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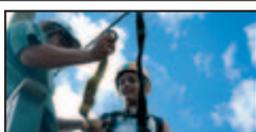
VOLUME 37, NUMBER 37

THOMAS JEFFERSON AWARD WINNING METRO FORMAT NEWSPAPER

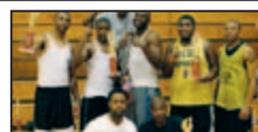
SEPTEMBER 21, 2007



Snipers
A-3



Kauai
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3/3 moves in on insurgent territory

Story and Photos by
Pfc. Brian Jones

Regimental Combat Team 6

KARMAH, Iraq — Marines with Company K, 3rd Battalion, 3rd Marine Regiment, Regimental Combat Team 6, started operations Sept. 7 in a cluster of villages north of here in what they believe is one of the last insurgent staging grounds in al Anbar province.

"[This area has] been a place we thought as definitely having the most enemy, and from some of the information we've gathered through locals, [insurgents] establish patrol bases here just like we do. So, I guess it's just being here at the right time and hopefully sneaking up on them," said 1st Lt. Nick C. Smith, a platoon commander.

Kilo Marines moved into one of the villages where a local sheik invited them to establish an outpost for their operation in his own home.

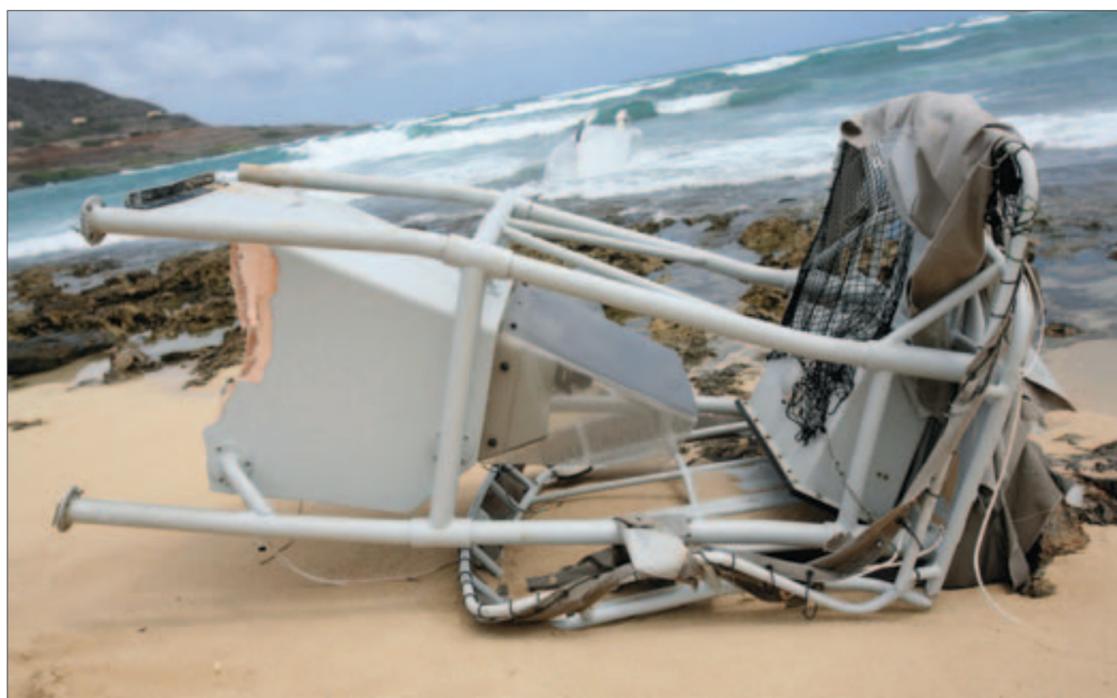
From there, Marines ran security patrols, conducted atmospherics, built rapport with villagers and established a local Iraqi community watch security force for the area.



Company K, 3rd Battalion, 3rd Marine Regiment started operations in previously untouched territories known for insurgent activities and hope to push the insurgents out of the area or trap them in to be captured.

See MOVES, A-6

Not so typical day



Lance Cpl. Brian A. Marion

Early Tuesday, two city employees taking water samples for the sewage treatment plant took an unexpected bath when their boat capsized from a rogue wave. They got on top of their boat and drifted with the currents close enough to shore where Marines could rescue them. The boat continued to drift until beaching on Fort Hase Beach. For the full story, see next week's issue.

Range changes take effect in '08

Lance Cpl. Brian A. Marion

Combat Correspondent

One of the characteristics of the Marine Corps is to adapt and overcome.

Starting fiscal year 2008, rifle qualifications Corps-wide will include the field of fire, known as Table 2, which requires Marines to shoot at known distance targets from 25 yards away and score at least 70 points in order to qualify for that portion.

Table 2 is added in conjunction with Table 1, which requires Marines to shoot at targets anywhere from 100-500 yards away and score at least a 190 to qualify.

In addition to the new field fire addition, the rifle score itself is increasing from 250 to 350 in order to accommodate the additional 100 points from Table 2.

"The new course of fire will take the scores from both

See RANGE, A-6



Cpl. Ray Lewis

Corporal Gabriel Rojas, a field artilleryman from Battery G, 2nd Battalion, 11th Marine Regiment, concentrates on a target during the two-day, basic combat skills portion of the rifle range at Camp Pendleton, Calif.

Jim Nabors to be promoted

Chuck Little

U.S. Marine Corps Forces, Pacific

CAMP H.M. SMITH, Hawaii — Jim Nabors will be "promoted" to the rank of honorary corporal by Lieutenant Gen. John F. Goodman, Commander, U.S. Marine Corps Forces, Pacific, in a special sunset ceremony at Kuroda Field, Ft. DeRussy, Waikiki, Tuesday at 5:30 p.m.

The event is free and open to the public, and guests should bring blankets or beach chairs since seating is in the grass.

This honorary promotion is in recognition of Nabors' years of contribution to the Marine Corps' image worldwide through the "Gomer Pyle, USMC" TV show, and the promotion is on the 43rd anniversary of the show's premiere.

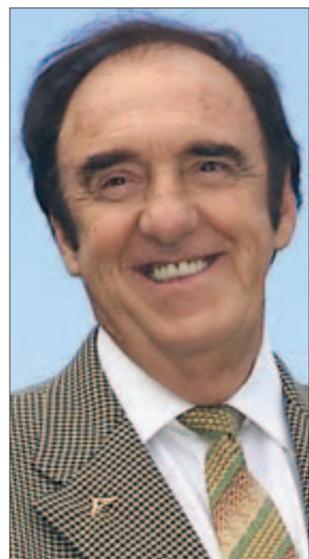
The ceremony is also in honor of his other contributions to Corps and Country.

"Jim Nabors has truly represented the Marine Corps' spirit," said Lt. Gen. Goodman. "He's Jim Nabors, the entertainer, the philanthropist, the good guy — he's one of us. His contributions to the Corps and society have earned him this promotion."

On Sept. 25, 1964, Gomer Pyle marched into America's living rooms and hearts and put a very human — and often humorous — face on the United States Marine Corps. "Gomer Pyle, USMC" proved that the Corps did indeed possess a sense of humor and could laugh at itself.

The show lasted five years in prime time, and has endured almost constantly since then in syndication, which could be considered a testament to the enduring qualities that Gomer possessed which shone through night after night on the program: our hallmarks of Honor, Courage and Commitment.

Nabors was made an Honorary Marine on Aug. 9, 2001, and received an honorary promotion to Lance Corporal at that time.



Official USMC photo

Jim Nabors, star of the 'Gomer Pyle, USMC' TV show, was made an Honorary Marine Aug. 9, 2001, and received an honorary promotion to lance corporal at that time.

NEWS BRIEFS

Give Blood, Support Life

The Officers' Spouses club is hosting a blood drive to support Tripler Army Medical Center Oct. 31 from 9 a.m. to 3 p.m. at the chapel here.

For more information, call Tricia Hannigan at 284-5338.

13th Annual Joint Spouses' Conference

The 13th Annual Joint Spouses' Conference will be at the Hickam Officers' Club October 19 and 20.

The conference is a forum for spouses of active duty, reserve and retired military members of all services to uplift, motivate, educate and strengthen us in our challenging roles as spouses, parents, professionals and community leaders through a variety of workshops and keynote speakers.

Registration is Sept. 8 through Oct. 6. Forms are available at commissaries, fitness centers, family support centers, thrift shops, chapels or online at <http://www.JSC.HAWAII.com>.

Native American Volunteers Needed

The National Indian Education Association is conducting its 38th Annual National Convention in Honolulu Oct. 25 to 28 at 6 p.m. at the Hawaii Convention Center.

The NIEA has requested a military Joint service color guard consisting of Native-American military members for a patriotic presentation at the opening ceremony of the convention's pow wow.

For more information, contact Dennis Fujii at 477-6282.

Marines Needed for Recruiter Assistance

Want an opportunity to earn promotion points and spend up to 30 days at home without taking leave? Fourth Marine Corps District is looking for motivated Marines to serve as recruiter assistants.

For more information about the recruiter assistance program in your hometown area, contact your recruiter or log onto <http://www.4mcd.usmc.mil/PTAD.asp> for a map of the Fourth District area and the point of contact for your hometown.

Utilities and Energy Conservation Policy

Marine Corps Base Hawaii Base Order 11300.13, Utilities and Energy Conservation policy, restricts irrigation watering hours to 6 to 8 a.m. and 6 to 8 p.m., Monday and Thursday for Kaneohe Bay and Camp Smith, and Monday, Wednesday and Fridays for Puuloa and Manana. Additionally, automatic sprinkler systems need a rain gauge and are limited to operating during non-daylight hours only.

Hawaii Marine Accepts Letters

Hawaii Marine invites its readers to e-mail its editor at hmeditor@hawaiimarine.com with their comments and letters.

All submissions will be edited for clarity and length. Comments must be signed with a full name and a telephone number.

Hawaii Marine also accepts news briefs containing relevant information pertaining to Marine Corps Base Hawaii.

Important Phone Numbers:

On-Base Emergencies	911
Military Police	257-7114
Child Protective Service	832-5300
Fraud, Waste, Abuse & EEO	257-8852
Business Management Hotline	257-3188
Pothole & Streetlight Repair	257-2380
Base Information	449-7110
MCBH Duty Chaplain	257-7700
DEERS	257-2077

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Jeff Booth

The Marine Corps Forces, Pacific Brass Quintet performs at a live show of the Larry Price and Michael W. Perry morning show to generate awareness for the Jim Nabors promotion ceremony to be held Sept. 25.

MarForPac brass quintet wows local radio audience

Public Affairs Staff

U.S. Marine Corps Forces, Pacific

CAMP H.M. SMITH, Hawaii — The U.S. Marine Corps Forces, Pacific Band's Brass Quintet is used to performing for large audiences, but when they performed on KSSK Radio (92.3 FM) Saturday, Sept. 15th, they probably had their largest audience ever. That's because the show airs live from John Dominis restaurant in Honolulu, and draws an average of more than 100,000 listeners to the top-rated radio station.

They were there to help drum up public attendance for an upcoming ceremony in Waikiki at which Lieutenant General John F. Goodman, Commander, U.S. Marine Corps Forces Pacific, will present world-renowned entertainer Jim Nabors with a "promotion" to Honorary Corporal.

The special sunset ceremony will be held at Kuroda Field, Ft. DeRussy, on Tuesday, September 25th at 5:30 p.m., and is open to the public. The promotion is in honor of Mr. Nabors' years of contribution to the Marine Corps' image worldwide through the "Gomer Pyle, U.S.M.C." TV show, and will be held on the 43rd anniversary of the show's premiere.

It's also in honor of his other contributions to Corps and Country.

"Jim Nabors has truly represented the Marines Corps' spirit," said LtGen. Goodman. "He's Jim Nabors, the entertainer,



Jeff Booth

Larry Price and Michael W. Perry, morning show hosts for KSSK Radio, interview Chuck Little, U.S. Marine Corps Forces, Pacific, deputy public affairs officer, and Warrant Officer Bryan Sherlock, MarForPac band officer, about the upcoming Jim Nabors promotion at their live show from John Dominis restaurant, Honolulu. Lt. Gen. John F. Goodman, MarForPac commander, will 'promote' Jim Nabors to Honorary Corporal Sept. 25, in recognition of his years of contribution to the Corps' image and his lifelong community involvement.

the philanthropist, the good guy – he's one of us. His contributions to the Corps and society have earned him this promotion."

The Gomer Pyle show lasted five years in prime time, and has endured almost con-

stantly since then in syndication.

Mr. Nabors was made an Honorary Marine on Aug. 9, 2001, and received an honorary promotion to lance corporal at that time.

New regs will help Marines in civilian world

Robert Fay

Marketing Dept., Allied Schools

Marines are still sorting out the 36 new regs Commandant of the Marine Corps Gen. James Conway put into effect this summer. Leathernecks are now saying goodbye to their horseshoe flattops, non-issued bags and the practice of walking and talking while using a cell phone.

Marines close to their separation date should realize that grooming standards aren't just something to endure until they leave the Corps, but a sound

guide that will also help them during their civilian job hunt and beyond.

There's a lot in the new regs that helps Marines look sharp for a job interview and also when they hire on with a civilian company. And in a civilian world that is increasingly more and more slack, former Marines will stand out as professional and serious applicants.

There's certainly nothing wrong with sporting a "high and tight" to a job interview, but a horseshoe flattop or teardrop is too extreme in the civilian world. The Corps has

also done away with male Marines wearing earrings when they're in their civvies – former Marines should follow this rule during their civilian job search.

The new Marine grooming standards address the so-called "gangsta" look by requiring Marines to use a belt when wearing trousers with belt loops, as well as mandating that they remove platinum or gold dental caps worn for decorative reasons. Former Marines should stick to these regs when trying to secure a job in a professional environment.

Marines need to remember

that when going on a civilian job interview, appearance is hugely important. A Marine reg haircut with a dark suit, white shirt and a conservative red tie will signal your respect for the interview process.

Some civilians think it is acceptable to wear business casual dress (chinos, button down shirt, no tie, no jacket) for an interview, but they are seriously mistaken.

If Marines can embrace the new regs, they'll not only have a smoother time in the Corps, but also give themselves an advantage when they start their civilian job hunt.

Weekend weather outlook

Today



Day — Scattered showers. Mostly cloudy, with a high near 83. East wind between 11 and 14 mph. Chance of precipitation is 30 percent.

Night — Scattered showers. Mostly cloudy, with a low around 76. East wind around 13 mph. Chance of precipitation is 30 percent.

High — 83

Low — 76

Saturday



Day — Scattered showers. Mostly cloudy, with a high near 82. East wind between 13 and 15 mph. Chance of precipitation is 30 percent.

Night — Scattered showers. Mostly cloudy, with a low around 76. East wind around 14 mph. Chance of precipitation is 30 percent.

High — 82

Low — 76

Sunday



Day — Scattered showers. Mostly cloudy, with a high near 84. East wind around 14 mph. Chance of precipitation is 30 percent.

Night — Scattered showers. Mostly cloudy, with a low around 76. East wind around 16 mph. Chance of precipitation is 30 percent.

High — 84

Low — 76



Marines in the scout sniper basic course are trained to blend into their surroundings. They wear ghillie suits made from strips of burlap. They then interweave twigs from their surroundings into the strips of burlap.

Silent, deadly:

Scout sniper class shoots to kill

Story and Photos by
Lance Cpl. Brian A. Marion

Combat Correspondent

Six Marines were trucked out to Waipia Peninsula Sept. 14 for their final stalking exercise of their scout sniper training.

The students, who were the last class for fiscal year 2007, had to don their self-made ghillie suits and, in four hours, close in on their objective and shoot their target twice, unnoticed, to score a perfect 100 percent.

"The students are led about 700 meters away from their target, and have to get within range of firing in order to get a 50 percent on this portion," said Staff Sgt Michael Skinta, chief instructor, scout sniper basic course.

After they get within range, the students have to shoot one time, and properly identify their target before the instructors have their chance to try to find the student.

"After the student identifies the card we hold up, we have three chances to spot them," Skinta said. "If we are unable to spot him in those three chances, he has the opportunity to shoot again."

The instructors then see if the student's rifle creates any kind of disturbance among the vegetation when it is fired. The only thing the instructors can't use to find the students is the muzzle flash.

"If we can't spot any vegetation movement from the blast of gas exiting the barrel, then the students receives a 100 for this grade," Skinta said. "We can't penalize them on their muzzle flash because

technically, if we see the muzzle flash, then we would already be dead before anything else would happen."

Hours passed before even the first shot was fired toward the instructors.

"They always wait until I sit down and eat my lunch," Skinta said. "It seems like they wait until the very last moment to shoot also."

The first student to take a shot was Sgt. Michael Phillips, a fire team leader from 2nd Battalion, 3rd Marine Regiment.

Phillips was able to remain hidden and also able to fire the second shot without being noticed by the instructors, thus perfectly completing the exercise.

"It's up to the person themselves to make the training worth it," Phillips said. "It's pretty good training, and the instructors are top notch."

Unlike most jobs in the Corps, scout snipers are trained more as individuals.

"Most MOSs in the Corps are team oriented, but this MOS is based more on an individual perspective," Phillips said.

Phillips also suggests that anyone who might be thinking about going to sniper school learn most of the information prior to entering the course, so they won't be lost in the classes.

Some of the requirements for becoming a scout sniper are: the person has to be a male volunteer, has to be in the infantry, has to be an expert rifleman, a second class or higher swim qualification, correctable eye sight to 20/20, no color blindness, no discipline problems, qualify for secret clearance and possess a GT score of 110.



Sergeant Michael Phillips, 2nd Battalion, 3rd Marine regiment, looks through his scope toward his targets at Waipia Peninsula Sept. 14.



Phillips has been taught to lie still for hours until the perfect shot arises. Phillips and the other Marines in the course also have to shoot through a window, an opening in the vegetation to where they can see the target, about the size of a quarter.



Staff Sgt. Michael Skinta, chief instructor, scout sniper basic training course, 3rd Marine Regimental Schools, instructs the scout sniper students on the boundaries of their field at the Waipia Peninsula for their final stalk. They had no lateral boundaries, and they couldn't get behind the observers.



Wearing gas masks, military police officers hold up defense shields as protection during an exercise in managing large, violent crowds. Cpl. R. Drew Hendricks



Two rescue workers shower a mock patient during an exercise Sept. 13. Volunteers acted out symptoms of a chemical outbreak for medical officials to diagnose and treat. People exposed to dangerous chemical agents are sent through a water decontamination shower then monitored for additional injuries. Cpl. R. Drew Hendricks

Simulated disaster drills first responders

Christine Cabalo
Photojournalist

Emergency workers came to the rescue Sept. 13 in handling a mock large-scale disaster near the Air Rescue Firefighting Facility here.

Rescue officials from the military and city government responded to several simulated disaster scenarios, including bomb disposal and chemical outbreaks. More than 90 volunteers filled the base's flight line and Boondocker Training Facility to act out potential emergencies. First responders treated volunteers for mock injuries on site and at Castle Medical Center.

"Our volunteers are Marines and Sailors," said Jacqueline Freeland, Anti-Terrorism/Force Protection officer, G-3 Training and Operations, Marine Corps Base Hawaii. "We also had a few family members participate."

Some volunteers received role-playing cards listing symptoms they needed to act out. Rescue workers needed to transport patients to medical stations where their injuries were diagnosed. Other volunteers had specific occupations, such as city mayor or civilian media, to practice how well first responders worked with other organizations.

Observers and exercise controllers monitored the asset placement, said 1st Lt. Christopher Anderson, air show security coordinator, Military Police Department, MCBH. Anderson said they examined how well personnel and equipment worked to ensure the safety of base visitors and residents.

"First responders didn't act out of the ordinary for the scenario," he said. "They responded to each call, applying the necessary procedure. It's always good to see them push through a scenario with all of the confusion."

Freeland said these yearly exercises are part of the continual training for base personnel, and Thursday's large-scale scenario took five to six months to plan.

She said the goal of the exercise was to build on the existing communication and cooperation between agencies.

She said responders practiced multiple techniques in crowd control, and the drill tested how communication worked between base personnel in a chaotic environment. Overlapping disasters heightened the need for clear information, and Freeland said agencies worked together in sharing resources for problem solving.

Staged at the Boondocker Training Facility, a mock plane crash tested reactions from firefighters with Honolulu Fire Department and Crash, Fire, and Rescue. Firefighters needed to rescue a pilot with simulated injuries in addition to extinguishing flames from the crash.

Castle Medical Center health officials treated 20 volunteers for a mock chemical attack. Officials at the flight line and medical center set up decontamination showers for the exposed. Freeland said emergency medical teams needed to discover the mock chemical agent and treat accompanying injuries.

The AT/FP officer said in real disasters it's especially important to listen to instructions from officials.

"Go where you're told to go," she said. "If you're instructed to stay in place, then do that. If you do evacuate, then be sure to go in an orderly manner. It's important to evacuate in the right way, otherwise you could be walking into danger."

The six-hour exercise provided new information to base personnel and Castle Medical Center workers on how to coordinate efforts. Anderson said he hopes training with local agencies, such as HPD, will continue in other joint exercises.

"The Honolulu Police Department and our security elements molded together in the right way," he said. "Our agencies have several missions in common, and we all have a basic understanding of what needs to be done."



A rescue worker carries a simulation volunteer to "safety" during a Sept. 13 base exercise for first responders. Cpl. R. Drew Hendricks



Military police officers watch over volunteers, offering them first aid if needed for their mock injuries. Volunteers acted out medical problems such as dehydration, chemical exposure and trauma. Cpl. R. Drew Hendricks

ISF takes root in isolated Anbar village

Story and Photo by
Pfc. Brian Jones

Regimental Combat Team 6

KARMAH, Iraq — Iraqis living in villages north of Karmah have begun their first group of local security forces with the aid of Marines from Company K, 3rd Battalion, 3rd Marine Regiment, Regimental Combat Team 6.

The Iraqi Community Watch is a portion of the recent push of Coalition Forces into the area. The predecessors of "America's Battalion" had focused their efforts elsewhere in the Karmah area, making these villages one of the last holdouts of insurgent activity in the region.

"With them just being established out there, it means we're going to have to conduct regular mounted patrols out there, check on them, make sure they're all right and show a presence so that the insurgents know we're backing [the ICW]," said Cpl. Matthew L. Hathaway, a squad leader with third platoon.

Entry and vehicle control points were placed on the roads leading in and out of the village where the ICW will keep a close eye on the people traveling through the area and the contents of what they are carrying along with them.

"Right now, the main responsibility we're putting on them is to monitor the traffic in and out of the areas," said Hathaway, a 21-year-old from Lancaster Co., Va. "They monitor what is coming in through vehicles and try to cut down on any bomb making materials that come through those checkpoints."

Hathaway went on to explain that due to the lack of local Iraqi Security



Marines with Company K, 3rd Battalion, 3rd Marines Regiment, Regimental Combat Team 6, stationed at Camp Fallujah, patrol a small village north of Karmah.

Forces in the area, insurgents, black marketeers and other criminals could come and go as they pleased. The ICW checkpoints changed all that, he said.

Now that the initial group of men that make up the ICW is established, the Marines are faced with the job of

filtering through them to determine which of them are trustworthy enough to continue on with the responsibilities of protecting the area.

"We got to start weeding through them finding out who we want to be ICW and who we don't want to be the ICW, but you can't really do that

right off the bat because you've got to get the numbers first. Then you can start picking and choosing who you want in it," Hathaway explained.

With checkpoints in place, the Marines hope to move through the area more quickly without the threat of improvised explosive

devices and ambushes.

"We'll remain active in the area until it is totally secure," Smith reassured. "This is a big step. Getting the ICW checkpoints is a very big step and hopefully we can move out here with much more ease than we have had in the past."

General Mattis earns fourth star

Staff Sgt. Kimberly Leone

MCAS Miramar

MARINE CORPS AIR STATION MIRAMAR, Calif. — Lt. Gen. James N. Mattis has earned his fourth star.

The Department of Defense announced Tuesday that Mattis, currently commanding general of I Marine Expeditionary Force based at Camp Pendleton, Calif., has received the president's nomination for appointment to general.

Mattis, nicknamed "warrior monk," and known for his candor, war-fighting skills, and overall powerful blend of academic and strategic knowledge, will head to the U.S. Joint Forces Command in Norfolk, Va., where he will serve as the commander. Additionally, he is slated to be appointed by NATO as the Supreme Allied Commander Transformation.

According to reports by the North County Times, "the thoughtful and very creative" Mattis is heading to the Dept. of Defense's most important command for the purpose of preparing U.S. forces for future combat operations.

Maj. Gen. Samuel T. Helland, who turned over the reins of the 3rd Marine Aircraft Wing here to Maj. Gen. Terry Robling, will replace Mattis as the commanding general of I MEF as many of its major elements look to deployment to Iraq in the upcoming year.



Lt. Gen. James N. Mattis

Pace details lessons he learned from young Marines

Jim Garamone

American Forces Press Service

MINEOLA, N.Y. — The reason the chairman of the Joint Chiefs of Staff visited Chaminade High School here was on the wall as he entered the building: a plaque with names of graduates killed in combat.

Midway down the list of 55 was Guido Farinaro, Class of '67, killed in Vietnam.

Gen. Peter Pace came here to honor Farinaro, the first Marine to die following his orders. He has a picture of him under the glass on his desk to remind him of the sacrifices young service members make.

Reverend James C. Williams, school president, invited Pace to address the 1,700 students of the all-male school.

"This is selfish on my part to want to come here to Chaminade," Pace told the students. "I've been invited to several Gold Star Masses and have not been able to attend. I did not want to leave active duty without coming to the place from which the single most influential military person in my life graduated."

The general told the student body he came "to have a chance to look you in the eye and tell you of just one of Chaminade's incredible graduates."

Pace wanted the students to know their lives will make a difference.

"I want you to know about one Chaminade graduate whose life made a difference," Pace said. "As with all classes in Chaminade, the vast majority went on to college, but Guido joined the Marine Corps."

"When asked why, he said he was born in Italy, raised in the United States and had the opportunity to attend this incredible

school and felt the need to pay back the country before he did anymore schooling."

Pace met Farinaro in February 1968 during the Tet Offensive in Hue City. Pace was the third leader of 2nd Platoon, Company G, 2nd Battalion, 5th Marines, in as many weeks. The platoon had 14 Marines left.

"Guido was one of them," Pace said. "He and I served together until July 1968 ... I came to know Guido as a great young man."

The lance corporal's death had a profound impact on the young lieutenant.

"We were on patrol one day outside Da Nang, and Guido was killed by a sniper," Pace said. "As I stayed with him, a sense of rage came through me, and as the platoon leader, I started calling an artillery strike on the village where the round had been fired."

"My platoon sergeant, who was my age ... didn't say anything at all," Pace said. "He just looked at me. And I knew in the look that he gave me that what I was doing was wrong."

Pace called off the strike and led the platoon in a dismounted sweep.

"We found nothing but women and children," he said. "Had that artillery strike been conducted, I do not know how I could have possibly lived with myself."

The lesson for Pace was immediate.

"Regardless what you do in your life, hold on to your moral compass," he said.

He said his epiphany came in combat, but it doesn't have to.

"I learned that day, to think through what was going to be happening each day thereafter, and to think through what I would allow myself to do," he said.

It could come in a meeting, a test, a

temptation, whatever.

"If you have thought through who you want to be at the end of each day, you will see that person," he said. "But, if you have not, you may not like the person you end up being."

This was one way the lance corporal's life changed his. Pace never received a scratch during his 13-month tour in Vietnam. Farinaro was standing next to Pace when he was shot. Another Marine was killed walking in front of Pace.

"Some died, others did not. I still truly do not understand," he said. "But because of Guido and the others I lost, I determined that I would continue to serve in the Marine Corps."

Pace said he was determined to give service members what he could no longer give the men he had lost, and he built his military career around that idea.

"I'm very calm about what comes next because of what I learned from Guido and Guido's death, which is we don't control when we're going to die. We do control how we live," he said.

"I am not a volunteer to leave the armed forces of the United States," he continued. "I still owe Guido and his fellow Marines, and now so many others, more than I can ever repay."

Pace told the crowd he has no idea what he will do in the future, but that it will include another opportunity to serve. He asked the young men to serve, too.

"I ask you to embrace the path that God lays out for you: do the very best you can on that path and take care of the people near you who look to you for leadership," he said.

MOVES, from A-1

"Most of it was just ... talking to people, gathering intelligence on the local area, the local leadership, what the insurgents tend to do, their habits and how they react to when we come out," said Cpl. Matthew L. Hathaway, a 21-year-old from Lancaster Co., Va., and squad leader for third platoon.

A majority of the village's houses were recently abandoned prior to the Marines arrival, a strong indicator of insurgent activity.

"We came out here hoping to get a piece of the bad guys, but they all fled," Smith said. "At first, we were concerned we were going to be in a gun fight, then we get here and nobody is here. There was some concern. It makes you worry about booby traps and things of that nature."

As the Marines patrolled, they spoke with locals about their concerns to gather information on enemy activity and gauge their attitude toward terrorists.

"We found some people that were pretty apt to give us information and that's hard to find out here," Hathaway said. "We found out some names of some local people who were working with the insurgents. That's going to help us develop some target packages so that we can get them out of the area and dealt with through the justice system."

Hathaway explained that the most important weapon in a counterinsurgency fight like this is having the people on your side.

"I feel like it went real well," Hathaway said. "We didn't have a whole lot of intelligence on the area before we started so every little bit counts. We got a good amount of intelligence from the operation. Contact with the people went outstanding. They really accepted us well. They told us they like the way we treated them and they were real respectful toward us and we were respectful toward them. They were pretty open about giving us information and letting us know how the area was doing."

RANGE, from A-1

tables into account," said Sgt. Anthony Thompson, primary marksmanship instructor, rifle range, Marine Corps Base Hawaii.

Depending upon the shooter's abilities, Marines will be able to increase or decrease their marksmanship score based on the average of the two fields of fire.

"Let's say a shooter shoots expert on Table 1 but doesn't shoot too well on Table 2," Thomas said. "He will be downgraded to a sharpshooter. On the other hand, if they shot marksman on Table 1 and they shoot the mess out of Table 2, they could be

upgraded to a sharpshooter. Based on how well the Marines shoot, the change can either be beneficial or an impediment."

Along with this addition, Marines will have to pass both courses of fire in order to qualify on the range.

"If a Marine fails one portion of the range, on either Table 1 or Table 2, then they will fail the entire qualification and have to re-shoot at a different time," Thompson said.

Although some Marines might think the change will be difficult and hurt their score, Thomas believes they can make it.

"Everything that everyone

else does on the range, the personnel here have done it before them," Thomas said.

"Most Marines not in a grunt unit might have a problem with this change, because most of them won't have the opportunity to fire the rifle more than once a year."

Change is part of the Marine Corps, and Thomas believes the qualification changes will benefit the Corps in the long run.

"If [Marines] are willing to adjust to the change in the scoring, they can become better shooters," Thompson said. "The Marine Corps is about adjustments and changes and this is a way to make more proficient shooters."



Marines with Company K, 3rd Battalion, 3rd Marine Regiment, Regimental Combat Team 6, stationed at Camp Fallujah, patrol a small village north of Karmah, Sept. 10.



Around the Corps

MRAPs, parts making way to front lines

**Story and Photos by
Cpl. Wayne Edmiston**

2nd Marine Logistics Group

AL TAQADDUM, Iraq — The Mine Resistant Ambush Protected vehicle has proven its worth on the battlefield by saving lives of service members.

Now, as more vehicles are received daily, al Taqaddum has become the hub for new vehicles and serves as the transfer point to many of the operating bases in al Anbar province.

Supply Company, 2nd Supply Battalion, 2nd Marine Logistics Group (Forward), is responsible for receiving and prepping the vehicles before they pass on to operating units in their area of operations.

Almost as important as the vehicles themselves are the vehicle parts that come in daily for routine and emergency MRAP repairs.

The Marines receive a handful of vehicles every day, but the amount should double in the following weeks, said Maj. Bruce L. Morales, the company's commanding officer.

The amount of vehicles coming in does not change the resolve the Marines have to push them out to the units as fast as possible.

"We look at every way to get them out there," Morales, originally from Guayama, Puerto Rico, said.

The biggest logistical challenge is actually getting the vehicles out to the individual units. Marines must prepare the vehicles for use and tag them for tracking purposes before pushing them forward.

This is done by loading them on a larger truck and hauling them, driving the actual vehicle itself onsite, or flying them on a large aircraft. It's a joint effort, requiring the expertise of Marines, Air Force, Army and Navy.

The process takes between 24 and 48 hours, an amount of time the Marines take pride in.

"This is one of our highest priorities right now," said Master Sgt. Elvis T. Coleman, from Belize. "It is our number one focus to get it out - the Marines need it out there."

As the MRAPs experience normal wear and tear that comes with the terrain, repairs are required to keep them always running; that is where parts come in.

Staff Sgt. Tamecka Miguel, the MRAP parts



A group of Mine Resistant Ambush Protected vehicles sit in a lot ready to prep for future delivery.

staff noncommissioned officer in charge, leads the section responsible for receiving, storing and distributing the parts for the MRAP.

"They will come in crates, straight off trucks, ships and planes," the Miami native explained. "We bring them in and break them down, crate by crate."

Her Marines then organize the parts by type and input them into a computer system that serves as a database for the parts. Then, the Marines and civilian counterparts see if the part is needed and if so, it is packed and sent out.

Otherwise, the parts are packed and stored until needed. The process may not sound exciting, but it is critical to keeping Marines safe on the battlefield.

"We are playing a vital role," Miguel explained. "If we slip on receiving this gear as fast as possible, that is just the small part. Someone out in forward may be paying with their lives."

"The faster they get what they need the faster they can get up and running."

The Marines performing the job know its importance.

"I am very fortunate to have some outstanding Marines," Coleman said. "I can guarantee you that as fast as they come in my Marines will get them out in 24 hours." of operations.



A Mine Resistant Ambush Protected vehicle sits on top of truck for future delivery. Supply Company, 2nd Supply Battalion, 2nd Marine Logistics Group (Forward), is responsible for receiving and prepping the vehicles before they pass on to operating units in the area of operations.

Hawaii MARINE LIFESTYLES

HAWAII MARINE B SECTION

SEPTEMBER 21, 2007



Isaac Olivera, tour guide, Princeville Ranch Adventures, secures a tour-goer's rappel harness before sending her down a zipline.

SEEN ONE,
SEEN 'EM ALL



or so you
would think...

Story and Photos by
Ken Griffin

Managing Editor

KAPA'A, Hawaii — Kauai's scenic countryside is literally just a short hop away from Oahu, but a visit here feels millions of miles away from Honolulu's hustle and bustle.

Oahu has its charms, with a healthy mix of aloha and big city flavor. But you've surely wondered what Oahu might have looked like before the bulk of skyscrapers and concrete made its way ashore.

You can satisfy that curiosity by spending a relaxing, adventurous weekend on the Garden Isle. Service members visiting or stationed on Oahu might find Kauai an ideal getaway, or a "vacation within a vacation," as one tourist put it.

"Kauai was the last leg of my island adventure, and was by far my favorite part of the islands," said traveler Shannon O'Dell, visiting from Albuquerque, N.M. "I love the Big Island and Oahu, but I'm so thankful I had the chance to visit this place - and it was the perfect way to end my trip"

One interesting fact O'Dell pointed out (between giggles) was that she saw hundreds of brightly hued wild chickens during her Kauai trip. The unavoidable birds are testament to just how country the island truly is, and if nothing else, provide plenty of free entertainment as they peck around in large groups.

Entertainment here runs from free to cheap to moderately expensive, and occasionally gets to levels some might consider ridiculous. But regardless of your budget, you'll be hard-pressed to run out of things to do.

If you prefer tours and activity agents, you can put one of Kauai's many travel experts to work for you.

"We pretty much have something for everyone here," said Melanie Wright, an activity specialist with Kauai Activity Wholesalers. "A lot of people show up and aren't sure about their options, so we help them out and make sure they have a good time."

Wright recommends one of the many helicopter tours to get the proverbial birds-eye view of the island, but one of her favorite suggestions is the "adventurous - but - safe Zip 'n Dip" expedition offered by Princeville Ranch Adventures, located near the Hanalei River.

For a reasonable price, knowledgeable guides fit you with a rappel harness and truck you into the hills where you'll zip along cables hundreds of feet above valleys and streams. It's an exciting way to cover a

great deal of area in a short period of time, and between zips the guides lead you to a cool-water swimming hole and waterfall for a swim while they prepare hippyish-yet-tasty lunch of pitas, fruits and vegetables (To the guides' defense, the pitas did include meat and they even offered cookies).

"The zip tour is a good opportunity to view wild tourists in their natural habitat," said Rich Fater, a tour guide at Princeville Ranch. "You start out on an easy zip line and work your way up to some more exciting lines."

Fater is originally from the Virgin Islands, but is a bit reminiscent of the Jamaican characters on the old TV show "In Living Color," with a list of interesting, colorful jobs. He's a photographer, a massage therapist, a tour guide, and on top of that he gave up a lucrative career in the financial sector so that he could live and pursue an endless summer in beautiful Kauai. It's hard to blame him, as you're zipping 30 miles per hour, 400 feet in the air, past endless acres of lush greenery, all of which Fater calls "my office."

For the adventurous do-it-yourselfers out there, you can break away from the crowd and visit Kayak Kauai, located in Hanalei. They're one of the few outfitters located on the water willing to rent equipment without a guide.

Another opportunity for adventurous souls is an 11 to 12-mile hike along Kauai's Na Pali Coast. Located on the north shore, it's a demanding daylong haul for the more experienced, diehard hikers out there. The payoff has been thousands of years in the making: magnificent mountains, canyons carved by wind, rain and waves, and rare wildlife. Birdwatchers can view red-footed boobies, the Laysan albatross and the amazing "great frigate" bird with its 8-foot wingspan.

Finding a savvy local is usually the best way to have a good time without breaking the bank. Fater, from the zip-line tour, is happy to help out, so if you stop by Princeville Ranch make sure you pick his brain.

"The Na Pali hike is cheap to do, and just amazing," Fater said. "It's a bit treacherous, but it's actually life changing . . . I'll never forget it. High winds, tall cliffs and huge crashing waves during the winter all add to the adventure."

Some of the can't-miss activities here include visiting the Grand Canyon-like Waimea Canyon, and the center-island "wettest place on earth" Mt. Waialeale. With an average of more than 472 inches of rain each year, it makes for a muddy but interesting visit. Last but not least, make sure you visit the famous Kauai beaches and harbors. Although there's excellent fishing, sailing and more, all of the aforementioned to-dos are unique to the Garden Isle.

With the new Super Ferry service set to begin service to Kauai, right now might be an opportune time to plan a trip. One clear advantage is a cheap trip, not to mention arriving with your own vehicle.

Otherwise, you can find affordable travel packages aboard Marine Corps Base Hawaii's International Tickets and Tours Office. An ITT travel agent will gladly help service members and other authorized patrons find the best rates and score package travel deals.

So, looking for something fun to do? At this point, you're out of excuses. Call the Super Ferry, or search local airlines' discount fares. It seems they're always on sale, thanks to "price wars" caused by new competition. Start your island hopping campaign this weekend, and return to work Monday with interesting stories and recharged batteries.



Rich Fater, a tour guide with Princeville Ranch Adventures, demonstrates sliding across a zipline during a tour.



Fater picks strawberry guava for tourists to sample. The fruit, originally from coastal areas of eastern Brazil, is in season in September.



Tourists from California enjoy a refreshing dip in a mountain stream in the Hanalei area of Kauai. The swimming hole is a daily stop on Princeville Ranch Adventure's "Zip 'n Dip" tour, which includes several zip lines and a quick dip while guides prepare lunch.

Marines on top of fundraiser

Story and Photos by
Christine Cabalo

Photojournalist

Camping out at a Safeway grocery store in Kailua, Hawaii, Marines spent Sept. 13-15 earning money non-stop for the Special Olympics.

Atop a 25-foot scaffold, Marines from the Military Police Department, Marine Corps Base Hawaii, asked shoppers for donations at Aikahi Park Shopping Center. Now in its sixth year in Hawaii, the "Cop on Top" program is one of several annual events sponsored by local law enforcement to raise funds for Special Olympics athletes. It's a local take on the national "Cop on Shop" fundraiser where police officers sit on doughnut shop roofs and ask shoppers for donations.

The Marine military police officers collected money through Saturday, sleeping on scaffolding and waking up to take collections.

"We brought up a radio," said Sgt. Bryan Petty, traffic chief, Military Police Department. "We have just the basics: a bullhorn to let people know we're here and blankets to keep us warm at night."

During the day, the volunteers sold popcorn, "shave ice" and took turns sitting in a dunking booth to earn money. Shoppers also bought commemorative T-shirts and hats to support the effort.

Civilian and military police officers at 18 locations statewide tried to raise more than \$10,000 at each location. The Marines occupied two of those locations, asking for support from donors at two shopping centers in Kailua.

Sergeant Jared Riske, senior traffic investigator, Military Police Department, said people don't have to be police officers or in the military to volunteer for fundraising events.

"Whatever time or funds people can donate would be great," he said. "If you

can donate a smidgeon of time to support the Special Olympics in Hawaii, then it's more than worth it to do it."

Working at both locations was difficult, said Riske, and during the slower moments he would see the same set of people who previously donated. Petty said spending the night at the shopping center can get loud because supply trucks make their deliveries in the evenings.

Sergeant Ryan Connor, military police officer, Military Police Department, said he had fun watching so many people go through the store and being in the dunking booth when he needed to cool down.

Relying only on donations, Special Olympics Hawaii sponsors sporting events for intellectually disabled athletes. Riske said the organization needs volunteers throughout the year to mentor athletes or referee games.

"I know the Special Olympics coordinators can't get enough of people who can spend time with the athletes," he said. "Once you volunteer, you can get e-mail alerts about other opportunities to help out."

The MPs regularly support the organization's fundraisers, including running in the 2007 Law Enforcement Torch Run with members of 2nd Battalion, 3rd Marine Regiment.

The MPs are already looking for volunteers to help coordinate the next annual fundraiser for the Special Olympics. The volunteers will take part in "Fueling Dreams To Serve and Protect," giving their time to pump gasoline for donations to the organization.

"We'd love volunteers for anything," Riske said. "We all want to do it to help the Special Olympics. The point of volunteering is raising awareness in addition to raising money."

For more information about volunteering, call the Military Police Department at 257-1146 or log on to <http://www.specialolympichawaii.org>.



Corporal Heidi Akers, military police officer, announces for donations using a bullhorn at Aikahi Park Shopping Center. The "Cop on Top" fundraiser is a three-day event, where police officers collect funds for the Special Olympics by camping out near Safeway grocery stores.



Raising funds for Special Olympics, Sgt. Bryan Petty, (left) and Sgt. Ryan Connor from the Military Police Department make fresh popcorn and shave ice. A dunking booth was available for donors to sink one of the Marines during the fundraiser.



Danica Hammer (left) and Candace Iposom, tellers from Bank of Hawaii, operate one of the fundraising booths Sept. 14 to support Special Olympics Hawaii. Police officers in 18 locations statewide each attempt to raise \$10,000 to help the intellectually disabled.

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 wand, 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 Bourne Ultimatum (PG-13)
Rescue Dawn (PG-13)
Sneak Preview of The Game Plan (PG)
Hot Rod (PG-13)
Underdog (PG)
Rescue Dawn (PG-13)
No Reservations (PG)
Stardust (PG-13)
Hot Rod (PG-13)

Today at 7:15 p.m.
Today at 9:45 p.m.
Saturday at 7 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.

Book review: 'Things Fall Apart'



Sgt. Sara A. Carter
Community Relations NCO

Chinua Achebe's *Things Fall Apart* is a brilliant story of an African man named Okonkwo, whose life is consumed with the fear of being perceived as weak, and his village that begins to fall apart as missionaries from England come and push their religion and government on the villagers.

Okonkwo's biggest fear was being like his father. His father, Unoka, was poor, owed everyone in the village money when he died and during life he was free-spirited and believed "that whenever he saw a dead man's

mouth he saw the folly of not eating what one had in one's lifetime." Okonkwo vowed to never be like him.

He spent his entire life working hard on his farm and was incredibly successful. He was respected throughout all of the villages. None of his fellow villagers thought he was like his father because he never openly expressed his true feeling and was considered to be a very firm, strong man.

Umuofia, Okonkwo's village, and the nine surrounding villages lived what they thought was a peaceful existence until the "white man" came bringing his religion and government. The once content villagers began to listen to the missionaries' new thoughts and ideas and started to question their own religion. With that, their village began to fall apart.

Achebe's book is full of every human emotion possible; love, hate, despair, hope, confusion and many more. Although most of us have never lived the lives of the villagers or the missionaries we can still relate our lives to what they went

through or how they felt.

Because the plot takes place in an African community Achebe infuses African words, which are hard to pronounce and understand, into a book that is written in English. However, he provides a dictionary in the back explaining what each word means making it completely understandable for anyone who reads it.

This is an amazing, easy read for anyone who has a couple of hours on their hands. This story is sure to get you thinking about your life and the world we live in.



Movie review: 'Balls of Fury'



Lance Cpl. Regina A. Ruisi

Combat Correspondent

Editor's note: Hawaii Marine's combat correspondents provide readers with in-depth reviews and unbiased ratings of films currently in theaters or past releases and classics.

The rating system requires some explanation before you get started.

If the film is currently available for rent or purchase it will be assigned a certain number of "microwaves" on a scale of one to five to rate its "reheat factor."

If the film is in theaters, it will be assigned a certain number of service stripes on a scale from one to five.

In other words, the more microwaves or service stripes the film receives, the better and more entertaining it is to watch.



Rating: 3 out of 5 service stripes

I have to admit, I have a guilty pleasure for parody movies. It originated when I was young and my mom had me watching Mel Brooks movies like "Young Frankenstein" and "Robin Hood: Men in

Tights." Recent favorites include horror movie spoofs like "Shaun of the Dead" and cop-movie spoofs like "Hot Fuzz." I always find parodies to be clever in their humor, taking stereotypes for certain categories of movies and showing how absolutely ridiculous they are.

"Balls of Fury" did all but fall short for poking fun at martial arts films. The film applies all the martial arts movie stereotypes to ping-pong, a risky venture, but the final product was entertaining. But with a cast like Christopher Walken, James Hong and Dan Fogler it's almost impossible not to have a few laughs.

The movie begins with the humiliation of Randy Daytona (Fogler) in the 1988 Olympic pingpong championships. His career is finished, and he is doomed to work as an entertainer at dive of a restaurant in Reno. When the FBI needs him for an undercover mission, he is thrust back into pingpong culture. When he finds himself a little rusty, he endures intensive training by a pingpong legend, Wong (Hong), and his ever-so-sexy pingpong protégé niece, Maggie (Maggie Q).

After discovering his inner pingpong master, Daytona is invited to attend a secret tournament hosted by criminal mastermind Feng (Walken). Daytona agrees only because Feng is responsible for killing Daytona's father after the doomed Olympic match. The "sudden death" tournament lives up to its name, snuffing out player after player as the games progress.

The movie begins with lots

of laughs, but they eventually lessen. A martial arts movie buff may have found it more entertaining, but I found that the movie transposed from spoof-like humor into physical humor, sucking all the intellect out of the script. The writing dried up in the beginning and the plot seemed to be carried by the actor's abilities.

Walken lived up to his character acting with the roll of Feng. He plays a former, promising student of Wong's turned criminal genius, and he keeps audiences rolling with a brand of humor only he could produce. The movie is mainly dependant on newcomer Fogler, who seems to be starting a promising comedy career. Hong steals every scene that he appears in as a blind pingpong master, who seems like a direct rip off of Mr. Miyagi.

The movie was entertaining and worth paying the \$7.50 to see at the theater once, and only once. It doesn't live up to the hype, but it's a movie to see with friends when you're looking for a few laughs and nothing particularly mind boggling.



October 13-14 2007
MCBH, Kaneohe Bay

Blues on the Bay
Air Show
With the *Blue Angels*

"Preferred Seating" Ticket Pricing

GRANDSTAND

Ticket Prices	Advance (Now - Oct. 13)	On-Site (Oct. 13 - 14)
Adult (11yrs & up)	\$8.00	\$10.00
Child (3yrs - 10 yrs)	\$5.00	\$ 7.00

BOX SEATS

Ticket Prices	Advance (Now - Oct. 13)	On-Site (Oct. 13 - 14)
Adult (11Years old and up)	\$15.00	\$20.00
Child (3-10 Years old)	\$11.00	\$13.00

CHALETS

Top Brass Chalet	Advance	Advance	On-Site
Ticket Prices	(Now - Sep. 30)	(Oct. 1 - 12)	(Oct. 13 - 14)
Adult (11yrs & up)	\$70.00	\$80.00	\$80.00
Child (3yrs - 10 yrs)	\$50.00	\$60.00	\$60.00

Devil Dog Chalet

Ticket Prices	Advance	Advance	On-Site
	(Now - Sep. 30)	(Oct. 1 - 12)	(Oct. 13 - 14)
Adult (11yrs & up)	\$45.00	\$55.00	\$55.00
Child (3yrs - 10 yrs)	\$35.00	\$45.00	\$45.00

*Tickets are available at ITT or through Ticketmaster. Every seat requires a ticket. Children's prices apply to children ages 3 to 11; children ages 2 and under are FREE if sitting in an adult's lap. Stroller parking is available in a designated area behind the grandstands. Strollers and baby carriers are not permitted in the grandstand seating area.

Oct. 12 is military day where service members and their families can enjoy a sneak peek at the aircraft and the full airshow performance.

BEFORE YOU TAKE IT OFF, THINK ABOUT HOW WELL IT FITS.

U.S. MARINES

The uniform represents more than 231 years of history and tradition. It's the identity worn by the courageous and honorable since the Revolutionary War. Earned through discipline, hard work and dedication. Respected by all. Keep your uniform on and continue making history. See your Prior Service Recruiter about the many benefits and opportunities with the Marine Corps Reserve or call 1.800.MARINES or visit MARINES.COM.

ONCE A MARINE. ALWAYS A MARINE.

MARINE RESERVE

SPOTLIGHT ON BASE

ON THE MENU AT ANDERSON HALL

Friday	Vanilla/chocolate cream pudding	Brown gravy
<i>Lunch</i>	Strawberry/orange gelatin	<i>Desserts: Same as lunch</i>
Oven roast beef		
Baked tuna & noodles	Monday	Wednesday
Steamed rice	<i>Lunch</i>	<i>Lunch</i>
French fried cauliflower	Teriyaki chicken	Baked ham
Vegetable combo	Salisbury steak	Chili macaroni
Brown gravy	Mashed potatoes	Candied sweet potatoes
Chilled horseradish	Steamed rice	Grilled cheese sandwich
Banana coconut cream pie	Simmered carrots	French fried okra
Chocolate chip cookies	Simmered lima beans	Cauliflower au gratin
Carrot cake	Brown gravy	Pineapple sauce
Cream cheese frosting	Pumpkin pie	Bread pudding w/lemon sauce
Vanilla/chocolate cream pudding	Chocolate cookies	Peanut butter brownie
Lime/strawberry gelatin	Easy choc. cake w/chocolate butter cream frosting	Banana cake w/butter cream frosting
<i>Specialty bar: Deli</i>	Vanilla/chocolate cream pudding	Vanilla/chocolate cream pudding
	Raspberry/strawberry gelatin	Orange/raspberry gelatin
<i>Dinner</i>	<i>Specialty bar: Pasta</i>	<i>Specialty bar: Hot dog & sausage</i>
Sauerbraten		
Baked knockwurst w/sauerkraut	<i>Dinner</i>	<i>Dinner</i>
Scalloped potatoes	Roast turkey	Baked stuffed pork chops
Noodles Jefferson	Oven roast beef	Turkey pot pie
Green beans w/mushrooms	Pork fried rice	Calico corn
Creole summer squash	Parsley buttered potatoes	Simmered peas and carrots
Brown gravy	Green beans w/mushrooms	Steamed rice
<i>Desserts: Same as lunch</i>	Simmered corn	Mashed potatoes
	Brown gravy	Brown gravy
Saturday	<i>Desserts: Same as lunch</i>	
<i>Dinner</i>		
Grilled T-bone steak	Tuesday	Thursday
Pork chops Mexicana	<i>Lunch</i>	<i>Lunch</i>
Mashed potatoes	Sweet Italian sausage	Cantonese spareribs
Spanish rice	Veal parmesan	Baked tuna & noodles
Mexican corn	Cheese ravioli	Shrimp fried rice
Peas & mushrooms	Spaghetti noodles	Corn on the cob
Brown gravy	Simmered asparagus	Club spinach
Cheesecake w/cherry topping	Italian blend vegetables	Corn bread dressing
Fruit nut bars	Meat sauce	Brown gravy
Chocolate/vanilla cream pudding	Strawberry glazed cream pie	Lemon chiffon pie
Lemon/raspberry gelatin	Brownies	Snicker-doodle cookies
Yellow cake	Devil's food cake w/mocha butter-cream frosting	German chocolate cake
	Vanilla/chocolate cream pudding	Vanilla/chocolate cream pudding
Sunday	Cherry/lime gelatin	Lime/strawberry gelatin
<i>Dinner</i>	<i>Specialty bar: Taco</i>	<i>Specialty bar: Southern meal</i>
Beef pot pie		
Baked ham	<i>Dinner</i>	Dinner
Baked macaroni & cheese	Swiss steak with tomato sauce	Swedish meatballs
Club spinach	Lemon baked fish	Caribbean chicken breast
Cauliflower au gratin	Lyonnais potatoes	Steamed rice
Cream gravy	Steamed rice	Paprika butter potatoes
Bread pudding w/lemon sauce	Southern style green beans	Simmered brussels sprouts
Vanilla cream pie	Vegetable combo	Simmered summer squash
Vanilla cookies		Chicken gravy
Pineapple upside-down cake		<i>Desserts: Same as lunch</i>

WORD TO PASS

Benjamin Parker Elementary School Annual Benji Fair

Benjamin Parker Elementary School in Kaneohe holds its annual Benji Fair today from 2:30 to 6:30 p.m. in the school courtyard. The fair includes food, games and a variety of bouncey houses for keiki and parents to enjoy. All are invited to attend.

For more information, call 233-5686.

Women's Health Education Day

There will be a Women's Health Education Day today. The full day of lectures, demonstrations and exhibits is from 8:30 a.m. to 2:15 p.m. at the Hickam Air Force Base Community Center. Lt. Andrew Baldwin, Medical Corps, U.S. Navy, kicks off the day's events. Topics include: metabolism and weight management, cancer prevention and detection, stress management and exercise demonstrations.

The event is limited to the first 200 people, and you must have registered by Sept. 19. Lunch will be provided compliments of TriWest Healthcare Alliance.

For more information, call 433-6875.

Windward Hoolaulea

The Windward Hoolaulea is Saturday from 9 a.m. to 9 p.m. at Windward Community College in Kaneohe. It is a grassroots, non-profit effort coordinated by Windward Community College and the Kaneohe Business Group, with participation from volunteers, students, businesses and organizations.

The annual event showcases local entertainers, a book sale, activities for the keiki, island crafters, ethnic food and community booths.

For more information, call Brian Richardson at 236-9224.

Children's Story Time

All MCBH children and sponsored guests can enjoy a fun-filled hour of stories and crafts Thursday mornings from 10 to 11 a.m. at the Base Library.

For more information, call 254-7624.

Blue Angels to Perform

The Blue Angels are performing here at the 2007 Kaneohe Marine Corps-Navy Air Show "Blues on the Bay," Oct. 13-14. The U.S. Navy's Blue Angels Flight Demonstration Squadron will perform with other military and civilian aviation acts. Service members and their family members can catch the show early Oct. 12 for "Military Day."

For more information, call 371-2804 or visit <http://www.mcbh.usmc.mil/Airshow/>.

Blues on the Bay Air Show

October 13-14, 2007

Military Day is Oct. 12

MCBH Kaneohe Bay

with
the



Blue Angels

Sears: Family man, master sergeant, maybe even mayor

Story and Photo by
Lance Cpl. Regina A. Ruisi

Combat Correspondent

A quick look around Master Sgt. Antonio M. Sears' office in the administration office of 3rd Marine Regiment and you can tell a lot about what kind of man he is.

All over the walls are Marine Corps recruiting posters, pictures from schools and training he's completed, University of Florida Gators' merchandise, and pictures of his family. It's evident, without even meeting the 40-year old Marine, what's important to him.

"I plan on staying in the Marine Corps until they kick me out," he said with a smile. "I didn't plan on it at first, but coming to the regiment here and being in direct contact with deployed Marines has changed my mind. I still think I can make an impact on the Corps and the Marines by staying in."

Sears shipped off for boot camp July 28, 1985, after deciding the Corps was the right path for him.

"When it came time to decide if I wanted to go to college or not, the decision was easy," he said. "My mom couldn't afford for me to go to school. She raised me to be self sufficient, so I sought out what was best for me."

After seeing a Marine Corps recruiter in his uniform, Sears knew that what he had to do.

"I saw the recruiter in the uniform and I saw all of the girls' reactions," he jokes. "He had a nice car and a brief case that he always carried around, and I said to myself, 'I can do that.'"

When he finally enlisted, the recruiter asked him what job he wanted to have. When he asked "can't I do what you do?" the recruiter gave him the second closest job: administration.

Sears left his hometown of Daytona Beach, Fla., for boot camp at Marine Corps Recruit Depot Parris Island. After graduating boot camp, he went to Personnel Administration School at Marine Corps Base Camp Pendleton. He was stationed at Iwakuni, Japan, where he was meritoriously promoted to corporal in July, 1986. From there he went to Headquarters, United States Marine Corps at Henderson Hall, Washington, D.C., for three years.

He was promoted to sergeant and sent to 6th Marine Corps District, Atlanta, Georgia. He also served in Okinawa, Japan, Marine Corps Base Camp Lejeune, N.C., Port Au Prince, Haiti, and Camp Johnson, N.C.

Sears finally got his chance to be a recruiter in 1998, when he went to Recruiting Station Orlando, Fla.

"I enjoyed recruiting duty," he said. "It was harder than I thought it was going to be. The work hours made me want to come back to the fleet, though. When you're a recruiter, you're at the mercy of the applicants. It was rewarding to know that I was helping young people shape their futures."

After three years of recruiting duty, Sears returned to Camp Lejeune, this time to serve as class commander for Personnel Administration and Legal Services School. He taught new Marines in administration and legal military occupational specialties. This billet was his favorite one while serving

in the Marine Corps, he said.

"I had just come off recruiting duty, so admin school was a sanity check for me," he laughed. "It reminded me of why I was a Marine. It reaffirmed my belief in the Corps. I got to work with Marines who were right out of boot camp, so I was around Marines, not civilians. You get to see the effect that senior Marines have on them, and you know that you're helping shape the kind of Marine they're going to be."

Sears came to Marine Corps Base Hawaii in 2005 to serve with 3rd Marine Regiment. Although he has never deployed to a combat zone, he recognizes the role he plays on the home front is important for the deployed Marines. In addition to supporting deployed Marines, he supports 3rd Marine Regiment's families as the Regimental Family Readiness officer. His recent promotion to regimental administration chief allows him to play a bigger part in the lives of Marines.

"I support deployed Marines, that's my job," he said. "Even if I'm not deployed, I'm closely tied to the units that go and I get to support those Marines. I get to make sure they and their families are taken care of. My crusade has been to improve the quality of admin to achieve mission accomplishment and let the families know that we're here to take care of them."

Sears leaves Oct. 16 for the Pentagon, where he will serve as administrative chief, United States Marine Corps Office of Legislative Affairs. He said the sixth anniversary of Sept. 11 made the job seem even more important, reminding him that the Pentagon is an important place for the Department of Defense. Because his 17-year old son, Christopher, finishes up high school this school year, Sears and his wife, Mary Ann, decided she, Christopher and daughter Danielle, 14, will stay in Hawaii until Christopher graduates.

"It's going to make for a long time apart," he said. "I consider this my deployment because I never got to go to Iraq."

To serve as a positive role model for his children's education, Sears has plans on attending college and getting a bachelors degree. The degree will also help fulfill personal goals of his.

"Getting a degree was something I promised my mom," Spears said. "It was how I got her okay to join the Marine Corps. If I accomplish that, then I'm making true on that promise to her."

Sears also wants to use his degree to help him run for mayor of Daytona Beach. He has been active in Daytona Beach politics and elections, sending in absentee ballots and keeping informed on what's going on in his hometown.

"You can be in a great little town and not realize how great it is until you leave," he said of his hometown. "When you're gone, you realize what's good about it. I always knew my calling was Daytona Beach."

With big goals and accomplishments, Sears still finds time to have fun. He spends Saturdays golfing with his wife and enjoys attending church with his family.

"It's important to have goals and accom-

plish them," he said, advising young service members to work for what they want in life. "It's okay to have fun, but I believe you'll have more fun accomplishing those goals so you won't have any regrets. It's important to have a balance in life. At the end of the day, the goal is to sleep well at night, and accomplishing your goals will help ease your mind. Don't make unrealistic goals for yourself, know you're strengths and weaknesses. If you're a Marine, you're a whole lot better off than most Americans because you're in an organization that's goal oriented. Build on the core values the Corps has instilled in you. They're tools for success."

Sears doesn't take complete credit for all his achievements. He recognizes the leadership he had throughout his career helped make him the success he is today.

"I was lucky, I had great leadership who pushed me to get ahead, so they've been a blessing on my career, and that's what I hope to do for young Marines," he said. "I've been blessed to work with good people who have

taught me a lot, but I'm still willing to learn more. You won't always know what to expect in life, but you should always strive for more. I want to make an impact wherever I go. I want to make a difference in the lives of Marines."



Master Sgt. Antonio M. Sears will serve as administration chief, USMC Office of Legislative Affairs, as of Oct. 16.

Created by: GySgt Charles Wolf
SEMPERTOONS
THE GREATEST MARINE CARTOONS ON THE PLANET!

"Since when do I have to
BANG on your dog hatch
3 times to go for a walk?"





Around the Corps

Explore 2008 enlisted to officer programs

Lance Cpl. Michael R. Stevens

MCAS Miramar

MARINE CORPS AIR STATION MIRAMAR, Calif. —

The dates for the 2008 fiscal year enlisted-to-commissioning program selection boards and the officer candidate school dates aligned with these boards were announced recently in MarAdmin 526/07.

The message outlines the deadlines and board dates for Marines appearing on Enlisted Commissioning Program boards, Meritorious Commissioning Program boards, Meritorious Commissioning Program – Reserve boards and the Reserve Enlisted Commissioning Program selection boards.

For Marines dreaming about taking the step, the Corps offers these enlisted-to-commissioning programs and the Marine Enlisted Commissioning Education Program, known as MECEP.

All active-duty Marines who meet specific eligibility requirements can apply for MECEP, according to Marine Corps Order 1560.15L.

When evaluating an individual's potential for commissioned service, board members review the applicant's service record, previous academic record, and evidence of career and academic self-improvement during their time as an enlisted Marine.

In deciding which commissioning program to pursue, the applicant's education level is the primary determining factor.

"To apply for ECP, they have to have earned a bache-

lor's level degree from an accredited college or university prior to applying for the program," said Lt. Col. Keith M. Cutler, commanding officer, Headquarters and Headquarters Squadron. "For MECEP and all other programs, one has not yet completed college."

MECEP Marines must attend a school with a directly-affiliated Naval ROTC detachment.

Program benefits include the chance to attend school full time while maintaining active-duty status and pay.

"We encourage preparatory courses if we feel the Marine could benefit from them," Cutler said. "If we interview a Marine and discover he has already completed several semesters of school successfully, we'd feel confident they wouldn't need to attend MECEP prep or BOOST."

Marines can attend the Broadened Opportunity for Officer Selection and Training program, or BOOST, prior to attending college courses. The program focuses on preparatory training for the adjustment to college-level classes.

The school, located at Newport, R.I., hones Marines' knowledge of math, science and necessary literacy skills to help them compete successfully in college courses.

Before applying to any of the programs, Marines must submit a package and appear on a selection board.

"For H&HS, the Marines who submit packages to become commissioned appear in front of a board, usually consisting of three officers, to

gauge their thoughts, motivations, and determine how competitive they will be," Cutler said. "The board will discuss their thoughts on the applicant and then submit their recommendations to the commanding officer before he meets with them."

Other squadrons do something similar to this in their officer selection process.

"As long as a Marine meets the requirements for the program, I'll meet with them," Cutler said.

A package consists of a copy of the Marine's service record book, letters of recommendation from Marines who know them in a professional manner and training and achievement records.

"The impressions from the Marine's senior-enlisted advisors and officers in charge are important in the selection process," Cutler said. "They work with the Marine daily and know their strengths and weaknesses and can make first-hand comments on their personality and work ethic."

"It's a serious thing. You want to be sure it's the route you want to take and prepare yourself adequately," said Cutler, giving advice on making the decision to pursue a commission.

In the event that, once accepted to a commissioning program, the Marine does not complete the training required to earn their commission, they return to the fleet at the rank and in the occupational specialty they had before going into the commissioning program.



Courtesy photo

2nd Lt. Penny Surdukan rose through the enlisted ranks to staff sergeant in 2004, at which point she was accepted to the MECEP program.

Hawaii MARINE SPORTS

HAWAII MARINE C SECTION

SEPTEMBER 21, 2007



Rob Walston, Warriors' head coach, speaks with his team during the halftime break, motivating them for the last half during a 2007 Intramural Tackle Football League game at Pop Warner field here Sept. 13.

Raiders go 2-0 after beating Warriors

Story and Photos by
Pfc. Ronald W. Stauffer
Combat Correspondent

With a close game once again, the Combat Service Support Group 3 "Warriors", held until the last 7 seconds against the Camp Smith "Raiders", but came up short as the Raiders took the game, 28-26, at a 2007 Intramural Football League game, Sept. 13, at Pop Warner field.

The Warriors, with a record of 0-1, hoped to turn their season around in the game against the Raiders, with their smashing defense but was disappointed as the Raiders offense pushed forward and into the end zone during the fourth quarter.

"We need to stop number eight and nine," said Rod Walston, head coach,

Warriors. "We're going to light them up on defense, hopefully like we did at the scrimmage.

After the Warriors received the kick off, the offense pushed the Raiders' defense back into their own territory, getting within field goal range, making the kick only to have it brought back for a flag on the play and missing the second kick.

"We still have a lot of work to do", Carson Peapealalo, head coach, Raiders, who have a 1-0 record this season. "There are still some mistakes that we need to work out so it's going to be a tough game".

Both teams fought tooth and nail during the first quarter, but it was the Warriors who scored the first touch

See RAIDERS, C-5



Jesse Mortensen, Raiders fullback, drives through the line in an attempt to push forward for extra yards at a 2007 Intramural Tackle Football League game at Pop Warner field here Sept 13.

Camp Smith unfazed by Terror Squad

Story and Photos by
Lance Cpl. Brian A. Marion
Combat Correspondent

With three seconds left in the game, Camp Smith squeezed out a two-point basket to beat Command Patrol Reconnaissance Wing 2 "Terror Squad," 46-44, to win the Intramural Basketball League championship game Monday at the Semper Fit Gym here.

Camp Smith players Mike McKinney and Kevin McCoy led their team with a combined total of 29 points.

Before the game, Shaw Ballentine, Terror Squad captain and guard, felt they would have to rely on their speed and defense to win the game against their worthy opponent.

"Tonight will be a tough game," Ballentine said. "Camp Smith is huge and we will have to bring the heat with our speed, and we have to focus on our defense to win."

James Wright, Camp Smith coach, also felt his team would have their hands full with the game.

"This is it," Wright said. "This is the game that counts. They beat us earlier in the season, and this will be a hard, tough game. We will have to be able to break through the zone and take the ball to the hoop in order to win."

Each team traded hoops during the first half, but Camp Smith was unable to pull ahead of Terror Squad,



Camp Smith became the Intramural Basketball League champions after defeating Command Patrol Reconnaissance Wing 2 "Terror Squad", 46-44.

and the teams went into halftime with Terror Squad leading, 18-15.

Both teams collected their wits during halftime and reentered the court with a vengeance.

Whistles blew and the score raised drastically as each team fought to gain the lead.

Camp Smith slowly caught up and eventually pulled ahead but their victory was short lived as Terror Squad caught up and tied the

game with two minutes remaining.

The teams frantically tried to gain the upper hand during the last minute, but Camp Smith managed the clock, and shot the ball into the net with only three seconds left.

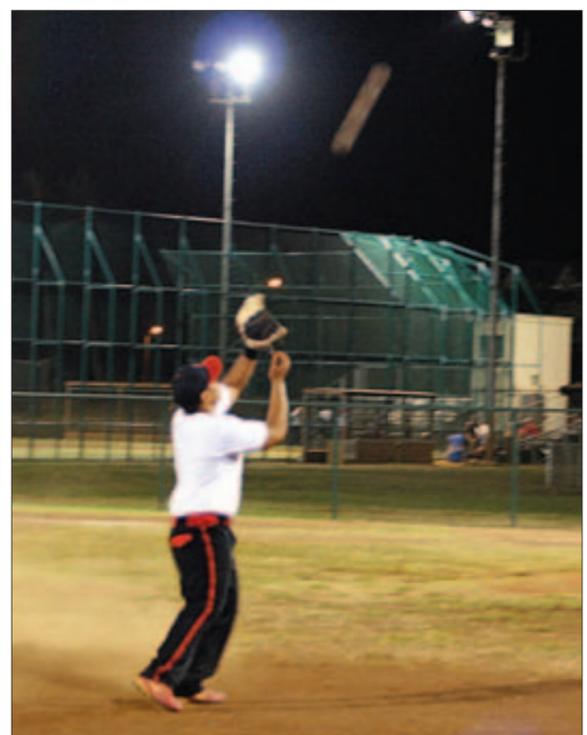
Terror Squad tried to use their speed to make one last score, but came up with a rim shot that bounced out.

Camp Smith walked away with a hard-earned victory over Terror Squad, 46-44,

and became the new champions.

Wright knew the game was close, and felt both teams used their assets wisely making the game as close as it was.

"It was a very tight game, but I knew as long as we had our starters coming, we would win," Wright said. "I have to compliment them tough, they were a very good team, and they had a guy that could shoot the lights out."



Kalani Smith, Bomb Squad's shortstop, catches a short infield pop fly for an out at an Intramural Softball League game at Risely Field, Wednesday.

Bomb Squad defuses Bada-Bing, 12-9

Story and Photos by
Pfc. Ronald W. Stauffer
Combat Correspondent

The Marine Aircraft Group 24 Ordinance "Bomb Squad" dominated the Patrol Squadron 47 "Bada-Bings", 12-9, during an Intramural Softball League game at Risely Field here, Wednesday.

With tremendous hits and a fierce defense in the infield and the outfield, the Bomb Squad swung their way to victory.

"We're going to score more runs than them and that's how we're going to beat them," said Kalani Smith, shortstop, Bomb squad.

With a quick-paced first inning, the Bomb Squad didn't get

See SOFTBALL, C-4

ONGOING SPORTS BRIEFS

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 children 6 weeks and older.

For more information, contact Dana at 235-8901.

Deep-Sea Fishing Charters Offered at Base Marina

Fishermen searching for convenient access to deep-sea charters need look no further than the Base Marina. Bill Collector Fishing Charters offers numerous charter packages accommodating up to six passengers.

Avoiding the traffic and crowd of Oahu's South Shore, Bill Collectors charters fish from the uncrowded waters of Windward Oahu.

For more information or to charter the Bill Collector, contact the Base Marina at 257-7667 or 254-7666.

Campground and Picnic Sites

For picnic and campsites, Marine Corps Base Hawaii offers some of the most scenic beaches on the island.

Three of those beaches, Pyramid Rock, Hale Koa and Fort Hase, are available by reservation from dawn to dusk. Hale Koa Beach is available for overnight camping, but requires a reservation.

For more information, contact 254-7666 for Kaneohe or 477-5143 for Camp Smith.

Okinawa Kenpo Karate

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

Adults and children are welcome. Cost is \$35 for adults, \$25 for children, and \$20 for additional family members.

For more information, contact Youth Activities at 254-7610.

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 pay \$1.75 for games and .50 cents to rent shoes.

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

K-Bay Lanes Color Pin Special

Every Wednesday, when you roll a strike and a colored pin is in the headpin position, 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 regiment, 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.

Semper Fit Center Offers Array of Group Exercise Programs

Semper Fit Center announces a new and expanded aerobics program. These new classes include a variety of workouts.

The class schedule for Fridays is as follows:

8:45 to 10 a.m.
Step Challenge

11:45 a.m. to 12:15 p.m.
Gut Cut

4:45 to 5:45 p.m.
Cycling

5:45 to 6:45 p.m.
Pilates

7 to 9 p.m.
Aikido



Pablo Martinez, left, Tim Raiffe, coach Jack Johnson, his four-year old son Jase and John Arceo are current members of the Fighters Unlimited Boxing Club. The club practices Monday, Wednesday and Friday at 6 p.m. in the 3rd Marine Regiment martial arts training facility.

Boxing club returns to K-Bay

Story and Photos by
Lance Cpl. Regina A.
Ruisi

Combat Correspondent

The Fighters Unlimited Boxing Club has fought its way back to Marine Corps Base Hawaii, giving base residents the chance to learn, or continue boxing.

Jack Johnson, club manager and coach, has returned from a deployment and re-established the club to help teach and train young fighters.

"It's all about the fighters," said Jack Johnson. "We get everyone from very, very experienced boxers who want to keep it up, to beginners who want to experience the sport."

Johnson started the club in 2000, but left on deployment and the club fizzled out. Due to the club's popularity, Johnson started it up again after returning from Afghanistan, but eventually had to deploy again.

"The team gets big and then I leave," he said. "I leave it to somebody to take over, but they never really do. My wife, Tina, does her best to keep the club going when I'm gone. While I was in Afghanistan, she kept the club together so a Marine could train to try out for the All Marine Boxing Team. He made the team."

Once a year, Johnson has the chance to send his boxers to try out for the All Marine Boxing Team. It is important for him to train Marines for that chance, because it was always a dream of his to be on the team.

"I want to give as many people the chance to try out for the team as I can because I never had the chance to be on it," Johnson said. "I fought golden gloves before I joined the Marine Corps, and joined for the specific purpose of being on the team but never got the chance."

Johnson trains the boxers in 3rd Marine Regiment's martial arts training room here. He transformed the room into a boxing haven, bringing in his equipment for students to learn and practice with.

The three current club members begin practice by stretching, and warming up with exercises like jumping rope and jumping jacks. They then take turns hitting punching bags for six one-minute rounds. They do conditioning exercises and cool down, like any sport, by stretching.

"I love this," said Pablo Martinez, a club member who has been boxing for five years. "This is what everybody needs, the chance to let off some steam. There is more than one way to condition your body. Anybody can run,



John Arceo practices with a speed bag Sept. 10 with the Fighters Unlimited Boxing club. The club gives Marines, Sailors and dependents an opportunity to begin or continue boxing.

but you have to use all your muscles – your arms, your legs, your abs – to box."

The workouts are strenuous, but pay off when the fighters get into the ring. The club helps get its fighters into the local boxing circuit and gives them the chance to box against other fighters of their skill level to help them improve.

"I'm not fighting yet, only practicing," said John Arceo, 16, who's only been boxed for one week. "I'm just training. When I'm ready, I'll look into it. I've always wanted to box, so I found out about this club and figured, 'why not?' I like it. Sometimes it's hard to stop."

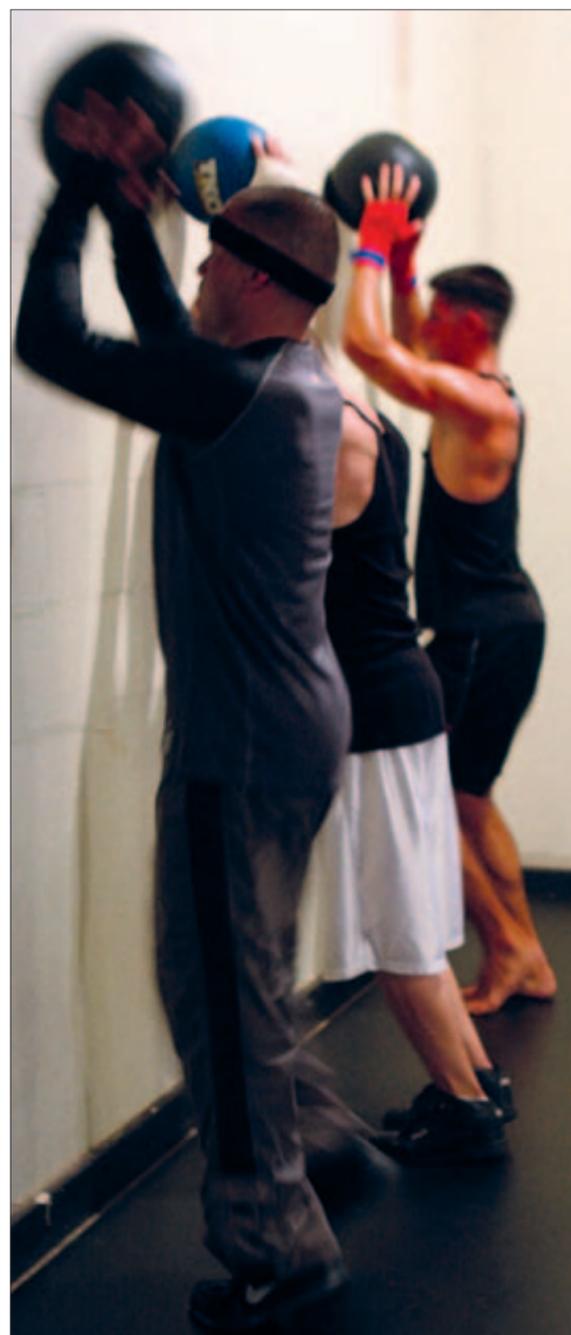
The club practices Mondays, Wednesdays and Fridays, and boxers practice every day the week before a fight. Monday practices are mostly about conditioning the body, and Wednesdays the boxers wear flak jackets during practice.

"The training is really effective," said Tim Riffe, a boxer with the club who has been boxing for nine years. "We've got a good facility here. It's right on base, so it's a lot closer than going out in town, and it doesn't cost anything like other facilities would."

Johnson is trying to bring the boxing circuit back to Kahuna's Recreation Center, where past boxers he trained have fought.

"We're a small club, but we're a serious club," Johnson said. "When we went to our last fight we had three fighters out there. All three of them won. I just love the sport, what can I say?"

Anyone interested in becoming part of the Fighters Unlimited Boxing Club can call Jack Johnson at 630-0510.



Pablo Martinez, John Arceo and Tim Raiffe bounce medicine balls against the wall while running in place as a conditioning exercise for their arms. "Boxers' shoulders get tired and they drop their arms," said Jack Johnson, coach. "This exercise is so their shoulders will be stronger and they won't drop their arms in a fight."

SPOTLIGHT ON SPORTS

— SPORTS BRIEFS —

Operation Homefront Afternoon in the Park

Families with a deployed service member can participate in Operation Homefront's Afternoon in the Park Saturday from noon to 3 p.m. at Riseley Field picnic area.

Tickets are available through unit Family Readiness Officers.

For more information, call Master Sgt. Velazquez at 257-2087.

Take a Shot at Hunger

The 36th National Hunting and Fishing day is Saturday and Sunday from 10 a.m. to 4 p.m. at the Koko Head Shooting Range. Bring canned food or cash donations for the Hawaii Food Bank.

For more information, contact the Hawaii Hunter Education Program at 587-0200.

Win prizes at USO's Base Race

The USO and various sponsors are presenting the 8th Annual Base Race Series Event Saturday at Ford Island. The 10k race is at 7 a.m. and the 5k is at 8 a.m. You can win door prizes, including a neighbor-island getaway and more.

Race forms are available at www.usohawaii.org.

For more information, call 836-3351.

SNCO Golf Tournament

The tournament is at Klipper Golf Course Wednesday at noon. Club members pay \$45, all others pay \$57.

For more information, call GySgt. Michael Johnson at 257-3006.

Fall Adventure Camp for youth

All youths, age 5 and older, can register for a week of fun and excitement Oct. 1-5, from 6:30 a.m. to . Campers do arts and crafts, outdoor activities, swimming, playground visits, field trips and more. Campers are fully supervised by Youth Activities personnel.

For more information call 254-7610 or register at Youth Activities, Bldg. 1090B.

Fall swim lessons

All ages are welcome for swim lessons at the base pool, Oct. 2. The lessons are open to active duty, family members and DoD employees.

For more information, call Dino Leonard at 254-7655.

Women's Beginning Golf Program

The Kaneohe Klipper Golf Course will host a Women's Beginning Golf Program every Saturday to Oct. 20. Participants will learn basic golf skills and the ability to quickly improve. No equipment is required for the program; however, space is limited to 15 people. Register at the Kaneohe Klipper Golf Course Pro Shop.

For more information, call 386-3500.

Women's Softball

The Women's Softball team meets every Thursday at 6 p.m. at Annex Field. The team is still looking for players.

For more information, call Joe Au at 254-7597.

2007 Intramural Softball Fall Standings

TEAM	WINS	LOSSES
CSSG-3	3	0
MALS-24	7	1
HQBN "ASP"	4	1
2-2	5	2
CSSG-3 "MAINT"	5	3
VP-47	3	3
3RD RADIO BN	2	3
MAG-24 "ORD"	3	5
HSL-37	3	4
VR-51	0	0
MCAF	0	7
MALS-24 "SUPPLY"	0	7

Standings as of Sept. 19



2007 Intramural Tackle Football Standings

TEAM	WINS	LOSSES
MAG-24	2	0
CAMP SMITH	2	0
CSSG-3	0	2
HQBN	0	2

Standings as of Sept. 13

Upcoming Intramural Football Schedule

- Sept. 19**
6:30 p.m. CSSG-3 vs HQBN
- Sept. 20**
6:30 p.m. MAG-24 vs CAMP SMITH
- Sept. 24**
6:30 p.m. CSSG-3 vs MAG-24
- Sept. 26** **at Camp Smith**
6:30 p.m. HQBN vs CAMP SMITH
- Oct. 3**
6:30 p.m. MAG-24 vs HQBN
- Oct. 4** **at Camp Smith**
6:30 p.m. CAMP SMITH vs CSSG-3
- Oct. 10**
6:30 p.m. CSSG-3 vs HQBN
- Oct. 11**
6:30 p.m. MAG-24 vs CAMP SMITH

Commander's Cup Bowling League '08

Team Standings													
Place	Team Name	Points Won	Points Lost	Team Ave.	HDCP	Pins plus Handicap	Place	Team Name	Points Won	Points Lost	Team Ave.	HDCP	Pins plus Handicap
1	BANNED	8	0	586	169	4680	9	Effin' H	4	4	498	239	4508
2	Team Ramrod	7	1	514	227	4760	10	4th Force Recon	3	5	576	177	4678
3	Pin Wetters	6	2	592	165	4894	11	Bowling Diva's	3	5	462	268	4508
4	The Blue Ballers	6	2	535	211	4835	12	High Rollers	3	5	524	219	4394
5	Balls of Fury	5½	2½	580	174	4635	13	Big Ern's Kids	2	6	546	202	4546
6	Chix with Balls	5	3	472	261	4556	14	The Untouchables	2	6	445	282	4310
7	Flaming Hookers	4	4	614	147	4737	15	Wang Team	1½	6½	532	212	4647
8	Silver Bullets	4	4	483	252	4665	16	The Happy Team	0	8	525	218	4316

Results of Last Week's Bowling.....

Lanes	Team Name	-1-	-2-	-3-	HDCP Total	Last Wk WON	Team Name	-1-	-2-	-3-	HDCP Total	Last Wk WON
1-2	Big Ern's Kids	755	778	778	2311	0	The Blue Ballers	913	785	790	2488	4
3-4	Effin' H	732	778	764	2274	4	Flaming Hookers	720	765	756	2241	0
5-6	BANNED	737	831	726	2294	4	High Rollers	705	779	669	2153	0
7-8	Bowling Diva's	750	772	757	2279	1	Team Ramrod	720	823	862	2405	3
9-10	Pin Wetters	894	808	781	2483	4	The Happy Team	737	680	755	2152	0
11-12	The Untouchables	747	714	628	2089	0	Chix with Balls	803	790	755	2348	4
13-14	Balls of Fury	749	848	783	2380	2½	Wang Team	836	739	783	2358	1½
15-16	Silver Bullets	738	858	873	2469	3	4th Force Recon	818	752	856	2426	1

Last Week's High Scores for Immediate Release

Men	Scratch Game	256	Adam Spacher	246	Chris Ruddell	246	Marc Gonsalves
		223	Jim Martin	223	Scott Kuniyuki	222	Marc Gonsalves
		212	Tim Eggleton	212	Mathew Chitwood	210	Tim Eggleton
		206	Terry Smith	204	Steven Howell	204	Adam Spacher
				200	Scott Kuniyuki	200	Adam Spacher
	Scratch Series	660	Adam Spacher	655	Marc Gonsalves	612	Tim Eggleton
		606	Jim Martin	596	Chris Ruddell	595	Mathew Chitwood
				585	Scott Kuniyuki	579	Steven Howell
Women	Scratch Game	214	Val Benedict	202	Kumi Martin	202	Kumi Martin
	Scratch Series	555	Kumi Martin	537	Val Benedict	484	Mia Ng

Standings as of Sept. 11

DANCE MOVEMENT ACADEMY AND K-BAY GYMNASTICS

Dance and Gymnastics classes are available for youth between the ages of 1 and 18.

Classes are held Monday through Saturday and encompass areas of interest such as Team Gymnastics, Cheerleading, Tumbling and Trampoline, Jazz and Tap Dancing, Hula and others.

Interested participants are offered one free trial class. Fees will vary according to class frequency and length. Call 479-3273 to arrange your free class.



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Emily Egenberg learns how to swim using a simulated method by Larry Provost, swim instructor, during a swim lesson session at the Base Pool, Tuesday.

Fall swim lessons started

Pfc. Ronald W. Stauffer

Combat Correspondent

Marine Corps Base Hawaii's Learn to Swim Program began its fall season here Tuesday, with base residents booking classes and getting wet at the Base Pool.

The lessons are Tuesday through Friday, in two-week sessions for all active duty, family members, and Department of Defense employees.

"My daughter has been taking swim lessons since last March and barely knew how to swim when she began. Now she's a level four swimmer," said Cindy Egenberg, mother of Emily Egenberg, a program participant.

Egenberg said her daughter is 4 years old and was afraid to get into the water.

"The whole idea is to make the class fun with toys, game and rewards and pick up on what they enjoy," said Larry Provost, swim instructor. "From this we can choose a lesson plan that involves what the kids want."

Water-based recreation is generally a large part of the surrounding community's activities, and learning to swim opens up new activities and could be considered a necessary safety precaution.

"Our family is very avid with the outdoors and it's nice to see that Emily can participate with her father, who is a water guy," Egenberg said.

Egenberg also said that they have excellent instructors at the pool.

"We do a lot with a little," Provost said. "We're in place to make it capable for kids to learn how to swim."

Provost said he'd been working as an instructor at the pool for four years, and teaching youngsters to swim makes him feel good.

"It makes me want to keep coming back to work," said Provost.

Children are not the only individuals to benefit from lessons.

"I teach fitness swimming, swim critiques and much more," Provost said. "The instructors are excellent swimmers and I'm certified to teach swim for all ages."

Provost said swimming is supposed to be fun and parents don't always have the time to teach their kids, so this provides them with the chance to learn.

"Parents want to see their kids improve," Provost



Provost works with Egenberg as she swims to him without a floatation device during a swim lesson.

explained. "We try to set up the lessons so they are convenient for the parent's busy life style."

Once an individual comes in, the instructors give them a free swim evaluation to see where they're at and work out the lessons as well, mentioned Provost.

"Everyone should put their kids in these classes," said Egenberg.

For more information on swim lessons, call the base pool at 254-7655.

SOFTBALL, from C-1

too far after a double play made by Hazard and Tom Braman, Bada-Bing's second baseman, followed by a pop fly out which put the Bomb Squad on the field.

"We've got this game," said Dan Nicks, Bada-Bing's pitcher, as he motivated the team.

The teams started to get a feel for one another as the game slowed down, as the fly balls were hit and the infield grounders made outs.

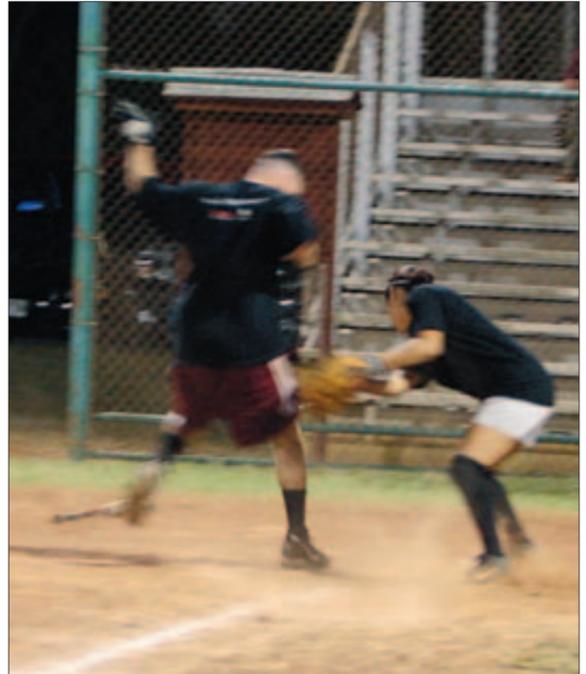
Near the end of the game, Smith made an amazing catch while jumping into the air, followed by a short pop fly catch in the infield ending any forward progress for Bada-Bing.

Shortly before the game ended, there was some controversy made by Antonette Schumacker, Bada-Bing's catcher, after the umpire called a runner safe at home plate.

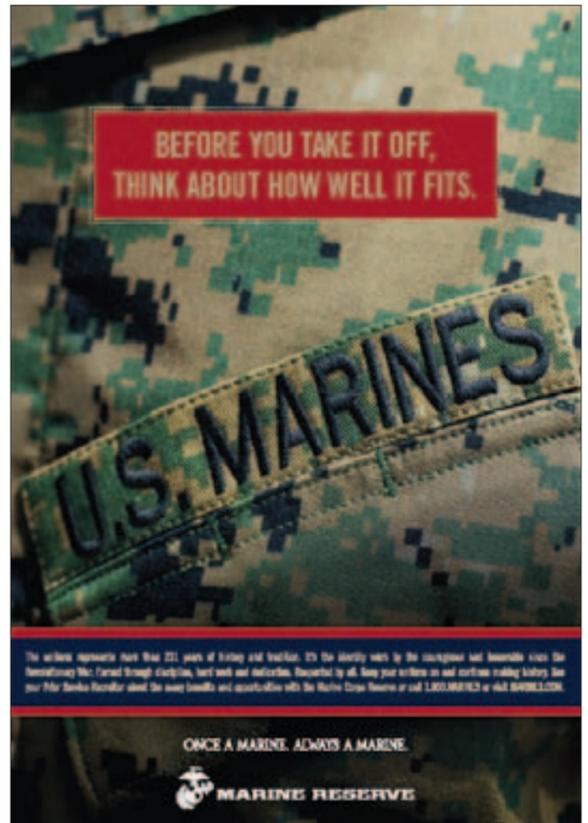
"I had him, I felt him!" shouted Schumacker, as the umpire stuck with his decision.

At the close of the last inning the Bomb Squad blew away the Bada-Bings, 12-9, and giving them the victory.

"They had a good game," Nicks said. "They played hard and we'll be ready for the next one."



Antonette Schumacker, right, Bada-Bing's catcher, makes the tag at home, striking up a quarrel after being called safe by the umpire at an Intramural Softball League game at Risely Field, Wednesday.





Chester Avery, running back for the Camp Smith "Raiders" rushes outside the line and away from the Warriors defense during a 2007 Intramural Tackle Football League game, at Pop Warner field here Sept. 13.

RAIDERS, from C-1

down of the game when Bryan Griffin, Warriors' tight end, found the end zone. They brought up the score by taking the extra point.

In the second quarter, the Warriors' defense snuffed the Raiders' offense. The Warriors kept control of the ball most of the quarter until Brandon Villa-Hashimoto, Raiders' free safety, caught a shocking interception at his own one-yard line, stopping the Warriors' attempt to score.

Raiders, now in possession of the ball, drove down the field toward Warriors' territory and pushed through defensive attempts.

"We're going to keep running and passing, so we better start playing football," said Rodney McCullough, offensive coach, Raiders.

With hard hits and intense blocking from the line, Jordan Paragoso, slot back, Raiders, scored, and then pushed in for two more points, bringing the score up, 8-6.

During halftime, Walston gave his team a motivated pep talk to get them fired up for the last half.

"The offense has to contain," said Walston. "There's too many miscommunications and the last two quarters are the most important, so let's cram it down their throats."

While Walston was firing up his offense, Noelle Demello, Raiders defensive coach, was working up his defensive line up.

"We're going big in the last half and we have to contain," Demello said.

As the last half unfolded, neither team was willing to slow down.

Marcus Vital, slot back,



Irving Green, Warriors quarterback, steps into the pocket while searching down field for his receiver.

Warriors, scored the second touchdown early in the third quarter, but once again they failed to make a two-point conversion, leaving the score at 13-8.

Answering back was Mike Mahoney, Raiders' quarterback, pushing through the line on a quarterback sneak, leading the Raiders to 14-13.

With the score close in the beginning of the fourth quarter, both teams fought to out hit and out run each other.

Griffin put in his second touchdown for the Warriors soon after, and gave them the extra point. The touchdown gave the lead back to the Warriors, 20-14.

Following close behind Griffin was Jeremy Winkfield, tight end, Warriors, putting another six on the board, bumping the score to 26-14.

Shockingly Fredrick Williams, receiver, Raiders, rushed a miraculous 50 yards after returning the kick and

was then followed up Chester Avery, Raiders' running back, driving to the outside and fighting back against the Warriors defense, leaving the Raiders down only six points. Shortly after, Williams, once again made a tremendous catch and ran down the field for a touch down and a 65-yard completion, which evened the score.

The Raiders took the lead by a quick pass for two points, leaving the score 28-26.

Pressure was put on the Warriors when the clock

reached the two-minute warning.

The Raiders attempted one last scoring drive to ensure the win, but were unable to get any competitions in the end zone.

With a close game the Warriors fell to the Raiders, 28-26, bringing their season to 0-2 and upping the Raiders' record, 2-0.

"The offense and the defense played well and we have the talent, but that was too close," Walston said. "We have five games left and we need to reach deep down and get back into the fight."

Looking on



Lance Cpl. Brian A. Marion

Jamall Mosley, 12, Camp Smith, watches teammate Mike McKinney retrieve a rebound in the Intramural Basketball League championship game at the Semper Fit Gym here. Camp Smith came back in the second half of the game to win it against Command Patrol Reconnaissance Wing 2 "Terror Squad", 46-44.

Take care of your hearing health

Lt. Cmdr. P. L. Pentin

Naval Hospital Bremerton

Long exposure to excessive noise can damage hearing. Cells and nerves in the inner ear are destroyed by continuous or repeated exposure to loud sounds. If enough cells and nerves are destroyed, hearing is permanently lost.

Whether noise harms your hearing depends on the loudness, the pitch and the length of time you are exposed to the noise.

The loudness of a sound is measured in decibels. The loudness and the length of exposure are related – the louder the sound, the shorter the exposure can be before damage occurs.

For example, 8 hours of exposure to 85 dB noise on a daily basis can begin to damage a person's ears over time. Using power

tools (at about 100 dB), listening to a stereo headset (at about 110 dB), attending a rock concert (at about 120 dB) or hearing a gunshot (at 140-170 dB) may damage the hearing of some people after only a few times.

People often fail to notice the danger of noise because it doesn't produce many symptoms. Hearing loss is rarely painful.

The symptoms are usually vague feelings of pressure or fullness in the ears, speech that seems to be muffled or far away, or a ringing sound in the ears that you notice when you are in quiet places.

These symptoms may go away minutes, hours or days after the exposure to noise ends.

People assume if their symptoms go away, their ears have bounced back to normal, but this isn't really true. Even without symptoms some of the cells of the inner ear

may have been destroyed by the noise.

Your hearing will return to normal if enough healthy cells are left, but you can develop lasting hearing loss if the noise exposure is repeated and more cells are destroyed.

The first sign of noise-induced hearing loss is not being able to hear high-pitched sounds, like the singing of birds or the voices of women and small children.

If the damage goes on, hearing declines further, and lower-pitched sounds like men's voices become hard to understand.

You can help to prevent hearing loss by reducing your exposure to noise.

This step is especially important for people who work in noisy places or who commute to work in noisy traffic or construction.

If you can't help where you work, choose

quiet leisure activities instead of noisy ones.

Develop the habit of wearing earplugs when you know you will be exposed to noise for a long time.

Disposable foam earplugs cost about \$2 a pair and are available in commercial drugstores.

These earplugs quiet about 25 dB of sound and can mean the difference between a dangerous and a safe level of noise.

Consider wearing earplugs when using power tools, lawn mowers, when riding a motorcycle or when attending a rock concert.

Try not to use several noisy machines at the same time. Try to keep television sets, stereos and headsets low in volume.

Loudness is a habit that can be broken.

Help available to quit smoking

Ed Keating

Hawaii Multi-Service Market Management Office

Few civilian healthcare plans can compare to the free tobacco cessation benefit offered by the military services for Department of Defense's military health system beneficiaries. Each Oahu medical treatment facility offers a tobacco cessation program comprised of classroom education and pharmacy support to ease the side effects of nicotine withdrawal.

All tobacco cessation programs are administered in accordance with the American Cancer Society's Fresh Start Program and provide education on behavioral modification techniques to help individuals to overcome the effects of tobacco use.

The Hawaii military treatment facilities recently added a relatively new medication, Varenicline (Chantix) to their formulary for beneficiaries enrolled in a smoking cessation program. In clinical trials patients treated with Varenicline were more successful than patients treated with Zyban.

This medication stimulates brain receptors to release dopamine while at the same time blocking activation of these receptors by nicotine. Based on poor long term success by pharmacological intervention alone, the use of this medication is limited to beneficiaries participating in a formal tobacco cessation program.

A formal program has been found to assist beneficiaries in employing effective behavior modification and coping strategies via a group support environment increasing long-term success in kicking the tobacco habit. In addition to Varenicline, Zyban and nicotine replacement therapy are options for some individuals who participate in formal programs.

All military health system beneficiaries regardless of service affiliation or TRICARE program (Prime, Standard or TRICARE for Life) are authorized to enroll in tobacco cessation programs at military treatment facilities.

For additional information on schedules or class location, please contact your local base medical clinic.

Slice and shank



Pic. Ronald W. Stauffer

Eric Franklin teed off with friends and co-workers for 18 holes of golf during the Single Marine and Sailor Program's "Shank and Slice Golf Tournament" held at Kaneohe Klipper Golf Course here, Tuesday. The SM&SP holds quarterly golf tournaments for service members E-5 and below, as well as invited guests, E-6 and up. The tournament is for all skill levels and for service members to have a good time without the competitive edge.

HEALTH AND WELLNESS

Sun protection as easy as getting dressed in morning

Press Release

Skin Cancer Foundation

Comprehensive Guide to Sun-Protective Clothing

Recent research shows that clothing may be the most effective way to protect against skin cancer. According to a review published in *The Lancet*, wearing sun protective clothing and reducing sun exposure are more effective than using sunscreens.

"We have always stressed the importance of sun-protective clothing as a key tool in the arsenal against UV damage," said Perry Robins, MD, President, Skin Cancer Foundation. "It is a simple and obvious sun protection method that seems to be gaining in popularity."

Ultraviolet Protection Factor

Just like sunscreen, the sun protectiveness of clothing can be evaluated and rated with a measuring system called Ultraviolet Protection Factor, which is a similar concept to SPF. However, UPF rates both UVA and UVB protection, whereas SPF only rates UVB protection. In 1996, the term UPF was devised in Australia as a measure of how much UV penetrates a fabric.

UPF is determined by using a UV transmittance analyzer to gauge the spectral transmission of UVB and UVA through a fabric. If a fabric is rated UPF 30, then it is absorbing or blocking 29 out of 30 units of UVR, or 97 percent of UVR. This is the same level of protection provided by an SPF 30 sunscreen that is used properly. To achieve a UPF, a fabric must undergo 40 simulated launderings, be exposed to the equivalent of 2 years of light exposure and be tested with chlorinated water if it is intended for swimsuits.

Specially Made Sun Protective Clothing

Today, many manufacturers offer special UV-

absorbing clothes, from swimsuits and shirts, to hats and pants. This clothing will usually have a high UPF rating, indicating how much UVR it absorbs. These clothes have special weaves, and are treated with UV-absorbing chemicals, such as titanium dioxide. To be deemed sun-protective, such clothing must have a UPF of more than 30 and retain its sun-protective qualities after numerous washings and exposure to sunlight.

The Skin Cancer Foundation awards its Seal of Recommendation to clothing. The Seal of Recommendation is awarded to ensure that a UV protection product is safe and effective. The Foundation's Seal of Recommendation standard for clothing verifies that UPF of 30 provides "very good protection" and a UPF of 50 provides "excellent protection."

Not all Clothing is Created Equal

Even if they are not specially made to provide sun protection, all clothing offers some degree of shelter from the sun. Fabrics are porous materials constructed from a wide variety of fibers and fiber blends. This makes finding good sun-protective qualities tricky, because both UVB and UVA can penetrate fabrics. Choosing a fabric with a tighter weave that will allow less UV to come in contact with the skin is of the utmost importance. You can tell if a fabric is woven tightly by using the "hole effect": hold a particular fabric up to a window or light. The less light you can see, the better the protection.

Washing your clothing can be a good way to increase the UPF in your clothing. The shrinking that occurs during the first wash makes the weave tighter and decreases the "hole effect" therefore making you less susceptible to the sun's rays.

Laundry additives such as SunGuard can also be used to increase the sun-protectiveness of clothing. These additives contain the sun-

screen ingredient Tinosorb FD which washes sun-protection into the clothing.

While construction or weave are the most important factors when choosing sun-protective clothing, there are other properties that also affect sun-protection. The thickness and weight of a fabric can be good ways to measure a material's sun-protective qualities. For example, thick, heavy fabrics such as denim can offer a UPF of more than 1,700 which is the best protection available.

How much a fabric stretches is also important. When a fabric stretches, the weave becomes looser and the UPF decreases.

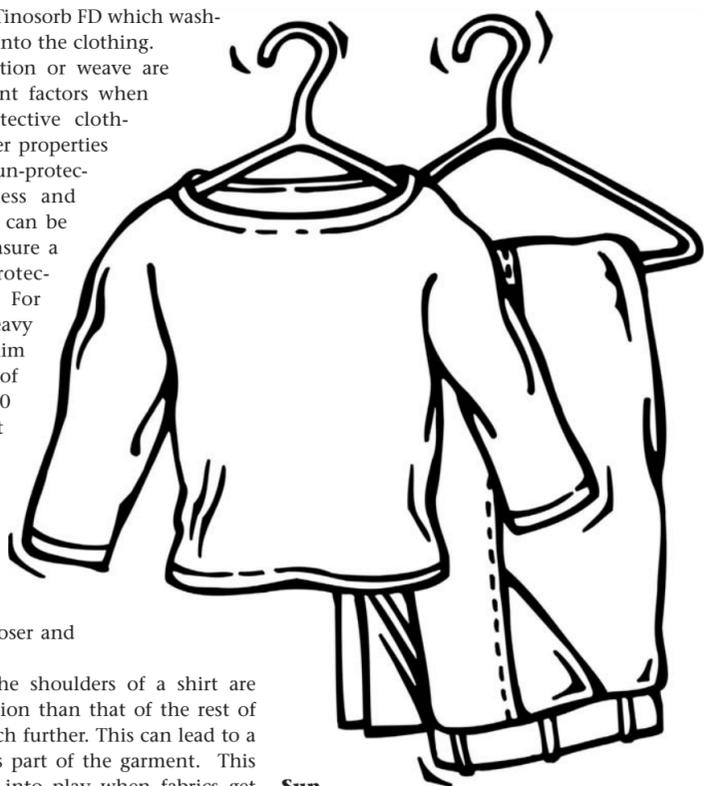
For example, the shoulders of a shirt are under greater tension than that of the rest of the shirt and stretch further. This can lead to a lower UPF for this part of the garment. This factor also comes into play when fabrics get wet. A typical white summer cotton T-shirt offers a UPF of 5 to 9, but its UPF decreases to only 3 to 4 when the fabric gets wet.

When selecting fabric colors, the darker the better. Many dyes absorb some UV penetration, which is why darker colors, and some bright colors such as orange and red, have higher UPF ratings.

Pale and pastel colors have lower ratings. A piece of pale yellow cotton fabric typically has a UPF of 5 to 9, while the same fabric dyed black has a UPF of 32.

Fabrics such as polyester and wool offer a higher UPF than cotton and linen. Polyester blends also have a high UPF and are good for warmer days when polyester may not be comfortable.

Selecting a loose shirt can also increase the sun-protective qualities of clothing because the more distance there is between the clothing and the skin, the more UV light is diffused.



Sun-Protective Clothing Checklist

- ◆Tightly woven and dark or bright colors offer better protection than pale or pastel colored, loosely woven clothes.
- ◆Thicker, heavier fabrics offer higher UPFs.
- ◆The closer the fabric is to the skin the less sun protection it offers.
- ◆Generally, if you can see the sun through a fabric, it does not offer a very high UPF.
- ◆Remember to be mindful of time spent in the sun, make sure to use an SPF 15 sunscreen or higher every day and follow The Skin Cancer Foundation's other prevention tips at www.skincancer.org or call (800)SKIN-490.

The Skin Cancer Foundation is still the only global organization solely devoted to the prevention, detection and treatment of skin cancer. The mission of the Foundation is to decrease the incidence of skin cancer through public and professional education and research.

Blues on the Bay

Air Show

October 13-14, 2007

Military Day is Oct. 12

MCBH Kaneohe Bay

Blue



Angels

with the



Around the Corps

Preventing overuse injuries during physical training

Lance Cpl. Michael R. Stevens

MCAS, Miramar

MARINE CORPS AIR STATION MIRAMAR, Calif. — Gallons of sweat pour from Marines each day, as they take to the physical training fields and gyms here.

Whether they run laps or stack hundreds of pounds on the bench press, each workout contributes to keeping the Marines' bodies in peak physical condition.

As a result of this constant physical activity, Marines leave themselves open to sustaining overuse and overload injuries.

Although progressive overload is a preferred method in developing a well-designed workout program, according to the American College of Sports Medicine, pushing your body too hard, too fast will result in an overload injury.

"I often see Marines who are lifting too much for their own

good," said Eric Ramirez, a fitness coordinator at the Semper Fit Center here. "The Marine will come and work out with the largest Marine in their shop, try to keep up, and end up lifting more than they can handle."

The end result is a Marine not being able to use their arms for anything the next day, added Ramirez.

The cause of an overuse injury can be a significant increase in the frequency, intensity or duration of an exercise, not just from massive amounts of activity at once.

"When Marines push themselves to the extreme too often, overuse injuries begin to affect performance," Ramirez explained.

The Marine Corps Community Services employees at the fitness facilities here survey their work environments, assist patrons with techniques and offer advice on ways to prevent both overload and overuse injuries. Doing so

ensures the majority of the workout is doing more to help, rather than hurt.

"The effects of an inappropriate workout may not be seen at first glance," said Amy Beall, personal trainer at the Semper Fit Center here. "However, it is common to sometimes feel the effects later on in life when the damage is irreversible."

An overload or overuse injury can occur at any major joint, bone or muscle in the body.

"Taking the time to seek education before beginning a new workout program can help prevent from suffering an injury," said Julie Carlson, a health promotion educator with Semper Fit. "I find it very important for those working out to know their limits before proceeding to a new workout."

According to the ACSM, underlying conditions such as running on too hard a surface, worn-out shoes or wearing the wrong type

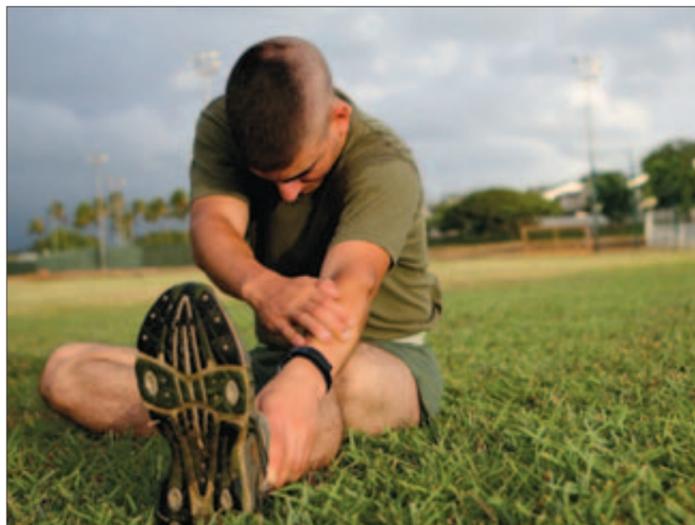


Photo illustration by Cpl. Chadwick deBree

A Marine stretches before physical training. Regular stretching is a powerful part of any exercise program according to the Mayo Clinic.

of shoe can be a major contributor to suffering an overuse injury.

For more information concern-

ing exercise programs and injury prevention techniques visit your Semper Fit facility.

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