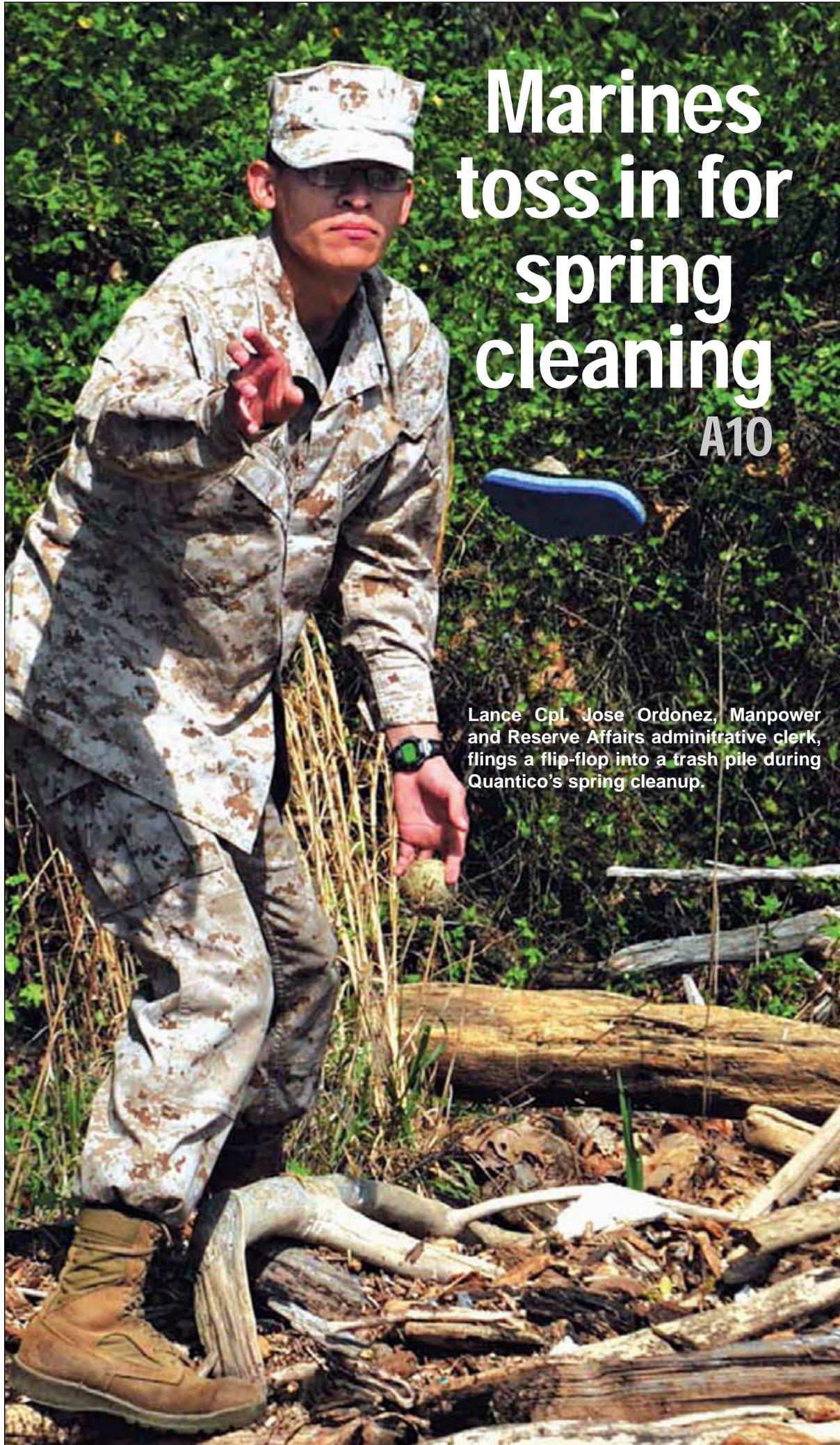




QUANTICO SENTRY

Serving the Corps' Future in Leadership Development and Warfighting Innovation



Marines toss in for spring cleaning A10

Lance Cpl. Jose Ordonez, Manpower and Reserve Affairs administrative clerk, flings a flip-flop into a trash pile during Quantico's spring cleanup.

Photo by Lance Cpl. Shandra Dyess

Wounded Warriors hunt gobblers aboard Quantico

Cpl. Jahn R. Kuiper
Combat Correspondent

While recovering from their injuries, six Wounded Warriors in the National Capital Region and Northern Virginia enjoyed turkey hunting aboard Quantico on April 21 and 22.

While some Wounded Warriors were firsttimers to hunting, others had prior experience, such as Lance Cpl. Connor Snitker, a patient at Portsmouth, Va., who used to hunt deer and pheasant near his hometown of Bismarck, N.D.

"This is great because it gives me a hobby I used to do before I joined the Marine Corps," Snitker said. "It's nice to be able to get out of the hospital, be here with my fellow Marines and do something I really enjoy."

Snitker suffered a shattered wrist and broken arm after a motorcycle accident while he was stationed in Honduras on Marine Security Guard duty.

"We teamed up with the Quantico Injured Marine Sportsman Association because they run a good program that takes care of the Marines," said Bob Critcher, the outdoor program coordinator for the Wounded Warrior Regiment. "The WWR believes if we can get these guys outdoors partaking in events it will help them in their healing process. Almost all of these guys are former hunters and these hunts bring a sense of normalcy to their lives. We want to make sure we can offer as many different opportunities for these guys to do something fun as we can."

See Gobblers page A4

Broader Perspectives

Review to consider consequences of cuts

Donna Miles
American Forces Press Service

Defense Secretary Robert M. Gates said the comprehensive defense review he plans to launch soon will ensure any further defense budget cuts are based on a well-thought-out analysis of the consequences of decisions made.

"The worst of all possible worlds, in my view, is to give the entire Department of Defense a haircut that basically says 'Everybody is going to cut 'x' percent,'" Gates told reporters April 21 during a Pentagon news briefing. "That is the way we got the 'hollow' military in the 1970s and the 1990s."

Gates said he does not know exactly how much of the additional \$400 billion that President Barack Obama seeks to cut from national security program budgets between now and 2023 will come from DOD. The secretary said he's gratified that Obama has agreed to wait for the findings of a comprehensive DOD review before making specific budgetary decisions.

"I want to frame this so that options and consequences and risks are taken into account as budget decisions are made, first by the president, and then by the Congress," Gates said. "What I hope to do is frame this in a way that says, 'If you want to cut this number

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Is there a story you would like to see covered in the *Quantico Sentry*? Have you written an article you would like to submit for publication? E-mail articles, announcements and story ideas to Sentry.Quantico@usmc.mil. Note: All articles are subject to editorial review. The *Quantico Sentry* editor makes final editorial decisions.



QUANTICO SENTRY

The *Quantico Sentry*, the Corps' oldest newspaper, is a weekly, civilian enterprise newspaper and authorized, unofficial publication to members of the military services. It is published in cooperation with the Public Affairs Office, Marine Corps Base Quantico, VA 22134 (phone 703-784-2741) and Comprint Military Publications, 9030 Comprint Court Gaithersburg, MD 20877 (Contact information: John Rives, phone 301-921-2800, Virginia Sales Office).

The editorial content is edited, prepared and provided by the Public Affairs Office of Marine Corps Base, Quantico. The contents of the *Quantico Sentry* do not necessarily reflect the official views of the U.S. Government, the Department of Defense or the U.S. Marine Corps and do not imply endorsement thereof.

Editorial offices are in Lejeune Hall. Articles printed in the *Quantico Sentry* are in accordance with the Marine Corps and DOD public affairs, printing and postal regulations. All photographs are official USMC property unless otherwise stated.

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The Marine Corps is solely responsible for all news and editorial content. To contact the *Quantico Sentry*'s editorial office, send an e-mail to sentry.quantico@usmc.mil.

The device reproduced on page one is the oldest military insignia in continuous use in the United States. It first appeared, as shown here, in Marine Corps buttons adopted in 1804. With the stars changed to five points, this device has continued on the Marine Corps buttons to the present day.

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Spring into Lunga for outdoor fun

Lance Cpl. Shandra Dyess
Combat Correspondent

It's late April and, with spring already feeling like summer, Lunga Park, located on the west side of base, is opening up for visitors.

Lunga Park visitors have many options open for recreation including rental boats from canoes to motor boats. For groups and picnics, pavilions are available for rent. Many pavilions have volleyball courts and are next to the lake.

Those using the park can also get horse-shoes, volleyball, softball and baseball equipment to use for no charge. There is a nature trail for those just looking for a walk

through the woods.

"There is plenty to do for those who come out for the day," said Judy Nonken, manager at the park office. "If [people] want to spend some time here, they can rent a camp site."

There are options for those wishing to camp at Lunga. RV owners can rent a spot, including water and electricity, or those wishing to use tents can just reserve their space. Other park amenities include electrical plugs at the pavilions, playgrounds, fire rings with grills and outhouses.

The park offers fishing, though anyone over 16 must have a Virginia freshwater fishing license. Those ages 16-64 must also have a

base fishing permit, available at the Marine Corps Exchange on base or the Lunga General Store. There is a yearly permit for \$10 or a daily permit for \$2 while the Virginia state license costs \$18.

The general store is open Wednesdays through Fridays from 11 a.m. to 7 p.m. and Saturdays from 9 a.m. to 7 p.m. during the spring season, from mid-April to May 30.

Fish found at Lunga include bass, bluegill, white perch, yellow perch and catfish.

For information, contact Lunga's offices at 703-784-5720 or go online to www.quantico.usmc-mccs.org/Lunga.

— Correspondent: shandra.dyess@usmc.mil

'If you give a Marine a cookie ...'



Photo by Lance Cpl. Shandra Dyess

Each year, when people order Girl Scout cookies, they are given the option to donate boxes. Troop 784 from Fredericksburg usually sends the donated boxes to service members overseas, but this year they decided to set up a table at Building 2006 on April 19 to give away cookies to Marines in person. Lance Cpl. Shaka Brown, an administrative clerk at the Installation Personnel Administrative Center, tries to pick his favorite cookie.

Build long-term care planning into your financial plan

Submitted by Human Resources and Organization Management

We all know that planning for our financial future is important. We work hard to ensure that we have enough income and assets to support our lifestyles and, often, those of our loved ones. We insure against events that could derail our planning, including risks to our health, home, and family's financial future. There is one risk, however, that often goes unconsidered, and it can jeopardize even the most carefully considered plans: the unpleasant but real possibility that some day we may need long term care.

Long term care is ongoing help with the most basic activities of daily living such as eating, bathing, dressing, or getting in and out of bed or a chair. Disability, chronic illness, or cognitive impairment (such as Alzheimer's disease) can all affect our ability to perform these activities. Unfortunately, health insurance plans, including Medicare, do not typically cover this type of ongoing care, creating a large gap in many people's financial planning.

Today, there are numerous care options, from having a home health aide assist you within your home, to community care such as adult day care, to care provided within an assisted living facility or nursing home. These options allow us to create a plan of care that meets our specific preferences and needs. However, care can be expensive, and if we do not have a plan for paying for it, then our options may be limited. For example:

The average cost of a home health aide has risen to \$19 per hour. Five hours of care five days a week costs roughly \$1,900 a month, or \$22,800 a year.

The national average for assisted living is \$2,962 a month, or \$35,544 annually.

The national average for a semiprivate room in a nursing home is approximately \$5,566 a month, or \$66,795 annually. (1)

Nearly 40 percent of adults report that they intend to rely on their family and friends if they need long term care. (2) While having friends and family provide care can ease the financial burden for the care recipient, this type of care still has its costs. Without support or assistance, these caregivers can suffer from depression, lost wages, physical injury and disrupted personal relationships. Many are pulled in two directions, caring for both their children and their parents, which can be an incredible challenge.

So how can we protect against this risk? First, we must investigate ways to pay for long term care if the need arises. Self-funding may be an option for the very wealthy, as they may be able to pay out of pocket without undue hardship. At the other end of the spectrum, those who meet their state's poverty criteria can rely on Medicaid, a state and federal program for the impoverished. But it is the vast majority of Americans whose incomes fall somewhere in the middle who may be at the greatest risk.

You may consider establishing a separate savings account exclusively for future long term care costs, but first ask yourself if you can set aside enough given all of your current financial demands. Just three years of care at home with a health aide, in an assisted living facility, or in a nursing home can range from \$68,000 to well over \$200,000. (3) Additionally, long term care costs are on the rise, so savings based on today's costs may not be sufficient in the future. Also bear in mind that long term care can be needed at any time due to

See Care page A9

Know your colors and train smart



Quantico families roll Easter eggs at White House

Cpl. Jahn R. Kuiper
Combat Correspondent

Quantico military families joined more than 30,000 people who attended the White House's 133rd Easter Egg Roll on April 25.

President Rutherford B. Hayes began the tradition in 1878 by inviting children to roll eggs on the White House lawn after Congress had passed a law banning egg-rolling at the Capitol in 1876 due to their discontent with the lawn being torn up.

A variety of activities were held on the back lawn, including the Easter egg roll and egg hunt, a nutritious eating station, a gardening station, basketball, tennis, an obstacle course, face painting and children's yoga. Dozens of well-known TV and book characters were available for photographs.

Many of the Quantico military members who came were happy their family had a chance to experience this unique event.

"This is a once in lifetime thing," said Petty Officer 2nd Class Arvin Baylon, a sailor from the Quantico Health Clinic. "Our family has tried to get tickets to this for four years now, and we finally made it. The kids were really excited to come out here. They love these kind of activities."

Along with Baylon were his wife, Jeantees, as well as their daughters Jaelin, 6; Jolie, 2; and Jiyah, nine months.

Before entering the lawn, Jaelin had one goal in mind.

"I'm going to go hug the Easter Bunny," she said.

And so she did with a smile on her face.

As it was for this year, all tickets will be



Photo by Cpl. Jahn R. Kuiper

Jaelin, 6, pauses for a moment as she makes her way through the obstacle course at the 2011 White House Easter Egg Roll on April 25.

made available for the 2012 White House Easter Egg Roll through an online lottery system. More information about the lottery will be made public as the event once again nears.

Editor's note: Facts about the 2011 White House Easter Egg Roll are excerpted from Becky Britain's CNN article "Did you know...?"

— Correspondent: jahn.kuiper@usmc.mil



Navy-Marine Corps campaign extended

The 2011 Navy-Marine Corps Relief Society's fund drive has been extended until May 6 in order to allow all units to fully participate. Contributions are tax deductible with proceeds helping sailors, Marines and their families in times of financial stress. The Society relies on your donations in order to fulfill its mission.

NEWS BRIEFS

Commissary case lot sale

The Quantico case lot sale will be held at the Commissary on May 5 and 6 from 9 a.m. – 6 p.m., and May 7 from 9 a.m. – 4 p.m.

School board elections on May 18

The Quantico School Board has announced that an election will be held on May 18 to fill two vacancies on the board.

Any adult living on Quantico Marine Base can enter the election. To be a candidate, each person seeking office must pick up the official "School Board Candidate Petition" from the office of the Superintendent of Schools at Burrows Elementary School, 3308 John Quick Road, Quantico or in any school office. The completed petition, with the signature of one eligible voter, must be returned to the Superintendent's office by May 4 for names to be placed on the official ballot.

School Board members are elected by parents of children attending school at Quantico and serve for a three-year term of office, but a three-year commitment is not required. For information, call the Superintendent's office at 630-7012.

NAF program wins award

The Non-Appropriated Fund Worker's Compensation Program was chosen by Risk and Insurance Magazine for the 2010 Theodore Roosevelt Award (aka "Teddy award") for Federal employers. The award is named in honor of President Theodore Roosevelt, who in 1908 introduced and promoted the first piece of important workers' compensation legislation in the United States.

The Theodore Roosevelt Workers' Compensation and Disability Management Award recognizes the top programs for their efforts to reduce the number and cost of injuries to workers on the job and is the premier recognition for workers' comp and disability management professionals. The contest is judged by a panel of experts in workers' compensation and includes some past winners. Two factors are key to winning the award: The ability to demonstrate a long-term commitment to the improvement of a firm's workers' compensation program and cogent examples of innovation and creativity.

The NAF program was awarded a crystal trophy to commemorate their win.

Nominations for Roy Wilkins civilian award

Department of the Navy is soliciting civilian nominations for the 2011 National Association for the Advancement of Colored People Roy Wilkins Renown Service Award. The due date for nominations is May 11.

The 2011 NAACP Roy Wilkins Renown Service Award honors military members and DOD civilian employees, men and women, who supported overseas contingency operations and demonstrated role model qualities and the core values of their respec-

Momma bird stands guard



April brings more than just rain showers to Lejeune Hall. A female house finch peeks her head out of a light fixture on the outside of building where she has built her nest and watches over her soon-to-hatch brood. The Migratory Bird Treaty Act created in 1918, makes it illegal to capture, kill or remove any part of a bird's nest. There are more than 800 different species of birds on the list including the house finch.



Photos by Emily Funderburke

Gobblers from page A1

At the end of the two days each Wounded Warrior left with a smile, whether they shot a turkey or not.

"This was a great trip," said Master Sgt. Paul Starner, a Wounded Warrior who is a patient at Portsmouth, Va.

Starner right leg was amputated below-the-knee and his left heel was broken in an

improvised explosive device blast in Afghanistan in July 2010.

"I got off a shot on a turkey and we found a blood trail, but never the turkey," he said. "All the same it was exciting being out here and around guys who all love hunting. I look forward to doing more of this in the future."

Wounded Warriors who are interested in future hunts can contact Bob Critcher at 703-784-3486.

— Correspondent: jahn.kuiper@usmc.mil



Photo by Cpl. Jahn R. Kuiper

Greg Thuot, a local hunter, left, watches Master Sgt. Paul Starner, a Wounded Warrior, as he waits for the turkey they heard nearby aboard Quantico on April 22.

Stations of the Cross run



Photo by Staff Sgt. Leonard Langston

Battalion Chaplain Cmdr. John Hannigan directs 1st Sgt. Gary Lomelino into position during a re-enactment of Station 13 of the Stations of the Cross. Station 13 is where Jesus was brought down from the cross. Mary is portrayed by Cpl. Megan Harper and Jesus is by Gunnery Sgt. Albert Granillo. Hannigan led a group of Marines and sailors on a three-mile Stations of the Cross fartlek run on Good Friday.



Photo by Lance Cpl. Shandra Dyess

The team involved with the Women Who Rock Mom-in-Chief makeover event Saturday included photographer Kaylee Estrada; Gunnery Sgt. Carleesha Glover, senior enlisted advisor at Navy and Marine Corps Appellate Leave Activity; make-up artist Lakesha Cole; Natasha Smith, owner of More Than Hair in Dale City; and Gunnery Sgt. Andrea Traylor.

Women Who Rock makeover celebrates military women, spouses

Lance Cpl. Shandra Dyess
Combat Correspondent

A military spouse and a Marine sergeant were treated to makeovers during a Women Who Rock event Saturday at the Holiday Inn in Dumfries.

Emilee Roberts, Army wife and mother of three, and Sgt. Beaunelle Haynes, a fiscal clerk here, were the winners of the Mom-in-Chief makeovers.

Women Who Rock is an organization of women- and spouse-owned businesses in Northern Virginia, said Gunnery Sgt. Andrea Traylor with Training and Education Company's Operations Division. The aim of the organization is to give back to the military community and promote economic growth while providing affordable services.

Vendors at the expo spanned from jewelry stores to custom closets. Proceeds were donated to the Fisher House program, which provides humanitarian aid to military families in times of hardship.

The Mom-in-Chief contest winners received a prize package that included a professional hair styling by Natasha Smith, owner of More Than Hair in Dale City; contest concept,

make-up and wardrobe makeover by Lakesha Cole's House of Swank; and a one-hour photo shoot with photographer Kaylee Estrada. The purpose of the event was to recognize women who are doing extraordinary things.

Roberts took care of her family while her husband battled cancer. She still had time to start her own business and run both a mothers group and Bible study, according to husband Spc. Joseph Roberts, who is still serving in the military.

"I was shocked when I found out," said Emilee Roberts. "When you have three kids, you're constantly in the mode of taking care of everyone else. It was awesome to think that someone was going to do something nice for me, I was going to be pampered."

Haynes, a single mother, recently participated in Quantico's Biggest Loser Challenge and exceeded her fitness goals for the competition. She is an aspiring recording artist, active in a women's gospel group and her church.

The free event ran from noon to 4 p.m. and featured a performance by gospel recording artist Beverly Johnson.

For information about Women Who Rock, visit www.women-who-rock.com.

— Correspondent: shandra.dyess@usmc.mil



Photo by Cpl. Meloney R. Moses

Three-year-old Trinity takes her bear to the "bear"-havioral health station to talk about how she's feeling at the Teddy Bear Clinic on April 25.

Teddy Bear Clinic pushes awareness

Cpl. Meloney R. Moses
Combat Correspondent

The New Parent Support Program hosted the second annual Teddy Bear Clinic Monday at Little Hall where children brought their favorite teddy bears to be cared for.

"Last year was the first year," said Marcy Griffo, registered nurse and home visitor.

"We're trying to bring in new people to participate in our programs and get parents to realize this is a fun, friendly place."

The Teddy Bear Clinic was set up into four stations: triage, well-bear, "bear"-havioral health and the li-"bear"-y. The National Children's Museum provided Visual Liter-

See Teddy page B3

Cross Talk

What does the Corps need to do to improve its training on drinking responsibly?

Lance Cpl. Brad Boorse

Legal Clerk

Hometown: Philadelphia

"I feel we should have more classes and they should be broken-up into age groups or rank groups. If you're younger you're a lot more likely to do more partying and harder drinking than when you're older."



Staff Sgt. James Cayao

Security Battalion

Hometown: San Diego

"I honestly don't see a need for [alcohol training] improvement. Marines just have to care. Marines have to accept the fact that we are grown men and women and we have to be responsible."

Col. Jay Johnson

Commanding Officer, Headquarters and Service Battalion

Hometown: Cutler, Ohio

"What's important to me is that Marines take responsibility for their actions. Whether it's here in Quantico or in combat, it's important to have a plan and stick to it."



Lance Cpl. Brendan Mabb

Multimedia Specialist, Combat Visual Information Center

Hometown: Readstown, Wis.

"I think the training needs to be more personal with the Marines. [Leaders] need to ask more personal questions and pry a little more."

Gunnery Sgt. Ava Yuen

Student, Advanced Course, Marine Corps University

Hometown: San Mateo, Calif.

"At one briefing ... a first sergeant who brought in someone [to speak] who was in the brig due to an alcohol-related incident. Everyone knew then what the consequences were for drinking and driving. That was a really excellent idea."



The Sentry wants to hear from you. If you have a suggested question for the Cross Talk or want to submit a letter to the editor, e-mail it to Sentry.Quantico@usmc.mil.

COMMENTARY

Informed choices vs. impaired judgement

Michael A. Broderick

Director, Consolidated Substance Abuse Counseling Center

Marines receiving required annual substance abuse training per MCO P1700.24B can increase their alcohol awareness. This order highlights unit level training as well and training that is conducted the base alcohol abuse prevention specialist. Marines who have an accurate knowledge of what alcohol is and how it functions within the body can also increase awareness. Alcohol is a central nervous system depressant and acts on the body like a sedative or an anesthetic. Alcohol, whether it is beer, wine or liquor, contains ethyl alcohol or ethanol. A person's behavior may appear as though the alcohol is stimulating them when in fact it only appears this way because the alcohol has impaired the frontal lobe within the brain's limbic system where judgment and reasoning are housed. Alcohol is also considered a food and contains calories. However, it has "empty" calories since there is no known nutritional value in alcohol.

As such, it slows or impairs the drinker's ability to react, maintain balance as well as visual impairment. Alcohol awareness aboard Quantico has been more effective when presented in smaller groups such work sections or platoons, where all have the opportunity for direct input and feedback. Creating a command or unit-specific anti-

drunk driving policy with benefits for those who show a reduction in alcohol-related incidents have proved beneficial at other Marine Corps installations. MCBO 5300.2B and MARADMIN 520/01 both discuss the Headquarters Marine Corps-mandated alcohol awareness training called B.A.S.I.C., which stands for Building Alcohol Skills Intervention Curriculum.

This two-hour "train the trainer" module is designed to be presented to non-commissioned officers so they can teach the same information on a unit, squad or platoon level. The goal of the training is not abstinence based. It is designed to "reduce irresponsible and heavy drinking in the Marine Corps" and "encourages responsible drinking skills within each individual."

The bottom line is that the training provides information to assist those Marines who choose to drink so they can make informed decisions about their drinking. Additionally, the training offers an opportunity to enhance the Marine's leadership skills.

A recent survey of Marines aboard Quantico showed that 76 percent of those who responded did not know that five or more alcoholic beverages in a sitting is considered binge drinking. Having an awareness of the physiological effects of alcohol and how it correlates with a blood alco-

See Commentary page A9

CHAPLAIN

Hard challenge, high calling of motherhood

Lt. Paul A. Hyder

Headquarters and Service Battalion Chaplain

Mrs. Monroe lives in Darlington, Md. She's the mother of eight. And, except for a few interesting experiences, she's just like any other mother in America. One of her experiences was so unique that John Haggai put it in his book: "How to Win Over Worry."

She came home one afternoon from the grocery store and walked into her home and everything looked pretty normal, though it was a little bit quieter than usual. She looked into the middle of the living room and five of her darlings were sitting around in a circle, exceedingly quiet, doing something with something in the middle of a circle. So she put down the groceries and walked over closely and saw they were playing with five of the cutest skunks you can imagine. She was instantly terrified and she said, "Run, children, run."

Being obedient little children, each child grabbed a skunk ... and ran ... in five different directions. She was beside herself and screamed louder, more frantically, with great gusto. It so scared the children that each one squeezed his skunk.

That day mom and each child learned a valuable lesson: Skunks don't like to be squeezed.

Motherhood is, as mothers know, at the same time the hardest challenge and the highest calling bestowed upon humanity. When my wife and I had twins (after being married fewer than two years) needless to say, we were overwhelmed at times. There were days when my wonderful bride simply had to do what she could to emotionally survive the days. I did what I could to protect her from the hardships but to be honest I was clueless to the hardships she endured.

Parenting is not for the faint of heart or ill-equipped. When moms feel overwhelmed, there are some ideas that can help navigate the treacherous waters of child raising.

Understand your child's temperament. Do you wonder why your child acts the way he does? The way your child behaves is influenced, in many ways, by his temperament. This is magnified once multiple children come into the picture. We must hold children to an absolute standard but cannot parent each child in a "cookie cutter" way.

Teach your child to pray. You cannot make it without supernatural help. Learn to pray yourself and pass this on to your children. When kids start to realize that talking to God is as natural as talking to their friends, they begin to enjoy prayer. Make conversation with God a part of your day-to-day routine, not just when crisis strikes.

Listen to your child. Invest in your relationship with your child and take the time to actively listen, especially as they get older. Each child will learn, while they are not the center of the family, they are a valued member of the family. Listening communicates this to them.

Delight in your child's wonder. No matter how old we get, we should remain child-like (without being childish). Cultivate and encourage this child-like wonder. Take advantage of nature in your own backyard and capture your child's imagination.

Discover your child's learning style. Even with a toddler, you can find out how he or she learns best. Some like words spoken, some like pictures, some like to watch you do it first. All it takes is reading a story to begin to pick up on this.

Motherhood can be a rough neighborhood but God holds mother's in high regard. His love for moms extends to the highest heights and the deepest lows. Hang in there mom, you are valuable, powerful and loved.

Proverbs 31:28 says of faithful moms: "Her children and husband rise up and call her blessed."

— Paul.hyder@usmc.mil

Schedule of Services

All services are held in the Little Hall Theater* unless otherwise stated. For more information, call the Command Chaplain's Office at 703-784-2131.

Sunday
ROMAN CATHOLIC*
8:30 a.m., 11:30 a.m. Mass

PROTESTANT*
10 a.m. Traditional Protestant Worship
1 p.m. Contemporary Protestant Worship

TBS Worship Schedule
Protestant Service 9 a.m.
O'Bannon Hall
3rd Deck Chapel

ISLAMIC
Friday Jumrah Noon
Daily Dhuhr 1:15 p.m.

BUDDHIST
For information call Pat Bryant at 703-888-8201 or Jonathan Fenwick at 703-490-9049.

EASTERN ORTHODOX
For information contact Navy Capt. William J. Bartz at 703-784-2131.

JEWISH
For information call the Fort Belvoir Jewish Chaplain's Office at 703-806-3393 or Quantico's Jewish Lay Leader, retired Lt. Col. Mike Haas, at 540-657-5658.

*Temporary location and times due to chapel renovations

Domestic violence is a family affair

Towanda Jackson

Case Manager, Family Advocacy Program

Parents have a natural tendency to protect their children from any foreseeable harm and danger. However when the threat is occurring inside of the family home, removing the child is not always an immediate viable alternative. During the times when explosive verbal and physical altercations occur, the safe haven atmosphere is replaced with tension and insecurity. Parents may assume that if the children are in their rooms or another part of the home away from the exact location of the altercation, then they will not be impacted by the discord. This simply is not true.

Research indicates that a significant percentage of children who have been exposed to re-occurring and/or severe domestic violence are profoundly affected. In many instances, the tension between the adults is felt throughout the home and it could linger for several days or even weeks. Depending upon the child's emotional stage of development and level of maturity, they might experience various short and long-term challenges. These types of challenges are frequently detected through behavior and/or physical health complaints. Moreover, unintentional child neglect concerns could also become an issue to address.

Typically, when children experience serious difficulty it is brought to their parent's or other caretaker's attention, when there is something

noticeably different about the child's behavior. Children who lack the ability to express themselves through language, because they are either too young or have special needs, tend to show signs of emotional distress through uncharacteristic behaviors. Research indicates that the following behaviors are either intensified or abruptly occur: whining, clinging to caretakers, not wanting to sleep alone, temper tantrums, and interruption in their routine sleep and/or eating patterns.

Some children become withdrawn, decline in their academic performance, and have little or no interest in what was a previous pleasurable activity. It has also been reported that adolescent's response to domestic violence includes, problems with concentration, bullying, and aggressive behavior towards adults and siblings. They are also more prone to experiment with cigarettes, alcohol and gateway drugs, such as marijuana and some exhibit sexualized behavior. In some instances, children have also been known to become overachievers, by emerging themselves into their academic studies or socially appropriate activities that would keep them away from their homes for long periods of time. There are also those who will complain about physical discomfort, such as headaches, stomach pain, and fatigue.

In regard to the long-term effects, domestic violence is a learned behavior. Unfortunately, many children who grew up in homes where domestic

violence occurred also experience it in their personal intimate relationships. Some become victims while others become the aggressor.

During many domestic incidents tensions are high and the chaos distracts parents from their parental responsibility that they might otherwise not ignore. According to a seasoned Department of Social Services Administrator, there have been numerous reports involving parents who were engaged in a domestic incident which resulted in children being left unsupervised, in their homes and vehicles for an unreasonable period of time. There have also been reports involving children who were accidentally struck and injured when objects were thrown and broken.

It is significant to point out, that some of the emotional, behavioral and physical challenges mentioned are not exclusive for children exposed to domestic violence. However,

researchers agree that they are prevalent for those repeatedly exposed.

Let's turn our attention to two of the most important issues: prevention and intervention. There are resources available that can hinder this rising statistic. When partners learn fair fighting techniques and about how to build a healthy relationship, then the number of domestic violence incidents can dramatically decrease. The Family Advocacy Program mission includes providing prevention and intervention support services. The Family Advocacy Program offers numerous workshops that teach fair fighting strategies. These workshops are open for active duty service members and their dependents and some base civilian employees. For information about the programs offered through Family Advocacy call 703-784-2570.

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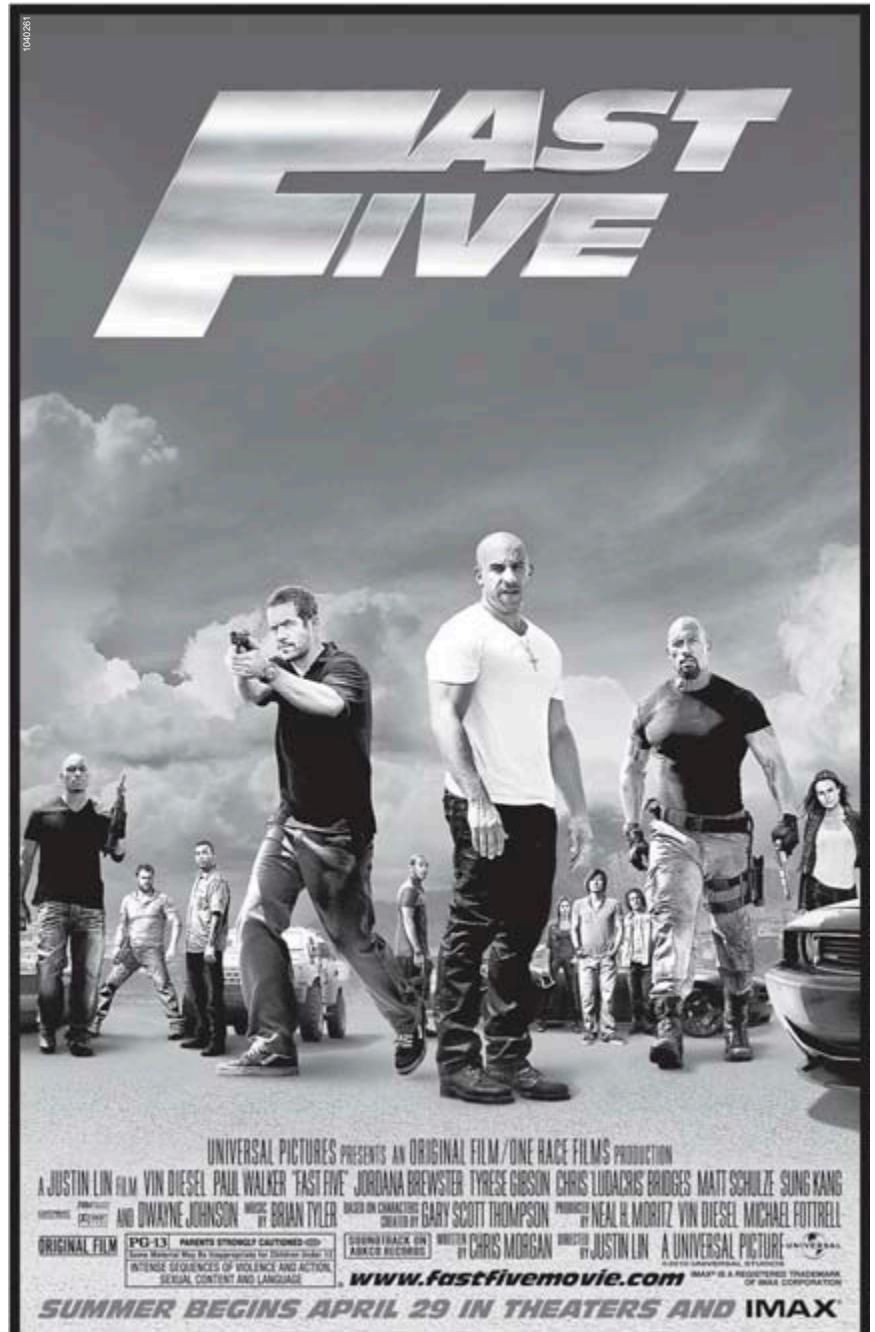
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Dancers *dazzle* Marines

Andrew Revelos/ Emily Funderburke
Staff Writer/Illustrator

Marines were treated to a display of dancing April 21 at Little Hall celebrating the diversity of Asian culture. The event marked Marine Corps Base Quantico's recognition of Asian/Pacific American Heritage Month, that will be celebrated in May.

"I hope Marines gain an awareness of other cultures and what they're about," said Gunnery Sgt. Albert Granillo, MCB Quantico equal opportunity advisor. "To see what else is out there, to see what we can learn or even just experience, is important. Marines live in a diverse organization."

Granillo cited a few of the significant events in Asian-American history, including the arrival of Japanese immigrants to America in 1843 and the completion of the transcontinental railroad by Chinese immigrants in 1869. Both defining moments occurred during the month of May.

Diversity, empowerment, leadership and beyond is this year's Asian/Pacific American Heritage Month theme, said Granillo.

"As we celebrate our rich tapestry of cultures through events like this, let us not forget that, while we are a diverse nation, we must remain united," said Granillo. "Let's celebrate our differences, but also appreciate our unification as a country founded on the belief that all are equal, and deserving of the liberty and freedom we protect."

To that end, husband and wife duo Bhim and Cordula Dahal, of the Nepal Dance School, presented a total of three traditional dances. Taken from the rich history of Buddhism and Hinduism, each dance incorporated different costumes and themes.

The first represented the Himalayan king of demons, Lakhe. The deity's fearsome features were depicted on the colorful mask worn by Bhim.

The second number featured the far more benevolent god of wisdom, Manjushree. In Nepalese tradition, Manjushree is believed to have created the Kathmandu Valley when he drained a great lake. The crown worn during the dance represents not only the lotus seen in the lake by Manjushree, but also the five Buddhas, according to Cordula.

The spectator portion of the presentation finished with Cordula's performance of the Vajra yogini, a "fierce goddess who destroys the ignorance of men," according to information provided by the Nepal Dance School.

The grand finale of the event, however, saw the Dahals' invite Marines from the audience onstage to learn a few Nepalese dance moves.

Five brave Marines and two civilian employees started slowly but gained confidence as the ad hoc lesson progressed.

Base Sgt. Maj. Leon Thornton got in on the action and demonstrated some dance moves. Headquarters and Service Battalion Commanding Officer Col. Jay Johnson, joked that it was the "dance of the Yeti," referring to the abominable snowman of Himalayan folklore.

At the end of the presentation, the dancing Marines and the Dahals received enthusiastic applause.

The Dahals reflected the passion they demonstrated onstage in comments they made before and after the celebration.

"You don't do this job to get rich," said Cordula. "You do it because you love it and you want to preserve some of the traditions."

The Nepal Dance School, which has performed regularly at the Smithsonian Institute since 2002, also seeks to raise awareness of the threats to the country's heritage. Nepal boasts many UNESCO world heritage sites, including four recognized sites and 15 more on the tentative list. The United Nations Educational, Scientific and Cultural Organization world heritage mission "seeks to encourage the identification, protection and preservation of cultural and natural heritage around the world considered to be of outstanding value to humanity," according to the UNESCO website.

"Modernity and western civilization are creeping up and some traditions are slowly dropping away," said Cordula. "We want to not only keep the traditions alive [in Nepal], but also keep people aware here."

Cordula also recognized that military service members themselves are a diverse group.

"You might say Nepal is like a miniature Marine Corps," said Cordula. "You have 123 languages with over 40 distinct ethnic groups."

Above all, Cordula encouraged Marines to seek out and experience different cultures.

"There's a richness out there that you can't find on [Wikipedia] or Google," said Cordula.

— Writer: arevelos@gazette.net



Photo by Emily Funderburke

Elaborate costumes are often worn by traditional Nepali dancers. Cordula Dahal is no exception as she performs in Little Hall wearing colorful clothes and eye-catching jewelry.

"As we celebrate our rich tapestry of cultures through events like this, let us not forget that, while we are a diverse nation, we must remain united."

— Gunnery Sgt. Albert Granillo, Quantico equal opportunity advisor

Cordula Dahal of the Nepal Dance School does a traditional Nepali folk dance in Little Hall on April 21. This particular folk dance represents a love story. Cordula and her husband, Bhim Dahal, visited Marine Corps Base Quantico as a part of Asian Pacific Heritage Month.



Photo by Emily Funderburke



Photo by Emily Funderburke

Marines and civilians alike gathered on stage at Little Hall to try their hand at traditional Nepali folk dancing. Bhim and Cordula Dahal led the group of volunteers that included Base Sgt. Maj. Leon S. Thornton, far right.

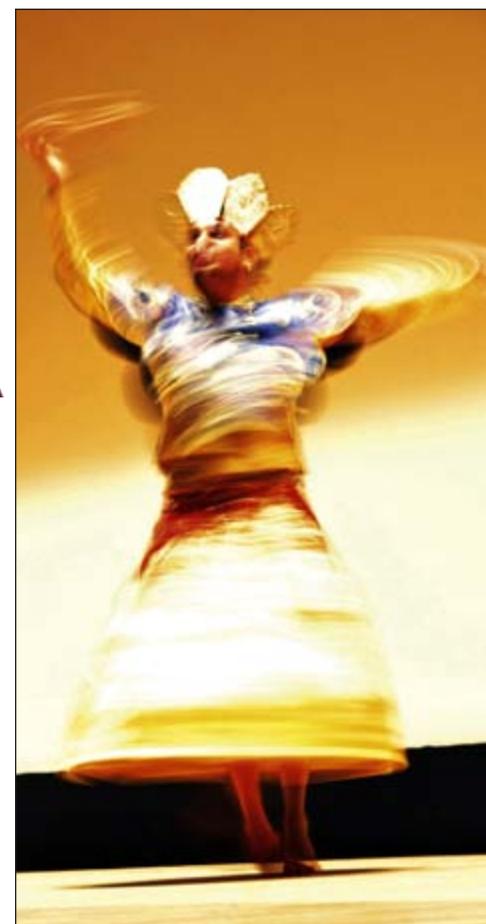
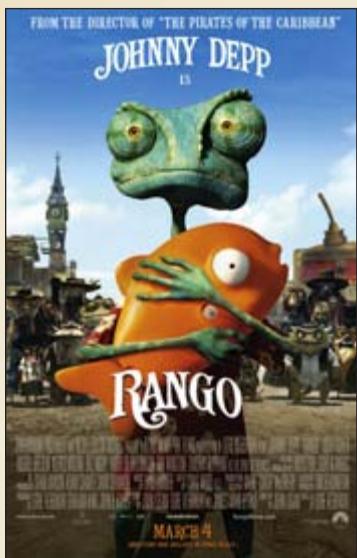


Photo by Andrew Revelos

Bhim Dahal of the Nepal Dance School spins during the finale of his performance as Manjushree, god of wisdom, during Quantico's celebration of Asian/Pacific Heritage American Month on April 21.

AT THE MOVIES



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www.quantico.usmc-mccs.org

Thursday

6:30 p.m. "Big Momma's: Like Father, Like Son" *
PG-13 (1:48)

Friday

6:30 p.m. "Rango"
PG (1:47)

9 p.m. "Beastly" *
PG-13 (1:26)

Saturday

3:30 p.m. "Rango"
PG (1:47)

6:30 p.m. "Battle: Los Angeles"
PG-13 (1:57)

9 p.m. "Red Riding Hood"
PG-13 (1:40)

Sunday

3:30 p.m. "Rango"
PG (1:47)

6:30 p.m. "The Adjustment Bureau" * PG-13 (1:46)

Monday, Tuesday & Wednesday

Closed

*Last showing

ABOUT THE MOVIES

The Adjustment Bureau: The affair between a politician and a ballerina is affected by mysterious forces keeping the lovers apart.

Battle: Los Angeles: A Marine staff sergeant who has just had his retirement approved goes back into the line of duty in order to assist a 2nd lieutenant and his platoon as they fight to reclaim the city of Los Angeles from alien invaders.

Beastly: A modern-day take on the "Beauty and the Beast" tale where a New York teen is transformed into a hideous monster in order to find true love.

Big Momma's: Like Father, Like Son: FBI agent Malcolm Turner and his stepson Trent go undercover at an all-girls performing arts school after Trent witnesses a murder.

Rango: Rango is an ordinary chameleon who accidentally winds up in the town of Dirt, a lawless outpost in the Wild West in desperate need of a new sheriff.

Red Riding Hood: Set in a medieval village that is haunted by a werewolf, a young girl falls for an orphaned woodcutter, much to her family's displeasure.

Movie Showtimes

- Monday, Tuesday, Wednesday - closed
- Thursday - 6:30 p.m.
- Friday - 6:30 p.m., 9 p.m.
- Saturday - 3:30 p.m., 6:30 p.m., 9 p.m.
- Sunday - 3:30 p.m., 6:30 p.m.

MPAA Ratings

- G - (General Audiences): All ages
- PG - (Parental Guidance Suggested): Some material may not be suitable for children.
- PG-13 - (Parents Strongly Cautioned): Some material may be inappropriate for children under 13. Under 13 years of age requires accompanying parent or adult guardian.
- R - (Restricted): Persons under the

age of 14 shall be denied access to all "R" rated films, even if the child is accompanied by their parent or guardian. NO EXCEPTIONS. Persons between the ages of 14 and 17 must be accompanied by their parent or legal guardian to obtain access to all "R" rated films.

- NC-17: No one 17 or under admitted.

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- An adult or dependent child 15 years or older will accompany family members under 12 years of age for G, PG films.
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Care from page A2

unexpected illness or injury, so savings you're counting on for the future won't be there if you need them earlier.

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buy is long before you need it, as preexisting conditions can disqualify you from being eligible for coverage. And, the younger you are when you apply, the lower your premiums will be if you are approved for coverage may have.

(1) John Hancock Life Insurance Company. "John Hancock 2008 Cost of Care Survey," November 2008

(2) Life and Health Insurance Foundation for Education (LIFE). "Americans Expecting Family and Friends, Not Savings or Insurance, to Provide for Their Long-Term Care Needs," October 2006

(3) John Hancock Life Insurance Company. "John Hancock 2008 Cost of Care Survey," November 2008

Briefs from page A3

tive Military Service. The period of performance for this award is from July 2009 through June 2011.

The award recommendations require command endorsement.

Submit any nominations electronically to Paula Bedford at paula.bedford@usmc.mil, Headquarters Marine Corps EEO Office.

Workshop for long-term insurance

The Office of Personnel Management has announced an Open Season for the Federal Long Term Care Insurance Program which will run June 24.

All civil service employees and active duty military personnel are invited to attend on te of

the following workshops May 3 May from noon - 2 p.m. at the Clubs at Quantico and June 2 from 9-11 a.m., at the Clubs at Quantico.

If you are not able to attend either of the workshops listed above, there will be live webinars in May and June. The webinars are one hour each and are scheduled for: May 10 at 11 a.m., May 25 at 11 a.m., June 14 at 3 p.m., and June 15 at 1 p.m.

Register at www.ltcfeds.com/webinar/index.html. Anyone who is not able to attend should still pre-register, as you will be able to view recordings of the presentations for up to 60 days. To access, use the original webinar registration link. For reasonable accommodations, and other questions/problems, contact: Elaine Brown, elaine.brown@usmc.mil, 703-784-1305.

Budget from page A1

of dollars, here are the consequences for force structure. Here are your choices in terms of capabilities that will be reduced or investments that are not made. And here are the consequences of this."

The budget review "needs to be a process that is driven by the analysis," the secretary said, "and where it is about risk management with respect to future national security threats and challenges as well as missions that our elected officials decide we should not have to perform or can't perform any more because we don't have the resources."

Gates said he has had just one meeting to begin thinking about ways to conduct the review, and has not yet decided on an approach. One suggested approach, he said, would begin with the Quadrennial Defense Review and to consider the implications of scaling back or eliminating specific missions.

Marine Corps Gen. James E. Cartwright, vice chairman of the Joint Chiefs of Staff, said the review will involve important strategic con-

siderations about quantities and capabilities.

Cartwright said the review could challenge some long-held assumptions, such as the department's ability to fight two major theater conflicts simultaneously.

Some people believe that funding the Defense Department at the rate of inflation for the next 12 years could identify much of the cost savings that Obama seeks, Gates said. However, he noted, that approach wouldn't account for costs for health-care, fuel and critical big-ticket investments.

"We have some investments we have to make," the secretary said. "We have to buy the new [Air Force refueling] tanker. We have to replace some of the surface ships ...built during the Reagan years that will age out over that 12-year period...All elements of the [nuclear] Triad need to be modernized" — bomber aircraft, land-based missiles and ballistic-missile submarines.

"You may have to make some choices there," Gates said. "I want to frame this so it is not a math exercise, but so people understand the strategic and national security consequences of the decisions that they are making."

Commentary from page A5

hol content or blood alcohol level is useful in understanding each person's limit and offers an understanding of what amount of alcohol is necessary to be above the Commonwealth of Virginia's legal limit of 0.08. The more alcohol is consumed then the less likely it is for the individual to make a sound decision. According to clinical psychologist Dr. Michael P. Dunlap's Biological Impact of Alcohol Use, "Female drinkers reach higher blood alcohol levels faster because of less water and more fat in the body and because of differences in digestive enzymes." Marines and Sailors do not often know these significant factors. This highlights the importance of unit level and the HQMC mandated training for all Marines and their supervisors.

The Marine Corps' policy regarding alcohol awareness and alcohol misuse has always centered on the acronym PIE. PIE stands for Prevention, Intervention and Education. Prevention and training goes hand in hand since

the training is designed to prevent or reduce the likelihood of alcohol-related incidents. The Marine Corps funded positions for alcohol abuse prevention specialists at all major installations after seeing an increase in alcohol-related incidents and events throughout the Marine Corps. Intervention by means of the Early Intervention education classes are given at Consolidated Substance Abuse Counseling Center monthly or as needed.

The early intervention education is a two-day education course designed to increase the participant's awareness of the harmful consequences of excess alcohol use. The course discusses the medical consequences related to excess alcohol use as well as refusal skills. Alcoholism and its impact on the family system are also discussed. Information is also provided by the legal office explaining the legal consequences of alcohol-related incidents and how this can affect career progression. The state law and consequences such as fines, court cost, attorney fees, suspension or revocation of driving privileges and increased insurance fees are all covered during the two-day education session.




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Spring cleaning nets tons

Aboard Quantico, things are picking up

Story and photos by Lance Cpl. Shandra Dyess

Combat Correspondent
shandra.dyess@usmc.mil

Fifty-nine Marines and sailors aboard Quantico participated in the base's spring cleanup from April 18 to 22.

To celebrate the end of spring cleanup, the Marines who spent the week roaming the base for garbage were treated with a luncheon provided by Marine Corps Community Services and the Clubs at Quantico.

The Marines gathered at Barnett Field on a soggy Friday morning to separate the garbage they had piled-up during the week to sort out recyclables.

The trash was collected from all around base with a focus around the shorelines and the main roads. Approximately 15,000 pounds of metal and wood, and 10,000 pounds of garbage were collected, said Sgt. Jamie Zimmerman, base police sergeant in Logistics Division.

Afterward, they played football and soccer while waiting for lunch to begin. Having planned the games the day before, the Marines were unwilling to let a little rain get in the way.

Approximately 11:30 a.m., they gathered beneath both a tent and the covered picnic area near the field to enjoy hamburgers and hotdogs. As they ate, the Marines talked about their experiences during spring cleanup.

"It was good to get out of the office," said Cpl. John Cochran, administrative clerk with Reserve Affairs Management.

The sentiment was repeated by many other Marines, who enjoyed being out in the fresh air in a relaxed environment with their peers.

"It was great working with these guys," said Cpl. Jesus Cruz, Marine Information Support Operations noncommissioned officer, indicating the team he'd cleaned with on April 21. "[They] really took charge. [They are] outstanding Marines."

Cruz's group called him out as a leader, joking about the group of them storming the shoreline under his command as though they were making an amphibious landing.

While many of the Marines enjoyed the time outside, the mission wasn't forgotten. Marines expressed pride in having made their base a better place.

Col. Andrew O. Starr, G-4 director, addressed the Marines as they were finishing their meal, thanking them for a job well done.



Background photo, Pfc. Mario Williams, administrative clerk with Marine Corps Embassy Security Group, ducks under some branches to get to trash during the base's spring cleanup. Top, Staff Sgt. Chris Despaigne, Operations Company assistant training chief, surveys the trash collected from around the base after Quantico's spring cleanup. Center, Cpl. Mark Hasselman, a tactics instructor at Officer Candidate School, ferries garbage from one ship to another Thursday. Bottom, Lance Cpl. Jeremy Klem, a security clerk with Marine Corps Embassy Security Group, disposes of a tire found on the shoreline.

Cpl. Mark Hasselman, tactics instructor at Officer Candidates School, enjoys a burger during a luncheon provided for those who participated in the base cleanup

Section
B


SPORTS & HEALTH

Fitness & Wellness

500 miles: A self-propelled challenge

Cpl. Jahn R. Kuiper
Combat Correspondent

Run, walk, cycle or swim, it doesn't matter how, but participants of the Barber Physical Activity Center's Race Across the States competition have to accrue 500 miles under their own power.

Christie Lee, the program manager and head trainer at the Barber Physical Activity Center, invited anyone to participate in the competition that goes from Jan. 24 to May 31. More than 40 people are working toward the goal of 500 miles, whether they accrue it in this state or the next. Other than the gratification of completing the miles before the deadline, all participants who reach the goal receive a Semper Fit lunch box.

"We wanted to give people something to work toward and give them a deadline, so they would be motivated and stay focused on their training," Lee said.

The challenge attracted civilians and service members from various backgrounds.

"I've been running competitively since high school," said Cpl. Craig Clark, a participant. "Last spring I ran a competitive relay race with eight other runners from Gettysburg, Pa., to Washington, D.C. I've also run the Marine Corps Marathon and the Historic Half."

"I started to get into road biking when I was stationed in Slovakia," said Sgt. Joshua Chretien, a participant from Quantico. "Ever since, I've participated in a number of different rides."

The magnitude of the challenge and sense of accomplishment was the deciding factor in many of the participants joining.

"I love these types of challenges," said Master Sgt. Kathrine Scofield, a participant from



Photo by Cpl. Jahn R. Kuiper

Cpl. Craig Clark, a fiscal agent at Quantico's finance office, goes on a run Tuesday aboard base to accrue miles for the Barber Physical Activity Center's Race Across the States challenge where participants must cover 500 miles under their own power.

Quantico. "Seeing how much each individual is progressing gives me the motivation I need to get out there and make sure I'm not left behind. It's not about a prize, but about finding a way to stay fit year around. When your goal is 500 miles, the individual is driven to have a continuing approach to working out rather than just work out when it's necessary such as for a PFT or [Combat Fitness Test]."

Clark had a similar idea.

"Honestly a prize doesn't matter," he said. "Nothing makes me happier than the self-satisfaction I feel after I complete an extremely difficult task."

With so many options on how to accrue

their miles, each participant attacked the challenge in a different way.

"I usually would do 10-12 miles a day on the stationary bike," said Army Brig. Gen. Leodis Jennings, a participant coming from the Pentagon. "In the evening I would walk and jog six to eight miles on the treadmill at the gym, and as weather improved I would do the same outside near my home. I do more bike than running because I've had seven knee surgeries."

Others found working out in a group was better.

"Unit [physical training] racks up some good street miles every week, but I'm also part of two local running clubs and another club

that does mostly trail runs," said Staff Sgt. Jonathan Parsons, a participant from Quantico. "I also like to hike trails as often as I can for building endurance. In the local area I've hiked everywhere from Warrenton, Culpeper, Front Royal and Fredericksburg. Occasionally I'll visit other running clubs in places like Virginia Beach or Leesburg, Va., or travel up to Harrisburg, Pa., Philadelphia or Pittsburg areas to run and do sightseeing trips."

At some point, most runners found themselves at a low point where they needed to pick themselves up.

"Staying motivated is always hard when you're training alone," Clark said. "I've combated that by setting goals. I would set two mileage goals – one that I was confident I could achieve and another I would really have to push myself to make it. That way I always felt good about achieving one of my goals."

Some runners found the weather to be a challenge.

"I'm not fond of the cold, so during the cold periods early on it was the toughest," Scofield said. "But I would look to see how others were progressing, so I knew I couldn't make excuses for myself."

After months of piling up miles, the end result makes it all worth it for the participants.

"It's an incredible feeling to finish," Jennings said. "It makes it all worth while."

"It's all a mental trick, but you do what you have to get yourself out there and get yourself in shape," Parsons said. "It's about getting those bragging rights in the office."

For information about an upcoming Race Across the States competition, contact Lee at 703-432-0592.

— Correspondent: jahn.kuiper@usmc.mil

EIP defeats MMEA in close game

Lance Cpl. Shandra Dyess
Combat Correspondent

Communications School's Enlisted Instructor Platoon volleyball team defeated Marine Manpower Enlisted Assignment in a game Monday at Barber Physical Activities Center.

Both teams got on the board within the first minute of the game, but EIP soon took the lead with passes that MMEA couldn't meet on their side of the net.

Not all of EIP's passes were golden, however. Clumsy hands killed the ball and they lost two points to MMEA at the start of the game, still leading 5-3.

Out-of-bounds balls on both sides led to more points for the teams, but MMEA couldn't pull ahead. EIP successfully kept a three-point gap until EIP tightened up their passes and widened the spread to 12-21.

MMEA wasn't going down without a fight. After a time out, their communication and passing became better, and they gradually closed the gap to 25-24. The winning match point came when a ball MMEA players thought was out of bounds hit the floor in bounds. EIP won the match by two points.

EIP was showing their teamwork, their greatest strength according to team captain Adrian

Berroteran, communications equipment technician. In the second game, however, they showed their weakness.

The lead went back and forth during the first part of the second match until MMEA took the lead by being aggressive when the team met at the net. They led 8-7, but widened the gap to 23-14 as EIP players began to doubt themselves. EIP began dropping the ball and hitting it into the net.

EIP gained their footing back when they started hitting the ball over and no one from MMEA was there to receive it. Despite their renewed energy, EIP couldn't close the gap and lost the second match 25-20.

"Our worst fault is ourselves," said Berroteran. "We overthink things and start doubting ourselves."

The last match was a game of back and forth, both teams managing to pull ahead at times. MMEA started out in the lead, but EIP caught up and took it 6-5 when a bad hit by MMEA drove the ball out of bounds.

MMEA began losing their momentum, dropping passes and hitting the ball into the net, widening the gap between them and EIP. It was a serve into the net by MMEA that lost them the match, securing a 15-8 win for EIP.

— Correspondent: shandra.dyess@usmc.mil



Photo by Lance Cpl. Shandra Dyess

Sarah Pahlman, a player on Marine Manpower Enlisted Assignments volleyball team, leaps to spike the ball across the net during a game against Communications School's Enlisted Instructor Platoon team during a game at Barber Physical Activities Center on Monday.

Pope John Paul takes Quantico to church in 8-0 win

Cpl. Jahn R. Kuiper
Combat Correspondent

The Quantico Middle/High School girls soccer team lost 8-0 to Pope John Paul High School here April 26 after the game was cut short due to the "mercy rule" in the second half.

John Paul started the game as the aggressors and launched several shots and crosses into the goalie box. Early on Quantico did well to scramble and clear the balls played in, but their effort couldn't stop a perfectly placed John Paul free-kick. The shot found its way just over the goalie's reach and into the back of the net to put the visitors up 1-0 eight minutes into the game.

When it rains it pours for Quantico and in the next five minutes two other goals were scored by John Paul off corner kicks.

After struggling early on to string together passes and get the ball out of their side of the field, Quantico showed better quality play midway through the half. Several swervey, dribbling runs were made that cut deep into the John Paul defense. Always the opposing team made a tackle before a shot could be taken, partly because there was no one to pass to.

The Quantico midfield played deeper to help stop John Paul's relentless attack, said Sydney, a freshman Quantico striker, but they aren't helping out on attack at all. The team needs more attacking options.

Right when things were looking up for the Lady Warriors, the away team made a throw-in and quickly crossed the ball into an open space on the other side of the field, near the goal. An oncoming John Paul attacker was able to run onto the ball and strike it past the goalie. The brace made the scoreline 4-0 in John Paul's favor.

Once again, opposing goals came in bunches and, only two minutes, later the away team was able to make a pinpoint cross in front of the goal where it was tapped in.

"We are giving them too much time to make passes and do what they want," said Heather Stokes, the Quantico coach.



Photo by Cpl. Jahn R. Kuiper

Chandee, a sophomore Quantico midfielder, puts pressure on a Pope John Paul midfielder, which forces her to make an early shot during Quantico's 8-0 loss at home April 26.

"Most of us need to be more aggressive and stop watching the ball and go after it."

In the later part of the half, the Lady Warriors had one of their best chances of the night when a long ball was played behind John Paul's defense and Quantico's center striker was

able to use her speed to run by the defense. After a dribbling a quarter of the field, she wound back to take a shot from in front of the goal, but as she did, a defender swooped in and knocked the ball away.

The Lady Warriors couldn't seem to catch a break minutes later when the Quantico goal keeper ran to ball that lay halfway between her and the attacker. She did well to try and kick it away, but her shot bounced off the attacker and into the goal.

Shortly after that goal, the half ended 6-0 and Quantico needed a spark.

The Lady Warriors started the half with another near miss after two Quantico forwards tore through the defense. Their one-touch passes ended with a near shot in the goalie box that was thwarted by another timely tackle. The play sparked the team however, and

Quantico started to earn several free-kicks and corners from their ambitious runs at the defense.

But the experienced John Paul team once again showed their skill as a midfielder dribbled past three Quantico defenders and landed a shot into the back of the net pushing the score to 7-0.

Quantico's coach told her team to buckle down from the sidelines, so their defense played more physically and started winning more 50/50 balls.

For 15 minutes they did well not to allow any shots or crosses, but midway through the half John Paul finally was able to get loose. The away striker launched a shot that ricocheted off a Lady Warrior defender and into the net. With the score at 8-0, the game ended by the "mercy rule."

After the game, Stokes addressed her team.

"We always kept our heads up and really turned up the pressure on these guys in the second half," Stokes said. "As long as we keep playing with that kind of intensity through end of the game I'll always be proud of you guys."

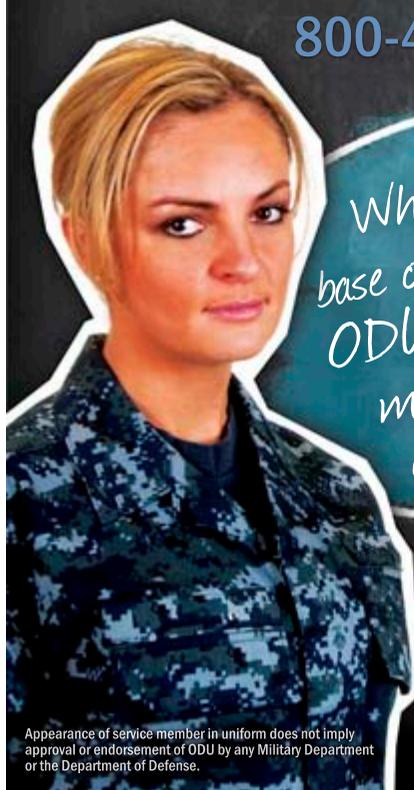
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TRICARE online improves health data access

Submitted by TRICARE

New TRICARE Online features give users access to expanded personal health data, including lab results, patient history and diagnoses, and provider visits.

The military health plan's new online features expand the website's "Blue Button" capability, which already allowed beneficiaries to safely and securely access and print or save their demographic information, allergy and medication profiles, officials said.

The level of data available depends on where treatment occurs, officials said, with the most data available to those who regularly get care at military hospitals and clinics.

"These new capabilities are a major step forward in engaging military health system patients as partners in their own health care," said Navy Rear Adm. (Dr.) Christine Hunter, TRICARE Management Activity deputy director. "Personal electronic health records can also improve care by conveying accurate patient information between providers, avoiding duplication of tests and reducing delays in treatment."

The Blue Button was fielded by TRICARE and was made

generally available by other federal health care providers last year. With more than 250,000 users, officials said, it is the result of a close interagency partnership among the Defense and Veterans Affairs departments and the Centers for Medicare and Medicaid Services.

"The Blue Button efforts are just another example of how DOD and VA are working together to shape the future of health care [information technology] collaboration, interoperability and transparency for the patients and families we serve," said Dr. George Peach Taylor Jr., acting principal deputy assistant secretary of defense for health affairs. "We could not have accomplished this without the continuing strong collaboration between DOD and the VA."

TRICARE Online is the Military Health System's Internet point of entry, giving the health plan's 9.6 million beneficiaries access to available health care services and information through a secure portal. Users who receive their care at a military treatment facility can schedule appointments, order prescription refills and view their personal health data. Other users with active prescriptions at a military pharmacy also can request a refill for those prescriptions.

ASK THE SEMPER FIT DIETITIAN

Q: What is 'Fueled to Fight' and what menu changes can I expect at the Clubs at Quantico?

A: Semper Fit created the Fueled to Fight program as a means to increase healthy food options at dining facilities. The Clubs at Quantico is helping support the mission by adding foods that meet Fueled to Fight nutrition standards to their menu and buffet beginning May 2. Patrons will still see old favorites but with the addition of healthy options. Such options include steamed vegetables, whole grains, and grilled, lean meats such as poultry and fish. For all those hoping for something sweet after their meal, no need to fear. The Clubs will still be offering frozen yogurt on the buffet and adding fresh fruit choices to meet your sweet tooth craving.

The salad bar is also receiving an overhaul. You'll now be able to find colorful veggies, heart-healthy nuts and legumes, and low-fat salad dressing to create nutritious and appetizing salads.

To help identify healthy options, all Fueled to Fight foods will be labeled with the Fueled to Fight logo.

Remember, it's all about choices. Healthy eating supports the mission so look for the Fueled to Fight logo at your next visit to The Clubs.

Lunch hours are Monday through Friday 11 a.m. – 1:30 p.m. Heart-healthy items will be available for take-out, call 703-784-4266.

E-mail any questions to: kinglm@usmc-mccs.org.

Dispose of drugs adrift safely

Submitted by Naval Health Clinic Quantico

National Prescription Drug Take Back Day which will take place April 30 from 10 a.m. – 2 p.m., at Potomac Mills Mall Main Entrance, 2700 Potomac Mills Circle, in Dale City and Stafford Hospital Center, 101 Hospital Center Blvd., in Stafford. This is an opportunity for those who have accumulated unwanted or unused prescription drugs to safely dispose of them.

More than 7 million Americans currently abuse prescription drugs, according to the 2009 Substance Abuse and Mental Health Administration's National Survey on Drug Use and Health. Each day, approximately, 2,500 teens use prescription drugs to get high for the first time, according to the Partnership for a Drug Free America. Studies show that a majority of abused prescription drugs are obtained from family, friends and the home medicine cabinet.

In an effort to address this problem, DEA, in conjunction with state and local law enforcement agencies throughout the United States, conducted the first ever National Prescription Drug Take Back Day on Sept. 25, 2010.

The purpose of this National Take Back Day was to provide a venue for persons who wanted to dispose of unwanted and unused prescription drugs. This effort was a huge success in removing potentially dangerous prescription drugs, particularly controlled substances, from our nation's medicine cabinets.

There were approximately 3,000 state and local law enforcement agencies throughout the nation that participated in the event. All told, the American public turned in more than 121 tons of pills on that first National Take Back Day.

For information on collection sites in your area, visit www.deadiversion.usdoj.gov.

Teddy from page A4

acy Activity Kits for each of the children who participated in this year's Teddy Bear Clinic. The tool kits were designed especially to aid military families in creating stories to share.

"We go over things like weight, vital signs, immunizations, safety, choking hazards and feelings," said Trish Burkes, home visitor. "If we can get kids to express their feelings in words, they're less likely to have a tantrum."

Bears who were feeling sad were given prescriptions for three hugs and kisses.

The purpose of the clinic is to bring in as many families as possible to learn about the programs NPSP offers such as baby boot camp, baby and me and moms support group.

"We have a lot to offer," said Griffo. "And we like to put faces behind the name."

Within NPSP there are four home visitors with three nurses and a social worker who assisted children with caring for their teddy bears, throwing in a few lessons about safety and feelings along the way.

After receiving an X-ray of her teddy bear, two-year-old Jayde screamed, "Wow! My teddy bear is much better now!"

For information about New Parent Support Programs, call 703-784-4248.

— Correspondent: meloney.moses@usmc.mil

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COMMUNITY EVENTS

Town of Quantico's Spring Music Festival on May 7

The Town of Quantico will hold its first Spring Music Festival on May 7. It will begin at noon and continue until 1 a.m. Sunday morning.

Five performers are "The Gringo Kings" (who have a cameo appearance in an upcoming movie with Stephen Baldwin called "Gold Score"), "The Willie Stradlin Band" (who brings a mixture of sound between NickelBack/Creed/Leonard Skynard), Stephanie Quayle (her song, "Ain't No Housewife," is climbing the charts), Jeff Griffith (who has a new single "Dip me in Beer" that was featured on CMT), and Josh Gracin (a former active duty Marine and finalist on American Idol).

In addition to the six 90-minute shows scheduled throughout the day on two separate stages, there will be crafts, food and beer vendors, tee-shirts available for purchase, face-painting for the children, and various events to entertain the entire family.

Upon entry to the Marine Corps Base leading to the Town of Quantico, there will be plenty of free parking designated by the "Festival Parking" signs.

Admission is \$35, with children 12 and under free. Tickets can be purchased at www.ticketweb.com, at the Quantico Town Office, various businesses in the Town of Quantico and at the entrance to the Spring Music Festival. For information, call 703-640-7411 or visit www.townofquantico.org.

Prince William Forest Park to hire four

This summer, Prince William Forest Park will once again hire four teenagers for its Youth Conservation Corps work team. For more than 25 years, youth from the area have worked on the park trails, helped to rehabilitate historic cabins, participated in environmental education programs, and much more. This year's program will run from June 20 through Aug. 12. The park

is seeking applications from individuals with diverse backgrounds and skill sets. YCC staff is employed full-time and will receive \$7.25 per hour along with experience in environmental stewardship and community service. They also learn about teamwork, safety, leadership and resource evaluation while building organizational and decision-making skills.

For information call 703-221-7181 daily from 9 a.m. – 5 p.m., or visit www.nps.gov/prwi. Applications are being accepted through April 30.

Contact the park directly or go on-line to download the application form at www.nps.gov/prwi/parkmgmt/jobs.htm. To be eligible, you must have had your 15th birthday by June 20 but not have your 19th before Aug. 12. Completed applications should be submitted to Prince William Forest Park, 18100 Park Headquarters Road, Triangle, Va., 22172-1644, Attn: YCC Coordinator. Applications may also be faxed to 703-221-4322.

'Pop Song Fest' is free

Woodbridge Community Choir presents its "Pop Song Fest" spring concerts at 8 p.m., on April 30 and at 3 p.m., May 1 at the Dr. A. J. Ferlazzo Building Atrium at 15941 Donald Curtis Drive in Woodbridge. Fun oldies will include "Singing in the Rain," "Aquarius/Let the Sunshine In," "Ain't Misbehavin'," as well as a medley from the 60s. Concerts are free. For information see www.woodbridgecommunitychoir.org or call 703-491-1820.

Crow's Nest Natural Area's Spring Field Day April 30

Crow's Nest Natural Area Preserve in Stafford County will be open for its Spring Field Day Saturday, April 30. Free guided hikes and natural history interpretation will take place at 9:30 a.m. and 1 p.m.

The Virginia Department of Conservation and Recreation and

Stafford County are sponsors of the event.

Crow's Nest is an especially unique property in Virginia's Natural Area Preserve System. At 2,872 acres, it contains 60 percent of the county's marshes, as well as a globally rare upland forest community. Nesting bald eagles and more than 60 species of migratory songbirds can be seen at the preserve in the spring. Wildflowers also are in bloom.

The field day is one of several being held this year to recognize Virginia's Natural Area Preserve System and to celebrate the 25th anniversary of DCR's Natural Heritage program. Natural Heritage staff manages 60 natural area preserves across the state.

Started in 1986, the Natural Heritage program represents a comprehensive effort to save Virginia's native plants and animals, and the ecosystems upon which they depend, through inventory, conservation information provision, protection and stewardship.

Space is limited for the Crow's Nest Spring Field Day, and reservations are required. To reserve a spot and obtain directions to the preserve, call Faye McKinney at 804-786-7951. Casual clothes and comfortable shoes are recommended. Hikes will take place rain or shine.

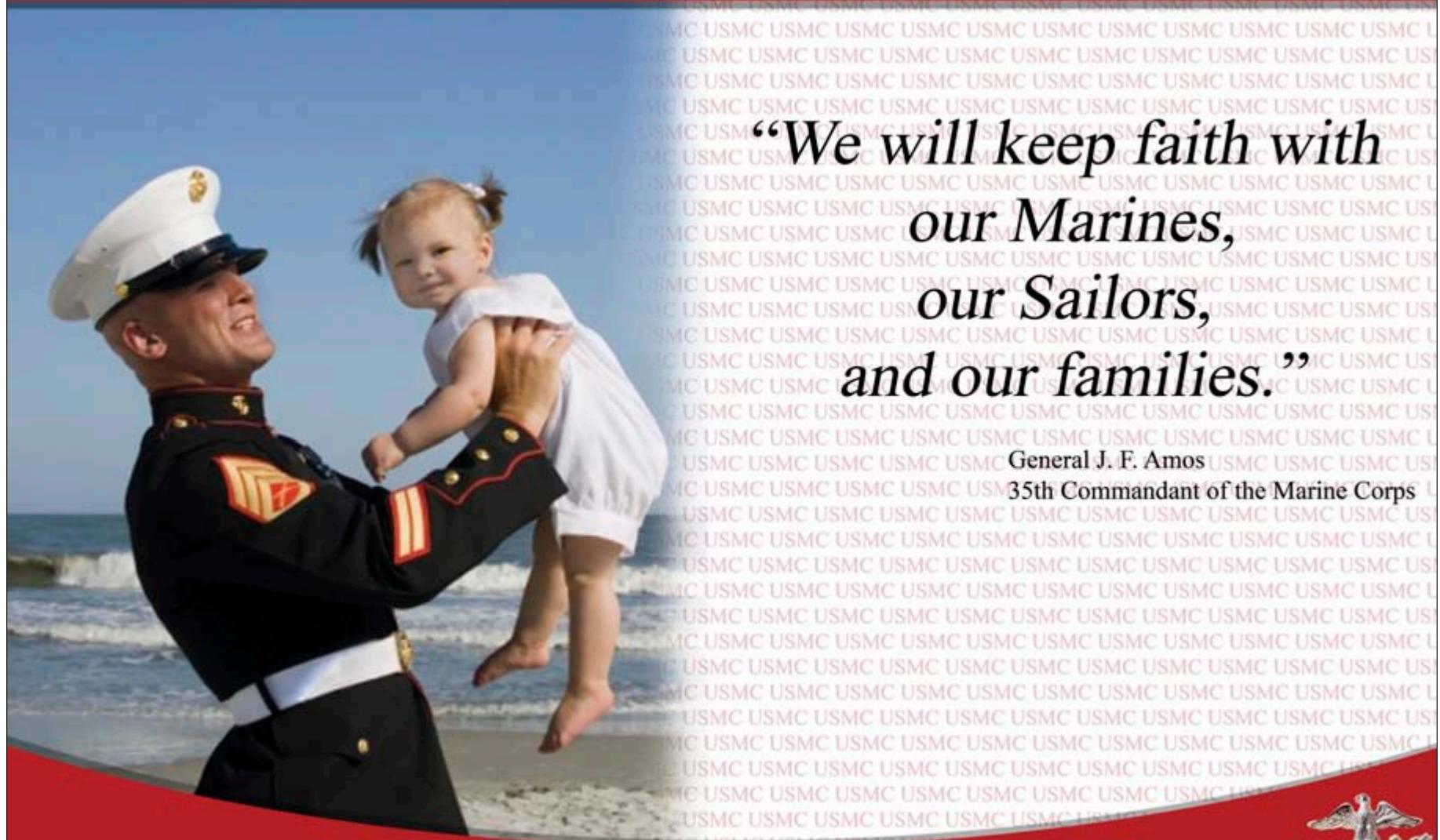
For details about Crow's Nest, visit: www.dcr.virginia.gov/natural_heritage/natural_area_preserves/crowsnest.shtml.

Golf outing at Medal of Honor Country Club

Meet Medal of Honor recipient Col Jack H. Jacobs and George Starke, Washington Redskins' star of Superbowl XVIII, both special guest at this year Veterans Golf classic at Medal of Honor Golf Course aboard Quantico.

This event is a best ball/scramble on May 20 is planned for quick golf and big awards. There will be a barbecue buffet at Mulligans Pavilion. For registration information, visit www.VeteransGolfClassic.com or contact David B. Meyers, golf co-chair, at 703-209-5925 or david.meyers@meyersAndMcCabe.com.

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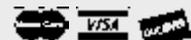
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Marine Corps Community Services

Parenting with Love & Logic

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Learn how to C - Control; take O - Ownership of the Problem; O - Opportunity for Thinking; & L - Let Empathy and Consequences Do the Teaching. This workshop is open to parents with children of all ages. Free childcare is available, but you must pre-register.

For more information, call the Family Advocacy Program (FAP) at 703-784-2570.

Military Committee for Persons with Disabilities

The Military Committee for Persons with Disabilities (MCPD) is an advisory committee that provides recommendations to the Base Commander regarding access to care for family members with special needs.

The committee meets on the 2nd Thursday of each month, from 1200-1330, at the McHugh Woods Community Center.

Make a Positive Change, with your concerns, knowledge, and ideas. Call the Exceptional Family Member Program (EFMP) for more information, 571-931-0531.

2011 Summer Camp

The Quantico Youth Center is offering 10, one week sessions of Summer Camp for youth ages 6 to 12 years. Join in one of the many sessions from 6 June through 12 August, by visiting the Resources and Referral office, Monday through Friday, 0800-1600.

Registration dates are taken in priority, so be sure to visit our website for more information at: www.quantico.usmc-mccs.org/CYTP. Call the Resource and Referral Office at 703-784-0674 for registration information, and the Youth Center, 703-784-2249, for camp information.



Visit us on Facebook or website for information for any of our events, classes, or workshops.
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