

MARINE HAWAII

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February 1, 2001

Sailor returns money

Sgt. Richard W. Holtgraver Jr.
Combat Correspondent

A Sailor from Headquarters Co., 3rd Marine Regiment returned a bank deposit bag he had found containing a large amount of cash and receipts belonging to a Kailua business.

Religious Program Specialist Stephen E. Pakola was driving in a Kailua parking lot on Jan. 18, when he found the blue American Savings Bank deposit bag lying on a speed bump.

Pakola did not open the bag immediately, because there was a lot of traffic in the parking lot at the time. Instead, he waited until he got home to look inside the bag.

Upon arriving at home he, and his wife, Nohealani, looked at the contents, and were astonished to find \$3,725 in cash, money orders and more than \$11,000 in receipts.

Initially, Pakola thought about all the bills he could pay off, and with Nohealani being pregnant, the money would go a long way in helping to pay off their debts.

His belief in God and his strong moral character forced him to do the right thing. Pakola called the Leading Petty Officer on Duty and informed him of what he had found, and that he would return the bag to the bank the first thing the following morning.

"Believe me, I thought about keeping the money, but then I thought about the people whose families relied on that money, and then the decision was pretty simple," said Pakola.

When he took the deposit bag back to the bank the next day, the bank manager informed Pakola that an upset business owner had left several messages concerning the lost bag.

With the money safely returned, and the everything accounted for, Pakola left his name and phone number with the bank, and he went back to work.

With a "Thank you" from the bank and the feeling of having done a good deed, Pakola went back to work thinking the situation was at an end.

A few days later, he received a phone call from Rod Seibel, the owner of First Quality Building and Design Inc. Seibel thanked Pakola for turning in the bank deposit bag that contained his employees' payroll. The business owner was so happy about the return of the money that he offered to take Pakola and Nehoalani out to dinner.

It would seem that one good deed actually does deserve another.



Pakola

Freefalling



Lance Cpl. Iain A. Schnaible

Marines from 4th Force Reconnaissance Co. drift through the Hawaiian sky during parachute training Jan. 22 at Schofield Barracks. For more on the unit's training evolution, see page A-3.

Network gets faster

Cpl. M. Trent Lowry
Combat Correspondent

Government computer users aboard MCB Hawaii are now able to perform their on-line tasks faster and easier due to recent upgrades in the base network.

An improved bandwidth, or the amount of information that can pass through communications wires, for network access has boosted the base's computer connections by nearly a multiple of ten, said 1st Lt. Frank Calvillo, base information systems management officer.

"Where people would have to wait for a report to load, or the web browser would 'time out,' with the new equipment, we won't have that problem anymore," said Calvillo.

The improved bandwidth went online Jan. 19, changing to the DS3 digital switch from the antiquated T-1 circuit. Where the T-1 circuit could handle 1.54 megabytes per second, the DS3 circuit will provide 12 MB per second for MCB Hawaii.

"I think the improvements are going to help out a lot. Users will be having to waste less time, which will increase productivity," Calvillo said.

The project was backed by the Defense Information Systems Agency, Pacific, Calvillo said, who see added benefit in having the beefed-up system installed at MCB Hawaii.

The boost to the base communications also strengthens DISA-PAC's backbone of connectivity in the Pacific region for Internet service.

Another benefit of the upgrade is that the equipment is now all "on-site" at MCB Hawaii, as opposed to before when Kaneohe Bay computers were using a Marine Forces Pacific network switch from Camp H.M. Smith, Calvillo said. Base facilities remodeled the information systems management office building where the new equipment is housed in order to facilitate the upgrade.

See NETWORK, A-10

New policy freezes technology funds

Sgt. Richard W. Holtgraver Jr.
Combat Correspondent

As of Jan. 4, all Marine Corps commands were directed to cease procurement of information technology-related equipment as per naval message 0409002 Jan 01, from Headquarters Marine Corps.

This policy is a result of a new contract awarded by the Navy and the Marine Corps to stream-

line command information systems.

The Department of the Navy entered into a contract with the Electronic Data Systems Corporation in October 2000, and began its transition to the Navy/Marine Corps Intranet.

The NMCI is the total outsourcing of garrison network systems and services for Navy and Marine Corps bases, posts and stations worldwide by April 1, 2002.

This marked the first time the Marine Corps will have a commercial company providing all of the information technology hardware and software, and the completed transition will affect the entire Marine Corps, according to 1st Lt. Frank Calvillo, information systems management officer for MCB Hawaii.

The reason for the funding freeze is to enable HQMC to track limited funds for technology equipment which includes

computers, printers and software equipment, while the Department of the Navy transitions to the NMCI.

Under new guidelines, units must request a waiver from Headquarters Marine Corps, via their chain of command, before making any future information technology purchases.

"The intent of this message is not to hinder mission capability,"

See NMCI, A-10

MCXs stops sale of supplements with ma huang

Cpl. David Salazar
Editor

The Commandant of the Marine Corps has directed Marine Corps Exchange systems throughout the Corps to cease selling dietary supplements containing ephedra alkaloids as of Feb. 1.

The commandant made the decision to discontinue the sale of the products due to rising health concerns connected to the popular supplement ingredient also known as ma huang.

In a message to assistant chiefs of staff, Marine Corps Community Services throughout the Corps, the commandant said that although generally safe, these products may adversely affect those who do not use the products as directed.

"By and large, dietary supplements are generally safe when used as directed. However, a growing number of products are marketed for weight loss, body building and as performance enhancers. These products, while attractive to



Cpl. David Salazar

The commandant has directed MCX stores to discontinue carrying ephedra products due to rising health risks.

Marines' ever-vigilant pursuit of fitness, may place our active duty population at risk when used without adequate hydration, during temperature extremes and with physical exertion," the commandant said in the message.

"The health and safety of our Marines and their families is of paramount concern," added the commandant.

Medical reports by WebMD at <http://content.health.msn.com>, have linked ephedra overuse and misuse to causing numerous side

See EPHEDRA, A-10

PMO offers online property registration venue to help protect personal valuables

Lance Cpl. Iain A. Schnaible
Combat Correspondent

The Marine Corps Base Hawaii Provost Marshal's Office is making the recovery of stolen items easier with its online property registration system.

All active duty military members, living in base housing, bachelor enlisted quarters or out in town can safeguard their property with PMO's system.

The property registration system, which is a year old, is a database that stores information about an item that can be accessed by military police to identify lost, stolen or found property and ensure that it is returned to its rightful owner.

Any property can be registered with PMO, regardless of monetary value. The only

requirement for property to be registered into the system is that it has a serial number. Not all items have serial numbers, however, permanent serial numbers can be added to items by the owner. By simply typing a few pieces of information: item manufacturer, model, serial number, servicemember's rank, name, unit address and social security number, property can be registered with PMO in order to aid in the recovery and identification of the items in the event that they are stolen.

"When a situation arises, people don't always remember all of the information about their property, or recall where the information may be stored," said Sgt. Kendra A. Gasper, crime prevention chief with PMO. "When the item is registered in our system, all of the pertinent information can be readily

accessible to the military police officer investigating the case."

Serial numbers are identifying marks that are added to many products by manufacturers to distinguish that product by make, model, production date or owner.

"When a person steals something, if they find that the item has a serial number, they frequently discard it," said Gasper. "If the property is registered with PMO, the item can be easily identified and quickly returned to its proper owner."

One day, at the Headquarters Battalion Bachelor Enlisted Quarters, Lance Cpl. Samuel R. Jennings, a small computer systems specialist with Headquarters Battalion, came home from work to find his brand new computer

See REGISTER, A-10

MCBH NEWS BRIEFS

BLACK HISTORY COMMITTEE SEEKS MEMBERS

The MCB Hawaii Black History Month Committee is currently looking for members to help participate in coordinating events for February's Black History Month. The current committee has planned a professional military education session at the base theater Friday at 1 p.m. with a showing of "Men of Honor."

To join the committee or to get more information call Master Sgt. Duane Keys, the base Equal Opportunity Advisor at 257-7721.

NAVAL CLINIC CLOSURE

On Feb. 15 and 16, Branch Medical Clinics Barbers Point and Shipyard and Branch Medical Annex Wahiawa will be closed due to a medical training evolution designed to improve future services. During this time frame, services will be consolidated at Branch Medical Clinics Makalapa, Kaneohe Bay and Branch Medical Annex Camp Smith. All beneficiaries will have access to medical services at BMCs Makalapa and Kaneohe Bay on these days.

RECON MARINES WANTED

Currently, 4th Force Reconnaissance Co. aboard MCB Hawaii, Kaneohe Bay, is in search of Marines to fill its ranks. Marines of all military occupational specialties are welcome, but must be willing to change their current MOS to one in the infantry or intelligence occupational fields. Any Marines (enlisted or officer) leaving active duty status and desiring to enter the reserves should contact Staff Sgt. Gerald Rohn at 257-2758 or 257-1077 ext. 221.

OFF-LIMITS ESTABLISHMENTS

Investigative reports have been submitted for the following establishments: Hawaii Natural High, Nimitz Mart, the Pearl Kai Mini Mart, The Dungeon/The Temple/The Shelter, located at 142 Mokaua St., Honolulu, and Club 1739/After Hours/The Shelter located at 1739 Kalakaua Ave., in Honolulu.

GSA CLOSED FOR INVENTORY

The GSA Customer Supply Center at Schofield Barracks will be closed February 20 - 23 for inventory. The store at Hickam Air Force Base will be closed February 26 - March 2. For more information, call Mike Martin at 655-0280 or Rita Loring at 448-8937.

NATIONAL PRAYER BREAKFAST

The National Prayer Breakfast will be held Feb. 22 at the Anderson Hall Dining Facility. Rear Admiral Michael Holmes, commander, Patrol and Reconnaissance Force, U.S. Pacific Fleet, will be the guest speaker. The topic is "Faith in Changing Times." Cost for the breakfast is \$1.50. Doors will open for breakfast at 6 a.m. and the program will begin at 7 a.m.

EMERGENCY PHONE NUMBERS

Base Emergency	257-9111
MPD	257-7114
Crisis Hotline	521-4555
Child Protective Services	832-5300
Fraud, Waste, Abuse & EEO	257-8852

HAWAII MARINE

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Gunnery Sgt. Rhys A. Evans
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Corps commandant delivers African American History Month message

The 75th Annual Observance of African American History month will be celebrated during February 2001.

African American History month is celebrated each February to affirm, recognize and appreciate the rich heritage, struggles, achievements, progress and diversity of African Americans. Dr. Carter G. Woodson, the founder of the Association of the Study of Afro-American Life and History, established the "Negro History Week" in 1926 as a mechanism for exploring the contributions of African Americans to society. Dr. Woodson chose the month of February to correspond to the respective birthdays of Frederick Douglass,



Gen. Jones

a former slave and noted abolitionist, and Abraham Lincoln, who signed the Emancipation Proclamation, the document granting freedom to slaves in the United States. During America's bicentennial celebration in 1976, the week long observance was expanded to include the entire month of February and was called "Black History Month" to provide more time for programs, observances and celebrations.

African American Marines and civilian Marines continue to make vital individual and collective contributions to the nation and the Corps. We are blessed to have such Marines whose rich cultural heritage, effective leadership, and superb dedication serve as worthy examples for all hands to respect, admire, and emulate. From the Motford Point Marines to the men and women who serve our Corps today, African Americans have continually displayed the highest level of loyalty, professionalism and Esprit de

Corps, adding immensely to the legacy of our Corps.

The national theme selected by the Association for the Study of Afro-American Life and History for the year 2001 is "Creating and Defining the African American Community: Family, church, politics and culture." Marines are encouraged to take advantage of the opportunity to learn, observe and participate in various activities that will be held all over the United States and overseas. Commanders are encouraged to acknowledge the achievements of African Americans, military and civilian, as an integral part of the Marine Corps team by conducting and encouraging participation in observance events, to include local community programs.

James L. Jones,
General, USMC,
Commandant, USMC

Serving it up



Cpl. David Salazar

Lieutenant Col. Mark Sempf, right, the commanding officer of Marine Heavy Helicopter Squadron 463, serves Col. Michael Olson, the deputy commander of MCB Hawaii, during the squadron's luncheon in honor of African American Heritage Month Friday in Hangar 102. The squadron holds monthly luncheons in observance of that month's theme. The luncheons bring together MHM-463 "Pegasus" from the past and present to observe the month's theme and build camaraderie.

Commandant's health month message

In conjunction with the National Health Information Center Calendar, the HQMC monthly Health Promotion theme for January 2001 has been designated as "Healthy Weight Control for the Millennium."

With the new year upon us and as New Year's Resolutions are cited for "getting back into shape," before you set your cap on following yet another weight loss regime, consider that 90 percent of dieters who lose weight regain all or part of it within five years. Obviously, "dieting" is not the answer to slimming down permanently. Fifty five percent of Americans are overweight or obese today compared with 33 percent in the 1980's. American's expanding girth is not only a cosmetic concern — it's a major health problem. Obese people are at higher risk for heart disease, diabetes, high blood pressure, high cholesterol, and certain types of cancer.

In their ongoing battle of the bulge, Americans are on a constant search for "magic bullets" to shed excess weight. But fad regimens, like the cabbage soup diet, the nothing-but-grapefruit diet, or the abundance of high protein diets don't work because they are temporary measures that are impossible and unhealthy to maintain. Sure, any drop in the number of calories you eat will result in weight loss. But as soon as you go back to your normal eating habits, the pounds will creep — or leap — back on. The truth is that permanent weight loss and long-

term weight control takes time and requires a change in eating and exercise habits.

The term "diet" has come to mean reducing the number of daily calories by choosing from a special or limited selection of food and drink. The original meaning of the word, however, refers to whatever a person usually consumes. In other words, your daily fare is your diet. Keys for healthy weight control:

- **Watch your caloric intake.** Calories are the energy necessary for life, and the body burns a great deal of them just to maintain its normal functions. Calorically speaking, not all foods are created equal. One gram of fat contains nine calories, while one gram of protein or carbohydrate has about four calories. That's why fatty foods make it easy for people to gain weight. Another reason is that fat is ready to be immediately stored as fat by your body, while carbohydrates have to be converted into fat. You may have also heard the term "empty calories." This refers to foods, such as alcohol and sugar that provide calories with little nutritional value. Empty calories are best kept to a minimum since they provide few or no vitamins, minerals, or proteins, but do increase your caloric intake.

- **Increase your metabolism.** Metabolism is the method by which your body processes food into energy and then uses that energy. If you imagine that food is like wood and your metabolism is like fire, then calories are the heat that burning the wood

produces. The number of calories your body needs to maintain its basic functions is known as your Basal Metabolic Rate. Moderately fit and active people require 30-50 percent calories above their BMR to maintain their current weight. Those who are very fit and exercise frequently might burn as much as 100-200 percent more than their BMR, which means they have to eat about two to four times as much as the average person just to maintain their weight.

- **Exercise regularly.** Exercise is absolutely essential for weight control. There are two types of exercise: aerobic and anaerobic. Both play important roles in shedding pounds and maintaining a desired weight. Aerobic exercise — sustained, rhythmic movement for at least 20 minutes — improves the ability of your heart, lungs and blood vessels to use oxygen. Aerobic exercise spurs your body to burn fat efficiently for energy. That is because oxygen is an essential ingredient in metabolism. Anaerobic exercises, such as weight lifting, sit-ups and push-ups, improve muscular strength. Stronger muscles will help you keep going longer during aerobic activities, lower your chances of injury, and help support your skeletal structure. Best of all, muscle tissue needs more calories to maintain itself, so the more muscle you have, the higher your BMR will be.

- **Lose weight if you're overweight.** If you want to lose weight, you'll have to take in

fewer calories than you use up. You can either do this by cutting your dietary intake or by increasing your activity level. A combination of both, with an emphasis on increasing your activity level, is the best choice. When cutting down on calories, aim for the amount needed daily to maintain your goal weight, not your current. Exercising and eating sufficient calories will keep your body burning fat instead of muscle.

Finally, don't underestimate the importance of setting realistic goals. Researchers have found that the body wants to maintain its weight; so drastic drops make it harder to keep the pounds off. Try losing ten percent of your body weight and keeping it off for a year, then lose another 10 percent, and so on, until you reach your ideal weight. These recommendations definitely do not fit into the quick fix category. But think of how great it will be to put an end to deprivation and starvation that those fad diets require and how healthy and self-confident you will feel as the pounds slowly — but surely — melt away.

MCCS Semper Fit Facilities and activities are your source for health promotion and education. At the fitness centers, you will find certified fitness professionals that can conduct a fitness assessment and design an individualized program to meet your specific fitness/weight control needs.

James L. Jones,
General, USMC,
Commandant, USMC



Staff Sgt. David J. Pangelina, 4th Force Recon's supply chief, looks over his parachute rig prior to boarding a C-130 Hercules aircraft at Hickam Air Force Base to ensure that there are no problems that would endanger his safety during the jump.

Marines hone aerial skills

Story and photos by
Lance Cpl.
Iain A. Schnaible
Combat Correspondent

SCHOFIELD BARRACKS — Marines from 4th Force Reconnaissance Co. experienced the adrenaline rush of plummeting at 140 miles per hour toward Mother Earth as they performed parachute training at Drop Zone Lightning here Jan. 22.

With an average of 180 pounds of combat load equipment, parachute rigging and oxygen tanks strapped to their backs, the Marines honed their airborne skills while increasing their combat readiness.

"Anytime we get the opportunity to jump we're all over it, and we don't like to train without a full combat load; there's no reason to train without it," said Staff Sgt. Gerald F. Rohn, 4th Force Reconnaissance Co. operations chief.

The Marines, based at MCB Hawaii, Kaneohe Bay, boarded an Air Force C-130 cargo plane at Hickam Air Force Base, anticipating their opportunity to complete their jumps and to improve their proficiency.

"It's a risky business anytime you step off a plane, so the more we practice the better we get at it and the jumps become second

nature. There isn't any time to think up there, so we must be able to react quickly," Rohn said.

It takes about 30 seconds

from the time a Marine steps off the airplane at 1,250 feet until his knees buckle from the impact against the red soil of Drop Zone Lightning, but it takes a minimum of three hours to plan out a safe, successful jump, Rohn said.

"The easy part is stepping off the plane. The hard part is the planning. There are a lot of safety concerns necessary to pull off a successful jump," Rohn said.

Planning for a jump includes factoring in the weight of the jumper and his equipment, the speed of the aircraft and the wind speed in the jump zone, and

coordination with the aircraft crew and the qualified support personnel both in the plane and on the ground.



A Marine with 4th Force Reconnaissance Co. leaps from the back of a CH-53D Sea Stallion helicopter during the company's parachute training Jan. 22.

For instance, a Marine falling with a 22-knot forward air speed into an 18-knot headwind will be slowed down

enough to be on target for the landing zone in an ideal situation. Cloud cover plays a large part as well, since low clouds can obscure the jumper's view of the ground, creating a dangerous situation and giving the Marine precious little time to react and correct his fall.

The 4th Force Reconnaissance Co. Marines circled the skies above Drop Zone Lightning as they waited for the optimal conditions for taking the plunge.

When the signal was given for the first group of jumpers to prepare, they made their way to the rear of the C-130, secured their static lines to a cable inside the aircraft and were checked by the jumpmaster to ensure the Marines were ready for their low-altitude plummet.

On cue, one by one the Marines made their leap into the Hawaiian backdrop where the uneven, tree-lined terrain of Drop Zone Lightning would be their destination.

Though weather conditions held up long enough for just a few of the Marines to make the jump, each of the Marines were still able to sustain their skills as they took part in the essential planning stages of the training.

"The company always benefits from getting a little bit more experience with their equipment, as it helps to keep them a well-trained, effective unit," Rohn said.

The reconnaissance company tries to jump once per month, which is more often than the Marine Corps sustainment requirement of once every 90 days, Rohn said. With that frequency of training, the Marines of 4th Force Reconnaissance Co. are able to safely and successfully enjoy each 30-second test of their parachute insertion skills.

Base communications chief reflects on career as a Marine

Cpl. M. Trent Lowry
Combat Correspondent

Keeping the lines of communication open between Marines has been the mission for one master gunnery sergeant, most recently with MCB Hawaii, for more than 23 years.

From more humble beginnings as a field wireman to his most recent position as communications chief of base communications (G-6), this Marine has helped other Marines to shoot, move and communicate, through both peacetime and combat.

At the age of 41, Master Gunnery Sgt. Antonio Ramirez Jr. retired Jan. 24 during a modest ceremony at Dewey Square that recognized him for his nearly two dozen years of dedicated service, most of which were served outside the continental United States.

Though he was ever committed to his responsibilities as base communications chief, Ramirez made it clear that the focus for his efforts was making sure Marines are taken care of.

"The only way that I'd want to be remembered as a Marine is as the guy who tried to make it better for everyone," Ramirez said. In regard to the mark he set at MCB Hawaii, he added, "I hope the base communication got better while I was here."

Selfless devotion to duty and to his Marines was the standard for Ramirez, who was at the tip of the spear for many projects aboard base.

His recent efforts saved the base \$1.1 million of current year funding when he used unspent previous fiscal year dollars to acquire the base radio trunking system. By

doing so he moved the project ahead of schedule by three years and eliminated radio problems for base emergency workers.

"He is probably the best communications chief I've worked with," said Sgt. Don McCutcheon, base radio chief with base communications. "He's always got the best interest of the base in mind. He's got the big picture in the forefront."

Another example of Ramirez' influence is the installation of the Outside Cable Plant Rehabilitation project (OSCAR), which is the laying of high-speed fiberoptic communications wires across MCB Hawaii.

Ramirez dedication to the Marine Corps comes second only to his devotion to his family. Married in 1990 to his wife Cecily, now an active duty gunnery sergeant stationed at Maine Forces Pacific Headquarters at Camp H.M. Smith, the master gunnery sergeant said the only thing he looks forward to doing is spending even more time with his wife and three children.

"I love being in Hawaii with my family. Being married to someone who's also a Marine presents its challenges, as far as balancing schedules. But my wife and I get along fantastically. It's nice to go home and be able to relate to each other," Ramirez said.

Ramirez, a Glendora, Ca. native, has seen his share of action early on in his career. As a communications/wire chief with 1st Battalion, 3rd Marine Regiment, Ramirez saw action in the Persian Gulf war.

"The motivation level at that time, I don't think I've ever seen it that high," Ramirez said.

Thinking about the past naturally led the

master gunnery sergeant to give his opinion about present- and future-day Marines.

"In my opinion the Marines of today are much smarter. There are 18-year-olds running data networks for the whole base," Ramirez said, noting that technological advances have called for more and more younger people who are well-versed in computer technology.

Ramirez realized that it would be these younger devil dogs that would be the leaders of the future, which is why he is a great proponent of troop welfare issues.

"Troop welfare is very important to me. The success of any officer or staff non-commissioned officer is in their junior Marines," Ramirez said, noting that whenever possible Marine leadership should recognize the Marines for their efforts.

The Marines in his charge have definitely taken notice of the influence and teachings Ramirez has left as a legacy.

"He's helped develop me professionally as a Marine. He's going to be missed. It's going to be hard to find someone to fill his boots," McCutcheon said.

As he humbly closed out a career of merit, Ramirez is content knowing that he tried to give selflessly of himself.

"I have no regrets on how I served. I've tried to live by the rules of loyalty for the unit. Anyway you look at it, we're all in it together," Ramirez said.

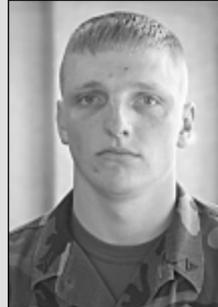
After 23 years, communications from Master Gunnery Sgt. Antonio Ramirez Jr., whether in support of Marines' missions or just in support of the Marines professionally, has come in loud and clear.

WORD ON THE STREET

What does integrity mean to you and why?

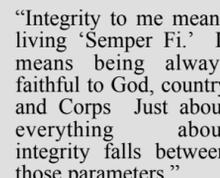
"Integrity means doing what's right when no one is around. If you apply integrity to your lifestyle and professional ethics, you shouldn't ever find yourself in any trouble."

Lance Cpl.
Christopher J. Morgan
Dragon gunner
3rd Bn., 3rd Marines
Union Star, Mo.



"It means always doing what's right. When you say that you're going to do something and you do it."

Lance Cpl. Dennis J. Winger
Company clerk
Lima Co., 3/3
San Jose, Calif.



"Integrity to me means living 'Semper Paratus.' It means being always faithful to God, country and Corps. Just about everything about integrity falls between those parameters."

Gunnery Sgt.
Christopher D. Cooper
Career planner
1st Radio Bn.
Fall Branch, Tenn.



"Integrity is the most important leadership trait that all Marines should adhere to. It's a form of honesty required of every Marine, and to lack integrity jeopardizes the mission of all Marines."

1st Sgt. Bruce E. McPeters
Battery first sergeant
Bravo Battery, 1/12
Clarksville, Texas



"Integrity is doing what you're supposed to do even when it's easier to do something else. You can't have respect for someone if they don't have integrity, and you can't respect yourself if you lack integrity."

Sgt. Travis L. Clark
Company clerk
Bravo Co., 1st Rad. Bn.
Lansing, Mich.



"Responsibility and loyalty to what you believe in, and the internal strength to stand behind your beliefs."

Petty Officer First Class Thomas S. McClain
Aviation electrician
Special Projects
Squadron 2
Pensacola, Fla.



"Integrity is living up to your values. It's consistency in who you say you are and who you actually are."

Navy Lt. Ken V. Lewis
Chaplain
H&S Bn., Camp Smith
Vero Beach, Fla.





Marines from 4th Force Reconnaissance Co. aboard MCB Hawaii, Kaneohe Bay, demonstrate the capabilities of their inflatable Zodiac insertion boat to students from Campbell High School in Kaneohe Bay Jan. 19 as part of the school's "Career Day."

Campbell H.S. students get glimpse of Corps' careers

Story and photos by
Cpl. M. Trent Lowry
Combat Correspondent

High school students received an up close and personal glimpse of what the Corps is all about Jan. 19 when they visited MCB Hawaii units for insights into Marine Corps careers.

Eleven students from Campbell High School participated in a career day aboard MCB Hawaii, visiting with Marines and Sailors from 4th Force Reconnaissance Co., Marine Heavy Helicopter Squadron 463 and Headquarters Battalion, MCB Hawaii.

"We're trying to expose them to what different services have to offer. They learn that the military has different careers, and they learn more what the Marine Corps is about," said Jana Wolf, Campbell High outreach counselor.

The students, all seniors, were exposed first to a static display by the reconnaissance company, who showed the teenagers Marine equipment and weaponry. The students were also privy to a salt-water splashed ride in a Zodiac insertion boat.

The trip was the second such outing this school year, and the teachers were impressed by the efforts of the Marines.

"All of the presentations were really well set-up. The recon team really had their stuff together," Wolf said, noting that the students were most impressed by the recon static display.

The high schoolers also got the opportunity to see the inside of a CH-53D helicopter presented by HMH-463. At

Headquarters Bn., MCB Hawaii, the students listened to Marines from a variety of Military Occupational Specialties, including a firefighter from Marine Corps Air Facility's Aircraft Rescue and Firefighting, a finance specialist from base disbursing, and a Marine Air Ground Task Force planner from Combat Service Support Group 3.

"The purpose was for the students to explore the different career opportunities open to them," said Sara Kimura, Campbell High student activities coordinator. "I'm trying to get the military involved at the school. A lot of them have changed their mindset since seeing the Marines."

"Some have known they wanted to go into the service, but weren't sure just which branch. I think they've got a better idea now," Wolf added.

The Marines were enthused about the chance to act as role models to the students.

"It feels good to share with the local high school students. There were several Marines who were examples to me, and now I get the chance to be an example to them," said Lance Cpl. Keoki K. Baclayon, 24, a recon indoctrination platoon cadre with 4th Force Reconnaissance Co.

The students weren't here just to have a day off from classes.

"This is not a free day. This is a learning experience. The students had to submit applications to be able to come on this trip, showing a real interest in learning about the services and their career options," Kimura said.

In all, the seniors were able to see just a small sampling of what the Corps offers, but from their reactions they seemed to be impressed by what they saw.



Staff Sgt. Jerry N. Smith, paraloft chief, shows Campbell High School seniors the parachuting equipment worn by Lance Cpl. Keoki K. Bacayon.



Air crew with HMH-463 give Campbell High students a tour of the helo's inner workings.

Marines, Sailors storm Big Island school to promote drug awareness

1st Lt. Angela C. Judge
Base Media Officer

Hilo, Hawaii – Hilo High School's ninth grade class received a taste of Marine Corps training Jan. 18 when 25 Marines and Sailors flew in from Oahu to land on the school's football field to deliver a program unique to Marine Corps Base Hawaii.

The agenda for the day wasn't to recruit potential Marines, or to provide Marine Corps equipment static displays. The goal of the servicemember's visit was to deliver the Community Drug Awareness Program, which educates the students on clean, healthy lifestyles while discouraging drug, alcohol and tobacco use.

"Marines and Sailors are ideal candidates to talk to high school students about peer pressure because they aren't forceful adults who talk at them. The students see them as their peers, and with that they see what you can achieve when you live drug and alcohol free lives," said Steve Jensen, CDAP coordinator and Substance Abuse Center counselor with MCB Hawaii.

The Marine and Sailor volunteers who participated in the CDAP offered seven distinct stations to the students, to include physical fitness, drug awareness, smoking cessation, benefits of education, and personal safety and security. Two or three ser-

vice members manned each station, and presentations ran for approximately 10 minutes.

While the students rotated between the stations, Marines and Sailors entertained the students while educating them. At the physical fitness station, Marines talked to the students about exercise, while they offered students the opportunity to win a Marine Corps baseball hat if they were able to do more than 15 pull-ups, or do the flexed-arm hang for more than 50 seconds. For the Marines who talked to the students about staying in school, they also provided cammie paint for the students' faces.

In addition to the program, the Military Police brought along a working dog to display its capabilities, and the Marines of Marine Heavy Helicopter Squadron 463 provided a CH-53D Sea Stallion static display for the students, many of which have never seen a military helicopter before.

"It's great having the Marines here. We get to see the stuff that Marines do, like fly helicopters and physical fitness. It's also good to understand the long-term effects of smoking," said freshman Melanie Meguro, a 14-year-old from Hilo.

"I'm happy to talk to them about drug awareness," said Lance Cpl. Vincent Munoz, a 21-year-old team leader at the Ammunition Supply Point from Long Beach, Calif. "It's good to let them know the consequences of drug abuse."

While the CDAP volunteers were there to educate the students, they also enlightened the students about the benefits of living healthy lifestyles.

At the helicopter static display, many of the students were inquisitive about what it took to be a pilot, or what students needed to do to achieve their career goals above and beyond the military.

It's important for students to know that there are people out there who don't do drugs. Those people serve as role models, and this program is here to guide them, said Staff Sgt. Brian Cullen, 33, a crew chief for HMH-463 and native of Long Island, N.Y.

While the Marines and Sailors were there to deliver the program, Hilo High School returned the favor by hosting them for lunch. This provided the servicemembers the opportunity to talk to groups of students and answer any individual questions that they had.

After all the cammie face paint was used on motivated ninth graders, and all the stickers, posters and Marine hats were distributed to the students, the Marines and Sailors embarked the CH-53D helicopter to return to Oahu. Behind them they not only left a seemingly positive impression of the Naval services, but they also left solid examples of what can be achieved when you live healthy, drug-free lives.



Lance Cpl. Tyler Hardin

Lance Cpl. Mark Vass, a K-9 handler with MPD, demonstrates the extent of a working dog's obedience.



Lance Cpl. Tyler Hardin

1st Lt. Andy Needles, a pilot with HMH-463, guides Hilo High School students on a tour of a CH-53D Sea Stallion.

WMA holds luncheon Feb. 10

Dana Cozzens

Women Marines Association

All women Marines stationed at MCB Hawaii, Kaneohe Bay are cordially invited to attend a no host luncheon at the Hana Hou Restaurant located at the Bay View Golf Course, 45-285 Kaneohe Bay Drive at 11:30 Feb. 10.

This get-together will also be the regular monthly meeting of Chapter HI-1 of the Women Marines Association.

In addition to having the opportunity to meet and become acquainted with other women Marines, this will give non-members a chance to ask questions about the Women Marines Association and to learn why or organization is unique.

If there is sufficient interest on the part of the women Marines located on the Windward side of the island, we will discuss the possibility of establishing a Kaneohe Bay chapter.

Currently, the Women Marines Association is reaching out to locate "The Few and the Proud" who now serve or have

served in the United States Marine Corps or the U.S. Marine Corps Reserve from 1918 to today.

Chartered in 1960, we are the only association of Women Marines. The WMA is a non-profit, non-political veterans' association.

Chapters and members are located throughout the United States, the District of Columbia, and some foreign countries. Conventions are held every two years at different locations around the country.

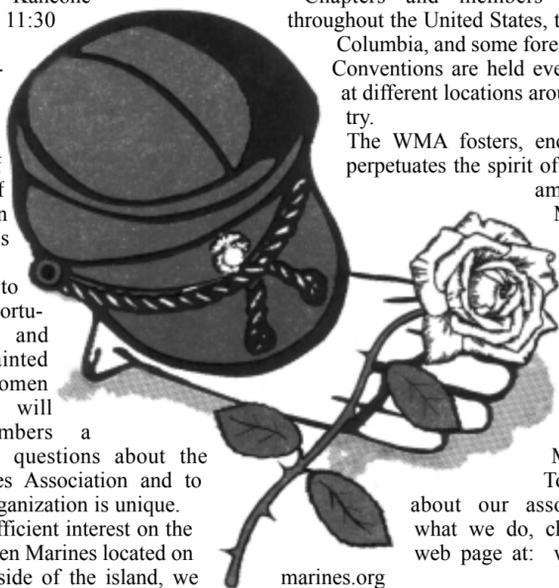
The WMA fosters, encourages and perpetuates the spirit of comradeship among women Marines both past and present.

We preserve and promote the history and traditions of the women Marines.

To learn more about our association and what we do, check out our web page at: www.women-marines.org

For more information, or to make a reservation, call Dana Cozzens who lives and works on base.

She can be reached at 254-0140 or by e-mail at: cozzensshoe@hawaii.rr.com



The few, the proud, the bilingual Corps seeks Spanish-speakers

Sgt. Chet Decker

MarForSouth Public Affairs

MIAMI — U.S. Marine Corps Forces South, the component headquarters to the Commander-in-Chief, U.S. Southern Command, is looking for a few good Spanish-speaking Marines in a variety of Military Occupational Specialties.

Marine Corps Forces, South fills 18 billets on a six-month rotating basis throughout South America. Twelve of these billets are in Iquitos, Peru, at the Joint Peruvian Riverine Training Center, where U.S. service members assist in the training of Peruvian service members in conventional riverine operations.

"The Marine Corps can screen those interested for eligibility," said Lt. Col. Albert A. Estrada, Riverine Support Team officer-in-charge. "Here, we have Marines on their first enlistment on up through master sergeant."

Boat platoon experience is not required for all of these assignments. In fact, a majority of the Marines in Iquitos fill supporting roles, including



Sgt. Chet Decker

Lance Cpl. Michael Hollinger, of Alton, Ill., practices raft tying under the watchful eye of a Peruvian military instructor while on assignment in Iquitos, Peru.

administration, supply and communications.

Additionally, Bolivia, Colombia and Honduras offer a number of billets for officers.

To become a Spanish-qualified speaker, Marines must pass the Defense Language Proficiency Test, which is administered by most education offices aboard Marine Corps installations.

The test consists of listen-

ing, multiple choice question-

ing and reading comprehension. Marines interested in filling a billet in Latin America

should notify their chain of command before contacting their base or station education office, for language testing.

Marines may also contact U.S. Marine Corps Forces, South at (305) 437-2600/2601 or DSN prefix 567 for more information.

EVERY CLIME AND PLACE

MCAS Miramar's MALS-16 ensures air engine safety

Cpl. Micheal O. Foley
MCAS Miramar Public Affairs

MARINE CORPS AIR STATION MIRAMAR, Calif. — A team of aircraft mechanics from Marine Aviation Logistics Squadron 16 pulls an engine out of a CH-53E helicopter and breaks it down.

They find the problem, repair it and rebuild the engine. Before the engine goes back on the aircraft, the Marines of MALS-16's test cell must ensure it is safe. After mechanics repair an engine, the test cell connects it to a simulator and runs it to check that it functions normally.

"The most important thing I tell new Marines in training is that it is our job is to try to fail every motor," said Staff Sgt. Kenneth L. Jourdan, MALS-16 staff noncommissioned officer in charge. "If we can't fail it then it's a damn good motor going out the door."

For Jourdan, ensuring the engines are up to par is extra special, because his brother-in-law is a crew chief with a CH-46E squadron. His brother-in-law may depend on the engine that his section tests.

Although many of the other Marines in the section don't have the same personal reasons to check aircraft engines, they know that they have an important job.

The MALS-16 test cell Marines' mission starts when a newly-repaired engine arrives on a truck. They place it on a machine that simulates the rest of the aircraft with key components, such as transmission, fuel lines and exhaust.

Once the engine is in place, Marines power it up from an adjoining room and observe and record how it runs under different conditions. They also check parameters, such as engine temperature and rotations per minute in a sound-absorbing building called a "hush house."

Although a lot of the engine noise is absorbed by the hush house, a faint rumbling can still be heard standing outside. The small rumbling turns into a overpowering screaming inside the room where the engine is running. Marines inside this room are required to wear double hearing protection while working on a running engine.

While they are enduring the noise, test cell Marines look for engine leaks, listen for strange noises and watch for other types of malfunctions. It takes only the smallest discrepancy to fail an engine.

"This is the place to have things go wrong," said Jourdan. "If an engine isn't good enough we want it to malfunction here instead of on an aircraft in the sky."



Cpl. Michael O. Foley

Corporal Anthony J. Jesmond, test cell operator, prepares an engine on a machine that simulates the other main components of helicopters. Once the engine is hooked up, it will be tested to ensure successful repair.

Sometimes things do go wrong in the hush house, although not often. Most breakdowns can be as simple as a bearing going out and bouncing around the cell like a pinball. Jourdan recalls one of the worst malfunctions he has seen in a hush house, when an engine spewed flames from the front and back.

"With the electrical components, high temperatures and fast moving parts, it is a very dangerous place to be if you don't know what you're doing," said Jourdan. "I've been out here more than 11 years and haven't been hurt."

To ensure test cell Marines know their job, they are handpicked from the pool of willing MALS-16 power plant mechanics. The test cell team takes new Marines step by step and slowly teaches them every detail of the job before they can take on the challenges by themselves.

Once a new Marine joins the unit he starts as a "cord man," the Marine who stands in the room with the engine while it is running and looks for the smallest discrepancies. Then he graduates to the recorder position, where he records how the engine behaves during each test. The next

rung on the test cell ladder is the operator's position.

This Marine acts as a pilot while he operates the simulator and runs the engine. He is responsible for shutting the engine down at the first sign of danger.

The test cell is a tight section within the Powerplants Section of MALS-16 and pays special attention to training new Marines. They believe they have one of the most important missions in the Marine Corps, because they leave no question that every engine put into the sky is a quality product.

CHILDREN'S DENTAL HEALTH MONTH

Dental Co. kicks off 'Children's Dental Health Month' with dentistry tips

Academy of General Dentistry Fact File

Editor's Note: As part of "Children's Dental Health Month," the Hawaii Marine, in conjunction with the 21st Dental Co., will publish a series of facts and tips to aid base residents with dental concerns. This week's installment is entitled 'Your child's first dental visit.'

When should my child first see a dentist, and why?

The ideal time is when your child's first (primary) teeth come in, typically between 18 and 24 months of age. As a general recommendation, wait no longer than age two. This 18 to 24 month window is an ideal time for the dentist to carefully examine the development of your child's mouth.

Because dental problems often start early, the sooner the visit the better. To safeguard against problems such as tooth decay, teething irritation, gum disease and prolonged thumb-sucking, the dentist can provide or recommend special preventative care.

How do I prepare my child and myself for the visit?

Before the visit, ask the dentist about the procedures of the first appointment so there are no surprises.

Plan a course of action for either reaction

your child may exhibit – cooperative or non-cooperative. Very young children may be fussy and not sit still. Talk to your child about what to expect, and build excitement as well as understanding about the upcoming visit. Bring with you to the appointment any records of your child's complete medical history.

What will happen on the first visit?

Many first visits are nothing more than introductory icebreakers to acquaint your child with the dentist and the practice. If the child is frightened, uncomfortable or non-cooperative, a rescheduling may be necessary.

Patience and calm on the part of the parent and reassuring communication with your child are very important in these instances. Short, successive visits are meant to build the child's trust in the dentist and the dental office, and can prove invaluable if your child needs to be treated later for any dental problem.

Appointments for children should always be scheduled earlier in the day, when your child is alert and fresh. For children under 24-36 months, the parent may need to sit in the dental chair and hold the child during the examination. Also, parents may be asked to wait in the reception area so a relationship can be built between your child and the dentist.

If the child is compliant, the first session

often lasts between 15-30 minutes and may include the following, depending on age:

A gentle but thorough examination of the teeth, jaw, bite, gums and oral tissues to monitor growth and development and observe any problem areas.

If indicated, a gentle cleaning, which includes polishing teeth and removing any plaque, tartar build-up and stains; X-rays; a demonstration on proper home cleaning and an assessment of the need for fluoride.

The dentist should be able to answer any questions you have and try to make you and your child feel comfortable throughout the visit. The entire dental team and the office should provide a relaxed, non-threatening environment for your child.

When should the next visit be?

Children, like adults, should see the dentist every six months. Some dentists may schedule interim visits for every three months when the child is very young to build up a comfort and confidence level, or to treat a developing problem.

How do I find a good dentist for my child?

Many general dentists treat children. If yours does not, ask for a referral to a good dentist in your area. A word-of-mouth recommendation from a friend or family member can also yield the name of a quality dentist.

Five ways to protect your child's oral health at home

- Parents typically provide oral hygiene care until the child is old enough to take personal responsibility for the daily dental health routine of brushing and flossing.

- Clean your infant's gums with a clean, damp cloth. Ask your dentist if you may rub a tiny dab of toothpaste on the gums.

- As soon as the first teeth come in, begin brushing them with a small, soft-bristled toothbrush and a pea-sized dab of fluoride toothpaste. Remember, most children also get fluoride from the community water supply.

- To avoid baby bottle tooth decay and teeth misalignment due to sucking, try to wean your child off the breast and bottle by one year of age, and monitor excessive sucking of pacifiers, fingers and thumbs. Never give your child a bottle of milk, juice or sweetened liquid as a pacifier at naptime or bedtime.

- Help a young child brush at night – it is the most important time to brush, due to lower salivary flow and higher susceptibility to cavities and plaque. Perhaps let the child brush their teeth first to build self-confidence, then the parent can follow up to ensure that all plaque is removed. Usually by age five or so the child can learn to brush his or her own teeth with proper parental instruction.

- The best way to teach a child how to brush is to lead by good example. Allowing your child to watch you brush your teeth teaches the importance of good oral hygiene.

NETWORK, From A-1

Now, the locally-based equipment allows the base ISMO greater control and access to maintain and manage the network, causing less equipment failure and greater response time in case there is a problem, Calvillo said. "I'm happy with the upgrade. I think it's a huge step forward for the base."

NMCI, From A-1

said Calvillo. "It does require us to scrutinize and validate any request at every level of the chain of command."

Currently, FY01 Information Technology funding policy only applies to garrison network support, but the Marine Corps has made efforts to ensure that tactical and deployed units requirements are being met, assured Calvillo.

The new policy covers equipment that falls into three categories: hardware, software and peripherals.

Hardware consists of large network infrastructure-type equipment such as routers, switches and wiring, software pertains to computer program, while peripheral equipment relates to scanners, printers and auxiliary technology equipment.

If units have requirements for new equipment purchases they must contact the ISMO service desk at 257-8500 for waiver instructions. Once validated, ISMO will forward the request to HQMC for final approval.

The process is expected to be completed in a timely manner, according to Calvillo. Customers are asked to call the service desk if they have any questions.

He did add, though, that despite the increased power, base computer-users are not to think that the upgrade allows free range of the Internet.

Monitoring tools are still in place to assure that streaming audio and other "bandwidth hogs" are not used, because even though there is increased firepower to the network, media players and other downloadable programs can

still eat a great amount of bandwidth from those using computers for authorized government use.

Base personnel can now feel happy that they can get their network-based tasks finished in a much quicker time, they can also rest assured that base communications and the ISMO haven't stopped there with the improvements to the entire base communications system.

EPHEDRA, From A-1

effects including: sleeplessness, restlessness, irritability, headache, nausea, vomiting, urinary disorders and a rapid heartbeat. Higher doses of ephedrine have also been known to trigger a sharp rise in blood pressure and disruption of the rhythm of the heart. Doses of more than 100 grams can be life-threatening due to heart failure and suffocation induced by the herb, according to the online reports.

In connection with this action, the commandant has also ordered MCCA retail outlets to post precautionary notices where any type of supplements are sold in efforts to educate consumers on the affects of misuse.

The notice also urged consumers to report adverse side effects and problems connected to supplements to the supplement manufacturer, the Food and Drug Administration and to Marine Corps Exchange store management personnel.

Dietary supplement consumers who experience unfavorable side effects or problems should call the 1-800 number shown on the product container or by contacting the FDA at 1-800-FDA-1088 or online at www.fda.gov/medwatch/report/hcp.htm.

REGISTER, From A-1

gone. Unfortunately, he wasn't aware of the registration service and therefore hadn't registered his computer.

"When I saw that my computer was gone, I was shocked. I didn't expect it would happen in the barracks, right next to the duty hut," said Jennings.

Jennings would have registered his computer through the online form had he been aware of it. "The online property registration form is a very good idea," stated Jennings. "People just need to be aware of it."

The PMO online property registration form can be found through the base website at <http://www.mcbh.usmc.mil/mp/form.htm>.

Fishy situation



Cpl. M. Trent Lowry

An Oahu resident takes advantage of the favorable Hawaiian weather at MCB Hawaii, Kaneohe Bay's Pyramid Rock Beach.