

MARINE HAWAII

VOLUME 38, NUMBER 40

OCTOBER IS BREAST CANCER AWARENESS MONTH

OCTOBER 10, 2008



CLB-3 Trains
A-3



Sacred Spirits
B-1



CFT Training
C-2

Happy Birthday, Navy!



Petty Officer 2nd Class Michael A. Lantron

Sailors aboard the Arleigh Burke-class guided-missile destroyer USS Russell, man the rails as the ship makes her way pier-side to Naval Station Pearl Harbor. Russell returned to homeport after a six-month deployment to the western Pacific Ocean supporting the global war on terrorism as part of the Abraham Lincoln Carrier Strike Group.

Sailors celebrate 233 years of proud traditions, history

Kristen Wong
Photojournalist

The U.S. Navy turns 233 years old Monday and Marine Corps Base Hawaii, with 3,000 Navy personnel stationed aboard the facility, is partaking in its own celebration.

Department of Defense civilians, family members and active duty service members are invited to the Anderson Hall Dining Facility from 10:30 a.m. to 1 p.m. today for crab legs, corn bread, a birthday cake and more, said Sgt. Tracy Cerda, food service specialist, Anderson Hall.

Command Master Chief Petty Officer John Krampert, of Commander, Patrol Reconnaissance Wing 2, said he remembers different branches of the military coming together to celebrate their sister branch's birthday even while deployed in far off places like Qatar.

"We had a cake and a complete day of celebration," Krampert said.

Krampert has served in the Navy for 27 years and has attended various Navy

birthday balls in the past. He said each branch of the military appreciates each other more when they take the time to celebrate these historical birthdays.

"It's a great avenue to recognize the service by helping them celebrate," Krampert said.

Petty Officer First Class Kekoa Alip has served in the Navy for 10 years, and said he will be attending the Navy birthday ball for the first time with his wife this year. Alip said he has nothing but good thoughts about serving in the Navy.

"It's awesome," Alip said. "A really good tradition."

The US Navy got its start when George Washington, first president of the United States, sent at least eight seagoing vessels to in Rhode Island shortly after the State Assembly's Aug. 26, 1775 resolution against the overbearing British cruisers. These vessels were among the first to be used to counter Great Britain's Royal Navy. Thus, the first official US Navy began Oct. 13, 1775, according to author Nathan Miller's "The U.S. Navy: A

History, Third Edition."

According to the Naval Historical Center, since the 1800s, the U.S. Navy paid frequent visits to Hawaii, with ships such as the USS Peacock, led by Capt. Thomas A.P. Catesby Jones, and the USS Lackawanna. On Oct. 29, 1887, King Kalakaua signed an officially ratified treaty allowing the U.S. Navy to use Pearl Harbor, whereupon they began building and expanding the naval shipyard throughout the early 1900s.

Marine Corps Base Hawaii has a strong naval heritage as well. The base was formerly known as the Kaneohe Bay Naval Air Station from Feb. 15, 1941 until its decommissioning in 1947. According to former Staff Sgt. Al Steele, author of "Myths, Martyrs, and Marines," it has been a Marine Corps base since 1951.

Krampert said activities like the Navy ball are made to help Navy personnel appreciate their heritage.

"It allows me to reflect on the pride and professionalism of the navy service," Krampert said.

60 years: VP-4 honors past, present, future



Christine Cabalo

Greeting crew members, Cmdr. Michael Johansson, commanding officer, Patrol Squadron 4, walks along the buffet line Sept. 29. The squadron celebrated its 60th diamond anniversary with speeches from current and former squadron leaders. The celebration concluded with salad, chicken wings and cake at Hangar 104.

Christine Cabalo
Photojournalist

Flying through 60 years of service, the "Skinny Dragons" of Patrol Squadron 4 celebrated their anniversary Sept. 29 at Hangar 104.

Squadron members gathered together to remember the past and reflect on their current duties. Cmdr. Michael Johansson, commanding officer, VP-4, spoke during the event and introduced previous squadron commanders to the assembled crowd.

"The squadron has a history of excellence," said Dean Kiyohara, who was commanding officer of the Skinny Dragons until his retirement in 1997. "The current commanding and executive officers do everything to bring the fight to the enemy."

Originally stationed at what is now Pearl Harbor Naval Shipyard, the squadron crews flew PBY-3 Catalina sea planes with twin engines during the 1940s. The unit took heavy losses during the 1941 Japanese attacks on Pearl Harbor, with seven planes damaged beyond repair. Flying

See VP4, A-4

Aiming devices authorized for rifle qual

Lance Cpl. Austin Hazard
Marine Corps Air Station Yuma

As of Oct. 1, Marines are authorized to perform annual rifle qualification using modular attachments, such as the rifle combat optic scope and vertical foregrips, for score.

Marines qualifying with any of these attachments will no longer be exempt from a new score starting this fiscal year, according to Marine Administrative Message 529/08, released Sept. 19.

Earlier this year, Marines were authorized to use modular attachments when completing annual rifle qualification, but the score wouldn't replace the previous year's score, according to MarAdmin 295/08 released May 4.

The RCO, a fixed 4x scope commonly used by deployed Marines, is the only scope authorized for annual qualification, said Chief Warrant Officer 4 Vincent Pope, the chief range officer with Training and Education Command in Quantico, Va.

"It's a good thing," said Chief Warrant Officer 2 Allen Young, the station's marksmanship training officer. "Deploying units on the tip of the spear have RCOs and vertical grips attached to their weapons already. This helps get them familiar with these systems they'll be using in country."

However, there might be a slight advantage for the Marines using RCOs, said Young.

Evaluation results among groups of sergeants and staff noncommissioned officers from several test sites show that the average of the scores from Marines using the RCO was about five points higher than the average of Marines firing without it.

"The RCO will give a lot of people a better chance,"

See RIFLE QUAL, A-4

SOI Detachment Hawaii activates 3rd Regiment schools replaced, gets resources for better training

Sgt. Brian A. Tuthill
Press Chief

The Marine Corps School of Infantry West, Advanced Infantry Training Battalion Detachment Hawaii, activated and unfurled their guidon at Dewey Square here Oct. 3, officially marking the transformation of 3rd Marine Regiment's Regimental Schools.

The ceremony has been a year-and-a-half coming as 3rd Marine's infantry training school officially shifted under Training and Education Command and SOI West, Camp Pendleton, Calif., empowering Marines in Hawaii with greater resources, manpower and opportunities both for the detachment's instructor staff and the infantry students who attend the training courses.

The regimental school program was originally an ad hoc program developed because of the geographic isolation of Marines stationed in Hawaii. Since flying students back and forth to Camp Pendleton would be very expensive, experienced Marines from within the regiment were called on to teach peers their what they learned at SOI courses.

"When I was a young lieutenant here back in 1985 with 3rd Marines, the best Marines in the regiment went to work between deployments to pass on to all of the other Marines in the regiment the hard-learned lessons and wisdom you attain from operations," said Col. Duffy White, commanding officer of 3rd Marine Regiment.

He said the decision to realign the school under TECOM was not a decision taken lightly. He and his staff carefully weighed the benefits of the change over the past 18 months.

Gone are the days of "Sgt. Stryker," explained White about the fictional John Wayne World War II character in "The Sands of Iwo



Sgt. Brian A. Tuthill

Sgt. Jarrod Wehba III, platoon guide and a Scout/ Sniper Course instructor, holds his unit's new guidon as Capt. John F. Allsup unfurls it to officially activate the School of Infantry West, Advanced Infantry Training Battalion Detachment Hawaii, Oct. 3 at Dewey Square.

Jima," who led his unit through death-defying charges during a massive ground campaign to take valuable ground from an entrenched enemy. Now, he says, those sergeants are diplomats, mediators and ambassadors to the people of Iraq and tribal leaders as well as Iraqi police, army and community leaders.

See SOI, A-4

NEWS BRIEFS

Marine Corps League

The Marine Corps League, Aloha Detachment, is encouraging Marines, Fleet Marine Force corpsmen and anyone who has the desire to preserve the traditions and promote the interest of the U.S. Marine Corps to join the Aloha Detachment on Oahu.

For more information, contact John Ah Chick at 227-9115 or 261-9693.

Splash and Dash Road Closures

There will be some road closures in conjunction with the Splash and Dash Saturday.

The major areas interrupted will be the intersection of C Street, Mokapu Road, and Reeves Road before the entrance to the flight line, and at the top of Reeves Road at the intersection by the Officers' Club.

The route will take runners up through the Officers' Housing at the top of the hill. The race begins at 7 a.m., and disruptions should be over by 9:30 a.m.

For more info, please contact Tina Lui at 254-7590.

Counterintelligence Looking for Marines

The Marine Corps needs intelligent, motivated, talented and ambitious first-term corporals and sergeants to lateral move to the Counter-intelligence/HUMINT Specialist occupational specialty.

For more information on the field, contact the CI/HUMINT Branch at 477-8447.

Base Chapel Hours

Catholic: Daily Mass is Mondays through Thursday, from 11:30 a.m. to noon. Saturday Mass is 9:30 a.m. and 5 p.m. Sunday Confession starts at 4 p.m. Preschool to 12th-grade student Sunday lessons are from 10:30 a.m. to 12:30 p.m.

Protestant: Traditional services start Sundays at 8 a.m. Sunday contemporary service with Children's Church begins at 11 a.m. Religious education classes for children and adults are held Sundays at 9:30 a.m., beginning in the fall.

MCMAP

SOI West, Hawaii Detachment is holding advanced MCMAP Instructor and IT training daily from 11 a.m. to 1 p.m., and every Saturday from 8:30 a.m. to 10:30 in Building 223 at Regimental Schools MAIC mat room. Reservations in advance are required.

For more information, contact Sgt. Ben Hymas at 257-2153.

Reirement Transition Assistance Program

The RTAP Seminar is open to all hands within two years of retirement, but service members in attendance can be no later than 90 days away from retirement.

The next class will be from Jan. 26 to 29, 2009, at building 279 from 8 a.m. to 4 p.m.

Reservations in advance are required.

For more information, call the Unit Transition Counselor, Ric Paguio, at 257-7790.

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

Hawaii MARINE

www.mcbh.usmc.mil

Commanding Officer Col. Robert Rice
Base Sergeant Major Sgt. Maj. James Sutton
Public Affairs Officer Maj. Alan Crouch
Public Affairs Chief Gunnery Sgt. Demetrio J. Espinosa
Managing Editor Sgt. Sara A. Taylor
Press Chief Sgt. Brian A. Tuthill
Photojournalist Christine Cabalo
Photojournalist Kristin Wong
Combat Correspondent Cpl. Chadwick deBree
Combat Correspondent Lance Cpl. Regina A. Ochoa
Combat Correspondent Lance Cpl. Brian Marion
Combat Correspondent Lance Cpl. Alesha R. Guard
Combat Correspondent Lance Cpl. Achilles Tsantarlitis

Hawaii Marine is an authorized publication for members of the Department of Defense.

Hawaii Marine is published by MidWeek Printing, Inc., a private firm in no way connected with the U.S. Marine Corps, under exclusive contract to the U.S. Marine Corps.

Contents of Hawaii Marine are not necessarily the official views of, or endorsed by, the United States Government, the Department of Defense or the U.S. Marine Corps.

The appearance of advertising in Hawaii Marine, including inserts and supplements, does not constitute endorsement by the DoD, Department of the Navy or the U.S. Marine Corps of the products or services advertised.

Everything advertised in Hawaii Marine shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron.

Editorial content or public service announcements (i.e., all content other than paid advertisements) is edited, prepared and provided by the Public Affairs Office aboard Marine Corps Base Hawaii. Opinions expressed are not to be considered an official expression of the DoD, DoN or the USMC.

Hawaii Marine is a free publication available at stands on Marine Corps Base Hawaii and neighboring businesses. If you are interested in obtaining copies by mail, please contact MidWeek Printing, Inc. at 235-5881.

Submit items for Hawaii Marine to the managing editor no later than noon on the Friday prior to publication, using the following address:

HAWAII MARINE, BOX 63062, BUILDING 216,
 MCB HAWAII, KANEHOE BAY, HAWAII 96863
 E-MAIL: HMEDITOR@HAWAII.MARINE.COM
 FAX: 257-2511, PHONE: 257-8836

From the Commanding Officer

Think green, Marines

Col. Robert Rice

Marine Corps Base Hawaii
 Commanding Officer

"Thinking green" has always come naturally for Marines; our uniforms are green, our trucks are green, our tents are green, and when called upon to do so, we even paint our faces green. Marines pride ourselves on just how green we can be and I want us to stay that way. I want us to turn up our level of green intensity, to take it to an entirely new level.

Think you're already green enough? Think again. I'm not talking about just being a motivated, hard-charging Marine. I'm talking about being green with respect to the environment. I'm talking about being green with respect to energy and water conservation. I'm talking about being green with respect to waste reduction, reuse, and recycling. Marines and

Sailors, I'm talking about your part in this effort to make MCB Hawaii the first installation in the Marine Corps to "go green".

Whatever unfavorable, preconceived notions you have regarding "environmentalists", "granolas", and "tree huggers" need readjusting, and quickly. I know your mission as Marines and know what it takes to accomplish your mission while preserving and protecting our environment. I know that without preserving our environment and sustaining our resources, we jeopardize our ability to train as Marines. I know we cannot afford not to "think green".

You've heard a few of the recent buzz words, "sustainability", "energy independence" and "alternative fuels." No longer think of these as buzz words, but as realistic goals.

With your help, we can make these goals realities. Already, your Environmental and Facilities Departments are making great

strides toward a more sustainable, independent and green MCB Hawaii. Among these initiatives, photovoltaic cells are on barracks, our landfill has less trash dumped, plastics-to-fuel conversion technology is within our reach, and our hazardous materials program saves hundreds of thousands of dollars annually in disposal costs.

Our recycling program is more robust than any other on the island and curb-side recycling is in the works. Recent additions to the program include recycling of household cardboard, glossy paper and books, to name few.

You will hear more about our policies and programs, as well as how you can be part of them in following issues of your "Hawaii Marine" newspaper. And if you know how we can do more or have a suggestion about how to go green, share that suggestion with me through your chain of command or send a letter to my office.



COL. RICE

The Marine Corps is a proven leader within the Department of Defense in resource conservation programs. MCB Hawaii is a proven leader within the Marine Corps. But I need your support to carry this leadership well into the future.

Going green is not a big leap for Marines; we're already green at heart. We need to practice it in everything we do.

Board of Water supply helps base conserve water

Lance Cpl. Alesha R. Guard

Combat Correspondent

Marine Corps Base Hawaii recently teamed up with the Board of Water Supply to help conserve Oahu's limited resources by eliminating leaky water systems here in response to low water levels.

The BWS brought their leak-detection equipment to MCBH and is teaching base staff to locate the sources of wasted leaking water to help reduce base consumption.

"We recently asked [Windward] residents to conserve water and reduce their consumption by about 10 percent," said Moani Wright-Van Alst, information specialist, Board of Water Supply. "This is due to the unusually dry conditions this past year and the National Weather Services predicting a dryer-than-normal winter."

Marine Corps Base Hawaii is one of the largest water consumers on the Windward side, so BWS wanted to create a partnership to find ways

to help them reduce base water consumption, Moani Wright-Van Alst said.

"[Marine Corps Base Hawaii] already has a very robust water conservation program, but one of the things we thought we could help them with is to bring our internal leak detection team onto base and help find leaks within their system," Moani Wright-Van Alst said.

The equipment is programmed to listen for and find a leak within the water systems, said Steve Omiya, Water Service Investigator.

After pinpointing the leak, BWS is able to expose the problem and fix the piping system.

"Any leak that is found and repaired is water saved, and water that will be conserved for the long run," Wright-Van Alst said.

The BWS and MCBH are focusing on bringing the leak detection system to base due to its high success.

"The leak detection system is something the Board of Water Supply has been using for 10-15

years," Moani Wright-Van Alst said. "It's a great technology because the BWS has about 2,000 miles of [water] pipelines across the entire island, which is systematically checked throughout the year."

Every leak they find [and repair] is many gallons saved annually, Wright-Van Alst said.

With help from local residents, the Board of Water Supply has seen a noticeable response to their call of action to help conserve water.

"We have seen that the amount of water we are pumping on the Windward side has gone down thanks to the community," Wright-Van Alst said. "So we really want to thank [Windward homeowners] for helping us reduce the water they are using."

Because water supply levels are approaching a critical point, the BWS asks Windward residents to continue to conserve water, to ease up on our sources and give them a chance to recover to healthier levels, said Tracy Burgo, information specialist, Board of Water Supply.



Lance Cpl. Alesha R. Guard

Base contractors unearth a detected leaky pipe on base Wednesday, Oct. 1, and replace it with a new system to cut back on wasted water. The leaky pipe was located by the Board of Water Supply leak detection team in an effort to help the base conserve water.

"It's a delicate balance about how much water we maintain - we can take from our sources only draw out what we take from our sources and nature puts in," Burgo said. "We must be careful

Absentee Voting Week kicks off Saturday

Samantha L. Quigley

American Forces Press Service

WASHINGTON - Oct. 8 through Oct. 15 has been designated Absentee Voting Week by the Federal Voting Assistance Program.

Overseas voters should vote and return their state absentee ballots of the Federal Write-In Absentee Ballot during this week, according to federal voting officials.

FVAP officials note it's imperative to mark and mail ballots as

soon as they are received. If a state absentee ballot has been requested but doesn't arrive by voting week, a Federal Write-In Absentee Ballot should be submitted. In the event the state ballot shows up after the FWAB is sent, it should be marked and returned as well.

Voters will not be counted twice, but in the event the state ballot makes it to the state by the deadline, it will generally be counted instead of the FWAB because it includes non-federal offices, according to information

on the FVAP Web site.

Absentee Voting week is not the first push made to get overseas voters to participate. In early July, Overseas Citizens Voters Week began the push to simply get DoD personnel overseas to register to vote. Armed Forces Voter Week followed in early September. Again, it was a push to encourage those who had not registered and requested an absentee ballot to do so.

Many changes have been made since the absentee-voting system was criticized in 2000. In

that election, numerous ballots were disqualified for lack of postmark or other reasons.

One of the biggest changes made has been the effort to make registering and voting as easy as possible for those under the Uniformed and Overseas Citizen Absentee Voting Act.

Since states' requirements vary, voters should consult the FVAP Web site and check state-by-state instructions to determine submission deadlines and rules for state absentee ballots.

Weekend weather outlook

Today



Day — Isolated showers. Partly cloudy, with a high near 84. East wind between 6 and 10 mph. Chance of precipitation is 30 percent.

Night — Isolated showers before midnight. Partly cloudy, with a low around 76. Southeast wind 7 to 10 mph. Chance of precipitation is 30 percent.

High — 84
Low — 76

Saturday



Day — Isolated showers with a high near 84. East wind 8 to 12 mph becoming northeast. Chance of precipitation is 20 percent.

Night — Isolated showers before midnight. Low around 75. Southeast wind between 5 and 8. Chance of precipitation is 20 percent.

High — 84
Low — 75

Sunday



Day — Isolated showers. Partly cloudy, with a high near 84. East wind between 7 and 12 mph.

Night — Isolated showers. Partly cloudy, with a low around 74. East wind around 9 mph. Chance of precipitation is 30 percent.

High — 84
Low — 74

CLB-3 trains for Afghanistan



Photos by Lance Cpl. Brian A. Marion

Marines with Combat Logistics Battalion 3 lift an "injured" Marine to a humvee for a simulated casualty evacuation here Monday. The Marines had less than one month to bring themselves up to speed for their coming deployment to Afghanistan.



First Sgt. Michale O'Donnell, company first sergeant, Headquarters Company, Combat Logistics Battalion 3, speaks to his Marines about what he expects from them during their training here Monday. The Battalion is scheduled to deploy later this month.



Combat Logistics Battalion 3 conducted training in preparation for deploying to Afghanistan here this week. With less than a month before they deploy, CLB-3 condensed their training in order to ensure their Marines learned as much as possible in the short time frame.



Marines from Combat Logistics Battalion 4, Camp Kinser, Okinawa, Japan, simulate securing a damaged Mine Resistant, Ambush Protected vehicle to rescue Marines trapped inside.

Lance Cpl. Brian A. Marion
Combat Correspondent

MARINE CORPS TRAINING AREA BELLOWS, Hawaii — For the first time as an entire battalion, Combat Logistics Battalion 3 trained and prepared their Marines for deployment to Afghanistan later this month.

Due to the short notice of the deployment, CLB-3 fit as much training as possible into a week-long evolution.

"We heard of the deployment a couple weeks ago, but the Marines have taken it very well," said 1st Sgt. Mike Lanpolsaen, company first sergeant, Supply Company, CLB-3. "They were very excited to hear the news, and they know there's a lot of work they need to do to prepare."

During the week, the Marines split into five separate groups and learned about vehicle checkpoint and personnel searches, medical evacuation and landing zone security, communication systems, detainee handling and convoy security. Each company also reserved time to train their Marines in lessons specific to the company, or for classes organized by small unit leaders to help their Marines.

"We didn't have enough time to pack out for Exercise Mojave Viper to complete our predeployment training, and we had to give our Marines a more condensed version here," said Master Sgt. Charles Owen, operations and training chief, CLB-3. "We have to fit about six months of training into a month."

At the vehicle check point and personnel search station, Marines learned how to establish a checkpoint, search vehicles, handle vehicle occupants and how to search them.

They also learned how to radio in a "nine-line" medical evacuation order as well as a system similar to the nine-line order, which is used by European pilots to categorize casualties.

"European helicopter pilots will probably be the only ones out there right now, and they will only pick up casualties who we've done the MIST list for," said Petty Officer 1st Class Raymond Collier, independent duty corpsman, CLB-3.

For detainee handling, Marines from 3rd Marine Regiment taught CLB-3 proper techniques and procedures for searching both male and female prisoners, as well as how to document items seized while searching residences.

Combat Logistics Group 4, 3rd Marine Logistics Group, Camp Kinser, Okinawa, Japan, sent some Marines here to help train CLB-3 in various convoy operations, including how to help evacuate injured personnel from a vehicle that's burning and how to properly conduct convoys.

During company time, noncommissioned officers gave their input and advice based on their experiences to junior Marines. The lessons ranged from reminders about hydration and eating properly, to personnel searches and convoy tips.

"It's very exciting and stressful because we have a lot of training crunched into a month," said Lance Cpl. James Laflin, ammunition technician, CLB-3. "Personally, this is my first deployment, and this is a new battalion. This is the first deployment this [entire] battalion has seen [since its renaming], and I'm excited to be a part. We are doing what no other unit has done in a while, which is a rapid deployment. We are ready to go."



Seaman Nicholas Heuermann, hospital corpsman, Combat Logistics Battalion 3, searches Petty Officer 3rd Class Mark Bacon, hospital corpsman, CLB-3, during the detainee handling classes. In addition to learning detainee handling, the Marines and Sailors learned information designed to help them when they deploy later this month.



Cpl. Courtney Jackson, mobile, multi-channel equipment operator/communicator, Combat Logistics Battalion 3, teaches a group of Marines about their tactical communication equipment.

Marine, Sailors attend CFC Drive kick off

Kristen Wong

Photojournalist

Donning nametag stickers and bright smiles, the leaders and members of more than 10 non-profit organizations lined the corridors, aisles and stage of the base theater Tuesday afternoon.

In the spirit of October's Combined Federal Campaign entitled "Because Someone You Know Needs Your Help," various organizations came to Marine Corps Base Hawaii to share their mission and gain support from active duty service members and federal employees.

Some well-known organizations such as the Make a Wish Foundation and March of Dimes were present to give out pamphlets, candy, pens and other souvenirs.

Col. Robert Rice, base commander, MCB Hawaii, stepped up to the podium, and made a few remarks, encouraging service members to donate to causes.

Three digital music players were given away as door prizes, and Marines and Sailors mingled amongst each other and the non-profit representatives.

Petty Officer First Class Kekoa Alip, aviation structural mechanic, had his hands full of pamphlets at the venue. Alip, who has been in the Navy for 10 years, has been donating \$15 from each paycheck for eight of those years, through CFC. He supports an organization known as Kona Crafts, which supports mentally disabled children.

Alip said he hopes through the CFC, organizations can better get their name out to the community.

Shelma Loui, development associate of Easter Seals Hawaii, was present at the drive and considers the service members she's met "well-mannered and delightful."

Loui said Easter Seals Hawaii has several military families working with the organization, and considers the CFC a wonderful program.

The organizations present at the venue represented a wide variety of causes.

Dog Barney Productions, which specializes in making videos for families of deployed active duty service members, has been supported by CFC for about two years.

"It's been very helpful in increasing our

ability to serve the military and their families and to encourage donations to support that service," said Dog Barney's president Barbara Matthews.

Spearheading the base-wide effort for CFC support is Capt. Michael Collins, judge advocate, Headquarters Battalion, who is the base's designated coordinator this year.

Collins said there are more activities to come as the month goes on.

Raymond Mahelona, program coordinator, Breakthroughs, said he enjoys coming out and doing presentations about his program. He said he considers the military "community oriented."

Mahelona said the organization not only gets financial support, it also gets manpower support through volunteers.

Some of the attending organizations were lesser known, like Blueprint for Change, a new organization that offers counseling to families in an effort to prevent domestic abuse, said Richard Klein, a program specialist for Blueprint for Change.

Klein said he called the event productive, and a "great networking experience."

Margaretta Pang, co-founder and executive director of Dyslexia Tutoring Center of Hawaii, Inc., calls the CFC "generous," and a "great campaign."

One organization went so far as to bring live examples of their mission. The Hawaii Dog Foundation, headed by president Stephanie Ryan, brought four abandoned puppies they recently rescued from Makaha.

For the foundation, Ryan said CFC donations fund most of their costs, which includes surgery, shots and vitamins for abandoned animals they take in.

Ryan said they get calls from the military on occasion when they find stray animals.

The CFC, an organization more than 30 years old, makes efforts to pre-screen charity organizations in the community and the nation, and include them on a large list, which is handed out each year to federal employees and military personnel.

Those interested in donating can either give a cash donation to a charity of their choice, or they can elect payroll deduction, and a certain percentage of each paycheck goes to a selected charity for one year.



Photos by Kristen Wong

Lance Cpl. Ty Enz, crash fire and rescue, Marine Corps Air Facility, plays with one of four puppies at the Combined Federal Campaign drive at the base theater Tuesday. Enz said he has been donating to CFC since 2005, and is interested in donating to the Hawaii Dog Foundation.



Chris Blanchard, chief of staff, MCB Hawaii, examines a display of one of the non-profit organizations. Federal employees and active duty service members attended the Combined Federal Campaign kickoff drive to get more information about some of the charities involved in the campaign.

SOI, from A-1

White spoke about the push of leadership and responsibility in the Marine Corps to the noncommissioned officer and junior Marines, which strengthens the need for proper training. He said it's at courses like squad leaders course where young lance corporals are commonly stepping up to fill the ranks as leaders within their own units, putting greater emphasis on former Commandant of the Marine Corps Gen. Charles Krulak's "strategic corporal" concept. It's because of this training that the Marine Corps will succeed in Iraq and Afghanistan.

Also with this change to an official SOI detachment at MCB Hawaii, Marine combat instructors, who were previously not receiving special duty consideration toward promotion or special duty incentive pay, and therefore not receiving the proper recognition despite their hard work and dedication training Marines to the same standards as their SOI East and SOI West counterparts, White added.

With the addition of the detachment here, SOI West now encompasses more than 1,000 permanent personnel and boasts more than 25,000 graduating students annually, said Col. Brennan Byrne, SOI West commanding officer.

Of the Hawaii-based Marines who have already attended the Marine Corps Combat Instructor Course at Camp Pendleton to receive their TECOM AIT certifications, four of seven recent graduates have either been the first place graduates or the "gung ho" award recipients.

"[Under TECOM and SOI West] we get better funding, equipment and structure more than we could have had at 3rd Marines," said Capt. John F. Allsup, officer-in-charge, AITB Detachment Hawaii, SOI West. "They were a great unit for us and really supported us, but moving to TECOM is the right thing to do."



Sgt. Brian A. Tuthill

The instructors and staff of 3rd Marine Regiment's Regimental Schools render honors just before their activation as School of Infantry West, Advanced Infantry Training Battalion Detachment Hawaii, Oct. 3 at Dewey Square. The change allows the detachment to have funding through Training and Education Command, providing better resources and opportunities for both the instructor staff and their students.



Christine Cabalo

Celebrating the squadron's 60th anniversary, Cmdr. Michael Johansson, commanding officer, Patrol Squadron 4 cuts into a chocolate cake. Originally stationed at Pearl Harbor, the squadron fought in the Philippines during World War II. Current members gear up to deploy to Iraq in a few months, relieving Patrol Squadron 9.

VP4, from A-1

under the designation Patrol Squadron 22, the unit fought in the Philippines to support Patrol Wing 10 during World War II.

During his speech at the celebration, Kiyohara said he's always been proud of how the unit readily integrates new technology into its operations. He said of the squadrons he served in, VP-4 is the only patrol squadron still active. Working now as a civilian federal employee, he said he'd jump at the chance to work with new planes squadron members may take on like the P-8 Poseidon. He also marveled at how the unit focuses its resources offering aid to Iraq for longer periods of time.

"During our deployment I think we went through almost 26 countries," Kiyohara said. "I sat down yesterday to try to remember them all, but couldn't. We went to Jordan, Djibouti, Bahrain and a few Asian countries."

Capt. Robert Racoosin, chief of staff, Commander Task Force 34, spoke on how much of a difference the squadron has made in securing global liberties. He saw their teamwork first hand, when he deployed with VP-4 for six months as unit commander in 2003. Racoosin said he's inspired by how Marines and Sailors work hard together

to keep up a 29-year record of mishap-free flying.

If one person leaves the team, then the whole team stumbles, Johansson said. Proud to see good squadron collaboration, he urged the crowd of Marines and Sailors to continue to be innovative together. The current commanding officer said he's eager to see how VP-4 prevails in future challenges.

"We're preparing for deployment to Iraq right now," said Lt. Zachary Boguslawski, public affairs officer, VP-4. "We're expected out in a matter of months to take the place of VP-9."

The public affairs officer said many are anxious, but excited, and ready to help support the Global War on Terror.

His unit's charitable projects, like supporting schools in El Salvador with books and school supplies, will continue as they work abroad.

Boguslawski said the plan is to keep people informed of what service members are up to in Iraq with expanded Internet reporting, and Racoosin said it's that type of innovation that make him glad to have been a Skinny Dragon.

"[As part of the squadron] you're already writing history," the chief of staff said. "When people in the future read about VP-4 they'll be reading about what you're doing today."

RIFLE QUAL, from A-1

said Lance Cpl. Michael Saunders, Marine Aircraft Group 13 armorer. "It can be hard to see the target back at the 500-yard line, and this can help people see what they're shooting at. It magnifies your target."

The RCO has a simpler, quicker aiming system than open sights, said Pope.

When using open sights, the shooter focuses on the tip of the front sight post, keeping the target blurry.

With the RCO, almost everything in the scope will be in focus.

The scope is designed for the M-4A1 carbine and M-16A4 rifle for distances up to 800 meters. It allows the operator to keep both eyes open while engaging targets, maintaining maximum situational awareness.

"The Marine Corps has a contract to eventually outfit every Marine with an M-16A4 and RCO," said Pope.

The Marines that currently have M-16A2s will receive an RCO after they are issued an A4, Pope said.

Marines are required to perform rifle qualification with all the attachments they have been issued for their weapons.

Marines who desire to qualify with attachments that have not been issued to them must receive authorization from their battalion- or squadron-level commands.



October is Breast Cancer Awareness Month

Learning statistics, risk factors, symptoms can contribute to detection, prevention

Danielle Dupart

Special to the Hawaii Marine

Risk Factors

- Women are about 100 times more likely to have breast cancer than a man.
- 95% of women diagnosed with breast cancer are 40 and older.
- 5% to 10% of all breast cancer diagnosed in the United States are because of inherited gene mutation.
- Having a mother, sister or daughter diagnosed with breast cancer doubles your risk of developing breast cancer. (Please note that 70 to 80% of patients with breast cancer don't have a family history of breast cancer.)
- Having a greater proportion of tissue than fat in your breasts makes you 4 to 5 times more likely to have the disease.
- An increase of estradiol (a type of estrogen) in your bloodstream during postmenopausal women contributes to breast cancer.
- Women going through menopause after the age of 55 are twice as likely to develop breast cancer than women who go through menopause before the age of 45.
- Not giving birth to a child increases your risks.
- Giving birth to your first child after the age of 35 increases your risks.
- Breast cancer survivors have a greater chance of having developing a second breast cancer. After eight years of initial diagnosis, 5% develop a second breast cancer and after 20 years, 12% develop a second breast cancer. It's more common to develop the new cancer in the other breast or in a different part of the same breast.
- People previously diagnosed with other types of cancer have a higher risk of being diagnosed with breast cancer.
- Being overweight after menopause increases your chances by 30 to 60%, depending how overweight you are.
- Consuming, on average, one alcoholic beverage per day can increase your chances of having breast cancer by 7%. If you consume, on average, three alcoholic beverages per day, your risks increase by 21%. Taking folic acid (multivitamin, oranges, green vegetables) will help reduce the extra risk caused by consuming alcohol on a regular basis.
- Not taking part in regular physical activity increases your risk of developing the disease.
- Starting your first menstrual period before the age of 12 increases your risks.
- Caucasian women have a slightly higher risk than an African American woman and an even higher risk than Asian, Hispanic and American Indian women.

It is important to note that although most of these risk factors are uncontrollable, early detection can significantly increase your chance of survival.

Working out each week can help to decrease your chances. Working out four or more hours per week will help to decrease the amount of estrogen and loose the excess weight, making it harder for the cell to exist and spread.

Setting up regular tests for breast cancer like a having a mammogram every three years between the ages of 20-40 and yearly thereafter and also by performing regular self breast exams monthly after the age of 20.

"Breast cancer is a type of cancer where cells in the breast tissue divide and grow without the normal control," according to the Susan G. Komen For the Cure Foundation. "Cancerous tumors in the breast usually grow very slowly so that by the time one is large enough to be felt as a lump, it may have been growing for as long as ten years."

The month of October is dedicated to bringing awareness, encouraging communities to come together and to help find a cure for breast cancer.

Many corporations, non-profit organizations and communities are donating

money and their time to help find a cure for the most common cancer in women: breast cancer.

This year alone it is estimated that 182,460 women will be diagnosed with breast cancer and about 40,480 women will die from this cancer, according to the National Cancer Institute Web site (<http://www.cancer.gov>).

Women are 100 times more likely to be diagnosed with cancer than men.

According to the American Cancer Society Web site (<http://www.cancer.org>), due to increased education, detection at an earlier age, better technology, increased research and improved treatment 1 in 35 women die from breast cancer, significantly less than before.

There is a 96 percent chance for a cure when you detect breast cancer at an earlier stage said Mary Johnson, Breast Health Educator, Naval Health Clinic Hawaii.

Breast cancer is survivable but it is important to take the necessary preventative measures to decrease your chances of being diagnosed with breast cancer.

It is crucial to your survival that breast cancer is found earlier before the cancer has grown and spread.

Women are diagnosed more often with breast cancer than men but men can still get breast cancer so men also have to be aware and know what to look for.

In the United States there are 2.5 million breast cancer survivors according to the Susan G. Komen Web site (<http://www.komen.org>).

Self Breast Exams

Performing routine self breast exams can help early detection of breast cancer. Ask your doctor or follow the instructions below to learn how to perform a self breast exam.

Step 1: Lying Down

- With a pillow under your left shoulder, lie on your back
- Use your three middle fingers on your right hand to check your left breast
- With light, medium and firm pressure, press in a circular motion without lifting your fingers off of your left breast
- Continue in an up and down motion
- Feel for changes in your breast, below and above your collarbone and in your armpit
- Repeat on your right breast using your left hand.

Step 2: In Front of a Mirror

Look for changes when you:

- Keep your arms at your side
- Hold arms over your head
- Put your hands on your hips and tighten your chest muscles
- Bend forward with you hands secure on your hips

What to look for ...

Lump or mass in the breast. Enlarged lymph nodes in the armpit.
Changes in breast size, shape, skin texture or color.
Skin redness or scaliness.
Dimpling or puckering with the breast.

Nipple changes or discharge.
The nipple pulling to one side or a change in direction.
Report any detection or questions to your doctor.

Local events to help find a cure

Oct. 17

Hard Rock Café presents Pinktober

"Benefit for Komen Hawaii, Race for the Cure Kick Off Party" located at Hard Rock Café 1837 Kapiolani Blvd. Honolulu, HI from 6 p.m. to 8 p.m. Hosted by DJ Wayne Maria from Krater 96 and featuring live music from Mailani, Jawaiian soul singer. Auctioning items like Pink Fender guitar signed by Henry Kapono and B.E.T., a custom-made pink Hurley surfboard signed by Kekoa Cazimeo, professional surfer, Bobby Jones golf club drivers, and many more. \$5 donation at the door and Pinktober pins, keychains, and t-shirts are on sale. Proceeds go the Hawaii Susan G. Komen organization.

Oct 17

National Mammography Day

Mary Johnson, Breast Health Educator at the Naval Health Clinic Hawaii, will be giving breast cancer awareness educational sessions at the Makalapa Clinic in Pearl Harbor.

The class begins and 9 a.m. and runs through 1 p.m.

For more information, call Health Promotions, Naval Health Clinic Hawaii, at 473-1880.

Oct 19

14th Annual Komen Hawaii Race for the Cure

This more than 8,000 males and females are expected to participate in this event starting at Kapiolani Park in Waikiki. Starting at 7 a.m. is a 5K run and at 7:15 a.m. is a one-mile fun walk/run.

Proceeds go to local area breast cancer education, screening and treatment programs and for the Susan G. Komen for the Cure Award and Research Grant program.

Deadline to register is Sunday. Register online at <http://www.raceforthecure-hawaii.org/race>.

AROUND THE CORPS

When no one hears ‘Corpsman up!’

Cpl. Aaron Rooks
2nd Marine Logistics Group

MARINE CORPS BASE CAMP LEJEUNE, N.C.

Every Marine is familiar with the phrase “Corpsman up,” which is not unusual being that the phrase has been screamed by thousands of Marines, from generation to generation, in wars waged through trenches, jungles, cities, deserts and mountains.

But what should Marines of today do if a comrade goes down and the Corpsman gets injured himself, or if there is simply not a Corpsman around to hear the phrase “Corpsman up?” How would the motor transport driver or the food service specialist react when all they know is the basics of being a rifleman and the fundamentals of their jobs?

From Sept. 30 through Oct. 3, the Combat Life Saver Course taught a group of Marines from the 2nd Marine Logistics Group the answers to those potential questions that they could face on today’s battlefields of Iraq and Afghanistan.

“An individual corpsman can only effectively treat one to three Marines. Any more than that, we will be stretched thin, and the casualty’s chance of survival will be decreased,” said Petty Officer 3rd Class Gabriel Florez, a hospital Corpsman with 2nd Medical Battalion, Combat Logistics Regiment 25, 2nd MLG. “Because of this, Marines need to know the basic life-saving procedures that have been proven to save lives in a combat environment.”

The Phoenix native says the course does just that; it’s designed to teach Marines what they need to know in order to save the life of a comrade when their “life-lines” are injured, or treating other service members. In less than a one week, the Marines learn everything from treating for hemorrhages, burns, shock, broken bones and breathing obstructions, to performing evacuation procedures, administering intravenous therapy and providing care while under fire.

Florez has served as lead instructor for the course since February 2008. In this time, he has conducted more than 1,664 hours of training, and has seen hundreds of Marines come through the halls of 2nd Medical to learn all of the basic knowledge involved in emergency medical care.

“We’ve trained more than 500 deploying Marines since February of this year, and it’s been a good first step for those Marines,” Florez said. “They’ve learned a good, in-depth familiarization with the most common battlefield injuries that are killing people such as collapsed lungs, arterial bleeding, obstructed airways,”

When deployed to Iraq in 2005, where he served as a casualty evacuation (CASE-VAC) corpsman, Florez saw the reasons himself first-hand as to why deploying Marines should know how to perform emergency medical procedures. Throughout his daily tours of duty, he would play the role of an in-flight corpsman, evacuating injured Marines, Sailors, civilians and even enemy combatants from the frontlines of battle by helicopter.

One casualty evacuation he participated in was not as successful as the usual though. This operation involved the lives of six soldiers who were being transported to Camp Taqaddum, Iraq. There were three in the front of the aircraft, three in the rear, but Florez was forced to only focus on one.

“I needed the aerial observer to provide rescue breathing for one patient while I checked on the others,” Florez remembers. “Because he did-

n’t know how to properly provide emergency breathing, it decreased my ability to treat the other individuals. If he knew and was trained in how to provide common medical procedures like that, I could have spent more time caring for the other patients.”

Lexington, S.C., native, Petty Officer 2nd Class Pietro Christofoli, who is also a hospital corpsman with 2nd Medical, agrees with Florez’s views on the training Marines need to tend to their own when they have no other choice.

He said that when comparing year one of the Iraq War to the fourth and fifth year, events show that each subsequent year the enemy found new ways to attack U.S. forces, which proves that as the casualties increase, the need for Marines who are trained as emergency medics has to increase as well.

Christofoli feels that “everybody needs the training, and as more people are trained with treating others, more lives will be saved.”

He said that if he were to ever be injured on the battlefield, he would hope that a Marine out there with him

would have the knowledge necessary to save his life.

So where to begin? Both instructors agree that the students must first understand the importance of gaining the medical knowledge before they can adequately retain and understand the concepts and procedures. This foundation, they said, comes in the first day of the course.

Florez said that a lot of the Marines “don’t understand why they are in the course,” many of whom say something to the effect of “I’m a driver or I’m a mechanic, I’m not a corpsman.”

Florez added that the instructors have to try and get the students to realize the importance of the course, otherwise they simply won’t have their attention.

To do this, he said they just ask them a question that points out the obvious. He would ask, “How many corpsman are in your company? So what would you do if the one corpsman with you was injured or killed?”

He said from this point on, they have their attention.

“With this training, you can save a life,” said Sgt. Manuel Ahumada, the assis-

tant environmental compliance coordinator for 2nd MLG, who is originally from Tuscan, Ariz., and is currently taking part in the course. “It’s those first stabilizing steps that make a difference. The Marines are going to be the first responders on scene when something goes wrong, the corpsman might not even find out what’s happening for several minutes.”

Christofoli said the next step after explaining why the Marines need this knowledge, is to let them practice.

He explained that they never expect them to be proficient corpsman right off the bat, but that after they get some practice time in, roughly 16 hours worth, it gets easier for them.

“I feel a lot more confident now,” said Pittsburgh native Lance Cpl. Candace Aspeotes, a field radio operator with Communications Company, Combat Logistics Regiment 27, 2nd MLG, who has only been in the Marine Corps for a little more than one year, and has never experienced deployed life. “My fellow Marines needed this class because we are out there with the other Marines, and we



Cpl. Aaron Rooks

Lance Cpl. Jarrett White, a data specialist with Communications Company, Combat Logistics Regiment 27, 2nd Marine Logistics Group, administers intravenous therapy on Sgt. Maneul Ahumada, the assistant environmental compliance coordinator for 2nd MLG, during an exercise in the Combat Life Saver Course, Oct. 3. The Marines learned how to negotiate the most common of combat injuries, such as hemorrhages, broken bones and burns, during the nearly week-long course.

can often become big targets. Before this course, I didn’t have the slightest clue about this stuff. Now I get it.”

Out of this week’s class of 12, seven were from Communications Company, all of whom volunteered to come.

This shows true progress

for the course, and proves that more Marines understand the value and effects of the course.

“More Marines should continue to look into this training,” Ahumada said. “You just never know when your corpsman could go down.”

Hawaii MARINE LIFESTYLES

HAWAII MARINE B SECTION

WWW.MCBH.USMC.MIL

OCTOBER 10, 2008

The Spirits of Hawaii

Oahu Ghost Tours offers 'Sacred Spirits' tour

Kristen Wong
Photojournalist

"Uncle" Joe Espinda, tour guide, Sacred Spirits Tour, plucked a fern from a nearby bush of foliage, uttering a single phrase in the Hawaiian language, each time a fern was separated from its home. He carefully pushed the stems of each fern through each other, and tied them together into a circle, using the strip of the Ha'u plant to reinforce the circle.

"Mahalo Likeke, Mahalo Likeke," Uncle Joe chanted repeatedly to the miniature pond with the frond haku lei upon his head, as its water trickled along the dark brown and gray rocks below his feet.

Uncle Joe evokes laughter and smiles on the Sacred Spirits Tour on Wednesdays and Saturdays, making lighthearted jokes as he shares his knowledge of plant life and culture in Hawaii. Uncle Joe is humorous from the start, assuring the tour group if they really like it, the van would bring them home the next day instead of the next few hours.

Sacred Spirits is one of three guided tours offered by an organization called Oahu Ghost Tours. Tour guides normally take anywhere from five to 13 visitors per tour.

Currently, Uncle Joe does the Sacred Spirits Tour on his own. However, he is now training two new guides, Waipio Valley resident Jonah "Two Boy" I and Hau'ula resident Wayne Enos, to guide the tour more days per week in the future.

Here, out-of-state tourists and residents spend half a day learning a little bit about local plant life and sacred spots on the island, sometimes even retracing the footsteps of the ancient ali'i, or Hawaiian royalty. Oahu Ghost Tours recommends that people wear closed toe shoes appropriate for hiking. The tour also suggests bringing a towel, because a few of the areas can be muddy, and there are puddles, streams and waterfalls. It may be best to bring fewer belongings, in a backpack, in order to have free hands to climb and steady yourself on slippery rocks.

The main highlights of the tour included a hike to Likeke Falls on a trail behind Koolau Golf Club, a trip to Pali Lookout, and a visit to Ulupo Heiau in Kailua.

Along the way to the falls Uncle Joe pointed out to those on the tour a variety of plants. Uncle Joe introduced the group to the Awapuhi plant, one of the major plants used in Paul Mitchell hair products. Uncle Joe pulled off the top of the plant, squeezing its juice into individual hands, and the group members rubbed it through their hair for silkiness.

As the tour group ascended the hill, they encountered a large rock off to the side of the trail. Uncle Joe laid a leaf on the rock, and placed several small, dark kukui nuts on the leaf. With another rock slightly bigger than his hand, Uncle Joe struck the kukui nut, releasing it from its outer shell, and crushed its remnants as small as possible.

Debbie Freeman, a resident of Katy, Texas, volunteered for a kukui nut treatment. Uncle Joe rubbed the ground kukui nuts against her leg. He explained kukui nut oil has supposedly healthy benefits for dry skin.

Freeman, who took the tour with her husband, said she enjoyed the Sacred Spirits Tour more than the Polynesian Cultural Center. She said if she hadn't come on this tour she would not have known about places like the Queen Emma Summer Palace, which Uncle Joe touched on in his tour.

"[I] never would have got my legs rubbed," said Freeman with a smile. "I like [Sacred Spirits] cause it's easy and laid back and I found out about [the Awapuhi plant's ability to make hair silky]. It's kind of neat."

Denver, Colo., residents John and Katherine Drago were vacationing in Hawaii when they decided to take the tour. The Dragos sampled the juice from the green kukui fruit at Ulupo Heiau. Uncle Joe said the juice was a "living enzyme" that helped the respiratory system, clearing the sinuses.

"I was specifically looking for a tour like this," said Katherine, who asked many questions regarding Hawaiian culture.

"It's good to hear the old stories from someone who heard it the same way you heard it," John said. "It's raw, it's not canned, [it's] authentic, it's personal."

Uncle Joe has been a tour guide for 10 years, and has been with Oahu Ghost Tours for almost two years. He said as a tour guide he wants to make tourists feel like they're family.

"A lot of the personal touch is gone," Uncle Joe said, referring to other tours that are more formal in their presentation.

Because the tour is from 9 a.m. to 2 p.m., the tour group paused for lunch, which is not included in the price of the tour.

On the way back to Waikiki, the tour guides took the group down the coast, where they enjoyed a bright blue sky and a calm ocean, with stops at a few attractions such as Sandy Beach in Makapu'u.

A few blocks away from Sea Life Park, Uncle Joe told a story about ill-fated lovers, symbolically connected by legend to the naupaka plant, which grows in the mountains and close to the ocean.

The young couple of the story can't be together, thus the naupaka flowers that grow either on the mountain or near the beach appear incomplete, and symbolize their separation. But when two naupaka flowers are held together, they create a full-looking flower.

At the close of the tour, tourists were driven back to their respective hotels, and residents were normally taken to Ala Moana Hotel, where they originally met the group.

Uncle Joe gave the group one last laugh, giving his real name if they enjoyed it, and giving an alias if they didn't.

Since 1999, Oahu Ghost Tours has been leading tours to various places on the island. There are currently five tour guides on staff, not including guides-in-training I and Enos. Like any tour, tourists can learn a thing or two about Hawaii, and even local residents can learn something new about their home.

For more information or to schedule a tour call 524-4944.



Photos by Kristen Wong

Jonah "Two-Boy" I (last name pronounced "EE") washes his face at Likeke Falls, located behind Koolau Golf Club. I is training with Uncle Joe to help take tourists on the Sacred Spirits Tours.

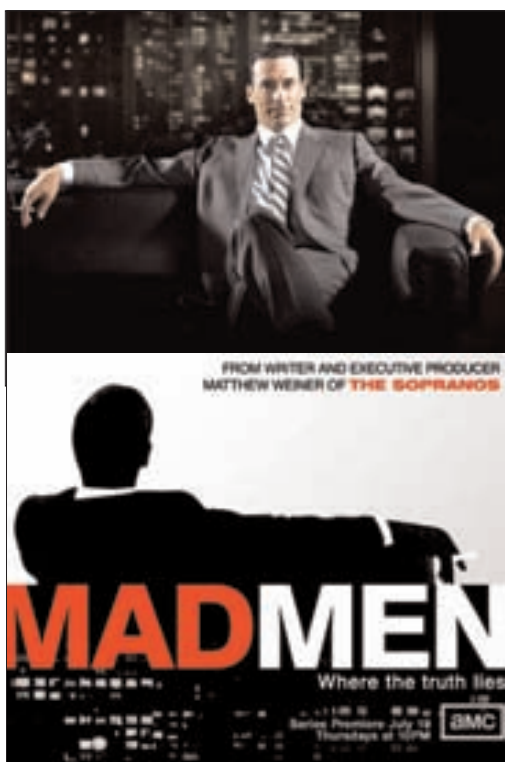


An image of Pohakumakanui, a guardian spirit who protects the old Pali Road, part of which is located at Pali Lookout. "Uncle" Joe Espinda, tour guide, Oahu Ghost Tours brought the tour to see the face in the rock, which allegedly has strange manifestations at night.



Guests on the "Sacred Spirits Tour" listen to Uncle Joe Espinda, tour guide, Oahu Ghost Tours, give a lesson in Hawaiian history and nature.

PASS IN REVIEW



'Mad Men'

Retro television series depicts swell life

Christine Cabalo
Photojournalist

A nation polarized for a critical presidential election. Women dressed much too provocatively. Men frantically selling the latest fads, tempt consumers to buy. It's just another day in 1960.

"Mad Men" is the latest television effort from "The Sopranos" writer Matt Weiner.

His newest show is about a fictional advertising agency called Sterling Cooper in 1960s New York. The series focuses on Don Draper (Jon Hamm), an agency executive and the people in his life.

Like many of his mad ad men colleagues, Draper drinks and smokes his way to convincing clients to advertise using his campaigns for bigger profits.

Draper is one of many colorful characters living out American history in Weiner's series.

The ad executive's blonde wife, Elizabeth "Betty" Draper (January Jones) is steadfastly focused on maintaining a perfect suburban home life and a beautiful figure. She's oddly disconnected from her husband's mysterious life before their marriage or what he does at his Madison Avenue office.

Don Draper also has to deal with upstart Pete Campbell (Vincent Kartheiser), who is out to make a reputation for himself in advertising despite coming from a well-known old money family.

Mr. Drapper's secretary Peggy Olson (Elisabeth Moss) is the earnest picture of an upcoming career woman, looking for a way to break through the glass ceiling that traps her colleagues.

The strength of the show is how the core ensemble cast plays well together and includes intriguing secondary characters also working at Sterling Cooper.

In its first season, "Mad Men" features the New York agency dealing with many clients in crisis.

Richard Nixon is the Republican presidential candidate who hires Sterling Cooper ad executives to help him beat

newcomer John F. Kennedy.

In the first episode, the agency's client, Lucky Strikes cigarettes, faces an uncertain future with a new Reader's Digest report about hazardous smoking. The Manhattan agency advertisers think of creative solutions for selling consumers happiness, as they struggle to find a little bit of joy for themselves.

Weiner is mindful of every detail, carefully crafting period-accurate costumes and sets.

The director takes his inspiration from Alfred Hitchcock, even modeling part of the show's opening sequence from "Vertigo."

Viewers notice his passion for the show when watching the set's limited bonus features, including a behind the scenes documentary.

Those mad for "Mad Men" can find additional trivia and commentary at the show's page at the American Movie Channel <http://www.amctv.com>.

The beauty of the series is how it can make audiences marvel at the leaps of American history while showing little has changed in contemporary society.

The show's polished execution earned 16 Emmy nominations, and "Mad Men" won a 2007 Golden Globe for Best Drama Television Series.

Audiences peek into the lives of a stylish group that attempts to hide the ugly struggles that they must endure.

In a world where appearance is everything, the cast sells the illusion well.

"Mad Men: Season One" is available in DVD and Blu-ray format.

The show, which started its second season in July, airs Sundays on cable network AMC.

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



When Christine Cabalo wants a night in, good DVDs are a must. She thinks the best ones leave her yawning, because she was up the night before watching them over and over again. She likes movies, documentaries and television shows with vivid camera work. Her favorite DVD extras are fun games based on the release and behind-the-scenes commentary.



Kristen Wong admits she sometimes has to be dragged to movies that she later finds to be outstanding. She prefers fantasy driven movies, like Lord of the Rings, the Harry Potter films, and The Matrix Trilogy. She loves to give synopses of all her favorite movies to curious and unsuspecting folks, and hopes one day she'll see "Based on the book by Kristen Wong" on the big screen.

Quick Hit 'Pushing Daisies' 3 out of 4 (On Target)

"Pushing Daisies" was one of my favorite television shows last year. I faithfully recorded it to make sure I didn't miss an episode. The concept of the show is very interesting. A pie maker realizes at a young age he has the power to bring people back to life with the touch of a finger, but there is a catch -- If he keeps someone alive for more than a minute, something else dies in his place. He teams up with a detective and together they try to solve murders. I thought season one, which is available on DVD, was wonderful. The colors of the set are beautiful, reminding me of a Dr. Seuss book and the way the show is filmed gives it a creative edge over other television shows that are being shown in the evenings. I was so excited when I heard the second season of ABC's "Pushing Daisies" was going to be aired last week. But after watching the first episode, I was kind of disappointed -- the first episode of the season was rather slow. That will not stop me from trying to get through the second season.

— Sgt. Sara A. Taylor



'The Girl Who Leapt Through Time'

Japanese animation film leaves audience with questions

Kristen Wong
Photojournalist

"The Girl Who Leapt Through Time," a 2006 Japanese animation film directed by Mamoru Hosoda and produced by Madhouse Studio, leaves the audience with so many unanswered questions; but maybe those questions were not meant to be answered.

Makoto (Riisa Naka/Emily Hurst) is a normal high school student living in Japan with her parents and sister.

Most days she gets up late but makes it to school just in time for class to start.

After school she and her buddies, Chiaki and Kousuke go to a field to play baseball.

Life is normal until a series of strange events begins to happen to her.

One day while Makoto is in the science room, she is startled by someone coming in the door and falls down on a small device that resembles a gray walnut.

She takes a bizarre trip through some unknown space, with colors and shapes floating about her.

Before she knows it, she's back on the floor of the science room, covered in the books she dropped.

While Makoto rides down the road, she finds the brake on her bike is broken, and she is unable to stop.

Her bike takes her all the way down the road right into an oncoming train.

Just when she thinks she is dead, Makoto finds herself farther up the road, still alive, next to her bike. She has no idea what happened.

She then goes to visit her Aunt,

whom she calls "Auntie Witch".

Auntie Witch is a quiet, soft-spoken woman, who restores antique paintings.

She listens to Makoto's story, and concludes that she made a "time leap." She calmly tells Makoto it is common among girls her age.

Makoto learns that she can leap through time if she makes a running start and literally leaps into the air, usually in a place that threatens her well-being.

She takes advantage of this, leaping back in time to eat her favorite dinner.

She leaps back in time to come to school early, and stuns her classmates.

She also leaps 100 times to maximize karaoke time by simply singing one song, then excusing herself and tumbling into the time five minutes before she and her friends were supposed to leave the room.

Makoto has fun until she finds that her friends and classmates are suffering little by little by her selfish time leaps.

She soon finds out how she really got her time traveling powers and tries to fix her mistakes.

I tend to think too much when it comes to complex concepts that may not have logical explanations.

The film left me going but what about this? But how will this happen? But why this?

It's what some would call "leaving it up to interpretation."

I like my gratuitous endings more than artful endings that make the film look somehow mysterious or intellectual, but evoke disappointment, not with the film itself, but with the outcome for the characters.

At the very least I like the fact that the movie made it seem Makoto has some hope for a happy ending some time in her future.



TALK* STORY

It's almost Halloween, which means stores everywhere are bringing out candy, cakes, and pumpkin flavored ice cream. Don't like pumpkin ice cream?

What will you be standing in line for at the ice cream shop?

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



"Pralines and Cream. First time I was in New Orleans they had pralines at the famous bakery in the French Quarter when I was eight years old. [I've] been in love ever since."

— Petty Officer 2nd Class Craig Smith, Air Crewman



"Cookie dough. It's flavorful."

— Lance Cpl. Ruben Audino

"Vanilla. You can mix anything with it and it tastes great."

— Lance Cpl. Ivan Natalrobes, Cannon Crewman, 1st Battalion, 12th Marine Regiment



A lesson in military life

Culture course trains educators about military

Kristen Wong
Photojournalist

Darren Dean, school liaison, Hickam Air Force Base, said one of the biggest mistakes he made as a teacher was to send a new student back to the counselor's office on her first day. Dean said he remembered telling her he had no room in the class, and realizes now that it didn't make the student feel welcome at all. It's moments like these new students deal with on occasion, especially students who are in military families who must frequently move to a new school.

Dean is now the head instructor for the Military Culture Course, run by the school liaisons of each respective military base in order to teach education professionals how to better understand and interact with military children, and overall to support them.

The annual, eight-session course, supported by the Joint Venture Education Forum, is from Sept. 9 to April 17, 2009, and covers myriad military topics. In addition to teaching, the school liaisons regularly take turns attending the class at the Navy Fleet and Family Support Center to answer questions and participate in discussion as needed.

Clayton Fujie, deputy superintendent, Hawaii Department of Education, stopped by briefly and gave the class words of encouragement. He thanked the attendees for going through the course, and shared personal stories in order to further validate the need for a course. Fujie said he recalled, as a former principal, a case where a concerned mother came to him for help with her youngest daughter, who was not handling her father's deployment well.

"Every night she would get on the cell phone, to call the landline number, just to hear her dad's voice," Fujie said.

The course features a tour of Pearl Harbor Naval Station, guest speakers from each branch of the military, and "parent panels," which include military affiliated parents coming to the class to give their input.

"Public affairs [gave a] mission brief kind of covering what the Marines are doing in Hawaii," said Amy Madsen, school liaison, MCB Hawaii. "Just to kind of give the educators an opportunity to know why Marines exist on the island, [and] what it is that we're doing here."

Professionals in the course are given regular assignments such as "reflections," in other words a written impression of their experience. They work in groups, producing a final project, which will ultimately determine their grade. The project should be tailored to improve the quality of the school the educator comes from, whether it's a new Web site, a new center, or a welcoming committee for new students.

Several of the approximately 28 teachers and other educational professionals in the class raised questions about the military and children they work with.

Erin Odo, elementary school teacher, Red Hill Elementary, said her school is made up of a lot of children of military fam-



Kristen Wong

Arwen Chisholm, community relations specialist, Marine Corps Base Hawaii, gives a formal presentation about the base, its routine, and its people, at the Sept. 30 session of this year's Military Culture Course. The Military Culture Course, supported by the Joint Venture Education Forum and the school liaison officers of each military base, is tailored to teach Hawaii educators and those in the educational field about the military in order to better understand the emotional trials of military children.

lies. In her experience, Odo said sometimes she notices some of her students having trouble keeping up with assignments.

Elizabeth Okamoto, school counselor, Gustav Webling School, said although she talks with military families on a regular basis, going to a course about military life is a good way to understand the situation without having to bother the families all the time.

"I think we need to educate ourselves," Okamoto said.

Guest speakers to the class include base representatives like Arwen Chisholm, community relations specialist, MCB Hawaii, who gave the class an overview of the base's function, people and culture.

The professionals attending the class received resource information from some speakers, like useful Web sites and contact information. Marissa Ayag-Garcia, licensed clinical social worker, and Lianne Casupang, licensed mental health counselor, both with the Pearl Harbor Fleet and Family Support Center, shared stories with the class about their experiences working with teenagers and children.

Casupang and Ayag-Garcia talked extensively about what a child might experience when a parent is deployed, and what

symptoms educators need to be aware of when interacting with students every day. Both stressed the different factors that can change a student's attitude, like the news, peers, parent's attitudes, and more. Casupang said sometimes a teacher might find it crucial to alter assignments for students who are suffering because of a deployed parent. She recommends teachers allow students to be open with their feelings, and incorporate it into the assignment. Casupang said some students consider school a "safe zone," or an emotionally and physically structured place where they have stability.

"School is the same day in and day out," Casupang said. "Regardless of what the news says, regardless of what's going on at home, I can count on my teacher to start class this way, go through it this way, and end it that way."

Dean said the professionals who complete the course receive continuing education credits from the Department of Education's Professional Development in Educational Research Institute. The course will hold its next sessions in the fall of 2009.

For more information on the Military Culture Course, call the MCB Hawaii school liaison office at 257-8897.

Golfing Ghouls at Tiki Island

Operation Homefront hosts Halloween celebration

Kristen Wong
Photojournalist

Military spouses and children of deployed service members can head over to Tiki Island Oct. 26 from 2 to 5 p.m. for Marine Corps Community Services Operation Homefront's pumpkin decorating and costume contest.

The event, coordinated by Meghan Brophy, and Bobbie Brock, MCCS coordinators, will encourage children of deployed service members to let loose their creative fingers and paint pens on baby pumpkins provided by MCCS. Pumpkins will be judged in three categories: creativity/humorous, scariest, and traditional. Brophy said the prize for the pumpkin contest will be awarded a plump pumpkin for them to take home for Halloween.

The costume contest has six age groups: 2 and under, 3 to 5, 6 to 8, 9 to 11, 12 and above, and military spouses. Brophy said the costumes should be tasteful, and will most likely be judged by the same criteria as the pumpkins. Judges and prizes for the costume contest have yet to be determined.

Brophy said the program (not to be confused with the national organization of the same name) has supported families on base with loved ones on deployment for at

least two years. She also said the families brought up the need for the Operation Homefront program, and MCCS responded with monthly events.

Each event is free of charge and is open to families of Marines and Sailors currently deployed to Operation Enduring Freedom and Operation Iraqi Freedom.

Brophy said attendance varies depending on several factors, including deployment schedules and weather. She said usually when more commands are deployed at the time of the event, more families are attending the events. Brophy and Brock said the average turnout for Operation Homefront events are between 100-150 people.

Brophy said MCCS is open to any ideas families have for future Operation Homefront events. For 2009, MCCS plans to add a field day event and a "dive-in" movie for families to enjoy a movie while floating in a pool.

"We want to make sure that it's meeting their needs," Brophy said.

See <http://www.mccshawaii.com> for the schedule of 2008's Operation Homefront events. For more information, call Brophy at 257-2654 or Brock at 257-2651.

Winning Marines on target at STAR tactical tournament

Christine Cabalo
Photojournalist

The Marine Corps Base Hawaii Marine police team hit the bull's-eye last month, winning at the Special Tactics and Response competition at Schofield Barracks.

Taking first place in the Overall Team category, their combined individual scores added up to a win over three other Hawaii-based teams. The challenge tested Special Reaction Team police forces that are dispatched during high-risk operations, such as hostage incidents.

"Everyone else competing had team members who did SRT full-time," said Master Sgt. Phillip Frazier, special operations, Military Police Department. "We weren't a full-time team, and we had two weeks before the event to prepare. Our team together practiced for a week, and it was just a shot in the dark to win."

Police officers navigated obstacle courses while shooting at targets in several tasks. In one challenge, two-man teams had to carry a 100-pound log without letting it touch the ground. In all tasks, teams lost points for shots that missed the mark. Each miss added 30 seconds to a score, and judges picked winners based on the best time.

Maui Police Department, Tripler Army Medical Center and Schofield Barracks, in addition to the Marine team, used their own gear for the competition.

Many teams had the Marines outgunned with newer M-24 rifles, said Sgt. Jason Scachette, SRT team leader, MPD.

"We use M-14 rifles which are Vietnam-style assault weapons modified for use," he said. "The M-24 is specifically designed for a sniper."

Despite the difference, Scachette still placed second in the SWAT Super Sniper category and the Pistol Competition. The SRT team leader said he relied on his training to shoot



Kyle Ford

Holding their group and individual trophies, members of the MCB Hawaii Special Reaction Team at Kaneohe Bay stand together. The team won first place in the Overall Team category at the Special Tactics And Response competition at Schofield Barracks in September. In addition to trophies, the team also took home a prize package of new tactical gear worth \$400.

well.

"You can't over-think things, especially since none of us are full-time SRT," Scachette said. "For us to go in already thinking we'd be beat wouldn't help. It was a matter of feeling confident in our skills."

Fraizer said he also gives credit to each team member's physical strength and endurance during the competition.

Cardiovascular training and good upper body strength helped in each of the tasks, he noted. Half of the six-man team had additional Close Quarters Battle training experience and all were graduates of US Army Military Police School at Fort Leonard Wood, Mo.

"The competition is a chance for us to learn from each other," said Gunnery Sgt. Shelby Fields, SRT commander, MPD. "It ultimately comes down to training with our fellow

police officers."

Fraizer and Fields said the win has helped them make the case to expand funding for a full-time SRT team at MCB Hawaii. Currently, the MPD has one full-time civilian dedicated to SRT. As many as eight positions could open for qualified civilians, Fraizer said, and he's eager to see the team do even better next year in a wider pool of contestants. In the meantime, the department can enjoy their reward for winning: \$400 worth of brand new tactical gear.

"Seeing how other units are organized gave us a lot of ideas about what to do once we set up a SRT here," Scachette said. "The great thing about the competition was keeping up the bond between all the agencies we could be working with in those high-risk circumstances and seeing demonstrations of all the new tactical gear that's out there"

Spotlight On Base

Word to Pass

Kaneohe Officers' Spouses' Club wine tasting event Oct. 25

The Kaneohe Officers' Spouses' Club will be hosting a wine tasting event at the Paul Mitchell Estate in Lanikai Oct. 25. For more information or to purchase tickets email koscinfo@gmail.com or call Dianne Sanchez at 744-6538.

The Marine Corps League meeting Oct. 25

The Marine Corps League perpetuates the traditions and spirit of ALL Marines and Navy FMF Corpsmen, who proudly wear or who have worn the eagle, globe and anchor of the Corps.

The Aloha Detachment of the Marine Corps League will meet Oct. 25 from 9 to 11 a.m. at Anderson Hall Dining Facility, Marine Corps Base, Kaneohe.

This is an organizational meeting and those who join at this meeting will be considered charter members of the Detachment.

For further information please contact John Ah Chick at 227-9115 or Bill Haney at 230-9728.

Volunteer Opportunities

Honolulu Community Action Program

The Honolulu Community Action Program is looking for volunteers to assist in clearing low-income agriculture land which will be used to build low-income housing. For more information call 447-5403.

"10th Annual, Bellows BOO Fest!"

Have a scare being a volunteer at the "10th Annual, Bellows BOO Fest!" Oct. 24-25 from 6 to 10 p.m. The theme is "Carnival of the Lost Souls." If you have a spooky monster voice, you could be a narrator on the Trolley Of Terror. Volunteers are needed to construct the haunted house, assist in setting up the Trolley of Terror trail and act as evil, scary and creepy characters. For more information contact Master Sgt. Michael Dvorak at 259-4204 or Tech Sgt. Robert Wodderson at 259-4208.

Special Olympics Windward Area

Special Olympics Windward Area is in need of volunteers for their upcoming bowling events, held at the K-Bay Lanes. The events will be Oct. 11 and Nov. 1, and at least 25 volunteers will be needed. For more information, call Mark Sterlacci at 225-8336.

All Enlisted Spouses Club Thrift Shop

The AESC Thrift Shop, located in Bldg 212 (Pless Hall) is in need of volunteers to assist with Thrift Shop related tasks such as sorting and hanging clothing items, cleaning, gardening, and other misc. tasks. Thrift Store hours are 9 a.m. to 1:30 p.m. Monday-Friday and on payday Saturdays from 10 a.m. to 2 p.m. The store is closed on Wednesdays. Please call 254-0841 or email mcbhaesc@yahoo.com for more details. All profits from the Thrift Store go towards charitable organizations associated with Kaneohe Marine Corps Base Hawaii.

PBS Hawaii

PBS Hawaii is looking for two to three volunteers to answer telephones for one hour every Thursday. Dinner is provided. For more information, call Headquarters and Service Battalion S-1 at 257-3007.

MARINE MAKEPONO HAWAIIAN FOR 'MARINE BARGAINS'

ON THE MENU AT ANDERSON HALL

Today

Lunch

Manhattan clam chowder
French onion soup
Grilled T-bone steak garlic
and herbs
King crab legs
Rice pilaf
Sautéed mushrooms and
onions
Shrimp cocktail
Simmered broccoli
Simmered corn on the cob
Baked potatoes
Brown gravy
Melted butter
Country style potato salad
Three bean salad
Apple pie
Blueberry pie
Corn bread
Decorated birthday cake
Jalapeno corn bread
Orange gelatin
Strawberry gelatin
Vanilla cream pudding
Chocolate cream pudding

Dinner

Minestrone soup
Chicken noodle soup
Chicken cacciatore
Chili conquistador
Burritos
Burrito
Refried beans w/cheese
Spanish rice
Simmered corn
Simmered green beans
Taco sauce
Desserts: same as lunch

Saturday

Dinner

Cream of chicken soup
Beef barley soup
Pork roast
Chicken cordon bleu
Mashed potatoes
Boiled egg noodles
Broccoli polonaise
Simmered succotash
Savory bread dressing
Chicken gravy
Apple sauce
Apple pie
Peanut butter cookies
Spice cake
Cheese cake w/strawberry

topping

Lime gelatin
Cherry gelatin
Vanilla cream pudding
Chocolate cream pudding

Sunday

Dinner

Cream of potato chowder
Vegetable soup
Oven roast
Honey glazed Cornish
hens
Rice pilaf
Savory bread dressing
Simmered asparagus
Creole summer squash
Brown gravy
Key lime pie
Snicker doodle cookies
Pineapple upside down
cake

Banana bread
Raspberry gelatin
Lemon gelatin
Vanilla cream pudding
Chocolate cream pudding

Monday

Dinner

Beef noodle soup
Cream of broccoli soup
Beef porcupines
Braised pork chops
Potatoes o'brien
Simmered mixed
vegetables
Simmered peas
Mushroom gravy
Chocolate cream pie
Brownies
Carrot cake
Cream cheese frosting
Orange gelatin
Strawberry gelatin

Vanilla cream pudding
Chocolate cream pudding

Tuesday

Lunch

Cream of mushroom soup
Bean with bacon soup
Barbequed chicken
Ale battered fish portions
Steak fries
Mashed potatoes
Simmered corn
Simmered asparagus
Chicken gravy
Tater sauce
Blueberry pie
Congo bars
Easy chocolate cake
Caramel frosting
Lime gelatin
Cherry gelatin
Vanilla cream pudding
Chocolate cream pudding

Simmered mixed
vegetables
Chicken gravy
Peach pie
Chocolate chip cookies
Lemon pound cake
Bread pudding
Raspberry gelatin
Lemon gelatin
Vanilla cream pudding
Chocolate cream pudding

Dinner

Manhattan clam chowder
Split pea & ham soup
Meat loaf
Pork ham roast
Garlic cheese mashed
potatoes
Tossed green rice
Cauliflower combo
Broccoli, cheese and rice
Savory bread dressing
Mushroom gravy
Apple sauce
Desserts: same as lunch

Thursday

Lunch

Tomato soup
Chicken and rice soup
Swiss steak w/brown gravy
Chicken Vega
Oven browned potatoes
Spanish rice
Simmered corn
Simmered peas and
carrots
Brown gravy
Chocolate cream pie
Raisin nut bars
Strawberry filled cake
Orange gelatin
Strawberry gelatin
Vanilla cream pudding
Chocolate cream pudding

Dinner

Tomato soup
Chicken and rice soup
Beef yakisoba
Tempura sweet and sour
pork
Shrimp fried rice
Simmered broccoli
Fried cabbage w/bacon
Sweet and sour sauce
Chow mein noodles
Chinese egg rolls
Desserts: same as lunch



MOVIE TIME

Prices: Friday and Saturday 7:15 p.m., shows are \$3 for adults and \$1.50 for children. Sunday matinee is shown at 2 p.m. Shows are \$2 for adults and \$1 for children. Evening showings on Sunday and Wednesday are at 6:30 p.m. and late shows are shown Friday and Saturday at 9:45 p.m. Cost is \$2 for adults and \$1.50 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.

"The House Bunny"
"Tropic Thunder"
"Traitor"
"Mirrors"
"The House Bunny"
"Tropic Thunder"
"Traitor"
"Disaster Movie"
"Death Race"

Today at 7:15 p.m.
Today at 9:45 p.m.
Saturday at 7:15 p.m.
Saturday at 9:45 p.m.
Sunday at 2 p.m.
Sunday at 6:30 p.m.
Wednesday at 6:30 p.m.
Friday at 7:15 p.m.
Friday at 9:45 p.m.

Mokapu Beat

News from Mokapu Elementary

PTA meeting

The next PTA meeting will be held Oct. 16 at 6:30 p.m. in the school cafeteria.

New Choir Time

The Mokapu Children's Chorus has new hours. Kindergarten through third grade meet Mondays from 2:15 to 3:15 p.m., and 4th, 5th and 6th grades meet Wednesdays from 12:30 to 2 p.m. All sessions will be held in room P-3. A professional choir director has been hired, and the chorus is looking for a few more voices, especially boys. The fee is \$30 for the semester. A show will be held the evening of Dec. 10, and also at the family breakfast in December.

For more information email the PTA at mokapu_pta@yahoo.com.

Book Club

There are only three spots left in the book club held after school on Tuesdays from 2:15 to 3:15 p.m. in the school library for kids in grades 4-6. Kids will be reading and discussing books nominated for the Nene Book Award. To sign up or for more information, contact Vicki in the library at 254-7964.

Save Box Tops

The Mokapu PTA collects Box Tops, Campbell's Labels for Education, and Tyson labels all year long.

Please save them and turn them in to the school's front office or children's teachers. A collection box is also available at the commissary entrance.

Pizza 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.

People must submit the fundraiser form with their order. It can be obtained from the school or at Papa John's on the fundraiser nights.

Dates for the fundraiser are the following Thursdays: Oct. 16, Nov. 20, Dec. 18, Jan. 15, Feb. 19, March 19, April 16, May 21 and June 4.

New PTA email address and Web sites

The Mokapu PTA has a new email address: mokapu_pta@yahoo.com.

Both the PTA and Mokapu Elementary have new Web sites: the PTA's new Web site can be found at

<http://mokapu.k12.hi.us/pta> and the schools Web site can be found at <http://mokapu.k12.hi.us>.

Anyone for Chess?

If you like to play chess, Mokapu wants you! A new chess club is forming at Mokapu Elementary School, and participants are looking for a few adult chess player to help. Anyone willing to spend one hour per week playing chess with kids should contact the PTA at mokapu_pta@yahoo.com, or leave a message at the school at 254-7964.

Volunteers needed

Did you know that Mokapu Elementary School can receive funding based on the number of volunteer hours people log?

The PTA is encouraging people to commit to a "3 for Me" program.

This program simply requests that people volunteer three hours during the entire year in any capacity at the school.

Volunteers may log their hours in the front office. There are many ways to volunteer at the school.

Questions on the program can be directed to friendsofmokapu@gmail.com, call the school at 254-7964 and ask for PCNC in room P-6.

Enrichment Clubs

Students may take part in enrichment clubs beginning in September. Most clubs will meet after school. Some fees may apply according to the club. Clubs include Mad Science, craft club, choir, chess club, running club, and math and geography superstars. Adult volunteers are needed to help run all clubs.

For more information, contact Mokapu PTA.

Halloween Parade

Students will participate in a Halloween costume parade the morning of Oct. 31. Students will start from their classrooms and walk around the school grounds to the cafeteria. Once at the cafeteria, the student's costumes will be judged by volunteer judges from units aboard Marine Corps Base Hawaii. Winners will receive a prize that has yet to be determined.

Students may wear their costume to school or may change into their costumes before the start of the parade. Parents are welcome to attend this event. Parent volunteers are needed to help with this event.

For more information call Shelley or Heidi at 254-7964.

New Release Time

Mokapu Elementary School has a new release time on Wednesday. Each week on Wednesday, students will be dismissed at 12:30 p.m. and 2:10 p.m. all other days.



School closures

Oct.13

Mokapu Elementary School will be closed Monday due to Teacher Institute Day.

Early Dismissals

Oct. 15-24

Due to parent/teacher conferences, Oct. 15-24, students will be released from school each school day at 12:30 p.m. Parent/teacher conferences will be conducted by each student's teacher and are scheduled for 15 minute intervals starting at 1:10 to 2:30 p.m. each day. Students will receive a form from their teacher with the date and time of his or her conference.

AROUND THE CORPS

Marine father, soldier son reunite in Iraq

Sgt. Trent M. Lowry
Regimental Combat Team 5

AL ASAD AIR BASE, Iraq — In a line of Marines from Team Tank, Regimental Combat Team 1, firing a combat-marksman-ship program shoot here, one man stood out in his gray digital battle dress uniform.

Army Sgt. Shane M. White, 22, an information systems specialist with 4th Psychological Operations Group, based in Fallujah, Iraq, was participating in the CMP shoot with the Marines at the invitation of their company first sergeant, 1st Sgt. Joseph C. Gray, who also happens to be White's father.

The soldier and his Marine dad reunited for three days while both are deployed to Iraq in support of Operation Iraqi Freedom.

It was the first time in more than a year the two service members, and family members, have seen each other.

"The last time I saw my son was last September, for one day, at his wedding," said Gray, who has been in Iraq since April, his second deployment here.

"It's hard trying to find time for us to take leave at the same time," explained White, here on his first deployment.

Gray has been a Marine for more than 18 years and is currently stationed with Alpha Company, 1st Tank Battalion, at Marine Corps Air Ground Combat Center Twentynine Palms, Calif.

While deployed, Alpha Co. goes by the moniker Team Tank. White is in his third year as a soldier, based at Fort Bragg, N.C.

Though the news that White had joined the Army came as a surprise to Gray and his wife Gina, it wasn't as much for his choice of service, but his decision to leave his studies at the University of South Florida, in Tampa, Fla.

"I've never pressured him to be a Marine," Gray said. "Did I want him to be a Marine? Not as much as I wanted him to be

happy."

What makes White happy is working with computers, and though he considered the Marines, he said the only service that would guarantee a military occupational specialty in the computer field was the Army.

Though his field of study in college was in the information systems field and he enjoyed the experience, White was compelled to postpone his scholarly pursuits.

"There has been someone in my family at least three generations back who has enlisted in an armed service," White said. "I grew up thinking I would enlist at some point, and I was just ready."

The two men's units prepared for deployments at different times, which has made it difficult for father and son to see each other.

According to Gray, the two have seen each other about four days in the past four years.

White's unit learned of the brief window of opportunity he had to see his father — since Team Tank is always on the move — and graciously allowed the soldier a short break from his duties to fly to Al Asad.

Gray served as the event planner for this visit, taking his son out to the CMP shoot, and then the next day, letting him fire a round from a tank's main gun.

"We don't get a lot of exposure to weapons," White said, referring to his computer MOS with the Army. "We don't get combat-arms missions; (we are) combat support."

"Which is how his mom prefers it," Gray added.

Both Gray and White have made favorable impressions with their units. Gray, serving with Alpha Co. since June 2007, leads with the mindset that mission accomplishment and troop welfare are interdependent.

"If you're really in tune with the Marines and the issues they're dealing with, you can

keep the morale high," said Gray, originally from Ripley, Ohio. "These Marines are doing the most proficient, professional and tactically patient job of any Marines I've worked with."

"He cares a lot about the Marines and takes a personal interest in their welfare and well-being," said Capt. Peter L. Schnurr, company commander, Team Tank, from Voorhees, N.J. "Most are around the same age as (White), so I think that directly relates to how he cares about the troops in the company."

Team Tank operates in austere conditions and is based in Fallujah, but is never in a forward-operating base or combat outpost for more than a few weeks at a time. Their mission, to help rid the country of foreign fighters from organizations like Al Qaeda in Iraq by sweeping in remote areas outside of populated areas, calls for the nomadic unit to often live out of their vehicles.

"By him keeping the troops spirits up, it makes my job easier, especially during the operations we've been doing this deployment," Schnurr said. "He directly impacts our ability to stay out in the field for weeks at a time and still do what the (commanding general) wants us to do."

White's accomplishments have impacted his unit in similarly significant ways.

"Recently White developed and created a website on the SIPR (secure network) to disseminate programs and products," said Army Staff Sgt. Edward L. Fourquet, 27, communications section noncommissioned officer-in-charge with 4th Psychological Operations Group. "His effort eliminated the previous method and saved the unit more than \$4 million of satellite equipment and airtime."

Fourquet noted that White has earned numerous Soldier of the Month awards from various command levels.

"He performs way above his maturity and age level and excels compared to his peers,"

Fourquet said. "White's an excellent soldier and phenomenal NCO."

Gray said that his son hasn't just made an impression on the Army, but has also inspired other young people.

"He's had a huge impact on all (his siblings') lives as a big brother," said Gray. "They all admire him immensely."

According to Gray, despite his popularity at home, White rarely hears a "hoo-ah," the Army's motivational cry. His younger siblings — Skylinn, 18, Richard, 13, and Emma, 11 — prefer the "ooh rah" of their father's service. Emma also tells White his hair is too long.

The two service members have now gone their separate ways, planning to rejoin as a family in California after the new year.

But this short visit was something that father and son will always remember.

"This visit has been memorable, and we're hoping that it's a once-in-a-lifetime thing, in that neither one of us returns to Iraq (at the same time)," Gray said. "There's enough stress on his mother to have both of us here at the same time."



Sgt. M. Trent Lowry

Army Sgt. Shane M. White, an information systems specialist with 4th Psychological Operations Group, and 1st Sgt. Joseph C. Gray, company first sergeant, Team Tank, Regimental Combat Team 1, visit at Al Asad Air Base, Iraq, Sept. 25. Gray is White's father, and the men were seeing each other for the first time in more than a year.

Hawaii MARINE SPORTS

HAWAII MARINE C SECTION

WWW.MCBH.USMC.MIL

OCTOBER 10, 2008

Saying 'no' to nicotine



File Photo

Civilian federal employees, as well as service members can take the free tobacco cessation classes offered by Naval Health Clinic Hawaii. Weekly hour-long meetings teach users how to replace tobacco with healthier habits. The Kaneohe Bay Branch holds classes Tuesday and the Makalapa Branch at Camp Smith holds Wednesday classes.

Free classes help service members, federal employees purge tobacco cravings

Christine Cabalo

Photojournalist

Tobacco users wanting to snuff out their habit have a free ticket to quitting for good through Naval Health Clinic Hawaii.

The clinic offers free tobacco cessation classes to active-duty and retired service members as well as civilian federal employees. The classes help users beat addiction in weekly one-hour sessions for a four-week period, said Dan Dufrene, health promotion coordinator, Semper Fit.

"When an individual is ready and willing to change, they need support and assistance," he said. "Having good follow up and support is the key to success."

Giving that support, Eleanor Bru, class coordinator, Naval Health Clinic Hawaii, said classes tackle tobacco addiction using two strategies. Bru, a registered nurse, addresses the physical withdrawal symptoms of quitters with nicotine substitutes. Then, in classes of 10 or fewer, the class coordinator discusses psychological reasons behind tobacco habits. If users notice their triggers they can learn to avoid them to prevent cravings, she said.

For people worried their quitting plans will go up in smoke once a craving hits, Bru also teaches how ride through withdrawal. Eating unsalted pretzels or using toothpicks has helped keep former users on track. Four weeks is a usual time frame for tobacco users to quit, she said, giving former users time to replace the drug with better habits.

"In the second week we do stress management and in the third we look at nutrition," Bru said. "We talk about avoiding stress eating because people think it's automatically going to happen to them. You don't automatically gain weight, but we discuss it in case it happens."

The class is one of nine guidelines to a healthier lifestyle promoted by Semper Fit, Dufrene said, and the Navy Medical Clinic has offered the free cessation classes as part of their program since 2000. It's about the same time that Petty Officer First Class Scott Mahal, hospital corpsman, Naval Health Clinic Hawaii, enrolled in his local military sponsored cessation class.

"When I was young I told my dad not to smoke," Mahal said. "My dad smoked, then I smoked. I chewed tobacco and smoked the same cigarettes I told him not to when I was younger. I realized I needed to stop the cycle, and I became mentally stronger."

Since quitting nine years ago, Mahal has stayed tobacco free even through two combat ship deployments. He said employed positive thinking in the close quarters, reminding himself he was mentally stronger than the urge to use tobacco. The hospital corpsman said once he chose a date to quit tobacco, he did everything he could to commit to it.

"The hardest thing to do was to throw out all of my tobacco paraphernalia," he said. "I've seen people try to rationalize zippo lighters, saying they're a collector's item or a family heirloom, but it's something they need to get rid of so they don't get tempted."

Mahal credits his continued success with the good support system of his wife, children and friends. He said his wife helped make tobacco use inconvenient for him, and she gives him a card each year for staying away from tobacco. During his "quit anniversary" Mahal takes a portion of money he would have spent on tobacco to buying a nice reward for himself.

He advises those going through the class to keep focused on the long-term benefits, and Dufrene said small steps help toward that goal.

"With cravings, people need to remember what they're feeling only lasts for that moment," Dufrene said. "You can distraction yourself from the situations because you're only feeling it right now, not the rest of the week."

Tobacco cessation classes are funded through Naval Health Clinic Hawaii. The Kaneohe Bay Branch Clinic offers a Tuesday class and the Makalapa Branch Clinic has two sessions each Wednesday.



Lance Cpl. Brian A. Marion

Gary Edge, Provost Marshal's Office "Law Dogs" right fielder, slides safely to third base during an Intramural Softball League regular season game against Patrol Squadron 47 "Team Havoc." Team Havoc won the game 10-7.

A killer victory

Team Havoc destroys Law Dawgs, 10-7

Lance Cpl. Brian A. Marion

Combat Correspondent

Patrol Squadron 47 "Team Havoc" defeated the Provost Marshal's Office "Law Dawgs" 10-7 during an Intramural Softball League regular season game Monday at Risley Field.

The Law Dawgs came into the lead in the third inning, shattering in seven runs, but they were unable to keep Team Havoc from wreaking destruction in later innings.

Before the game, Team Havoc knew they were prepared for the game and didn't expect much of a challenge from the Law Dawgs.

"We just have to come out and play like we've done in previous games," said Dan Nicks, Team Havoc's coach and third baseman. "The Law Dawgs are a good team, but we can beat them."

The game started with Team Havoc batting first, and they quickly scored the first run of the game, but the Law Dawgs shut down any attempt for them to score.

Team Havoc's defense quickly snuffed any chance for a Law Dawg offensive and

tried to set the stage for their offense to score more runs.

During the second inning, both teams' defenses stayed strong and prevented each team from scoring.

The game started looking up for the Law Dawgs as their defense held against Team Havoc and allowed their offense a chance to even the odds.

After a highly unsuccessful first two innings, the Law Dawgs came back with a vengeance during the bottom of the third inning.

They started with two outs before their runs started flowing in.

By the time their last man hit a fly ball caught by the outfield, they leapt to the lead with the score, 7-1.

Team Havoc's offense couldn't get anything going in the top of the fourth, but their defense effectively shut down the Law Dawgs' attempts to score by catching the fly balls they sent to the outfield.

Team Havoc flew into the game in the top of the fifth, scoring five runs before the Law Dawgs stopped them.

Bolstered by the turn of the game, Team Havoc's defense shut down the Law

Dawgs once again.

In the top of the sixth inning, Team Havoc continued their scoring and increased their lead by four more points.

They were stopped when Tom Soeurt, Law Dawgs third baseman, caught the ball and dove headfirst into third base right before the runner landed, causing the last out of the inning.

The Law Dawgs attempted to score again in the bottom of the sixth, but they only made it to third base before getting their last out.

Despite their three-point deficit going into the seventh, and last, inning, the Law Dawgs held their own and kept Team Havoc from scoring more runs.

Team Havoc won the game, 10-7.

"We started out sluggish, but we backed each other up and started playing like we did in our other games," Nicks said. "It was a great game today. [The Law Dawgs] came out and caught us by surprise, but we were able to pull through."

Nicks also stated although his team did well, they would have to work on communication and consistent batting before their next game against Commander, Patrol and Reconnaissance Wing 2 "Deuce-Deuce" today at 7 p.m.

Shaking stadiums from North Carolina to Hawaii

Lance Cpl. Alesha R. Guard

Combat Correspondent

While playing semi-pro football for the Jacksonville Raiders when stationed at Camp Lejeune, N.C., Ethan Wilson was inspired to create a chant to help his team get through a tough losing streak. His team, once divided and frustrated, began shouting the chant before each game and slowly started to build their spirits and camaraderie back up again. The Raiders were able to make a comeback the next season and win the championship.

Now a quarterback for Combat Logistics Battalion 3, Wilson has brought the chant from North Carolina to Hawaii where it echoes from the Warriors' huddle, intrigues the crowd and vibrates the stands at Pop Warner Field.

"I strive to be perfect!" the Warriors yell. "One day I might be good. God first and foremost, then brotherhood! If it is to be, it's up to me! Know your part, pick up your feet! And drive!"

"It's not just a chant for football but something you can carry with you throughout life," Wilson said.

Wilson, known as 'Skinny' to his teammates, said he enjoys being able to bring the chant to his team and hopes it will carry over into their lives outside the football field.

"I strive to be perfect, someday I might be good."

"Each day you must strive to be better than the day before,"

Wilson said. "You must 'strive to be perfect.' Anything worth having is worth working for, which is why the chant means so much to us as a team."

Don Baler, running back, CLB-3, and his teammates said Wilson has taught them no matter what they are going through to always strive to be perfect because that's all they can do.

"Every time we go out on that field we do our best," said Michael Robins, CLB-3 player. "Our best show is every time we play the game. Sometimes people say we play a little too rough, but we play to the whistle. That field is our stomping ground."

"God first and foremost, and the brotherhood!"

"CLB-3 is a brotherhood - all we have is each other," Wilson said. "When we're on that field we're brothers. We win together and lose together."

The team builds its strength in numbers, Wilson said, but they know they are only as strong as their weakest link.

"We might be from Michigan, North Carolina or Alabama, but [now] we are brothers, together as one," Wilson says.

"If it is to be, it's up to me! Know your part!"

"On our team there are no individuals," Wilson said. "Everybody 'knows their part' because we are all role players. It's like a play - everybody knows their role, and when we put it all together we create a masterpiece. A good game starts in

See WILSON, C-6

The Down and Dirty on Combat Fitness Test

Part Three: Third segment of CFT possibly hardest

Editors note: This is part three of a series of stories about how to properly execute the CFT. Look for more stories in future issues of the Hawaii Marine.

Lance Cpl. Brian A. Marion
Combat Correspondent

After the "Movement to Contact" 880-yard run and the ammo can lift, Marines head to the last segment of the Combat Fitness Test.

This segment, called "Maneuver Under Fire," works Marines more rigorously than the previous two segments.

"It's hard to keep up your momentum doing it," said Cpl. Nicholas Rayburn, training non-commissioned officer, Provost Marshal's Office. "You're worn out from doing everything else, but you have to keep going."

Marines conduct this portion in full utilities and start the maneuver in the prone position behind the start line.

When their monitors signal, they will sprint 25 yards, go around a cone and drop into the prone position behind the 25-yard line.

The J-hook was implemented to help provide additional safety to Marines performing the CFT.

After Marines fall to the prone position, they high crawl using six points of contact – their feet, knees and elbows – for 10 yards.

When they reach the 35-yard mark, they switch to a modified high crawl using their hands and knees to propel forward.

"At first we had Marines high crawling the entire length, but then we changed it to help them speed up," said Col. Brian McGuire, Training and Education Command, Quantico, Va.

When Marines arrive at the 50-yard line, they transition from high crawling to run-

ning and negotiate a series of cones in a zigzag manner.

In order to complete this portion, Marines must go around the outside of the cones.

The CFT is designed to be more of an anaerobic exercise, a workout designed for short bursts of speed, vice an aerobic workout designed for endurance and long distances, McGuire said.

After the 20-yard zigzag, Marines will sprint the remaining five to the 75-yard line and prepare themselves for probably the most strenuous portion of the CFT: the buddy drag and fireman's carry.

"It ain't a joke," Rayburn said. "The buddy drag and fireman's carry were the worst part. You're spent. You're done."

Marines must lift their buddies using proper lifting methods and drag them through the cones re-tracing the path they just ran.

After two cones, the Marine being dragged stands up and waits for the other Marine to lift him into the fireman's position.

Marines lifting their buddies should ensure they place them on top of their shoulders to prevent their arms from tiring.

"No matter what you do, your core will always be stronger than your arms," McGuire said. "I don't care if you work on your arms every day and they are enormous. Eventually having somebody who's close to your weight will tire them out."

Once properly on the shoulders, the carried Marine places their free hand on the lower portion of the other Marine's back to help prevent injury.

The Marine then carries their buddy back to the start line and prepares for the combat resupply, the final segment of the "Maneuver Under Fire" portion of the CFT.

Look in future editions of the Hawaii Marines for the final portion of the CFT.



Cpl. Antonio Aragon, travel clerk, disbursing, carries PFC Anthony Rodriguez, administration clerk, Installation Personnel Administration Center, in a fireman's carry during the Combat Fitness Test Road Show Sept. 10. The fireman's carry is one part of the "maneuver under fire" portion of the CFT.



Photos by Lance Cpl. Brian A. Marion

Aragon runs toward Rodriguez, getting ready to buddy drag him through two sets of cones before switching over to the fireman's carry during the Combat Fitness Test Road Show Sept. 10. Some Marines consider the different carries the most difficult part of the CFT, when they are already tired from completing the "movement to contact" and ammo can lift portions of the test.



Aragon demonstrates the high crawl portion of the "maneuver under fire" portion of the Combat Fitness Test during the CFT Road Show Sept. 10. The high crawl must be done with six points of contact with the ground, to include the elbows, knees and feet. There's also the modified high crawl, which utilizes four points of contact, to include the hands and knees, which is done after 10-yards of the regular high crawl.

Intramural Sports update

2008 Intramural Fall Softball League standings

TEAM	WIN	LOSS
WARRIOR BLUE	3	0
VP-47	3	1
LAW DAWGS	2	1
3RD MAR REG	2	1
HMH-463	2	1
3RD RADIO BN	1	2
3/3	1	2
2-2	1	3
MALS-24	0	4

AS OF OCT 6

2008 Intramural Fall Softball League schedule

Time	Matchup
6 p.m.	3RD RADIO BN - VS - MALS-24
7 p.m.	VP-47 - VS - 2-2
8 p.m.	"HQBN" WARRIOR BLUE - VS- LAW DAWGS
Oct. 13	
6 p.m.	MALS-24 - VS - "HQBN" WARRIOR BLUE
7 p.m.	3RD RADIO BN - VS - 3D MAR REG
8 p.m.	LAW DAWGS - VS - 3/3
Oct. 14	
6 p.m.	HMH-463 - VS- 2-2
7 p.m.	3/3 - VS- MALS-24
8 p.m.	VP-47 - VS - 3RD RADIO BN
Oct. 15	
6 p.m.	2-2 VS. LAW DAWGS
7 p.m.	3D MAR REG VS. WARRIOR BLUE "HQBN"
8 p.m.	HMH-463 VS. 3RD RADIO BN
Oct. 17	
6 p.m.	WARRIOR BLUE "HQBN" VS. VP-47
7 p.m.	MALS-24 VS. LAW DAWGS
8 p.m.	3/3 VS. 3D MAR REG
Oct. 20	
6 p.m.	HMH-463 VS. 3/3
7 p.m.	2-2 VS. WARRIOR BLUE "HQBN"
8 p.m.	MALS-24 VS. VP-47
Oct. 21	
6 p.m.	3/3 VS. VP-47
7 p.m.	2-2 VS. 3RD RADIO BN
8 p.m.	3D MAR REG VS. MALS-24

2008 TACKLE FOOTBALL STANDINGS

TEAM	WIN	LOSS
CAMP SMITH	4	0
CLB-3	3	1
HQBN	2	1
MAG-24	1	4
MCAF	0	4

Current as of OCT 6

Tackle Football Schedule

LOCATION/DATE/TIME	TEAM	VS	TEAM
Pop Warner Oct. 14 6:30 p.m.	HQBN		CLC-3
Pop Warner Oct. 15 6:30 p.m.	MCAF		MAG-
Pop Warner Oct. 21 6:30 p.m.	MCAF		CLC-3
Pop Warner Oct. 22 6:30 p.m.	CAMP SMITH		HQBN
Pop Warner Oct. 28 6:30 p.m.	HQBN		MCAF
Pop Warner Oct. 29 6:30 p.m.	MAG-24		CAMP SMITH
Pop Warner Nov. 4 6:30 p.m.	CLC-3		CAMP SMITH
Pop Warner Nov. 5 6:30 p.m.	MAG-24		HQBN
PLAYOFFS			
First round: Nov. 12			
Semi Finals: Nov. 18 & 19			
Championships: Nov. 25			

5th Annual HSL-37 Easy Riders SPLASH 'N' DASH

Saturday at Hangar 103, beginning at 7 a.m.



Spotlight On Sports

Sports Briefs

Soccer Tryouts

MCB Hawaii soccer tryouts have begun for all those interested in participating. There is still room on the team for more players to sign up.

For more information contact Toure Boubacar at 257-1867 or CWO3 Randall Martinez at 257-1582.

Beginner Outrigger Canoe Paddlers Wanted

Windward Kai Canoe Club practices at Kailua Beach and welcomes active duty and family members (18 and older) to participate in this Hawaiian sport and culture.

The club is especially seeking to field a beginner women's crew. No experience is necessary and all training and equipment are provided.

WKCC in Kailua recently provided beginner outrigger canoe paddling classes for Marines from Marine Corps Base Hawaii.

For more information, call Derrel at 383-0400 or Greg at 255-9977.

Parents for Fitness

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

The PFFP participants are required to volunteer 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 MCBHcoop@hotmail.com.

Paintball Hawaii

Nestled behind the Lemon Lot stands Paintball Hawaii. Shoot over for great deals and have a blast with your friends.

Cost is \$25 per person and includes one air refill, equipment and the field fee. The field is open weekends from 9 a.m. to 5 p.m.

For more information or to schedule an appointment, call 265-4283.

K-Bay Lanes

K-Bay Lanes offers economical entertainment, Mondays through Thursdays. All E-1s to E-5s can pay \$1.75 for games and \$.50 for shoe rentals.

For more information, call K-Bay Lanes at 254-7693.

K-Bay Lanes Color Pin Special

Every Thursday, when you roll a strike with a colored pin as the headpin, you can win up to three free games of bowling. All patrons are welcome to take advantage of this deal. If you make the play, you win!

For more information, contact K-Bay Lanes at 254-7693.

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.

Pick up a personal training appointment card at the Semper Fit Center now.

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

Youth Activities Coaches Needed

Youth Activities is looking for volunteer coaches for three upcoming sports seasons: in-line hockey, flag football and cheerleading.

If you are interested in coaching please call today!

For more information contact Clark Abbey at 254-7611.

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 or 254-7667.

Semper Fit Offers New Array of Aerobics

The Semper Fit Center announces a new and expanded aerobics program. These new classes now being offered include a variety of workouts. Call 254-7597 for more information.

Semper Fit Group classes

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.

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.

Stretch/Flexibility Training

Reach for those toes. Tired of having someone else scratch your back? Time to limber up. A class working on getting back the flexibility you once had or just stretching out those over-worked muscles. Stretch is a great way to reduce your chances of getting injured from tight muscles.

Core Conditioning

Ever wanted a stronger core? This 30-minute abdominal and back class will help you to develop a stronger core through various ab and back exercises.

Cycling

Tired of those boring 3-mile runs? Well, come for a ride with us. This class uses specialized stationary bikes that 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.

Cycle Express

For a high-intensity workout, try this one-hour class. It is sure to challenge your endurance levels through the use of various interval trainings while riding on a bike.

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.

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.

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.

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.

For more information on group classes call 254-7597

Hours of operation:
Monday-Friday, 0430-2230
Saturday, 0700-2200
Sunday & Holidays, 0700-1800

Fitness Challenge

Sept. 2 through Oct. 30

A challenge for youth to complete:

300 sit-ups,

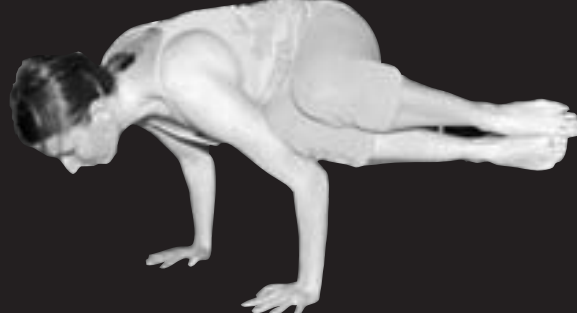
300 pushups

30 Mile walk/run

Open to Children Youth and Teen Program members.

Participants must pre-register at the Teen Center. (Building 1090)

For more information call Youth Activities at 254-7610.



Need a flexible workout?

Sign up for Semper Fit's PiYO class! Each session fuses Yoga and Pilates exercises for a well-balanced fitness regimen. Classes are Mondays from 10 to 11 a.m. For more information, call 254-7597.

HEALTH AND WELLNESS

ACT to save a life

Suicide prevention program encourages peer help

Lifelines

Office of the Secretary of the Navy

The Navy suicide prevention campaign asks Marines and Sailors to "ACT" now to save a life.

ACT is a three-step process designed to help determine if someone is suicidal and to prevent them from hurting themselves. It stands for:

Ask - ask the person if they are thinking of hurting themselves,

Care - listen and let the person know they are not alone, and

Treatment - get your shipmate to help as quickly as possible; such as the duty officer, chaplain, friend, medical personnel, or others who can help.

Suicide is ranked as the 11th leading cause of death nationwide. For the past 10 years, it has also been the second or third leading cause of death among active duty Sailors and Marines.

"Frontline supervisors, LPO's (leading petty officers), chief's and junior officers know their Sailors best," said Dr. Tony Doran, director of the Navy's Suicide Prevention Program at OPNAV N-135 in Millington, Tenn. "There is no substitute for knowing your people. If you know a shipmate is having legal problems, serious work problems, or relationship problems, that Sailor may need your help. If the Sailor has those problems and has poor coping skills, doesn't have

family in the area, or has no friends, the Sailor definitely needs your help and guidance. If you notice risk factors, don't keep them a secret."

Studies have shown there are about four suicides each month in the Navy. These unnecessary deaths have an impact on the entire armed forces, as suicide can decrease morale and combat readiness of service members everywhere. Because of this, it is important that everyone is aware of the signs that someone may be considering taking their own life.

"Every life and every Sailor is important, and the Navy leadership views the loss of one Sailor as a serious loss," Doran said. "...anyone in the Navy can save lives, whether you are a junior-level Sailor, a captain, active duty or Reserve, you can help people before it's too late."

While there are no absolute signs that signal someone is contemplating suicide, most people have a hard time hiding the fact that they are having personal struggles. Here are some of the things to look for:

- Does the person act out impulsively or out-of-character unexplainably?
- Are they experiencing difficulty managing friendships?
- Do they seek to isolate themselves from friends and family?
- Are they in financial trouble?
- Is their performance in routine tasks suffering?
- Do they exhibit difficulty getting out of bed and getting through daily tasks?

- Are they constantly tired or sluggish?
- Do they abuse alcohol and/or drugs?
- Do they exhibit intense feelings of guilt?

According to Doran, leaders and peers should learn to recognize these signs. If someone suspects that a shipmate may be on the verge of suicide, it is important to get help. Most of the time Sailors who commit suicide do so while they are away from base on leave or during liberty, so it is important to reach out to them when someone notices any suicidal behavior or actions.

OPNAVINST 1720.4 requires that all commands conduct regular suicide prevention training. There are also other resources available to both assist service members at risk and help train people to recognize the signs of possible suicidal tendencies, most of which are as close as the Fleet and Family Support Center or Marine Corps Community Services.

The centers have experienced mental health professionals, substance abuse programs, and base chaplains available to help. Other resources include chaplains, health care workers, and counselors.

"It is important to familiarize yourself with the resources in your local area. Know the procedure for referring someone in crisis to emergency mental health care and who the points of contact are in your local area for such a referral. Also different locations may have many different services to assist those experiencing depression, anxiety, or PTSD (post traumatic stress disorder), for example," Doran said.

Get help now before regrets

Lifelines

Office of the Secretary of the Navy

Studies show that male veterans in the general U.S. population are twice as likely to die by suicide as their civilian peers.

Therefore it is vital for people in the military community to be extra diligent when dealing with suicide and suicidal thoughts.

Knowing the signs and symptoms of depression is no good unless you do something. The down days may outnumber the good days, and you may wonder if you'll ever see good days again.

If that happens and you can't think of where

to turn, immediately call the toll-free number of the National Suicide Prevention Lifeline at 1.800.273.TALK (8255). This confidential service is available to anyone. If you believe a friend is in need, you also may call for him or her.

Another fairly immediate place to go for help is the 2-1-1 help site, formerly the Telephone Counseling and Referral Service Inc. You will find various Web sites to turn as well as professional organizations that can help you in this time of crisis. If you are thinking of suicide but don't want to call them, you can click on the 2-1-1 site and there's a link called: "If You Are Thinking About Suicide...Read This First."

You also can turn your attention toward

other sources that could help you in the long run.

The first place to go is to your family physician to review the signs and symptoms of depression and rule out any possible physical causes for your symptoms. After a diagnosis, your doctor can start you either with an antidepressant therapy or refer you to a therapist or other mental health professional. Of course, you can always consult with a friend or clergy, but many times that has been shown to be a short-term solution.

For online or instant anonymous assistance, you can click on Psych Central to learn as much as possible about your depression. It has several links to suicide information, treatment, its causes, diagnosis and more. Just reading about what others go through may get you to the

point where you realize that depression is almost like the common cold of mental disorders.

At the top of the site is a "resources" button where you can find a mental health professional in your area. And, instead of this being similar to the yellow pages of therapists, a short biography of each mental health professional is available to see how your individual views match up with theirs.

A few of them even have free initial consultation so you won't have to spend a lot of cash sorting through choices.

The stigma attached to getting help, for any mental malady, is going away fast. You really don't have a reason to delay and stifle your need for help.

Depression won't cease on its own.

AROUND THE CORPS

‘It all comes down to you’

Lance Cpl. B.A. Curtis
2nd Marine Logistics Group

MARINE CORPS BASE CAMP LEJEUNE, N.C. — Since 1999 the Marine Corps Martial Arts Program has been a key component in the development and training of America’s Marines. The MCMAP’s motto, “One mind, any weapon,” is taken to heart by Marines shortly after they first place their feet on the infamous yellow footprints, to the day they depart from active service in the Corps.

Although all Marines take part in MCMAP, a unique blend of combat-tested martial arts skills, close combat training techniques and time-honored core values, some use the program’s fundamental teachings as a base to further their own martial arts education.

One Marine from the 2nd Marine Logistics Group, Staff Sgt. Adam R. O’Malley, had no martial arts experience before joining the Marine Corps, but was immediately drawn in by the competitiveness and skill required to be successful in MCMAP, and has now taken what he learned from the program to the next level.

“The MCMAP program sparked a greater interest to learn about martial arts for me,” O’Malley said. “I wanted to learn more.”

The average person may run from the towering, 6-foot-6-inch, broad shouldered Cleveland native, who is now a black belt instructor in MCMAP. To add on to that, he has used his curiosity spurred by the program to drive himself to learn multiple disciplines of martial arts including: Brazilian jiu-jitsu, muay-thai, kickboxing and sambo.

The talented martial artist uses the skills he’s learned to travel around the country competing in mixed martial arts competitions. Mixed martial arts is a full contact mixture of striking and grappling martial arts techniques.

O’Malley competes in dozens of competitions throughout the year. Later this year he will be going to the South Carolina Submission Grappling and Brazilian Jiu-Jitsu State Championship, to see if he can win his divisors for a third year in a row.

O’Malley, who currently serves as the Heavy Equipment Platoon commander for Combat Logistics Regiment 2, 2nd MLG, also uses MCMAP as a launching pad to train eager Marines who share his love of martial arts.

“I think that teaching Marines MCMAP will open up their curiosity to learn other martial arts on their own accord,” O’Malley said.

“MCMAP to me is a basic fundamental understanding of martial arts,” he added. “Whenever a student has a curiosity about other techniques, I have the means to take the opportunity to teach them something else they can use.”

During the upcoming MMA competition in South Carolina, O’Malley will be competing alongside a team of aspiring martial artists chosen by him from MCMAP classes he teaches around Camp Lejeune. He has furthered these Marines’ skills by helping them learn additional forms of martial arts, thus preparing them for the competition and helping them better themselves by achieving their personal martial arts aspirations.

“I have always wanted to get into jiu-jitsu

and muay-thai,” explained Pfc. Brandon J. Gibson, a student of O’Malley who is competing in the competition. “Coming here and being able to train with someone who knows what he’s doing has really helped me ... there’s a lot of things he has taught me that I never thought I could do.”

Gibson, a seasoned wrestler, now has serious aspirations to pursue greater skills in MCMAP and MMA thanks to O’Malley’s mentorship and dedication to teaching martial arts.

“By the time I leave here I want to be at least a brown belt in MCMAP,” Gibson said. “Staff sergeant (O’Malley) is way more than qualified to teach me those skills.”

O’Malley’s love for MCMAP and other martial arts stems from the experiences he’s encountered early during his martial arts training.

“Martial arts are a different means of competition that doesn’t rely on being part of a team,” O’Malley noted. “It all comes down to you. Can you keep your focus? Were you disciplined enough to accomplish everything you needed to achieve a win?”

O’Malley is confident that the teaching of martial arts is a good reinforcement of the values taught to Marines from the beginning of their training, such as discipline, courage, commitment and combat skills. He feels it’s crucial to help Marines accomplish the dangerous missions they will face in the Corps, like prisoner handling, room clearing and any other mission where Marines may encounter hand-to-hand combat.



Lance Cpl. B.A. Curtis

Staff Sgt. Adam R. O’Malley, who currently serves as the Heavy Equipment Platoon commander, Combat Logistics Regiment 2, 2nd Marine Logistics Group, applies an arm bar submission to Pfc. Brandon J. Gibson, a logistics vehicle operator with O’Malley’s platoon and one of his students.

“I think it’s very important for Marines to learn martial arts,” O’Malley stated. “Marines have always been the types to engage in close-quarters combat, whether it may be armed or unarmed.”

O’Malley’s long hours of practice and hard work have helped him become the martial artist he is today. He attributes his success as a martial artist to the people he has trained with and have made it a way of life that he has embraced and come to love.

"I would just like to thank all the people who have helped me for all they have done."

WILSON, from C-1

the dressing room, and works its way to the stage. Practice is our dressing room, and the game field is our stage.”

Wilson said because his team is focused on the same goals and know their part on the team, they can better come together and succeed.

“The saying reminds us it’s not all on one person’s shoulders,” Jones said. “We share the load together.”

Nick Jones, safety, CLB-3, said Wilson consistently encourages his teammates, helping them build confidence in themselves and their role on the team.

“He inspires you to bring out the best inside yourself,” Baler said. “Anything you think you may or may not be able to do, he’ll talk with you until you think ‘Hey, maybe I can do it.’ He gives you the confidence to do anything.”

“Pick up your feet! And Drive!”

The players say their motivational motto helps get them pumped up and inspires them to give their all. Even when players come out to a game discouraged, or feeling tired, their motto is what helps remind them why they’re playing and get excited again.

“Sometimes you come out not really into [the game] and feeling flat, but as soon you hear that speech, you’re ready to go,” Jones said. “You strap it up and its time to play. You’ve got to ‘pick up your feet and drive.’”

The Warriors recently lost a significant portion of their team, but they say the bond they’ve built will get them through it.

“After our last game we lost a couple of our players and coaches, so everybody was really down and out,” Baler said. “But then Skinny called us all together, talked to us, and got us to bring it together again. He reminded us we’re here to stay and we’re here to play.”

The Warriors are back in action despite their loss in numbers and are motivated as ever saying, “Bring it!”

You can catch the Warriors’ motivational chant next when they take on Headquarters Battalion at Pop Warner Field, Wednesday at 6:30 p.m.