

Hawaii Marine

2/3 Marine killed in Afghanistan

Lance corporal, 20, killed while supporting combat operations

Press Release
Marine Corps Base Hawaii

Lance Cpl. Alfonso Ochoa Jr., 20, of Armona, Calif., died Oct. 10 while supporting combat operations in Farah province, Afghanistan.

Ochoa was assigned to 2nd Battalion, 3rd Marine Regiment, 3rd Marine Division, III Marine Expeditionary Force, based out of Marine Corps Base Hawaii, Kaneohe Bay.

Ochoa joined the Marine Corps on January 13, 2008 and reported to 2/3 July 20, 2008.

His awards include the Purple Heart, National Defense Service Medal, Afghanistan Campaign Medal, Global War on Terrorism Service Medal and Sea Service Deployment Ribbon.

Master Chief Petty Officer of the Navy visits sailors on Navy birthday

Kristen Wong
Photojournalist

The quiet of the base theater suddenly boomed with a firm and confident "ooyah!" as the sailors of Marine Corps Base Hawaii showed their spirit to the 12th Master Chief Petty Officer of the Navy, Rick West, Oct. 13.

"I've spent many years here on the islands and I love every minute of it," West said beaming. "You know [our sailors] are working hard and that they're doing a magnificent job, so it is absolutely great to be back and get that aloha spirit, because once it's in you, you'll always have it."

West spent four days in Hawaii, speaking at the Naval Computer Telecommunications Area Master Station in Wahiawa, and meeting approximately 4,000 sailors at Pearl Harbor Naval Station. West also accompanied Hawaii sailors in celebrating the Navy's 234th birthday at the Navy Enlisted Birthday Ball at the Hilton Hawaiian Village Oct. 10.

At the base theater, West introduced and passed around a new Navy wind suit to be test-worn soon. After a speech, West opened the floor to questions regarding topics from policies to programs.

Sailors addressed issues such as the Post-9/11 G.I. Bill, the status of the Navy's utility

See NAVY, A-6



Kristen Wong
Master Chief Petty Officer of the Navy, Rick West, addresses a crowd of sailors at the base theater aboard Marine Corps Base Hawaii Tuesday. During his four-day stay in Hawaii, West met with approximately 4,000 sailors at Pearl Harbor Naval Station, and joined sailors at the Navy Enlisted Birthday Ball Oct. 10.

Walk the line



Sgt. Brian A. Tuthill | 1st Battalion, 3rd Marine Regiment

Lance Cpl. Seth E. Robb of 3rd Platoon, Charlie Company, 1st Battalion, 3rd Marine Regiment, examines the area down a road before turning to head with his platoon to Ranges 200 and 215. Marines used warming layers because of the cold early morning desert winds. The ranges were part of the battalion's three day Mission Rehearsal Exercise Oct. 8, finishing their month-long pre-deployment training at Enhanced Mojave Viper. See A-4 for the full story.

Lava Dogs mourn fallen brother killed during training

TenBrook remembered as selfless Marine, friend

Sgt. Brian A. Tuthill
1st Battalion, 3rd Marine Regiment

MARINE CORPS AIR GROUND COMBAT CENTER TWENTYNINE PALMS, Calif. — Nearly 250 Marines and sailors of 1st Battalion, 3rd Marine Regiment, crowded into the Camp Wilson chapel Oct. 9 to remember their fallen brother, Lance Cpl. Zachary D. TenBrook.

TenBrook was a 21-year-old ammunition technician who had attached to the Lava Dogs in August from 3rd Supply Battalion in Okinawa, Japan, just after his one-year mark in the Marine Corps. The Middlebury, Ind., native was killed in a vehicle accident in the Marine Corps Air Ground Combat Center's training area Sept. 30, while riding as a passenger in a 7-ton truck.

Although Marines and emergency responders continued life saving efforts until they reached the hospital, TenBrook had succumbed to his injuries. The driver, Lance Cpl. Christopher D. Mullen, survived the crash and is still undergoing medical care in Palm Springs, Calif.

As the service began, there was a heavy, quiet atmosphere in the chapel. A large photo of TenBrook from recruit training was posted on the stage next to a memorial display of a pair of boots, an upturned service rifle with dog tags hanging from it and a helmet atop the display. Lt. Col. Matt Baker, commanding officer of 1/3, spoke first to the group after the invocation and prayer readings.

"Native Americans have a saying, 'He who serves his fellows, is, of all his fellows, greatest,'" said Baker, who went on to explain the hard work and long hours TenBrook served as an ammo tech which allowed the Lava Dogs to take on their rigorous monthlong Enhanced Mojave Viper predeployment training here. "It's amazing to me how a Marine who had



Sgt. Brian A. Tuthill | 1st Battalion, 3rd Marine Regiment

Marines took turns before exiting the chapel to pay their last respects to Lance Cpl. Zachary D. TenBrook during a memorial service Oct. 9 at the Camp Wilson chapel. TenBrook died Sept. 30 in a vehicle accident during training at the Marine Corps Air Ground Combat Center Twentynine Palms, Calif., during 1st Battalion, 3rd Marine Regiment's pre-deployment training in Enhanced Mojave Viper.

only been with this battalion a couple of weeks could make such an impact in such a short amount of time."

Baker said he spoke to TenBrook's parents shortly after the accident and said he was taken aback that in the midst of her sorrow, his mother's first question to him was "How is the other Marine doing?"

"It's never easy to rationalize the death of a Marine in a training environment, or to accept, although begrudgingly, the death of Marines in combat," said Capt. Christopher D. Dellow, former commanding officer, Headquarters and

Service Company, 1/3. "But he died doing what he loved and took pride in, serving as a United States Marine."

Two Marines who served with TenBrook in the battalion's ammunition section, Lance Cpl. Brian A. Landry and Pfc. Matthew J. Sito, reflected on the time they spent with TenBrook.

"He was a man who made friends with anyone and everyone. If you needed something, he gave it to you without hesitation," Sito

See TENBROOK, A-6

MCB Hawaii kicks off CFC

Kristen Wong
Photojournalist

The auditorium at the base theater was filled with high hopes, charity pamphlets, smiling faces — but a thin crowd.

The 2009 Combined Federal Campaign, which kicked off at Marine Corps Base Hawaii Oct. 9 is off to a rocky start.

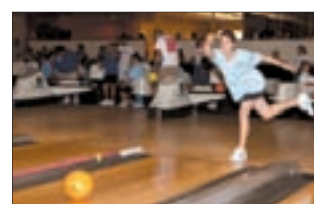
"We would like to have a larger turnout for the CFC Kickoff, but the units aboard Marine Corps Base Hawaii are very busy with their training and deployment schedules," said Sgt. Maj. James Sutton, base sergeant major,

MCB Hawaii. "We must rely on the unit CFC representatives to make 100 percent contact with all the Marines and sailors in their units to make sure they are aware of the fund drive, and are given the opportunity to participate."

The base's goal this year is \$300,000, according to base CFC coordinator Chief Warrant Officer Jonathan Mead, finance officer, Finance Office. However, with the campaign's close less than a month away, only \$8,000 has been collected so far. Mead said he hopes for at least 45 percent participation from the base

See CFC, A-2

Inside today's Hawaii Marine



Bowled Away
K-Bay Lanes hosts athletes for 2009 Special Olympics Bowling games, **B-2**

Lookout Below
Check out the view, and learn a little bit of Hawaiian heritage, at the Pali Lookout, **C-1**



Weekend Forecast

Today	Scattered Showers High — 86 Low — 76
Saturday	Scattered Showers High — 85 Low — 76
Sunday	Scattered Showers High — 85 Low — 75

NEWS BRIEFS

Navy Birthday Ball tickets available

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

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

GCSS-MC Demonstration

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

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

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

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

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

Force Reconnaissance Reserves

Fourth Force Recon will host a brief on Oct. 28, in Building 279 from 10 to 11 a.m. to discuss the screening process involved in joining 4th Force Reconnaissance Company Detachment Hawaii.

All MOS's are welcome. Retaining and lateral moves will be discussed.

For more information, call (949) 547-7951.

Register for TechNet Asia Pacific

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

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

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

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

Important Phone Numbers:

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

Hawaii Marine

www.mcbh.usmc.mil

Commanding Officer Col. Robert Rice
Base Sergeant Major Sgt. Maj. James Sutton
Public Affairs Officer Maj. Alan Crouch
Deputy Director Capt. Binford Strickland
Media Officer 2nd Lt. Justine Roberts
Public Affairs Chief Gunnery Sgt. Arsenio R. Cortez
Internal Media Chief Sgt. Mark Fayloga
Managing Editor Christopher Aguinaldo
Copy Editor Sgt. Macario P. Mora Jr.
Press Chief Cpl. Regina A. Ochoa
Photojournalist Christine Cabalo
Photojournalist Kristen Wong
Combat Correspondent Cpl. Danny H. Woodall
Combat Correspondent Lance Cpl. Alesha R. Guard
Combat Correspondent Lance Cpl. Ronald W. Stauffer
Combat Correspondent Lance Cpl. Cassandra Flowers
Combat Correspondent Lance Cpl. Colby W. Brown

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

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

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

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

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

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

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

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

Hawaii Marine, Box 63062, Building 216,
 MCB Hawaii, Kaneohe Bay, Hawaii 96863
 E-Mail: hmeditor@hawaiimarine.com
 Fax: 257-2511, Phone: 257-8837

Shoot 'em up

K-Bay Range reopens for public's shooting pleasure

Lance Cpl. Ronald W. Stauffer

Combat Correspondent

Shooters from around the island indulged in free-fire target shooting during the Kaneohe Bay Range's second recreation fire here, Oct. 9.

The range opened its gates to the base and sponsored individuals for the opportunity to send rounds down range at their own pace without the hassle of ammunition limitations or admission fees.

Unlike the last recreation fire held in September on the pistol range, shooters brought their long guns for some pinpoint accuracy and fun.

"I love it," said Gunnery Sgt. Alexandro Magdaleno, radio chief, Headquarters Company, 3rd Marine Regiment. "It's awesome, just the ability to come out here and shoot."

Magdaleno, a resident of Waikiki, stationed here said he usually shoots at the Koko Head Rifle Range in Honolulu, but there are more advantages here.

"Koko Head's a good place to go shoot at, but you can only shoot five rounds at a time," Magdaleno said. "I can load up a magazine of 30 [rounds in my personal weapon]. This gives you a lot more playroom as far as moving around and shooting more than five targets without reloading."

Magdaleno said the most important thing is it's free and it can't be beat.

Another shooting patron, Damon Kondo, a civilian who works on base, said shooting is a new hobby for him.

Damon said he inherited rifles and pistols from his father, a former Marine, a year and a half ago and his enthusiasm has spawned since then.

"You have all the reactive targets here, which is a lot more fun than shooting paper," said Kondo, who also shoots at the Koko Head Rifle Range. "Shooting here forced me to learn how to shoot off-hand, kneeling and sitting, where at Koko Head, I always shot off the bench."

Kondo said he was impressed at how well he shot for the first time without a bench, and also with the attention shooters got on the firing line.

"Here, people are more likely to give you help with your shooting technique, whereas [other places] people are nice, but they pretty much keep to themselves," Kondo said. "I think it's an awesome program and they should keep it open. I've been telling everyone I know about it, so hopefully there will be more people out in the future."



Lance Cpl. Ronald W. Stauffer

Rhett Brauregard fires a Ruger 10/22 on the multipurpose and unknown distance range at the Kaneohe Bay Range during a recreation fire here, Oct. 9. Brauregard is a civilian sponsored onto base. The range is now holding recreation fire every second Friday of the month.

The recreation fire is open to all service members and individuals who work on the base, as well as relatives or friends who can be sponsored onto the base.

"What we're doing is kind of feeling it out and the general consensus is that one month we'll have a pistol rec fire and the next month we'll have a rifle rec fire," said Keith Sanderson, chief marksmanship instructor, Marine Corps Base Hawaii.

Sanderson said safety is the first concern on the range and the range takes every step to encourage it.

Once shooters arrive at the range, they must check in with the fire desk operator.

Shooters are required to show valid proof of firearms registration and must sign in before getting issued a badge.

"Badges are used to control where shooters are allowed to fire and to ensure they're not wandering in an unsecure area," said James McCauley, fire desk operator. "Once you get onto the range, the [range safety officer] can visually identify that you've been to range control [and] you've got the proper paperwork and we can track who's on and off of the range."

Safety briefs are conducted before and after firing. Marine range coaches and civilians also keep a watchful eye on the firing line.

"We don't just have individuals up on the

firing line blasting caps away," Sanderson said. "They're supervised. It's no less than one safety official for every four [shooters] and usually closer to one for every two target points."

The range isn't only for those seeking recreational fire, but can also be used for those who would like to sharpen their shooting skills.

"This isn't just recreation shooting," Magdaleno said. "This is for Marines who want to come out and practice on their fundamentals."

Magdaleno said he uses his issued rifle combat optic, which gives him a better constant and understanding of how to fire with it, being that the Marine Corps is transitioning from iron sights to RCO.

Marines who want to fire but don't own a personal firearm are allowed to draw weapons out of their units designated armory, but are required to submit a request through the unit's training section, which must be approved by their commanding officer.

Weapons must pass a limited technical and pre-fire inspection and Marines have to coordinate with the range, so the range can draw ammunition for them.

Marines cannot shoot personal

See RANGE, A-7



Kristen Wong

Members of the Marine Corps Base Hawaii community attended the Combined Federal Campaign kickoff visit with representatives of several charities at the Base Theater Oct. 9. The CFC benefits various charities from around the nation and Hawaii.

CFC, from A-1

this year, a goal almost doubling last year's 23 percent.

"Right now in our current economic state, it's more important than ever [to donate]," Mead said. "[For some organizations] this is their only form of income. [Many] wouldn't receive any money at all if it weren't for the CFC."

Some organizations have recently felt the sting of funding cuts, like the Pacific and Asian Affairs Council. Jill Canfield, director, PAAC, said because of budget cuts, the organization has had to cut a few of their global awareness courses offered to high school students.

"Everybody's job is on the line today," added Marya Grambs, executive director, Mental Health America of Hawaii. "Most people today are experiencing quite a bit more stress than ever before."

For those who want to know where the money goes, a small inspection of each charity reveals plans for bigger and better things.

The Pearl Harbor Memorial Fund hopes to renovate its visitor center, which has sunk 31 inches since its establishment and continues to sink today due to the nature of the tide. Donations will also help build a therapeutic ropes course at Kahi Mohala, a nonprofit hospital for mentally disabled patients.

"I can guarantee that I can talk to anybody in this room and there's an organization in that booklet that has improved your life or your family's life," said Col. Robert Rice, commander, MCB Hawaii, at the theater filled with needful charities.

A number of CFC charities recognize and address the challenges military personnel face, such as Disabled American Veterans, Tripler Army Medical Center Fisher House or Mental Health America of Hawaii.

Some service members, like Sgt. Erika Bonilla Rubi, contracting specialist, Regional Contracting Office, have given to CFC in the past, but never had a personal connection to any particular charity before.

"[The kickoff] is really helpful because I can actually connect to different foundations," Bonilla Rubi said.

Donating has strong personal meaning for others, like Capt. Matthew Pizzuli, air officer, Remain Behind Element, 3rd Marine Regiment. While he was stationed in Okinawa, Japan, Pizzuli's youngest daughter was born with VACTERL association, suffering many birth defects. Taking a humanitarian transfer to Tripler Army Medical Center in Hawaii for the surgeries, Pizzuli and his family were able to save money staying at Tripler Fisher House for free.

"I don't know how we would have made it without them," Pizzuli said.

The CFC donation process has not

changed much. Each unit on base has a representative handling donations. Unit representatives will have copies of the catalog listing all charities approved by the campaign. Participants may make a single donation, or opt for a portion of their paycheck deducted for one year to one or more charities.

The campaign has several incentives for donors, like a CFC card with special deals and discounts toward participating Hawaii businesses and organizations. Participants donating 1 percent of their base pay through payroll deduction are considered "Eagle Givers" and are awarded a reusable shopping bag. "Super Eagle Givers," or those who donate 2 percent of their base pay, are eligible for a travel bag.

"As individuals, most of us do not have the means to make a major impact helping those in need in our communities through donations to charities," Sutton said. "But with the Combined Federal Campaign, if we all give a little and everyone participates, we can truly make a difference in people's lives. I strongly encourage all hands to contribute what they can to make this campaign a success."

The CFC was started in 1961 and is managed by The U.S. Office of Personnel Management. For more information about CFC visit <http://www.cfc-hawaii.org>, or call Mead at 257-8811.

AROUND THE CORPS

Your weekly guide to what's happening around the Corps

East Coast



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

Robotics-based technology continues rise

MARINE CORPS BASE QUANTICO, Va. — In Hideo Kojima's videogame "Metal Gear Solid 4," aged protagonist Solid Snake encounters giant, frog-like robotic bipeds that patrol a desolate Middle Eastern battlefield. It is well known that Kojima's work, especially the "Metal Gear" series, mimics modern conventions in warfare.

While oversized humanoid robots remain a product of a videogame director's creative vision, the use of robotics-based technology by the military is a practice that is very much on the rise.

See <http://www.marines.mil>

West Coast



Cpl. Nicholas M. Dunn | MCAGCC Twentynine Palms

Marines, sailors volunteer in local community

MORONGO VALLEY, Calif. — When Marines and sailors are not training or on liberty, many take the time to volunteer in the local community cleaning up trash and tidying up the area's parks.

On Oct. 7, 19 Marines and three sailors from Combat Logistics Battalion 7 ventured to the Big Morongo Canyon Preserve in Morongo Valley, Calif., to help the caretakers clear the hiking trails for local residents and other travelers to enjoy.

See <http://www.marines.mil>

Overseas



Sgt. Rocco DeFilippis | U.S. Marine Corps Forces Africa

Africa Endeavor '09 builds relationships, strengthens communications

U.S. Marine Corps Forces Africa — Sgt. Christian Valencia holds a cell phone to his ear while Zambian Warrant Officer 2 Lufuma Augustine punches a new frequency into a 400-watt high frequency radio.

On the other end of the line, Marines in Stuttgart, Germany listen for the Zambian radio checks.

"Nothing? Okay, tune to 19.630," Valencia, a Queens, N.Y. native, says.

See <http://www.marines.mil>



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



sempertoons.com

This week's top story



Lance Cpl. John McCall | Regimental Combat Team 3

Marines with Bravo Company, 1st Battalion, 5th Marine Regiment, Regimental Combat Team 3, run for cover during a fire fight in Nawa district, Helmand province, Afghanistan. Marines were attacked while conducting a security patrol in the area.

Marines light it up as sun sets on insurgents

Lance Cpl. John M. McCall
Regimental Combat Team 3

HELMAND PROVINCE, Afghanistan — "I could hear the bullets flying over my head," said Lance Cpl. Michael Estrada, 20, a team leader from Los Angeles. "They were impacting right in front of us."

Marines with Bravo Company, 1st Battalion, 5th Marine Regiment, Regimental Combat Team 3, were engaged in a firefight here Oct. 2.

Marines conducting a security patrol were attacked by enemy insurgents hiding on the outskirts of a nearby village.

"We were patrolling through an area that is known to be

used by the enemy," said Sgt. Matthew Duquette, 23, a squad leader from Warrenville, Ill. "We were moving across this small field on our way back (to the patrol base), and we started taking fire."

Caught in an open field, Marines rushed for what little cover they could find, attained positive identification of the enemy, and began returning fire.

"They were firing at us from a few different positions; most of it was coming out of a small village directly in front of us," Duquette explained. "Once we identified their positions, we returned fire. We knew where they were so we had no reason to leave."

"You could see a few guys poking their heads out along with the muzzles of their rifles," Estrada recalled.

See <http://www.marines.mil>

Top story from the front



Sgt. Scott Whittington | Regimental Combat Team 3

An Afghan girl waits her turn during a veterinary civil affairs project. Marines from 2nd Battalion, 8th Marine Regiment and 4th Civil Affairs Group provided free medical care for more than 700 cows, goats and sheep.

Marines facilitate veterinary care for Afghan farmers

Sgt. Scott Whittington
Regimental Combat Team 3

HELMAND PROVINCE, Afghanistan — The expression "goat rope" usually refers to something unorganized, but service members here helped local farmers with their roped goats, sheep and cows with free medical treatment.

Marines from 4th Civil Affairs Group, attached to 2nd Battalion, 8th Marine Regiment, Regimental Combat Team 3, hosted the project for Afghan livestock Oct. 9, in the Garmsir district center here.

"It's not just something nice to have," said Capt. Micah P. Caskey IV, civil affairs officer. "This is the people's livelihood."

More than 60 farmers, and one local veterinarian, brought 717 animals — sheep, goats and cows — to the market to get complimentary veterinary treatment to treat and prevent worms and illnesses. Two military animal doctors from the U.S. Army and British Royal Army provided their assistance for the civil action project.

U.S. Army Capt. John M. Winston III, one of the two veterinarians, thought the clinic "was fantastic." The 28 year old from the 993rd Medical Detachment Veterinary Services is a Cairo, Ga., native. "We directly engaged with and helped the Afghan people," he said.

This project is another prime example of cooperation between the Afghan government, Afghan national security forces and the International Security Assistance Force, according to Caskey.

See <http://www.marines.mil>

End of Days

Lava Dogs wrap up Viper with MRX



Lava Dogs of 1st Battalion, 3rd Marine Regiment, use a humvee for cover as they move closer to a suspicious building on the hillside of Range 200 while another provides security behind them.



Marines discuss their route to enter the occupied sections of the city in a back alley just outside the main buildings of Range 215 at Enhanced Mojave Viper.



Charlie Company Marines set up a secure area near the town's police station at Range 215 during 1/3's participation in a Mission Rehearsal Exercise Oct. 8.

Sgt. Brian A. Tuthill
1st Battalion, 3rd Marine Regiment

MARINE CORPS AIR GROUND COMBAT CENTER TWENTYNINE PALMS, Calif.

— More than 1,000 Marines and sailors of 1st Battalion, 3rd Marine Regiment, wrapped up their monthlong Enhanced Mojave Viper predeployment training at the Marine Corps Air Ground Combat Center Twentynine Palms, Calif., after completing the three-day Mission Rehearsal Exercise here Oct. 8.

The MRX is a battalion-scale exercise designed to test the Lava Dogs on the "full spectrum" of operations they are likely to undertake while deployed to Afghanistan. It built upon their previous three Clear, Hold, Build Exercises, and included kinetic combat operations, defense of key areas, and fostering positive relationships with the local populace.

"This is accurate to what Marines may face in Afghanistan," said Maj. Terrence Moroney, a civil military operations instructor with the Tactical Training Exercise Control Group "Coyotes," who constantly update training scenarios with information from Afghanistan.

Alpha, Bravo and Charlie Companies occupied their respective forward operating bases surrounding Ranges 200 and 215, which are set up as two small cities where more than 250 Pashto-speaking role players lived during the exercise. The Lava Dogs interacted with local police forces; Afghan National Army soldiers; civil, cultural and spiritual leaders of the city; and local citizens.

Company commanders, as well as the Lava Dogs' battalion commander, met with city leaders in "shuras," or consultations, and addressed issues such as irrigation, building city infrastructure, and aiding relations with the Afghan government.

With the help of their Afghan linguists and cultural advisors, the Lava Dogs had to work through a myriad of interpersonal and physical challenges presented in scenarios they encountered, evaluating Marines at every level in their ability to conduct counterinsurgency operations in an urban area.

"[Enhanced Mojave Viper] gives us a chance to train every Marine on their individual actions and ensure they have mastered their tactics procedures and training," said Cpl. Derek A. Nelson, a fire team leader with 2nd Platoon, Charlie Company, who has twice

deployed with 1/3 to Iraq.

Simultaneously, platoons of Marines were also sent to operate away from their company's base of operations, creating small outposts in the hills about 12 miles away. This tested each platoon's ability to effectively operate on their own both tactically and logistically, along with working with Afghan forces, and many Marines said it is realistic to distributed operations missions they expect to see while deployed.

"We practiced setting up patrol bases and running some patrols, hunting down enemy, working with local [Afghan National Army] forces — overall trying to get back to some of our roots in the Marine Corps by operating in austere environments at smaller levels," said 2nd Lt. Brandon A. Salter, 1st Platoon commander, Charlie Company, 1/3. "Our squad leaders find themselves playing a much more important role here. The small unit level really benefits from the increased responsibility operating away from the company and the battalion as a whole."

Once the shura scenarios had completed, many role players took the opportunity to break character and talk to Marines directly about their feelings on the war. Lt. Col. Matt Baker, commanding officer

of 1/3, said some of the comments he received came as a surprise to him.

"All of these role players here are Afghani and they seem genuinely interested in teaching about their country so we can succeed," Baker said. "It's interesting to me that many of them have made clear to me that we shouldn't finish this fight too quickly. I didn't expect to hear that view expressed, but all of them are genuinely interested in us succeeding overseas."

Once the Lava Dogs had completed the MRX, signaling the end of EMV, they moved back to Camp Wilson for a "Victory Night" steak dinner celebration and to begin moving back to Marine Corps Base Hawaii.

"EMV has definitely been good training for the battalion, especially at the company and platoon level. We got to do kinetic operations but also practice [counterinsurgency] operations and tie them all together."

Nearly all of the Lava Dogs had returned home by Wednesday. The Marines and sailors of 1/3 will continue to train at MCB Hawaii before their departure for Afghanistan in November.



A Pashto linguist and cultural advisor for Charlie Company, 1st Battalion, 3rd Marine Regiment, announces the Marines presence as they enter the city to search for insurgent aggressors. The MRX was the final part of 1/3's training in Enhanced Mojave Viper at Marine Air Ground Combat Center Twentynine Palms, Calif.

Photos by Sgt. Brian A. Tuthill | 1st Battalion, 3rd Marine Regiment



A photo of Lance Cpl. Zachary D. TenBrook stands at the altar of his memorial service at Marine Corps Air Ground Combat Center Twentynine Palms, Calif., Oct. 9. TenBrook was killed during a vehicle accident during 1st Battalion, 3rd Marine Regiment's pre-deployment training in Enhanced Mojave Viper exercise at the MCAGCC. TenBrook was an ammo technician assigned to 1/3's Headquarters and Support Company from 3rd Supply Battalion in Okinawa, Japan. He was posthumously promoted to the rank of lance corporal Sept. 30. He was 21 years old.

TENBROOK, from A-1

said. "He was a good Marine, a good man and a good friend."

"He could make anybody smile even if they were in the worst of places," Landry said. "He could have a harder day than anyone out there but still be able to laugh and joke with us just so nobody else would be down."

After the service concluded, Marines and sailors took to their feet one row at a time and approached the memorial, many bowing to a knee to offer a personal prayer.

Most gently reached out a hand and touched a boot, dog tag or the helmet as they stood to leave the chapel.

Only the sound of the pews creaking or the scuff of a boot on the concrete floor could be heard as they filed up to pay their last respects.

TenBrook was selected for promotion to the rank of lance corporal but he died only hours before his promotion ceremony would have been held the morning of Oct. 1.

He was posthumously promoted to lance corporal, effective Sept. 30. He is survived by his parents, Kimberly and Douglas.



Photos by Sgt. Brian A. Tuthill | 1st Battalion, 3rd Marine Regiment

First Sgt. John M. Murphy, company first sergeant of Headquarters and Service Company, 1st Battalion, 3rd Marine Regiment, calls roll for Lance Cpl. Zachary D. TenBrook. Traditionally, names of Marines present in the room are called, and the fallen Marine's name is repeated three times. "Amazing Grace" was played immediately following the roll call.

NAVY, from A-1

uniforms, and the recent move to allow female sailors aboard submarines. West even spoke about the possible benefits to using social networking sites like Facebook. Soon, several more heads were popping up from the audience just minutes before West was finishing up.

"I think it was probably one of the more informative visits that we received from anybody lately, as far as the Navy is

concerned," said Petty Officer 1st Class Matthew Lawyer, yeoman, Commander Patrol and Reconnaissance Wing 2, who provided the microphone to sailors in the audience. "It was really down to earth and put out in a manner that we could all understand and relate to."

As the lead petty officer of his office, Lawyer is responsible for making sure his unit has updated information. He said by listening to West, the information is fresh and can make much more of an impact.

"It's nice to hear it directly from the source," Lawyer said.

Before and after the talk, eager sailors were having pictures taken with the MCPON.

"It's very unique [for the sailors] to meet him one-on-one," said Command Master Chief Donald J. Krampert, command master chief, CPRW-2.

West, a native of Rising Fawn, Ga., has served in the Navy for 28 years. His duty assignments include USS Ethan Allen, USS Sea Devil and

USS Preble. Before becoming master chief petty officer, West worked at the U.S. Fleet Forces Command as its 14th Fleet Master Chief for the Commander.

Before heading home, West's plate of engagements will be full for the next week or so, traveling to Korea, Japan and San Diego.

The U.S. Navy was founded on Oct. 13, 1775 by the Continental Congress. By 1789, the U.S. Constitution allowed for the establishment of a Navy.

RANGE, from A-2

ammunition out of a Marine Corps weapon.

Staff noncommissioned officers or higher are allowed to carry issued weapons in their personally owned vehicle from the armory to the range. Marines who cannot find transportation through their superiors can contact the range to arrange for transportation.

The recreation fire range is scheduled to be open the second Friday of every month,

depending on holidays or future events.

Sanderson stressed that the range is always open to suggestions.

"Based upon feedback that we receive is how we're going to adjust fire and try and make a better product for the Marines and civilians of K-Bay," Sanderson said.

For more information on the recreation fire or to make a suggestion, contact the range at 257-3600 or e-mail Sanderson at keith.sanderson@usmc.mil.



Lance Cpl. Ronald W. Stauffer

Damon Kondo fires his Noveske N4 in the sitting position on the multipurpose and unknown distance range at the Kaneohe Bay Range during a recreation fire here, Oct. 9. Kondo is a civilian working here. The recreation fire is open to all service members and individuals who work or can be sponsored onto base. Recreation fire is scheduled to take place the second Friday of every month.

Sports & Health

WARRIORS DETAIN BANDITS

Offenses stifled in defensive showcase as MAG-24 falls to HQBN 10-6



Cpl. Danny H. Woodall

Headquarters Battalion Warriors cornerback Deshawn Bradford takes down Marine Aircraft Group 24 Bandits wide receiver Shandale Graham in the fourth quarter of a 2009 Intramural Tackle Football regular season game Tuesday at Pop Warner Field here. The Warriors defeated the Bandits by a score of 10-6. "This was a good game, we definitely held them down on defense," Bradford said. "It started off shaky, but eventually we got the win, and that's all that matters."

Cpl. Danny H. Woodall
Combat Correspondent

The Headquarters Battalion Warriors continued their dominance in the 2009 Intramural Tackle Football regular season with a 10-6 victory over the Marine Aircraft Group 24 Bandits on Tuesday night here at Pop Warner Field.

Walking away with a win proved difficult for the Warriors, as their normally potent offense game was hampered by a strong Bandit defense, holding the Warriors to a single touchdown on the day. Fortunately for the Warriors, their defense also made several crucial plays and stifled the Bandits offense until the game's final minutes.

Due to defensive performances, the first half contained three common themes: turnovers, penalties and punts. After several failed attempts by both teams to move the ball downfield, blockers began getting called for holding penalties leading to punts or general miscues resulting in turnovers.

In the first quarter, the Warriors had a chance to put up some points after quarterback Mario Sibrian found receiver Jason Gates for a 20-yard strike to the Bandit 10-yard line. A few plays later, the Warriors found themselves facing a fourth down play two yards from the end zone and two feet from picking up a first down. The Warriors pounded the ball up the middle but were met by a band of Bandits who forced a turnover on downs.

Likewise, the Bandits could barely move the ball against the Warriors' defense and even struggled to get off a successful punt. The Warriors blocked three punts in the first half, the last of which occurred in the Bandits' end zone in the latter half of the second quarter resulting in a safety and the game's first points. Both teams ended the first half looking for answers to their respective offensive woes.

"The score shouldn't be two to zero right now," said Warriors player and interim head coach Ethan Wilson. "We're leaving too many points on the field. We need to establish our running game and stop forcing passes."

The Warriors came out in the second half with a rejuvenated offense, and a functional running game. On their first drive of the second half, wide receiver Harold Wallace scored on a 25-yard reverse play putting them up 8-0.

Lining up to defend against the point after touchdown, the Bandits were called for defensive encroachment, putting the Warriors at the 1-yard line and changing their original plan. The Warriors elected to go for two points vice a field goal, and came away with a 10-0 lead.

The Bandits' offense began to click in the fourth quarter as they orchestrated drives of 60 and 30 yards but penalties and special teams miscues prevented them from putting any points on the board. Their lone

See FOOTBALL, B-6

A BOWL LOT OF FUN!



Lance Cpl. Alesha R. Guard

Brenda Kaopuiki, a participant on the Windward Special People team, gets encouragement from Charles Arayata, MCB Hawaii volunteer, Saturday at K-Bay Lanes during the 2009 Special Olympics Windward Area Singles Bowling Tournament. Athletes participated for a chance to qualify for the state competition. For more, see B-2.

VP-4 ROCKS PLAYOFFS

VP-4 knocks VP-47 out of basketball playoffs with second round 37-26 victory



Lance Cpl. Ronald W. Stauffer

Sean Wilson (center) watches from the free-throw line as he sinks his shot during the second round of the Intramural Basketball League playoffs. Wilson is a forward for Patrol Squadron 4. VP-4 advanced to the next round after beating VP-47.

Lance Cpl. Ronald W. Stauffer
Combat Correspondent

Number one in the regular season and the team to beat, Patrol Squadron 4 dominated Patrol Squadron 47, 37-26, during the second round of the 2009 Intramural Basketball League playoffs game at the Semper Fit Center gymnasium here Tuesday.

Using their speed on the court and control of the rock, VP-4 swept up the VP-47 defense keeping the ball in motion dropping in and outside of the paint.

"It'll pick up in the second half. As long as we don't play to the level of our competition our team is unstoppable," said Aina Robinson, VP-4 coach.

Coach Robinson said because of their great starting five players, the whole bench is given an opportunity to get on the court throughout the game.

Running the score board early, VP-4's offense put the pressure on VP-47 by setting up a motion offense giving their shooters time to drop 3-pointers from the outside, as well as opening lanes for Brian Perkins, VP-4 point guard, to drive into for lay ups.

VP-47 answered back with points of their own, but weren't able to catch up on the scoreboard or keep up with VP-4 offense.

"We're a fast break offense," coach Robinson said. "Depending on what the other team has, we move our [defense] accordingly."

By the close of the first period, VP-4 owned the scoreboard, 21-14,

See BASKETBALL, B-5



Photos by Lance Cpl. Alesha R. Guard

Athletes and volunteers from the Windward area enjoy a day of fun, friendship and competition during the 2009 Special Olympics Windward Area Singles Bowling Tournament at K-Bay Lanes Saturday.

Striking up some fun



Athletes and volunteers celebrated after the singles tournament with an awards ceremony and lunch outside K-Bay Lanes.



A Windward Castle School bowling team participant watches her ball spin down the lane with the help of a volunteer.

Lance Cpl. Alesha R. Guard
Combat Correspondent

Thunderous cheering and the clash of bowling pins rang throughout K-Bay Lanes during the 2009 Special Olympics Windward Area Singles Bowling Tournament Saturday.

Athletes from the Windward side of the island participated in the tournament for a chance at qualifying for the state competition later this year.

"My players always look forward to this tournament," said Joan Yamanaka, head of delegation and coach, Windward Special People. "They always bowl better at this tournament because of the volunteers' cheering and enthusiasm."

She said she enjoys coaching her team of 20 bowlers, ages ranging from 18 to 62-years-old, and is always thankful to have such encouraging volunteers working with her athletes.

Mark Sterlacci, Windward area director of Special Olympics Hawaii, said Marines, sailors and base personnel not only helped coaches and assisted the players

throughout the day, but also volunteered their time to help with setup, cleaning and take down during the tournament.

"I only asked for 30 volunteers and we had 90 come today," Sterlacci said. "We always have

feel loved," said Carla Arayata, volunteer from MCB Hawaii.

She added the athletes were more focused on having fun together than on who was in the lead during the tournament.

Watching her players make friends with one another, Arayata said she enjoyed seeing them cheer for one another.

"It's nice that the base reaches out to the community and shares this great venue," Arayata said.

She said the tournament is an example of the great unity the base community has.

"The teamwork and camaraderie that the volunteers showed to the players made today very successful," Sterlacci said.

"We'd love to have the Marines come back again for next year's tournament."

Athletes who qualified for the State Holiday Classic Tournament will return to K-Bay Lanes on Dec. 5 and 6 for the competition.

Volunteers interested in assisting athletes at the holiday tournament can contact Sterlacci at 225-8336.



Base volunteers and athletes formed a camaraderie.

such excellent support here at the Marine base."

Parents of numerous athletes told Sterlacci the volunteers were very caring and accepting of the bowlers. He said the parents were thrilled to have volunteers who worked so well with the athletes' individual needs.

"It was such a rewarding event because we were able to help the players and make them

Intramural Sports Updates

2009 Intramural Fall Softball League

Schedule

OCT. 19

Annex Field

6 p.m.	HQBN "ASP"	CPRW-2
7 p.m.	VPU-2 "COULSON"	VP-47
8 p.m.	VR-51	MFP "STEP DADS"

Riseley Field

6 p.m.	3RD RADIO BN	CLB-3 "COM PLT"
7 p.m.	MALS-24 "GIBBS"	CLB-3 "COM PLT"
8 p.m.	MALS-24 "GIBBS"	3RD MARINES

OCT. 20

Annex Field

6 p.m.	MPD	MALS-24 "BURKE"
7 p.m.	HQBN "ASP"	CPRW-2
8 p.m.	VP-2 "JOKERS"	VPU-2 "COULSON"

Riseley Field

6 p.m.	3RD RADIO BN	MPD
7 p.m.	VR-51	CLB-3
8 p.m.	MALS-24 "GIBBS"	MFP "STEP DADS"

OCT. 21

Annex Field

6 p.m.	CLB-3 "COM PLT"	CLB-3
7 p.m.	3RD RADIO BN	VR-51
8 p.m.	VR-51	HQBN "ASP"

Riseley Field

6 p.m.	HSL-37	MPD
7 p.m.	VP-4	VP-47
8 p.m.	MALS-24 "GIBBS"	CLB-3

PLAYOFFS START NOV. 18

2009 Intramural Softball Fall League

Standings

TEAM	WINS	LOSSES
CPRW-2	9	0
HQBN "ASP"	7	0
3RD MARINES	7	2
3RD RADIO BN	5	2
VP-2 "JOKERS"	5	2
MPD	6	2
CLB-3 "COM PLT"	5	3
MALS-24 "BURKE"	3	3
HSL-37	6	4
CLB-3	5	3
MFP "STEP DADS"	2	6
VP-4	4	6
VP-9	3	5
VP-47	3	7
MALS-24 "GIBBS"	1	5
VPU-2 "COULSON"	1	6
VR-51	0	5

CURRENT AS OF MONDAY

2009 Intramural Tackle Football League

Schedule

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

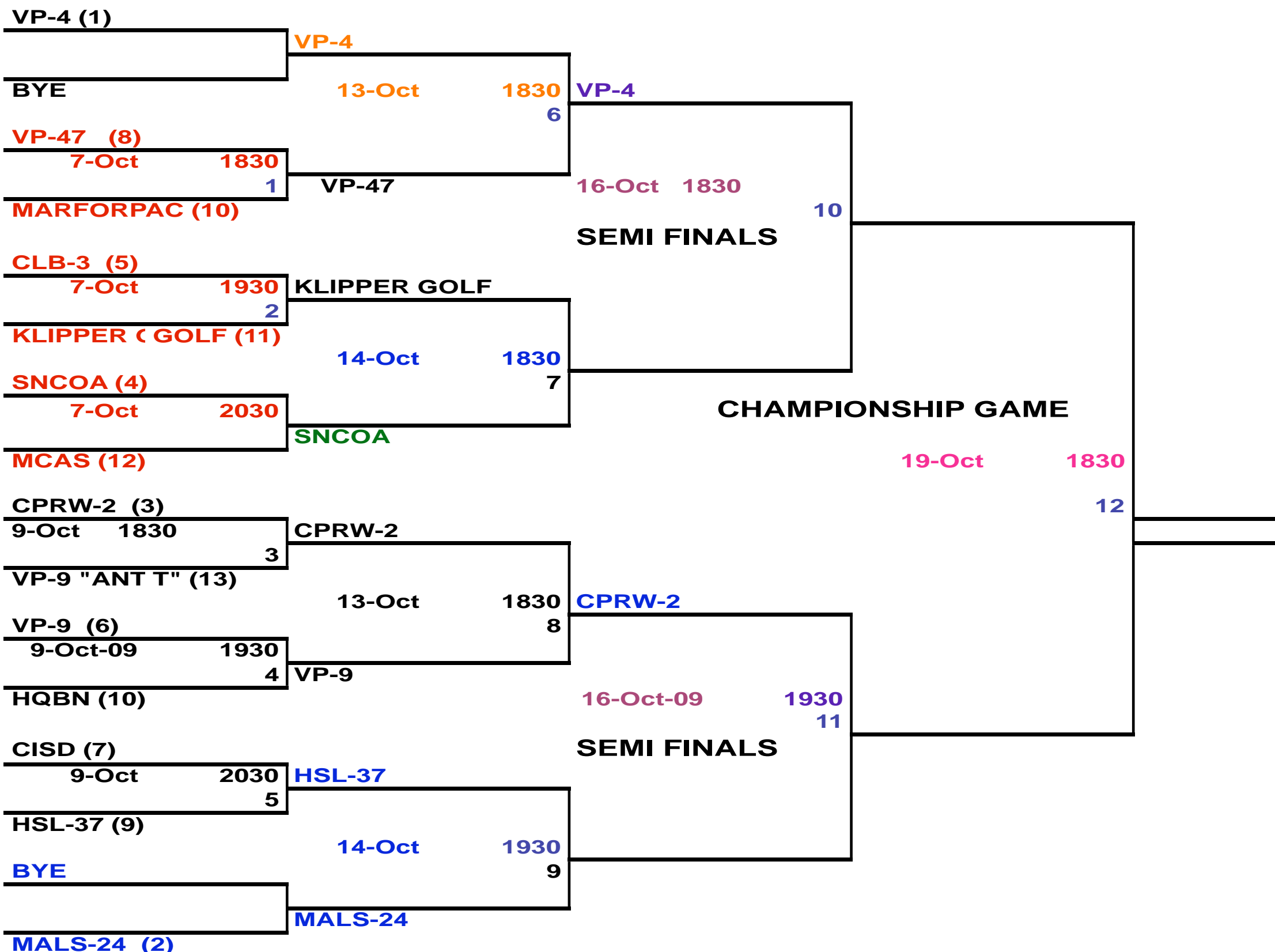
OCT. 20	CAMP SMITH	HQBN
OCT. 28	MAG-24	CAMP SMITH
OCT. 29	MCAS	HQBN

Standings

TEAM	WINS	LOSSES
HQBN	4	0
MAG-24	3	2
CAMP SMITH	1	2
1/12	2	2
MCAS	0	4

CURRENT AS OF MONDAY

2009 Intramural Summer Basketball League Playoff Bracket



Spotlight On Sports

Sports Briefs

Okinawa Kenpo Karate

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

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

Fishing Charters Available at MCB Hawaii

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

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

Parents for Fitness

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

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

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

Personal Trainers Available at Semper Fit

For those looking to get into a tailored exercise regimen, or

just looking for good advice on weight management and weight control, the Semper Fit Center offers free personal training consultation.

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

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

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

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

Semper Fit-For-Life Program

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

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

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

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

Commander's Fitness Series

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

HSL-37 Splash & Dash Biathlon

Sat., Oct. 17

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

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

MCAS Tradewind Triathlon

Sat., Nov. 1

The MCAS Tradewind Triathlon is the final triathlon offered in

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

3rd Radio Bn. Jingle Bell Jog

Sat., Dec. 5

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

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

Will you be pregnant this flu season?

Doctors recommend you get a flu shot!

Being pregnant increases your risk of getting very sick from the flu. Stay healthy during your pregnancy. Get vaccinated.



October and November are the best months to get a flu shot.



Department of Health and Human Services
Centers for Disease Control and Prevention



For more information, ask your healthcare provider or call the CDC Immunization Hotline
English 800-232-2522 Español 800-232-0233 Website www.cdc.gov/flu

Semper Fit Group classes

Boot Camp

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

Cardio Kick

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

Cycling

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

Gut Cut

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

High Intensity Circuit Training

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

Lower Body Blast

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

Keiki and Me

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

Muscle Conditioning

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

Pilates

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

PiYo

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

Power Yoga

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

Speed and Agility

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

Step

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

Step and Tone

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

Step Challenge

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

Water Aerobics

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

Zumba

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

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

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

Hours of operation:

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

BASKETBALL, from B-1

with Perkins leading the period with six points and followed by Ryan Robinson, VP-4 point guard, sinking a 3-point shot and dropping two consecutive shots from the free-throw line during foul shots for two more points.

During the break, Terrance Veal, VP-47 guard and coach, brought his team together for a second period strategy.

"Get in front of them and let me make a pass," Veal said. "You have to make space and don't just sit there. Put a body on them, make them step up in front of you, make them fight for a position and keep moving."

Amped up for the second period, VP-47 came out with a second wind, pushing up and down the court keeping momentum with the ball, but it wasn't enough to keep VP-4 from hitting the net.

As VP-4's lead advanced, their offense slowed down. Keeping fresh players rotating into the game, the offense attempted to control the ball and the clock.

Scoring nine of 14 shots during the last period, Ryan Robinson was relentless to deny VP-47 either space or a chance to advance on the scoreboard.

During the last two minutes of the period, VP-47 scrambled for points, but at the buzzer, VP-4 sealed their victory, 37-26, and another chance to advance in the playoffs.

"We were a little uncharacteristic this game," coach Robinson said. "We talked a lot more to the refs than we should have. Other than that we did good."

Derrick Blake, VP-4 forward, said the game went exactly how it was supposed to from the start.

"We got our starting five in there to start it off, got a good rotation in and that's how we play," Blake said. "We had our moments but the outcome says it all."

Playoff games will continue tonight at the Semper Fit Center gymnasium starting at 6:30 p.m.

The Championship game will be played Monday at the Semper Fit Center gymnasium starting at 6:30 p.m.



Photos by Lance Cpl. Ronald W. Stauffer

Ines Chandler takes a shot from the 3-point line during the second round of the 2009 Intramural Basketball League playoffs game at the Semper Fit Center gymnasium here Tuesday. Patrol Squadron 4 faced off against VP-47 and advanced to the next round.



Sean Wilson, Patrol Squadron 4 forward, shoots from inside the paint during the second round of the 2009 Intramural Basketball League playoffs game at the Semper Fit Center gymnasium here Tuesday.



Ines Chandler (right) defensively reaches in on the ball handler Terrence Veal during the second round of the 2009 Intramural Basketball League playoffs game at the Semper Fit Center gymnasium here Tuesday. Chandler is a forward for Patrol Squadron 4. Veal is a center for Patrol Squadron 47.



Photos by Cpl. Danny H. Woodall

Warriors running back Joshua Brown attempts to locate a hole in the Bandits' defense in the first quarter of a 2009 Intramural Tackle Football regular season game. A few plays later, the Warriors attempted to score on a staunchy Bandit defense and were stopped short at the goaline. However, the Warriors ultimately defeated the Bandits.

FOOTBALL, from B-1

score of the game came from blocking a punt in the Warriors' end zone with 33 seconds remaining. Unfortunately for the Bandits, it was too little too late as the Warriors ran out the clock.

"This was a good game, we definitely held them down on defense," said Warriors cornerback Deshawn Bradford. "It started off shaky, but eventually we got the win, and that's all that matters."

The next Intramural Tackle Football game will be played Tuesday at Camp H. M. Smith's Bordelon Field between starting at 6:30 p.m.



Left Warriors free safety Julio Aguayo returns a punt against the Bandits. The return was a rarity on the night as the Warriors blocked four punts and a field goal. *Right* Bandits wide receiver Antonio Paul returns a kick off following the Warriors first and only touchdown of the game.



Hawaii Marine Lifestyles

Be still

**Story and Photos by
Lance Cpl. Alesha R. Guard**
Combat Correspondent

Zooming down the Pali Highway, on your way to the crowded beaches or Waikiki's clubs, you may not notice the Pali Lookout exit. Often we're so busy with the day-to-day hustle and bustle of our work and play schedules, we become consumed with what we have to accomplish each day. We stop noticing the beautiful world we live in, and we forget how important it is to take it all in.

Called the most beautiful view in the world by Mark Twain, the serene Pali Lookout is located on the edge of the Ko'olau Range. Here, the battle of Kaleleka'anae took place in the 1700's, the final battle within the Battle of Nu'uuanu, which led to Kamehameha becoming the first king of the Hawaiian islands.

From the 2,000-foot high cliffs, you can see a panoramic view of Oahu's green vegetation and sparkling blue waters throughout the Windward area. Looking to your left, you can spot Ho'omaluhia Botanical Garden, which houses tropical plants from around the world.

The lush city of Kaneohe and the lagoon of Kaneohe Bay can be seen near the center of the landscape, close to the famous Mokoli'i Island known as "Chinaman's Hat." Also off the coast resides He'eia Fishpond, Moku o Lo'e or "Coconut Island," home of the Hawaii Institute of Marine Biology.

Home to Marine Corps Base Hawaii, the Mokapu Peninsula is easily distinguished, protruding into Kaneohe Bay. The peninsula's saltwater ponds are now protected by the base as a wetland habitat.

On the far right of the panoramic view, Kapa'a Quarry and Ulupa'a Crater stand out against the surrounding flat landscape. Each morning, the crater greets the sun as its rays slowly rise above it, and little by little, light the Windward waterfront.

The next time you're cruising down the Pali, take a quick break. Let your curiosity take over, and find out for yourself what the Pali Lookout has to offer. Indulge in the silence and breathe it in. Let go and be still.



PASS IN REVIEW

Your weekly guide to all aspects of entertainment

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

1/4 — No Impact, No Idea

Horrendous. Among the worst of the worst in its genre. Dedicating time to this is not only wasteful, but unforgivable. Avoid at all costs.



2/4 — High And To The Right

Mediocrity at its best. Lacks a few things that might have made it really good. A decent time waster, partake only if you have nothing better to do.



3/4 — On Target

Praiseworthy. A great endeavor, not quite an instant classic but still very entertaining. This is a sound investment of your time.



4/4 — Confirmed Kill

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



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

Better Know A Critic



WOODALL

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



CABALO

Christine Cabalo believes every person goes to the movies hungry. "Audiences feed on movies that astound and amaze. Whether short or long, movies should tell people a story through vivid imagery." The movies most likely to astound Christine have clever plots and don't always have to come from big Hollywood studios. Her favorite genres include action, adventure and fun epics.

Second Opinion

"Couples Retreat" 3 out of 4 (On Target)

I sat with my lovely wife, mind you I emphasize "lovely," for an exasperating yet comical 107 minutes of my short-lived life and lo and behold, before my very eyes, I laughed away at what my future could hold. Through the laughter of myself, my wife and the horrifically packed theater, I couldn't help but notice some of the relationship problems that I've already had to work out on my own. Plotted in an unrealistic setting and an unorthodox manner of therapy, I valued the problems and humorous story line that I would venture to say only a married couple might understand. At points I covered her ears as so she wouldn't get any ideas for future arguments, but at the same time some of the points really hit home. It was a classic Vince Vaughn masterpiece that not only brought the "funny," but also the family values. Or as I told my wife throughout the movie, "ear muffs."

— Lance Cpl. Ronald W. Stauffer



It's not a title, it's a warning

Cpl. Danny H. Woodall
Combat Correspondent

There are many problems with "Couples Retreat," one of which is, simply put, it's not funny. The movie constantly brought me to the threshold of laughter but could never push me across the line, begging the question: how does a movie containing some of Hollywood's most talented comedic actors fall so flat?

The answer is that the movie doesn't offer enough screen time or present enough situational-inspired humor to its characters.

The film's plot is somewhat formulaic: four couples experiencing varying degrees of relationship woe agree to a week-long stay at an island resort, promising couples the opportunity to reconnect through a series of fun activities and therapy sessions. The group, comprised of funnymen Vince Vaughn ("Wedding Crashers"), Jason Bateman ("Arrested Development") and Jon Favreau ("Four Christmases") to name a few, soon realizes their enjoyment on the tropical island is in direct correlation with their time spent in mandatory "therapy activities" led by Jean Reno ("The Professional") and others.

Many times, the film pathetically reaches for laughs with cheap toilet humor usually found in straight-to-DVD "American Pie" films. I watched a Fabio-like yoga instructor putting women and men into suggestive positions. Scenes like this can only be funny in small doses, but the scene lasted about five minutes or at least seemed like it did.

Even if I'm not laughing, I still appreciate a comedy if I can rationalize the movie as one which relates to an audience outside of my demographic or that the humor is beyond me. The most prominent of this movie's problems though, has nothing to do with its lack of humor. At times, the film

radically breaks from its genre and lectures the audience on the proper steps to take in order to resolve marital problems, yet the film's all-too-predictable climax offers absolutely nothing that a self-respecting person can use to improve their relationship.

It almost made me angry to sit through what was essentially two hours of semi-legitimate relationship therapy and then to get hit with some of the most ridiculous conflict resolutions I've ever seen. If you're desperate to save a failing marriage, bypass the \$10 and two hours of your life you'll be wasting and allow me to impart some "Couples Retreat" inspired relationship advice.

If you and your partner are experiencing an intense relationship failure, "Couples Retreat" says all you have to do is punch a foreigner in the face or engage in spontaneous coitus and PRESTO! Problems solved.

The film's message is this: don't bother yourself with trivial matters like resolving relationship problems. Just accept general unhappiness and awkward tension, and always pretend to be happy despite what happens. Bottom line: you're married so deal with it.

The movie's ideals are as ridiculous as they're outdated. Rather than a two-hour comedy, this movie would have been better suited for a Cold War era public service announcement on the mid-20th century's vision of a perfect marriage: a magical union where divorce is evil (like those darn Reds!), and wives smile their lives away as they prepare dinner for a husband perpetually smoking a pipe and reading the same newspaper.



(No Impact, No Idea)



New Keats flick an ode to a 'Bright Star'

Christine Cabalo
Photojournalist

A thing of beauty is a joy forever, as the new film "Bright Star" sheds light on the legacy of poet John Keats and seamstress Fanny Brawne.

The film begins in the English countryside in 1818, as young self-taught tailor Brawne (Abbie Cornish) creates a new outfit to wear for a visit with her family's landlord. Her preoccupation with fashion and naturally flirty nature clash with prickly writer Charles Brown (Paul Schneider) who partially owns the home where Brawne's family lives. Among Brown's friends is Keats, (Ben Whishaw) a former doctor's apprentice turned poet who rents from Brown. With his latest epic poem "Endymion" trashed by critics, Keats is a poor, suffering writer when Brawne meets him and becomes smitten.

Few think Brawne truly cares for the poet, only flirting with him as she's previously flirted with others. Brown, as well as Keats's other friends, encourages him to write more and avoid pursuing her. Yet the couple inspires each other, and Keats begins to write his most famous works.

Fans of Keats' poems and letters will recognize many bits of dialogue in the movie, as director and writer Jane Campion consulted with noted Keats biographer Andrew Motion. "Bright Star" explores the secret affair of Keats and Brawne — whose relationship became known only after their deaths. Filmmakers rely on more recently discovered letters from Brawne to Keats' sister when setting the scene.

The vividly colorful scenery sets the mood well. Dozens of monarch butterflies fly around Brawne's room, and Keats climbs on top of a blooming mulberry tree to enjoy the breeze. Due to these scenes and the evocative acting, audiences don't have to be literary scholars to enjoy the film or even be familiar with Keats.

Cornish portrays Brawne as sympathetic but not perfect. Her heroine has faults, as Brawne is overdramatic and occasionally selfish. Yet Cornish's energy in the role makes it believable for audiences to see Brawne's affection for the poet.

Focusing in on just a brief period in Keats' life, Whishaw hints at the real-life sadness his character faced. He's easy to accept as a talented, but struggling man. He highlights the tragic aspects of the English poet, yet just as quickly jokes with Cornish to show off Keats' wit.

His star power burns especially bright at the end, when he reads Keats' "Ode to a Nightingale" during the credits. Together, the two are smoldering without being graphic. Both evoke a sense of raw romance surprisingly well for a PG-rated film. While the film seems more like a lost Jane Austen novel, the two actors refreshingly treat the story like it was Marilyn Monroe marrying Arthur Miller. The only real fault of the movie is there isn't much room for notable supporting performances, though Schneider does well as the loud, critical Brown.

Appealing to those who enjoy historical films, it has enough humor like "Shakespeare in Love" to keep it lively. "Bright Star" avoids being too sentimental for the audience, creating a visual thing of beauty just as magically lyrical as Keats' own words.



(Confirmed Kill)

TALK* STORY

Three days ago, the U.S. Navy turned 234 years old. The Hawaii Marine wondered...

Who is your favorite sailor, famous or not, and why?



John Bradley. He was the corpsman who raised the flag on Iwo Jima. The Battle of Iwo Jima was the bloodiest battle in history. He was the epitome of what every corpsman should be.
— Petty Officer 2nd Class Alicia Brady



"My mom. She did her four years and joined the Army National Guard. She is the reason I'm here."
— Seaman Bill Lande



"I'm torn between my old C.O., Cmdr. Chris A. Higginbotham and Petty Officer 1st Class White."
— Seaman Chris Kuzma

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

Mokapu Elementary students learn art of Japanese fish printing after school

Press Release

Mokapu After School Arts and Crafts

Crowding around the table, thirty-four students watched intently as local artist Brandon Tengan brushed ink along the silver body of a salt water fish, including the eye.

Some students held their noses, while others had looked away squeamishly. But by the end of the class, every student had created their own Gyotaku masterpiece. Over a two-day period, Tengan had introduced 65 Mokapu Elementary School art students to the traditional form of Gyotaku.

Gyotaku is most simply translated as “gyo” fish and “taku” rubbing or impression. The technique arose more than a hundred years ago in Japan to record a fisherman’s prized catch.

Using traditional rice paper and a water-based ink, the volunteer artist taught students the fundamentals of this Japanese art form. The students are part of an after-school art enrichment program designed and run by

parent volunteers Kimberly Caldwell and Michelle Kaskovich.

Following a quick demonstration the class quickly became a hands-on adventure. Students were given a brush, some ink and fish and set loose. Students learned how to ink the

fish and “rub” the impression onto the paper. After the class, each student took home an original Gyotaku print, as well as other lasting impressions.

“The students love seeing a real artist at work and hearing about what inspires them,” Kaskovich said.

“Giving them this opportunity to explore art and meet artists is what our

program is all about,” she continued.

Caldwell and Kaskovich teamed up in 2008 to develop a diverse after school program exploring the visual arts. From recycled art to folk art to textiles to painting, the program covers many basic elements of an introductory visual arts education broken down into six week sessions offered throughout the entire school year. Funded in part by PTA grants, each session reaches more than 60 students from grades kindergarten through sixth. The



Courtesy photos

A fish is inked up and ready for printing for Gyotaku, when an artistic impression is made upon paper.



Brandon Tengan leads students from the Mokapu After School Arts and Crafts session in a lesson about Gyotaku, a Japanese art form to record a fisherman’s prized catch.

after school program also offers opportunities for local artists to volunteer their time in the classroom.

Over the last two years, the program has welcomed several local and visiting artists into the classroom as well as incorporated a group

of devoted parent volunteers. For more about Mokapu Elementary After School Arts and Crafts or to volunteer your time and creativity e-mail michellekaskovich@yahoo.com. To learn more about Tengan and his Gyotaku art, visit <http://www.tengan.net>

PROTECTING FAMILIES AGAINST THE FLU STAYING HEALTHY STARTS AT HOME

Elaine Wilson

American Forces Press Service

Sickness is pinging through my house like a ball shooting through a pinball machine. First it was my daughter, then me and then my son. Somehow only my husband and baby have remained unscathed.

It wasn’t the flu — just a normal, miserable, head-stuffing cold virus. But at the first chance I could, I ran us to the clinic for a seasonal flu shot. And I plan to be first in line for the H1N1 flu vaccine.

H1N1, formerly known as the “swine flu,” has garnered its share of media attention in recent months. And the military is taking every precaution to protect servicemembers and their families from this virus, as well as the seasonal flu.

For the military, the seasonal flu vaccination program is under way and the H1N1 vaccination program is scheduled to begin this month, Army Lt. Col. (Dr.) Wayne Hachey, director of preventive medicine for Defense Department health affairs, said in an American Forces Press Service article. Military personnel will be vaccinated against the H1N1 flu virus, and the vaccine will be available to all military family members who want it.

Family members will have multiple opportunities to get the H1N1 vaccine, whether at Defense Department medical facilities or off post, he said in the article.

The plan, Hachey said, is to have 2.7 million doses of the H1N1 vaccine to ensure the overall DoD mission is met. He added that studies show the vaccine to be safe and effective, no different than the seasonal flu vaccine.

Along with the vaccine, experts at the Centers for Disease Control recommend taking everyday actions to stay healthy.



Centers for Disease Control and Prevention

Proper handwashing can prevent infection and illness from spreading from family member to family member and, sometimes, throughout a community.

These simple things include:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after

you cough or sneeze. If soap and water are not available, use an alcohol-based hand rub.

- Avoid touching your eyes, nose or mouth. Germs spread that way.

- Stay home if you get sick. CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

If you do get sick, it can be tricky differentiating whether it’s the flu or just a cold. Experts at the Centers for Disease Control and Prevention said the following symptoms may indicate you have the seasonal or H1N1 flu: fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue and sometimes diarrhea and vomiting. You may not have all of the symptoms; for instance, not everyone with flu has a fever.

For most people, the seasonal and H1N1 flu will result in a few miserable days, but some people are at risk for complications, CDC experts said. They include children under age 5, people 65 and older, pregnant women and people with a pre-existing condition including cancer, blood disorders and chronic lung disease.

Anyone can develop a severe illness from the flu; however, so don’t hesitate to contact a health care provider if you’re concerned.

For more on the seasonal and H1N1 flu, go to DoD’s Special Report: Gearing Up for Flu Season (http://www.defenselink.mil/home/features/2009/0509_h1n1/) or Defense Department to Start H1N1 Flu Vaccinations (<http://www.defenselink.mil/news/newsarticle.aspx?id=55698>).

Cancer survivor urges importance of getting regular mammograms

K.L. Vantran

American Forces Press Service

ANNAPOLIS, Md. — After a two-year battle with breast and ovarian cancers, once again I find myself sitting in a doctor’s office, waiting to get a mammogram.

The office is empty; I’m the first appointment of the day and I can’t seem to keep from nervously tapping my feet on the floor.

My mammogram checkups are in October — National Breast Cancer Awareness Month. I didn’t plan it that way, it just happened.

Statistics show that early detection increases a person’s chance for survival. So, although it may seem uncomfortable and inconvenient, I encourage everyone to schedule their annual mammogram. Without one, I’m not sure I’d still be here to share my story.

Before my diagnosis, a routine mammogram was just that — routine. In October 2007 that all changed. I had no symptoms, no lumps, but the doctors discovered cancer in my left breast. Subsequent tests found ovarian cancer throughout my abdomen.

I’ve been on quite a rollercoaster ride since — battling both cancers. I’ve had a dozen surgeries, two rounds of chemotherapy, radiation, a colonoscopy, numerous imaging scans, blood transfusions and weekly blood work.

Since the conventional chemo has weakened my body and there’s still evidence of ovarian cancer, the doctors are working to get me into a study with a new drug — Avastin — through the National Institutes of Health.

To that end, last week, the surgeon put stents between my kidneys and bladder to improve my kidney function — a prerequisite for the NIH study.

Today is a routine follow up. My breast cancer has been under control since after the first round of chemo and radiation — it’s the ovarian cancer that we’re still fighting. I hope there are no surprises, but over the last 24 months I’ve learned to expect the unexpected.

When I first heard “you have cancer,” my whole world changed.

I was no longer “invincible.” I became one of the many with this debilitating disease.

Even when I beat this dreaded disease, I’m bound to wonder if and when it will rear its ugly head again.

The last two years have been full of doubts, fears, tears and uncertainty. But, I’ve also learned a lot about myself, family and friends.

Since I was first diagnosed, family and friends have rallied by my side providing love, support and encouragement. I am so very fortunate and count my blessings often.

There have been many days when I felt terrible and couldn’t get out of bed. I’ve come to begrudgingly accept my limitations and rest when my body tells me to.

On the other hand, I’ve learned to not take life for granted. When I’m feeling well or even not so well, I want to get out, to explore, to see family and friends. I’m fortunate that I still can.

Since I’m a cancer survivor, the doctors now order a “diagnostic mammogram.” This means once the films are taken, I wait until a doctor sees them. If there’s something that looks suspicious, then I’d have to undergo further testing.

Back to the doctor’s office, and I’ve just filled out my form. You’d think they’d have the answers to these questions somewhere in my file already.

And here’s the technician to call me back. I put on my gown (opening in front) and then sit back in a chair to wait for the machine to boot up — perks of being the first patient of the day.

The technician says the machine is up, so I follow her back to the room. She apologizes for the delay and her cold hands as she positions me and my breasts for the X-rays. We chat as the machine squishes my breasts and takes the images. She’s a new grandma of a little girl. And I tell her about my recent trip to Alaska. Once done, she says to sit in the chair while she runs the pictures back to the doctor to read.

I start to count the tiles on the ceiling as I wait for the technician’s return. She rounds the corner, smiles and says “Everything looks fine. We’ll see you in six months.” I let out a sigh, change my clothes and head home — to call my loved ones with the good news.

Manage TRICARE Prime easily via Web

Tyler Patterson

TriWest Healthcare Alliance

Looking for an easy way to manage your TRICARE Prime enrollment? Eligible service members and their family can do just that by using the Beneficiary Web Enrollment (BWE) Web site.

Through BWE, you can:

- Enroll in Prime
- Make your initial enrollment fee payment
- Choose a primary care manager (PCM); note: enrollment to a military clinic PCM, civilian PCM or a PCM change may be subject to approval by the local military clinic commander
- Update personal information and DEERS records
- Transfer enrollment to a new location or region
- Convert active duty to retiree enrollment
- Add Other Health Insurance (OHI) information
- Request a new enrollment card



To access BWE, visit www.triwest.com/bwe and click the link at the top of the page.

You will need a Valid Certified Common Access Card, Defense Financial and Accounting Services myPay PIN or a DS Logon (also referred to as a DoD Self-Service Logon) to use the service.

Note that TRICARE Overseas Prime beneficiaries cannot use BWE. These enrollees should contact their TRICARE Area Office for more information about eligibility and enrollment.

Additionally, if you use BWE to change your PCM, remember the BWE site does not factor in drive time from your home to your PCM. If you select a PCM located more than 30 minutes from your home, you are accepting a waiver of TRICARE’s Access to Care standards.

To learn more about Beneficiary Web Enrollment or to get started using it right away, visit the Web site www.triwest.com/bwe.

Open minds

MCB Hawaii calls for school mentors

Christine Cabalo
Photojournalist

Expanding their partnership with Puohala Elementary School in Kaneohe, Headquarters Battalion is searching for volunteers to mentor students.

The battalion is among several units at Marine Corps Base Hawaii who regularly volunteers to assist Hawaii schools with the Adopt-A-School Program. In the past, Marines have tutored the students in math while more recently offering to help with campus upkeep, said Alexis Kane, principal, Puohala Elementary School.

In this year's expansion of the program, volunteers will spend time with sixth-graders at lunch or other free periods during normal school days. Mentors will visit with students regularly through out the year.

"We'll be talking to the children about life issues," said Capt. Bradley Creedon, volunteer coordinator, HQBN. "One week it might be about how cool 'Transformers' was, and another week it might be about a student's career goals."

Seeking as many volunteers as possible, Creedon said both service members and civilians are welcome to help. He said he's hoping to have enough volunteers so each student has their own regular mentor.

"The real power of the program is that students can have mentors who know them

well enough to help them," Kane said. "There is a lot of temptation for students between now and college that can distract them from their possible path. Mentors encourage self-confidence in the students and an awareness of what is right and wrong."

The mentoring program is part of the elementary school's efforts in ensuring students seek out higher education after high school graduation. In addition to spending time with mentors, students in fourth to sixth grade complete projects to think about potential career paths. Kane said students are encouraged to begin planning what colleges or vocational schools to attend, while their mentors can offer advice.

The experience is great for helping Marines progress in their careers as well, said Amy Madsen, school liaison officer, MCB Hawaii. Madsen noted the community service is a way for volunteers to meet with others and build up resumes.

"We're also trying to emphasize how the Marines can be helpful in academics too," said Derrick Kerr, school liaison, MCB Hawaii. "People used to think the Marines were good just for physical projects, doing the leg-work for construction, but academics is our emphasis."

The battalion joins other community organizations, like the Rotary Club of Kaneohe, as mentors for fostering good childhood development. The principal said it's great seeing the military community help, especially since Puohala Elementary is of many public



Holding a 2008 contract to assist Hawaii students, Alexis Kane, principal, Puohala Elementary School, (second from left) stands with Col. Michael Richardson, former commanding officer, Headquarters Battalion. The battalion is seeking mentors to assist Puohala Elementary School's students this year.

schools needing aid. Kane adds the support she receives from MCB Hawaii in events like the school's annual Fun Fair and now the mentor program is critical.

"Any help we can have is so very greatly appreciated," Kane said. "For anyone who mentors and has those regular appointments

with students, taking the time to do it makes a difference. You really see the payoff in students as the weeks and months pass."

For more information about volunteering in any of the Adopt-A-School programs, call the MCB Hawaii School Liaison's Office at 257-8897.

Order bans texting while driving for feds

Samantha L. Quigley
American Forces Press Service

WASHINGTON — In an executive order issued Oct. 1, President Barack Obama banned federal employees from text messaging while behind the wheel on government business.

"With nearly 3 million civilian employees, the federal government can and should demonstrate leadership in reducing the dangers of text messaging while driving," Obama said in the order. "A federal government-wide prohibition on the use of text messaging while driving on official business or while using government-supplied equipment will help save lives, reduce injuries, and set an example for state and local governments, private employers, and individual drivers."

Text messaging, or "texting," encompasses more than simply sending a text message via a handheld communication device. It also includes reading from any handheld or other electronic

device, including for the purpose of SMS texting, e-mailing, instant messaging, obtaining navigational information, or "engaging in any other form of electronic data retrieval or electronic data communication," the order said.

The order defines driving as "operating a motor vehicle on an active roadway with the motor running." This includes the time the vehicle is temporarily stationary because of traffic, a traffic light or stop sign or other cause.

"It does not include operating a motor vehicle with or without the motor running when one has pulled over to the side of, or off, an active roadway and has halted in a location where one can safely remain stationary," Obama said in the order.

While the order applies specifically to federal employees, it also asks contractors to follow suit, and encourages civilians to adopt the same measures while operating their own vehicles.

Agencies are being directed to

implement this order through the consideration of new rules and programs and re-evaluation of existing programs.

Agency heads are urged to conduct education, awareness and other outreach for federal employees about the safety risks associated with texting while driving.

"These initiatives should encourage compliance with the agency's text messaging policy while off duty," Obama said.

Agencies have 90 days to take appropriate measures to implement this order, adopt measures to ensure compliance with the ban on text messaging — including disciplinary action for violations — and notify the transportation secretary of the measures undertaken.

Agency heads may exempt certain employees, devices or vehicles that are engaged in or used for protective, law enforcement or national security responsibilities or on the basis of other emergency conditions, the order says.

MARINE CORPS EMBASSY SECURITY GROUP
"EMBASSY DUTY"
Marine Security Guards
PROFESSIONAL
DISCIPLINED VIGILANT
Protecting U.S. Embassies
**ARE YOU READY TO "SERVE IN EVERY CLIME AND PLACE?"
OVER 140 DIPLOMATIC POSTS WORLDWIDE**
For more information contact:
GySgt Drew Pate
Email: drew.pate@usmc.mil
(703)784-4861
DSN: 278-4861
<https://www.mcesc.usmc.mil/>
Contact your CRS for upcoming
MSG screening team visits to your base.

Remember to Recycle

It's free, it's simple, it's college credits

College Level Examination Program offered on base free to service members

Lance Cpl. Colby W. Brown
Combat Correspondent

Is it possible to earn college credits without paying for college or going to class? Yes it is and it's available on base.

The Joint Education Center for Lifelong Learning is offering College Level Examination Program and Defense Activity for Non-Traditional Education Support Subject Standardized Tests — for free, every Thursday from 8 a.m. to 8 p.m. at building 219, classroom 5.

These tests are free to active duty service members and offer a different way to earn general education college credits without the need to attend or pay for the class.

"Taking CLEP and DSST tests is huge here at the JEC," said Craig Lockwood, lead education specialist, Joint Education Center for Lifelong Learning. "We push it hard because it saves the student a lot of time and money."

Each test, on average, is 90 minutes and the equivalent of one college course. The tests span from introductory mathematics to art of the western world.

Two to six credits can be earned depending on which test is taken. If a test is not passed, there are no bad consequences.

The student will have to wait six months to retake the test but will not have to pay for the test and it doesn't go on your school transcript.

"The problem with education in the military

is it becomes a challenge because of the time. Not everybody has the time to enroll and take a college class," Lockwood said. "This gives service members the opportunity to earn college credits."

Non-active duty service members and spouses can still utilize these two programs but will have to pay a \$90 fee.

DANTES funds these programs and makes it free for active duty military.

The philosophy behind CLEP and DSST is if you have the knowledge and know the material being taught in the class, why sit through it, Lockwood said.

All preparation materials and book are provided by the JEC or can be found at the base

library so no purchase of supplies is necessary.

The credits earned from the tests are accepted at 2,900 colleges and universities nationwide. Calling ahead to find out if the college a prospective student wants to attend accepts the credits is advised so needless tests are not taken.

Taking CLEP and DSST tests gives service members the opportunity to come out of the military as a junior or senior in college and allows them to use the GI Bill for a masters degree or certifications for their field of work, Lockwood said.

"You guys are fulltime Marines or fulltime sailors so you can't be fulltime students. Using these programs is an advantage so you can get an education while in the military," he said.

VA extends 'Agent Orange' benefits to more veterans

Parkinson's Disease, 2 other illnesses recognized

Press Release

Department of Veterans Affairs

WASHINGTON — Relying on an independent study by the Institute of Medicine, Secretary of Veterans Affairs Eric K. Shinseki decided to establish a service-connection for Vietnam veterans with three specific illnesses based on the latest evidence of an association with the herbicides referred to Agent Orange.

The illnesses affected by the recent

decision are B cell leukemias, such as hairy cell leukemia; Parkinson's disease; and ischemic heart disease.

Used in Vietnam to defoliate trees and remove concealment for the enemy, Agent Orange left a legacy of suffering and disability that continues to the present. Between January 1965 and April 1970, an estimated 2.6 million military personnel who served in Vietnam were potentially exposed to sprayed Agent Orange.

In practical terms, veterans who

served in Vietnam during the war and who have a "presumed" illness don't have to prove an association between their illnesses and their military service.

This "presumption" simplifies and speeds up the application process for benefits.

The secretary's decision brings the number to 15 of presumed illnesses recognized by the Department of Veterans Affairs.

"We must do better reviews of

illnesses that may be connected to service, and we will," Shinseki added. "Veterans who endure health problems deserve timely decisions based on solid evidence."

Other illnesses previously recognized under VA's "presumption" rule as being caused by exposure to herbicides during the Vietnam War are:

- Acute and Subacute Transient Peripheral Neuropathy
- Chloracne
- Chronic Lymphocytic Leukemia
- Diabetes Mellitus (Type 2)

- Hodgkin's Disease
- Multiple Myeloma
- Non-Hodgkin's Lymphoma
- Porphyria Cutanea Tarda
- Prostate Cancer
- Respiratory Cancers, and
- Soft Tissue Sarcoma (other than Osteosarcoma, Chondrosarcoma, Kaposi's sarcoma, or Mesothelioma)

Additional information about Agent Orange and VA's services and programs for Veterans exposed to the chemical are available at <http://www.publichealth.va.gov/exposures/agentorange>.

October is Domestic Violence Awareness Month

YOU have the **POWER** to **PREVENT ABUSE**

www.mccshawaii.com/advocacy.htm

Logos for DV (Domestic Violence), MCHES (Maternal and Child Health Education Services), and other organizations are visible in the bottom right corner.



Movie Times

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

Call 254-7642 for recorded information.

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

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

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

"Shorts" - PG	Today 7:15 p.m.
"Halloween 2" - R	Today 9:45 p.m.
"500 days of summer" - PG-13	Saturday 7:15 p.m.
"District 9" - R	Saturday 9:15 p.m.
"Shorts" - PG	Sunday 2 p.m.
"The Final Destination" - R	Sunday 6:30 p.m.
"The Final Destination" - R	Wednesday 6:30 p.m.

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



At Anderson Hall Dining Facility

Today

Dinner

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

Saturday

Dinner

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

Sunday

Dinner

Cream of Potato
Chowder
Vegetable Soup

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

Monday

Dinner

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

Tuesday

Dinner

Cream of Mushroom Soup
Bean with Bacon Soup
Swiss Steak w/Tomato Sauce
Lemon Baked Fish Fillets
Lyonnaise Potatoes

Rice Pilaf
Southern Style Green Beans
Simmered Mixed Vegetables
Cream Gravy
Tater Sauce

Wednesday

Dinner

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

Thursday

Dinner

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



WORD TO PASS

On Base

KOSC Art Auction

Saturday

The Kaneohe Officer Spouses' Club is hosting an Art Auction at the Officers' Club. Cocktails begin at 5:30 p.m. along with appetizers and an art preview. The art auction begins at 7 p.m.

The Art Auction is one of the KOSC's primary fundraisers for charities for the year. The event is open to all hands and civilian guests.

Harvest Festival

Oct. 23

Enjoy a free, fun filled celebration of the harvest season, featuring

games, prizes, arts and crafts, music, face painting, demonstrations, and more.

Open to all base youth and families. Each child visiting the pumpkin patch receives a free pumpkin to take home.

The "Trunk or Treat" event will give free treats to all children, and there will also be a non-scary haunted house for the young ones. The event will take place at Bldg. 1090B 4 - 6:30 p.m.

For more information contact Youth Activities at 254-7610.

Orange Julius and Dairy Queen

grand opening party
Oct. 31

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

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

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

Entry forms are available throughout the base. For more information about this event call James Valerio at 254-0033.

In the Community

Waimanalo Country

Fair at Beach Park

Today

Those wanting to have family fun won't have to look far, as the Waimanalo Country Fair opens at Waimanalo Beach Park. The free event is scheduled from 6 p.m.-midnight today, noon to midnight on Saturday and noon-10 p.m. on Sunday. Call 768-3888 for more information. There will be free parking on site.

Arboretum Tours

Tuesdays and Saturdays

Enjoy the sights and sounds

of the Lyon Arboretum, University of Hawaii.

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

Registration is required and a tour donation of \$2.50 is requested. Call 988-0456 for more information.

Guided Tours of the Hawaii Theatre

Tuesdays

The one-hour tour offers a unique insight into the history, art, architecture and restoration of the beautiful Hawaii Theatre in Chinatown,

including a performance on the 1922 Robert Morton theatre organ.

There is a fee for admission. To book a tour or for information, please call 528-0506.

Free Lauhala Weaving Class

First Saturdays,
10 a.m. to 2 p.m.

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

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

Call 531-0481 ext. 714.



Remember to Recycle