator Dan Akaka, Robert Glauber and Mary Schapiro.

Individuals interested in attending must register either online or at their base Family Services Office.

For more information on the event or to register, visit SaveAndInvest.org or call toll free to 866-862-0110.

High surf on MCBH



Cpl. Sara Carter

An officer assigned to Provost Marshall's Office places cones in the roadway to prevent traffic flow on Mokapu Road during a heavy rainstorm, March 31.



Cpl. Sara Carter

Marines, Sailors and civilian Marines drive through floodwaters on Mokaupu Road, March 31. Heavy rains caused some of the roads on base to flood, causing hazardous driving conditions.

RAIN, from A-1

Larson said he reported the spill to the state and notified Mokapu Elementary School, here.

"This is the first time we've had a spill in this area," he said.

Larson called this year's rain an extreme weather event, noting that the high rain saturation levels were most likely the cause of the spill.

"This year, we had 12 inches of rain in February and 17 inches in March," he said. "Last year, over the same period, we had 10 inches. That is nearly three times the amount of water."

LIFESTYLES

HAWAII MARINE B SECTION

APRIL 7, 2006

Ice skaters escape tropics



The Ice Palace ice skating rink provides an area specifically for young children and beginners to the sport, where they can use a device to help them keep their balance. The venue also offers youth hockey, adult hockey and a 'Learn to Skate Program.'

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

Combat Correspondent

While living in what is considered a "tropical paradise," there are many activities that can be done on a hot, sunny day.

But there's a place on Oahu where you can get a break from the sun or rain while still enjoying your time in paradise.

The Ice Palace ice skating rink provides a place where people on Oahu can go and stay active while being in a cooler climate.

"The Ice Palace is considered one of the top public attractions in the state of Hawaii," said Jeremy W. Yantz, customer service representative, at Ice Palace ice skating rink. "The rink is the only full-size ice skating rink on the whole island of Oahu and has an awesome arcade room that provides an area for people to use while

they're taking a break from the ice or done for the day."

According to Yantz, the rink provides a safe place for children to skate and have fun and also supports local ice hockey leagues.

"We have a youth hockey league for people 10 to 20 years old, which goes throughout the whole year and is meant to teach younger people the fundamentals of hockey," said Yantz, an Aiea, Hawaii native. "We also have an adult ice hockey league with nine different teams in it that play here."

Other attractions at the rink include a video game arcade room, pro shop, skate rental and repair shop, and a concession area with snacks.

"I come up here all the time, and it seems like I get a little better — but nothing like the guys you see skating around here," said Dylan Krandt, 15-year-old student. "We come up here usually on weekends just to hang out

and meet new people. A lot of people come here from my school, so it's pretty much the place to be."

Krandtz said he plans to try out for the youth hockey league the next time tryouts are held.

"I'm up here every weekend, so I might as well do something productive while I'm here," said Krandt.

According to Yantz, the park also provides skate lessons to those who are new to the sport.

"We have the 'Learn to Skate Program' for the entire family at a really good rate," said Yantz.

"Individual classes are also held for different groups. We have a class called the 'tot' class for children ages 3 to 6 years old, a pre-alpha class for skaters who are starting out and need to learn the basic skills of skating, like going forward, backward and stopping. The alpha class is for more advanced skaters and teaches students forward

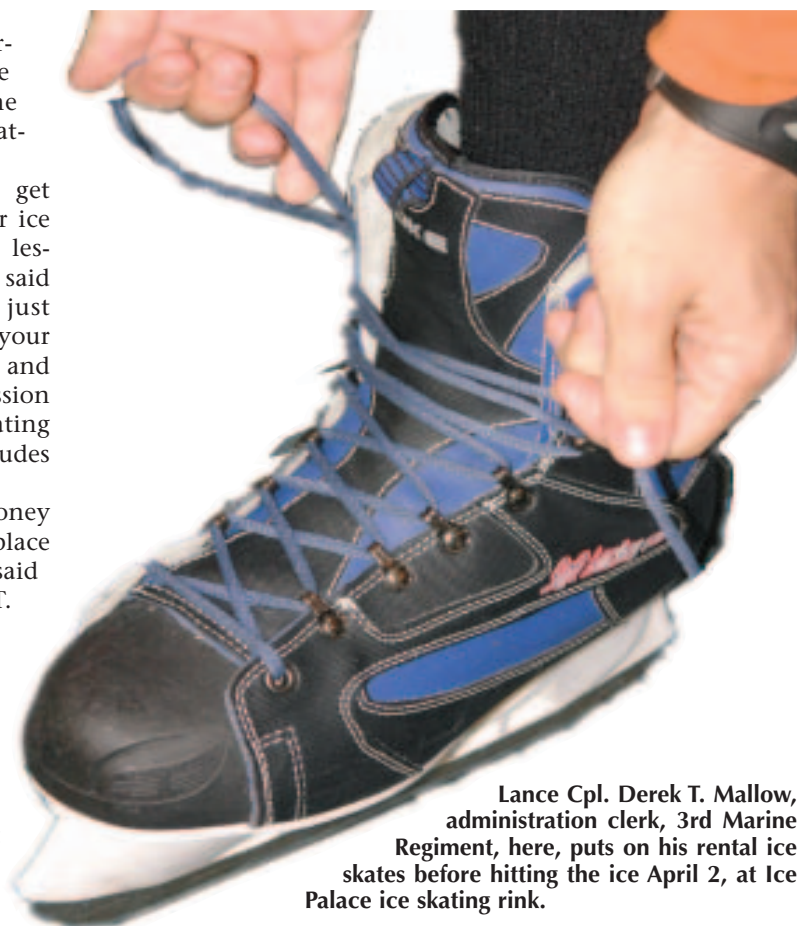
stroking, crossovers and snow-plow stops."

According to 31-year-old Yantz, the lessons are a good idea for anyone who is serious about skating.

"If you're looking to get into hockey or any other ice skating sport, then the lessons are recommended," said Yantz. "But, if you're just coming out to skate with your friends, then just go out and have fun." General admission at the Ice Palace ice skating rink is \$7.50, which includes skate rentals.

"It's well worth the money you pay to go into the place and is a lot of fun," said Lance Cpl. Derek T. Mallow, administration clerk, Headquarter's Company, 3rd Marine Regiment, Marine Corps Base, Hawaii.

For more information about the Ice Palace ice skating rink, contact the ticket office at 487-9921.



Lance Cpl. Derek T. Mallow, administration clerk, 3rd Marine Regiment, here, puts on his rental ice skates before hitting the ice April 2, at Ice Palace ice skating rink.



Brain J. Meyers, construction worker, assists his son, Jon L. Meyers, who took a spill on the ice at Ice Palace, April 2. The Ice Palace is the only skating rink in Hawaii and was the host of the 2005 U.S. Figure Skating Collegiate Championships.

Marine brothers cross paths in Iraq

Staff Sgt. Jim Goodwin
Combat Correspondent 1st Marine Division

CAMP AL ASAD, Iraq — After enlisting in the Marine Corps more than a year apart, two brothers from Canton, Mich., have crossed paths in Iraq, while deployed in support of Operation Iraqi Freedom.

Lance Cpl. Ian L. Eichel, a 23-year-old motor transportation mechanic with Regimental Combat Team 7, said he was pleasantly surprised March 17, when a gunnery sergeant drove his brother, 21-year-old Lance Cpl. Aaron J. Eichel, to the motor transportation lot here to put the two brothers in touch.

"I was just going on duty at the motor pool when he drove up in a Humvee and said, 'Hey, Eichel — I've got a surprise for you.' That's when he (Aaron) jumped out of the truck," said the older Eichel brother, who has been in Iraq now for nearly two months.

The younger Eichel, a field radio operator with the Hawaii-based 3rd Battalion, 3rd Marine Regiment, arrived in Iraq just a few days ago and happened to be in transient at Camp Al Asad while his unit awaited transportation to their forward operating base in

western Al Anbar Province, Iraq.

Both are graduates of Salem High School in Canton, Mich. Ian graduated in 2001, Aaron the year after. In true brotherly fashion, the Eichels are very competitive with one another, despite their one year difference of time in the service.

"I beat his rifle score at boot camp," said the older Eichel, as Aaron shakes his head and smiles.

Back home, the two Marines compete in a different fashion — whoever can catch the biggest fish.

"We only see each other once a year," admitted Ian, who is based out of the Marine Corps Air Ground Combat Center in Twentynine Palms, Calif., with the rest of 7th Marine Regiment.

"I saw him during his predeployment training for Afghanistan last year."

While both enlisted in the Corps for their own reasons, both wanted to deploy in support of the Global War on Terrorism. Ian will be in Iraq for a year, Aaron for seven months.

"This is a good experience," said Ian, who has recently spent several weeks assisting Iraqi Security Forces to learn the ins and outs of performing maintenance on Humvees.

"This gives me a chance to save up some money, too."

"This is where I wanted to go," added Aaron, who said he misses hanging out with the guys back in Michigan.

"I wanted to see combat, and I have in Afghanistan. But this is the place I wanted to go."

Both brothers said they miss their parents and other family and friends back home, but also said that they'll be home soon enough.

Before deploying to Iraq, their mother told them she was worried about them but understood that the two Marines have a job to do, said Ian, who added that the events of 9/11 influenced his decision to enlist.

Both Marines and their units are part of the Camp Pendleton, Calif.-based I Marine Expeditionary Force, a 23,000-plus command of Marines, Sailors and soldiers who are currently replacing the Camp Lejeune, N.C.-based II MEF as part of a regularly scheduled rotation of U.S. troops in Al Anbar Province, Iraq.

The Eichel brothers' youngest sister, 19-year-old Andrea, is also a Marine.

She is currently undergoing Marine Combat Training at Camp Geiger, N.C.



Staff Sgt. Jim Goodwin

Lance Cpl. Ian L. Eichel (foreground), a 23-year-old motor transportation mechanic with Regimental Combat Team 7, said he was pleasantly surprised March 17, when he saw his brother, Lance Cpl. Aaron J. Eichel, a 21-year-old field radio operator assigned to Hawaii-based 3rd Battalion, 3rd Marine Regiment, while at Camp Al Asad, Iraq. Aaron arrived in Iraq just a few days ago with his unit and happened to be in transient at Camp Al Asad while his unit awaited transportation to their forward operating base in western Al Anbar Province, Iraq. Both Marines are natives of Canton, Mich.

Sailor credits class for his life



Lance Cpl. Edward C. deBree

Petty Officer 2nd Class Tmitri S. Talley, aviation electronics technician, Patrol Squadron Four, stands in front of a motorcycle. Talley was hit by a drunk driver March 14, which he escaped with bruises and scrapes on his leg.

Lance Cpl. Edward C. deBree
Combat Correspondent

As CH-53 Delta Sea Stallion helicopters taxi before taking off from the Marine Air Facility here., Petty Officer 2nd Class Tmitri S. Talley, aviation electronics technician, Patrol Squadron Four, Navy Forces Pacific, sits on the back of his car thinking back to March 14 when he was hit by a drunk driver.

"I remember I left my apartment and let the bike warm up for a little bit," said the 29-year-old. "I said to myself, 'Ok I'm going to go pay my bills and go to work.' So I took off."

Talley said he was traveling down hill at 35 miles per hour while keeping the flow of traffic, when he noticed the vehicle behind him was following too close. He moved over to the left lane, when he noticed the car in the oncoming traffic lane ready to turn left.

"I did everything to make sure the car noticed me, in fact I was pretty sure she saw me, but she didn't," he said.

Talley said as he approached the car, the car turned left with no more than 40 feet between him and the oncoming car.

That's when Talley put what he learned in a motorcycle safety class into action.

"The motorcycle safety class taught me to look over my right shoulder to make sure that there were no cars in that lane, I moved over," said the Greenville, S.C. native. "By that time, I was about 20 feet from the car and she was still turning because she didn't see me. I knew at that time I was too close to do anything but take the hit."

"There were a few choices I had in that situation," said Talley. "I could have skidded out and gotten run over by the car."

He continued, "I could have locked up the brake and locked myself up, which would have thrown me over the car. I could have tried to speed up and pass her, but I knew I was too close to try to pass her, or I could have

done what I did; brace for the impact and lean into it."

After the vehicle hit his motorcycle, he took immediate action. Talley said he regained control of his motorcycle and pulled into a near by parking lot. Although the car followed him in to the lot, the front was badly damaged to where the driver was unable to open her door to check on Talley.

"It was in the parking lot where, after talking to her for a few minutes, that I realized that she had been drinking," he said. "I could tell she had been drinking, because I could smell it on her. So we exchanged information and the police came and took care of the rest."

Talley said he was lucky to escape the accident only with scrapes and bruises, and credits the safety class for teaching him what to do when situations like that arise.

"It's hard to say where I would be if I had not known what to do," admitted Talley. "Luckily, I was only on crutches for two days after an almost 40-mile-per-hour accident. Nothing was broken. My bike was badly damaged, and I got a hole in my favorite jeans. I'm definitely lucky that's all I walked away with."

Talley said he took the motorcycle safety class at Leeward Community College in June 2005 and that he had been practicing what they taught him for that situation.

"There is no question that the safety class benefited me," he said. "They taught me how to move and maneuver the bike when situations come up, and that could have been what saved my life."

Talley encourages everyone who is thinking about buying a motorcycle to take the class.

"Before you even buy a bike, take the class," said Talley.

"The riders and drivers need to pay attention, because that situation could have happened even if she was sober. On this island, motorcycles are everywhere, so people need to pay attention to what they are doing."

Marine carves his own path



Lance Cpl. Roger L. Nelson

Lance Cpl. Derek T. Mallow, administrative clerk, Headquarters Company, 3rd Marine Regiment, stands at Pyramid Rock, here April 4. Pyramid Rock is Mallow's favorite place on island to surf and he said he comes here at least 3 times a week.

Lance Cpl. Roger L. Nelson
Combat Correspondent

In every Marine's life there had to have been a point where he or she decided to take the road less traveled and join what is considered the world's most elite military fighting force.

Lance Cpl. Derek T. Mallow, administrative clerk, Headquarters Company, 3rd Marine Regiment, decided to enlist when he realized he wanted to be different from his peers and join the Marine Corps instead of going off to college.

"I really didn't just want to go to college like everyone else, because that's easy. I'm all about challenges," said the Oceanside, Calif. native.

"I figured I would be ambitious and do my time in the Marines and maybe go to college during my enlistment. That way I'm getting the best of both worlds."

According to Mallow, his friends didn't believe him when he told them about his

decision to join the military.

"They thought I was messing around with them, because I was kind of a clown in high school, and they didn't think I was mature enough," said the 20-year-old. "But I guess I proved them all wrong."

"My mom was another story all together. She was all for it and was really happy for me. She was really a big influence to me."

Mallow left for boot camp at Marine Corps Recruit Depot, San Diego, Sept. 21, 2003, after being in the Delayed Entry Program for only two weeks.

"Boot camp was great. I knew everything the drill instructors were making us do was for our own good and to make sure we stayed alive, so I dealt with it and stuck it out," said Mallow.

After graduating boot camp and Marine Combat Training, Mallow then attended his Military Occupational Specialty school at Camp Johnson, N.C., and checked into Headquarters Company,

3rd Marine Regiment, Marine Corps Base Hawaii, July 7, 2004.

"When I first got to my duty station, it was rough being at the bottom of the barrel and the new guy," said the self-proclaimed motivator. "It got a lot better after a while, and I actually had people under me, so it was cool to be in a sort of leadership position."

According to Cpl. Jon Adams, administration clerk, Headquarters Battalion, Installation Personnel Administration Center, here, when Mallow first checked in here, he could tell Mallow was kind of nervous, but he's proven himself and has turned out to be a pretty good Marine and a hard worker.

Since arriving in Hawaii, Mallow has been deployed to Australia, where he went through Combined Arms Exercise training.

"I would definitely say going to Australia has been the highlight of my Marine Corps enlistment so far," said Mallow. "Seeing all of the dif-

ferent animals and things while I was there was amazing, and I would go back for another trip."

After the Marine Corps Mallow said he plans on finishing up college and becoming a real estate agent.

"I'm currently going to college for criminal law at Hawaii Pacific University," said Mallow. "For now, I'm unsure whether or not I'm going to stay in the Marines or not, but if and when my time comes to get out of the Marine Corps, I'll hopefully have a real estate license and start a career in that."

Mallow said his enlistment has been very good thus far, and he thinks it has been a good experience for him.

"When I first joined, I had a lot of growing up to do," said Mallow. "The Marine Corps has helped me grow up and become a lot more responsible."

I think everyone should consider joining some branch of the service," he offered. "It just makes people a better all-around person and I'm glad I took this route for my life."

MCCS Briefs

www.mccshawaii.com

Kahuna's Sports Bar & Grill

254-7660/7661

The Crud, Friday at 10 p.m.**Monday nights, play NTN Trivia night.** Play against other sports bars from around the world.

The last Monday of each month play for a golf bag.

Cancellation**Baby Bash meet and greet session** and concert scheduled for Thursday and Friday, respectively, are now cancelled.**Staff NCO Club**

254-5481

Payday Lunch Buffet is the new lunch alternative offered at the Staff NCO Club April 14 from 11 a.m. to 1 p.m.

This offer is on a trial basis for 90 days and will feature a buffet with different entrees.

Patrons are invited to complete a survey to comment on which of the items they enjoyed most.

Call the club to make advanced seating arrangements for parties of eight or more.

The Officers' Club

254-7650

First Friday Night is tonight, so music and pupus will begin at 4:30 p.m. Music will continue until 10:30 p.m.**Seafood Buffet is served Thursday** from 6 to 8 p.m. Menu items include snow crab legs, carved black Angus prime rib, peel 'n' eat shrimp, south of the border ahi poke, and much more.**All Hands****The Key Volunteer Appreciation Ceremony** will take place Friday at Pop Warner Field from 4 to 6 p.m.

The Commanding General will give an address followed by a presentation and gift to each of the volunteers.

For more information, call 257-7777.

Prevention and Relationship Enhancement Program is a communication and problem-solving skills workshop for married or engaged couples.

The course will be held at the new Base Chapel from 9 a.m. to 3 p.m. Saturday.

Materials and lunch are provided at no charge.

If interested, contact Chaplain Nestor Nazario at 257-3552, ext. 23.

Department of Defense salutes the military child

Steven Donald Smith

Press Release

American Forces Press Service

WASHINGTON – The Defense Department has long understood the value of caring for and celebrating children of service members.

April is designated as the Month of the Military Child, underscoring the important role military children play in the armed forces community. The Month of the Military Child is a time to applaud military families and their children for the daily sacrifices they make and challenges they overcome.

Military children face many obstacles unique to their situation, such as having a parent deployed for extended periods of time and frequently being uprooted from school.

"Military children endure a great deal of change as a result of a parent's military career," said, Douglas Ide, a public affairs officer with the Army's Community and Family Support Center.

"The military family averages nine moves through a 20-year career and, in doing so, their children must say good-bye to friends, change schools, and start all over again."

Throughout the month, numerous military commands will plan special events to honor military children. These events will stress the importance of providing children with quality services and support to help them succeed in the mobile military lifestyle, defense personnel and readiness officials said.

According to a Defense Department fact sheet, installations are honoring military children by providing a month packed with special activities that include arts and crafts shows, picnics, carnivals, fairs, parades, block parties, and other special activities that focus on military children that highlight the unique contributions they make.

The Defense Department will also launch a new tool kit series called "Military Students on the Move." The tool kit includes material designed to promote more efficient and effective method of moving military children from school to school. The tool kit includes materials for parents, children, installation commanders and school officials.

In addition, the U.S. Air Force recently launched its "Stay Connected" deployment program kits in conjunction with the Month of the Military Child. The kits include items like teddy bears, writing pens and disposable cameras.

"The purpose of the Stay Connected kit is to provide young people and parents an avenue to keep a connection during the deployed members' time away from home," Eliza Nesmith, an Air Force family member programs specialist said.

"The items in the kit come in pairs, so that the young person and parent can have an item that will help them remember each other."

Air Force bases will choose the best distribution method to cor-

MCBH Month of the Military Child events**April 14**

Family picnic and band concert will be held at the Child Development Center from 6 to 8 p.m. This event will feature the MARFORPAC band. The activities are open to all military and Department of Defense families and their guests.

For more information, call Tebra Minor at 257-1388.

April 15

MCCS Celebrates Children Sale at Marine Corps Exchange from 9 a.m. to 9 p.m. A one-day sale in conjunction with the Month of the Military Child.

For more information call the Exchange at 254-3890.

April 15

Easter Egg-stravagnza program at the Base Library from 1 to 2 p.m. Enjoy Easter stories, crafts and treats. This event is open to all military, DoD families and their guests.

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

April 29

Sunset in the Yard, Youth Activities will be held at Building 5082 from 6 to 11 p.m.

Barbecue menu items will be served. The cost is \$1 for Child Youth and Teen Program members and \$3 for the community at large.

Free movies will be shown on the lawn, so bring something to sit on.

For more information, call Virginia Tamura at 254-7610.

respond with an existing event or develop a new event to best serve their families. For example, Andrews Air Force Base, Maryland, will give out Stay Connected kits to deploying service members during its base-wide Month of the Military Child celebration, planned for April 8, Nesmith said.

Throughout the month of April, the U.S. Navy child and youth programs will also be hosting special programs and events to salute military children. These events will include, carnivals, health screening for children, youth talent shows, and more.

"Events that celebrate the

Month of the Military Child stress the importance of providing children with quality services and support to help them succeed in the mobile military lifestyle," Larrie Jarvis, a Navy child and youth programs analyst said.

Army officials said their bases will plan their own events such as fun runs, bicycle safety courses, carnivals, fishing derbies, community service projects, and other events geared specifically toward children and youth.

The Month of the Military Child is part of the legacy left by former Defense Secretary Caspar Weinberger, who died March 28. He established the Defense

Dad's, daughter's yearly dance

**Cpl. Michelle M. Dickson**

Combat Correspondent

The evening of April 1 brought out smiling faces and fancy dress attire as the Armed Services YMCA hosted their 7th Annual Father/Daughter Dance, at The Officers' Club, here.

Nearly 300 tickets were sold and many enjoyed music, food, prizes and dancing throughout the evening.

"This is the first time that I'm bringing my daughter Olivia," said Sgt. Richard M. Caplette, pistol tower noncommissioned

officer, Headquarters Battalion. "She thinks she's a princess, and her favorite movie is 'Beauty and the Beast.' This is her ball, and it will be an annual thing for us from now on, a tradition."

According to ASYMCA officials, it took approximately two months to prepare for the annual Father/Daughter Dance.

"This is like prom night for so many of these little girls, and so many of them look like Disney princess," said Jennifer A. Jones, play morning coordinator, ASYMCA.

"A lot of the fathers

have been deployed or will be in the near future, so it's nice that they have the opportunity to come out here and spend some quality time with their daughters."

Since the ASYMCA is a nonprofit organization, the prizes that were raffled off during the evening were donations from various companies, said Terri G. Nelson, director, ASYMCA.

"This is my first year as director, and I expected to see a lot of excited little girls," said the San Diego native.

"I have to admit, I am

not disappointed at all. These girls are so happy to be able to spend time with their fathers I'm glad we could have this opportunity."

Nelson said she wanted to stress the fact that the evening wouldn't have been possible if it had not been for the great staff who worked countless hours on the event.

"It takes the effort of a great staff and team to pull something like this together," said Nelson. "Everything I may have forgotten, they would figure out and fix. It turned out to be a great evening."

MOVIE TIME

Prices: For Friday and Saturday shows at 7:15, prices are \$3 for adults, 12 and older; \$1.50 for children 6 to 11. Matinee prices are \$2 for adults, \$1 for children. Parents must purchase tickets for R-rated movies in person at the box office for children 16-years-old and younger. Prices for Sunday, Wednesday shows at 6:30 and Friday and Saturday shows at 9:45 are \$2 for adults and \$1.50 for children. Show your ID card when purchasing tickets. Entry is free for children 5 and younger.**Sneak Preview Policy:** One hour and 45 minutes prior to the movie, tickets will be issued to first priority patrons waiting in line, then second and third priority patrons.

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

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

The Pink Panther (PG)
Final Destination 3 (R)
Curious George (G)
Firewall (PG-13)
The Pink Panther (PG)
Firewall (PG-13)
Final Destination 3 (R)
Eight Below (PG)
Date Movie (PG-13)Today at 7:15 p.m.
Today at 9:45 p.m.
Saturday at 7:15 p.m.
Saturday at 9:45 p.m.
Sunday at 2:00 p.m.
Sunday at 6:30 p.m.
Wednesday at 6:30 p.m.
Friday at 7:15 p.m.
Friday at 9:45 p.m.

ON THE MENU

AT ANDERSON HALL



Today

Lunch
Oven roast beef
Baked tuna and noodles
Steamed rice
French fried cauliflower
Vegetable combo
Brown gravy
Chilled horseradish
Fruit pie
Chocolate chip cookies

Pasta specialty bar

Dinner
Sauerbraten
Knockwurst with sauerkraut
Cottage fried potatoes
Boiled egg noodles
Green beans with mushrooms
Creole Summer squash
Brown gravy
Fruit pie
Chocolate chip cookies

Saturday

Dinner
Grilled steak

Pork chops Mexicana
Mashed potatoes
Spanish rice
Mexican corn
Peas and mushrooms
Brown gravy
Fruit nut bars
Fruit pies

Sunday

Dinner
Beef pot pie
Baked ham
Baked macaroni and cheese
Club spinach
Cauliflower au gratin
Cream gravy
Bread pudding with lemon Sauce
Peanut butter cookies
Fruit pie

Monday

Lunch
Teriyaki chicken
Salisbury steak
Mashed potatoes
Steamed rice
Simmered carrots
Simmered lima beans
Brown gravy
Apple crisp
Fruit pie

Pasta specialty bar

Dinner
Baked meat loaf
Oven roast beef
Pork fried rice
Parsley buttered potatoes
Green beans with mushrooms

Simmered corn
Brown gravy
Apple crisp
Fruit pie

Tuesday

Lunch
Barbecued spareribs
Veal parmesan
Oven browned potatoes
Buttered egg noodles
Simmered asparagus
Steamed cauliflower
Brown gravy
Devil's food cake
Fruit pie

Taco specialty bar

Dinner
Swiss steak with brown gravy
Baked fish fillets
Lyonnais potatoes
Steamed rice
Southern-style green beans
Vegetable combo
Brown gravy
Devil's food cake
Fruit pie

Wednesday

Lunch
Baked ham
Chili macaroni
Candied sweet potatoes
Grilled cheese sandwich
French fried okra
Cauliflower au gratin
Pineapple sauce
Bread pudding with lemon sauce
Peanut butter cookies
Fruit pie

Hot dog specialty bar

Dinner
Baked stuffed pork chops
Turkey pot pie
Calico corn
Simmered peas and carrots
Steamed rice
Mashed potatoes
Brown gravy
Sweet potato pie
Bread pudding with lemon sauce
Peanut butter cookies
Fruit pie

Thursday

Lunch
Cantonese spareribs
Baked tuna and noodles
Shrimp fried rice
Corn on the cob
Simmered spinach
Corn bread dressing
Brown gravy
Pineapple upside down cake
Fruit pie

Taco specialty bar

Dinner
Swedish meatballs
Caribbean chicken
Steamed rice
O'Brien potatoes
Simmered brussels sprouts
Simmered Summer squash
Chicken gravy
Pineapple upside down cake
Fruit pie



ERDAG

Editor's Note: Lt. Col. Terri Erdag, executive officer, Headquarters and Service Battalion, U. S. Marine Corps Forces, Pacific, Camp H.M. Smith, Hawaii, a 22-year veteran of the Marine Corps shares her thoughts about women in today's sea services. Erdag was a guest speaker at the Sea Services Women's Leadership Symposium held aboard Marine Corps Base Hawaii, last month. In an interview with Hawaii Marine's Lifestyles Editor, Erdag had this to say about how women's role in combat has changed.

Q: Since you have been deployed to Afghanistan, Iraq, Southeast Asia

and Kosovo, what advice do you have for other women who deploy to these regions now and in the future?

A: Deployments are opportunities, not punishments. I would tell anyone, men and women alike, just do your job the best you can. The Marine Corps has trained you well – use it!

Another thing: These places are not all “bad.” There are good people there too, with fabulous stories and traditions, nestled in wondrous surroundings. Take a look around, if you get a chance.

Q: I notice that you have received the Purple Heart. When and for what did you receive the award?

A: I've been wounded twice, both since 9-11. The first time was from an IED (improvised explosive device) that had been concealed in a small box in my office. The second was from an attack that occurred while I was escorting some U.S. diplomats who were meeting with local officials. A mob formed outside the shop we were in and then they stormed the place. Fortunately, we were able to escape out the back, but we still had to fight our way back to the last checkpoint.

Q: You recently spoke at the Sea Services Women's Leadership Symposium about women's changing

role in the military. Can you explain the trends that you have noticed on each of your deployments with regard to the number of women and the type of jobs women are now performing in the sea services?

A: When I first enlisted, I was assigned as an aircraft mechanic. There were very few women on the flight line back then, let alone on deployments. The men who knew me were fine with it, but other Marines always appeared to be in shock, worried that there would be trouble.

During operations Desert Shield and Desert Storm, the number of deployed women certainly increased. But again, there was always a sense of amazement when we did our jobs – as if we weren't going to do them? That was the first time I was in combat; I'm convinced my unit succeeded, because we had trained together as a team regardless of gender.

Today I see young servicemen and women deploying together with ease; it's really no big deal to them. One out of every seven service members in Iraq right now is a woman. Women are serving in almost all occupational fields and in a variety of units.

Q: What do you most attribute the changing role of women in the military to?

A: Two things: The changing nature of warfare and the increased number of women serving in today's armed forces. With The Global War on Terrorism and the high operational tempo of the military, we can no longer afford to leave women at home.

Q: Would you recommend your profession to your own daughter (if you have one)?

A: I don't have any children, but I

have plenty of nieces and nephews. The military takes an enormous amount of dedication and sacrifice. That said, I think it's a wonderful experience for young adults – then, like me, they can make up their own mind if they want to stay.

Q: Do you see the changing status of women in the Marine Corps as a positive, negative, or both?

A: Well, I never thought of women – or men – as having a certain status. That's what makes our Corps great: We're all just Marines.

Q: What advice would you give to women who are thinking about joining the Marine Corps?

A: Don't doubt what you can do – just try.

Q: What are your future career goals?

A: I'm working with the best Marines in the Corps right here in Hawaii. Who could ask for anything more?

Q: Is there anything else you would like to add?

In World War II, there was a recruiting slogan for women that said, “Free a Man to Fight.” Well I don't think we're in that business anymore. Today's military demands that we all be able to fight – whenever and wherever called upon. That's why we've all earned the same title: “Marine.”

Navy/Marine Corps Relief Society credits employees, volunteers for years of service



Corinne Knutson

Patricia Perry, (front) Navy Marine Corps Relief Society director helps a service member obtain a loan for car repairs, while Beth Cooling, chairman of volunteers for NMCRS checks over the budget document that will grant the Marine his loan.

Corinne Knutson

Lifestyles Editor

When Patricia Perry, also known as Auntie Pat, started her career at the Navy Marine Corps Relief Society, she made 90 cents an hour as a bookkeeper at Barbers Point Naval Air Station. Now, 45 years later, Perry is the director of the Kaneohe NMCRS. As director, she helps Marines and Sailors with loans, provides budget counseling, and other services.

"NMCRS has over 3,000 volunteers throughout the world with a little over 200 paid staff. And I'm number one on the totem pole," Perry said.

In February, the society held its 10th Annual Volunteer of the Year Luncheon at the Hale Koa Hotel in Honolulu. In recognition of her four-plus decades of service, Perry was awarded a ruby and diamond pin and presented with a dozen long-stem roses by NMCRS's president and chief executive officer, retired Adm. Steve Abbot.

"I felt like a queen for a day," Perry said.

Chrissy Harlow, NMCRS's chairman of receptionists was named Volunteer of the Year and Polly Kleinpaste, chairman of publicity, both received a Kokua award for service at the Kaneohe Bay branch.

NMCRS processed 564 cases in 2005, amounting to almost 47 cases per month, awarding \$429,780 to Marines and Sailors.

Perry said a budget review is completed on each service member.

"Our trained volunteers determine financial need," she said, "For each case, I have to see an identification card,

power of attorney, a list of monthly expenses, estimated cost of services to be rendered, and pay stub or a leave and earning statement."

Information given to the society is kept confidential, however, one Marine, Cpl. Joel Seward, aircraft mechanic, Marine Heavy Helicopter Squadron-362 agreed to speak with us. Seward received a loan for car repairs through NMCRS on March 28.

Seward said, he found out about the society through his shop.

"It's there for the Marines and Navy and it's interest-free so it's good because personal loans are usually at high interest and most people can't afford to get them, because they don't have any credit history."

Seward also said he donated to the NMCRS Annual Fund Drive and that the staff at the society was helpful in getting the loan in a timely manner.

Perry said she loves the fact that her job is all about helping people.

"We never check credit, so we see people who try to get a loan from outside sources and they can't because of their credit. But with Navy relief we are just trustees of their own money. So if it falls under our policy, we will help them," she said.

NMCRS offers interest-free loans and grants to Marines and Sailors who have had a family emergency; incur unforeseen medical and dental costs; are unable to pay rent, utilities, vehicle repairs; or funeral expenses.

Perry said that the society turns away approximately 5 percent of the Marines and Sailors who come to NMCRS.

"We do turn some people away, because we don't do consolidation loans, but we can refer them to outside sources for help."

According to Perry, most service members who come to NMCRS don't need loans, they just need an education on how to make payments on time.

"We do that here," she said. "In an hour and a half we look over their budget and teach them what they need to do, we teach them the difference between a need and a want."

Beth Cooling, chairman of volunteers for NMCRS, said she enjoys helping the service members take control of their finances. She said that NMCRS offers hope to Marines and Sailors who find themselves in a financial hard spot.

NMCRS loans are often set up on a pay schedule and are automatically deducted from the service member's wages. According to Perry, this is why there is no need to charge interest on loans. However, as a nonprofit organization, the society depends on donations during their annual fund drive.

This year's fundraising drive is underway and will continue until April 21. Service members who would like to donate to the NMCRS should contact their unit representative who is spearheading the NMCRS fundraiser for their unit.

"I've seen a lot of changes in the last 45 years, but all of the changes have been for the benefit of the service members," said Perry.

"The education that goes on here is the best. We teach them to save money for their future."

MCCS silent auto auction

A silent auction will be underway starting April 10 and will run until April 26 at the Auto Skills Center in Building 3097 aboard base, for bids on the vehicles listed below. Bids will be taken by placing a sealed ballot in the box provided at the Auto Skills Center. Bidding will close at the end of the business day on the date specified. The boxes will be opened the day after closing and the persons with the highest bids will be notified.

Vehicles to be bid on are:

1993 Toyota Tercel, \$300, runs well, bad paint and interior
 1997 VW Jetta, \$50, run, needs electrical work/interior*
 1990 Mazda MX-6, \$150, runs well, exhaust leak, clutch works
 1990 Cadillac Sedan, \$50, runs, possible head gaskets*
 1989 Pontiac Firebird, \$100, runs on starting fluid, parts only*
 1994 Ford, Thunderbird, \$100, runs, needs repairs*

1973 Dodge Charger, \$2,000, runs well, all original
 1990 Toyota Camry \$600, runs well, body good
 1969 VW Bug, \$50, not running, rusty, parts only*

Items marked with an asterisk are listed for final auction. If not sold, autos will go to salvage.

For auto information, call 254-7674 or e-mail carl.cabrera@usmc-mccs.org.

Education help for military's children of globetrotting parents

Lissa Ann Wohltmann

Lifelines

"We are geared towards enhancing brick and mortar schools," said Liz Pape, president and CEO of Virtual High School. Through VHS the students can explore many more courses while still enrolled in high school, she added.

Taking classes online would seem a perfect fit for children of, often times, nomadic military parents.

"This is a great way to offer continuity," Pape said about this nearly decade-old school. Although a student cannot graduate from VHS, any student around the world could take classes toward a high school diploma. "We are not a degree-granting program," she said. "Our specialty is 'AP' or Advanced Placement courses.

VHS, based in Maynard, Mass., currently has American international children enrolled in the curriculum. Since all courses are taught using the English language, American teens can communicate with their Japanese or Korean classmates, for example.

"The global culture is really important," she said. "Probably the Defense Department is more aware of it than are people in the states."

Yet an online environment won't work for everyone.

"Some people need the social aspect of school," said Jeffrey Elliot, president and CEO of Advanced Academics, another online school that has a different focus. They mainly cater to the at-risk students, the kids who recently quit school and those with extensive family commitments and can't get to a regular classroom.

"It's an alternative that we feel isn't provided elsewhere," Russell Randolph, the director of education said.

Since they are Commission on International and Trans-Regional Accreditation and North Central Association accredited, they would be able to offer a diploma, but they don't at this time.

Advanced Academics courses are also provided all over the world. Currently, they partner with about 80 American school districts throughout 19 states. They don't have a connection with the Norfolk school district – one of the largest Navy hubs in the world – but have partnered with several California school districts, where many Sailors reside. In fact, most of their clients live on the coasts even though their Oklahoma City office is in the middle of the country.

The cost associated with taking classes at both online schools varies. At Advanced Academics, for example, it would cost roughly \$3,000 to \$3,600 for one student to attend one year of classes. For VHS, class fees can fluctuate dependant upon a local school's participation. However, the cost savings of online schools over brick and mortar schools is generally 50 percent.

The Department of Defense spends, on average, \$14,285 to send one child to its overseas DoD schools. In the continental U.S., DoD spends \$11,841 per student for its domestic schools. Therefore the cost savings to taxpayers of military children enrolled in either of these schools is worth noting.

Hawaii MARINE SPORTS

HAWAII MARINE C SECTION

APRIL 7, 2006

Warriors advance in intramural playoffs



Tony Blazjack

Stephon Williams, Warriors' center, takes it up strong in the paint as CSSG-3(Maint.) players look on. The Warriors eliminated CSSG-3 (Maint.) from the intramural basketball playoffs 60-28 in a game held at the Semper Fit Center gym, Monday. The Warriors advanced to the quarterfinals, which was held Tuesday.

Lance Cpl. Ryan Trevino
Sports Editor

Marine Aviation Logistics Squadron 24 Warriors eliminated the Combat Service Support Group 3 (Maintenance) from the intramural basketball playoffs tournament Monday, 60-28, in a basketball game held at the Semper Fit Center gym, here.

The Warriors earned a No. 2 seed in the tournament for finishing second in the overall rankings during the regular season. CSSG-3 (Maint.) came into the tournament as the No. 15 seed.

Led by shooting guard Logan Carraway, the Warriors' backcourt pounded the Outlaws into submission from the opening tip off. Carraway scored 18 points to lead his team in total points, followed by point guard Keith Murray with 14. Murray was 4-7 from beyond the 3-

point line.

Morgan said his team was playing solid so far, even though they were coming off a four-day layoff.

"If we play like we played tonight, we should go pretty far," said Morgan. "We are going to the finals," he added with a certain confidence.

However, Warriors' forward Kelvin Thompson said they could play better, but they'll take the win.

"We didn't play as good as we should have," he said. "But, we scored a ton of points, though."

Thompson added they would take a sloppy win over a solid loss any day.

Warriors' coach Dean Lazarou said he agreed with Thompson.

"We played well, but we could have played much better," he said.

When Lazarou was asked if he

See **PLAYOFFS, C-2**

TRICARE creates weight control project

Christelle Michael
TRICARE Management Activity

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

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

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

"Data collected during this demonstration project will

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

Weight Management Demonstration Project

Research Triangle Institute and the Cooper Institute will implement the Healthy Eating and Active Living in TRICARE Households program, a four-state demonstration project for TRICARE in Indiana, Illinois, Ohio and Michigan. The project will provide non-active duty adult, TRICARE Prime-enrolled, overweight and obese beneficiaries with 12-month access to behavior modification targeting diet and physical activity. To be eligible beneficiaries must be 18 to 64, not entitled to Medicare or enrolled in the TRICARE Extended Care Healthcare Option and living within 50 miles of the research centers.

See **PROJECT C-2**



Lance Cpl. Ryan Trevino

Logan Carraway, shooting guard, Hawaii Marines, collides with Anthony Roane of the Hickam Flyers during a game in the Hawaii Armed Services Athletic Council Basketball Tournament March 29.

Hawaii Marines fall to Hickam Flyers in varsity basketball tournament

Lance Cpl. Ryan Trevino
Sports Editor

The Marine Corps Base Hawaii's varsity basketball team, the Hawaii Marines, was eliminated 60-55 from the Hawaii Armed Services Athletic Council Basketball Tournament March 29 by the Hickam Air Force Base Flyers at the Fort Shafter gym on the Fort Shafter military installation.

This was the Hawaii Marines' second loss in the double-elimination tournament. Their first loss came by way of the Army team, 64-46, in an earlier round of the tournament March 27. However, they were able to pick themselves up and go on to defeat the Coast Guard team in the next round, 52-45.

There was no specific reason why they lost the game against the Flyers, according to several players.

"We didn't do anything wrong," said J.I. Kim, point guard, Hawaii Marines. "We just played a better team."

"They just outscored us, that's all," chimed in center Tony Rogers, the Hawaii Marines' top-scorer. "It was a back-and-forth struggle the whole time."

Rogers racked up a double-double during the game with 18 points and 11 rebounds. He also competes on the All-Marine level and, according to some, is

the backbone of the team, averaging more than 17 points a game in the tournament.

Rogers said that the players seemed to be a little anxious at the end of the game, rushing key shots.

The start of the game was a different story. The Hawaii Marines set the tempo at the beginning, scoring with ease. But the smaller, quicker Flyers would not be held down. Led by Anthony Roane, they quickly earned back the lead and never let it slip too far away. Roane scored 14 points during the game.

"Basically it comes down to execution and defense," said Hawaii Marines forward Nick Tassillo.

Coach Dean Jordan said progress was being made, but the Hawaii Marines had trouble executing late in the game.

"We weren't able to establish a good chemistry together until the second half of third game of this tournament," said Jordan, who thinks they will do better in next tournament. The Hawaii Marines are scheduled to play in the Aloha Classic Basketball Tournament that begins April 9.

Jordan attributes the team's losses to the lack of playing time the guys have had together.

"For half of the players, this is the first playing at the varsity level," he said.

Guard Logan Carraway was the second-highest scorer with 16, and Tassillo was third highest with 10.

Flyers coach Craig Frost said his team has had a great start to the tournament, and he thinks they will win it all.

For more information on upcoming varsity sports events and schedules, call 245-7590.



Lance Cpl. Ryan Trevino

Logan Carraway, Hawaii Marines, dribbles around a defender in their game against the Hickam Flyers March 29.

Sports Briefs

Today

Intramural Championship Basketball Game — The final game of this year's intramural basketball season will be played at the Semper Fit Center gym at 7:30 p.m. The pregame show starts at 6:30 p.m. and will include a slam-dunk contest. Call 254-7591 for more information.

Tommorrow

SM&SP Kickball Tournament — A kickball tournament will be held at Riseley Field here, starting at 10 a.m. and ending at 4 p.m. The tournament is single-elimination format consisting of eight-man teams. Registration is open to six teams. Call 254-7593 for more information.

Monday

Commander's Cup Bowling League — An organizational meeting for the Commander's Cup Bowling League will be held today at 6 p.m. League play will start April 17.

The league is open to foursome mixed teams. Each bowler must work in the same shop, activity, or be a family member of one of the workers. Bowlers must be DoD employees or be stationed at MCBH Kaneohe Bay or Camp H.M. Smith. Teams can earn bragging rights against other units and points toward Commander's Cup competition.

Tuesday

Volleyball Coaches Organizational Meeting — A mandatory meeting will be held at the Semper Fit Center at 2 p.m. Call 254-7591 for more information.

April 28 - 30

Top of the Mountain Spring Softball Tournament — The tournament will be held at Bordelon Field aboard Camp Smith. Cost is \$175 per team. Register at the Camp Smith Semper Fit Center. Call 477-0498 for more information.

April 29

13th Annual 3D Marines 10K — The race will start at Pop Warner field at 7 a.m. "Run with the Fighting 3D" is the second event of the 2006 Commanding General's Fitness Series. The race is open to the public. Register at Semper Fit Center by day of the event. Call 254-7590 for more information.

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

Ongoing

Semper Fit All-Marine Chess Team — The competition will be held June 11 to 17 in Jacksonville, Fla. Marines interested in competing must submit resumes to the athletics coordinator by April 21. Resumes must include the United States Chess Federation membership card identification number, state of registration, USCF rating, date of rating, and record of significant chess activity during the past two years. Call Stacy Barkdull at 254-7590, for more information.

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

Personal Trainers Available at Semper Fit — For those looking to get into a tailored exercise regiment, or for those just looking for some good advice on weight management and weight control, Semper Fit Center offers free personal training consultation. Call Semper Fit Center at 257-7597 to schedule an appointment.

Semper Fit Center offers array of aerobics — The MCCS Semper Fit Center announces a new and expanded aerobics program. These new classes now being offered include a variety of workouts. Call 254-7597 for more information on the various classes now offered.

Hawaii Marine accepts briefs — Submit items for the sports briefs section via e-mail to editor@hawaiiimarine.com or call 257-8837.

PLAYOFFS, from C-1

thought his team had what it takes to win it all, he said the team who wants it the most will win.

Lazarou said he expects a rematch with Patrol Squadron 9 in the finals. MALS-24 upset VP-9 during the last game of the season for both teams. VP-9 was undefeated before going into the game against the Warriors. Even though they lost to the Warriors, VP-9 was still given the No. 1 seed in the tournament because of their overall record.

If the two teams do face each other later on in the playoffs, Lazarou says he thinks it will be a close game.

"Movement of the ball and rebounding will be the key to victory in my mind," he said.

The final game of the tournament is scheduled for today at 7:30 p.m. at the Semper Fit Center gym. A pregame show, including a slam dunk competition will kick off the festivities.

TRICARE launches healthy choices programs

News Release

TRICARE

FALLS CHURCH, Va. — Take care of your body, and it will take care of you. In today's fast-paced world, that is getting harder to do. Being overweight, using tobacco products and excessive drinking goes against this adage and can cause serious health problems and possibly early death. The military community is not immune to the health issues these activities can cause.

TRICARE Management Activity, the Department of Defense agency responsible for the health care of 9.2 million beneficiaries, has created two demonstration projects and one pilot program to test multiple education and prevention initiatives to help service members and their families battle the dangerous effects of obesity, tobacco use and excessive drinking.

TRICARE plans to launch weight management, tobacco cessation and alcohol programs within the coming months. These projects will involve service members and their families who volunteer to participate.

"Weight management, tobacco cessation and the responsible use of alcohol are health priorities targeted by the Department of Defense for active education and prevention," said Dr. William Winkenwerder Jr., assistant secretary of Defense for Health Affairs and director of TRICARE.

The demonstration projects and pilot program will span three years and the sole pilot program will cover two years from start-up. They will help identify ways to deliver the best possible benefit for TRICARE beneficiaries.

Demonstration programs or pilot project participation criteria:

- Weight management demo project: non-active duty TRICARE Prime beneficiaries 18 to 64 not receiving Medicare or enrolled in the TRICARE extended care health option and living within 50 miles of the research centers in Ohio, Michigan, Indiana and Illinois

- Tobacco quitline demo project: TRICARE Prime beneficiaries 18 to 64 not receiving Medicare or enrolled in the extended care health option and living near military treatment facilities in Colorado, Kansas, Missouri and Minnesota

- Alcohol prevention pilot program: active duty service members 21 to 25 assigned to the following installations; Hurlburt Air Field, Fla.; Fort Bliss, Texas; Fort Sill, Okla.; Norfolk Naval Base, Va.; Naval Base Ventura County, Calif.; Cherry Point Marine Corps Air Station, S.C.; and Camp Pendleton, Calif.

The demonstration projects are scientifically-based studies that will help DoD determine the effectiveness of behavior-modification programs that may be used throughout the military health system.

"Preventing these unhealthy behaviors is critical to the readiness of our forces and the health of our nation as a whole, said Winkenwerder. "I am pleased by the successful programs already in place in the military services and the innovative approaches to prevention, education and treatment that TRICARE is pursuing for their families."

PROJECT, from C-1

The weight management demonstration project will use telephone and Internet, as well as interactive behavioral support and education. The project will assess whether 5 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



Tony Blazejack

Chris Lazarou, shooting guard, Warriors, gets fouled hard on his way up to the basket by Adam Romnek of CSSG-3(Maint.). The Warriors won their first game in the playoffs, 60-28.

Testicular Cancer: Self-exams for men

Jennifer Dyer Cornelissen
LIFELines

Cyclist Lance Armstrong and comedian Tom Green have more than fame in common — both defeated testicular cancer, the most common form of cancer among men 15 to 35. This disease is one of the most curable cancers, especially if caught early, but can be fatal if ignored. For this reason, medical professionals recommend that every young man perform a testicular self-exam regularly as a precautionary measure to detect testicular cancer.

Know the Risks

According to the National Cancer Institute, approximately 8,000 cases of testicular cancer occur each year, with 360 fatalities.

There is no known cause for the disease, but certain factors increase your risk of developing it, including:

- an undescended or surgically descended testicle
- a family history of testicular cancer
- being Caucasian, though all races are at risk
- testicular or genetic abnormalities, such as Klinefelter's syndrome

The American Cancer Society recommends that men with risk factors perform self-exams regularly. Some doctors also recommend blood screening tests for tumor markers and for prostate-specific antigen, though these may be unreli-

able indicators.

Research Triangle Institute and the Cooper Institute will conduct this demonstration as an institutional review board-approved research study. Research Triangle Institute will begin recruiting project participants in spring 2006.

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

U. S. Air Force Col. Joyce Grissom, medical director in the Office of the Chief Medical Director, TRICARE Management Activity, said

Recognize the Symptoms

The most common symptom of testicular cancer is a painless, solid mass in the testicle, say ACS researchers. Other symptoms may include:

- scrotal swelling or tenderness
- dull pain or sense of heaviness in the groin
- abdominal or lower-back pain
- increased fluid in the scrotum
- rarely, breast enlargement or sensitivity

Perform a Testicular Self-exam

According to Dr. Brian Auge, a urologist at Naval Medical Center San Diego, regular self-exams are critical for early detection. Testicular cancer grows quickly, and any delay in diagnosis may increase the size of the mass and decrease the odds of survival, he explains. Besides, Dr. Auge adds, a self-exam is "easy, convenient, noninvasive, and pain-free."

Follow these steps to perform a testicular self-exam:

1. Check your scrotum in the mirror for any noticeable swelling or changes.
2. Take a warm bath or shower so that your skin relaxes.
3. Cup your scrotum in both hands so that you can examine each testicle individually. Place the testicle

between your thumb and fingers, with your thumb above and index and ring fingers below. Gently roll your testicle between your fingers, feeling for firm lumps. Be sure to squeeze all portions of the testicle. Compare one testicle to the other for reference.

4. Locate your epididymis. It runs along the back of the testicle and feels ropy. Don't confuse it with an abnormal mass. A healthy testicle feels firm and smooth, with a rubbery consistency.

5. Repeat with other testicle.

6. If you find an unusual lump, or if one testicle is different from the other, report it to your health professional immediately.

What to Do Next

A lump in your testicle may not be testicular cancer. Your doctor will make a diagnosis after performing a physical exam and possibly some diagnostic tests.

If you are diagnosed with testicular cancer, recognize that the disease is highly treatable, especially in the early stages.

To learn more, speak with your doctor. You can also visit the American Cancer Society or The Testicular Cancer Resource Center, or call the National Cancer Institute at 1-800-4-CANCER.

You can help minimize the risks of testicular cancer by performing a simple exam once a month said Auge. "It can save a life."

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

Bowl-o-rama!



Lance Cpl. Ryan Trevino

Above – James Phillips tosses his ball down the lane during the second round of the Hawaii All-Military Bowling Tournament that started April 4 at K-Bay Lanes, here. Phillips is one of 10 members of the Marine Corps bowling team who is competing in the tournament. The teams travel to the different military installations on the Island to compete before finishing up at the Pearl Harbor Navy Base bowling center. Marine Corps Base Hawaii was the second stop for the tournament. The Marine Corps bowling team captain Mark Kincade said he thinks his team will do well this year. “We got a couple of guys who carry a pretty good average,” he said, adding he was glad they were playing at home, “We’re ready to play in our house now.” An awards ceremony will wrap up the tournament at Pearl Harbor, today.

Right – Elizabeth Ruby winds up for her delivery. Ruby is a member of the Navy bowling team that competed in the event. The Air Force, Navy, Army, Marines, and retirees from all the services entered teams to bowl in the tournament.



Lance Cpl. Ryan Trevino

SPORTS AROUND THE CORPS

Coach readies team for new baseball season

Lance Cpl. Angel Velasquez

MCAS Cherry Point

MARINE CORPS AIR STATION CHERRY POINT, N.C. — After approximately a month and a half of training, the Cherry Point Varsity Baseball team has shown improvement and still continues to increase their skills and capabilities on the field.

“We’re doing way better than before,” said head coach Miguel Velilla. “The team has done a complete turnaround from when training first started.”

Velilla has been keeping the team fairly busy, constantly practicing, running drills and working out.

Learning from last year’s mistakes and weaknesses, the head coach decided to target conditioning. He said last year’s team fatigued too early in their games.

Velilla’s conditioning workouts consisted of calisthenics, weightlifting and running.

“The conditioning is definitely working,” said pitcher Robert S. Rogers. “The pushups have made my arms stronger.”

Velilla noticed that another weakness of last year’s team was its pitching staff. To correct that, he has put together a five-man pitching rotation.

To make sure his pitching staff is up to par, the head coach has them throw 40 to

65 pitches every pitching practice. He’s also currently trying to create a connection between his pitchers and catchers to have them playing as a unit.

“If the pitcher and catcher aren’t on the same page, then the game is a waste,” said Velilla.

Another way Velilla has improved the pitchers’ accuracy is by having them pitch at full speed to actual batters on the team. This has also helped players improve their batting accuracy. “It helps out a lot because it’s a real-life scenario,” said Rogers.

“Batting against an actual pitcher is better because it tests your mind,” said catcher John Potter. “It helped me read the pitcher’s movements to predict when he would release the ball.”

Potter also said that since he has begun practicing with the team, his batting accuracy has increased 50 percent.

Members of the team feel confident in this year’s baseball season. They believe continuing to practice and working as hard as they do now will ensure them a championship.

“We have a good coach and a good strong team,” said Potter. “So we have a good chance of going all the way.”

The team will possibly have an opportunity to test their new skills this weekend. Velilla is attempting to put together a scrimmage against the Havelock Athletics.



Lance Cpl. Angel Velasquez

Cherry Point head coach Miguel Velilla practices with his infielders and outfielders during a night practice. Velilla keeps his team busy with practice, drills and workouts.



Cpl. J.R. Stence

Johnny D. Lopez, 2004 Cherry Point Eagles shortstop, cranks the bat around for a hard hit. The Eagles' goal for this year is to go to the top of the East Coast Regional Softball Championships, according to the head coach.

Point varsity softball team holds tryouts

Lance Cpl. Angel Velasquez
MCAS Cherry Point

MARINE CORPS AIR STATION CHERRY POINT, N.C. —

After the 2004 softball season, the Cherry Point Eagles placed third. Last year, they placed second. This year, the new Eagles head coach Orvin Wooten has set a goal to go all the way for the 2006 East Coast Regional Softball Championships.

Tryouts for this year's softball team will begin Monday, 5 to 7 p.m., at the softball field complex. Active duty personnel who are stationed aboard Cherry Point are welcome to try out. Players are encouraged to bring their own cleats, bats and gloves.

Wooten, who was the assistant coach last year, is looking for quality ball players who have a good competitive drive. Also, players who can play multiple positions are a plus, he said.

"You definitely need players who can play different positions in softball," said Wooten.

The head coach also said hitting is a big focus for the tryouts. Even after the team is formed, he will

target batting for practice most of the time.

"If we hit the ball the way we're supposed to, we will go all the way," said Wooten.

One thing the new head coach doesn't condone is negativity on the field.

"It's a nonmotivational thing to have negativity on the field," said Wooten. "All I ask is for everyone to give 100 percent."

Once the team is formed, the players can look forward to a lot of practice, which consists of weeks of drills, working out and play situations. Wooten will also attempt to enter his team in as many softball tournaments as possible that may come up during the year.

A big goal for Wooten is to keep the players he starts with until the end of the season. Marines deploying was the leading cause in the loss of players last season.

However, Wooten said his ultimate goal is to finish the season with gold medals and a championship title.

Once this season begins, Wooten is also hoping to see fan support from the players' units.

TRICARE Dental program helps reservists stay ready to deploy

News Release

TRICARE

FALLS CHURCH, Va. – Dental readiness is a key component in determining the deployable status of our service members. The TRICARE Dental Program, administered by United Concordia Companies, Inc., helps National Guard and Reserve members meet Department of Defense dental readiness requirements.

“The TRICARE Dental Program provides a way for National Guard and Reserve members to meet and maintain their dental requirements prior to being called to active duty,” said Cmdr. Robert Mitton, deputy director, Dental Care Division, TRICARE Management Activity. “We want to protect our soldiers, Sailors, airmen and Marines from dental emergencies, especially in times when they are deployed and in

harm's way.”

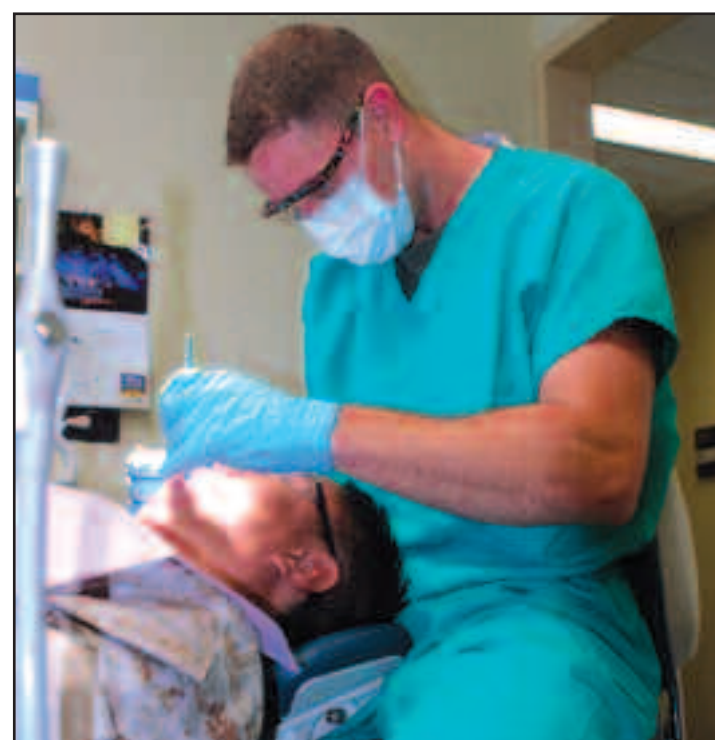
At the individual level, oral health is a major player in overall health. When service members maintain their oral health, they enhance their mental and physical well-being in many ways, improving their self-esteem and minimizing their risk of dental emergencies. The DoD readiness requirement helps the National Guard and Reserve member reduce their risk of dental problems before and during deployment.

National Guard and Reserve members, with at least 12 months remaining on

their service commitment, and their families, are eligible for the TRICARE Dental Program. If the enrolled sponsor is activated, he or she becomes eligible for dental treatment in military dental treatment facilities and is automatically disenrolled from the TRICARE Dental Program. In addition, family members benefit from reduced monthly premiums while their sponsor is on active duty. Family member enrollment does not depend on the sponsor being enrolled; family members may enroll in the TRICARE

Dental Program at any time.

For more information, beneficiaries may access the TRICARE Dental Program online at www.TRICAREdentalprogram.com, or call toll-free 1-800-866-8499, 24 hours a day, Monday through Friday. Members residing outside the United States should dial their country code followed by 888-418-0466 (toll free). Beneficiaries may also access the TRICARE Web site at www.tricare.osd.mil which displays the TRICARE Dental Program Fact Sheet as well as other dental related fact sheets.



File photo