October 9, 2009
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Hawaii Marine

GUNNIN'



"It's good to have people show us how to use it so when we are instructing we will be able to best utilize the system," said Cpl. Hillary Dalson, Assault Amphibious Vehicle operator, AAV platoon, Combat Assault Company. Dalson is training to take the place of the current turret trainer.

AAV platoon instructs new NCOs as turret trainers

Lance Cpl. Colby W. Brown
Combat Correspondent

Assault Amphibious Vehicle platoon, Combat Assault Company, 3rd Marine Regiment, is in the process of training new instructors for the AAV Turret Trainer, as the proverbial baton is passed.

This week, Marines from AAV platoon learned the ins and outs of the system and how to run different scenarios and programs while instructing.

The future instructors were on the opposite side of the turret, viewing the trainer as a grader and teacher instead of as a student.

"We're training these Marines to take the place of the present turret trainer [Non Commissioned Officers]," said Cpl. Nathan Rogers, turret trainer NCO, AAV platoon, CAC, 3rd Marines. "They will know how to implement scenarios in the program including numerous targets, ambushes, mines, adverse terrain and set up lines of departure — basically, anything you can think of, we can do it here."

The future instructors went through classes studying the AAVTT, which is an Indoor Simulated Marksmanship Trainer.

"We are instructing the instructors on how to use the trainer and make the most effective use of the program," said Fred Bonilla, program manager, SVT Simulation.

Bonilla and his colleagues are going to multiple Marine Corps bases to update the systems and install thermal sites on the AAVTT.

They continually make trips from Marine Corps Base Japan to MCB Camp Lejuene updating the AAVTT and different ISMT systems Marines use every day to become more efficient warriors.

"The system gives units, especially units with limits on rounds, an alternative to live firing," Bonilla said. "The simulator maximizes the time spent training and makes Marines who train with it that much more efficient with the real thing."

They learned how the M2 .50 Caliber machine gun and MK 40-mm machine gun, MOD 3, are used in the AAVTT.

They were also taught how to set up and operate the trainer, including adding artillery and more oppositional forces while a Marine is completing a training session in the AAVTT.

"The trainer is a great invaluable tool Marines have," Rogers said. "It allows them to get turret time they wouldn't be able to get anywhere else."

See TURRET, A-7



Photos by Lance Cpl. Colby W. Brown

Assault Amphibious Vehicle platoon, Combat Assault Company, 3rd Marine Regiment, is training new instructors for the AAV Turret Trainer. The new instructors will replace the out-going turret trainer non commissioned officers.

Fire on Water



Cpl. Danny H. Woodall

Firefighters with the Honolulu Fire Department speed toward an area where a simulated man is stranded near Marine Corps Base Hawaii during a training exercise Oct. 1. The training consisted of four various water rescue units working together to improve communication techniques in preparation for an actual water safety emergency. For more on the exercise, see A-6.

Man behind the badge

MPD officer named Officer of the Year

Lance Cpl. Ronald W. Stauffer
Combat Correspondent

First Lt. Derick E. Daley, a Laconia, N.H. native, was recently awarded the 2009 Hawaii State Law Enforcement Officials Association "Officer of the Year Award," a distinguished award presented to one police officer per year.

Daley, the operations officer for the Military Police Department here, has devoted a majority of his life to the Corps and has wanted nothing more than to succeed and excel in his future.

"I am obviously very proud of 1st Lt. Daley as this award not only reflects positively on him, but on the Department, the Base, and the Marine Corps as a whole," said Maj. Dennis K. Kaskovich, deputy provost marshal.

Daley's uncle, a Vietnam veteran, passed away in 1995 and was given a funeral with military honors. This was the turning point for Daley, who was in grade 10 at the time.

"It was definitely one of the shaping things that got me into the Marine Corps for sure," Daley said. "I wanted to join the Marine Corps. I was pretty adamant about that decision."

Leaving his parents and one younger brother behind as soon as he graduated high school, Daley headed to Marine Corps Recruit Depot, Parris Island, S.C. in 1997.

When he enlisted, he had no intentions of becoming a military police officer.

Upon graduating boot camp and Marine Combat Training, his career path led him into aviations operations where he spent the first four years of his enlistment climbing to the rank of sergeant. In that time he had one deployment under his belt.

Wanting more, Daley was set on getting an education. He applied for the Marine Enlisted Commissioning Education Program in 2002.

He attended the State University of New York Maritime College, obtaining a bachelor's degree in international transportation and trade and a promotion to staff sergeant.

"When I got commissioned, I went

See DALEY, A-7

Manana Housing to have more child care provider homes

Kristen Wong
Photojournalist

The sun shines down on Jocelyn Samala, 3, as she brushes her eyelashes lightly with her tiny fingers, applying her imaginary makeup. Grinning from ear to ear, she proudly walks across the small play bridge, displaying silver jeweled sandals, a denim skort and pink t-shirt. Behind her, Katherine Kinsley, also 3, holds one hand behind her head, the other on her hip, proudly displaying her periwinkle and turquoise Disney Princess Dress Up costume.

It's a sunny day at Manana Housing, and Nancy Hernandez, a family child care provider, is the emcee for the brief playground fashion show. Hernandez must divide emcee time, however, with watching the other three children under her care.

"They're very well behaved," Hernandez said.

Until recently, Hernandez, who has been working with children for 12 years, has been the only certified family child care provider at Manana Housing. That's changed because Marine Corps Base Hawaii's Family Child Care program is now training and managing the childcare providers at Manana. A joint decision was made to transfer authority from Navy Region Hawaii's Child Development Homes program to MCB Hawaii's Family Child Care program. With this change, three more family child care providers will be available soon at the housing in Manana.



Kristen Wong

Children enjoy crackers and water with their family child care provider, Nancy Hernandez. Marine Corps Base Hawaii's Family Child Care program is now in charge of training and monitoring the family child care providers both on base and at Manana Housing.

"Our program approached the Navy and wanted to know what we could do to give Marine Corps families access to child care spaces in Manana," said Amy Laboy, director of the MCB Hawaii FCC.

The change, it seems, is beneficial at a time when students will be affected by the recent furlough days pressed upon Hawaii public schools.

Lori Lefor, a monitor for the Family Child Care program, has alerted a number of the child care providers to the situation and is encouraging providers who don't normally care for school-age children to help out.

"We have some providers who have kids who are not school age who have no idea about the situation that's going on right now," Lefor said. "I'd let them know, too ... we need to help out these families and if you've got a spot that's open, try and accommodate these families for a drop-in care situation on Fridays."

Those affiliated with the military, whether active duty, dependent or retired, or even Department of Defense civilians are eligible to use family child care providers at either Manana Housing or MCB Hawaii. Their children, like

See CHILD, A-7

VP-9 awarded for community service

Lt. j.g. Thomas W. Gallagher
Patrol Squadron 9 Public Affairs Officer

Patrol Squadron Nine was recently recognized for its service to the community, receiving the Joint Venture for Education Forum award for its volunteer work at Aikahi Elementary School. Over the last several months VP-9 worked in conjunction with VP-47 to establish a service based relationship with Aikahi Elementary, helping with building projects and student mentoring programs. Their efforts yielded great results at the school and have helped improve the lives of countless young children.

The award was accepted on behalf of VP-9 by Petty Officer 2nd Class Nelson Feliciano, who has taken a lead role in the project. With children of his own, Feliciano immediately knew he wanted to be a part of the program.

"I love kids," he said, "I just wanted to help out in any way that I could."

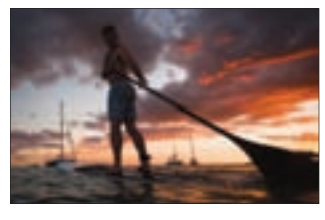
Feliciano directed VP-9's contributions to many projects over the last several months including landscaping work, laying cement and even constructing a new playground. At the beginning of the school year, they also set up a mentoring program in which volunteers tutor children from the school.

"They have done wonderful things helping at our school," said Gay Kong, the school's principal.

Inside today's Hawaii Marine



Stay Ahead
VP-47 just edge out MarForPac, 48-47, in first game of the Intramural Summer Basketball League Playoffs, **B-1**



Above the Ocean
An intense workout, a gnarly time on the waves, a leisurely trip in the water — paddleboarding is what you make it, **C-1**

Weekend Forecast

Today
Scattered Showers
High — 85
Low — 74

Saturday
Scattered Showers
High — 85
Low — 75

Sunday
Scattered Showers
High — 84
Low — 76

NEWS BRIEFS

Navy Birthday Ball tickets available

The Navy's 234th annual Birthday Ball is scheduled for Oct. 17 at the Hilton Hawaiian Village Tapa Ballroom in Waikiki. A no-host social hour starts at 6 p.m. with officers' call at 6:45 p.m. The theme is "Honoring the Past, Protecting the Future." Tickets range from $60-70 and are on sale now.

Call Lt. Cmdr. Wendy Threlkeld at 471-8656 or e-mail wendy.threlkeld@navy.mil.

GCSS-MC Demonstration

Marines at Kaneohe Bay will receive a first hand look at Global Combat Support System – Marine Corps by attending a demonstration provided by Marine subject matter experts and members of the GCSS-MC program office on Oct. 26 at 1 p.m. in Building 222.

This demonstration is the first time that Marines in Hawaii will be able to see the "greened" up version of GCSS-MC and look at the features and functionality of the new system.

GCSS-MC is the technology centerpiece of Logistics Modernization, the program that will forever change the way expeditionary logistics support is delivered to the Marines. GCSS-MC positions the Marines to meet today's rapidly escalating needs for reliable data and to easily take advantage of future technology upgrades.

It is a web-based, digital information system that will give Marines a single source of accurate and timely information about logistics. GCSS-MC provides near-real time logistics information, vastly improving asset visibility, reducing customer wait time, and decreasing dependency on forward-positioned material.

GCSS-MC training for end users will begin early next summer in preparation for the system implementation at III MEF in the fall of 2010.

Register for TechNet Asia Pacific

The Armed Forces Communications and Electronics Association is sponsoring one of the biggest communication and IT events of the year Nov. 2-5.

TechNet Asia Pacific brings together government, military and industry representatives at the the Sheraton Waikiki and Royal Hawaiian hotels. This year's theme is "Cyber Operations: A Multinational Challenge" and will feature many exhibitors, dynamic speakers and insightful panel discussions.

Attendance is free; registration is mandatory at https://reg.jspargo.com/hawaii09/reg/default.asp. Members of the Navy, Marine Corps and Coast Guard Reserves have been authorized to earn one point retirement credit for attendance.

Reserve and National Guard (Army and Air Force personnel) may participate on a non-pay credit basis, with approval of unit commander. Bring unit forms for validation.

Correction

In last week's issue in a photo that ran with the article "Working out the Workout," the trainer and client are misidentified. Pictured are Ed Campbell, personal trainer, Semper Fit, with client Christina Roberts.

Important Phone Numbers:

On-Base Emergencies	911
Military Police	257-7114
Child Protective Service	832-5300
Fraud, Waste, Abuse & EEO	257-8852
Pothole & Streetlight Repair	257-2380
Base Information	449-7110
MCBH Duty Chaplain	257-7700
DEERS	257-2077

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From the Commandant

234th Birthday of the U.S. Navy

On behalf of all Marines, I am honored to salute the men and women of the United States Navy as you celebrate your 234th birthday on Oct. 13. Since the earliest days of our great republic, when a small but highly-respected fleet of sailing ships courageously defended our shores, the American people have come to depend on the strength and dedication of the world's finest Navy.

Whether fighting valiantly from the rigging of the original Bonhomme Richard, storming the beaches of Iwo Jima and Okinawa, or patrolling the jungles of Vietnam and the Helmand River Valley of Afghanistan, the Navy-Marine Corps team has achieved unrivalled mastery of the sea, air and land.

We have successfully engaged enemies around the globe in defense of our nation's freedom, while always standing ready to provide humanitarian relief to those in need. In the current struggle against violent extremism, our bond has been a beacon of home to those who would resist the forces of tyranny and oppression.

As you celebrate your illustrious past and look to the future, know that the Marine Corps will always be proud to stand shoulder to shoulder with our Navy brethren in defense of freedom.

Happy birthday shipmates, and Semper Fidelis!

James T. Conway
General, USMC
Commandant of the
Marine Corps

MMEA briefs current retention guidelines, career counseling

Lance Cpl. Alesha R. Guard
Combat Correspondent

Headquarters Marine Corps Management Enlisted Assignment team, the center of career and assignment decisions throughout the Corps, visited Marine Corps Base Hawaii Sept. 21 and 22.

The team came from Quantico, Va., to provide Marines aboard base an opportunity to interact with primary occupational monitors, special assignments representatives and career counselors to learn about current retention guidelines and career counseling for promotions.

"The importance of these briefings is that they provide a way to disseminate current information that affects not just individual careers, but affects current policies/orders and provides guidance as to how we conduct our daily duties as Marines," said Master Sgt. Eric Bartolome, career retention specialist, Manpower and Administration, Headquarters Battalion. "It also provides an insight on our current state of the Corps and future initiatives. The information that is briefed is given by the individuals that write these policies and orders, which provide clarifications and in-depth knowledge of the subject."

Bartolome said the briefs were largely successful, with the First Term Alignment Program brief producing the most impressive results.

"The targeted audience was the first term Marines that are within their last year of their contract and are targeted for retention this current fiscal year 2010," Bartolome said. "In the last five years … the big focus was retention and recruiting. The Commandant of the Marine Corps missioned the force to grow to 202,000. In order to achieve that goal, Marines were given substantial incentives for retention such as large Selected Reenlistment Bonuses and open boatspaces to reenlist. We are at the tail end of that growth and have surpassed the targeted goals."

Unit commanders, senior enlisted leaders and career planners are credited for the success of this visit, Bartolome said.

"Historically, the low turnout of attendance to the briefings resulted in Marines being reactive at the last minute with their careers and/or not getting the information," Bartolome said. "Unlike this year, the amount of attendance to the briefings and monitor calls have tripled substantially."

Bartolome said this showed Marines and their leaders are being proactive with their career decisions and assignments while retention and recruiting is rapidly and consistently evolving to changes.

"Our primary mission is to seek the brightest and best qualified Marines to lead the next generation of war fighters," Bartolome said. "MMEA provides that conduit within the fleet, and taking the time and effort to visit has been a money maker with retention."

Thanks for recycling



Kristen Wong

Mona Snyber, custodian, of the Kupulau Child Development Center, gets the slushy treatment by Nick and Chris Sibert Wednesday. The Recycling Center held its first Recycling Center Customer Appreciation Day, sponsored by Reduce, Reuse Recyclers Recycling Service Hawaii, with guessing games, slushies and popcorn. Event attendees were able to take home Recycling Center logo souvenirs and old books. Jim Sibert, manager, Marine Corps Base Hawaii Recycling Center, said he hopes to make this an annual event. "This event is to help heighten awareness of our recycling activities and to thank those who participate," said Major David Hudock, director, Environmental Protection and Compliance Department. "

MMOA visit next week

The Manpower Management Officer Assignments team will visit Marine Corps Base Hawaii conducting interviews from Thursday to Friday. Camp Smith H.M. Smith field grade officers will be interviewed at Camp Smith on Friday. MMOA personnel will address several audiences over two days, including an "All Officers' Brief" at MCB Hawaii.

Check schedule below for your grouping. For more information, and to request interview times, contact Master Sgt. Jack Missler at 257-8822 or e-mail jack.missler@usmc.mil or Lance Cpl. Vitaly Zefirov at 257-8886 or e-mail vitaly.zefirov@usmc.mil.

Thursday
8:00 a.m. to 9:30 a.m.:
MMOA "All Officers' Brief" at MCB Hawaii Base Chapel.
10:00 a.m. to 12:00 p.m. and 1 p.m. to 5 p.m.:
Monitors call/counseling at Five Palms conference room (FY10 Movers priority). All MCB Hawaii Field Grade Officer interviews are to be conducted on Thursday at the Five Palms conference room.
6 p.m.:
MCB Hawaii Commander's Social event at the MCB Hawaii Officers' Club.

Friday - Kaneohe Bay and Camp Smith visit
8:00 a.m. to 12:00 p.m.:
Monitors call/counseling at Five Palms conference room, MCB Hawaii for Company Grade Officers. There will be no Field Grade Officer Monitors at MCB Hawaii on Friday.
1 p.m. to 5 p.m.:
Monitors call/counseling. MCB Hawaii Company Grade Officers at Five Palms conference room. MARFORPAC Field Grade Officers interviews conducted at Camp Smith, building 80.

Note: MCB Hawaii field grade officers should make every attempt to schedule their interview on Thursday at MCB Hawaii. MCB Hawaii field grade officers requesting an interview with their respective monitor at U.S. Marine Corps Forces, Pacific on Friday will be considered and scheduled by MarForPac on a case by case basis.

HQMC requests Marine and civilian nominees

Capt. C.M. Nelson
Equal Opportunity and Diversity Management Branch Quantico

Fiscal Year 2010 marks the first year that Headquarters Marine Corps Equal Opportunity and Diversity Management Brand, and Civilian Workforce Management Branch will announce and solicit nominations for Department of Defense and National Affinity Groups outreach, observance, and distinguished service awards, with one all inclusive annual Marine Administrative Message.

The outreach awards will not only recognize and award individual Marines and Marine Corps Civilian Employees who have distinguished themselves through their professional achievements and significant contributions to their community, but also educate people who are not in the Corps about the history and culture of our Marine Corps.

"The Marine Corps is drawn from the rich diversity of our nation. The awards are not an individual story, or demographic story; they are our story. The story of every Marine," said Col. Otto Rutt, branch head, MPE. "They are more about educating everyone else."

Commanders may nominate individuals for more than one award if that individual meets the criteria for multiple awards. The award recipient will be announced via MARADMIN. Travel and per diem for the Marine award recipient and one family member will be provided by CMC, and travel and per diem for the civilian award recipient will be funded by CMC.

For specifics on each awards' criteria, and guidelines for submission refer to the MPE Web site at http://www.manpower.usmc.mil/marinediversity.

All award nomination packages are due to the MPE/MPC by Jan. 11, 2010. For additional information, see MARADMIN 0578/09.

AROUND THE CORPS

Yourw eeklyg uidet ow hat s happeninga roundt heC orps

East Coast



Lance Cpl. James W. Clark | II MEF

Fire for effect; Mortars platoon drops rounds over A.P. Hill

FORT A.P. HILL, Va. — Mortarmen from Weapons Company, 1st Battalion, 6th Marine Regiment, 2nd Marine Division recently took to the ranges aboard Fort A.P. Hill, Va., to hone their indirect fire skills using their M252 81mm mortars.

Although it looks simple in design, a mortar is probably one of the most complex weapons systems out there, said Staff Sgt. Nelson Adames, 1st section leader.

See http://www.marines.mil

West Coast



Sgt. Vitaliy Rusavskiy | Marine Corps Base Camp Pendleton

Transition policy official visits wounded warriors

MARINE CORPS BASE CAMP PENDLETON, Calif. — Camp Pendleton wounded warriors received a special visit from Noel Koch, deputy under secretary of defense, transition policy and care coordination, Oct. 1.

Koch visited Wounded Warrior Battalion West to see how service members are benefiting from current programs put in place for them.

See http://www.marines.mil

Overseas



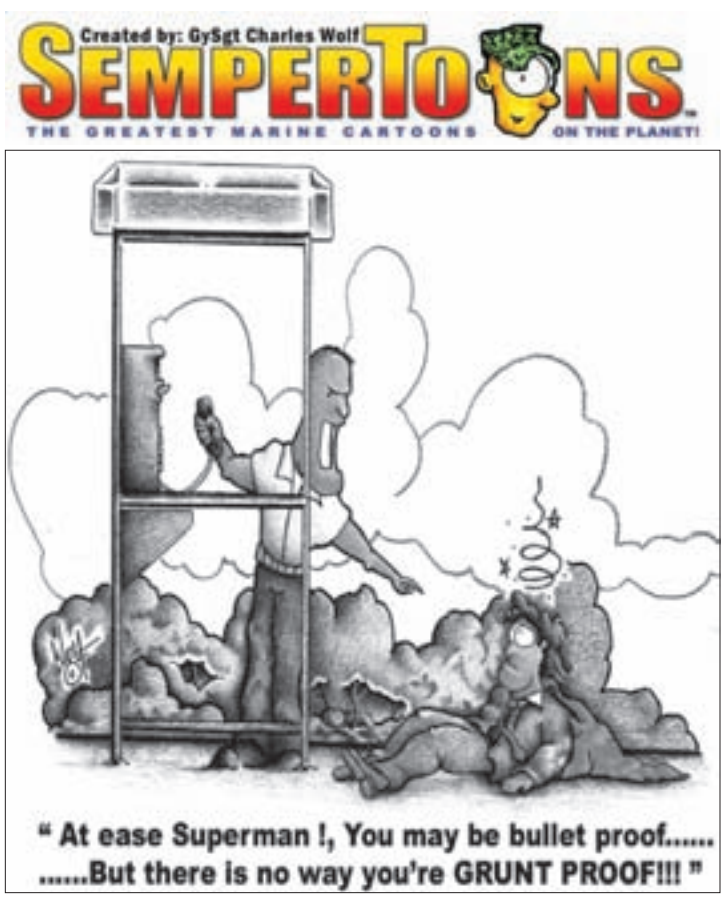
Sgt. Rodolfo Toro | 31st MEU

31st MEU supports humanitarian relief effort in the Republic of the Philippines

SUBIC BAY, Republic of the Philippines — The 31st Marine Expeditionary Unit and Amphibious Ready Group 11 arrived at the Republic of the Philippines to support the relief effort in wake of Tropical Storm Ketsana Oct. 3.

The storm struck the Philippines Sept. 25, causing severe flooding, significant damage to infrastructure and deaths.

See http://www.marines.mil



This week's top story



Lance Cpl. Lucas G. Lowe | Marine Corps Base Quantico

Retired Lt. Col. Ken Curry cuts a piece of geotextile matting to prevent erosion on a trail near Officer Candidates School, Marine Corps Base Quantico, Va., on Oct. 3, National Public Lands Day.

National Public Lands Day needs attention

Lance Cpl. Lucas G. Lowe
Marine Corps Base Quantico

MARINE CORPS BASE QUANTICO, Va — The training grounds of Officer Candidates School are haunted by the ghosts of the American Civil War. Because of this people like John H. Hayes, the base archaeologist, have taken special interest in preserving the lands that were once host to both Union and Confederate camps.

National Public Lands Day began in 1994 and keeps the promise of the Civilian Conservation Corps whose activities in the 1930s and early-'40s were aimed at protecting America's natural heritage, according to www.publiclandsday.org. This year, 150,000 volunteers around the nation worked in more than 2,000 locations.

Hayes and three other individuals, retired Lt. Col. Ken Curry, Bill and Anne Utley, met on Saturday to lay geotextile material on existing parts of an OCS trail that was home to the 2nd Tennessee Volunteer Regiment from 1861 to 1862 and is currently listed on the National Register of Historic Places.

The site is one of the best preserved winter camps from the first year of the Civil War, said Hayes.

Due to erosion, however, parts of the trail have become virtually unusable.

"This is the first small step toward solving the issue of erosion," said Hayes.

See http://www.marines.mil

Top story from the front



Sgt. Scott Whittington | Regimental Combat Team 3

Marine engineers attached to 2nd Battalion, 8th Marine Regiment, raise a roof for a guard post at Patrol Base Lakari.

Marines construct new position near Taliban marketplace

Sgt. Scott Whittington
Regimental Combat Team 3

HELMAND PROVINCE, Afghanistan — Since the first raid on Lakari Bazaar in mid-July which turned up thousands of pounds of drugs and bomb-making materials, the Taliban has continued to use the market as a staging area for illegal activity launching more than 20 attacks against coalition troops in the immediate vicinity from there.

To stop this, more than 300 British troops conducted a second raid in the early morning hours of Sept. 30, seizing caches of weapons and killing several insurgents after receiving enemy fire. To ensure the Taliban didn't return to their illegal activity, Marines from Company D, 1st Combat Engineer Battalion and Combat Logistics Battalion 8 constructed a patrol base less than a mile from the bazaar. Afghan National Army soldiers and Marines with Company E, 2nd Battalion, 8th Marine Regiment, will occupy the new base to disrupt Taliban activity in the area.

"The base will give (2/8 Marines) an opportunity to project their influence on the Lakari market," said platoon commander 2nd Lt. Mark H. Tetzel, Company D, 1st CEB.

The engineer Marines arrived here 18 hours after leaving Forward Operating Base Delhi, more than 40 kilometers away, and went to work immediately under the 2 a.m. moonlight. This patrol base, 90 miles from Pakistan's border, is the southern-most base controlled by Regimental Combat Team 3.

"It's all about survivability," said Cpl. Joshua M. Firth, heavy equipment operator, 1st CEB. "The bigger the berm, the safer the Marines are on the inside, essentially. They won't have to worry about direct fire."

See http://www.marines.mil

2/3

The Island Warriors



Lance Cpl. John P. Hitesman

Marines and sailors of Company G, 2nd Battalion, 3rd Marine Regiment, Marine Expeditionary Brigade-Afghanistan along with soldiers from the Afghan National Army, commenced operation 'Eastern Resolve II' to take back the city of Dehana and its surrounding areas for the Afghan population.



Lance Cpl. Cassandra Flowers

Second Lt. Craig Shurgot, a Marine from 2nd Battalion 3rd Marine Regiment says goodbye to his wife at the Marine Corps Exchange Annex parking lot aboard Marine Corps Base Hawaii May 15.

A Highlight of their Deployment

An Afghanistan Picture Story

The Island Warriors of 2nd Battalion, 3rd Marine Regiment are scheduled to return to Marine Corps Base Hawaii by early November after a seven-month deployment to Afghanistan. The Island Warriors are the first battalion from 3rd Marine Regiment to begin rotations into Afghanistan since 2005. While in Afghanistan, the Marines of 2/3 have assisted the local populace in creating a legitimate and self sustained government through counter insurgency operations and humanitarian assistance. The following photographs detail 2/3's journey throughout their deployment.



Lance Cpl. John P. Hitesman

Marines from Company E, 2nd Battalion, 3rd Marine Regiment, Marine Expeditionary Brigade-Afghanistan, and soldiers from the Afghan National Army retrieved about 1,300 pounds of opium during a raid of a suspected opium storage compound to the south of the city of Delaram, Nimruz Province, Afghanistan, July 30.



2nd Batalion, 3rd Marine Regiment Courtesy Photo

While patrolling in the Buji Bhast Pass, Sgt. John C. Murrell, Company F Personal Security Detachment Section Leader, 2nd Battalion, 3rd Marine Regiment, uses a lensatic compass to get a direction and distance to a possible enemy target. Marines from this Battalion continue to find conflict while traversing this part of Afghanistan, and with diligence like this, enemy forces are dwindling throughout the area.



Lance Cpl. John P. Hitesman

Lance Cpl. Miguel J. Tomas, a rifleman from 2nd Battalion, 3rd Marine Regiment, stands post with Lance Cpl. Willim L. Bell, a rifleman from 3rd battalion, 8th Marine Regiment, May 21 in Delaram, Afghanistan. The exchange with Bell gave Tomas the chance to gain some knowledge from someone who had just spent the last seven months in country.



2nd Batalion, 3rd Marine Regiment Courtesy Photo

A sailor from Company F, 2nd Battalion, 3rd Marines patrols through a waist high wheat field in Golestan District, Farah Province, Afghanistan on June 16. Marines are patrolling with the Afghan National Police to establish security and support the local government's representation. Golestan means "rose garden" and is an agriculturally productive district.



Photos by Cpl. Danny H. Woodall

Sailors with Waterfront Operations return to the communications command boat after rescuing three stranded divers during a training exercise Oct. 1 near Marine Corps Base Hawaii. The purpose of the exercise istoimpr ovecommunicationbetween WaterfrontOper ations, the U.S. Coast Guard, Water Safety, and the Honolulu Fire Department in the event of an actual emergency.

Waterfront Ops conducts joint water safety training

Cpl. Danny H. Woodall
Combat Correspondent

You're enjoying a nice day in a rented boat on the warm Hawaiian waters. The skies are clear and everything seems perfect until, in some unforeseen way, your boat capsizes, tossing you into a vicious, unforgiving sea teeming with sharks. What can be done? Who will come to your rescue when lives are on the line and time is running out?

Don't panic! These are scenarios which were addressed Oct. 1 by four separate water rescue teams as part of a training exercise to evaluate how quickly the nearest available unit can respond and act accordingly to save lives in a variety of situations.

The training exercise, conducted near Marine Corps Base Hawaii, was the second of this year and the first to include MCB Hawaii's Waterfront Operations. The Honolulu Fire Department, Ocean Safety and Sector Honolulu U.S. Coast Guard comprised the remaining three teams.

"We're preparing several training scenarios in the form of distress calls for the units to respond to," said U.S. Coast Guard Cmdr. Amy Cocanour, chief of response, Sector Honolulu. "There is a shark sighting, a stranded victim on an island, a capsized boat and several victims in the water in need of assistance. The training will greatly improve response times and we hope to conduct it three times a year."

The training is conducted more to improve lines of communication between various responders than to evaluate the handling of specific scenarios, said Jeff Farris, battalion chief of HFD operations.

"This is a way to improve our interoperable communications," Farris said. "If we show [the responders] how it's done, they'll use it in a practical situation."

Once a distress call was made to one of the units, a command boat would monitor radio channels to determine how quickly the situation was reported to the nearest available response team. All of the response teams had personnel on hand in the water utilizing various methods of victim extrication including boats, jet skies and helicopters.

"Everyone uses their own notification process during sightings or calls of distress," said Jim Howe, division operations chief, Ocean Safety. "It's an area we need to improve on in order to increase water safety and to expedite response times. The key to water safety is getting a responder to a victim as soon as possible."

Several scenarios were played out and rescuers responded appropriately and quickly each time, even when a sudden spell of rain momentarily limited visibility to the victims' locations.

"Even though civilian sectors operate differently than military, I believe we can work well with other agencies and we did today," said Navy Ensign Pawel Oscik, officer in charge, Waterfront Operations. "This exercise was productive. Overall, we saw things today that work and things we need to fix, but ultimately, it proved that interoperability is possible."



A Honolulu Fire Department helicopter searches for a victim during a training exercise designed to improve communication between several water rescue units. T his is a way to improve our interoperable communications, said Jeff Farris, battalion chief of HFD operations. I f we show [the responders] how it s done, they ll use it in a practical situation.

DALEY, from A-1

through The Basic School and learned about the military police occupational field," Daley said. "It's a very diverse [field]. You could do a tour at a police department or you could do a tour at a field unit."

Daley said he was more attracted to the field side, but didn't know he would be sent to a police department.

"At the end of the day, you get orders and I got orders here, which I'm very happy about," Daley said. "The Marine Corps sends you somewhere and you do the best you can."

During this time, Daley also dated his wife, who he married in 2005 while in school.

"He truly enjoys mentoring younger Marines," his wife said. "He's happy to do his job or anything that is asked of him."

Since his marriage, Daley has fathered two sons setting in motion even more responsibility and a family.

Commissioned as a second lieutenant stationed aboard Marine Corps Base Hawaii in March 2008, Daley said the average career path for a junior officer is to check in and be a platoon commander. But he arrived in a time of unbelievable turn over and the department was rapidly changing.

"What happened to me that was different than most people was when I got here I ended up getting thrust into the billet of operations officer," Daley said. "There are 185 people that work in this department in the operations section. It's a kind of big monster to lead."

Challenging as it might be Daley did all he could and succeeded at whatever came his way and was noticed right away.

He was the recipient of the 2008 Navy League Sea Service Award, which was awarded for leadership in the face of a diverse number of tasks. Because of his performance in his billet, his superiors recommended him for the 2009 HSLEOA "Officer of the Year Award."



DALEY

"First Lt. Daley not only kept up the pace, but established his own demanding operational pace, which he accomplished through firm leadership and keen attention to detail," Kaskovich said. "No doubt, his ten years of prior enlisted experience helped him in this endeavor; however, there is a limit to what that background brings to the table. I attribute his real success to his uncompromised integrity and common sense approach to his duties."

According to Daley's letter of recommendation, during his tour of duty he has distinguished himself by displaying superior leadership skills, initiative, and dedication to mission accomplishment.

He was also commended for the successful resolution of several felony and misdemeanor investigations aboard MCB Hawaii, which resulted in the recovery of thousands of dollars in stolen personal property.

To this day his hard work and devotion has helped him and those around him.

"First Lt. Daley is a caring, dedicated family man who understands the concept of balanced excellence," Kaskovich said. "He understands that taking care of your Marines also means taking care of their families. As parents of two small boys, he and his wonderful wife maintain an exhaustive parental schedule."

Kaskovich stated Daley knows what it is like to work a demanding shift yet still make time for one's family.

"This allows him to relate to many of our junior Marines and civilian police, who also have spouses and children of their own who have their own special needs and schedules," Kaskovich said. "In short, 1st Lt. Daley is a flexible leader who creates an environment where the personal needs of the families are a top priority."

"I'm very humbled and very honored," Daley said. "You never really think you deserve an award and I can think of 15 people that work here that did a phenomenal job. There are probably 100 people that are as equally deserving as I am, but I got nominated by the leadership here, which I'm honored for."

Daley refused to take full credit for his accomplishment and attributed his success to his operations section.

"In my observation, he has never slacked off or given less than his best," Kaskovich said. "In one short year he has become the 'go to' Marine for Military Police matters when you want the job done right the first time."

Kaskovich said Daley is highly respected by subordinates, peers and senior officers alike due to his energetic, positive attitude and how he consistently puts out 100 percent.

"Even with the best people, [who are] what we have, it still takes a strong leader to steer a unit toward success," Kaskovich said. "Ultimately, it was 1st Lt. Daley's leadership, which was recognized by the Hawaii State Law Enforcement Officers Association."

Daley said to receive such an award truly shows how well the integration between the Marine Corps and the civilian police has gone.

"It's not because of just me. It's because of everybody that works here working well as a team," Daley said.

Daley still pushes to expand his leadership abilities and perfect his job, but said he is also interested in going back to be an instructor at The Basic School or a future in security forces.

"All Marines have got that intrinsic need and want to do a good job and do the best that they can," Daley said. "At heart, I'm just a motivated Marine like everyone else that wants to do what [he or she] needs to do, even when no one is looking."

CHILD, from A-1

participants in Youth Activities, must be registered as a Child, Youth and Teen Program for the year. Families affected by furlough days must also register their children for CYTP membership.

The difference now is that all families must go through MCB Hawaii's Family Child Care program rather than the Navy's.

"It's very, very convenient for me especially being a single parent," said Lance Cpl. Jessica Perry, a production specialist for Combat Camera on MCB Hawaii at Camp H.M. Smith.

Perry, who lives in the Manana Housing, said she is able to walk to Hernandez's home to drop off her daughter before work.

MCB Hawaii's FCC has 11 family child care providers in all, with one substitute. Most of the providers care for as many as six children a day, up to the age of 12.

To become a child care provider for either Manana Housing or MCB Hawaii, eligible candidates must apply with the MCB Hawaii Family Child Care program office, at building 5082. Those eligible to become military child care providers must live in government housing, be 18 years of age or older and the spouse or dependent of an active duty service member.

Providers go through one week of training and are subject to a background check. The Family Child Care program staff also makes unannounced visits to provider homes to check on their performance.

"Being a family child care provider has to be something that the person is really passionate about and really interested in," said Amy Laboy, director, Family Child Care program. "You have to be in it for the right reasons and be able to provide real quality care for children."

A native of Colton, Calif., Hernandez, who normally watches six children daily, said the most rewarding aspect of being a provider was the relationship she builds with the children, and watching them reach various milestones. She said for instance, one child in her care started learning to crawl, roll over and eat cereal.



Kristen Wong

Nancy Hernandez, family child care provider, engages children in anar tsand crafts activity.

"It's almost like a family member taking care of the kids," said Nicole Johnson, whose children are under Hernandez' care. "[Hernandez] can get to know the kids a little better because it's such a small class."

Johnson said her son has learned "good habits" and how to become independent in certain tasks. She said he can even identify the different trees in the park.

Several parents have said they liked the convenience of having a child care provider near their home at Manana Housing. In addition, parents like the interactive activities in a child care provider's home.

"A lot of people think it is day care but I view it as early child care education," said Katherine's mother, Betsy Kinsley, a Waianae Elementary School teacher. "Katherine is definitely getting an education from Miss Nancy and not just a social one. It's not just playtime. It's a lot of learning through play."

To find a child care provider, call the Resource and Referral Office at 257-7430.

For more information about the Family Child Care program, call 257-7030. Parents can register their children for CYTP membership at http://www.mccshawaii.com.

TURRET, from A-1

The trainer is used multiple times each month by the AAV platoon. They live fire about four times a year so getting virtual turret time is a great opportunity.

"The turret trainer is a tool to simulate the AAV turret. It gives the Marines a feel for shooting from the turret and communicating with the driver when engaging a target," Rogers said.

This is the only Marine Corps AAVTT on island, so having efficient instructors is important for the training to be effective.

Once the future instructors have completed the training, they are certified for the rest of the time they are stationed on the island.

"I just want to provide my Marines with proper training to be combat ready," said Cpl. Hillary Dalson, AAV operator and instructor trainee, AAV platoon.

Awarding Service



Lance Cpl. Alesha R. Guard

CombatLogis ticsBattalion3pr esentedC apt.Rober tG.Bar ber the Bronze Star Medal, Master Sgt. William M. Conner the Joint Service Commendation Medal, and Sgt. Chanel Wolter the Navy and Marine Corps Achievement Medal during a battalion formation at CLB-3 s Warrior Field Oct. 1. Barber and Wolter received their medals for their actions while serving in Afghanistan in support of Operation Enduring Freedom fromNo vember2008toM ay 2009.C onnerr eceivedhis a ward for his time served at Naval School Explosive Ordnance Disposal, Eglin Air Force Base, Florida, from May 2006 to March 2009.

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Sports & Health



Lance Cpl. Ronald W. Stauffer

Harold Wallace sprints for yards and away from defenders during an Intramural Tackle Football League game at Pop Warner Field here, Tuesday. Wallace is a wide receiver for the Headquarters Battalion Warriors.

Warriors scalp Raiders

HQBN Warriors shut down Camp Smith Raiders, 20-0

Lance Cpl. Ronald W. Stauffer
Combat Correspondent

In a crushing upset, the Headquarters Battalion Warriors chopped down the returning championship team Camp Smith Raiders, 20-0 Tuesday night at Pop Warner Field during a 2009 Intramural Tackle Football League game.

Known for their smash-mouth football, the Raiders were set back by the undefeated Warriors' unrelenting defense and their impenetrable offense, which created the pocket, set the blocks and ran the distance.

"We've been doing well this season," said Jason Corthell, Warriors head coach. "Our defense has been stout so far and hasn't given up very many points. Offense could always use a little more work, but we've had two weeks off so we've had a lot of time to work on new things and put some new packages in."

Corthell admitted the Raiders were a good team from what he'd seen and his team was undefeated, so he was looking forward to a hard-hitting game.

Both teams came out cracking pads and swapping paint, slowly moving back and forth on the field, but neither team was able to touch the goal line or the scoreboard until late into the first quarter.

In a mad dash down the field, courtesy the arm of Warriors quarterback Ethan "Skinny" Wilson, wide receiver Harold Wallace led the upset as he crossed into the end zone.

Missing the conversion, the Warriors kicked off, giving the Raiders possession and a fired up chance to retaliate.

Pushing into the second quarter with the Warriors in the lead 6-0, the Raider's offense clashed with the opposing defense, utilizing their running game to push the line but it wasn't enough.

The Raiders sat on the goal line on a few occasions expecting to score, but in an obscene gesture of disapproval, the Warriors gave the Raiders offense a brutal thumping for even attempting to get close.

Once again, the Warriors put another six points on the board after a short pass to Jason Gates, Warriors wide reciever.

As half time hit, both teams stepped to their end zones for a short break and a chance to regroup.

With one half left to take another victory home, the Raiders came out swinging. With a fire lit, Lavonne Watkins, Raiders running back, burned up the field, blowing through defenders and breaking tackles for the short yards, but it wasn't enough to put them in the end zone.

In a taunting manner, Wilson moved back into a shotgun-style snap, giving him a clear view of the line and an opportunity to fire off his cannon-like arm.

Play hard ... It's Playoffs



Lance Cpl. Colby W. Brown

Terrance Veal, guard, Patrol Squadron 47, attempts to score on a fast break, barely getting the ball to the hoop. Patrol Squadron 47 won the first playoff game of the Intramural Summer Basketball League, 48-47. For the full scoop on the close-win, see B-5.

CPRW-2 outhits HSL-37



Kalani Nauga, HSL-37 pitcher, winds up for a throw against CPRW-2's offense.

Lance Cpl. Alesha R. Guard
Combat Correspondent

Command Patrol and Reconnaissance Wing 2 WTF beat out Helicopter Anti-Submarines Squadron Light 37 Easy Riders, 14-12, during a regular season Intramural Softball League game at Annex Field Monday.

After WTF gained a significant lead in the second inning, the Easy Riders tried to catch up, but were never able to recover.

"Even though we're a fairly new team, we're all experienced players," said J.T. Watson, third baseman for WTF. "We have smart guys that know what to do in any given situation which helps us have an overall strong team."

The game started off slow with both teams only scoring one run in the first inning. However, the bats started cracking in the second inning when the Easy Riders began pulling away from WTF.

JoJo Dunn, WTF second baseman, began an onslaught of batting, slamming a long fly ball into the outfield. With teammates following, batters rounded the bases, putting a hurt on the Easy Riders and the scoreboard.

At the bottom of the second, WTF's offense was shut down after eight runs, but they still led the game, 9-2.

The Easy Riders fought back in the third, hitting a five-run streak of their own, but it wasn't enough. WTF hit in three more runs, ending the third inning, 11-7.

Both team shut each other out in the third and fourth inning.

After again being shut out offensively in the fifth inning, the Easy Riders' defense stepped up and kept WTF in reach, only allowing them 2 runs.

At the top of the sixth inning, the Easy Riders' Bobby Roberson hit a longball to the defense to begin a five-run scoring streak, getting them within reach of WTF, 14-7.

> "We have smart guys that know what to do in any given situation which helps us have an overall strong team."
>
> — J.T. Watson

Although the Easy Riders came dangerously close to closing in on their opponents, WTF held them off, winning 14-12.

"Offensively, we just need to be a little more consistent with our hits," said DJ Denato, WTF coach.

Denato said his team is still getting to know each other and learning how to play as a team.

"Once the team gets those two basic principles down, the sky's the limit," Denato said. "There's a lot of good teams on base, so you've got to take it one game at a time."

Kalani Nauga, pitcher, HSL-37, said although they didn't come out on top Monday night, he and his teammates are still motivated and are going to be working hard together this season in order to take the championship title.

"Everybody better watch out — the Easy Riders are coming back," said Kalani Nauga, pitcher, CPRW-2.



Photos by Lance Cpl. Alesha R. Guard

Scott West, Easy Riders' left centerfielder, goes in for the hit during a regular season game against WTF at Annex Field Monday.

What's more American than cowboys?

Dallas Cowboys

Cpl. Danny H. Woodall
Combat Correspondent

Recently, the United States has been divided by a topic that will no doubt shatter friendships and turn brother against brother on a scale our country hasn't seen since the American Civil War. What's that? Healthcare reform? No, I'm speaking of course about the inane questioning of the Dallas Cowboys' legitimacy as "America's Team."

Lately, there has been a lot of un-American hate speech circulating the country in the form of biased media personalities and bogus Internet polls. Allow me to put your mind at ease with some truth about the Dallas Cowboys. The Cowboys are a professional team in the National Football League who play in the National Football Conference's Eastern Division. A recent poll by cable's Fox News reports the Cowboys are beloved by 99.99 percent of America and all of her territories. The franchise was established in 1776 by Thomas Jefferson, Superman and Ronald Reagan. Upon discovering the Liberty Bell would be moved to Philadelphia, starting quarterback George Washington delivered a 200 mph bullet pass that promptly cracked the bell's siding.

Fictitious facts aside, fans of several NFL teams have recently thrown their proverbial hats into the ring to claim the coveted title of "America's Team." These teams include the Pittsburgh Steelers, the New England Cheatriots — I mean Patriots — and even (no joke) the Buffalo Bills.

> "... No one has told Buffalo they're actually a part of Canada."

The Steelers measure their case in Super Bowl victories, the Patriots in recent winning percentage and the Bills in … well, they really don't have a case because no one has told Buffalo they're actually a part of Canada.

However, these pretenders to the Cowboys' throne forget a key fact: the Cowboys invented the title. By chasing after the Cowboys' self-proclaimed moniker, these teams are inadvertently admitting their vast inferiority.

The fact is, the Steelers may have six Super Bowls but nobody likes Pittsburgh. It's freezing, depressing and would seem more fitting as a war-torn Soviet-era Eastern European country than as an adequate representation of America.

The Patriots had their shot, but threw it all away by cheating. Yes, they cheated, not on their taxes or by doing copious amounts of narcotics ('90s Cowboys!), but in football. The Patriots are the modern day Black Sox, but the biased media is quick to forgive any franchise in Boston or New York. America doesn't accept handouts, so New England is out.

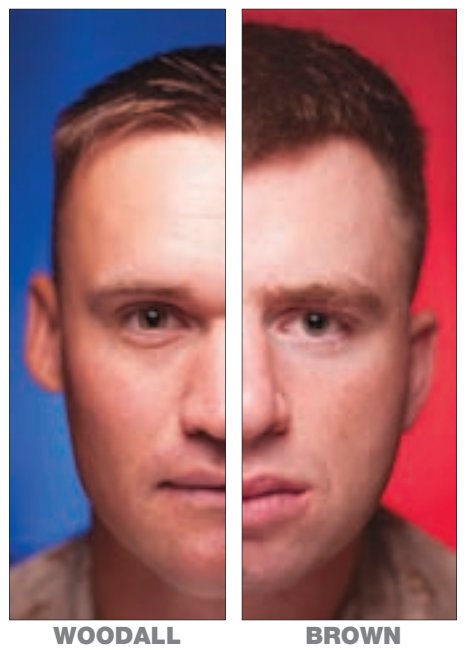
To comment on any other team is laughable, and I'm not going to give them any credence.

In short, the Dallas Cowboys are always going to be America's Team for one simple reason: much like the global viewpoint of America itself, NFL fans either love or hate the Cowboys. No other team sells out visiting stadiums like the Cowboys because we're the team you love to hate. You hate us, because you want to be us. Maybe next century Pittsburgh …

VS

{ America's Team

VS is a weekly column tackling debatable issues in the sports world. Hawaii Marine readers can submit a subject for future columns by emailing their ideas to hmeditor@hawaiimarine.com. If there's a topic you would like to discuss/defend or if you think we missed the mark, let us know and you could see your "opinion," regardless of how wrong it is, below. So, suit up ladies ... it's game time.



WOODALL BROWN

Sorry Dallas:

But America's Team wins

Lance Cpl. Colby W. Brown
Combat Correspondent

Every man in America has one thing in common — the love of football. Whether it be watching it, playing it or fantasizing about it, every man can say they have had some part of their life devoted to the sport.

From Pop Warner leagues where children learn the fundamentals to the National Football League where man-beasts compete for glory on the field, the sport is a part of American culture.

There has been an ongoing argument about one topic since before I was born — which team America can truly call its own. Out of 32 teams the question has stood of which of them could be the embodiment of America out on the field. Some people say it's the Dallas Cowboys — well actually a lot of people. But I disagree.

To start off, the Cowboys are from Texas. Not knocking the state or anything but it has the nickname of "The Lone Star State." Texas even tried to become their own country and their team is supposed to be America's team? How does that work? Plus America doesn't need a team that will end up choking every single time they have a chance to do anything good.

When I think of a team that America could call its own I don't think of one that has a silver, blue and white star on a helmet, a cowboy as its mascot and an acrid smell of drug use in the locker room.

I think of the show American Gladiators and the characters Laser and Nitro as America's team. Their colors actually make sense: red, white and blue. I think there would finally be a team that could live up to the name of America's team in the Gladiators.

> "America's team is the winner of the Super Bowl each year."

But the more I think about it, the more I realize the idea of having one team set apart from all others as America's is ridiculous. It's like setting apart one kind of M&M from the rest and revering it as tasting better.

I think the NFL as a whole does a good job of representing America. There is competition — hard work to reach the top and the ultimate contest to find the best team embodied by the Super Bowl. The football culture includes every single type of person, from owners of corporate companies to the workers in factories. And to select one team to represent all of that is just plain stupid.

It doesn't make sense to select one team to be America's, especially for it to be the Cowboys. The only way that would make sense is if they won the Super Bowl multiple times in a row on a regular basis and lets face it, the Cowboys don't exactly have the ability to accomplish that.

So to end this discussion and put a rest to this argument, America's team is the winner of the Super Bowl each year. Or maybe the team that goes 0-16 for a season. Or maybe just the team that has the same color you happen to paint the upper half of your body each week.

The point is it is impossible to name one team America's when America has 31 other teams it follows just as avidly and ambitiously as the next. And the Cowboys suck anyways so why would you want to be a fan?

GAME ON



Petty Officer 3rd Class Kendra Williams, Patrol Squadron 47, finishes first in her heat in the 400 meter event during the Commodore's Cup.



Photos by Chief Petty Officer Dennis Barry

Petty Officer 1st Class Katie Warner, Commander, Patrol and Reconnaissance Wing TWO, competes in a tug-of-war with her team during the CPRW-2 Commodore's Cup competition Oct. 2, at MCB Hawaii.

Wing TWO takes time out to focus on safety, teamwork

CPRW-2 Staff
Press Release

Commander, Patrol and Reconnaissance Wing TWO held a Safety Stand Down and Sports Day Oct. 2 at Riseley Field and the surrounding sports facilities. The event provided an opportunity for sailors from CPRW-2 to join together in the spirit of safety and friendly competition. Lt. Brian Scher, safety officer, CPRW-2 coordinated the event.

According to Scher, the event was planned to promote healthy competition, with an important safety message infused throughout.

"The Commodore's Cup Sports Day and Safety Stand Down was about taking a safety event and combining it into a day filled with healthy competition," he said. The event provided a safety message that permeated throughout the theme of the day, and provided a sense of identity and pride to the different commands of Wing TWO, while bringing these commands together as one."

Like all Naval Aviation commands, CPRW-2 frequently halts the operational tempo for a day or so in order to focus on the critical notion of safety. Occupational safety is a daily priority for CPRW-2 personnel, but a designated stand down such as this provides an opportunity to create awareness of safety in all aspects of Navy life. Topics covered during Friday's stand down were: fire and motorcycle safety, alcohol and drug awareness, sun safety and dehydration prevention, nutrition, and suicide prevention and awareness.

In addition to the safety aspect was the intra-Wing battle for the Commodore's Cup, awarded to recognize one command for their superior performance in athletic competition. Each CPRW-2 command sent representatives to compete in various athletic events, with points being awarded for placement and participation. The command with the highest point total upon completion of all events would win the Cup. Command teams participated in basketball, soccer, golf, dodgeball, softball, volleyball, flag football, tug-of-war, racquetball, horseshoes, a bench press competition, and various track events including a 5K run. The overall competition culminated in a Front Office Obstacle Course, a three-person relay won by finishing the course in the fastest time.

When the scores from all the events were tallied, the Golden Eagles of Patrol Squadron NINE emerged victorious. Cmdr. Lance Scott, commanding officer, VP-9, credited the win to a total squadron effort.

"We were obviously excited to be the winning squadron and I could not be more proud of all the Golden Eagles who competed, as well as our entire command who cheered those participating throughout the day," he said.

The skipper added, "The competition from all squadrons was tough and the final results really came down to the last two events, proving it could have been any one of the commands that took home the trophy."

The overall purpose of the CPRW-2 Safety Stand Down and Sports Day was to bring sailors from different commands within the Wing together in the spirit of safety, competition, and sportsmanship. By all accounts, the event was a complete success in this regard.

"We enjoyed the opportunity to spend a day with our collective Wing TWO squadron mates, and the real winners are those who put this entire event together," Scott said. "It was well-run and everyone had a great day of camaraderie with sportsmanship and teamwork as the central theme. We look forward to defending our title the next time around."

Intramural Sports Updates

2009 Intramural Fall Softball League

Schedule

OCT. 13

Annex Field

6 p.m.	CLB-3 "COM PLT"	MFP "STEP DADS"
7 p.m.	VP-27	VP-9
8 p.m.	VR-51	CPRW-2

Riseley Field

6 p.m.	MPD	3RD MARINES
7 p.m.	CLB-3	VP-4
8 p.m.	HSL-37	VP-2 "JOKERS"

OCT. 14

Annex Field

6 p.m.	CLB-3	MPD
7 p.m.	3RD RADIO BN	VP-47
8 p.m.	MFP BAND	VP-47

Riseley Field

6 p.m.	MALS-24 "GIBBS"	CPRW-2
7 p.m.	HQBN "ASP"	VP-9
8 p.m.	MALS-24 "BURKE"	VP-4

OCT. 16

Annex Field

6 p.m.	CLB-3 "COM PLT"	CLB-3
7 p.m.	MALS-24 "BURKE"	VP-47
8 p.m.	VR-51	3RD MARINES

Riseley Field

6 p.m.	VP-4	VPU-2 "COULSON"
7 p.m.	VP-4	VP-2 "JOKERS"
8 p.m.	CPRW-2	VP-2 "JOKERS"

PLAYOFFS START NOV. 18

2009 Intramural Softball Fall League

Standings

TEAM	WINS	LOSSES
CPRW-2	8	0
HQBN "ASP"	5	0
3RD MARINES	5	1
3RD RADIO BN	4	1
VP-2 "JOKERS"	4	1
MPD	4	2
CLB-3 "COM PLT"	4	2
MALS-24 "BURKE"	3	2
HSL-37	3	3
CLB-3	3	3
MFP "STEP DADS"	2	3
VP-4	3	4
VP-9	2	4
VP-47	2	5
MALS-24 "GIBBS"	1	3
VPU-2 "COULSON"	1	5
VR-51	0	4

CURRENT AS OF MONDAY

2009 Intramural Tackle Football League

Schedule

POP WARNER FIELD K-BAY (All games begin 6:30 p.m.)

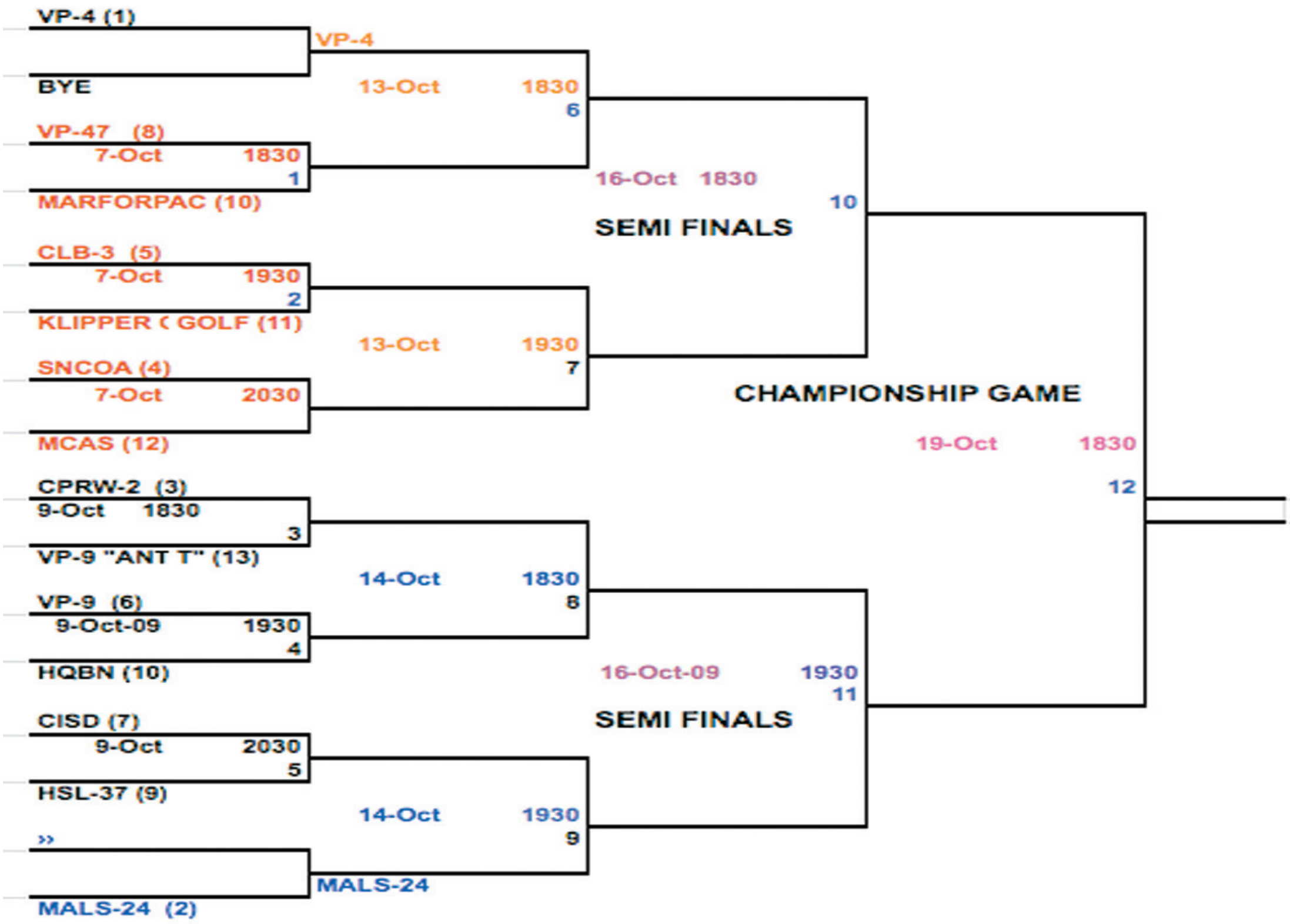
OCT. 13	MAG-24	HQBN
OCT. 14	CAMP SMITH	MCAS
OCT. 20	CAMP SMITH	HQBN

Standings

TEAM	WINS	LOSSES
HQBN	2	0
MAG-24	2	1
CAMP SMITH	1	1
1/12	2	2
MCAS	0	3

CURRENT AS OF MONDAY

2009 Intramural Summer Basketball League Playoff Bracket



Spotlight On Sports

Sports Briefs

Okinawa Kenpo Karate

Every Tuesday and Thursday, join MCCS Youth Activities for Kenpo Karate Kobudo classes, held from 6 to 7:30 p.m. in Building 1391, located behind the old 7-Day Store. Adults and children are welcome.

Costs for classes are $35 for adults, $25 for children, and $20 for additional family members. For information, call MCCS Youth Activities at 254-7610.

Fishing Charters Available at MCB Hawaii

Spend the day aboard one of the Base Marina's fishing charter boats.

For more information, stop by the Base Marina located in Building 1698, across from Hangar 101, or call 254-7666/7667.

Parents for Fitness

The Parents for Fitness Program is a cooperative babysitting effort available at the Semper Fit Center for all active duty service members and their families.

The PFFP participants are required to volunteer to babysit three times per month and is open for parents with children 6 weeks and older.

For more information, call Allison at 744-5977 or e-mail MCBHcoop@hotmail.com.

Personal Trainers Available at Semper Fit

For those looking to get into a tailored exercise regimen, or just looking for good advice on weight management and weight control, the Semper Fit Center offers free personal training consultation.

You can schedule an appointment with a trainer who will take body-fat measurements, blood-pressure and heart-rate readings.

They will do all this and tailor a program, based on your physical needs and ambitions.

For only $5 per workout, a professional trainer will actually work with you to ensure maximum efficiency.

Patrons may sign up for an initial assessment and one session a week up to three weeks. Because of a high demand for personal trainer appointments, patrons must wait four weeks between sessions following the initial three visits. For more information, contact Semper Fit at 254-7597.

Semper Fit-For-Life Program

A year-round program promoting fitness for the entire family. This motivational program is designed to encourage patrons to incorporate fitness into their daily routine.

Participants log their mileage/hours in any of the following activities: running/jogging, walking, swimming, cross-country, rowing/kayaking, bicycling, rollerblading aerobic activity, weight training, martial arts, basketball, racquetball and soccer.

Awards are given when a Semper Fit-For Life milestone is reached.

For more information, contact the Semper Fit Center at 254-7597.

Commander s Fitness Series

To register for events in the Commander's Fitness Series visit the Semper Fit Center or go to the MCCS Web Site at http://www.mccshawaii.com/cgfit.htm. For more information about the events, call Tina Lui at 254-7590.

HSL-37 Splash & Dash Biathlon

Sat., Oct. 17

An amphibious assault is coming to Kaneohe Bay. As they are trained to do, the Marines and sailors aboard MCB Hawaii will passionately hit the surf and the turf around the Marine Corps Air Station. This is not a training exercise, it's for real. It is the HSL-37 "Easyriders" Splash & Dash Biathlon.

The race begins with a 500-meter open water swim, then grab your running shoes and head around the flight line for the 5-kilometer foot race.

MCAS Tradewind Triathlon

Sat., Nov. 1

The MCAS Tradewind Triathlon is the final triathlon offered in Hawaii this year, so get registered early. The Tradewind Triathlon hits the shores and streets of MCB Hawaii Kaneohe Bay with a 500-meter swim followed by an 11.1-mile bike course, and ending with a 5-kilometer run. This event is ideal for amateur or experienced triathletes, and even serves as the Official Hawaii Senior Olympic Triathlon for 2009.

3rd Radio Bn. Jingle Bell Jog

Sat., Dec. 5

Jog off that Thanksgiving feast! This 4-mile run around the Nuupia Ponds will help you stay fit throughout the holiday season.

In the spirit of the season, a Family Fun Run around the Pop Warner Field track will take place after the race.



Semper Fit Group classes

Boot Camp

This class is an extremely intense cardio workout with a tough strengthening portion that is sometimes held in the basketball court for a more intense workout.

Cardio Kick

If you're trying to get rid of pent up frustration or just looking for an awesome workout, this is the class for you! This high-energy class incorporates punches and kick combos to improve endurance, speed and agility, while burning calories and increasing muscle tone.

Cycling

Tired of those boring three-mile runs? Well, come for a ride with us. This class uses specialized stationary bikes to help you burn a large amount of calories and tone up while improving your core strength. Set to specialized music as you peddle off the pounds.

Gut Cut

You've heard the stories. Come experience it for yourself – or are you scared? This 30-minute abdominal class is designed to strengthen your core muscles.

High Intensity Circuit Training

Put the "fun" back into functional training! This is a great workout for people on the go. This hour-long class will incorporate a series of circuits designed to challenge your muscular endurance and will strengthen your cardiovascular system.

Lower Body Blast

Want to tone up your legs? This class targets all the major muscle groups in your legs, including your core muscles. Strengthening these muscles will not only help firm up those areas but also maintain a healthy posture.

Keiki and Me

Don't have a sitter? This class is designed for the active parent done in an outdoor setting involving the kids. Build strength and cardiovascular endurance during this fun group setting. With the use of resistance bands, body weight exercises, abdominal work and plyometrics this can help strengthen your body and mind. Bring your own stroller.

Muscle Conditioning

Not coordinated for a traditional aerobics class? This class has minimal choreography so this is safe. A muscular endurance workout using hand weights and bands to work all muscle groups.

Pilates

This amazing class uses a powerful series of non-impact exercises for total body sculpting. This class will help develop strength, flexibility, balance, and weight loss to sculpt lean, long muscles and reshape your body from head to toe.

PiYo

If pilates and yoga were mixed together, this is what you would get. This class will help develop strength, flexibility and balance to sculpt long, lean muscles. With pilates, yoga and a combo of upbeat moves, this mat class will get your blood flowing while re-shaping you from head to toe.

Power Yoga

If you're looking for a class to increase strength, stamina and flexibility, this class is for you. They use yoga postures that are an excellent cross-training routine for athletes, along with poses to calm the mind and body.

Speed and Agility

Swifter, Higher, Stronger ... Train like an athlete. This class focuses on developing strength, power, balance and agility while maintaining flexibility. Dynamics of this class include plyometric type exercises designed to produce fast, powerful movements and improve functions of the nervous system while increasing foot speed.

Step

This is a tried and true classic. Fads come and go, but step endures all. This fundamental class focuses on getting a great workout on the steps with basic choreography — nothing fancy — just hard work and a ton of sweat.

Step and Tone

The best of both worlds in one class! A great step class and some resistance training in an hour and 15 minutes. Get your heart pumping with an upbeat step session that will tone your muscles.

Step Challenge

To step it up even more. This class is for the seasoned stepper or for those just looking for a challenge. This class is a full hour of fun and challenging choreography.

Water Aerobics

This non-impact workout is excellent for cardiovascular conditioning, flexibility and strengthening. Aqua training is a terrific way to gain fitness without the stresses of gravity experienced in land-based training.

Zumba

This is a Latin inspired, dance-fitness class incorporating international music and dance movements. It includes a combination of fast and slow rhythms, that tone and sculpt. The class integrates aerobic, interval and resistance training. Dancers and non-dancers will have a blast while getting an incredible workout!

Group classes are subject to change.
Visit the gym for updated schedules.

For more information on group classes, call 254-7597.

Hours of operation:
Monday-Friday, 4:30 a.m. - 10:30 p.m.
Saturday, 7 a.m. - 10 p.m.
Sunday and Holidays, 10 a.m. - 6 p.m.

VP-47 moves on
MarForPac goes home

Intramural Summer Basketball League playoffs begin

Lance Cpl. Colby W. Brown
Combat Correspondent

Patrol Squadron 47 denied Marine Forces Pacific from going on in the playoff bracket, 48-47, in the first playoff game of the Intramural Summer Basketball League at the Semper Fit Center gymnasium Wednesday.

This game started off the playoffs right with action right from the tip-off. Both teams were looking to move on to the next game on a single elimination competition to the championship game.

The score was 10-9, MarForPac, eight minutes into the game — which didn't reflect the action as there were more turnovers than points.

Joseph Sanders, guard, MarForPac, was one of many players to have turnovers this game, but after scoring his team's tenth point, he stole the ball mid-court and scored again on a fast break. This started MarForPac's control of the first half. However, VP-47 was able to keep tempo with MarForPac and prevent them from running up the score.

Timothy Cannon, guard, VP-47, aided his team in the first half scoring three 3-point shots in a row and keeping their point deficit small enough for a comeback.

Going into the half the score was 26-19 in favor of MarForPac.

As the five-minute break in between halves ticked away, both teams watered down and regrouped knowing the game wasn't close to being over. Both teams returned on the court ready to battle.

Control of the game was up in the air. Turnovers and fast breaks made the tempo erratic and offbeat.

With 10 minutes left, VP-47 finally took the lead with a drive by Terrance Veal, guard.

From that point forward the game was a run for the lead as the ball soared halfway down the court for fast breaks and both teams hardly stood still.

As the time ran down to less than a minute, VP-47 had control of the ball and worked to run the clock out.

But MarForPac still had fight left and caused a turnover with almost 20 seconds left.

As they inbounded the ball, VP-47 fouled and MarForPac went to inbound again.

Patrol Squadron 47 had one more foul before MarForPac went to one and one on the free throw line. They fouled again, this time near the base line, and MarForPac went to inbound the ball again.

With 10 seconds left, the pass flew from MarForPac's hands intended for an open man when a VP-47 player hit the ball mid-air and a turnover ended the game.

VP-47 heads to the next game in the playoffs.

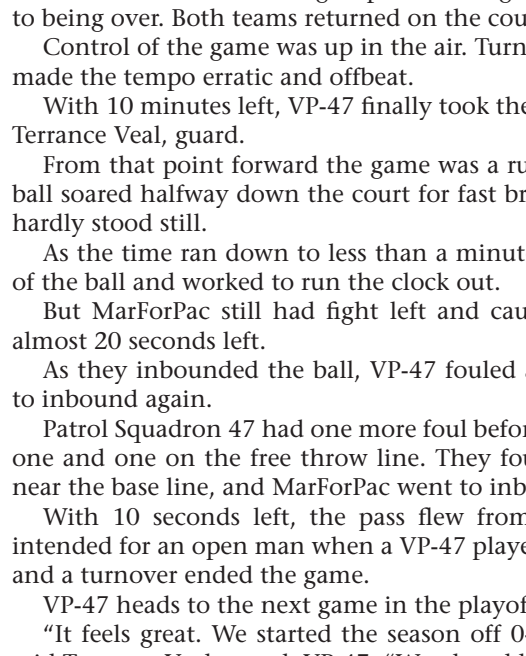
"It feels great. We started the season off 0-5, now we are 7-5," said Terrance Veal, guard, VP-47. "We played like a team tonight."

For MarForPac, the outcome of the game was disappointing.

"We underestimated them at the end," said Darius Mims, center, MarForPac. "We gave up on ourselves. We had ten seconds, plenty of opportunity to make a bucket. We have a good team, we let ourselves down."

As VP-47 moves on to the next game their focus is on their opponent.

"We will worry about the next game. We are looking forward to VP-4," Veal said.



Darius Mims, center, Marine Forces Pacific, is fouled as he went up for a lay-up. At the line he missed his first shot and sunk the second but that wasn't enough for MarForPac to come out on top.



Photos by Lance Cpl. Colby W. Brown

Joseph Sanders, guard, Marine Forces Pacific, scores on a fast break by slamming the ball home. Patrol Squadron won the first playoff game of the Intramural Summer Basketball League at the Semper Fit Center gymnasium Wednesday.



Photos by Lance Cpl. Colby W. Brown

Amidst multiple defenders Isaac Griffith, guard, HSL-37, drives to the lane and soars through the air for a lay-up.



Staff Non-Commissioned Officer Academy bested Helicopter Anti-submarine Squadron Light 37 in a contest on the basketball court, 53-45, in a Intramural Summer Basketball League regular season game at the Semper Fit center gymnasium September 28.

To The
Last Minute

SNCOA finishes a winner over HSL-37, 53-45

Lance Cpl. Colby W. Brown
Combat Correspondent

Energy and effort were the two main components of Monday's Intramural Summer Basketball League regular season game between the Staff Non-Commissioned Officer Academy and Helicopter Antisubmarine Squadron Light 37.

Staff Non-Commissioned Officer Academy prevailed with a score of 53-45.

Going into this matchup with playoff hopes and a better record, 10-3, SNCOA looked to have complete control of the game. That didn't stop HSL-37 from putting up a great fight, despite a record of almost opposite proportions, 4-10. They were the underdogs of this game.

Right from tip-off this game was balls-to-the-wall. Only stopping for fouls or substitutions the first half went quickly, fouls and turnovers became more common as the game flashed by.

In what seemed like two or three minutes the first half was over with a score of 28-20 in favor of SNCOA.

During the halftime break both teams rallied and contemplated their plans.

Being close behind, HSL-37 stuck to their original game plan of full court press, concentrating on turnovers and finishing the point every time they went to the hoop.

"We played a 2-3 zone on defense and had full court press the whole game," said Isaac Griffith, point guard, HSL-37. "We wanted to keep them from their fast break because they have a lot of fast players."

On the other side of the court SNCOA said that plans changed in the second half.

"We changed our game plan and got a little relaxed. Then once we realized they were pressing back, we went to our original game plan," said Clay Dooley, center, SNCOA.

With more energy than in the first half, the score leveled and finally went in favor of HSL-37.

With almost eight minutes left in the game and HSL-37 in the lead, SCNOA decided to play their style and take back control of the game.

The change in attitude of SNCOA while on court was evident and the scoreboard proved it. With two minutes left in the game SCNOA was back on top with a 10 point lead.

Out of frustration and fatigue, HSL-37 couldn't push back to gain the lead and the game ended with a missed mid-court shot by HSL-37.

"We lost, it sucks. But as far as intramurals go, it was a good game," Griffith said. "We can't really play much better than we did tonight — other than the last five minutes. If we just play like we did tonight we will win more games."

Every team has a shot to win the championship. For SNCOA, their plan of action is to keep playing like they have been all season.

"For the playoffs, we just plan to stay healthy and have depth. We need to keep our bench," Dooley said. "All our players are starter material so we need to make sure they can keep playing."

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take a STAND

Sgt. Mark Fayloga
Combat Correspondent

Why spend a day in the ocean when you can spend a day above it?

Really, it's not all that difficult. Yes, you will fall. And then fall again, but that's what it's about. The board beneath your feet will rock with the current, offsetting your balance. You'll shimmy, and maneuver, but like it or not, your feet will rise above your head and one way or another it all ends in a salt-water splash.

Get back on the board. Stand again. This time you'll do it with more confidence, surer feet, and a greater knowledge of Mother Ocean.

That's the draw. A beach packed with swimmers is crowded, even surfers have to wait for and share waves. But when you stand up paddleboard, it's just you and the sea. You're alone with the ocean breeze, the salty spray and hugging warmth of the sun. Even if you're with friends, there's ocean enough for everyone.

If you get good enough, you can tackle the waves, join the surfers and wait for your barrel. You're higher up so enjoy the superior view of incoming sets. You can paddle to position quicker, which means you'll catch more waves.

Maybe you're a fitness junkie; well it's tough to beat the full body workout of stand-up paddling. Push yourself through a round of laps and feel your core harden as you maintain your balance and rip through each stroke with your shoulders and arms.

Sound too hardcore? No worries. Take a seat, paddle along at a leisurely pace and find a sweet spot of water to lie out in.

To each paddler his own. You don't even need an ocean. Any safe, accessible body of water will do.

A full rig can run from $600 to $1,500. Larger boards are easier to stand on. You can paddle just about anywhere on the island and rentals can be found pretty much all over. If you're renting, military installations are significantly cheaper options. Like with any water sport, be sure to check weather reports and if you're unsure about your ability to handle the conditions, don't go.

Paddle out.



Photos by Sgt. Mark Fayloga

Lance Cpl. Colby W. Brown heads out into Hickam Harbor on an 11-foot stand up paddleboard. Like most who try, Brown was able to stand on his first day of boarding.



(Main Image) Lance Cpl. Kevin M. Beebe Jr. paddleboards in Hickam Air Force Base's Harbor Sept. 14. (Above) Beebe and Brown head back to the beach to clean off and load their boards, a process that takes about 20 minutes.

PASS IN REVIEW



A Zomedy worth seeing

Cpl. Danny H. Woodall
Combat Correspondent

For what it is and for what it was marketed to be, a mindlessly entertaining horror-comedy, "Zombieland" is nearly perfect. It has everything moviegoers need: violence, gore, comedy, romance, Bill Murray, and of course … zombies.

"Zombieland" takes place in an alternate present where a virus has inexplicably infected nearly everyone on the planet, turning victims into flesh-eating zombies. The film stars and is narrated by Jesse Eisenberg ("Adventureland") a sheepish, multiple phobia-stricken former college student who calls himself "Columbus" after his Ohio hometown (apparently someone forgot to tell the casting director the role of nerdy, neurotic protagonist has already been taken by "Superbad" star Michael Cera).

Following an interesting slow-motion-zombies-chasing-humans montage, we meet Columbus.



As unlikely as it seems, he isn't just surviving the zombie apocalypse but also thriving. His success can be found in his meticulous attention to detail in order to avoid becoming a zombie-meal. Columbus has crafted a list of rules which he follows religiously and often tries to impart onto fellow survivors, like the much cooler and better equipped "Tallahassee," played by Woody Harrelson ("Natural Born Killers").

Harrelson's character is a rugged, man-amongst-men type with a hatred of all things zombie. In fact, most of the film's violence is a direct result of his actions. He is also the cause of the movie's single momentary break in genre when, late in the film, we learn that Tallahassee's violent disposition doesn't emanate from his alpha male upbringing, but rather from losing a loved one. Not to lose momentum, the movie immediately gets back on track with some good ol' fashioned zombie killin' — which is one of the film's few creative parts, its variation of zombie deaths.

Following normal character-introducing exposition, the real fun begins. After uniting with a pair of ladies with a penchant for conning fellow survivors for supplies, the group of four heads off to California in a Hummer, each aiming to regain some sense of normality in a radically different version of modern America.

Thankfully, on their journey they have multiple encounters with the "walking dead," eventually culminating with a full-scale zombie battle inside of a California amusement park.

In "Zombieland," the laughs are continuous and the film's R rating ensures it rarely holds anything back. Much like 2004's "Shaun of the Dead," "Zombieland" is a refreshing alternative to the usual slew of October horror releases, which are incredibly hit or miss due to their ridiculous subject matter — for 2009, look no further than "Saw VI."

Bottom line, the film is highly entertaining, highly enjoyable, but also highly brainless (pun intended).

As weird as it may sound, despite the film's entertainment value, "Zombieland" just comes off as by-the-numbers movie making. Beside gory zombie deaths, it seems as if there was no creative process involved in the writing of the film.

If pitching a multi-million dollar film is as simple as thinking of three random thoughts and then scribbling "Zombies, guns and road trip" on a bar napkin, then I should be a billionaire by now.

With that being said, I'm turning "football, computer monitor and desert cover" into "Awesomeland." In theaters summer 2010.

Your weekly guide to all aspects of entertainment

Welcome to the Pass In Review, your number one source for cinema, music, videogame and book reviews. The Pass In Review crew consists of more than 10 critics, each with their own idea of what makes a movie, album, game or book great. So be sure to take advantage of the Better Know A Critic section, which spotlights this week's critics to better help you choose the critic with opinions most like your own. Using our breakthrough four point scale system you can quickly decipher what is worth your time and what isn't, or read the full review for an in-depth analysis and explanation of the rating. The rating system uses ammunition and range terminology, so if you're not familiar, here's a quick breakdown of the ratings …

1/4 — No Impact, No Idea
Horrendous. Among the worst of the worst in its genre. Dedicating time to this is not only wasteful, but unforgivable. Avoid at all costs.

2/4 — High And To The Right
Mediocrity at its best. Lacks a few things that might have made it really good. A decent time waster, partake only if you have nothing better to do.

3/4 — On Target
Praiseworthy. A great endeavor, not quite an instant classic but still very entertaining. This is a sound investment of your time.

4/4 — Confirmed Kill
Genius. In the top 10 percent of its genre. This is the stuff legends are made of. Missing out on it would be a disservice to yourself.

So, there you have it and we hope you enjoy our weekly reviews. Don't forget, The Hawaii Marine accepts submissions from its readers so if you consider yourself a film buff, music aficionado, gaming geek or bookworm feel free to submit your own reviews. Or, if you disagree with a review published and want fellow readers to know the real scoop, send in a condensed review and we'll run it as a second opinion.

Better Know A Critic


WOODALL

Cpl. Danny H. Woodall believes a good film is one that serves its purpose, which is to allow its viewer a chance to escape from reality even for a brief two hours. He believes the greatest film of all time has yet to be made, that is, until James Cameron directs "Stuart Little 4: Rise of the Machines."

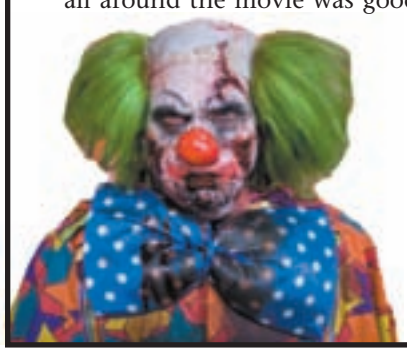

OCHOA

Cpl. Regina A. Ochoa feels a good movie should inspire you. She thinks the Golden Age of Hollywood was in the '30s and '40s, because movies then were less about special effects, and more about the plot and the actors' abilities. Her favorite movie is "Gone With the Wind." However, she is proud to admit she has a soft spot for cheesy romantic comedies, especially "Sleepless in Seattle."

Second Opinion

"Zombieland"
3 out of 4 (On Target)

Zombieland was funny. Although there were times in the movie when the characters would crack a joke and it would fall on deaf ears in the audience, all around the movie was good. The best part, I think, was the addition of Bill Murray playing himself in the movie. It had a lot of individuality and a completely different way to look at what the world would be like if zombies killed everyone. I definitely want to be in the running for Zombie kill of the week.



— Lance Cpl. Colby W. Brown



PANTS on FIRE

Who knew lying could feel so good?

Cpl. Regina A. Ochoa
Combat Correspondent

Imagine a world where people couldn't lie. That's the idea behind "The Invention of Lying," a feel-good flick about a man who is the first to tell a non-truth.

In this movie, Mark Bellison (Ricky Gervais) is a lonely man in his 40s who is fired from his job, evicted from his apartment and shunned by women. He also lives in a world where not only do people not know how to lie, but they also always speak what is on their minds, however mean or selfish it may be.

Bellison, however, gains the ability to lie, and tests it out on the world. When his dying mother expresses she's scared of going into nothingness, Bellison tells her when you die you go to a better place. When doctors in the hospital overhear his lie, they leak it out to the world. The next day he wakes up to a yard full of people wanting to learn about what he knows.



Bellison's luck improves when he invents "the man in the sky" and pretty much describes what people know today as Christianity. He becomes an instant celebrity and it seems his life has turned around for the better.

The movie is hilarious! Gervais makes Bellison so pitiable yet loveable, and really carries the plot along. Jennifer Garner, who plays Bellison's love interest, plays her usual sweet, bubbly character, but is actually likable in this film. Rob Lowe and Tina Fey play Bellison's evil co-workers to perfection. Cameos by Robert Norton and Phillip Seymour Hoffman keep you smiling, especially when you see them in roles they wouldn't normally play.

The movie may seem a little sacrilegious, basically stating religion was brought about through lying. Bellison's "man in the sky" becomes worshiped, playing the role of God to this naive society. There's a time when Bellison is Moses, introducing "rules given to him by the man in the sky" on two pizza boxes. If you're willing to look beyond that and see the humor in it, this is the movie for you.

The film isn't anything profound. You don't walk away questioning the meaning of life or with a new mindset toward the world — you just enjoy being entertained. You laugh, you get choked up, you laugh again. The movie shows you both the good and bad behind both lying and truth. Both hurt people, but people also get uplifted and comforted by both. The movie makes little white lies seem like a gift, and blatant truth like a curse.

If you're looking for a laugh with a good message, "The Invention of Lying" is a nice afternoon at the movies. The movie is rated PG-13 for language, some sexual material and a drug reference, so this isn't a movie to take your child or tween to.

TALK* STORY

"America's Got Talent," now a popular television show airs on NBC, featuring some of the most talented people in the nation. The Hawaii Marine wondered...

What is your talent?

*[tôk stôreï] Hawaiian slang for an informal, lengthy conversation. Often used as a method to bond, or a good way to kill time.



"I'm extremely awesome at frisbee. I played in college and I was an assistant coach."
— Cpl. Jared Rodgers



"I like to sing. I'm more into choral singing. I was first soprano. I could reach the high notes."
— Petty Officer 2nd Class Sarah Driver



"I can surf. I've surfed for about seven years. My board of choice is a 9'2" longboard."
— Cpl. Josh Willing

Ending ABUSE

Base takes a stand against domestic violence

Christine Cabalo
Photojournalist

A total of 4,532 cases were filed with the Hawaii State Judiciary seeking protection against domestic violence in July 2007 to June 2008.

In Hawaii, more cases involving domestic violence were filed than traffic offense cases, spurring many to take action. Workers and residents of Marine Corps Base Hawaii are highlighting the issue during Domestic Violence Awareness Month in October.

"We want to get the word out that help is available for anyone who might be in a violent relationship," said Debra Hauhio, victim advocate program coordinator, Family Advocacy Program. "Domestic abuse doesn't play favorites, and it does not know boundaries. It crosses all cultural, religious, educational and socioeconomic backgrounds."

Hauhio's office assists in reporting domestic violence and offering resources to help those abused. To encourage the public in taking action, the Family Advocacy Program staff has set up displays at Mokapu Mall and Anderson Dining Facility.

Earlier this year, Hauhio also completed training with the base Military Police Department in combating domestic abuse.

"If you notice someone who's stressed all the time or shies away from others, that could be a sign of domestic abuse," said Sgt. Anthony Perkey, watch commander, MPD. "If there's a change in moods or you notice someone missing work a lot, those are all potential indicators of abuse."

During their specialized training, police officers learned special techniques to respond to domestic violence. Perkey recommends people call 911 if they suspect someone is a victim of domestic abuse, and police will be dispatched to help.

Since January 2009, Hauhio noted six deaths related to domestic violence were reported in Hawaii. She said now more than ever, supporting events to raise awareness about domestic abuse is important.

Looking for additional volunteers, Hauhio said she hopes to see more people join events like the Men's March to End Violence Oct. 15.

The yearly event, started on Oahu in 1994, encourages boys and adults to march against domestic abuse. Volunteers, including Master Sgt. Lorrin Bush, current operations staff noncommissioned officer in charge, Special Operations Command Pacific, will be showing their support for victims.

"Right now, the fight against domestic violence is very reactive," Bush said. "We can't do that and need to start being more pro-active. People need to be more educated."

Bush said he's seen the importance of volunteering when supporting his wife, who is a victim's advocate and works extensively with the abused. He's offered his help as a handyman for women's shelters and assisted his wife in responding to emergencies as early as 2 a.m. at Kapiolani Medical Center.

Both Bush and Hauhio said the Family Advocacy Program is just one of many resources people can turn to for help.

Any adult who is eligible to receive military medical treatment may make a confidential report of domestic abuse to a Family Advocacy victim advocate, Family Advocacy clinical counselor or military medical professional, Hauhio said. Under this Marine Corps and Department of Defense policy, victims can access medical care and victim advocacy services without command or law enforcement involvement.



Christine Cabalo

Steven Querry, civilian military police officer, Military Police Department, applies a domestic violence awareness magnet to a patrol vehicle at Marine Corps Base Hawaii. The department is one of several organizations showing victims of domestic violence their support during October. Several events, including a march against violence, are also scheduled this month.

Bush noted abuse can take many forms, and verbal abuse is just as much of a concern as physical violence.

Both he and Hauhio said if someone has a partner who publically humiliates them, isolates them from others or accuses them of being unfaithful, they could be in a potentially dangerous relationship.

"You may hear people refer to domestic abuse as an 'anger problem' but domestic abuse isn't about anger, stress or alcohol," Hauhio said. "It's when one person controls, dominates or coerces their partner. Men, women and children have the right to live without fear or violence."

There are both Marine Corps and civilian resources available to those who are in an abusive relationship. To speak privately with a victim advocate, contact Family Advocacy and Counseling Services at 257-7780 or contact their 24-hour hotline at 216-7175.

Education and aid are also available at the Hawaii State Coalition Against Domestic Violence at 841-0822 or log on to: http://www.hscadv.org/.

Joint Service Singles Retreat reaches new heights

Petty Officer 2nd Class Theresa M. Buitron
Naval Information Operations Command, Hawaii

The Joint Ministry Team at Naval Information Operations Command-Hawaii recently gathered 25 service members from the Army, Navy and Marine Corps at YMCA Camp Erdman to participate in a weekend devoted to developing strong bonds and learning how not to "fall in love with a jerk."

Army Chaplain Capt. Brian Murphy and Navy Chaplain Lt. Rob Nelson brought the PICK program (Premarital Interpersonal Choices & Knowledge) to retreat participants during a three-day stay at the camp located on the Waialua shore.

This is the first year that Strong Bonds, the three-part program which the Army has been using for retreats for singles, couples and families, crossed service lines and became a retreat open to all at this joint command.

"In 2003-2004, chaplains military-wide saw a need for being proactive, rather than reactive, when it came to problems with service members and their relationships, marriages and families. Our hope is that these programs can address problems before they arise and help promote healthy habits," explained Murphy. "This is our first year utilizing the program at this joint command, but we are looking forward to having more opportunities for all service members in the future. We already have three more joint service retreats planned for next year."

The retreat encompassed challenges for the participants to test individual confidence, work on team building, and learn time-tested, scientific means to approach relationships. The curriculum that has become the central part of the program was designed by John Van Epp, Ph.D.

Van Epp's program started as a seminar and popular hardcover, "How to Avoid Marrying a Jerk," and has since developed into an even more preemptive lesson on how to "follow your heart, without losing your mind," the clever subtitle to the follow on book "How to Avoid Falling in Love with a Jerk." The themes and ideas that come from this book follow a two-step approach — Use your head … While following you heart.

To most accurately address one's approach to a relationship, Van Epp developed the relationship attachment model (or RAM) which summarizes intense research and theory on love, intimacy and attachment. This retreat provided for the understanding of Van Epp's RAM and showed how following the five fundamental dynamics of the model would lead to a "safe zone" of not falling for a jerk (or jerkette — as the Van Epp's book tells us, jerk has no gender). The RAM chart itself is mainly a tool to help you keep balance of each of the contributing relationship dynamics — know, trust, relay, commit and touch. Not letting one area exceed too far beyond the previous level is key to building a healthy relationship.

During the retreat, all the participants were asked to contribute stories, ideas and past lessons learned during the classroom setting. Most felt that it was comforting to know that you weren't the only one going through some of these trials and tribulations of the dating experience.

The ages of the group stretched from 18-30 and many thought it was good to talk to people in their peer group who had been in similar situations and share mistakes they would encourage others not to make. The various approaches to dating, the differences in family background, individual education and military experience all became factors when discussing tales of love and loss, but in this environment, everyone had a chance to share and a chance to learn.

Murphy stressed, "Know yourself before you get involved with another person. That person should not 'complete you,' but rather complement you in a relationship."

Nelson added, "Taking time to solidify a relationship with the pace of military life is not easy. And, it takes a lot of commitment."

Van Epp's relationship attachment model was geared toward romantic relationships, but as these retreat participants learned, it is a model for friendship and teamwork relationships as well. Outside of the classroom, the participants engaged in two different physical challenges.



U.S. Navy photo

Couples undertook various physical challenges during a Joint Service Singles Retreat on Oahu's North Shore. The event included participants from the Marine Corps in addition to other services.

The first was a self-confidence challenge starting with a pendulum swing from almost 40 feet in the air. Next was the 45-foot tall, wooden rock-climbing structure that everyone was encouraged to try and climb all the way to the top.

The chaplains and their teams strove to ensure that the participants took with them a sense of knowing themselves better and gained tools and advice to make better relationship decisions in the future, proactively avoiding jerks. "We wanted the participants to recognize that they are not alone out there; people just like them go through the same obstacles, and face the same challenges. We also wanted them to get to know us [chaplains] so that if they need us, they know we are here for them. Military becomes your family and we all need to take care of each other," explained Nelson.

Although religious undertones were left out of the retreat, out of respect for all participants' differences, both Murphy and Nelson agreed that spiritual fitness in any form it may take for the individual is an important part of military life.

Returning military need to plan a financial re-entry

Press Release
Ameriprise Financial Services Honolulu

With Financial Planning Week in full swing, it may be time to examine your personal financial situation, especially for those in the military. It may be many months – if not years – before U.S. troops make a permanent exit from wartime service. However, it's never too early for military personnel and their families to start talking about the right financial steps to make when returning home.

One of the smartest moves a serviceman or woman can make if they've never done so is scheduling a meeting with a trained financial or tax adviser. This is best done before deployment, but it's never really too late to get advice. In the case of married military personnel, it might be wise for the spouse at home to locate a qualified financial planner near them to start the discussion.

Here are some suggestions military personnel and their spouses should follow during deployment or at the end of their service:

Prevent identity theft: If a member of the military on active duty hasn't registered an "active duty alert" with the three major credit reporting companies (Transunion, Experian and Equifax), they should do so immediately. Such an alert — effective for one year but renewable — automatically stops all credit offers from being mailed to their homes. A call to any one of the credit bureaus will automatically put an alert on an individual's file with all three agencies. For extra protection, get a trusted family member authorized to check your credit report annually and place or remove an alert in your stead.

Know your rights if problems occur: The Servicemembers Civil Relief Act of 2003 provides a variety of financial protections for active duty personnel. The act provides stays on civil litigation including bankruptcy and divorce and prevents wage attachments while military personnel are away. Coverage requires active duty confirmation from a commanding officer but expires 90 days after that status has been terminated. The law also makes it tougher — but not impossible — for landlords to evict military families for nonpayment of rent.

Note credit protections: The 2003 act also freezes credit card, mortgage and some student loan interest at 6 percent if military personnel were approved for the loans before they were called to active duty. On student loans, reservists and active duty members of the military assigned away from their permanent-duty stations may receive a deferment for up to three years on student-loan payments as well as a break on accruing interest on missed payments. Finally, deployed military away for at least six months can terminate a car, truck or other vehicle lease without penalty.

Understand tax issues: Activated and deployed military personnel receive special tax breaks at the federal and sometimes state level. Military income earned by soldiers in combat zones is tax-free and they don't have to file taxes until 180 days after their return. Activated military personnel also are entitled to an extension on the period of time allowed for a tax break on the profits from the sale of a home. They're also entitled to tax breaks on child care assistance and certain travel. Nontaxable combat pay can also be considered for the Earned Income Credit.

Plan ahead for lump-sum earnings: For returning military receiving accumulated military pay or compensation from civilian employment, it's tempting to take the money and blow it. It makes sense to sit down with a financial and tax adviser before a dime gets spent.

Know injury benefits: The Veterans Administration's Traumatic Injury Group Life Insurance Program (TSGLI), launched late in 2006, has already distributed more than $165 million in grants between $25,000-$100,000 for wounded troops. Servicemen and women need to register for the program for a monthly fee of $1 for the extra coverage on top of what they pay for Servicemembers Group Life Insurance.

Don't forget retirement: Military service counts toward vesting for all civilian retirement plans — even though employers may not always be required to give you your job back when you return. And thanks to the Heroes Earned Retirement Opportunities (HERO) Act enacted in May, military and their families can actually put more money into their traditional or Roth IRA accounts. The act allows tax-free combat pay to be considered as earned income for determining the contribution amount for traditional and Roth IRAs. Before, a military person who earned only combat pay wasn't allowed to contribute to either form of IRA.

CEMENTED in PATRIOTISM

Retired Marine joins 'Walkway of Honor'



Courtesy of Leonard Maffioli

Leonard "Len" Maffioli served in the Marine Corps during World War II, and the Korean and Vietnam wars. In 1950 he was taken as a prisoner of war by the Chinese with 17 other Marines.



Kristen Wong

Today, Maffioli is the chairman of the board for the 4th Marine Division Memorial Park in Maui, and published an autobiography called "Grown Gray in War: The Len Maffioli Story."

Kristen Wong
Photojournalist

Donning a black veteran's cap and an unwavering, gentle smile on his face, Leonard "Len" Maffioli stands on waves of bricks, many inscribed with the name of a war veteran. Many of the names belong to his former colleagues and friends. He will add his name soon.

Above him, the red, white and blue American flag flaps against the teal statue of the Pacific War Memorial near the entrance of Marine Corps Base Hawaii, capturing the moment the Marines raised a flag on Mount Suribachi. The 84-year-old California native still remembers the real event, which he witnessed on a troop transport as a jeep driver for the 4th Motor Transport Battalion for the 4th Marine Division.

"Somebody yelled 'Hey! They're on Suribachi!' and I looked up and I'm sure it was the second flag I saw, we were pretty close to shore, and the flag that I saw was a good size flag. The first flag [officially raised before] looked like a postage stamp," Maffioli said. "There was a lot of hooting and hollering and weapons firing."

A retired Marine master gunnery sergeant, Maffioli has many stories to tell about his military career as a veteran of World War II, the Korean War and Vietnam War. The recipient of the Bronze Star Medal with a "V" for valor, the Purple Heart Medal and Combat Service Medal among others, Maffioli has worn several hats during his career from a jeep driver to chief recruiter.

Born on July 1, 1925, Maffioli knew by age 12 he would become a Marine. As a young boy, Maffioli grew up near the Marine Corps Recruit Depot in San Diego, watching the Marines training. In 1937, he watched the Marines load ships to help in a possible conflict between Japan and China.

"When I saw those Marines loading for combat … I decided I wanted to be a Marine," Maffioli said.

On Oct. 19, 1943, Maffioli enlisted into the Marine Corps reserves. Because he enlisted during wartime, Maffioli said boot camp was only seven weeks long as opposed to the normal 13. Soon he joined the Fourth Motor Transport Battalion, and visited several islands in the Pacific. His unit spent 18 months training at Camp Maui as well.

While in Iwo Jima, Maffioli was among the service members who administered burials at sea for numerous casualties. Maffioli remembered hoisting each body into the sea, in a canvas bag and wrapped with an American flag.

"It's such a finality … watching that body go over and chances are the family will never know," Maffioli said. "They were recording who it was that went over but you don't know that the family ever found out for sure what happened to their loved one."

After World War II, the Marine Corps reduced its numbers. Maffioli, being a reservist at the time, left the service and spent five years working in his father's dry cleaning business. He returned to active duty when the Korean War broke out.

"Somebody yelled 'Hey! They're on Suribachi!' … There was a lot of hooting and hollering and weapons firing."

- Leonard Maffioli

At the end of November 1950, Maffioli and 17 other Marines were captured and forced to become a working party for the Chinese. They were forced to wear Chinese uniforms and "check-in" new prisoners by recording their name, rank and serial number.

After five months and 25 days, Maffioli and his fellow prisoners got their chance to escape. As the Chinese guards escorted them through a valley, artillery started to land and they fled. The Marines, knowing their allies were near, found a hut to hide in. Maffioli said Korean citizens helped them hide in caves, telling the Chinese they saw no prisoners.

Maffioli said he and four other Marines took wallpaper from a half-destroyed house and spelled out "P.O.W. – rescue – 18" in the rice paddy. Fifteen minutes later, three tanks came to retrieve the 18 Marines.

"We were crying and laughing, just tears streaming," Maffioli said. "They immediately threw some cans of rations down and we started opening up cans of rations and gulping it. It was too rich for us. We hadn't had anything but soybeans and sorghum seed grain [and] a little bit of rice for six months."

In fact, they were so eager to indulge that they made themselves sick to their stomachs.

"We were eating Beanie Weenies and all this, and just throwing it up and opening another can."

Maffioli, at 5 feet 10 inches, and 150 pounds, came down with amoebic dysentery from his ordeal, and at this time had been down to 100 pounds. Years later, Maffioli would add Vietnam to his list of war experiences.

"I'll say one thing he was a gung ho Marine," said his wife, Donna Maffioli. "Every Sunday night he used to get his uniform ready for the week. The Marine Corps was his true love."

Retired Marine Col. Bernard "Barney" Brause, who worked with Maffioli as a depot inspector at San Diego, said Maffioli had a sense of humor, was skilled in writing, and wrote many formal inspection reports for unit commanding generals. Brause also called Maffioli "very well seasoned," due to his experiences in wartime.

"Individuals he was dealing with, many cases instructing, [had] a feeling that they were being given guidance from someone who truly knew what he was talking about," Brause said. "His credibility was beyond reproach he certainly had respect and admiration of those being addressed."

"When people went out [running] with him, he left them gasping for air," said retired Marine Lt. Gen. Henry "Hank" Stackpole, who knew him when he worked at San Diego. "He was a great example for fitness and putting young tigers in the dust."

Today, Maffioli enjoys frequent traveling and listening to opera music. He has travelled to countries like Germany and Yugoslavia. He still retains ties to the military. He is chairman of the board for the 4th Marine Division Memorial Park in Maui. He was instrumental in having a commemorative 4th Marine Division plaque installed on Saipan and the other lands in the Pacific Island Campaign of World War II. Now, he will make his mark as a Pacific war veteran at the Pacific War Memorial.

"It's nice to know that our generation is being remembered for their services in the Pacific," Maffioli said. "It's a beautiful memorial for not just World War II but all the Pacific wars. It honors the people from all Pacific wars, including many who gave their lives."

For several years he was a docent for the museum at San Diego and is proud of the recruits he has been able to educate during their time at the museum.

"They are just as tough and certainly more highly trained," Maffioli said.

He attends many military reunions and has co-authored a biography about his military career. Among his many travels, Maffioli loves Switzerland the most, calling it "the most beautiful country in the world." Maffioli happened to be touring the country on Sept. 11, 2001 when he heard about the terrorist attacks, and watched the news from his hotel.

"They looked like computer graphics," said Maffioli of the footage on television. "We just couldn't believe it."

Maffioli, who has given many presentations about his experiences and can easily recall details with a calm demeanor, had a hint of a crack in his voice for the first time as he said, "The next day the stores had little American flags."

Such deep feelings about patriotism don't surprise Marsha Lewis, Maffioli's daughter. She still remembers the day her father retired from the Marine Corps. As they ascended the steps to his office one last time, Lewis said they were playing taps outside.

"My father turned around [and] gave a salute towards the flag until taps ended," Lewis said. "It was a solemn moment and yet it made me proud too, very proud of his life, of his career in the Marine Corps. He didn't cry, but the look on his face really was one that I really had never seen before."

Maffioli's experiences are shared in his autobiography called "Grown Gray in War: The Len Maffioli Story." To support the Pacific War Memorial, visit http://www.pacificwarmemorial.org.

On Point

Range High Shooters



Pistol High Score

Name: Pfc. Fred Choi
Unit: Headquarters Battalion
Pistol Score: 354
Coach: Sgt. Ken Wittekiend

Rifle High Score

Name: Staff Sgt. Rico Selbo
Unit: U.S. Marine Corps Forces, Pacific
Pistol Score: 337

Coaches Course Honor Grad

Name: Lance Cpl. Nathan B. McCord
Unit: U.S. Marine Corps Forces, Pacific
Pistol Score: 317
Coach: Sgt. Ken Wittekiend





Remember to Recycle

NICE job

This is one of a series of articles that have been written to better explain Interactive Customer Evaluation issues and to foster improved communications at Marine Corps Base Hawaii.

Klipper Golf Course tee time reservation policy

The policy authorizes all military and family members assigned to and supported by Marine Corps Base Hawaii to reserve tee times (for a minimum of two players) beginning at noon, six days prior to your requested tee time.

For example, you can make a tee time for a Saturday beginning at noon on the prior Sunday. This is two days prior to all other active duty categories. All other authorized patron categories have less priority. Patrons who do not reserve tee times in advance may use the Klipper's standby list. The policy for all standby play designates priority to active duty and family members assigned to and supported by MCB Hawaii over all other patron categories on the standby list.

It does not allow priority over those who have already reserved a tee time. The Klipper staff is diligent in ensuring these policies and procedures are followed.

The intent of the policies give the opportunity to active duty and family members assigned to and supported by MCB Hawaii to use the facility before anyone else.

9-hole play at the Klipper Golf Course

The Klipper Golf Course allows 9-hole play Monday-Friday, starting from the first hole without restrictions.

On weekends and holidays, 9-hole play is allowed during the first one and a half hours from the first scheduled tee time, starting on hole 10. Also, 9-hole play is reopened two and a half hours from sunset, starting on hole one.

Only if play permits will the Klipper staff use their discretion to deviate from the restrictions and allow 9-hole play starting on either hole one or 10.

WAIMANALO COUNTRY FAIR

Those wanting to have family fun won't have to look far, as the Waimanalo Country Fair opens next weekend at Waimanalo Beach Park.

The free event is scheduled from 6 p.m-midnight on Oct. 16, noon to midnight on Saturday and noon-10 p.m. on Sunday.

Entertainment includes the Royal Hawaiian Band, BET, A Touch of Gold, Fab Four and more.

There will be rides that require coupons. A limited number of wristband ride tickets will be made available before the event.

Call 768-3888 for more information. There will be free parking on site.

Connect with kids through visuals

Reinforce discipline by engaging their eyes

Elaine Wilson
American Forces Press Service

I got a call from my daughter's school the other day, the one every parent dreads. My daughter's teacher was calling me to point out some "behavioral issues" my daughter had been having for several weeks.

I decided to have a one-on-one with my 7-year-old to see what was going on. She's generally a very happy kid and normally breezes through school without any major problems. Turns out her best friend from last year had been ignoring her at recess and she was devastated. My daughter's shy and it's tough for her to make new friends so this was a huge hit to her ego.

I decided to use a visual technique I picked up at DoD's family readiness conference last month. Trevor Romain, a noted children's author and advocate, had described several methods he uses to help military children that I thought were pure genius.

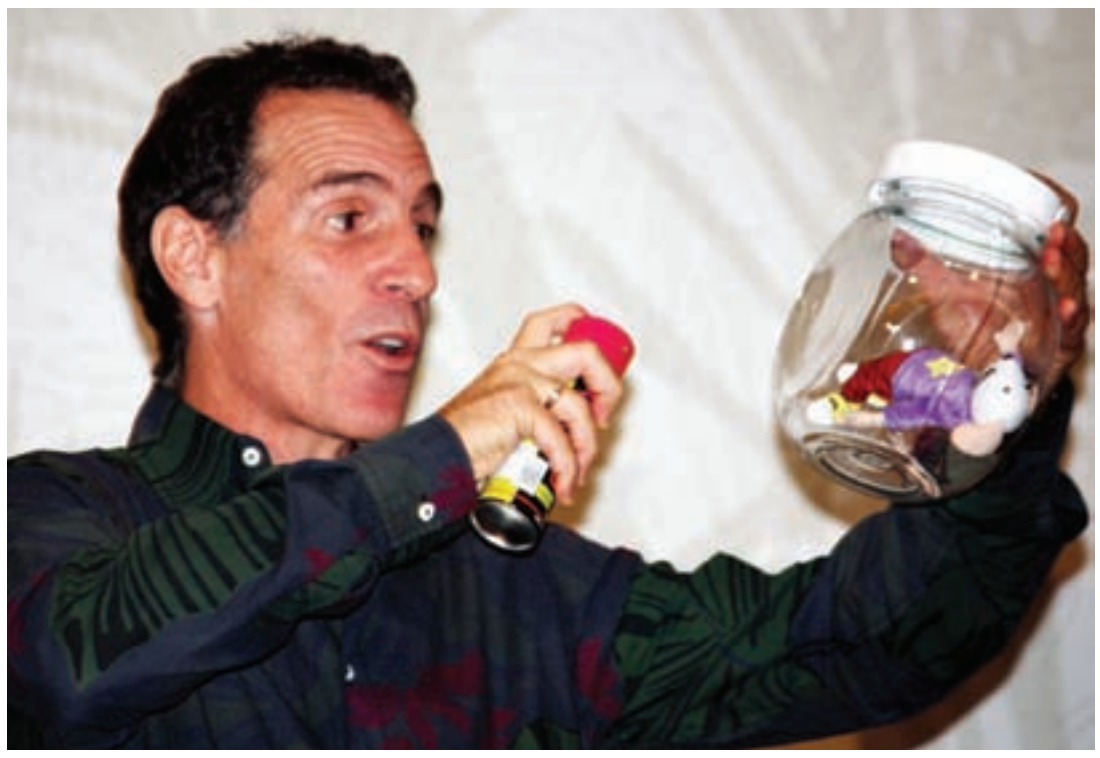
Following Romain's example, I took a dollar bill and asked my daughter what is was worth. "A dollar," she said. I then crumpled it up, threw it on the floor and stomped on it for a while. I picked it up, smoothed it out and asked her again what it was worth. "A dollar," she said.

I explained to her that no matter what happens to her in life, her self-worth and value never change. The visual helped keep her engaged in the conversation and also — more importantly — understand the concept of self-worth.

Romain had a few techniques for dealing with bullies he shared as well.

He described a visual he often uses to help those being bullied. He first puts a toy mouse he calls Coco into a jar. He sprays the jar with silly string until it's covered. And when he takes Coco out, he's untouched.

Romain explains to children that Coco's untouched because of an invisible shield he has around him. Children can shield themselves from mean comments just as Coco shielded himself from the silly string, he said.



Elaine Wilson

Trevor Romain, a noted children s author and advocate, demonstrates the power of using storytelling and visual aids to reach military children during the Defense Department s Joint Family Readiness Conference in Chicago, Sept. 2, 2009. As an example, he held up a toy mouse inside a glass bowl. Just as nothing hes prays on the bowl reaches the mouse, he said, children can shield themselves from mean remarks.

The other visual he uses involves a bag or backpack. He starts off describing a bully who has 12 siblings and chaos at home. In his visual, the bully is carrying the bag.

"I'm new at the school," he said. "I'm really scared. I've got butterflies and I'm the first person that [the bully] sees. She's angry. She's frustrated. So what happens is she starts being mean to me, hitting me, being horrible."

The bully passes the bag off to the victim.

"What's really happening is she's passing her problem on to me," he continued. "She has unloaded. She feels much better. Now I'm walking around carrying [her] problems. I don't even know who she is!"

The victim could end up carrying these problems around for a day, for a month or for 40 years, Romain said.

"What I have to do is … go to a school counselor, a therapist, a parent or somebody that I trust … and I need to say, 'I have this problem. Can you help me with it?'"

The bag is then passed to the adult helper.

By passing the problem on, the victim won't be carrying around the burden, or bag, anymore, and the adult can help the bully so she won't pick on others.

Romain, who often works with military children, said he's surprised by the frequency of bullying he hears about within the military.

"What we have to do is figure out how to have them be compassionate and understand what's going on with the kid next to them," he said.

I really appreciated Romain's tips on parent-child communication and plan to use them every chance I get. For more on Romain, visit Military One Source online. He has a series of children's books there, including "Bullies are a Pain in the Brain" and "Taking the Duh out of Divorce." Or, go on the Web to http://www.trevorromain.com.

Report:b reastc ancerd eathsc ontinuet od rop

American Cancer Society
Press Release

A new report from the American Cancer Society finds the breast cancer death rate in the United States continues to drop more than 2 percent per year, a trend that began in 1990, and that over the last ten years the rate of decline among African American and Hispanic women is similar to the drop among white women. However, death rates for breast cancer remain 40 percent higher in African American than white women.

The findings are published in Breast Cancer Facts & Figures 2009-2010 (available online at http://www.cancer.org/statistics). The report, published every two years since 1996, provides detailed analyses of breast cancer trends and presents information on known risk factors for the disease, factors that influence survival, the latest data on prevention, early detection, treatment, and ongoing and future research.

"Breast cancer remains a major fear for women living in the U.S. and a major cause of cancer death, but it's important to note that a woman's chances of dying from breast cancer have now been dropping for more than a decade," said Otis W. Brawley, M.D., chief medical officer of the American Cancer Society.

"We've now identified major risk factors for breast cancer, many of which are modifiable. For instance, we've seen a drop in incidence associated with less use of postmenopausal hormones. And while that is gratifying to see, we remain concerned about obesity's potential to offset that drop, and lead to an increase in the incidence of breast cancer in the future."

Other highlights of Breast Cancer Facts & Figures 2009-2010 include:

• In 2009, an estimated 192,370 women will be diagnosed with breast cancer. Excluding cancers of the skin, breast cancer is the most common cancer among women in the United States, accounting for more than one in four cancers diagnosed.

• An estimated 40,170 women are expected to die from the disease in 2009. Only lung cancer accounts for more cancer deaths in women.

• In January 2006 (the latest year for which figures are available), approximately 2.5 million women living in the U.S. had a history of breast cancer. Most of them were cancer-free, while others still had evidence of cancer and may have been undergoing treatment.

• Between 2002 and 2003, a sharp decline in breast cancer incidence rates occurred in the U.S., particularly among women aged 50 to 69. This decrease is likely a result of the rapid drop in menopausal hormone use that began in 2002. Breast cancer incidence rates have remained relatively stable since 2003.

• While incidence rates have declined for white women, breast cancer incidence rates have remained relatively stable for African American women. The lack of a decline in African Americans may be due to the lack of a significant decrease in mammography screening rates and/or historically lower rates of menopausal hormone use.

• Although overall breast cancer incidence rates are lower in African American than white women, African American women have higher incidence rates of distant stage disease; are more likely to be diagnosed with larger tumors; and are more likely to die from the disease.

• Breast cancer mortality rates have declined steadily since 1990. The drop in mortality has been larger women under 50 (3.2 percent per year) than among women over 50 (2.0 percent per year).

• From 1997-2006, female breast cancer death rates declined by 1.9 percent per year in non-Hispanic whites and Hispanics/Latinas, 1.6 percent per year in African Americans, and 0.6 percent per year among Asian Americans/Pacific Islanders. Death rates have remained unchanged among and American Indians/Alaska Natives.

• There is clear evidence that mammography reduces the risk of dying from breast cancer. After increasing for many years, the percentage of women aged 40 years and older who report having had a mammogram has dropped. According to survey data, 51.2 percent of women 40 or older have had a mammogram within the past year.

• Modifiable factors associated with an increased risk of breast cancer include postmenopausal obesity, menopausal hormone use, physical inactivity, and alcohol consumption of two or more drinks per day.

"The steady drop in the breast cancer death rate means that this year alone, about 15,000 breast cancer deaths were avoided that would have occurred had rates not begun to drop," said John R. Seffrin, Ph.D., chief executive officer of the American Cancer Society. "Since the early 1990s, that decline adds up to more than 130,000 grandmothers, mothers, and daughters who were alive, perhaps to celebrate another birthday, and even to go on to live a full, rich life."

"While there is much to celebrate in the fight against cancer, this report is also a strong reminder that far too many women still die of breast cancer and of the work yet to be done," said Elizabeth "Terry" T.H. Fontham, M.P.H., Dr.P.H., American Cancer Society national volunteer president. "We need to make sure all women have access to information to help them reduce their risk and to resources to ensure early detection and the best possible treatment."

Visit the Web at http://cancer.org.



Movie Times

Prices: *All shows are $3 for adults and $2 for children.*
For ticket pricing, the Base Theater Box Office defines an adult as a patron 12 and older and defines a child as a patron from 6 to 11. Children 5 and younger are admitted free of charge. Parents must purchase tickets for R-rated movies in person at the box office for children 16 and younger. Patrons must present their military identification card when purchasing tickets. Call 254-7642 for recorded information.

Sneak Preview Policy: *One hour and 45 minutes prior to the movie, tickets will be issued to first priority patrons waiting in line, then second and third priority patrons.*

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

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

"Post Grad" - PG-13	Today | 7:15 p.m.
"District 9" - R	Today | 9:45 p.m.
"The Time Traveler's Wife" - PG-13	Saturday | 7:15 p.m.
"The Goods" - R	Saturday | 9:15 p.m.
"Shorts" - PG	Sunday | 2 p.m.
"District 9" - R	Sunday | 6:30 p.m.
"The Goods" - R	Wednesday | 6:30 p.m.

For more information about the theater's schedule and to check movie times, call the Movie Hotline at 254-7642.

What's happening at Mokapu Elementary School

Pizza Fundraiser Nights

Papa John's Pizza on base is partnering with the Mokapu PTA to offer pizza nights as a fundraiser for the school. Once a month people can order pizza and have a portion of the cost go toward the school. The process is a little different this year: The PTA will send home a flier. When families order pizza (coupons will be accepted), they should peel and place the price sticker from the pizza box on the flyer and return the flyer to school. The following Thursdays will be the fundraiser nights: Nov. 5, Dec. 3, Jan. 14, Feb. 11, March 4, April 1, and May 6.

Red Ribbon Week Contest

The PTA is sponsoring a Red Ribbon Week poster and poem contest. Students in all grades can make a poster and those in grades 3-6 can write a poem to promote healthy living, kindness and caring, or being a responsible citizen. The theme for Red Ribbon Week is "Dream, Believe, Achieve, Succeed!" All entries will receive a prize, and a gift card will be awarded to one special winner for each grade level. Entries will decorate our halls the week of Oct. 19. All entries must be turned in to P-6 by today. Questions should be directed to PTA at mokapu_pta@yahoo.com.

Enrichment Activities

The Mokapu PTA sponsors after-school enrichment activities. Fliers will be sent home announcing the activities as they occur. Questions can be directed to PTA at mokapu_pta@yahoo.com.

The next ***Mad Science*** session will be for students in grades 3-6. It will be held on Thursdays in November, with registration forms sent home this month. Parents, call ahead for details.

A ***deployment club*** will also be held in November on Mondays after school. We are introducing this new after-school program with a four-week workshop with FOCUS. Students will make a "treasure" toolbox and discuss ways to manage emotions and reactions.

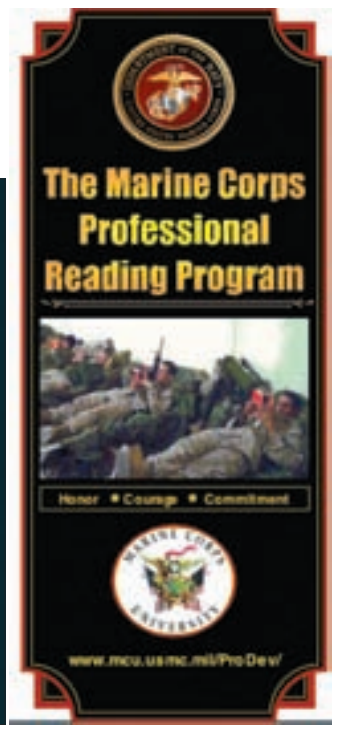
The ***Mokapu Chorus*** will be Tuesdays for grades 3-6 and Thursdays for grades K-2. All sessions will be held in P-3 from 2:15 -3:15 p.m. There is still room in the Thursday session. Parents, call for ahead for details. The chorus will perform a holiday show in December. More information will follow.

All students in 4th-6th grade are welcome to join the ***Nene Book Club***. It meets in the library on Tuesdays each week from 2:15-3:15 p.m. More information can be found at http://nene.k12.hi.us. Contact Librarian Lori Kidani for more information at 254-7964.

Hawaii Gun-Free Schools Act

Important reminder: If a student brings a BB gun, air gun, or paintball gun to school, he/she will be dismissed and won't be able to attend school for at least one calendar year. Parents, it is a good idea to talk this over with your child and check your child's backpack for anything that could be considered unsafe. Children should bring only school supplies to school. Personal items, including toy guns, should remain at home.









At Anderson Hall Dining Facility

Today
Dinner
Minestrone Soup
Chicken Noodle Soup
Sauerbraten
Baked Stuffed Fish
Scalloped Potatoes
Noodles Jefferson
Simmered Green Beans
Creole Summer Squash
Cream Gravy
Tater Sauce

Saturday
Dinner
Cream of Chicken Soup
Beef Barley Soup
Beef Stew
Pork Chops Mexicana
Buttered Egg Noodles
Spanish Rice
Mexican Corn
Simmered Peas
Brown Gravy
Lemon Meringue Pie
Oatmeal Chocolate Chip Cookies
Marble Cake
Butter Cream Frosting

Sunday
Dinner
Cream of Potato Chowder
Vegetable Soup
Beef Cordon Bleu
Tropical Pork Chops
Boiled Egg Noodles
Orange Rice
Club Spinach
Cauliflower Au Gratin
Brown Gravy
Cherry Pie
Lemon Cookies
Devils Food Cake
Banana Bread
Raspberry Gelatin
Lemon Gelatin
Vanilla Cream Pudding
Chocolate Cream Pudding

Monday
Dinner
Beef Noodle Soup
Cream of Broccoli Soup
Honey Ginger Chicken
Hungarian Goulash
Wild Rice
Simmered Green Beans
Simmered Corn
Chicken Gravy

Tuesday
Dinner
Cream of Mushroom Soup
Bean with Bacon Soup
Swiss Steak w/Tomato Sauce
Lemon Baked Fish Fillets
Lyonnaise Potatoes
Rice Pilaf
Southern Style Green Beans
Simmered Mixed Vegetables
Cream Gravy
Tater Sauce

Wednesday
Dinner
Manhattan Clam Chowder
Split Pea & Ham Soup
Savory Baked Chicken
Beef Pot Pie
Boiled Egg Noodles
Parsley Buttered Potatoes
Creole Summer Squash
Simmered Peas
Chicken Gravy

Thursday
Dinner
Tomato Soup
Chicken and Rice Soup
Orange & Rosemary Honey Glazed Chicken Breast
Simmered Corned Beef
Islanders Rice
Parsley Buttered Potatoes
Glazed Carrots
Fried Cabbage w/bacon
Mustard Sauce
Chicken Gravy
Vanilla Cream Pudding
Chocolate Cream Pudding

October is Domestic Violence Awareness Month

Hawaii's Shelters and Hotlines

- *Hawaii State Committee on Family Violence:* 595-3900
- *Alternatives to Violence:* 969-7798
- *The Family Crisis Shelter:* 959-9955, 322-7233
- *West Hawaii Family Crisis Shelter:* 322-7233
- *Child & Family Service Shelter for Abused Spouses:* 841-0822
- *Developing Options to Violence:* 532-5100
- *Domestic Violence Legal Hotline:* 531-3771
- *Family Peace Center:* 596-0900
- *Joint Military Family Abuse Shelter:* 533-7125
- *Parents and Children Together:* 847-411
- *Shelter for Abused Spouses & Children:* 841-0822
- *Victim/Witness Assistance Division:* 523-4158
- *Alternatives to Violence:* 553-3202
- *Molokai Domestic Violence Shelter:* 567-6888
- *Alternatives to Violence:* 322-6090





WORD TO PASS

On Base

Joint Spouses Conference
Oct. 16

Join spouses of service members around the island at Schofield Barracks for the chance to listen to and meet the conference's guest speaker, Patricia Shinseki, the wife of Army Gen. Eric Shinseki, Secretary of Veteran Affairs.

A $35 registration fee includes three meals and six workshop sessions. Transportation is provided to all the workshops, and childcare is free.

For more information, or to register, go online to http://www.jschawaii.com.

Orange Julius and Dairy Queen grand opening party
Oct. 31

Mokapu Mall Food Court's newest food station is slated to open mid-October, with a grand opening party Oct. 31.

From 11 a.m. to 8 p.m., buy one smoothie, get one free. In the spirit of Halloween, between 4 and 8 p.m. all children in costume will receive a free ice cream cone.

From the date of the opening until the party, you can enter to win a free $50 gift card, which will be announced at 4 p.m. at the party.

Entry forms are avaliable throughout the base.

For more information about this event ond raffle, please call James Valerio at 254-0033.

In the Community

Arboretum Tours
Tuesdays and Saturdays

Enjoy the sights and sounds of the Lyon Arboretum, University of Hawaii.

Knowledgeable guides will share highlights of the arboretum collections. Tours are Tuesday 10 to 11:30 a.m. and Saturday 1 to 2:30 p.m.

Registration is required and a tour donation of $2.50 is requested.

Call 988-0456 for more information.

Guided Tours of the Hawaii Theatre
Tuesdays

The one-hour tour offers a unique insight into the history, art, architecture and restoration of the beautiful Hawaii Theatre in Chinatown, including a performance on the 1922 Robert Morton theatre organ.

There is a fee for admission.

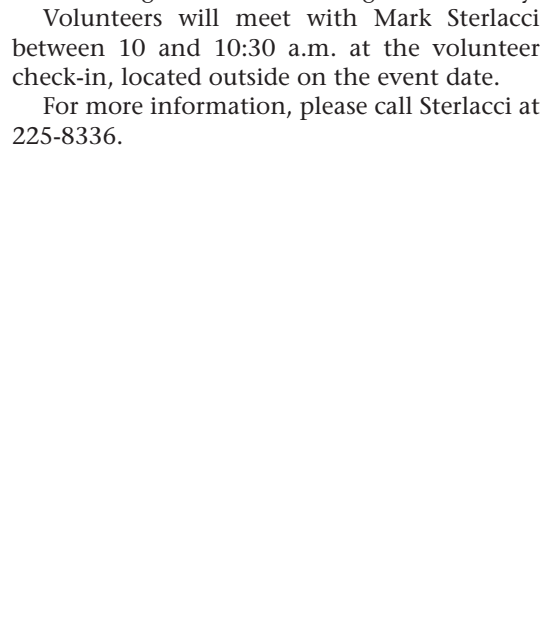
To book a tour or for information, please call 528-0506.

Free Lauhala Weaving Class
First Saturdays, 10 a.m. to 2 p.m.

Learn to weave lauhala leaves from the Lauhala Weaving Hui members who gather to weave and share information with each other.

Classes are held at the 553 South King St. in Honolulu.

For more information on these classes, call 531-0481 ext. 714.



Special Olympics Hawaii-Bowling Area Games
Saturday

The Windward area Special Olympics teams will be holding their annual area games for bowling at Marine Corps Base Hawaii's K-Bay Lanes Saturday from 10 a.m. to 5 p.m. Windward area delegations are looking for volunteers to assist with this event.

Volunteers will be assisting in setting up and breaking down tents, stage-tables and chairs, and the refreshment area, passing out bowling shoes to the athletes, escorting the athletes from their bowling lanes to the awards ceremony and assisting with awards during the ceremony.

Volunteers will meet with Mark Sterlacci between 10 and 10:30 a.m. at the volunteer check-in, located outside on the event date.

For more information, please call Sterlacci at 225-8336.

Environmental Service Project
Saturday

Weed Warriors wanted! Come join Sierra Club volunteers and Base Environmental staff to remove invasive plants and rubbish from the native fish and wildlife wetland habitats on base. See up-close and learn about native plants and birds. You can help make a difference.

The event takes place from 8:30 to 11:30 a.m. Meet at the front gate visitor parking lot at 8:15 a.m.

Marine Corps Base Hawaii will provide tools, but please bring your own gloves. Other requirements are to wear old clothes, a hat, close-toed shoes and sunscreen. Bring plenty of water because you will get wet and muddy. Family and friends are welcome.

Letters of Appreciation will be issued to all military personnel.

For more information, call Lance Bookless at 257-7000, or John-Carl Watson at 257-5317, or Todd Russell at 257-1731.

All Enlisted Spouses' Club Thrift Store
Ongoing

If you are a spouse of an enlisted service member on base and would like to give back some of your time to the base community, here is your chance.

Anyone with base access may shop at the Thrift Store. Active duty I.D. is required for purchase of uniforms.

The All-Enlisted Spouses Thrift Store, located in Building 212 (Pless Hall) needs volunteers.

Thrift Store hours are 9 a.m. - 1:30 p.m., Monday through Friday, closed Wednesdays.

Call the Thrift store at 254-0841 for more information.



Cpl. Danny H. Woodall

Members of the Leilehua High School marching band practice movement drills Tuesday near the Marine Corps Forces, Pacific Band complex on Marine Corps Base Hawaii. The MarForPac Band hosted students from Central Oahu as part of a two-day band clinic.

Banding together

MarForPac Band host 'Mighty Mules' for music clinic

Cpl. Danny H. Woodall
Combat Correspondent

More than 100 students from Leilehua High School arrived Tuesday on Marine Corps Base Hawaii for a two-day band clinic hosted by the U.S. Marine Corps Forces, Pacific Band.

The students, who are all members of the Wahiawa school's marching band, ranged from 14-18 years old and honed their musical skills by participating in several drills supervised by musicians from the MarForPac Band.

The Leilehua marching band, a program in its fourth year, was excited to get the opportunity to play with professional musicians from the MarForPac Band, said Alan Kinoshita, school band director. One of the benefits of the two-day camp is bringing students to a different venue for practice and getting them away from their usual training routine by introducing different teaching methods.

"We appreciate [the MarForPac Band's] support in our program and for taking us under their wing, it really shows the cohesiveness of the military to organize [an event] like this," Kinoshita said. "A lot of people in the military are so young, which is good, because they can relate to these kids, who aren't much younger than them."

At the beginning of the camp, the students broke into sections depending on instrument type and worked with individuals from the MarForPac Band. After receiving instruction from MarForPac musician Lance Cpl. Daniel Chunn, 15-year-old base drum player Dylan Chang and other members of the Leilehua drum line practiced several songs they will perform at school-related and local events.

"This is a great opportunity for us," Chang said. "With [the Marines] we learn different techniques than what we're used to, which will make us better."

Chunn has been volunteering his time tutoring the Leilehua drum line for about a year and believes the mini-camp is a great way to dispel any preconceived notions the students may have about the Marine Corps while instilling knowledge.

"When most people see Marines, they're intimidated or even frightened, and these kids are no different," Chunn said. "We're all trained to accomplish the same mission but it's great to show [the students] another aspect of the Marine Corps. I was in high school not too long ago myself and I knew there were other ways to pursue music rather than going to college."

The students, under the guidance of MarForPac Band members and the Leilehua marching band staff, ended the camp by practicing their field marching routines which they will perform at sporting events and competitions.

"It's always great to work with the local community, and we make a concerted effort to work with schools such as Leilehua," said Chief Warrant Officer 2 Bryan Sherlock, officer in charge, MarForPac Band. "Even though [the students] came to learn from us, this camp is mutually beneficial. We have young Marines teaching these students, which is great.

"There's an old adage that says 'the best way to learn is to teach,' and I believe this has been an amazing opportunity for both parties. As a professional organization, events like these help build credibility while these kids can learn from some of the best."