The Emblem

Vol. 47, No. 10 | Marine Corps Logistics Base Albany, Ga. | March 11, 2004

Single Marine Program showcases local talent

Story and photos by
Cpl. Denyelle D. D'Aveta
Emblem Staff

The Single Marine Program held its second talent show at the Enlisted Club here, Feb. 27. More than 60 people came to enjoy the show and 13 contestants participated in the contest, including many local Albany talents as well as Marines.

Five different judges reviewed the talent. Among the various judges, Gunnery Sgt. James Freundschuh, battalion gunnery sergeant here and Gunnery Sgt. Patrick Mitnaul, web development, Systems Command.

The contestants were evaluated in five areas: quality, appearance, confidence, presentation, and personality.

The night started off with Shellie Roberts, a Darton College student, singing "Walking after midnight" originally performed by Patsy Cline.

"I was a little nervous since I was the first to perform," Roberts said. "The crowd got involved though and seemed to enjoy the performance."

Spectators enjoyed many performances through the beginning of the night, to include Jacqueline Clark's, base publications, performance of the old classic "Proud Mary." Donned in her white fringed "shimmy dress," Clark played the role and entertained the audience. After her performance, not only had the crowd given her a standing ovation, but Clark had also taken the lead with the highest scores.

Throughout the night there were guitar performances, acappella solos and a dance routine.

Cpl. Carlisha Gaines, personnel clerk, S-1, Cpl. Lakeya Blue, supply administration operations clerk, Supply Chain Management Center, and Yasheka Banks worked on their dance routine for two weeks to prepare themselves for the competition.

"It was a lot of hard work," Blue said. "In the end it paid off though and we had a great time doing it."

The dancing trio, referred to as "So Hot," was the last to perform and they stole the show with a standing ovation by the audience and the judges. They won first place and were awarded $100.

Clark finished with a very close second and she won $75.

The purpose of the event was to help raise money for the SMP which supports and coordinates activities for the single Marines on base.

"By holding this event we raised over $300 for the program," said Cpl. Dexter White, SMP vice president. "We had a packed house and everyone had a great time."

For more information about the Single Marine Program or how you can help, call Cpl. Dexter White at 639-6795.

(Left to right) Cpl. Carlisha Gaines, Cpl. Lakeya Blue, and Yasheka Banks performed their dance routine at the Single Marine Program talent show and walked away with first place and $100.

Jacqueline Clark performs the old classic "Proud Mary" at the Single Marine Program talent show held at the enlisted club here Feb. 27.

New policy for boots, Utes

Emblem Staff

With the deadline for sole authorized wear of digital combat utility military uniforms approaching quickly, many questions are being asked concerning current uniform regulations and who dictates it.

Until recently, MARADMIN 310/03 dictated that until Oct. 1, 2004 a Marine could use his or her own discretion concerning which of the three current authorized combat utility uniforms (woodland, desert digital, jungle digital) they could wear for daily use with jungle, black, or the new Marine Corps Combat Boots. With the exception of parades and ceremonies where uniformity was directed, Marines could skirt the issue of uniformity in order to allow time for adequate digital combat utility uniform procurement that will be mandatory by the fall.

Well, that has all changed.

ALMAR 004/04 has given the right to all commanders to designate what uniform Marines under their command will wear. Currently, at Marine Corps Logistics Base Albany, Marines are still entitled to wear the uniform of their choice until October, but at anytime the base commander may call for Marines to wear a specific uniform and require overall uniformity.

With this in mind, the commander advises that all Marines ensure they have the prescribed uniforms and

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MCCS puts together 'Start Your Own Business' seminar

Lance Cpl. Kevin J Ridlon
Emblem Staff

The Marine and Family Services' Career Resource Center held a "Start Your Own Business" seminar that was sponsored by the University of Georgia Business Services and Marine Corps Community Services, March 3.

This seminar was open to all Marines and civilian workers and was presented by Teresa K. Rayburn, Business Consultant, Small Business Development Center, University of Georgia.

Arriving at the seminar, each of the 24 people attending were given a 'start-up basics' packet and brochures giving them a better understanding of what the SBDC is and what each person should know before starting a business.

"My goal here today was to give everybody a better understanding of what they should know and to answer any questions they had before they pursued their own business," Rayburn said.

Rayburn talked about many different subjects that are necessary for a business owner to know, such as what is involved in owning a business, what someone needs to do before starting a business, what the necessary skills a business owner must possess are, what decisions need to be made both before and during start up and where an entrepreneur can find help.

"One of the hardest steps in starting a business is finding the right kind of help needed to start that business," Rayburn said.

"There are 22 SBDC offices located in the state of Georgia that offer seminars, workshops, one-on-one consulting, information and small business resources", Rayburn added.

The packet also had information on how to operate your business legally, build your team, finance your business and pulling it all together.

"It was informational," said Lance Cpl. Jonathan M. Bronson, Battalion S-4.

"The resources that they informed us of had good information. The speaker was honest and really put into reality how hard it is to open and maintain a small business," he concluded.

For more information on how to start up your own business or help finding someone to talk to, contact Teresa Rayburn at the Small Business Development Center at (229) 430-2966.

Lance Cpl. Kevin J. Ridlon

Teresa K. Rayburn, Business Consultant, Small Business Development Center, University of Georgia, presents information to 24 Marine and civilian personnel that attended the Start Your Own Business seminar.

Cpl. Andrew P. Roufs

Reading across America

Children here celebrate Read Across America Day at the Child Development Center, as well as Dr. Seuss' 100th Birthday. Children dressed in costumes of characters from their favorite children's book, and paraded around the CDC. The children also celebrated Dr. Seuss' birthday by eating green eggs and ham for breakfast.

New, safer LES designed

Cpl. Jennifer Brofer
Combat Correspondent

MCRD PARRIS ISLAND, S.C. — Representatives from the Federal Trade Commission reported that identity theft topped their list of complaints received in 2003 with nearly 215,000 complaints, a 33 percent increase from the previous year.

In light of this growing trend, Leave and Earning Statements for service members and DoD civilians, as well as paychecks for military retirees, eliminated a few key numbers.

Many service members probably already noticed that the Defense Finance and Accounting Service dropped the first five numbers of a person's social security number from all LESs and pay checks to guard against identity theft, which the FTC estimated affected one in eight U.S. adults in 2003.

"The changes apply to everyone," according to Bryan Hubbard, spokesman for DFAS, who added that the proposal "originated internally and will be phased in over the next couple of pay periods."

Identity theft is when someone uses your name and information, such as social security number, credit card number, or other identifying information, to commit fraud or other crimes.

Once identity thieves obtain enough personal information, they can use it to apply for loans, open up a new credit card

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Inside...

Marine wins Policeman of Year. Pg. 3

MCCS improves quality of life at MCLB. Pg. 4

Marines participate in Duathlon Pg. 5

A Few Good Words

'Turning up the radio'

LCDR Roger Richards
Command Chaplain

My wife and I travel a lot. My parents are two hours away; her parents are four hours in a different direction. Each of our grandchildren live four hours away, but in different directions. If want to visit with members of our families, it means we have to drive. Also, we have a home to which we are retiring at the end of this year and we try to get down there to check on it once each month or so. The result is that we spend a lot of time on the road.

In my truck, I have programmed in all of the local radio stations I enjoy listening to. I have also gone to the FM-2 function that allows me to save an additional six stations. Here, I have saved my favorite six stations that I listen to in my home town. This way, when I get about half way between here and my destination, I can easily switch stations to the new local area.

Sometimes, however, I will be traveling and I hear the station begin to fade out. If I really enjoy what I am listening to, I turn the radio up a little louder, trying to hang on to the old station. But the problem is not volume; it is distance. The farther I get from the source of the broadcast, the fainter the signal becomes. I still try to hear the old source, but I am just too far away. Soon, the signal is completely overpowered by other stations that are closer to me.

I have found that it is much the same way in my walk with God. As long as I stay close to God, I have an easy time listening to him. It has been my experience that when God speaks to me, it is very softly and gently. I have to listen intently and focus myself on what He is saying. As long as I stay close to God, I can hear Him speak softly because we are close. However, when I get farther away from God, it doesn't take much for other sources to make it more difficult to hear God. I can't make God's voice louder. The problem is not volume; it is distance.

Now, I realize that God is everywhere, so you may wonder how I could ever be far from Him. What we are talking about is not physical proximity, but spiritual proximity. Just as two people can be physically close without being emotionally close, we can also be spiritually separated from God. This happens because of the presence of sin in our lives. The more sin we have, the farther from God we become. We get farther and farther away when we live a lifestyle that is more reflective of a sinful life than a godly life.

As we live sinful lives, it becomes much easier to hear the sources of sin than it is to hear the source of godly direction.

The only way we can hear God speak to us again is to get closer to Him. The good part is that, while it may take a great deal of traveling time to get closer to a radio station, it only takes a moment to get closer to God.

All we need to do is to call on Him, ask Him to forgive our sins, change our direction and He does the rest. He draws us close to Him so that we can again hear His voice.

Examine your own life and ask yourself what the loudest voice is that you hear. If it is any voice other than God's get close to Him so that you can be in tune with the best voice.

COMMAND RELIGIOUS PROGRAM WORSHIP INFORMATION

Sunday School . . . . . 9 a.m.
Divine Services . . . . . .10:30 a.m.

For more information, call the Base Chapel at 639-5282. For emergencies, call the Officer of the Day at 639-5206.

Crossroads Restaurant Menu

Today
Soup of the Day
Express Lunch
Southern fried chicken
Homemade meatloaf
Macaroni & cheese
Southern style greens
Corn nuggets
Cornbread
Vernon's cream cheese pound cake
Salad bar

Friday
Soup of the Day
Express Lunch
Baked & fried whiting
Chicken pot pie
Mashed potatoes
Collard greens
Buttered corn
Cornbread muffins
Salad bar

Monday
Soup of the Day
Express Lunch
Fried chicken
Sauteed cube steak w/gravy
Steamed rice
Fried cabbage
Southern green beans
Rolls & butter
Salad bar

Tuesday
Soup of the Day
Express Lunch
Sesame chicken wings
Baked meatloaf
Mashed potatoes
Fried rice
Stir fried vegetables
Rolls & butter
Salad bar

Wednesday
St. Patrick's Day Lunch
Soup of the Day
Express Lunch
Baked potato soup
Corned beef & cabbage
Shepherd's pie
Parsley potatoes
Green beans
Yeast rolls & butter
Peppermint pattie cupcakes
Salad bar

Lunch Buffet & Lunch Buffet Takeout — $5.95
Soup & Salad and Soup & Salad Takeout — $3.95
(add dessert $4.95)
Express Lunch — $3.95

Hours of Operation — Mon. - Fri., 11 a.m. - 1 p.m.

Weighing merits of high, low carbs

Lindsay Opie

Low-Carb, High-Protein diets have swept the country, and it continually amazes me to see the number of people jumping onto this wagon for a quick fix to weight loss.

Whatever happened to eating a healthy diet based on the Food Guide Pyramid and a good dose of daily exercise?

It seems as though people will do anything to avoid a behavior change that allows them to breathe some fresh air, let the wind blow in their hair, or work up a healthy sweat over their brow. And is it not ironic that it is what most people dream about while sitting in their office cubicle, continually looking for the easy way out?

I guess it should not be surprising though, as people are always scheming for ways to "get rich quick," so why are these fad diets any different? But do we not all know that this type of ploy has a catch?

The same goes for fad diets, and I'll tell you why. But, first I want to tell you why these diets work.

In the beginning, low-carb diets do work. By limiting the foods you eat, you limit the calories you take in. Almost immediately the body goes into a state of ketosis whereby it burns its own fat for fuel.

A person in ketosis is getting energy from ketones, which are tiny carbon fragments that are the fuel created by the breakdown of fat stores.

These little evils can cause organs to fail and result in gout, kidney stones and/or failure.

When in ketosis, your body will feel less hungry, and you're likely to eat less. A build up of ketones can also cause nausea and bad breath.

Your body then turns into a fat burning machine, instead of a carbohydrate hemi burning engine like it should, thus giving you the result you desire — weight loss.

It works, but at a high cost, so let's get down to the nitty gritty.

First of all, the main source of energy for the brain and muscles is glucose (sugar).

Carbohydrates are the main source of energy for the body and when you cut out the carbs, you cut out sugar/energy for your most vital organ — the brain. The side effects are irritability, lightheadedness, and fatigue.

Once your body figures out that you are not going to give it glucose from carbs, the liver will go to great lengths to supply glucose from alternate sources, such as muscles, leaving them depleted and malnourished.

But, with the excess protein you acquire from diets such as the Atkin's or South Beach Diet…one would think you would have plenty of protein to go around, right? Not exactly.

Your body and kidneys can only filter so much protein before it is eliminated through your urine. Which brings me to my second point, kidney problems.

Our kidneys are not like a softball glove. They don't get broken in or better with more use; they tend to wear down like brake pads on a car.

Consuming too much protein puts a strain on the kidneys, which can make a person susceptible to kidney disease.

High protein diets have also been shown to cause people to excrete more calcium than normal through their urine. Over a prolonged period of time, this can increase a person's risk for osteoporosis and kidney stones.

It's unfortunate that calcium ions get involved because the target audience for these diets is primarily females who are at an age where calcium leaches out of their system, because they do not acquire adequate daily calcium intakes.

Again I ask, why would someone set himself or herself up for a quick fix now, when later on in life they will pay for it with a fragile skeleton? Let's be a little conscious about what our bodies look like on the inside, instead of thinking about what we look like on the outside for once.

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Cpl. Isaac Pacheco

A sea of 'Vees'

Thousands of damaged and scrap humvees tell silent stories of heroic deeds and battles past as they wait patiently along warehouse row to be reserviced, and, sent once again into the heart of darkness.

Leave donations requests for employee emergencies

The Annual Leave Transfer Program may be used by employees to request to become annual leave recipients if they or a member of their family suffers a medical emergency. To donate annual leave submit an Optical Form 630-A.

• **Carl Simpson**, an employee of Fleet Support Division, needs leave donations for surgery. Call Cheryl Honeck at 639-5835.

• **Daniel A. Wentzell Jr.,** an employee of Maintenance Center Albany, needs leave donations for illness. Call Veronica Ferros at 639-5379 for further details.

• **Edgar Cole**, an employee of Maintenance Center Albany, needs leave donations for surgery. Call Brenda Brandt at 639-6308.

• **Gerald Wells**, an employee of the Supply Chain Management Center, needs leave donations for an illness. Call Georgia Olson at 639-6534.

• **Beryl W. Brown,** an employee of Fleet Support Division, needs leave donations for recuperation from auto accident. Call Sherrie Kuck at 639-5881.

• **Kimberly Vidal**, an employee of Logistics Operations, needs leave donations due to illness. Call Barbara Akers at 639-5565.

• **Karel Giese**, an employee of the Business Performance Office, needs leave donations for illness. Call Karen Phillips at 639-7161.

• **Robert A. Dickerson**, an employee of Maintenance Center Albany, needs leave donations due to illness. Call Thomas Newton at 639-6348.

• **Tracy Jo Singletary**, an employee of SCMC, needs leave donations to care for family member. Call Zelda M. Collier at 639-5748.

• **Ruth J. Bailey**, an employee of Installation and Logistics Division, needs leave donations for surgery. Call Diane McCall at 639-5652.

• **Dottie A. Tucker**, an employee of SCMC, needs leave donations to care for family member. Call Jeanette Bell at 639-8213.

• **Jerome W. Vick**, an employee of Maintenance Center Albany, needs leave donations for surgery. Call Mack Prater at 639-5796.

• **Kenneth E. Shiver**, an employee of Maintenance Center Albany, needs leave donations to care for family member. Call Jimmy Shiver at 639-5375.

• **Frank Laster**, an employee of Fleet Support Division, needs leave donations for recuperation. Call Sherry Kuck at 639-5881.

• **Sandra P. Ellerson**, an employee of the Resource Management Division, needs leave donations due to illness. Call Sandy Rickett at 639-7013.

• **Reid E. Merritt**, an employee of Maintenance Center Albany, needs leave donations to care for family member. Call Brenda Brandt at 639-6308.

• **Linda D. Scott**, an employee of SCMC, needs leave donations for recuperation. Contact Mary Beth Parsons at 639-8200.

• **Cynthia A. Howard**, an employee of Marine Corps Systems Command, needs leave donations for recuperation from surgery. Call Ron Howard at 639-7355.

• **Glenda S. Lanier**, an employee of Fleet Support Division, needs leave donations for care of family member. Call Sherrie Kuck at 639-5881.

• **George R. Batchelder**, an employee of Risk Management Branch, needs leave donations for care of family member. Call Merrill Dickinson at 639-5249.

• **Nancy H. Bitwinick**, an employee of C-4, needs leave donations for recuperation from surgery. Call Valerie Byrd at 639-6661.

To become a leave recipient, an employee must submit a copy of Optional Form 630. For more information on the program, call 639-5228.

Base Theater Schedule

Friday - Mar.12
7 p.m. -- ***Cold Mountain,*** rated R — Nicole Kidman, Renee Zellweger, Eileen Atkins, Brendan Gleeson

Saturday - Mar.13
7 p.m. -- ***Win A Date With Tad Hamilton,*** rated PG13 — Kate Bosworth, Josh Duhamel, Topher Grace, Gary Cole

Wednesday - Mar. 17
7 p.m. -- ***The Big Bounce,*** rated PG13 — Owen Wilson, Morgan Freeman, Sara Foster, Gary Sinise, Bebe Neuwirth

Free Admission

Hot Dog	$ .75	Large soda	$1.00
Sausage	$1.00	Small soda	$ .75
Nachos	$1.00	Large popcorn	$1.50
Candy	$ .50	Med. popcorn	$1.00
Slim Jims	$ .75	Small popcorn	$ .75

Community Briefs

— ITT's Sixth Annual Travel and Recreation Trade Show will be Mar. 11, 10:30 a.m. - 1 p.m. in Thomason Gym. Admission is free and there are great door prizes. For more information, call 639-8177.

— The 2004 OSC Scholarship Auction will be Mar. 27 in the MCLB Conference Center. Social hour and registration will be 6 p.m. - 9 p.m. The silent auction begins at 7 p.m. There will be gift certificates and many other items at the auction. The Marine Party Band will perform.

For more information, call Anita Underwood at 903-9063 or Gina Lazar at 446-4394.

— The Child Development Center will offer 40 spaces in the 2004-2005 Georgia Lottery funded Pre-K program.

The program is open to 4-year olds of active duty military, retired military and DoD civilian employees.

Children must be 4-years old on or before September 1, 2004.

Pre-K hours are 8 a.m. - 2:30 p.m. before and after school care is available.

For more information, call Alison Fujimoto at 639-7930.

The Emblem

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Commanding Officer, Marine Corps Logistics Base Albany.....Col. Joseph R. Wingard
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Published by The Albany Herald Publishing Company, a firm in no way connected with the Department of Defense or the United States Marine Corps under exclusive written contract with Marine Corps Logistics Base Albany, Ga.

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Editorial content (i.e., all content other than paid advertisements) is edited, prepared and provided by the Public Affairs Office of Marine Corps Logistics Base Albany, Ga.

Albany Marine Band receives augmentation training

CPL. DENYELLE D. D'AVETA
EMBLEM STAFF

Albany Marine Band members recently took part in military police augmentation training here Jan. 21 - Feb. 17.

During this long period of training Staff Sgt. Keith Connor, training staff noncommissioned officer, Provost Marshal's Office, instructed 32 sergeants and below in the same training that military police personnel undergo.

Throughout a period of almost four weeks, the band members were educated on deadly force and the proper use of it, pressure point control tactics, defense tactics, handcuffing and a heart saver course taught by Branch Medical Clinic personnel. They also were required to qualify with a 9mm pistol and be sprayed with pepper spray.

"Because of readiness, we augment Marines from the band," Connor said. "If the threatcon level is raised we will have an increased number of personnel to carry out the duties that are entailed with that level of force protection."

This method of readiness is not new to MCLB Albany or the Marine Corps. At many Marine Corps installations the bands serve as augmenters to PMO should the occasion arise that more military police are needed.

"The band has one of the largest number of Marines here," Connor said. "By training the band it allows other Marines on the base to continue to perform their duties during any situation that may arise."

In response to the events on Sept. 11, 2001, members from the band stood guard duty with military policemen here. This is one example of how they work hand in hand in a higher threatcon level.

While the band members have taken the necessary training, they will still stand the gates with military police to provide assistance.

The band members were not only tested on deadly force and the uses of it and giving cardio pulmonary resuscitation.

On the last day of their training, they also had to be sprayed with pepper spray.

"For the band members to be certified with the pepper spray, they have to be sprayed with it," Connor said. "We do this so that they know how it feels to be sprayed and they know what amount is necessary to affect someone."

Although sergeants and below were the only members from the band that were taking the training, their staff NCOs decided to do the pepper spray training with them.

"We discussed it and decided we should take part in this with them," said Staff Sgt. Jack Davis, enlisted conductor, Albany Marine Band.

Being sprayed was not the end though. After being sprayed they had to rotate through several stations and perform certain tasks such as upper body strikes, blocking, knee strikes and threat assessment.

"Going through the stations after being sprayed was one of the hardest parts," said Sgt. Douglas Groff, musician. "It was difficult to see, let alone having to perform certain tasks."

Over all the training was a success with the band members concluding their training Feb. 17.

"The band has been very supportive in assisting PMO, even though they had some other commitments," Connor said.

The band performed four shows while taking the course, including one the morning after being sprayed.

"It was difficult because the next morning some us still suffered the effects of the pepper spray," Davis said. "That made it a little more challenging than usual."

Besides being sprayed with pepper spray, many of the band members enjoyed all phases of the training.

"Learning to handcuff people was the best part for me," said Cpl. Sarah Walbring, musician.

"I learned a lot and had the opportunity to do something I may never have got the opportunity to do. It's something different from playing music everyday," she concluded.

CPL. ANN PRATT

Gunnery Sgt. James Freundschuh (right), battalion gunnery sergeant, sprays Cpl. Anthony Dangler, Albany Marine Band musician, with pepper spray during augmentation training.

Albany Marine receives 'Policeman of the Year' recognition

COURTESY PHOTO

(Second from right) Sgt. Kyle Holdmann, Provost Marshal Office, K-9 unit, receives the Police Officer of the Year honor along with five other Police Officers Jan. 13 at the Exchange Club of Albany for his work on the Marine Corps Logistics Base.

LANCE CPL. KEVIN J. RIDLON
EMBLEM STAFF

Sgt. Kyle Holdmann, K-9 unit, Provost Marshal's Office, received an award from the Exchange Club of Albany for being one of the area's Police Officers of the Year.

On Jan. 13, Holdmann was invited to the Exchange Club for a banquet and to be honored for the work he has accomplished being a police officer.

"Every year we take great pride in honoring a law enforcement officer of the year from each of our local law enforcement agencies," said H. Forrest Russell III, Probation Officer, State of Georgia Albany Probation Office.

Russell went on to say that each year officers are honored from the Albany Police Department, Dougherty County Police Department, Dougherty County Sheriff's Department, Georgia Department of Natural Resources, Law Enforcement Division, Georgia State Patrol and the United States Marine Corps Provost Marshal's Office.

"I was picked for the Police Officer of the Year Award after going through a board," Holdmann said. " I went up against many other people for this honor."

This ceremony is held every year on the second Friday in February at the Exchange Club of Albany's clubhouse, which is located at the Southwest Georgia Fairgrounds.

Each of the winners receives a plaque honoring them as the years Exchange Club of Albany's law enforcement officer of the year and a check for fifty dollars.

"Law enforcement officers provide a great service to this community with too few rewards," Russell said. "Their hard work and sacrifice goes greatly unnoticed."

Russell added that it is our honor to be able to present this award every year to these men and women, tell them how much we appreciate them and to thank them for making our community a safer place.

"It is nice to get this honor," Holdmann said. "I am just doing my job. I enjoy doing what I do."

Division's immediate aim is more humvee flexibility, power

LANCE CPL. SAMUEL PALMER
COMBAT CORRESPONDENT

MCB CAMP PENDLETON, Calif. — Heavily armed humvees are in the Marine Corps' future — but will they come soon enough to help Marines in Operation Iraqi Freedom?

If Maj. Gregory G. Frich has his way, they will.

"Our intent is to make this mount available for OIF II as soon as possible," Frich, 1st Marine Division's ordnance officer, said about a prototype mount that allows attachment of several crew-served machine guns on vehicle doors.

The idea for the mount was spawned during Operation Iraqi Freedom, when Marines riding through Iraqi towns in humvees at times ran gauntlets of rifle, machinegun and rocket-propelled-grenade fire. Sometimes the enemy fire came against soft-back humvees with no mounted weapons.

"This has the potential to change the way (Marines) conduct themselves while under enemy fire in a convoy," said Cpl. David R. Conwan, a machinegun instructor for 1st Marine Division Schools. "It allows Marines to maneuver during any hasty situations that they might find themselves in a humvee."

"It has potential not only to return rounds but also to deter enemy fire to convoys," added Sgt. Joel D. Ramsey, another machine-gun instructor.

The division has been testing the mount for the past month. Testing didn't go smoothly at first; machinegun instructors rejected the first two prototypes before the third passed a series of field tests.

"The first model that we tested was awkward to shoot with, so we made suggestions to make it easier for use, and within a week, we had a new one to test," Ramsey said.

The mount includes two components that can be installed and removed within a matter of seconds, Ramsey said. The main element has two 1-foot-long metal arms with a cradle that holds the machine guns and ammunition.

There's a bar so the mount can slide along the vehicle. The third component, the door adapter, is attached to the humvee but unnoticeable.

"The machinist has been cooperative with our suggestions. He takes what we have to say, then he brings it back to us improved and in a timely fashion," Conwan said.

Mass production can begin as soon as the mounts are approved, Frich said. The approval process for new items is complex and could delay installation of the mounts on vehicles in Iraq, Frich said.

Approval could take anywhere from three weeks to three years, he said.

"It's difficult to determine how long it can take," he said. "There are so many considerations for final acquisitions approval."

LANCE CPL. SAMUEL PALMER

Cpl. David R. Cowan, machine gun instructor, 1st Marine Division Schools, fires an M-240G mounted to a humvee. The mount underwent three modifications before the instructors were satisfied with the results.

LANCE CPL. GIOVANNI LOBELLO

Andy Nguyen, a paintball player with MACS-4, leans out of concealment with the intent to "beam" the enemy with a plastic covered paintball. The paintball moves at approximately 220 feet per second but breaks on impact to prevent injury.

PMO blasts competitors in annual paintball competition

LANCE CPL. GIOVANNI LOBELLO
COMBAT CORRESPONDENT

MCAS IWAKUNI, Japan — Singing cadence in a formation run throughout the Station is a common scenario for physical training here.

But now, is PT limited to a three-mile run, crunches and traditional pull-ups.

That was the case for the six teams who participated in the annual Unit PT Paintball Challenge.

Twelve teams stepped out onto the paintball field with one thing in mind-beating the rest of the opponents and becoming paintball challenge champions of the year.

Only one team's goal was met as, the Provost Marshal's Office was crowned this years Paintball Challenge champion.

The competition consisted of eight-man teams. Safety was a key concern for players as masks were issued, paintball markers and ammunition.

To some paintball enthusiasts this was just another chance to relieve mounted stress built up from the everyday bump and grind.

"This is a nice and safe way to take out a little aggression while having fun at the same time," said David Haess, Naval Mobile Construction Battalion Squadron player.

The Station Paintball Range, though small in size, still provides an accurate account for a typical paintball session.

"I have played before and this field is very nice for the number of people on the field and the available running space," Heiss said.

Heiss described the scenario before being eliminated, preventing him to help the rest of his team abolish the opposing team.

"I crossed the benjo ditch and hid behind a wall of logs. Then I leaned out and as I did that, I got lit up with paintballs," he added.

For players, safety goggles here provided to the players preventing any injuries from the oil based paintballs.

Weapons firing at 220 feet per second are available adding another safety feature to the paintball experience.

"A weapon with capabilities above 300 feet per second or higher can be harmful to those participating," Payton said.

MCLB gets new Pin City Bowling Food, Fun Center

CPL. DENYELLE D. D'AVETA
EMBLEM STAFF

Marine Corps Community Service recently closed the bowling alley here for renovations that will change not only the bowling alley, but also the Enlisted Club to a new and improved entertainment center named "Pin City Bowling Food and Fun Center."

For over half a year, MCCS has been purchasing new equipment to make this change happen.

"We wanted to have a place that not only the Marines could come, but also their families," said Kent Morrison, MCCS Director here. "Many additions are being made to accommodate the Marines and their families."

The directors at MCCS have done much research to find out how they can service Marines here the best by surveying and visiting other Marine Corps installations and listening to the Marines here to get their ideas.

"We are expanding to a new market and a new generation," Morrison said. "And we managed to do this using many of our local resources."

There are many aspects of the renovation to this 30 year-old facility. The first is the bowling alley itself. New equipment has been purchased to accommodate the ever-popular "cosmic bowling," including a new sound system and glow-in-the-dark accessories.

MCCS is also providing more activities than just bowling.

"Before, if you wanted to bowl and there were no available lanes you had nothing to keep you," Morrison said. "We are adding things like pool tables and air hockey for that reason."

In addition to the pool tables and air hockey, a basketball game and four televisions are being installed. One of those Televisions will be used for an Xbox station. The station will include four controllers and games. All of these activities, excluding bowling and the snack bar, are provided at no cost to the Marines or their families.

"We want the Marines and their families to have a place to come and eat or just have a night out," Morrison said. "With these additions it will be a place for the whole family. There are a lot of things tied into this. It's not just a bowling alley anymore. "

Renovations also include a new snack bar that will be open six nights a week. The menu will include items such as chicken finger baskets, hamburgers, pizza and shrimp baskets. The snack bar will be open Tues. through Fri. for lunch between 11:30 a.m., and 1:30 p.m. and dinner between 4 and 9 p.m., Sat. noon to 11:30 p.m., and Sun. noon to 7:30 p.m.

"We realize that the places on base to eat are somewhat limited," Morrison said. "With the snack bar Marines can get something to eat and play pool or just watch sports without leaving base."

Morrison and Richard French, MCCS deputy director here, are confident that this will be a better way to help improve Marines quality of life.

"This is all for the Marines here," French said. "We are here because of them and we really are looking for ways to help improve their quality of life. I think this will be a good addition to the base."

The unveiling of the new facility is scheduled for March

DeCA implements new check policy

CPL. JENNIFER BROFER
COMBAT CORRESPONDENT

MCRD PARRIS ISLAND, S.C. — Shoppers who write bad checks at the commissary may soon see money deducted from their bank accounts on payday.

The Defense Commissary Agency recently implemented a policy for collecting money owed on customers'returned checks.

Before the new policy, commissary officials had to make two attempts to collect the money through an individual's bank, a process that involved a lot of time and paperwork.

With the new policy, however, commissaries will no longer have to wait up to two months to recover funds from a bounced check. The commissary will send the check to the bank once. If that fails, the money owed will be deducted from the customer's bank account on military paydays through a collection agency called Solutran, according to Gerri Young, a DeCAspokeswoman

If no money is available in the account on payday, the request for money will be sent to the Defense Finance and Accounting Service to retrieve the money owed from the service member through their chain of command.

According to a DeCA press release, five commissaries in the United States have been test locations, and more will soon be added, eventually bringing the entire system under the process.

Although the new policy has not yet been implemented in all commissaries, employees are looking forward to the change because it will cut down on the number of bad checks, as well as the time-consuming paperwork that goes with retrieving funds.

"I think it will be a good policy to deter a lot of returned checks because it's a slap on the wrist for some people, but it's not something taken real seriously," said Linda Cleveland, lead sales store checker for the Depot Commissary.

Gibb said the number of returned checks is not as big of a problem as it used to be, now that processing a check takes a lot less time than before. A process that used to take 7-10 days now only takes one to two days.

So, shoppers who think they can write a bad check and get by because the check will not clear until after payday can think again.

Whether a bounced check is deliberate or not, the new policy will ensure that every dollar owed, whether $2 or $200, is paid in full.

Honor American Soldiers

Trees of Courage

Keep Albany-Dougherty Beautiful

Trees of Courage is a community tribute that will honor each fallen US soldier in the Iraq Conflict. On March 20th, Keep Albany-Dougherty Beautiful volunteers will plant over 600 trees along Westover from Applebees to Old Pretoria Road.

We need volunteers to plant these trees!

If you are interested in making a donation, sponsoring a tree, or volunteering, contact KADB at 430-5257.

The first 500 volunteers that register will receive a Trees of Courage t-shirt.

PHOTOS BY: LANCE CPL. KEVIN J. RIDLON

Georgia vets hold Duathlon

Nine Marines from MCLB Albany competed in the Georgia Veterans Duathlon at Lake Blackshear Mar. 6. The Duathlon consisted of a 3.1 mile run (above right, 13.6 mile biking event (above left) and finished with another 3.1 mile run. The nine Marines who competed were, (front row, left to right) Thomas G. Meredith, Nathan Opie and his wife Lindsay, Kimberly Verhegge, Patrick P. Zierke and Joseph D. Bobb. (Back row, left to right) J. David Raymond, D.D. White, Joseph C. Carter, and James A. Carter,

Civilian leadership training

Title: Problem Solving
Date: Mar. 23, 8:30 a.m. - 4 p.m. in the Training Classroom at HRO

Course Description — Problem Solving is one of the Civilian Leadership Development (CLD) foundation competencies. Participants in this one-day workshop will learn how to recognize and define problems; analyze relevant information; encourage alternative solutions and plan to solve problems. Also, participants will be taught how to rationally confront problems and systematically resolve crises. The decision-making method participants learn emphasizes breaking down problem situations into component parts that can be dealt with individually. Through exercises and case studies, participants practice both individual and group problem-solving techniques.

Course objectives — For participants to learn a step-by-step problem-solving method; acquire skills in group problem solving; use decision making tools; discover the common problem-solving pitfalls and problem solving one step at a time

The goal of the Marine Corps in CLD is to enhance the leadership skills and competencies of civilian employees. CLD is based on developing designated leadership competencies through a variety of activities, not on completing specific courses. All employees (civilian, wage grade and non-appropriated fund) will have an opportunity to participate in the CLD program.

Title: Customer Orientation
Date: Mar. 25, 8:30 a.m. - 4 p.m. in the Training Classroom at HRO

Course Description — Customer Orientation is one of the Civilian Leadership Development (CLD) foundation competencies. This one-day workshop gives participants customer service knowledge and the skills needed to communicate professionally and enhance customer relationships. Customer service excellence requires a customer-focused culture and customer-friendly systems. Customer service also requires unrelenting efforts toward continuous improvement.

Course Objectives — For participants to expand their definition of customer service; reconsider who their customers are (internally and externally); use and value customer service feedback and develop a customer friendly attitude.

The goal of the Marine Corps and CLD is to enhance the leadership skills and competencies of civilian employees. CLD is based on developing designated leadership competencies through a variety of activities, not on completing specific courses. All employees (civilian, wage grade and non-appropriated fund) will have an opportunity to participate in the CLD program.

There are 30 seats available for each course. Interested employees, with supervisor's approval, should contact their training coordinator and the Strategic Development Division at 639-5297 to reserve a seat. Employees with special needs nominated for this training should notify the Strategic Development Division.

Asian-American book now ready

STAFF SGT. MARC AYERS
COMBAT CORRESPONDENT

WASHINGTON, D.C. — The Marine Corps Recruiting Command shared the stage with prominent members of the Asian and Pacific Islander community March 1, during a historic reception held at the Library of Congress to launch the first Asian American Yearbook.

More than 250 representatives from government agencies, private sector businesses, members of the armed forces and Congress gathered to promote the inaugural edition of the yearbook, which is primarily an information, re-source and referral guide about Asians and Pacific Islanders. The publication is part of a series of yearbooks created by the TIYM Publishing Company that highlights resources for the Hispanic, African American and now the Asian and Pacific Islander communities.

According to the yearbook's editor, Angela E. Zavala, as diversity in America continues to grow, there exists a need for a reference guide to inform and unite minority communities. Asians and Paci-fic Islanders are vast and diverse in origin, yet unified in the United States and it is this unity that TIYM is trying to capture in the Asian American Yearbook.

The Marine Corps Recruiting Command partnered with TIYM Publishing and other organizations as a means of increasing the public's awareness of diversity in the Marine Corps. A seven-page color insert highlights the contributions of Asians and Pacific Islanders in the Marine Corps. Marine representative, Colonel Rose Marie Favors, the Staff Judge Advocate for Marine Corps Base, Quantico, Va., who is of Japanese descent, was the keynote speaker for the event. She was honored to be a part of the introduction of the yearbook to the public and conveyed several important messages regarding Asians and Pacific Islanders serving in the Marine Corps.

"With approximately 5,000 Asians and Pacific Islanders in the Marine Corps, Asian Americans play an important role not only in our country's economic and cultural development, but also in our security and safety," Favors said. "I believe the Marine Corps awakens in the young Asian American important personal and cultural attributes — honor, courage, commitment, loyalty, discipline and respect. In our heritage as Asian Americans, the Marine Corps wakens those traits and reinforces what our mother's and father's taught us as children."

During the ceremony, Virginia Congressman Robert C. Scott (D), whose grandfather was of Filipino descent, thanked TIYM for their efforts and reemphasized the importance of the yearbook for everyone to use.

The yearbook will be distributed each year to federal and state employment offices, various private sector employment and minority business contacts, U. S. Armed Forces recruiting stations, high schools, colleges, libraries and U. S. Embassies and Consulates in major Asian Countries.

Carbs From Page 1

My third point is to let you know why these diets work, but will inevitably fail you.

The loss of water and muscle means your weight drops. But this kind of weight loss is temporary.

Long-term weight control involves losing fat and maintaining your muscles, because muscle burns calories. Furthermore, this temporary weight loss is achieved at a high cost.

Low-carb, high protein diets can lead to irritability, lightheadedness, bad breath, constipation, dehydration and kidney problems. Those are the short-term effects.

The longterm effects are even more dire. Low-carb, high protein diets call for limiting just those foods that contain the antioxidants and phytochemicals that fight cancer and other chronic diseases.

At the same time, they encourage taking a second helping of foods laden with the kind of fat that promotes disease. Such a diet goes against the advice of all health authorities.

When you pass up carbohydrates and load up on protein and fats, you increase your risk for heart disease, stroke and cancer among other illnesses.

So, before you order a burger with no bun, an artery clogging 10-oz. juicy steak with no potato, or deny yourself delicious fresh fruit, I hope you will remember this article, and the long-term side effects you may cause.

Experts have repeatedly said that to lose weight you must make a lifestyle change.

This means eating a diet that includes grains, fruit, vegetables, dairy, and meats in the recommended portion sizes combined with regular exercise.

No doctor will ever reject that prescription.

Come on people, stop playing follow the leader with these high protein, low-carb diets, take a stand and get the word out about "Mad Carb Disease."

Policy From Page 1

not wait until the last minute. Specifically, anticipation of upcoming summer change-of-command ceremonies will mandate the wear of green digital combat utilities with the new MCCBs. New "cammies" are available at the Marine Corps Exchange on base, or can be ordered by calling 1-800-368-4088.

For more information regarding messages relating to uniforms, ordering uniforms, or uniform regulations visit *www.marcorsyscom.usmc.mil/sites/mcub/*.

LES From Page 2

account, establish a phone or wireless service, or even open a bank account and write bad checks, leaving victims with marred credit that can take years to resolve.

Researchers determined that identity theft is a growing crime, with a significant increase in cases reported during the past three years.

"Identity theft is more widespread and pernicious than previously realized," said Betsy Broder, assistant director of Planning and Information for the FTC.

As a result, FTC representatives said they will continue to remain vigilant in protecting consumers from identity theft by collecting complaints and providing victim assistance throughout their Web site located on the Web at *www.consumer.gov/idtheft*.

"It's a battle trying to keep up with the people who want to break into your personal information system," added Bill Knepp, manager for Navy Federal Credit Union aboard the Depot.

Knepp said NFCU has taken similar steps by dropping the first 12 numbers of a person's card number off all transaction receipts. The Social Security Administration has also begun taking steps to prevent identity theft by removing the first five numbers of a person's social security number from the millions of checks it issues.

Anyone who suspects that someone else is using their social security number should report the problem to the Social Security Administration by calling their fraud hotline at 1-800-269-0271, or by logging on to their Web site at *www.socialsecurity.gov*.