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MAGAZINE OF THE MARINES

Leatherneck

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Edited by Clare A. Guerrero

Command Hosts Festival To Thank Military Families

Naval Support Activity Bethesda (NSAB), Md., hosted the Celebrating Military Families Festival, Nov. 5, 2011, during Military Family Appreciation Month, which was sponsored, in part, by Operation Homefront.

To kick off Military Family Appreciation Month, two cake-cutting ceremonies were held Nov. 1—one at the Wounded Warrior Barracks, and the other at the outpatient building at the Walter Reed National Military Medical Center in Bethesda.

During the ceremony that took place in the Wounded Warrior Barracks, Navy Captain Frederick "Fritz" Kass, NSAB's commander, thanked military families for their support of military personnel. "Every month is military family month," Kass said. "None of us would be here without our military family. I start talking about my family and my voice gets a little funny because I wouldn't be anything without them."

The weekend's festival, made possible by a number of the command's staff and



Capt Lucas Frokjer, flight line officer with Marine Heavy Helicopter Squadron 463, reunites with his family at Marine Corps Base Hawaii, Sept. 17, 2011, after returning from a seven-month deployment.

organizations, featured a variety of activities, food, and information tables displaying available resources for families, said

Daniel Dunham, school liaison officer with the Fleet and Family Support Center at NSAB.

Food baskets for military families also were offered by the naval support activity. According to Chief Sarmaine Johnson, the command senior enlisted leader at NSAB, all staff members were encouraged to donate nonperishable food for the baskets. "A Thanksgiving meal is very expensive, and it's outside your daily budget," said Johnson. "The command doesn't want any family member or child to be left behind."

The naval support activity also assists military families throughout the year. Among the many services available on base are lodging, housing referral services and child care. The Fleet and Family Support Center also provides programs for military personnel and their loved ones, such as transition and employment services, deployment and relocation support, financial counseling, family advocacy as well as discounted rates on recreational activities, travel, entertainment and tours.

Sarah Fortney
PAO, Walter Reed NMMC, Bethesda, Md.

Whole Health Scholarship Program Open to All Military Spouses

The National Institute of Whole Health (NIWH), pioneers of whole health education and whole person health care, has opened up its scholarship program to all military spouses.

Originally, only MyCAA-eligible spouses could qualify for the scholarship, but the program has expanded to accommodate an increased need for educational opportunities.

"The original intention behind the scholarship program was to assist in providing demystified whole health information for the people who need it most. Given the response we've had over the past months, it is clear to us that this need exists for a much wider military spouse audience," said Dr. Georgianna Donadio, program director for NIWH.

The \$1,250 scholarship can be used toward the following NIWH certification programs: the Whole Health Educator, Whole Health for Nurses, Whole Health Nutrition Educator and Whole Health Coaching certifications. For health, allied health and education professionals, the pro-



CMC SALUTES SOUSA—The Commandant of the Marine Corps, Gen James F. Amos, slips into formation with "The President's Own" United States Marine Band, before the start of the John Philip Sousa wreath-laying ceremony that commemorated the birth of the famous American composer at his gravesite at Congressional Cemetery, Washington, D.C., Nov. 6, 2011. According to band members, the Commandant addressed them with a jovial "Good morning, Marines!" and joked that he was hiding from his wife and the Sergeant Major.

Proud graduates of an NIWH certification program display their diplomas at the Harvard Medical School Conference Center, Nov. 21, 2009. The NIWH has expanded its Military Spouse Scholarship Program eligibility.



COURTESY OF NIWH

grams enable military spouses to enrich their existing education with knowledge of “The Whole Picture of Health” for career advancement. Spouses are able to train to care for the whole person, addressing not just the physical aspect of health, but also the emotional, nutritional, environmental and spiritual aspects.

Individuals who would like more information, or are interested in enrolling, can do so by calling (888) 354-HEAL (4325), or visiting www.niwh.org.

Carol Arnold
National Institute of Whole Health

Purple Heart Marine Receives Makeover During MCX Grand Opening

Marine Corps Community Services (MCCS) celebrated the grand opening of a remodeled Marine Corps Exchange at Marine Corps Base Camp Lejeune, N.C., Nov. 2, 2011.

As part of the celebration, the MCCS staff and II Marine Expeditionary Force representatives selected wounded warriors for a total makeover. “We wanted to do something different in conjunction with the grand opening of the MCX,” said Yolanda M. Mayo, the community relations and operations specialist for MCCS. “So we decided to incorporate Purple Heart recipients.”

During the event, designers from ISSAY (a luxury women’s clothing company in Los Angeles) assisted with the makeover.

“As we know, it’s [Marine Corps] Ball season, and we wanted them to have something unique to wear for the celebrations,” Mayo said.

One of the Marines who received the makeover was Lance Corporal Danielle N. Pothoof, a motor transport operator with Second Marine Logistics Group.

Pothoof was wounded and awarded the Purple Heart after her Mine Resistant Ambush Protected vehicle ran over an improvised explosive device while she was supporting International Security Assistance Force operations in Afghanistan during February 2011.

“This was really exciting, because this is a whole side of me that doesn’t ever come out,” Pothoof said. “I am usually in my [physical training uniform] or Marine Corps uniform with my hair up, nothing special.

“I feel like a whole new person. ... [I]t makes me feel really good, and I thank them for that.”

Cpl Bruno J. Bego
Combat Correspondent, 2d MLG



CPL BRUNO J. BEGO

LCpl Danielle N. Pothoof, a motor T operator with 2d MLG, stands next to her “before” photo after receiving a makeover Nov. 2, 2011, at MCB Camp Lejeune, N.C.