

# Hawaii Marine

## Proud to become an American

Nine service members aboard MCB Hawaii achieve citizenship

**Kristen Wong**  
Photojournalist

In a crowded room, Gunnery Sgt. Manuel Sanchez held his hand to his heart. Without missing a beat, the aviation supply specialist for Marine Aviation Logistics Squadron 24 led the crowd in reciting the Pledge of Allegiance.

It was his first time doing so as an official United States citizen.

"To serve your country before even gaining your citizenship is a noble endeavor," said Col. Robert Rice, commanding officer, MCB Hawaii.

The first naturalization ceremony on Marine Corps Base Hawaii was held Sept. 17 in the Maui Room of the Officers' Club. Seven Marines and two sailors took their Oath of Allegiance to America.

Although people can obtain their citizenship at any time of the year, Sept. 17 is particularly significant, because it is Citizenship Day and Constitution Day. Not only does it mark the day the Constitution was signed, it's a federal observance to honor all U.S. citizens.

Members of the U.S. District Court for the District of Hawaii and the U.S. Citizenship and Immigration Services conducted the ceremony, along with musical accompaniment by the U.S. Marine Corps Forces, Pacific Brass Quintet.

Although naturalization ceremonies generally occur at the local district court, Capt. Michael G. Collins, officer in charge, Legal Service Center, Office of the Staff Judge Advocate, said the office worked with USCIS to conduct the ceremony on base instead.

"Few people have ever actually seen the ceremony," Collins said. "Watching the ceremony gives the viewer an appreciation just what a significant moment it is to become an American."

Collins said the accomplishment of becoming an American citizen while serving in the military demonstrates a lot of character in a person.

"It really is a tremendous moment in people's lives that those of us who are born here may not always appreciate to the extent of the people [who] actually have to work to earn citizenship," he said.

People immigrate to the United States for various reasons. Some, like Lance Cpl. Jiawei Xue, a native of Dalian, China, enjoys the freedom the United States offers. Pfc. Robert Heron, a native of Kingston, Jamaica, said he came to this country for a better life and educational opportunities.

For some of these service members, citizenship has been a long time coming. Cpl. Jose Alvarez, mortarman, School of Infantry West Detachment Hawaii, was an infant when his family arrived from Victoria, Mexico.

Alvarez, who plans to pursue a career in law enforcement, said there are not as many job opportunities for

See **CITIZENSHIP**, A-6



Nine service members take an Oath of Allegiance during their naturalization ceremony Sept. 17 at MCB Hawaii's Officers' Club at Koa Malina.

## No need to abandon vehicles; base provides alternatives

**Base Inspector's Office**  
Press Release

Vehicles left abandoned aboard Marine Corps Base Hawaii continue to be a reoccurring problem. Both the Base Inspector's Office and the Military Police Department continue to discover a large number of abandoned vehicles including cars, trucks, SUVs, motorcycles and ATVs.

These abandoned vehicles have been left in many areas aboard the base, in both authorized and unauthorized parking areas. With only min-

imal planning and foresight, many of these abandoned vehicles could have been properly handled before the service member deployed, changed duty stations or left active duty service.

The base provides alternative means of storing deployed service member vehicles. Each command aboard the base has a designated deployment parking lot or storage assigned for use in providing their deployed members a safe and secure means of storing their vehicle.

See **ABANDON**, A-2

## The big bangalore theory



A "bangalore" demolition charge detonates ahead of Alpha Company's position to clear obstacles and allow them to begin their assault of Range 400 Sunday. The Lava Dogs from 1st Battalion, 3rd Marine Regiment participated in a full scale company assault as part of their training at the Enhanced Exercise Mojave Viper. For the full scoop on the Lava Dogs' assault, see A-7.

## Lethal Breeze storms base

Anti-Terrorism exercise helps prepare emergency response crews

**Lance Cpl. Kevin M. Beebe Jr.**  
Combat Correspondent

Flames filling the sky, people trapped in buildings, hazardous materials exploding — these are all possible effects of a terrorist attack on Marine Corps Base Hawaii.

To prepare if that happens, Exercise Lethal Breeze, an Anti-Terrorist Force Protection exercise, took place Sept. 16. The exercise is conducted annually by MCB Hawaii in conjunction with local agencies, and is designed to help the base community prepare, prevent, respond and recover from the effects of all natural or man-made incidents.

This year's scenario simulated a small civilian aircraft crashing into the air traffic control tower and continuing into the hazardous material facility causing a mass casualty incident.

Multiple agencies on base took part in the training, including Aircraft Rescue Fire Fighting, Military Police Department, Federal Fire Department and Navy Health Clinic. There were also several volunteers who acted as casualties to help create life-like circumstances where they would need immediate medical attention from response crews.

"The exercise met its goal," said Master Sgt. Keith S.

Kulman, noncommissioned officer in charge, Aircraft Rescue Fire Fighting. "It helped us identify any discrepancies that may occur in a real life situation so we can provide better service in the future."

The exercise also helped tremendously by testing out the base's standard operating procedures for emergency reactions, Kulman said.

The biggest problem identified was communication between the various agencies. Kulman said those issues are expected with exercises like this. It shows communication can be limited during a real-world, real-time emergency, whether it be an accident or a terrorist attack.

The exercise also helps Marines and civilian counterparts who are involved get a true understanding of how difficult the scene can be when there are multiple entities on the base working together.

It also shows how different the situation is while working with other first responders and learning one's role.

"Overall, Lethal Breeze served its purpose," Kulman

said. "With more cross training with the different assets on base, we can better prepare for the future. More drills will improve everything and help make Marine Corps Base Hawaii a safer place."



A firefighter from the Federal Fire Department soaks down a role player as part of a mass decontamination during Exercise Lethal Breeze, an annual Anti-Terrorist Force Protection exercise, Sept. 16.

## K-Bay hammers out new construction

**Christine Cabalo**  
Photojournalist

Marine Corps Base Hawaii officials are gearing up for two new construction projects: a gas station near the Marine Mart and a suite of rooms at The Lodge.

Both projects are slated to begin this month and scheduled for opening in 2010. The builds are funded partially through profits from local Marine Corps Community Services establishments. The Korte Company, who did construction for other base buildings like the Enlisted Club,

will oversee the two projects.

Near the corner of G and Third streets, the Marine Mart will have a new gas station filling vacant space near the mart's current parking lot. The store's parking space there and in front of Subway facing Third Street will remain available, according to several design sketches from The Korte Company.

"We will have four gas dispensers with blender pumps offering the three grades of gas," said Ken Takeya, retail operations specialist, MCCS. "They can take credit and debit cards, and the general setup is

similar to the other gas station on base only smaller. The station will be open 24 hours."

He said gas would be distributed from four dual-sided dispensers, allowing eight vehicles to fuel at a time. Once construction is finished, a separate service road will be available for gas delivery trucks to reduce traffic.

The gas station has been an MCCS plan ever since the department discussed constructing a Marine Mart addition to an

See **CONSTRUCTION**, A-2

### Inside today's Hawaii Marine



**Still Undeclared**  
Patrol Squadron 4 continues their perfect season with a victory over Klipper Golf Course, **B-1**

### Swap Meet Shuffle

The exchange isn't the only place to find a deal on island; bargain hunters are on the prowl at the Aloha Swap Meet, **C-1**



### Weekend Forecast

Today	Scattered Showers <b>High — 84</b> <b>Low — 75</b>
Saturday	Scattered Showers <b>High — 84</b> <b>Low — 75</b>
Sunday	Scattered Showers <b>High — 85</b> <b>Low — 75</b>



NEWS BRIEFS

Force Recon Reserves recruiting

Fourth Force Recon will be holding a brief Oct. 28 to discuss the screening process involved in joining 4th Force Reconnaissance Company Det Hawaii. The brief will be held from 10 -11 a.m. in Bldg. 279 Deck 2 and all military occupational specialties are welcome.

Some of the currently available billets are reconnaissance man, reconnaissance communicator, parachute rigger, small boat mechanic, Marine Air Ground Task Force planner, intel chief, armorer. Retraining and lateral moves will be discussed.

For more information, contact Capt. Brooks at (949) 547-7951.

Back gate roads closed for Windward race

Roads near Marine Corps Base Hawaii's back gate will be closed for the Windward 25K race on Saturday morning. From 5 to 7:30 a.m., the following streets will be affected: Harris Avenue, Middaugh Street and Daly Road. Competitors will run along and return on this path.

Commuters are asked to utilize other routes during the race and be alert of the athletes who may be on the roads.

Smile, you're on Combat Camera

Be part of the effort to showcase the readiness of Marine Corps Base Hawaii.

Combat Camera is creating a video to augment the MCB Hawaii Command Brief shared with VIPs and distinguished visitors. The film will capture the wide range of missions and activities aboard MCB Hawaii in support of the warfighter.

To be part of this important video, send training/event information — including a point of contact — to: Gunnery Sgt. Michael Schellenbach, Combat Camera SNCOIC, at 257-1397 or e-mail michael.schellenbach@usmc.mil

Navy Birthday Ball tickets available

The Navy's 234th annual Birthday Ball is scheduled. Oct. 17 at the Hilton Hawaiian Village Tapa Ballroom in Waikiki. A no-host social hour starts at 6 p.m. with officers' call at 6:45 p.m. The theme is "Honoring the Past, Protecting the Future." Tickets range from \$60-70 and are on sale now. Call Lt. Cmdr. Wendy Threlkeld at 471-8656 or e-mail wendy.threlkeld@navy.mil.

Interactive Customer Evaluation

ICE provides customers with a convenient and efficient on-line method to express opinions to service providers with the option to receive feedback. You can share a comment, recommend an improvement or just say "Good Job" or "Thanks."

You may also use it to obtain information on Services of interest (i.e. hours of operation, location, frequently asked questions, and special events).

We want to hear from you about how MCB Hawaii services are doing at: http://ice.disa.mil. Just click on "Marine Corps-Pacific," which will lead you to Marine Corps Base Kaneohe Bay. Choose your service category to go to over 250 Service Providers.

Although it's not mandatory, we recommend that you provide your contact information so that the Service Providers are able to contact you to address your concerns and issues, if necessary.

Questions: please contact the MCBH ICE Site Manager at 257-1283 or email: therese.foster@usmc.mil

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
Design Editor	Sgt. Sara A. Taylor
Copy Editor	Sgt. Macario P. Mora Jr.
Press Chief	Cpl. Regina A. Ochoa
Photojournalist	Christine Cabalo
Photojournalist	Kristen Wong
Combat Correspondent	Sgt. Brian A. Tuthill
Combat Correspondent	Cpl. Brian A. Marion
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. Kevin M. Beebe Jr.
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@HAWAIIARMARINE.COM  
FAX: 257-2511, PHONE: 257-8837

Kickin' down the door  
Basewide barracks renovations saves money

Lance Cpl. Colby W. Brown

Combat Correspondent



Lance Cpl. Colby W. Brown

Elroy Fisher, associate with Industrial Door and Wall, works on the doorframe at barracks 1633, which will help conserve energy by keeping cool air inside the room.

ABANDON, from A-1

If a deploying service member leaves his or her vehicle in an undesignated parking space, that vehicle could be subject to towing by MPD. In addition, vehicles parked in undesignated and unsecure spaces are left vulnerable to vandalism and theft. Reports of such acts are often made too late to catch the offender.

Also, deployed service members often do not have the means or the resources to keep their vehicle registration, Hawaii safety inspection, and base registration up to date. Consequently, once these items expire we begin the task of labeling the vehicle as "abandoned." If a service member's vehicle is left in the care of a friend while deployed, or temporarily assigned elsewhere, etc. the owner of the vehicle is still ultimately responsible for keeping the vehicle up to code.

An abandoned vehicle aboard MCB Hawaii not only detracts from the appearance of the base, it hinders functionality as well. Occupants of bachelor enlisted quarters often have to search for other locations farther from their barracks to park due to abandoned vehicles taking up spaces at their residence.

Furthermore, deployed service members' vehicles are overtaking guest parking spaces in Base Housing areas. In fact, we have even found vehicles left abandoned in parking lots at different work and recreational parking areas such as the Main Exchange.

According to Base Order 5500.15B, a vehicle is considered abandoned when it is parked aboard MCB Hawaii with an expired safety inspection sticker, base decal, or license plates. Military Police will impound the vehicle and the registered owner will be cited, required to attend traffic court, and possibly lose their driving privileges aboard base.

When a vehicle is impounded, the order states that you will have 120 days from the day it was impounded to reclaim your vehicle. Within that 120 days, a notification to the owner is sent from PMO. Upon receiving that notification, the service member's immediate action is required. A letter of driving suspension is also mailed to the vehicles owner and his or her command, informing them of the impounded vehicle.

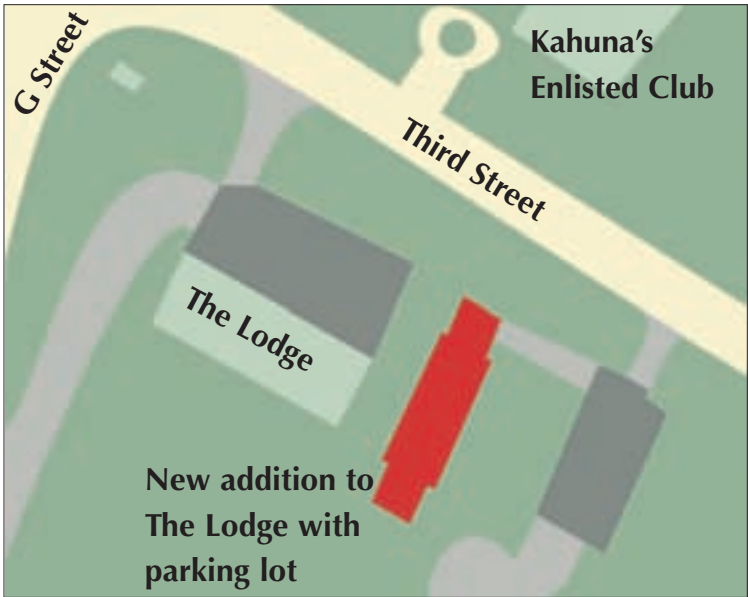
Military members who deploy or are under temporary additional duty are required to maintain a valid registration, safety, and base decal throughout the time they are absent. These members are not

authorized to leave their vehicles in unit parking areas without the approval of the area commander unless they appoint another operator in writing.

Deploying members are also not authorized to park their vehicles in common and housing areas on base. Vehicles unattended for more than three days may be subject to impound.

Due to the high number of abandoned vehicles identified aboard MCB Hawaii, a proposal to decrease the amount of time required to reclaim a vehicle from the impound lot is currently under review by MPD. When a vehicle is impounded, it will be secured in the impound lot for a designated amount of time before it is either auctioned off, given to the Auto Hobby Shop or sold for scrap metal.

Every unwanted vehicle can be salvaged or donated to external organizations that provide for those less fortunate. This donation not only helps others in need but is also tax deductible! For assistance in determining what to do with any vehicle aboard MCB that may be abandoned or if you would like to donate your vehicle to a local charity, contact the Base Inspector's Office at 257-8861.



New construction projects are in RED.

CONSTRUCTION, from A-1

existing building four years ago, Takeya said. The gas station's close location to the base's front gate would be good for customers, said John Iwaniec, deputy director, MCCS.

"With only one gas station open currently, it could really help base drivers," Iwaniec said. "It's an additional convenience, even for those who are going to the Base Marina and just want to fill up their boat."

The new station, costing \$2.8 million to build, opens up more possibilities, Takeya said.

"If there's a power outage, the area near the Marine Mart is on a different electrical circuit than the K-Bay Gas Lanes," he said. "If the K-Bay Lanes goes out, then customers will be able to use the Marine Mart station. Unfortunately, if there is a base-wide outage then both stations will be without power."

Both the gas station and the addition of The Lodge are part of an effort to expand services to meet customer need, Iwaniec

said. The Lodge extension will be a two-story building adding 26 rooms for guests, he said, with construction costing \$6.9 million.

The expansion is a welcome one, said Mia Ng, manager, The Lodge. Currently offering 74 rooms, she noted the temporary lodging facility is always in high demand from active-duty service members permanently changing stations and those coming to the base for conferences.

"We run at a 90 percent occupancy throughout the year," she said. "Especially during the summertime when we're the busiest, we've had to displace service members to Waikiki. Headquarters did an assessment and allowed us to do this so we could have more space for Marines and sailors."

The new building's rooms will be similar to the ones currently available at The Lodge. The manager said the new rooms will have kitchenettes and bathrooms like existing rooms, but include upgraded thicker solid surface countertops.

Construction is scheduled for nine to 10 months, Ng said, and noise should be low as contractors aren't pile driving. The green space near G Street, featuring a pavilion and color marquee, will remain, but construction crews may need the area temporarily for equipment.

For projects at the Marine Mart and The Lodge, Ng and Takeya said dust barriers will be in place according to environmental standards for clean air. The two also said units who do morning formation runs in the area or use the green space near G Street as a staging point should be cautious of crews and moving equipment during construction.

The design of the structures and the scheduling of construction crews were planned to be the most convenient for customers, the MCCS deputy director said.

"These are great projects made to better accommodate more at the temporary lodging facility and at the gas station," Iwaniec said. "Across all our various projects, we're trying to provide the best services we can."



# AROUND THE CORPS

Your weekly guide to what's happening around the Corps

## East Coast



Jason M. Webb

### Base Marine shares 9/11 experiences

**MARINE CORPS LOGISTICS BASE, Albany, Ga.,** — On a day where most Americans paused to remember one of the most tragic days in our history, Sept. 11, 2001, one Marine shared his 9/11 experiences with members of the National Exchange Club of Albany.

First Lt. Caleb D. Eames, public affairs officer, Public Affairs Office, Operations and Training Division, Marine Corps Logistics Base Albany, Ga., was the guest speaker for the club's monthly meeting Friday.

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

## West Coast



Cpl. Noah S. Leffler

### Firefighters rappel to save lives

**MARINE CORPS AIR STATION CHERRY POINT, N.C.** — Cherry Point firefighters learned the ropes of high-angle rescue and rappelling during training behind the air station's central heating plant, Sept. 9.

According to Eddie W. Lewis, the Cherry Point Fire Department's assistant training chief, the course was tailored for the air station's buildings.

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

## Overseas



Lance Cpl. Donminic L. Young

### Marines storm, take control of Combat Town

**CENTRAL TRAINING AREA, OKINAWA, Japan** — One hundred and ninety-eight Marines and sailors from Company E (E Co.), Battalion Landing Team 2nd Battalion, 5th Marines (BLT 2/5), 31st Marine Expeditionary Unit (MEU) conducted one of their first tasks as the MEU's Ground Combat Element (GCE) at Combat Town, Sept. 11.

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



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



# This week's top story



Lance Cpl. Lucas G. Lowe

United States Marine Corps Sgt. Juan Loera, left, translates instructions to Mexican Marine officers during their final day of training at Officer Candidates School, MCB Quantico, Sept. 10.

## U.S., Mexican Marines unite for specialized infantry training

**Lance Cpl. Lucas G. Lowe**

*Marine Corps Base Quantico*

**MARINE CORPS BASE QUANTICO, Va.** — Officer Candidates School recently hosted 42 officers from Mexico's Center of Specialized Training for a 12-day training period from Aug. 31 to Sept. 11 to learn Marine Corps tactics and strategy.

The combined operation is the result of the Marine Corps Forces North Theater Security Cooperation program. The program's cooperative nature prompted the U.S. and Mexican governments to coordinate mutual training between militaries.

"What they received was just a small snapshot of what

officer candidates experience during their time at OCS," said Capt. Mark Minella, Marine Corps Forces North current operations officer. "This is an opportunity for the Mexican Marines to see how the Marine Corps screens and evaluates potential officers in the areas of leadership, physical fitness and proficiency in small unit tactics."

"They share many of our concepts of tactics and strategy," said Sgt. Juan Loera, a translator for the Mexican Marine officers during their training at OCS. "They're not that different from American Marines. They take care of each other."

Senior American and Mexican Marine leaders came together to discuss various approaches to warfighting, resulting in a dialogue that fostered mutual learning between experienced officers.

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

# Top story from the front



Cpl. Daniel Flynn

Cpl. Evan Sneed, a Police Mentoring Team Marine and Danville, Va., native, crosses a foot bridge outside of Patrol Base Hasanabad at the start of a security patrol Sept. 7.

## Marine mentoring team and Afghan Border Police collaborate

**Cpl. Daniel Flynn**

*Regimental Combat Team 3*

**HELMAND PROVINCE, Afghanistan** — Leaving Patrol Base Hasanabad here, the Marines were expecting about an hour-long patrol with the Afghan Border Police they are mentoring, but their expectations were soon dashed.

The Police Mentoring Team, nicknamed "Rincon" after

the surfer mecca in California, are made up of field experienced noncommissioned officers tasked with mentoring the local Afghan Border Patrol.

This particular day was one to teach and observe the ABP as the combined units practiced patrolling techniques – a simple teaching opportunity that turned into a very real practical application.

About 10 minutes into the patrol Sept. 7, while walking through shoulder-high fields of corn, AK-47 gunfire rang out through the early morning silence.

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





Royal Tongan Marines hit the deck when they took fire while patrolling to the Military Operations in Urban Terrain Area. The patrol was part of a half-day exercise where the Tongans assaulted Bellows beach in AAVs, patrolled to and cleared MOUT town.



For more than half of the Tongan Marines, the exercise was their first opportunity to ride in an AAV.



Second Leftenant Hola Iketau, platoon commander, RTM, gives direction to his platoon while taking simulated enemy fire and encountering IEDs.

# Get the Tracks ready to Splash



## 3rd Regiment Combat Assault Company hosts Royal Tongan Marines In training exercise

Lance Cpl. Colby W. Brown  
Combat Correspondent

**MARINE CORPS TRAINING AREA BELLOW, Hawaii** — The rumble of the tracks vibrates bones, moves the earth beneath boots and announces the arrival of the Royal Tongan Marines.

Third Regiment Combat Assault Company played host to the Tongans this week, taking them through many different training exercises including amphibious assaults, improvised explosive device classes and egress helicopter crash training.

The Tongans previously trained in Hawaii with U.S. Marines in preparation for their deployment to Iraq in 2006. This year's training is in preparation for the 2010 Rim of the Pacific Exercise. The Royal Tongan Marines will send a platoon to participate in one of the largest military exercises in the world.

The training they received this week gave the Tongans a chance to utilize equipment and subject matter experts they don't usually have on the Pacific Island country of Tonga.

"It's an excellent opportunity to train with U.S. Marines and is a bonus to train with the Assault Amphibious Vehicles," said Second Leftenant Hola Iketau, platoon commander, Royal Tongan Marines. "It's good for us to train in facilities we don't have back home."

During the training, the Tongans learned about IEDs, practicing spotting them while on patrol and how to call in Explosive Ordnance Disposal. They don't have IED classes like the ones here back home, said Iketau.

"It's very useful to train with U.S. Marines," Iketau said. "Such a great way to learn what the Marines can teach us — they have so much experience in Iraq and Afghanistan. It's a great opportunity."

They also trained with the AAVs, going through dry runs, embark and debark drills, and completing a beach assault. This was another exercise the Tongans don't have.

"Riding in the AAVs was a surprise for the boys. For a lot of them, it was their first time riding in the AAV," Iketau said.

After assaulting the beach in the AAVs, the Tongans patrolled on foot to the Military Operations in Urban Terrain area and proceeded to clear the town of oppositional forces.

Throughout the training, the Tongans were given a chance to use equipment they don't have. Learning the information and equipment will aid them when on deployment and during future RIM PAC exercises.

The Tongans were able to further their skills and abilities to better fulfill the Royal Tongan Marine Motto "Terra Marique," which means by land and sea.

It also gave those from Marine Corps Base Hawaii the chance to interact with the Tongan Marines and learn how they operate.

"Anytime we get to work with foreign military, it gives us a chance to see how they operate and find out what we have in common," said Capt. Chris Kim, commanding officer, CAC, 3rd Marine Regiment. "More times than not, people find they have more in common with foreign militaries than they think."

Third regiment CAC taught classes, coached during drills and exercises, and role-played as oppositional forces for the Royal Tongan Marines, learning from the Tongans while teaching them.

"They are motivated. They love their job and they have a ton of energy — YATYAS," said Sgt. Daniel Lester, training non commissioned officer, AAV platoon, CAC. "Everything they're about is the same as Marines — like discipline. Most of their tradition is from family so we can learn and take that aspect from them."



Photos by Lance Cpl. Colby W. Brown

Royal Tongan Marines keep their weapons trained on the oppositional force role player as he surrenders while they clear the area of other enemy targets. Third Regiment Combat Assault Company was host to the Tongans this week. They took them through many training exercises including amphibious assaults, Improvised Explosive Device classes and egress helicopter crash training. This gave the Tongans the opportunity to use equipment and training facilities they don't have back home. They came to prepare for the 2010 Rim of the Pacific exercise, one of the world's largest military training operations.



Assault Amphibious Vehicles staged on the beach in preparation of a beach assault exercise.



# ON TARGET

## VP-9 sailors fire Maverick missile

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

Members of Patrol Squadron 9 completed a successful live firing of an AGM-65F Maverick missile on the Pacific Missile Range Facility at Barking Sands, Kauai Sept. 10. The evolution capped off weeks of intense training by VP-9's Combat Air Crew Three in preparation for the shot. Their hard work paid off, as the missile was delivered on target resulting in a flawlessly executed attack.

The AGM-65F Maverick is an infrared guided, air-to-ground missile designed for use against a variety of targets including, enemy ships and smaller patrol craft. While its primary mission is anti-submarine warfare, the flight demonstrated the P-3C Orion's capability to successfully employ weapons against enemy surface targets.

The build up to the actual shot also provided a great opportunity for the aircrew to sharpen its coordination leading into their upcoming deployment. Their training was overseen by Mr. Mike Phillips of the CPRW-2 Fleet Weapons Support Team as well as three weapons tactics instructors, Navy Lieutenants Jeff Clark, Matt Hall and Mike Lynch. The collective experience in Naval weapons proved to be an invaluable asset. Lt. Jeff "Cheese" Berger, the aircraft commander, noted the crew's improvement leading up to the shot. "Everything went very smoothly," he said. "The communication and coordination built up among the crew was a big factor in why we were successful."

"This flight reinforced the P-3's versatility in its role as a maritime patrol aircraft," Patrol Squadron 9 Pilot Lt. j.g. Mike Hartenstine said. "Today we showed that we are ready to perform any mission we are tasked to carry out."



Kristen Wong

Attendees to the Sept. 17 naturalization ceremony congratulate the nine new U.S. citizens at Koa Malina.

### CITIZENSHIP, from A-1

permanent residents (non-citizen immigrants living in the country) as for citizens.

"The [burden's] off my shoulder, finally," Alvarez said.

Becoming a citizen can be lengthy, taking anywhere from 12 to 15 months. Eligible applicants must fill out several forms detailing their backgrounds and if they are military, verify their enlistment.

Requirements also include a 10-question exam, passport-format photos, fingerprint records, and spending a certain amount of time physically living in the United States. Applicants may not leave the country during that time, unless they request a "re-entry form," for special circumstances.

However, the National Defense Authorization Act of 2004 exempted military personnel from re-entry forms, because they often may interrupt their "physical presence" requirement by leaving the country for military matters such as deployments.

Some former military personnel may be exempt

from an application fee, depending on their situation. Eligible military personnel may also be conferred citizenship after dying in combat.

Petty Officer 3rd Class Keron Allen, aviation machinist's mate, Helicopter Anti-Submarine Squadron Light 37, said his brothers had to go through a longer and more costly naturalization process than he did because they were not in the military.

"I know getting my citizenship will open a lot more doors for me," Allen said, unsure of his future plans now that he has more options.

As of March 2009, approximately 47,481 other service members have been naturalized since September 2001.

Collins said service members aboard MCB Hawaii wishing to apply for citizenship can speak to an attorney at the Office of the Staff Judge Advocate on Tuesdays and Thursdays or call 257-6738.

For more information, visit <http://www.uscis.gov> or call 1-877-CIS-4MIL.

# Deadline to e-file taxes Oct. 15

**Base Tax Center**  
*Press Release*

There is still time to electronically file 2008 returns at the Tax Center. Forms can be e-filed until Thursday, Oct. 15. Taxpayers who miss the deadline must physically mail in their forms to the IRS.

The center is located at room 203 in the Legal Services building, open 9 a.m.-noon on Monday and 8 a.m.-noon on Tuesday through Friday. For more information, call 257-6744.

Also, take the time now to prepare for this year's taxes. Be aware of how the recent stimulus package may heavily impact refunds and tax payments.

The American Recovery Reinvestment Act (the package's formal name) lowered the withholding rates for incomes. This meant more take home pay but be aware that the tax rate on incomes did not change. Those with multiple sources of income — joint filers, retirees with pensions, families — may find themselves with a smaller than usual refund or short on their taxes owed.

There is a way to learn ahead of time what may be refunded or owed. Visit the IRS Web site at [www.irs.gov](http://www.irs.gov) and search for the agency's "withholding calculator." Have your bank statement and last year's tax return ready. For military members, find your latest Leave Earnings Statement. You may be asked to estimate some other data at the site.

The calculator may be able to estimate underpayments or overpayments and give suggestions to tailor withholdings for a taxpayer's individual situation.

The site also includes instructions to change Form W-4 if necessary, without need of additional worksheets. Use the information inputted in the calculator to fill out the W-4, which then can be submitted online to MyPay or turned into IPAC.

Diligence now can mean fewer surprises at tax time. For more information, visit [www.irs.gov/recovery](http://www.irs.gov/recovery) or visit the Tax Center aboard MCB Hawaii.





Photos by Sgt. Brian A. Tuthill  
Gunnery Sgt. Shay A. Henry, company gunnery sergeant of Alpha Company, readies gear and weapon before the assault at Range 400.

# Lava Dogs conquer recent Range 400 company assault

**Sgt. Brian A. Tuthill**  
*Combat Correspondent*

**MARINE CORPS AIR GROUND COMBAT CENTER TWENTYNINE PALMS, Calif.** — As the sun rose over Range 400 here Sunday, nearly 250 Lava Dogs of Alpha Company assembled behind a rocky hill in preparation of their live-fire, full-scale company assault. Over the ridge, an anti-personnel obstacle of barbed wire and simulated mines blocked their path. Combat engineers moved over the hill and placed twin twenty-foot-long “bangalore” demolition charges under the obstacle and returned to cover with the rest of the company.

“Knock, knock!” a Marine yelled. BOOM! A bowel-shaking explosion rocked the desert, echoing off distant hills and throwing a cloud of smoke, dust and debris hundreds of feet into the sky. “GO! GO! GO!” leaders bellowed to their Marines.

When the blast sounded, heavy machine guns to the right of their position ripped away at the enemy stronghold downrange while Alpha Company, 1st Battalion, 3rd Marine Regiment — with reinforcements including engineers, machine guns, mortars and other assets — moved over the hill as they began their assault of Range 400. It is one of their evaluations during their Exercise Enhanced Mojave Viper training.

“Range 400 applies a lot at the platoon level in that you not only have to coordinate your three squads, but you also have three independent platoons moving within the battle space,” said 2nd Lt. Thomas A. Rigby, platoon commander, 1st Platoon, Alpha Company, 1/3.

The entrenched enemy compound was more than three-quarters of a mile away on the high ground of a canyon. Marines began to pour sweat with their full combat gear on in the 100-degree temperatures, while they pushed uphill through the dry riverbed. Although it provided them both cover and concealment, it was also treacherous ground to traverse with its rocky obstacles and deep sand washes.

As Marines approached areas exposed to enemy positions, range controllers from the Tactical Training Exercise Control Group, known better as the “Coyotes” and identified by their hunter

orange flak jackets, would announce enemy activity which forced Lava Dogs to re-evaluate their current situation.

“The Coyotes are great because they bring the range to life,” said Rigby. “They paint the battle space in terms of what the enemy is doing, and that changes how you perceive it. They put you in positions to make you react.”

If Marines encountered “effective heavy fire,” they were pinned down as if their opponents had delivered a stifling deluge of gunfire on their position. Marines had to employ the fundamentals of combined arms from the fire team level up to the entire company, syncing their attacks and assets with each other to suppress the enemy and allow movement of units on their left and right.

“We start training from fire teams up with lane training and then up to squads and platoons,” said Pfc. Eric B. Vaughn, team leader, 1st Platoon, Alpha Company. “Range 400 really is the big one with the company attack.”

While traversing the washes and moving closer to their objectives, rockets, mortars and heavy machine gun fire flew overhead in a barrage on the fortified

enemy compound ahead, which included machine gun nests and two trench systems.

Lava Dogs of 1st and 2nd Platoons approached from the west to flank the trenches, moving through the natural cover of a rocky 12-foot-deep wash to conceal their final approach.

As platoons stormed the trench, their heavy support fire ceased, allowing Marines safe passage to enter the area and clear it of all enemy resistance with small arms attacks.

“One day we may be handing out soccer balls to kids, the next we may be on patrol and come across entrenched positions of Taliban fighters,” said Rigby after the attack.

“It’s difficult, sometimes, because you have to bring that soft hand as well the hard hand for the fight.

“[EMV] is a great place to practice both sides of [counter insurgency operations] — especially these hard-hitting, deliberate attacks at the company and platoon level,” Rigby said. “I think 1/3 is doing a great job out here right now — everyone here is ready to train and get to Afghanistan.”



Staff Sgt. Claude A. Watson, platoon sergeant of 1st Platoon, waits for demolition charges to detonate ahead of their position to begin their attack.



# Sports & Health



Lance Cpl. Colby W. Brown

Kimo Kua, guard and lead scorer, Klipper Golf Course, rebounds the ball and goes up for the clean up score during an Intramural Basketball League game Monday at the Semper Fit Gymnasium. While shooting he was fouled and went to the line for free throws.

## Who can stop VP-4?

*Apparently no one, as VP-4 keeps its top spot after defeating Klipper*

**Lance Cpl. Colby W. Brown**  
*Combat Correspondent*

Patrol Squadron 4 won a heated contest of basketball prowess against Klipper Golf Course, 54-34, during an Intramural Summer Basketball League regular season game Monday at the Semper Fit Center gymnasium.

The most winning team in the league VP-4, began the game knowing they had the upper hand over Klipper whose record stands at 3-8.

Klipper started the game off strong and controlled the lead all the way to the half. Each time they had possession of the ball, points were added to their score.

On the other side of the court, VP-4 started off sloppy beginning with foul trouble and having a hard time scoring their first point.

With control of the ball and the opposition being uncontrolled, the first half went to Klipper even though the score didn't show it.

At the half with the scored tied up 19-19, the tempo of the game was on the slow side. With few fast breaks and a low score, it was time for something to happen.

Starting off the second the same as the first, Klipper gained the lead for the first few minutes.

Then, slowly yet surely, VP-4 started to play at their own pace getting fast breaks, having numerous three on two scenarios and getting almost all of their own rebounds.

Within the first eight minutes of the second half VP-4, had a lead of 20 and complete control of the game.

Obviously worn with fatigue from putting out a maximum effort and a small bench to back them up, Klipper began to fall further behind.

Patrol Squadron 4 didn't face that problem, with a deep bench and many strong players. They continued to pound the ball down the court and put points up on the board.

With five minutes left, Klipper gave one last effort to gain control of the game, cutting the lead by a quarter to only 15 points. Patrol Squadron 4 would not have it and rebounded, pushing the lead back to 20.

Finishing the game with a sunk 3-point shot by Klipper, the score was 54-34 in favor of VP-4.

"It was a good game," said Kimo Kua, guard, Klipper Golf Course. "It wasn't a blowout and we don't have the bench they have."

*See VP-4, B-3*



Lance Cpl. Alesha R. Guard

Annie Smack, utility player, prepares her stance during batting practice with the Marine Corps Base Hawaii Female Softball team practice at Riseley Field, Sept. 10.

## Women's Marine Softball team open to service members, spouses, DoD personnel

**Lance Cpl. Alesha R. Guard**  
*Combat Correspondent*

The Marine Corps Base Hawaii Women's Softball team is looking for interested players to help lead their team to victory in the Pearl Harbor Women's Softball League this fall.

Open to all women service members, Department of Defense personnel and military spouses aboard MCB Hawaii and Camp Smith, the team welcomes players of all abilities.

"The more players the better," said Romeo Ibrao, head coach. "This season we have a lot of new faces, and so far, they've come a long way.

The team holds open practices Thursdays each week from 6:30 to 8:30 p.m. at Riseley Field for players and those interested in joining. Don't worry about finding a babysitter — children are welcome.

"It's great because we know we don't have to apologize if we need to bring our kids to practice," said Michelle Coulson, shortstop. "There's a great camaraderie and understanding

*See SOFTBALL, B-5*

## Camp Smith tops Assassins, 30-26

**Lance Cpl. Kevin M. Beebe Jr.**  
*Combat Correspondent*

The Camp Smith Raiders, reigning Intramural Football champions, defeated the 1st Battalion, 12th Marine Regiment Assassins, 30-26, Tuesday at Pop Warner Field in an offensive shootout.

The Raiders stepped on the field ready to win. On the second play from scrimmage, the Raiders threw deep to wide receiver Fred Williams for the first touchdown of the game.

But 1/12 answered back, getting the ball across the goal line three more times before the end of the first quarter to take the lead, 20-8.

After falling behind, the Raider's offense kicked it up a notch. When running back Timothy Johnson caught a pitch, he was able to break to the outside of the defense and run for a 50 yard touchdown.

"Our goal is to get the ball in the end zone," Johnson said, "by any means necessary — running the ball inside, running outside or passing."

Williams proved that when he laid out for an amazing diving catch in the end zone to tie up the game. The Raiders then took the lead, 22-20, on the point after touchdown when they made the two-point conversion.

With the end of first half winding down, the Assassins drove the field. After a deep pass caught on the one-yard-line, Assassin's quarterback Michael Green scored on a quarterback sneak as the clock ran out with 1/12 on



Lance Cpl. Kevin M. Beebe Jr.

Camp Smith Raiders quarterback looks downfield for an open receiver during the first quarter of Tuesday nights Intramural Football game at Pop Warner field.

top, 26-22, going into the half.

At the start of the second half, both teams' defenses came out hitting. Neither offense could get anything going in the third quarter.

As both teams fought hard in the fourth, Assassin's middle linebacker Dennis Sansoucie made a big interception that gave 1/12 the chance to seal the game.

The Assassin's offense was unable to produce and was forced to punt. The ball landed in the hands of Williams and he made magic happen. Breaking tackles and following his blockers Williams went 60 yards for

his third touchdown of the game giving the Raiders a 4-point lead.

As game came to a close, 1/12 would get the back with one last attempt for victory.

The Assassins drove the field utilizing both their rushing and passing game. Only 25 yards away from a win, the field opened up and the Assassins found their way into the end zone with nine seconds remaining. But there was a flag on the play for offensive holding. The touchdown was called back.

*See FOOTBALL, B-5*





A woman’s workout is never done. Life events have a direct impact on whether women can have the time for physical fitness, according to a June 2009 research study published online from the Annals of Behavioral Medicine. “The Feminine Physique” is a three-part series exploring women's workout patterns during different stages of their lives. Part three features women 60 years old and older who have retired from full-time work.

Story and Photos by  
Christine Cabalo  
Photojournalist

It’s an even trade for Rose Talmadge — if she puts in the sweat, her health will be set.

She is one of the many retirees who are making fitness a greater priority in their lives according to research on woman’s health from the University of Queensland. The Australian study noted women at this time in their lives reported they had more personal time to exercise.

Talmadge said there was no time for exercise between family obligations and a full-time job earlier in her life. Even trying to work out with her husband, retired Marine Bob Talmadge, was difficult while juggling her work as a secretary at United States Pacific Command.

“We did try to go a few times after work when we’d get home,” said Rose Talmadge, who turned 82 earlier this month. “It wasn’t a regular thing though.”

After retiring 22 years ago, Rose Talmadge had more time for regular walks. The couple walked in their neighborhood, sometimes for more than three miles, but Rose Talmadge said she began having difficulty with her knee. She and her husband then switched their workouts to the gym and now go to the Semper Fit Center three times a week at Marine Corps Base Hawaii.

“The ground doesn’t give, but the treadmill does,” Rose Talmadge said. “The concrete is unforgiving. People don’t understand that. You can go on the treadmill without it hurting.”

Besides joint pain, muscle loss and osteoporosis are other additional concerns for older women said Tracy Navarrete, health promotions director at Makalapa Clinic, Naval Health Clinic Hawaii. She said loss of range in motion, as well as flexibility, can be increased for older women with regular activity.

“There’s this stereotype that older people lean forward hunched or are any number of things,” Navarrete said. “That’s really further from the truth. I know when I’m training older people during my other job training at the gym, it’s different for every person. I look at their at areas of weakness and levels of physical fitness.”

Promoting personal life-



Working out at Semper Fit Center, Rose Talmadge takes a few turns at the gym’s rowing machines Sept. 4 at Marine Corps Base Hawaii. Talmadge, said she enjoys staying fit at the gym because using the equipment is less of a strain on her than outdoor walking. She and her husband regularly attend the gym for 35-minute workouts three times a week.



Retirees attach ankle bands and carry special weights for the water aerobics class at the Base Pool Sept. 22 aboard Marine Corps Base Hawaii. Exercises to tone muscles and increase bone mass are recommended for women to prevent diseases such as osteoporosis.

long fitness habits can start at any age, Navarrete said. She also observes it is helpful having someone for support in a continued healthy lifestyle.

Making exercise a healthy routine is easier with a workout buddy, said Dorothea Thornton-Mallon. She and Marion Douglas, both in their 60s, regularly visit Semper Fit Center for pilates and yoga classes. The two are

also regulars of the water aerobics class at the Base Pool and ran this year’s Great Aloha Run together.

“Partnering with someone makes all the difference,” Thornton-Mallon said. “If one of us doesn’t show up, then the other is less likely to go.”

An instructor for an adult swimming class, she said the seniors in her class exercise easily in the water together

because it’s a low-impact workout. Swimming in general, she said, is one way to keep fit at any age without worrying about balance. In contrast, Rose Talmadge said she has to focus more on keeping her balance when using gym equipment. Both Thornton-Mallon and Douglas add they’ve seen people do water aerobics even after sensitive surgery.

“You feel weightless in the

water,” Douglas said. “Afterwards, all the aches and pains are just gone. You’re in the sun, and you’re relaxed after you’ve exercised and just feel refreshed. After I finish, it feels like I’ve been massaged all over.”

A varied workout addressing every health concern is important, Navarrete said, and finding out what personally works is different for everyone. She said older women should not shy away from all exercise because of health concerns, and there’s a great activity out there for every retired person.

With a renewed commitment to fitness, Rose Talmadge said she’s often reminded of her childhood

when she played active games like tag. Even getting around her neighborhood for errands required walking or running.

“There’s this stereotype that older people lean forward hunched or are any number of things. That’s really further from the truth.”

— Tracy Navarrete

“I was never afraid of exercise — that’s the way we were brought up,” she said. “We weren’t couch potatoes when we were children.”

Wanting to exercise and be willing to do it regularly is important at any age, Rose Talmadge said. Even if she had reduced mobility, she’d still be eager to get in a good workout any way

she could. “I’m so grateful [Bob and I are] both active enough to get in the car, come over here and do it,” she said. “At our ages, with our backgrounds, I think we’re doing pretty good.”



## Beyond Balance: Test your level of physical fitness at any age

To get all of the benefits of physical activity, try all four types of exercise recommended by the National Institute on Aging. For more information about health for retirees, see the National Institute of Health’s Web site at: <http://nihseniorhealth.gov/exercise/exercisestotry/01.html>.

### Balance:

Do things to help your balance. Try standing on one foot, then the other. If you can, don’t hold on to anything for support.

Get up from a chair without using your hands or arms. Every now and then walk heel-to-toe.

As you walk, put the heel of one foot just in front of the toes of your other foot. Your heel and toes should touch or almost touch if you can do this correctly.

### Endurance:

Try to build up to at least 30 minutes of activity that makes you breathe hard on most or all days of the week. Every day is best to build staying power.

You don’t have to be active for 30 minutes all at once. Ten minutes at a time is fine. If you can talk without any trouble at all, you are not working hard enough. If you can’t talk at all, then you need to slow down.

### Strength:

Keep using your muscles. Find strength exercises to build muscles such as weight training.

When you have strong muscles, lifting heavy objects or taking a long walk through the park is easier.

Keeping your muscles in shape helps prevent falls that cause problems like broken hips. You are less likely to fall when your leg and hip muscles are strong.

### Flexibility:

Stretch!

Stretching can help you be more flexible. Moving more freely will make it easier for you to do all sorts of things. It would be easier to reach down to tie your shoes or look over your shoulder when you back the car out of your driveway.

Stretch when your muscles are warmed up. Don’t stretch so far that it hurts.



# Intramural Sports Updates

## 2009 Intramural Tackle Football League

### Schedule

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

SEPT. 29	MCAS	1/12
SEPT. 30	CAMP SMITH	MAG-24
OCT. 6	HQBN	CAMP SMITH
OCT. 7	MCAS	MAG-24
OCT. 13	MAG-24	HQBN
OCT. 14	CAMP SMITH	MCAS
OCT. 20	CAMP SMITH	HQBN

### Standings

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

CURRENT AS OF MONDAY

## 2009 Intramural Summer Basketball League

### Standings

TEAM	WINS	LOSSES
VP-4	15	0
CPRW-2	11	2
SNCOA	10	2
MALS-24	10	2
CLB-3	9	4
VP-47	6	5
CISD	7	6
1/12	7	5
VP-9	7	6
MARFORPAC	4	8
HQBN	4	9
HSL-37	4	9
VP-9 ANT	1	8
KLIPPER GOLF	3	11
MCAS	2	10
VPU-2	2	11

CURRENT AS OF TUESDAY

### Schedule

SEPT. 25		
6:30 p.m.	MALS-24	VP-9 ANT
7:30 p.m.	VP-4	CPRW-2
8:30 p.m.	HQBN	VP-9
SEPT. 28		
6:30 p.m.	SNCOA	HSL-37
7:30 p.m.	MARFORPAC	CISD
8:30 p.m.	KLIPPER GOLF	VP-9 ANT
SEPT. 29		
6:30 p.m.	MALS-24	VP-9
7:30 p.m.	VP-9 ANT	CPRW-2
8:30 p.m.	MCAS	VP-47

## 2009 Intramural Softball Fall League

### Standings

TEAM	WINS	LOSSES
MPD	1	0
3RD MARINES	1	0
VP-9	1	0
3RD RADIO BN	1	0
CLB-3 “COM PLT”	1	0
MALS-24 “BURKE”	1	0
VP-47	0	0
CPRW-2	0	0
VP-4	0	0
HSL-37	0	0
VP-2 “JOKERS”	0	0
HQBN “ASP”	0	0
CLB-3	0	1
VR-51	0	1
MFP BAND	0	1
MALS-24 “GIBBS”	0	1
VPU-2 “COULSON”	0	1
VP-9	0	1
MCAS	0	1

CURRENT AS OF MONDAY



Lance Cpl. Colby W. Brown

Karry Mosley, forward, Patrol Squadron 4, drives to the hoop for a lay-up. Later in the game, he lost his shoe in while hustling down court on a fast break.

### VP-4, from B-1

For Kua, this game was about improving as a team and building upon what they have done this season.

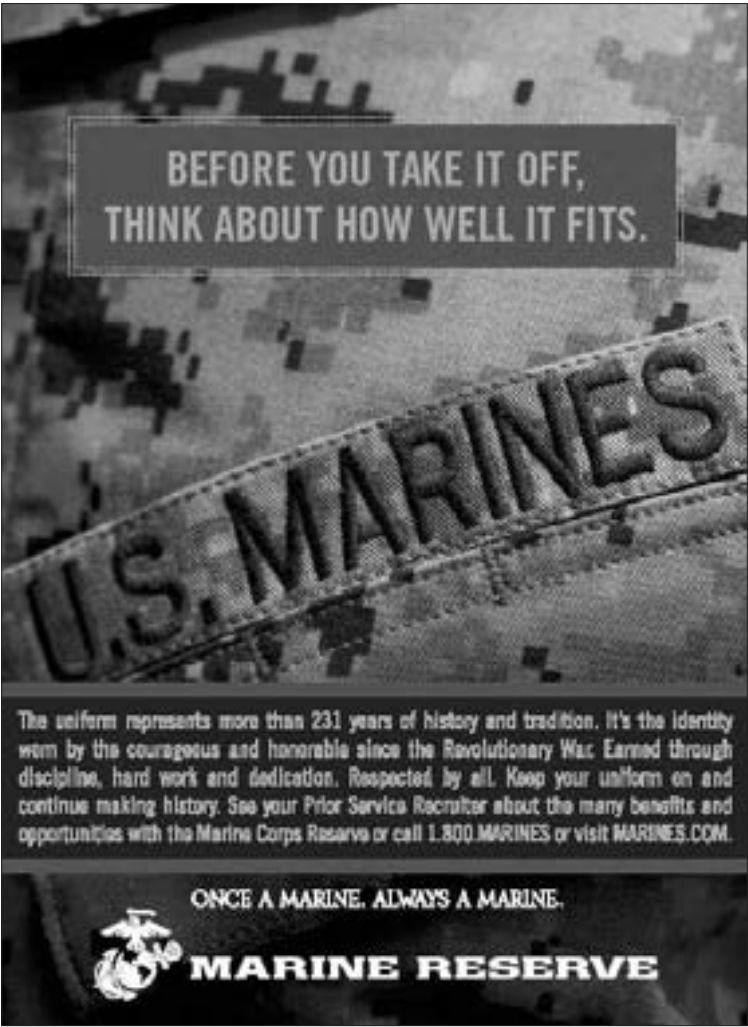
“Hopefully, we get more guys back,” Kua said. “We’re getting better. We lost eight straight in the beginning of the season and just came off a three-win streak. So we are getting better.”

From VP-4’s side of the bench, this game was a slow but fun one.

“It was slow in the beginning,” said Maurice Snipes, guard, Patrol Squadron 4. “We didn’t play like we usually do. We usually run and gun, but it was a fun game.”

Being the only undefeated team in the league, VP-4 looks to have a perfect season.

“You gotta always have more energy than the other team,” Snipes said. “We just have to play our regular game — play at our own pace.”





# Spotlight On Sports

## Sports Briefs

### Marine Corps Base Hawaii Hosts Surf Competition

Marine Corps Base Hawaii and Marine Corps Community Services invites the public to enter the Ku'au Rockin' Surf Competition. This two-day event will be held on this weekend from 7 a.m. to 4 p.m at Pyramid Rock Beach. Holding period extends until Oct. 11.

Participants can enter in the men's shortboard or women's shortboard divisions and/or the longboard division. Cost to enter one division for civilians is \$25, active duty military \$15. Add \$10 if entering a second division. Entry fee also includes a commemorative T-shirt.

Register online at <http://www.mccshawaii.com> or visit the Kaneohe Bay Main Pool. For more information, call 254-7655.

### Okinawa Kenpo Karate

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

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

### Fishing Charters Available at MCB Hawaii

Spend the day aboard one of the Base Marina's fishing charter boats. For more information, stop by the Base Marina located in Building 1698, across from Hangar 101, or call 254-7666/7667.

### Parents for Fitness

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

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

For more information, call Allison at 744-5977 or e-mail [MCBHcoop@hotmail.com](mailto: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.

## 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.

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.

## Commander's Fitness Series

### 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.

*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.*



**SOFTBALL, from B-1**

between us. On the field, you get to step out of your daily duties and just be a chick and have a good time.”

Often, children even help out, running bases for players practicing hitting and fielding.

“My kids think I’m the coolest person in the world when I dive for a ball,” Coulson said. “I like diving in the dirt, getting dirty and showing girls can be just as tough as the guys and still be pretty.”

Whether skilled or new to the game, players are coached on how to improve both their team and individual skills.

“You can learn the game even if you’ve never played before,” said Jasmine Bell, second basemen. “We have all levels of abilities playing on the team and we all have a good time. I love the game of softball, and it’s nice after a hard day at work to be able to come and relieve that stress on the field.”

Bell said she hopes more women get involved in the league because it’s an excellent outlet to network with other athletes. She adds play-

ing in the league is a great way to get involved with the base community and it gives players a chance to meet other military women.

“When you’re in the military, you move around all the time, so sports is a great way to meet people,” said Annie Smack, utility player. “Playing in the league, I’ve met so many people I otherwise wouldn’t have met.”

Smack said she loves her teammates’ competitive spirit and how they all enjoy working hard at their game together.

“Competition makes the game more fun and makes all the hard work at practice worth it,” Smack said.

Ibrao said because there are limited military sports leagues for women athletes in Hawaii, it’s important to sustain the current leagues for future athletes.

Ibrao looks forward to more players coming out for the team and getting their hand at some tough competition this season.

“This league gives females a chance to compete and not just go to the gym for a workout,” Ibrao said. “Competition is always good – it brings the best out of a player.”



Lance Cpl. Alesha R. Guard

Stephanie Rodriguez, right fielder, waits for the pitch as children of players on the Marine Corps Base Hawaii Female Softball team get ready to run bases to help in a fielding drill.

# MCMAP meets UFC



Sgt. Mark Fayloga

Mixed Martial arts fighter B.J. Penn met with wounded warriors from around the island Sept. 18 prior to the start of the Hickam Air Force Base Open House. Penn, the Ultimate Fighting Championship lightweight champion, sat down with the service members for a question and answer session and took pictures before touring the rest of the base. He also flew in an F-16 jet during the visit.

**FOOTBALL, from B-1**

There was time for one last play, but the Assassins fell short.

“It’s tough knowing that the winning touchdown wasn’t scored on your defense,” Sansoucie said. “The team played hard but we lost it on special teams.”

Although the Raiders got

the win, they felt they could have played better, said Patrick Stamas, Raiders coach.

“We’re looking for the future of the season, and if we were going to keep winning, we have to tighten up our defense,” Stamas said. “But tonight, I’m happy to walk out here with a win and represent for Camp Smith.”



Lance Cpl. Kevin M. Beebe Jr.

Dante Austin, 1st Battalion, 12th Marine Regiment Assassins running back, receives a hand off during his 15-yard touchdown run in the first quarter of Tuesday’s Intramural Football game.



# Aloha Bargains



The Aloha Stadium Swap Meet and Market Place showcases more than 700 vendors.

Find food, gifts and deals  
at the Aloha Stadium Swap  
Meet and Market Place

**Lance Cpl.  
Alesha R. Guard**  
*Combat Correspondent*

With Christmas just around the corner, lately I'd been thinking about what gifts I could find to share a taste of Hawaii with my family. After asking around where the best place on the island was for souvenir gifts, one after another, my friends responded – the Aloha Stadium Swap Meet and Market Place.

Known as Hawaii's premier discount warehouse outlet, the event brings vendors from around the island together to showcase their various goods, from handmade crafts and local foods to tropical clothing and hair tinsel. With so much to choose from, I was sure I'd find the perfect gifts for my family.

Walking through the Halawa stadium of over 700 vendors, I was overwhelmed with excitement. I couldn't believe the selection of merchandise each booth had.

"I've been to swap meets from the west to the east coast and this is the largest I've seen," said Gloria Westerfield. "We are loving it here – [the vendors] have such a gift of hospitality. You have to love people to be in the business."

A Connecticut native vacationing on Oahu with family, Westerfield said her family told her to wait until the swap meet to go shopping for the great prices. Because of vendors' reasonable costs and friendly attitude, anyone can come to the swap meet and enjoy shopping, she said.

Browsing the booths, I also felt the warm welcome from the vendors as I looked through their merchandise. Passing by the Twinkle Lights Hair Tinsel booth, I stopped as the vendors made their customers laugh gaily.

"It's not about making money," said Mandi Morgado-Salyers, working at Twinkle. "It's about making the customers feel good. The local Hawaiian spirit is here. The vendors here really push the

aloha and low prices, so it's a more fun and friendly environment compared to going to an average retail store or mall."

The next booth I stopped at was filled with beautiful portraits of Hawaiian flowers and wildlife taken by a local photographer, Sheri Picerno. Showing me her various pieces, she explained the inspiration of her photos she's taken while hiking or traveling the island's beautiful landscape.

"This is a great place to see local artisans' work," Picerno said. "The feedback I've gotten from tourists is that they like supporting the local artists. They really appreciate products that were made here in Hawaii."

Five hours quickly sped by, and before I knew it, it was time to head home. On my out, I stopped by Paradise Tropical Fresh Fruits looking for a drink to quench my thirst.

"The coconut juice is very popular – the people love it," said Petueli Halatokoua, part owner of the family-owned business.

The delicious drink was the perfect ending to a fun day of shopping and exploring the Aloha Stadium Swap Meet and Marketplace.

Whether it was beach clothes or carved wood keepsakes, most vendors had something for every age and budget. I found fun home décor, chic purses and Brazilian bikinis for half the price versus local malls and specialty stores. I'll definitely have to go back to the swap meet a few more times before Christmas.

The Aloha Stadium Swap Meet and Marketplace is open Wednesday and Saturday 8 a.m. – 3 p.m. and Sunday 6:30 a.m. – 3 p.m.

On Oct 31., check out the Spooktacular Halloween Giveaway, where you can win a share of \$500 in Swap Meet and Market Place Bucks.

For directions and more information on the swap meet, visit the Web site at [www.alohastadiumswapmeet.net](http://www.alohastadiumswapmeet.net).



Photos by Lance Cpl. Alesha R. Guard

Jessica Westerfield laughs as she gets shiny hair tinsel tied in her hair at the Twinkle Lights Hair Tinsel booth at the Aloha Stadium Swap Meet and Market Place Wednesday. Westerfield said she came to the swap meet for the great prices and the friendly vendors.

*Going down to the market for a day of deals and Hawaiian spirit*



A customer receives coconut juice from Petueli Halatokoua, owner Paradise Tropical Fresh Fruits.



A customer browses rows of colorful Hawaiian necklaces and bracelets Wednesday.



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



OCHOA

Cpl. Regina A. Ochoa hasn't played a video game since "Mario Kart" on her sister's Nintendo 64. She openly admits to having terrible hand/eye coordination and prefers to watch her husband play video games, which works out for them both. She would much rather play a board game (remember them?) than a video game, but is starting to open up to the idea of gaming thanks to "Rock Band."



WONG

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



Won't you come  
out to play?

Cpl. Regina A. Ochoa

Press Chief

I am by no means a gamer. I bought my husband a Playstation 3 for his birthday two years ago and now we have everything from "Call of Duty" (actually, two different ones) to "Assassin's Creed." We (and by "we" I mean "my husband") have all the newest "super awesome" games pre-ordered and beaten in a week – risking carpal tunnel, malnourishment and my sanity in those days.

I've never been into video games. I could never understand his excitement in a new game being released, until I heard "Rock Band" was adding a Beatles game.

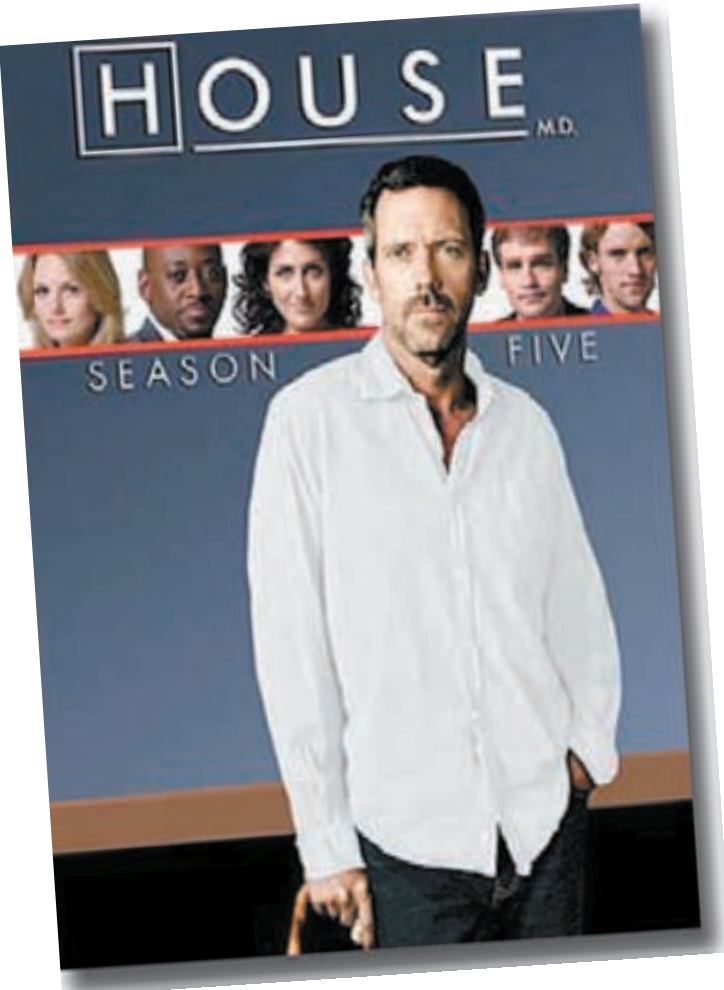
I grew up listening to The Beatles. I was 14 wearing my mother's jean jacket from the '70s painted with the "Revolver" album cover on by her high school boyfriend. Imagine explaining that to all the P. Diddy, Little John and Matchbox 20 fans at the time. It was ridiculous having to say,

"You know 'She loves you, yea, yea, yea?'" But I digress.

Fast-forward to last week and "Beatles Rock Band" brings the Fab Four back to the mainstream (if you're not a fan yet, you will be). I had to have the game. I wanted it. I wanted it so bad it was driving me mad. My husband, just as excited, allowed me to spend the \$300 plus to get the limited edition version. It still cost less than what he's paid for games and came complete with Paul McCartney's bass, Ringo Starr's bass drum and John Lennon's guitar (we're going back for George Harrison's guitar, because it feels like a crime to play

While My Guitar Gently Weeps" without it). Believe me when I tell you, the game didn't let me down. I'm in love (with a game) for the first time, and I know it's going to last. We opened the game, set everything up and were in awe. Just the opening of the game was enough to make me smile like a little child.

See ROCK, C-4



Make friends with  
the doctors of  
Princeton-Plainsboro

Kristen Wong

Photojournalist

As music plays softly in the background, a woman shares her home with friends and family, beaming as she holds a new baby. Through the window of a café, two old friends reconcile and laugh while enjoying a burger. No sound emerges from their lips, and the audience's view is restricted to a window. But my heart feels warm and I smile.

The characters I've come to know like real friends are enjoying a moment in life.

Though the sixth season of "House, M.D." recently started airing on Fox, don't forget that season five was recently released on DVD. Season five still offers all the effective drama and comedy of its predecessors.

The doctors of Princeton Plainsboro Teaching Hospital must again treat puzzling ailments while dealing with patients of extreme personalities and normal medical practice woes. Despite having their hands full, the doctors still find time to sort out their personal lives and toss a few jokes around. Of course, the series is not

complete without the sarcasm and inappropriate comments from Princeton Plainsboro's finest – Dr. Gregory House [Hugh Laurie], who can't shake the constant hallucination of Dr. James Wilson's recently deceased girlfriend Dr. Amber Volakis [Anne Dudek].

What I enjoy about "House" is how the directors can make each episode fresh despite its recurring ailment patient theme.

Even though it seems many of the patients typically initially fall ill in a similar fashion – vomit, collapse, bleeding or trouble breathing – the scene set up around this patient is much more engaging.

The dramatic dance rehearsal in the episode "Under My Skin" engrossed us in bright lights, dramatic music and balancing ballerina toes. The rehearsal was an effective frame for the climax of the introduction, when the main patient falls ill and shatters the excitement.

See HOUSE, C-4

TALK\*  
STORY

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

Being an office full of lookers, the Hawaii Marine staff often compares itself to the cast of "Baywatch" (it's probably closer to "Cops") The Hawaii Marine wondered ...

Which actor would you choose to play you in a movie and why?



Jamie Foxx



Brad Pitt



Nicholas Cage



“Jamie Foxx. Because I was told I look like him, and I act like him. He's multitalented and he's a pretty good actor.”  
— Seaman Sheltric Peterson

“Brad Pitt because he gets all the girls.”  
— Pfc. Paul Erfman

“Nicholas Cage. His unique body chemistry and the different roles he plays in his movies are good.”  
— Petty Officer 1st Class William McCubbin



# Help wanted

*USO Hawaii seeks a few good volunteers*

**Christine Cabalo**

*Photojournalist*

Maintaining a home away from home for every military member takes more than one set of hands.

“We’d have to shut down our doors without volunteers,” said Nicole Darity, programs manager, USO Hawaii. “We only have four paid staff on island to handle two centers and 14 programs.”

Many may be familiar with the USO’s camp shows, offering entertainment for deployed troops, but the organization also provides services for those at home. Volunteers, who are always needed, assist USO Hawaii in efforts like the United Through Reading program. The organization assists service members in recording themselves reading stories for their children. Darity said the USO Hawaii also sponsors one-time events, like the visit from the Hollywood Knights Celebrity basketball teams earlier this year.

“We’ll be participating in the Children and Youth Day at the State Capitol Complex on October 4,” she said. “We’ll need volunteers to help run the USO booth. There’s no selling involved; we’re just giving out information. All the volunteers who participate get USO T-shirts.”

One of the organization’s main ongoing programs is the operating of their two USO

Hawaii Centers. Providing free Internet access and shower facilities, Darity said the centers are places to relax at the Honolulu International Airport and the Hickam Air Mobility Command Terminal Center.

“We’re there to be the answer-givers and the info-finders,” said Petty Officer 1st Class Wayne Carter, volunteer coordinator, Patrol Squadron 9. “We’re the home away from home. The USO is a place to relax while you’re waiting for planes and arriving at the airport. Volunteers work to make it more hospitable and homey.”

Carter and approximately a dozen valued volunteers from his unit offer their support for the center, working the Tuesday evening shifts from 8 p.m. to midnight. Both VP-9 and Combat Logistics Battalion 3 have regularly worked at the center for the last five years.

“It’s funny because VP-9 deployed and as soon as they got back, they called to see if they could take back their shift,” Darity said.

“The same is true for CLB-3.”

First volunteering in 2006, Carter said he wanted to help fellow military members trying to find their way here.

“When you first get to the island, it’s a big change,” Carter said. “Guys come in, and they’re unfamiliar with the area. They don’t know what to expect. Some people come straight from boot camp or [MOS] school.”

The VP-9 volunteer coordinator said he’s there to help wayward service members or those leaving the islands who need a place to lounge.

Any time traveling military personnel need assistance or information, Carter said they’re likely to go straight to the USO Hawaii Center.

“Once an admiral came through — I was mesmerized because I was still junior enlisted at the time it happened a year or two ago,” he said. “I was astounded, because you see everyone, from the officers to the recruits, coming in.”



Carter said he was excited to offer the high-ranking officer a cup of coffee and answer several of his questions. Later on, Carter was pleasantly surprised to receive a letter of appreciation in the mail.

Volunteers from all branches of service help support USO Hawaii, Darity said, which is helpful for large tasks but also means the pool of volunteers changes often due to permanent changing of stations. Training new volunteers for center shifts takes some time, 12 hours. It can easily be achieved through working three shifts at the center.

“You can do this watch in civilian clothes and expand your network,” Carter said. “As a volunteer, you meet numerous people who remain in your life. You definitely learn a lot about the military too.”

To financially support the centers and all of the organization’s programs, Darity said nearly 87 cents of every dollar donated goes back to troops and their families. The program coordinator said USO Hawaii mission’s of serving those who serve is possible only through volunteer support.

“The USO is how American supports the troops,” she said. “We’re a non-profit group, who rely on the kindness and generosity of the public.”

To volunteer for USO Hawaii, call 836-3351. For more information about USO Hawaii’s services, log on to <http://www.uso.org/hawaii>.

## Marine Corps’ chaplain visits wounded warriors, base facilities



Lance Cpl. Kevin M. Beebe Jr.

**Marines of Wounded Warrior Battalion listen to Rear Adm. Allan T. Baker, chaplain of the Marine Corps, during his visit to their barracks Wednesday. During his visit to Marine Corps Base Hawaii, Baker made several stops around the base including the base chapel, Marine Corps Air Station, and a visit with the Wounded Warrior Battalion, where he talked with the service members about the program and listened to types of problems they face. His purpose for the visit was to layout his priorities and let Marines know where he stands on different issues.**

## Are you the enemy within?

*Keep your computer, e-mail safe*

**Press Release**

*Pacific Command*

Every user of a Department of Defense computer is a potential enemy within.

Adversaries regularly infiltrate DoD networks and barrage our networks with malicious e-mail. This threat has taken on the form of increased phishing and spear phishing attempts.

Phishing e-mail messages are designed to steal your identity. They ask for personal data or direct you to Web sites or phone numbers to call where they ask you to provide personal data. They might even appear

to be from someone you know.

Spear phishing is a targeted form of phishing in which an e-mail message might look like it comes from your employer, or from a colleague who might send an e-mail message to everyone in the company, such as the head of human resources or information technology.

In addition, today’s viruses often appear to be harmless correspondence such as personal notes, jokes or marketing promotions. While many viruses require recipients to download attachments in order to facilitate infection and spread, some are designed to launch automatically, with absolutely no user action required.

The effects of e-mail-borne viruses can be

significant. Many can be distributed around the world in just a matter of hours, bringing down critical communication systems, hindering the performance of global networks, and corrupting vital documents.

Imagine trying to fight a war without our computer networks or with networks that we can’t trust to contain accurate information. These techniques have the potential of compromising our networks by infecting them with malicious software. A single user can compromise an entire network with the click of a button. We cannot allow these attempts to succeed. Just as we do not let people come through the front gate unchecked, we must also check e-mail from

unknown/non-credentialed sources.

Below are some best practices you can incorporate to ensure you don’t corrupt our networks:

- Do not access imbedded web links and/or attachments from non-verified or unofficial senders (e.g. Gmail, Yahoo, and Hotmail accounts). If an e-mail is not digitally signed, indicating a “friendly” sender, validate the source by alternate means, e.g. telephone or independent messaging.
- Digitally sign all generated e-mail that include imbedded Web links or attachments to provide this same assurance to the receiver.
- Report suspected phishing attempt e-mails to your Information Assurance (IA) department.

## VP-47 host Family Night to prepare for deployment



Petty Officer 2nd Class Meagan E. Klein

**Members of the Patrol Squadron 47 Ombudsman team and the Family Readiness Group collect contact information in order to keep family members informed about their deployed loved ones.**

**Lt. j.g. John David Inman**

*Patrol Squadron 47*

On Monday, Patrol Squadron 47 held a Family Night at Kahuna’s Sports Bar and Grill to inform the families of the Golden Swordsmen about their upcoming deployment. Many important topics were discussed including deployment location, chaplain services, and legal information.

The night opened with remarks by Navy Capt. Rodney Urbano, Commander Patrol and Reconnaissance Wing Two. He addressed the readiness the Golden Swordsmen have achieved and the hard work the men and women of VP-47 have provided the last several months in preparation for deployment. Rich Rolland, TriCare representative, gave a thorough brief about TriCare benefits. He covered several important topics including changes to dependent coverage and new contact

numbers for information on policies. Navy Lt. Rector provided a thorough brief on chaplain services available both to Golden Swordsmen on deployment, and their families at home. Lt. j.g. Long, from Naval Legal Service Office Hawaii, presented great information about wills and powers of attorney, as well as services available to families while their Golden Swordsmen is away on deployment. Cheri Matthews and Lindsay Sigmon from Forest City addressed the Deployed Spouse Program and resources available to family members at home.

The VP-47 Ombudsmen, Anne Whitney and Cheryl Milca, collected family contact information in order keep families informed during the deployment. They plan to provide updates on deployment flow as well as the status of the squadron’s homecoming. October Mason, VP-47’s family readiness group representa-

tive, presented information on family activities that will take place while the squadron is away including the Squadron Holiday Party, homecoming celebrations and the coveted raffle for the “first kiss” upon return home from deployment.

The night concluded with an address by Command Master Chief Bill Singer. He provided information collected by the squadron pre-deployment team who recently visited the deployment site.

His speech covered living quarters, transportation and base facilities, and put family members at ease knowing what to expect for deployment.

The Golden Swordsmen stand ready to face the challenges ahead of them during their upcoming deployment, and are thankful to have such great resources available to their families while they are away.



ROCK, from C-2

Even my 7-month old daughter stopped fidgeting to watch cartoon Beatles rocking out (although she may be bias as a Beatles fan from the time her ears were developing). It was like “images of broken light, which dance before me like a million eyes.”

Playing was difficult, not because the “easy” setting wasn’t easy, but because it was hard for me to pull my eyes away from the amazing art in the background.

You begin the game in 1963 at The Cavern in Liverpool where The Beatles made their start. You then follow them through their career to The Ed Sullivan Show in ’64 all the way to their last live performance on top of the Apple Corps rooftop in 1969.

I have to say, I felt more like a rock star playing this game than I ever did singing along driving my car (and who doesn’t feel like a rock star when they’re belting out songs alone in their car?). From playing in front of screaming fans to sitting in a studio, you really feel like you’re making the music – especially when you miss notes during a guitar solo and the music stops.

While I was playing, all my troubles seemed so far away. My husband, two friends and myself had come together, singing into the dead of night trying to finish the game. We couldn’t stop! Why? Just because.

After finishing the game’s 45 songs (poorly and half asleep by the end) we finally went to sleep, just to play again the next night.

I couldn’t imagine a more perfect game – that is until they release more songs! It’s unfair to pick a favorite, because there’s something for everyone. “Revolution” has great guitar licks, “Come Together” is a bass player’s dream, and “Helter Skelter” is a challenge for everyone. My personal favorite was “I Want You (She’s so Heavy)” because everything about that song, from the sound to the play, is amazing.

It was well worth every penny we spent (and will spend). If you have the instruments already, and don’t insist on having Lennon, McCartney, Harrison and Ringo’s, you can use them and only spend the \$50 plus for the game. This is a must if you are a Beatles fan, and a game you can play time and time again. Be careful or you’ll find yourself playing eight days a week!

HOUSE, from C-2

ment of the dance.

Sometimes, the plot is clever enough not to give away who is going to be the main patient until just before the credits. Even though one character may seem to feel sick or in pain, they are not always going to be the focus of the episode.

Some of the ailments depicted on “House” are so strange they are quite entertaining and at times, saddening. In the episodes “Both Sides Now” and “The Social Contract,” I watched bizarre illnesses [uncontrollable hands or mouths] turn wives against their husbands. Episodes like these explore possible real life situations and people for audiences who may not have considered how they would react or what they would do.

But “House” also has light-hearted, humorous moments. I particularly enjoyed watching House dance into a patient’s room with a large stereo on his shoulder. I recommend this show to older teenagers and adults. Parents may not want children to watch House’s derogatory remarks and dependency on painkillers.

For “House” fans, these episodes are important to the storyline and the characters. It must not be missed.

If you’ve heard one too many colleagues raving about the latest episode of “House,” and are considering watching, give it a try.

All recurring cast members are featured in the fifth season, so you’ll meet them all, and get an idea of their relationships with each other. Yes, there are four seasons to catch up on, but it’s well worth watching.

# KOSC Art Auction

The Kaneohe Officer Spouses’ Club is hosting an Art Auction Oct. 17 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.

Tickets are \$20 in advance and \$25 after Oct. 9th. For more information on ticket purchases, contact koscartauction09@hotmail.com

# Civilian Marine News *Monkey business*

Michael Smith, Ph.D  
Contributor

Are you a victim of the monkey? In 1974, William Oncken and Donald Wass wrote the second most popular article ever published by the Harvard Business Review, “Management Time: Who’s got the Monkey” suggesting that there are three types of management-imposed time pressure.

This article has been reprinted several times but I think it is important to summarize what they said and find out if you are a victim of the monkey.

If you are like me or 37 percent of the baby boomers in the United States, you may feel overworked which can lead to increased stress. In general, a third of the American workforce feels overworked and overworked employees are more likely to make mistakes, feel angry with their employers and resent colleagues they feel are not working as hard. People who feel overworked also reported higher stress levels, more symptoms of clinical depression and poorer health, and 40 percent of workers with teenagers reported higher stress levels. But you didn’t need me to tell you that.

One source of the overworked feeling comes from poor time management. To some degree we are all guilty of poor time management.

Have you ever wondered why you worked hard all day but did not finish and in some cases even start the one task that was most important to you? Sometimes, we start off the day with well founded intentions only to find that your work schedule falls in a heap by mid-morning.

The three different types of management-imposed time pressure include: boss, system, and self. Boss-imposed time pressure represents those activities which must be accomplished or you will suffer the consequences. System-imposed time pressures are those activities or requests which come from peers and colleagues. While the penalties are not so severe or as swift as with the boss imposed, you may still suffer if these things are not done. The third pressure comes from those that are self-imposed. These are the activities that we initiate or agree to do for some. Most often they represent things which have been upwardly delegated from people who report to us. As you may guess, these self-imposed activities impact heavily on your discretionary time and the penalty for not doing these is increased levels of stress.

Now you may be asking what I meant by being a victim of the monkey. Oncken and Wass used the monkey analogy to make their point. It represents the problem at hand. When someone in your team

or on your staff talks about a problem they want to “run past you,” the monkey (the problem) is very clearly on their back. But when you respond with something like “I don’t have time right now, but I will look into it,” the monkey immediately leaps from their shoulders to yours. You have just been on the receiving end of an excellent piece of upward delegation.

There is a distinct difference between providing outstanding customer service or going out of your way to do your job and carrying someone’s monkey. If coworkers or peers drop their monkey with you everyday, soon you will have a cage full of monkeys on your back. You have reduced your discretionary time, and now you must feed and care for the monkeys you’ve acquired.

Since we have no control over boss-imposed time pressure and little control over pressure imposed by systems, it is important to learn how to reduce the pressure of self-imposed activities to give yourself more discretionary time and the first step is to recognize the monkeys are jumping onto your back. How often do you say . . . “Leave it with me” “Can I think about that?” “I’ll get back to you on that” “I’ve seen that before. I’ll look after it for you” and my favorite, “Send me an e-mail on that.” If you find yourself

saying this, then monkey has jumped and there is a good chance that you are taking on the problems of your people, rather than helping them solve the problems and develop their own skills.

Learning what to do is simply a matter of learning to delegate and setting your priorities. What others can do for you represents delegation. If you develop your people to take responsibility, you will find delegation much easier and you will have more discretionary time available. In addition to delegating, you must learn to set priorities.

Don’t be swayed and take on too many monkeys. As a manager, you are the “expert” and everyone knows it, but don’t be trapped into doing things just because you know how. Think of it this way: what you “can do” has nothing to do with your ability; rather it is about the amount of time you have and how you use that time.

Remember, we all have monkeys living on our back. They can be moved around but they are always on someone’s back. The key to successful time management is learning to manage the monkeys. Sometimes we think it is easier to do it ourselves, but be careful and consider how this new monkey will affect the rest of the monkeys you already have on your back.



Photo Courtesy of Marine Corps Community Services

At the culmination of International Housekeepers Week, Marine Corps Community Services' Temporary Lodging Facility staff are presented with the Marine Corps Food and Hospitality Excellence Award. Thanks to the contributions of the staff in customer service, financial performance, human resources and operations, this is the ninth award the TLF has received in a row.



Chaplain’s Corner

*The secret of life according to Curly*

Navy Lt. Mark Cox  
1st Battalion, 12th Marine Regiment

The movie “City Slickers” is about three guys in their mid-life crisis, going on a cattle drive in Colorado, hoping to find new meaning in life.

In one poignant scene, Mitch Robbins the city slicker, played by Billy Crystal, and Curly, the authentic leathery old cowboy, played by Jack Palance, find themselves alone, away from the herd, helping a pregnant cow give birth.

The calf pours out into Mitch’s arms in an exciting revelation of new life. A moment later there is a loud gun shot and there stands Curly

with a smoking gun over the dead mother cow. “She was suffering,” Curly says.

The amazement of this new life mixed with the violent sudden death of another leaves Mitch stunned and confused.

On the way back to the herd, as the sun sets behind them, Curly says, “You city slickers come out here thinking you’ll find something you’re missing in life. Do you want to know what the secret to life is?” Curly holds up his finger and says “it’s this”.

“What? Your finger,” says Mitch. “No, it’s just one thing” says Curly. “What is the ONE thing”, says Mitch? To which Curly replies “Well, you have to figure that out (paraphrase).”

The story stays with me to this day, because it portrays the problems of your average guy and gives an overly simplified, but right answer to life. Life should ultimately be about one thing. Figuring it out is all part of the journey. But here are some helpful clues.

In Okinawa they don’t have a word for retirement; they only have a word for the purpose of life, “ikigai”, which means “the reason you wake up every morning”.

In France they call it “raison d’etre” which means the purpose that justifies a things existence.

Similarly in Costa Rica the old generation speaks of “pura vida” which means “pure

life,” it implies a purposeful life free of self.

Additionally the same idea comes out in the Bible, in the familiar Sermon on the Mount, “Blessed are the pure in heart” or one might say, blessed are they who have one singular selfless purpose in life.

One of the most important things in discovering the “secret to life” is learning that “the ONE thing” is not about you. This is where most people turn the corner in life, when they realize there is something really big going on and it’s not about them.

And finally, probably the most important thing in discovering the “the secret to life” is wanting to know it – bad enough to figure it out.




Sgt. Brian A. Tuthill

Training

*to win hearts and minds*

Lance Cpl. Eric Sanchez teaches Lance Cpl. Alex Messick the language of Pashtu at night outside of their living area at Marine Corps Air Ground Combat Center Twentynine Palms, Calif. Before joining the Marine Corps, Sanchez studied Pashtu and Farsi while attending college. Both Marines are intelligence analysts with 1st Battalion, 3rd Marine Regiment’s intelligence section and are participating in Exercise Mojave Viper pre-deployment training.





# 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.

“Aliens in the Attic” - PG	Today   7:15 p.m.
“The Ugly Truth” - R	Today   9:45 p.m.
“GI Joe: The Rise of Cobra” - PG-13	Saturday   7:15 p.m.
“Funny People” - R	Saturday   9:15 p.m.
“G-Force” - PG	Sunday   2 p.m.
“GI Joe: The Rise of Cobra” - PG-13	Sunday   6:30 p.m.
“Funny People” - 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.

# Mokapu Beat

## What’s happening at Mokapu Elementary School

### Book Fair, Family Dinner, Literacy Night

The *fall book fair* will be held at the Mokapu library from Monday through Oct. 2. Its theme is “Destination Book Fair: Read Around the World!” Hours for the book fair are 8 a.m. – 3:30 p.m. Monday, Tuesday, Thursday and Friday. On Wednesdays the hours are 8 a.m. – 8 p.m. Volunteers are needed to help staff the fair and also to help with setup today. Please contact Librarian Lori Kidani at 254-7964 or the Mokapu PTA at mokapu\_pta@yahoo.com.

A “Dine Around the World” *family dinner and literacy night* will be held on Wednesday in conjunction with the fair. It will be held in front of the library at 5:30 p.m. Please bring a dish for the international potluck dinner and then stay for Literacy Night, or shop at the book fair until 8 p.m. Bring your adventurous appetites!

### Pizza Fundraiser Nights

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

### Red Ribbon Week Contest

The PTA is sponsoring a Red Ribbon Week poster and poem contest. Students in all grades can make a poster and those in grades 3-6 can write a poem to promote healthy living, kind-

ness and caring, or being a responsible citizen. The theme for Red Ribbon Week is “Dream, Believe, Achieve, Succeed!” All entries will receive a prize, and a gift card will be awarded to one special winner for each grade level. Entries will decorate our halls the week of Oct. 19. All entries must be turned in to P-6 by Oct. 9. Questions should be directed to PTA at mokapu\_pta@yahoo.com.

### Enrichment Activities

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

The next *Mad Science* session will be for students in grades 3-6. It will be held on Thursdays in November, with registration forms sent home in October. The fee will be \$70 for four weeks.

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

The *Mokapu Chorus* will be Tuesdays for grades 3-6 and Thursdays for grades K-2. All sessions will be held in P-3 from 2:15 -3:15 p.m. There is still room in the Thursday session. The cost is \$30 per semester. The chorus will perform a holiday show in December. More information will follow.

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



## Thrift Store Bag Sale

The All Enlisted Spouses’ Club is holding its next Bag Sale Day Oct. 3 from 10 a.m. to 2 p.m. Fit as many items as you can into a large grocery store brown bag for only \$5 per bag. This sale excludes specially marked items and merchandise in the front glass case. Active duty ID is needed to purchase military uniforms.

Please call the Thrift Store at 254-0841 for more information. Profits from the Thrift Store are donated to non-profit organizations that benefit Marine Corps Base Hawaii military members and their families.



# Word to Pass

## Aboard MCB Hawaii

### Family Readiness Advisor and Assistant Training

Sept. 28-29

This training is for spouses, parents and extended family members appointed to or interested in the role of Family Readiness Advisor or Family Readiness Assistant for their unit. The training will be in the Marine Corps Family Team Building conference room, building 224, from 9 a.m. to noon.

Participants must register in advance through their Unit Family Readiness Officer. The course is six hours of required training for all FRAs.

For more information, contact Mele Stedner, Family Readiness Program Trainer, at 257-2657.

### Retirement Transition Assistance Program

Sept. 28 - Oct. 1

This class helps service

members retiring from active duty transition into the civilian community. All retiring service members must attend this brief within two years of their retirement date and no later than 90 days prior to their separation.

The seminar takes place in building 279 from 8 a.m. to 4 p.m. each day.

The next RTAP seminar will be Nov. 30 to Dec. 3. Reservations are required to attend. To secure a slot, contact your Unit Transition Counselor. For more information, call Jeff Esposito at 257-7790.

### MCB Hawaii Special Needs Information and Support Network

Sept. 28

This event is a great opportunity for families with special needs to network with other Exceptional Family Member Program families.

This event is at the ASYM-CA building 3074 from 6:30 to 8:30 p.m.

For more information, call Brenda Suarez at 257-7782.

### Orange Julius and Dairy Queen grand opening party

Oct. 31

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

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

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

For more information, call James Valerio at 254-0033.



# 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

## Community Events

### Live Energy Lite Event

Oct. 3

Kick off National Energy Awareness Month at Pearlridge Center's Uptown Center Court from 10 a.m. to 3 p.m.

Get energy saving tips from experts, learn about Hawaii's clean energy future plans, enjoy Hawaiian entertainment and test your energy IQ to win prizes.

Admission is free. For more information, contact the Hawaiian Electric Company at 543-7511.

### 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.

### Arboretum Tours

Tuesdays and Saturdays

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

Knowledgeable guides will share highlights of the arboretum collections.

Tours are Tuesday 10 to

11:30 a.m. and Saturday 1 to 2:30 p.m.

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

Call 988-0456 for more information.

### Free Lauhala Weaving Class

First Saturdays,

10 a.m. to 2 p.m.

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

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

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

Don't  
throw  
it away!!

Mokapu Elementary  
School accepts  
and recycles used or  
broken electronic  
equipment.

Items accepted:

- cell phones
- ink cartridges
- DVD players
- VCRs
- printers
- fax machines