

Hawaii Marine



'Island Warriors' lift off from K-Bay 2/3 to train during ITX

Lance Cpl. Aaron Patterson | Marine Corps Base Hawaii Combat Camera

Marines assigned to 2nd Battalion, 3rd Marine Regiment board an Atlas Air Boeing 747-400 at Marine Corps Air Station Kaneohe Bay, Tuesday. The Marines of 2nd Bn., 3rd Marines are embarking on a trip to Marine Corps Air Ground Combat Center Twentynine Palms, Calif., for the Integrated Training Exercise.

Managing money for a new year, new beginning

Kristen Wong
Hawaii Marine

As 2015 enters its third week, financial woes may be setting in for many. Funds have been depleted for holiday gifts and travel, while tax documents will soon be in the mail. Marine Corps Base Hawaii personnel can turn to on-base organizations to help ease new year financial stress through creating budgets, setting goals and decreasing debt. Marine Corps Community Services' Personal Financial Management Program and the Navy-Marine Corps Relief Society both offer support to active-duty service members and their families when it comes to saving and spending. Jacqueline Walker, the PFMP manager, suggests that for the new year, people can make a "fresh start" in 2015 and think about what's important to them financially. Walker encourages people to set goals for themselves, and create budgets. The PFMP offers individual counseling, unit briefs and classes throughout the year for service members and spouses on various topics. This month, participants can also learn about purchasing food from the base commissary with their health and budget in mind. Naval Health Clinic Hawaii Health Promotions and PFMP will be taking participants on a commissary tour Jan. 27 at 8:30 a.m.



Kristen Wong | Hawaii Marine

Vondi Irwin Martinez, a Personal Finance Management Program specialist, teaches a Personal Readiness Seminar in building 279, Monday. The program offers classes, briefs and counseling throughout the year about managing finances.

FINANCE, A-6

VMU-3 'PHANTOMS' SEND UAS TO FLIGHT



Lance Cpl. Robert Williams Jr. | Marine Corps Installations Pacific

Marines inspect a Tactical Unmanned Aerial System RQ-7B Shadow after it landed on Cooper Airstrip at Pohakuloa Training Area, Saturday. The Shadow is used for various types of missions such as gathering intelligence on enemy locations or objectives, providing over-watch support, and laser targeting areas to provide air support to other units. The Marines are aviation mechanics with Marine Unmanned Aerial Vehicle Squadron 3, Marine Aircraft Group 24, 1st Marine Aircraft Wing, III Marine Expeditionary Force.

FTC issues package delivery scam alert

The Federal Trade Commission has released a scam alert addressing a "package delivery"-themed phishing campaign. Scammers are sending fake "delivery failure notification" emails to unsuspecting customers. The email is designed to look like it's from the U.S. Postal Service. The email claims a customer has missed a delivery and instructs them to open an attached form, print it out, and take it to their local post office to pick up their package to avoid any "penalties." The U.S. Postal Service is not sending these emails and no packages are associated with it. Email recipients who open the attached form, or click on a related link in the scam email, are likely to infect their computer or other device with a virus or malware. Criminals often use names and logos of familiar organizations to catch people off guard. Here are some tips to share with others on how to spot an email scam:

- It tells you to click on a link or download an attachment
- It urges you to take immediate action
- It asks you to reconfirm personal or financial information
- If you hover your cursor over the link in the email, it won't show the official website of the supposed sender

For more tips, see the FTC's consumer information website at www.consumer.ftc.gov. Customers with questions about U.S. Postal Service shipments should go to usps.com or call 1-800-ASK-USPS.



Flying high
Skydiving for recreation
B-1



Resolution?
Are New Year's resolutions necessary?
B-2

Saturday
High 78°
Low 65°

Sunday
High 79°
Low 66°

WORDS FROM THE BASE INSPECTOR

Fundraising on Base

Fundraising Activities which are routinely approved

1. Car washes (at Kahuna's only).
2. Homemade baked goods sales (pastry/dessert type items).
3. Auctions (household items, clothes, art, services and goods).
4. Unit-level sports tournaments.
5. Unit-level/group garage sales at a central location aboard MCB Hawaii.
6. MCCS MWR sponsored events
7. Use of MCCS facilities/programs as fundraising opportunities (golf tournaments, bowling tournaments, boat outings, dances at MCCS clubs, etc.).

Unit informal activities may not engage in fundraising outside of MCB Hawaii. Individuals may participate in off-base fundraising; however, such fundraising must be in a purely personal capacity.

Any gambling activity, including a lottery, pool, raffle or game of chance for money or property, is strictly prohibited. Any fundraising event or campaign practice that involves compulsion, coercion or other action that is contrary to the concept of true voluntary giving is strictly prohibited. See Base Order 5760.5 for a more complete list of unauthorized fundraising activities.

It is imperative that we abide by the specifics and spirit of all applicable regulations. When impropriety or the appearance of impropriety exists, it threatens public confidence in our military service.

Please refer to Base Order 5760.2A or contact the Base Inspector's Office at 257-8861 for more information.

Lt. Col. David H. Bohn
Base Inspector
Marine Corps Base Hawaii
257-8852

This week in Corps history

Jan. 16, 1991: Operation Desert Shield became Operation Desert Storm as forces of the allied coalition launched an all-out air campaign against targets in Iraq and occupied Kuwait in an effort to liberate Kuwait and enforce the resolutions of the United Nations Security Council. Overall, in the theater of operations, the coalition forces included more than 415,000 U.S. troops.

- U.S. Marine Corps History Division

Hawaii Marine

www.mcbhawaii.marines.mil
www.hawaiimarine.com

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Fax: 257-2511, Phone: 257-8837

ICE COMMENTS

COMPLAINT

Why are the gas prices on MCBH so expensive in comparison to other military fuel stops?

RESPONSE

Hopefully I can provide some answers to your concerns. Most importantly, I would like to assure you that there is no price gouging by MCCS, or any suppliers providing services to MCCS.

We constantly strive to ensure that MCCS is getting the best value from our suppliers, so in turn that value can be forwarded to our patrons. However, the continuously fluctuating cost of fuel makes pricing very challenging. When establishing our gas prices, we take into consideration the Kailua/Kaneohe market area. A pricing survey is conducted daily of the market area to get the average price for gasoline.

(When) the average price in the Windward market area is \$3.679 per gallon for regular unleaded, the MCCS sell price for regular unleaded is \$3.399 per gallon. After that, we must factor in our responsibility to provide financial support for Marine Corps quality of life programs. We also must factor in our operational expenses, both at Marine Corps Base Hawaii and Headquarters Marine Corps. We then take all of the factors above into consideration and establish a fair price where we are able to provide the financial support for quality of life programs and sustain the day-to-day operations of the business.

At times, this could mean a higher price than our sister services. In some cases, lower as well. And, although there is a transportation charge to this side of the island, it is not substantial and is not regularly factored in to the final sell price for fuel. We are also required to post the same sell price for fuel at all of our MCX Fuel locations on island. This requirement is also shared by NEX and AAFES. NEX chooses to follow, or match, Costco and Sam's Club, when pricing their fuel. Because of their close proximity, AAFES is required to follow the same pricing model as NEX. And because it is an AAFES Station, this would explain the pricing at the Bellows AFS fuel location. Although that station is located on the Windward side of the island, they price according to their Honolulu locations. Over the last several weeks, there has been a steady drop in cost for fuel, which can be seen across the island. We have been making every effort to pass this savings on to our patrons.

Michael GKK Ho, store manager K-Bay Gas Lanes

Interactive Customer Evaluation is:

- A web-based tool for collecting feedback about the services provided by various organizations throughout the Department of Defense.
- Allows customers to submit online comment cards to rate the service providers that they have encountered at military bases and related facilities around the world.
- Allows service providers to collect customer satisfaction data in a standardized format which is stored in the ICE database.
- Provides customers with a convenient and efficient method to express their opinions to service providers and receive feedback.

ICE is NOT:

- To be used as a sole source to report safety concerns. **Base Safety should be contacted directly at 257-1830.**
- Intended for use to submit complaints regarding fellow employees or management, to spread rumors, to threaten or to make public announcements.

Visit the ICE site at <http://ice.disa.mil>. For ICE FAQs, visit mcbhawaii.marines.mil, then click Departments, Business Performance, then ICE FAQs.

MARINE CORPS BASE HAWAII EVENTS

To get your base event listed, email all details to hawaiimarineeditor@gmail.com

Saturday

The 9th annual Pyramid Rock bodysurfing championship begins and continues through Sunday. Online registration closes Thursday prior to event. The five-week holding period extends through Feb. 15. The event is open to the public. Contact 254-7655 for more information.

Sunday

Enjoy live music by Island Storm at K-Bay Lanes from 7 to 10 p.m. Call 254-7664 for more information.

Tuesday

Test your ability to learn a foreign language at the Defense Language Aptitude Battery Test. The test is open to all active duty personnel in the Education Center, building 220, classroom A at 9 a.m. Contact 257-2158 for more information.

Get the latest information on using the VA Home Loan Guaranty to purchase a home if you are a first-time homebuyer or refresh your knowledge for your next home purchase. The Real Estate 101: VA Home Loan course will be

held in the Education Center, building 220, classroom E from 10 to 11:30 a.m. Service members and spouses can go to www.mccshawaii.com/pfmpworkshops to a reserve a seat or call 257-7783/1232.

Due to planned base power outages, the Semper Fit Center and K-Bay Lanes will be closed. Kahuna's will be closed from 6:30 a.m. to 9 p.m.

Wednesday

A resumé workshop will be held in the Education Center, building 220, classroom B from 9 to 11 a.m.

Get information on creating or developing a proper resumé to aid in marketing a job seeker for an interview. Reservations are required. Service members and spouses call 257-8354 to reserve a seat.

The ASP Prime for Life substance misuse education support course takes place at the Substance Abuse Counseling Center, building 279, third deck from 7:45 a.m. to 4:30 p.m.

In accordance with the letter of instruction for the Alcohol Screening Program, command leadership shall educate Marines and sailors with a

positive test result equal to or greater than .02 and up to .04 or underage positive results.

This course is offered in support of command leadership educational requirements. Call 257-2464 for more information.

Thursday

Gain information on the federal employment application process at a workshop held in the Education Center, building 220, classroom B from 9 to 11 a.m. Visit www.mccshawaii.com/trpworkshops to a reserve a seat or call 257-8354 for more information.

Due to planned Base power outages, the Semper Fit Center and K-Bay Lanes will be closed.

Learn and support other breastfeeding moms in a supportive atmosphere facilitated by a Certified Lactation Educator from 10 to 11:30 a.m. in the Chaplain Joseph W. Estabrook Chapel toddler room.

Babies and expectant mothers are welcome. The class is open to all active duty, family members and Department of Defense civilians. Call 257-8803 for more information.

Teens in the community who are interested in contributing their ideas and opinions regarding the base library can join the Teen Advisory Council. Meet in the base library, building 219, second floor at 5 p.m. This program is open to all teens ages 13 and older. Call 254-7624 for more information.

"Budgeting 101: Developing your spending plan" is scheduled at the Education Center in building 220 classroom E, from 10 to 11:30 a.m. Get control of your financial affairs, develop financial goals and develop a budget.

Service members and spouses go to www.mccshawaii.com/pfmp/workshops to reserve a seat. For details, call the Personal Financial Management Program at 257-7783.

Education Track is scheduled today and tomorrow in classroom B of building 220 from 8 a.m. to 4 p.m.

The two-day seminar prepares Marines and their spouses to be successful college students. Education Track is open to all active duty and their spouses. Service members and spouses visit www.mccshawaii.com/trpworkshops to a reserve a seat. For details, call the Transition Readiness Program at 257-6871/7097.

AROUND THE CORPS

Integrated Task Force Tank Platoon unleashes firepower

Sgt. Alicia R. Leaders

Marine Corps Ground Combat Element Integrated Task Force

MARINE CORPS BASE CAMP LEJEUNE, N.C. — In the pouring rain and gusty winds, with temperatures as low as 39 degrees, Marines kept warm in 70 tons of steel as they aimed for targets on Range SR-10 at Marine Corps Base Camp Lejeune, N.C., Wednesday.

Marines with tank platoon, Bravo Co., Ground Combat Element Integrated Task Force, conducted live-fire gunnery training in preparation for their upcoming assessment at Marine Corps Air Ground Combat Center Twentynine Palms, Calif.

Tank Platoon Marines rolled out to gun positions with 70-ton M1A1 Abrams tanks. They trained with a 120 mm main gun, a .50-caliber machine gun, M240 coaxial machine gun and M240E machine gun to engage targets in the offense and defense in order to grasp the basic skills of tank gunnery and work together as a team.

“While out in the field, we are trying to get more experience firing at moving targets, stationary targets, troops and personnel carriers in order to prepare ourselves for our upcoming evaluation,” said Sgt. Michelle A. Svec, tank crewman with tank platoon, Bravo Co., GCEITF. “This allows us to get more unit cohesion in between the crews and get more experience amongst the crews (for) the driver, loader, gunner and tank commander.”

Before the Marines start firing, they are given a brief from the tank commander. The commander’s job is to inform the crew of the current situation and enemy threats. Once the brief concludes, the crew starts preparing their stations and get into position, ready to engage targets, Svec said.

“The crews are evaluated on their ability to pull up and engage targets quickly, and get back down into a defilade position to (hide) the tank (from) enemy fire,” said Staff Sgt. Eric W. Hill, master gunner with tank platoon, Bravo Co., GCEITF. “The quicker they (execute), the more points they get toward their engagement time in accordance to their overall evaluation.”

Marines engaged targets in both defensive and offensive positions. In an offensive engagement, Marines train to shoot at all targets without prioritizing threat level. So if they see a troop target before a hard target, they’ll shoot the troop target first. From the defensive position, the Marines engage a more



Sgt. Alicia R. Leaders | Marine Corps Ground Combat Element Integrated Task Force

Cpl. Nick A. Buenviaje (left), tank gunner, and Sgt. Michelle A. Svec, tank crewman, both with tank platoon, Bravo Company, Ground Combat Element Integrated Task Force, tighten a bolt on the track pad of an M1A1 Abrams tank during vehicle maintenance at Range SR-10, Marine Corps Base Camp Lejeune, N.C., Jan. 9. Marines with Tank Platoon conducted offensive and defensive engagements to prepare for an upcoming assessment at Marine Corps Air Ground Combat Center Twentynine Palms, Calif. From October 2014 through July 2015, the GCEITF will conduct individual and collective level skills training in designated ground combat arms occupational specialties. The training helps Marines exceed in physical performance standards in a simulated operating environment performing specific ground combat arms tasks.

dangerous target before moving to a lesser threats. In one example, if Marines saw a personnel carrier and troops up, the Marines should engage the personnel carrier because it poses a greater threat to them than the troops, Hill added.

“The Marines are progressing pretty well,” Hill said. “(The platoon) started out pretty rough and as (while transitioning) into each engagement downrange, they’re learning little by little because this is the only time that they are going to actually get the chance to do live fire. With that, there are (basic) things they

can go over in training, but it won’t show until they actually put the rounds downrange. Day by day, they’re transitioning more, learning more and adapting better.”

From October 2014 through July 2015, the GCEITF will conduct individual and collective level skills training. The platoon took the time to train in designated ground combat arms occupational specialties as part of an assessment of physical standards. The training assures Marines can meet requirements in a simulated operating environment, doing specific ground combat arms tasks.

IMPORTANT INFORMATION ABOUT YOUR DRINKING WATER

Tests Showed Coliform Bacteria in Marine Corps Base Hawaii Water

December 2014

Our water system recently violated the drinking water standard for total coliform bacteria. Although this is not an emergency, as our customers, you have a right to know what happened, what you should do, and what we are doing to correct this situation.

What happened?

We routinely monitor for drinking water contaminants. We took 21 samples to test for the presence of coliform bacteria during December. Two of our samples showed the presence of total coliform bacteria. The standard is that no more than one sample per month may do so.

What should I do?

You do not need to take any corrective actions. Because our drinking water disinfection system was operating properly at the time, we believe the presence of total coliform bacteria in the two samples was the result of sampling protocol errors.

What is being done to prevent reoccurrence?

Proper sampling protocols have been reviewed and repeat samples were taken. The repeat samples showed no presence of total coliform bacteria.

What does this mean?

This is not an emergency. If it had been, you would have been notified within 24 hours. Total coliform bacteria are generally not harmful themselves. *Coliforms are bacteria which are naturally present in the environment and are used as an indicator that other, potentially harmful, bacteria may be present. Coliforms were found in more samples than allowed and this was a warning of potential problems.*

Whenever we detect coliform bacteria in any sample, we do follow-up testing to see if other bacteria of greater concern, such as fecal coliform bacteria, are present. We did not find fecal coliform bacteria in any of our samples.

For more information, please contact Mr. Lee Yamamoto, Deputy Director Facilities Department, at 257-0800

Please share this information with all the other people who drink this water, especially those who may not have received this notice directly (for example, people in apartments, nursing homes, schools, and businesses). You can do this by posting this notice in a public place or distributing copies by hand or mail.

This notice is being sent to you by the Marine Corps Base Hawaii water branch.



Photos by Lance Cpl. Khalil Ross | Marine Corps Base Hawaii

SHOOTING CLEAN

SERVICE MEMBERS BEGIN USING NEW MATS AT RANGE

ABOVE: Sgt. Ryan Dumont, a Marine with Aircraft, Rescue and Firefighting, Marine Corps Air Station Kaneohe Bay, waits to fire his M16A4 service rifle at the 200-yard line during annual rifle qualification at Puuloa Range Training Facility, Tuesday. The training facility recently installed new mats on the firing lines to enhance comfort while shooting.

RIGHT: Sgt. Christopher Womack, a Marine with Anderson Hall Dining Facility, fires his M16A4 service rifle from the prone position during annual rifle qualification at Puuloa RTF, Monday. The new rubberized mats reduce typical stains on camouflage uniforms and boots from the red dirt at the range. Combat Logistics Battalion 3 installed the mats last year.



FINANCE, from A-1

Among other types of support, NMCRS offers interest-free loans. In December 2014, the NMCRS Kaneohe Bay office distributed \$30,000 in quick assist loans, which are interest-free loans that qualified service members can apply for in emergencies.

“Even if (service members) don’t need a loan they can come in and work on a helpful budget,” said Julie Duszak, a caseworker and communications lead for NMCRS. “They can get a good picture of where their money is going.”

Service members can meet with caseworkers at NMCRS to work on a budget. The NMCRS website lists all people in addition to active duty eligible to use NMCRS services. When arriving for an appointment, the website recommends clients generally bring a military identification card, a recent leave and earning statement or retired annuity statement.

However, Duszak said depending on the client’s needs, they will be advised to bring other specific

items, such as an estimate for assistance with car repair or a copy of a lease for assistance with rent.

For those who would like to see a caseworker to make a budget, Jane Paquette, a casework lead at NMCRS, said there are several caseworkers available next week. Clients must make an appointment, she said; walk-ins are not accepted. For those going in to make a budget, Paquette asks clients to bring in a military ID, their most recent LES, a list of bills and a completed budget worksheet. The worksheet is a link available at www.nmcrs.org/pages/financial-assistance-and-counseling on the right-hand side, under “Documents you need.”

If service members are married, Paquette said couples can meet the caseworker together or as individuals.

Both organizations also have projects in the works in the coming months. Duszak said the society is planning to create a financial boot camp class catering to newer service members. Walker said PFMP will be promoting the annual Military Saves

Week, which runs Feb. 23 through 27. As for now, the society and PFMP have tips for service members as they begin the new year.

“Have a strong understanding of how much money you have coming in and how much money you have going out,” Duszak said.

Paquette recommends that service members track their expenses, read their LES each month, and educate themselves on their pay and entitlements.

“There has not been a person who hasn’t been truly surprised where the money is going,” Paquette said.

Walker added that “paying yourself,” in other words putting away money, even as little as 10 percent each paycheck, can be helpful for emergencies.

“Consider yourself a bill,” Walker said. “Your savings is just as important as any other bills you have to have.”

To contact NMCRS, call 257-1972. To register for the commissary tour, call 471-2280 or visit www.mccshawaii.com/pfmpworkshops.

Upcoming Personal Financial Management Program classes

Tuesday: Real Estate 101: VA Home Loan

Education Center, building 220, classroom E, 11:30 a.m. to 12:45 p.m.

Get the latest information on using the VA Home Loan Guaranty to purchase a home if you are a first-time homebuyer or refresh your knowledge for your next home purchase. Register online at www.mccshawaii.com/pfmpworkshops or call the PFMP office.

Wednesday: Personal Readiness Seminar

Education Center, building 220, classroom G, 9 a.m. to 3:30 p.m.

This class will ensure Marines receive basic personal financial education within 90 days of arrival at their first permanent duty station. Topics include introduction to Personal & Professional Development, income overview (MyPay & LES), savings and investing, living expenses (wants vs. needs), legal rights and consumer awareness, and SMART goals. Every third Wednesday of the month. Service members go to www.mccshawaii.com/pfmpworkshops to a reserve a seat. For more information, call the Personal Financial Management Program at 257-7783/1232.

Thursday: Budgeting 101: Developing your spending plan

Education Center, building 220, classroom E, 10 to 11:30 a.m.

Get control of your financial affairs, develop financial goals, and develop a budget that will get you on the road to wealth. Service members and spouses go to www.mccshawaii.com/pfmpworkshops to a reserve a seat. For more information, call the Personal Financial Management Program at 257-7783/1232.

Jan. 27: Healthy & Happy New Year Commissary Shopping

Base commissary, 8:30 to 9:30 a.m.

The Naval Health Clinic Hawaii Health Promotions and PFMP are joining forces on a commissary walkthrough. Register online at www.mccshawaii.com/pfmpworkshops or call 471-2280.

Jan. 28: Debt Management: I want to be debt free

Education Center, building 220, classroom E, 10 to 11:30 a.m.

This class will teach you how to budget your money and develop a debt reduction plan to help you achieve financial freedom. Service members and spouses go to www.mccshawaii.com/pfmpworkshops to a reserve a seat. For more information, call the Personal Financial Management Program, 257-7783/1232.

Jan. 29 and 30: Corporals for Financial Fitness Workshop

Education Center, building 220, classroom E, 8 a.m. to 4:30 p.m.

The Corporal for Financial Fitness will be a trained Corporal who will provide peer-to-peer influence. If interested, please contact your Command Financial Specialist or PFMP for a list of qualifications. Class size is limited to 25 participants; reservations are required due to limited seating. For more information, call the Personal Financial Management Program, 257-7783/1232.

Feb. 4: Credit 101: Understanding my credit report and score

Education Center, building 220, classroom E, 10 to 11:30 a.m.

Stay on top of your credit score with these secrets to credit management success. Service members and spouses go to www.mccshawaii.com/pfmpworkshops to a reserve a seat. For more information, call the Personal Financial Management Program, 257-7783/1232.

Feb. 9 through 12: Command Financial Specialist Training

Education Center, building 220, classroom E, 8 a.m. to 4:30 p.m.

The PFMP is offering Command Financial Specialist training for all units aboard MCB Hawaii. The CFS shall function as the command’s advisor on policies and matters related to personal financial management. Class size is limited to 25 participants; reservations are required due to limited seating. For more information, call the Personal Financial Management Program at 257-7783/1232.

Sports & Lifestyle

Diving into adventure

Lance Cpl. Brittney Vella
Marine Corps Base Hawaii

With sweaty hands and a knot in my stomach, I make my way onto the plane. We ascend into the sky and I can feel my heart beating against my chest, anxiously waiting my turn to jump. It's time. Adrenaline courses through my veins as I take the leap, plummeting to Earth at nearly 120 miles per hour; I can't believe it — I'm skydiving.

"There is no other feeling (to) compare it to," said Matthew Vito, a Marine Corps Base Hawaii Marine. "This was my first time tandem skydiving, and I happened to be the first one to jump from the plane. Your instructor prepares you on the way up and, before you know it, you're 9,000 feet in the air, counting down as you're looking over the entire island of Oahu. You blink and boom! You're free falling."

Skydiving has been around a lot longer than many may think, according to USPA.org. The origins of skydiving can be seen as early as the late 18th Century, with French balloonist Andre Jacques Garnerin who invented the frameless parachute, and performed display jumps from balloons in Europe.

Observation balloon pilots used parachutes in rescues during World War I and airplane pilots did not conduct emergency bailouts until 1922. By 1925, people were conducting experiments with freefalling.

Those who are interested may be worried about the risks of skydiving but companies on Oahu and around the nation follow standards and use equipment approved by the USPA. The association's website reports there were approximately half as many fatalities in 2013 than there were in 1998. The USPA's statistics show fatalities occurred once per 133,333 skydives in 2013.

In 2013, USPA recorded 24 fatal skydiving accidents in the United States out of roughly 3.2 million jumps. Tandem skydiving, usually when a teacher and student are together, has fewer incidents of failure. The USPA reported less than 0.003 percent student fatalities per 1,000 tandem jumps in the last ten years.

According to the National Safety Council, a person is more likely to be killed getting struck by lightning or stung by a bee than skydiving.

"At no point did I feel my safety was at risk," said Vito, a Pembroke Mass., native. "The instructors explain, step by step, what will happen and what is expected of you. They do most of the work and you're just there to enjoy the ride."

Vito said this isn't the instructor's "first rodeo" and many he spoke to had a lot of experience and were knowledgeable about the sport.

The USPA's website says just about anyone 18 years of age or older can take to the skies after some comprehensive safety instruction. They recommend you wear comfortable clothing for the weather on the ground.

Marines and sailors stationed on Oahu have an abundance of adventures just waiting for them to embark on.

"Skydiving was the most exciting part of my time here in Hawaii," Vito said. "I wish I would have gone sooner."

Marines and sailors who are considering skydiving should talk to their commands first and fill out a Risk Management Sheet.

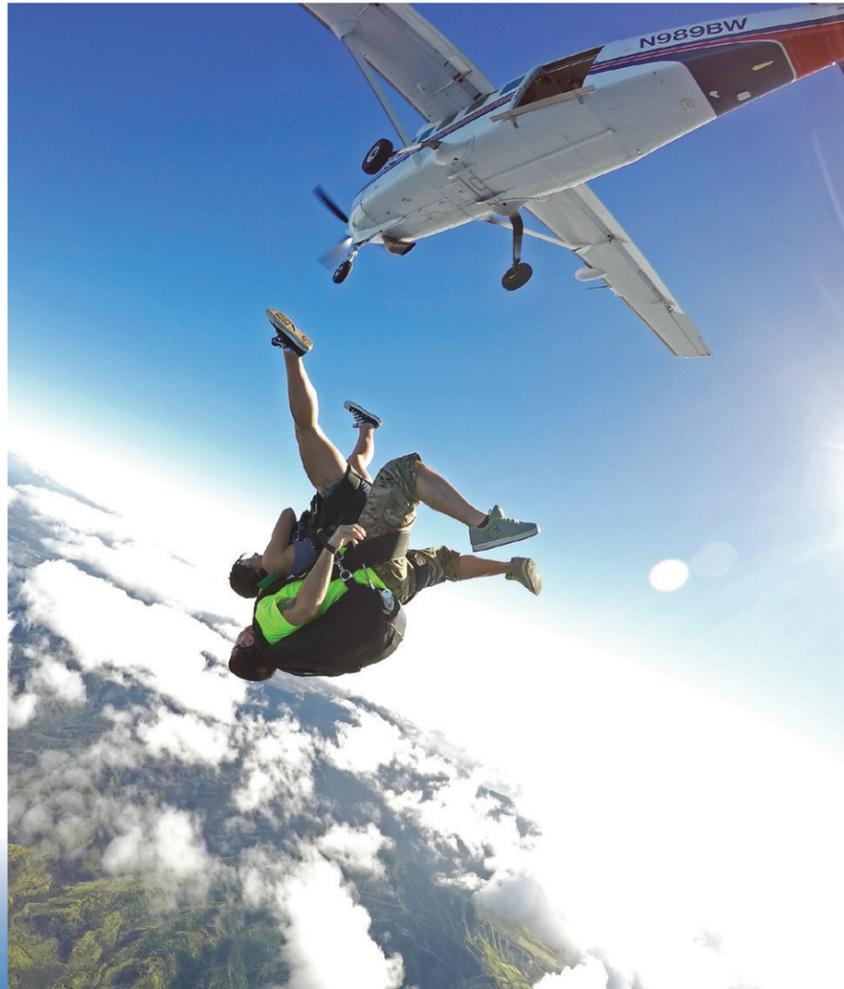


Courtesy photos

ABOVE: A skydiving instructor and student prepare to jump from a plane above Dillingham Airfield in Honolulu, Dec. 20, 2014. First-time skydivers usually go tandem skydiving, attached to a skydiving instructor.

RIGHT: Two tandem skydivers flip out of an airplane. Skydiving has been around since the late 18th Century.

BELOW: The U.S. Parachute Association recommends that skydivers wear comfortable clothing. Skydivers must be 18 years or older and should learn proper safety procedures before attempting skydiving.





VS is a recurring column tackling debatable issues in the sports and entertainment world. Hawaii Marine readers can submit a subject for future columns by emailing their ideas to HawaiiMarineEditor@gmail.com.

If there's a topic you would like to discuss/defend or if you think we missed the mark, let us know and you could see your "opinion," regardless of how wrong it is, featured below. Suit up ladies and gentlemen ... it's game time.

Are New Year's resolutions useless?

Lance Cpl. Adam Korolev VS Pfc. Harley Thomas

THOMAS: For some, New Year's Day represents the beginning of not only a new year, but a fresh start as well — for the first couple of weeks, that is. I've witnessed this firsthand: Gyms packed with men and women, each arriving with good intentions, living up to their resolutions until the intent dies down a few weeks in. Sure, the start of the calendar year is a good place to start making changes, but why start there? What has changed from last year's promises or the years leading up to this moment? It's not the resolution that makes changes in people's lives, but rather, the people themselves. People can't just wake up Jan. 1 and expect to be reborn with healthier habits and lifestyles. They need to work for it and they can do that all year round; there is no need to wait until the start of the new year to work toward a "new you."

KOROLEV: I am arguing on behalf of optimism. It may be true that the majority of those who commit to a diet or workout regimen with superficial motivation will fail. However, if they have planted that positive seed into their mind they are more likely to see positive results unlike those who decide to take no action. Initially, results may not be visible or felt, but, if that person trains their willpower, over time they could potentially achieve their goal. Expectations may be the root of disappointment because of unrealistic goals, lack thereof,

impatience or ignorance.

THOMAS: So this raises the question: Are New Year's resolutions a good idea because it gives people a goal to actively work toward, or are they meant to make people feel better about themselves for simply having thought of a goal? If no effort was made, having a resolution would be fruitless. The optimism in making some big change in your life would eventually fade when you realize you haven't done a thing about it, except think it's a good thing to do. This is the "root of disappointment" — it does not sprout from some unrealistic goal, but from within, for not acting upon one's thoughts. Without intent and dedication, a resolution only provides false hope. However, if people live year round, constantly working to make improvements in their life, there is no need for a resolution and there is no cause for disappointment.

KOROLEV: The date at which any goal or resolution was conceived is irrelevant. What is important is a person's desire for the notion to become a reality. For some, the beginning of a new calendar year might represent a more pure version of a former and younger self and some might believe the difference between Dec. 31 and Jan. 1 is dramatic. I agree that the endeavor would be fruitless if a reasonable effort was not committed, but is it that difficult to make dramatic



KOROLEV



THOMAS

lifestyle changes or to break lifelong habits? Of course it is. That gives every reason for any person committed to a goal to cut him or her some slack. But what may be even more important is humility and logic. If you simply contain your ideas or goals without taking action, you have disappointed no one but yourself. But with the same humble attitude and with reason, the results you once saw as distant may become exponential, catching the eyes of those you surround yourself with on a day-to-day basis.

THOMAS: If I wanted to lose weight, but continued to live off of cheeseburgers and take-out, my resolution would be futile. It may not matter when the goal was conceived, however, it would matter when it was carried out. My resolution would be irrelevant until I began to eat right. What's important is how much effort is dedicated into turning a resolution into reality, not just the desire to change. You can want something as much as you can, but the want alone is not going to produce any new outcome. Sure, breaking lifelong habits may be arduous, but if you give up a few weeks in ... well, quitting is not exactly what I would call cutting yourself some slack. It would just be reverting back to your old ways — probably not the best version of your former self. I've seen many people treat New Year's resolutions like wishes: "If I say this is going to happen,

it will." That isn't always the case. That thought process, and our increasing desire for instant gratification, will lead them to believe it's going to happen overnight. When it doesn't happen right away, or as soon as they'd like, many become discouraged and give up. That's why my argument is that they should work at it all yearlong. Their mindset should be that it may not happen quickly, but rather, if they continue to work towards their goals, it will happen nonetheless.

KOROLEV: I think most people are reasonable enough to think their ambitions will not come to fruition without a fight. For example, most smokers are more than likely conscious of their addiction to nicotine and are well aware of the side effects smoke produces. Because the withdrawal symptoms can vary from headaches and anxiety to cold sweats and nausea, the long-term goal seems to be totally unachievable. Nevertheless, if a smoker ceases fire for a few days, but his lack of discipline has thwarted his long-term goal, the smoker has at least begun a precedent. There is no reason anybody should have a negative image of his or her future self, and I think most people want to live a satisfying life, by their own, definition. To say a New Year's resolution is meaningless is rude not just to those who have won their own battles or will in the future, but to anybody who has a goal, and most importantly, yourself.

Prices: All shows are \$4.25 for adults and \$3.25 for children. All 3-D shows are \$8 for adults and \$6 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.

"Exodus: Gods and Kings" PG-13 Today | 6:30 p.m.
 "The Theory of Everything" PG-13 Today | 9:15 p.m.
 "The Hobbit: Battle of Five Armies" (in 3-D) PG Saturday | 6:30 p.m.
 "Wild" R Saturday | 9:15 p.m.
 "Annie" PG Sunday | 2 p.m.
 "The Hobbit: Battle of Five Armies" PG-13 Sunday | 6:30 p.m.
 "Wild" R Wednesday | 6:30 p.m.



Photo Illustration by Christine Cabalo | Hawaii Marine

After giving birth, female Marines may now take the Physical Fitness Test and Combat Fitness Test six months after returning to full duty, according to newly updated guidelines.

Policy allows more pregnancy recovery time

Christine Cabalo
Hawaii Marine

Fitness test requirements for female Marines post-pregnancy now match other existing Marine Corps physical requirements in 2015.

After giving birth, female Marines are now able to complete the Combat Fitness Test and the Physical Fitness Test six months after returning to full duty, according to Marine Administrative Message 005/15. The message, issued Jan. 6, matches the time frame with other policies on female Marines meeting physical standards after giving birth and returning to full duty.

Among those directly impacted are Sgt. Brandi Cain, an embark chief at Marine Aircraft Group 24. Cain is in her third pregnancy and remembered how having emotional support was a key factor in reaching fitness standards after having her first child.

“My shop encouraged me a lot,” she said. “They supported me, but didn’t push or force me. I always had someone to work out with. Having a running buddy and your shop behind you is really helpful for your support system.”

Cain said taking freely available pregnancy classes at her previous duty station helped her understand the physical and mental stresses that occur at each stage of pregnancy and after birth.

Parents, civilian or those serving in the military, can seek out Marine Corps Base Hawaii’s free programs for assistance, including the New Parent Support Program. The program offers a Baby Boot Camp class about handling overall health during pregnancy and a semi-monthly meeting with other parents in the Breastfeeding Support Group.

“Mothers can end up becoming more isolated during their pregnancies and

after giving birth,” said Diane Whitcomb, NPSP manager at MCB Hawaii. “This can have a negative effect emotionally and physically. That’s why we invite expecting moms and dads to meet other parents during our events and in our programs, like the Breastfeeding Support Group. We’re helping them to establish a solid support network before they need it.”

Expecting Marines may gain an average of 44 pounds, according to an August 2012 study by the Department of Obstetrics and Gynecology at the University of Pennsylvania.

The study followed active-duty Marines and their active-duty counterparts from another branch of armed service, tracking their weight up to six months after pregnancy. A total of 96 percent of Marines in the study met fitness requirements at their first pre-natal doctor visit and were more likely than

their counterparts to be within standards three to six months after pregnancy.

Cain said she’s tried various strategies to ensure she was healthy and could meet fitness requirements. When she found herself unexpectedly losing weight in her second pregnancy, she consulted a nutritionist who helped her with meal planning. Tripler Army Medical Center offers counseling to service members through their nutrition clinic. Cain said mentally committing to finding time to be healthy works best for her.

“After my first pregnancy I was very determined to get back to the Marine Corps and to my job so I could deploy,” Cain said. “As soon as I came back after six weeks, I was running and performing a first class PFT.”

Additional research has highlighted how factors other than calorie intake and exercise can impact fitness after preg-

nancy in active duty service members. Navy servicewomen with higher pre-pregnancy body mass indexes and caesarian deliveries were less likely to meet weight standards six months after giving birth, as reported in an April 2013 study by the Association of Military Surgeons of the U.S.

Cain is continuing but adjusting her physical training as her current pregnancy progresses. She said from her experience, six months is a good time period for recovery.

“I was performing at the physical requirements before my pregnancy,” she said. “If some women have complications while they are pregnant, they might be hesitant to do something, but this (policy update) gives them more time.”

For more information about the New Parent Support Program, call 257-8803 or 257-8800. The program has additional information online: mccshawaii.com/npsp/.

COMMUNITY, VOLUNTEER BRIEFS

Martin Luther King, Jr. Day holiday schedule

City and County of Honolulu government offices will be closed Monday in observance of the Martin Luther King, Jr. Day holiday. In addition:

- Emergency ambulance, fire, lifeguard and police services will be available.
- TheBus will operate on a state holiday schedule. For route and schedule information, visit www.thebus.org.
- Refuse will be collected, and transfer stations, convenience centers, H-POWER, and the Waimānalo Gulch Sanitary Landfill will be open.
- Parks, municipal golf courses, botanical gardens, and the Honolulu Zoo will be open.
- The Neal S. Blaisdell Box Office will be closed.
- The People's Open Markets will not be held.
- All Satellite City Halls and Driver's License offices will be closed.

On-street parking will be free, except for the meters on Kalakaua Avenue along Queen Kapiolani Park and metered parking lots. Traffic lanes will not be coned for contraflow.

Arts and crafts volunteers needed at TAMC

The American Red Cross is seeking volunteers who are interested in improving the quality of stay for patients and their families at Tripler Army Medical Center through arts and humanities. If you have excellent communication and interpersonal skills and enjoy working with arts and crafts, contact coordinator Yolanda M. Gainwell at 433-6631 or email yolanda.m.gainwell.vol@mail.mil.

FTC issues package delivery scam alert

The Federal Trade Commission has released a scam alert addressing a "package delivery"-themed phishing campaign. Scammers are sending fake "delivery failure notification" emails to unsuspecting customers. The email is designed to look like it's from the U.S. Postal Service. The email claims a customer has missed a delivery and instructs them to open an attached form, print it out, and take it to their local post office to pick up their package to avoid any "penalties." The U.S. Postal Service is not sending these emails and no packages are associated with it. Email recipients who open the attached form, or click on a related link in the scam email, are likely to infect their computer or other device with a virus or malware.

Criminals often use names and logos of familiar organizations to catch people off guard. Here are some tips to share with others on how to spot an email scam:

- It tells you to click on a link or download an attachment
- It urges you to take immediate action
- It asks you to reconfirm personal or financial information
- If you hover your cursor over the link in the email, it won't show the official website of the supposed sender

For more tips, see the FTC's consumer information website at www.consumer.ftc.gov. Customers with questions about U.S. Postal Service shipments should go to usps.com or call 1-800-ASK-USPS.

HOSC offering scholarship to spouses

The Hickam Officers' Spouses' Club is now accepting applications for scholarships. All college bound military dependents are eligible, including high school seniors, current students and spouses. Applications and eligibility information are available at www.hickamosc.com. Applications must be postmarked and mailed by March 9. For more information, email hosc scholarship2015@gmail.com.

Volunteer with AccessSurf Hawaii

AccessSurf Hawaii helps people with disabilities enjoy a day at the beach. The organization meets at White Plains Beach Park from 9 a.m. to 1 p.m. every first Saturday of the month. Those who need volunteer assistance should arrive by 11:30 a.m. to ensure time to surf. Participation is free. AccessSurf Hawaii is also looking for volunteers. Setup begins at 7:15 a.m. New volunteers should arrive at White Plains Beach Park for orientation at 8 a.m. For details, visit accessurf.org.

HPU conference examines 20th century wars

Bringing international experts to the islands, the Global Wars in the Twentieth Century Conference is scheduled Jan. 16 through 17, at Hawaii Pacific University's downtown Honolulu campus.

Free and open to the public, the event will commemorate the 100th anniversary of the start of World War I, and include discussions of how our perspectives on war have been reshaped in the last century. Noted history professors and experts from Hawaii, New York, Germany, Vietnam, China and Japan will lead the discussions.

For more information and to confirm attendance, email Professor Jon Davidann at j davidann@hpu.edu. A schedule is posted at www.hpu.edu/HPUEvents/HPUArchives2015/01/global-wars-conf.html.

Free movie, popcorn at Bellows AFS

Bellows Air Force Station is sponsoring free movies and popcorn for eligible patrons Mondays and Wednesdays at 4 p.m. at Turtle Cove. The upcoming movie schedule is as follows:

Monday "Planes: Fire and Rescue" (PG)
 Wednesday "Maleficent" (PG)
 Jan. 26 "How to Train Your Dragon 2" (PG)
 Jan. 28 "Fault in Our Stars" (PG-13)

Pacific Aviation Museum to color cosmos

The Pacific Aviation Museum is scheduled to host a Color the Cosmos Day, Jan. 24 at 2 p.m., with a grand opening of the museum's exhibit showcasing student-enhanced astrophotography images. The exhibit is part of the Smithsonian Affiliate "Youth Capture the Colorful Cosmos" program. The event is free with museum admission and free to museum members.

Volunteer with SM&SP

Volunteer at Hawaiian Humane Society with the Single Marine and Sailor Program, Jan. 25. Assist with dog-running program and other duties. Transportation provided. Sign-up by Tuesday. Meet at Kahuna's at 7 a.m. Call SM&SP for more info at 254-7593.

Discover Hawaii history with upcoming free lectures at Hawaii State Art Museum

Six free public lectures will explore current issues and opportunities in preserving historic cemeteries through the annual historic preservation "Experts" lecture series, which begins Jan. 29.

Created in 1988, the series began as a collaboration between the Historic Preservation Program, Department of American Studies, University of Hawaii at Manoa; Historic Hawaii Foundation and the Friends of 'Iolani Palace. The series will be held this year at the Hawaii State Art Museum at 250 South Hotel Street. The theme of the 2015 lectures is "Preserving Our Historic Cemeteries."

- **Jan. 29:** Nanette Napoleon, Hawaii Cemetery Research Project, "Gravestones and History: Cemeteries as Genealogical Resources"

- **Feb. 5:** Scott Pawlowski, World War II Valor in the Pacific National Park, "The Arizona Memorial: Maintaining a War Grave"
- **Feb. 12:** Tonia Moy and Louis Fung, Fung Associates, "Punchbowl Memorial: Honoring Our Wartime Sacrifices"
- **Feb. 19:** Laura Ruby, University of Hawaii at Manoa, "The Mo'ili'ili Japanese Cemetery: Preserving a Community Landmark"
- **Feb. 26:** Richard Miller, Kalaupapa National Historic Park, "Saving a Special Heritage: Grave Marker Preservation at Kalaupapa"
- **March 5:** Jessica Puff and Regina Hilo, Hawaii State Historic Preservation Division, "Evaluating and Nominating Cemeteries and Burial Places: The State and National Register of Historic Places"

All lectures are free and open to the public, and take place from noon to 1 p.m. at the Hawaii State Art Museum located in the No. 1 Capitol Building at 250 South Hotel Street. For more information, visit www.historichawaii.org.

Enjoy cultural performances, music, arts at Honolulu Festival

The 21st annual Honolulu Festival is scheduled March 7 and 8. On March 7, there will be free cultural and arts performances, from 10 a.m. to 6 p.m. There will be performers from Japan, the Pacific Rim and Hawaii. Highlights include traditional taiko drumming, cultural dances, musical performances, hula, exhibits and more. The festival will host events around the city including at the Hawaii Convention Center, Waikiki Beach Walk and Ala Moana Shopping Center.

On March 8, there will be free cultural music and dance performances, exhibits and workshops from 10 a.m. to 3 p.m. Among the second-day events includes a relay race starting at Kapiolani Park and cheer and dance festival.

The Waikiki Grand Parade is scheduled to start at 4:30 p.m. and the Nagaoka Fireworks Show is scheduled to start at 8:30 p.m. For more information, visit www.honolulu festival.com or call 833-3378.

ENVIRONMENTAL CORNER

Coconut Rhinoceros Beetle

The Coconut Rhinoceros Beetle is highly invasive and poses a serious threat to our native and Polynesian-introduced palm trees.



Brian Fujita | USDA APHIS PPQ

The Hawaii Department of Agriculture, in coordination with the Oahu Invasive Species Council, is deploying about 3,000 monitoring bait stations across the island. Bait traps will be placed aboard Marine Corps Base Hawaii Kaneohe Bay and at Camp H.M. Smith.

The bait stations are about 3 feet long, black, and constructed of heavy cardboard. They utilize a small pheromone lure and tiny light as an attractant. The bait stations are checked by HDOA's field crew once a

week. It will remain deployed until the HDOA determines the threat has abated or it is no longer possible to contain or control the CRB. If you see these beetles or its larvae, immediately contact Marine Corps Base Hawaii Environmental Department Natural Resources Managers at 257-7000/7135. Hawaii is now on high alert to eradicate the beetle from the islands. It's notorious for attacking and destroying coconut trees and palms from the inside as well as the outside.

The rhino beetle is native to Southeast Asia and was first detected on island at Joint Base Pearl Harbor-Hickam in December 2013. This beetle can have disastrous consequences. Adult beetles bore into the crowns of coconut palms where they feed on sap. They lay eggs inside rotting coconut logs, mulch or compost piles. Four months later, adult beetles emerge. Both male and female beetles have horns. They are 2-inch long, black scarab beetles who fly and are active at night. Its larvae are white C-shaped grubs which grow to about 3.5 inches in length. We need all eyes out there to seek, report and destroy these beetles. Reporting a beetle sighting is crucial. You

can help by monitoring your mulch piles where the beetles breed. Of note is a similar looking beetle, the Oriental Flower Beetle. It too is not native to Hawaii but is less destructive than the CRB. Oriental Flower Beetles are about 1-inch long, and have a shiny brown body with white spots on their backs. They have been in Hawaii since 2002, and, unfortunately, they are too widespread to control. Larval stages of both beetles look similar, so if you find a white grub in a mulch pile, please notify the natural resources managers to accurately identify which beetle you have.



Courtesy Photo | State of Hawaii Plant Industry Division

PMO Corner

PMO corner is a recurring series provided by the Provost Marshal's Office, providing crime prevention and safety information to Marine Corps Base Hawaii.

PMO contacts

To report suspicious activity/behavior or for non-emergency calls, contact the desk sergeant:
257-1018/2123 (building 1096)

Check in/out, fingerprinting or weapon registration:
257-6994 (building 1095)

Pet registration, fishing regulations or lost/found animals, contact the PMO game warden:
257-1821 (building 3099)

Vehicle decals, base passes and vehicle registration:
257-2047/0183 (building 1637/1095 for MCB Hawaii)
477-8734/8735 (building 601 for Camp H.M. Smith)

Traffic regulations, citations or traffic court, contact the Traffic Court bailiff:
257-6991/6992 (building 1095)

For all other numbers not listed, contact base information: **449-7110**

For more information, visit the PMO website:
<http://www.mcbhawaii.marines.mil/Departments/ProvostMarshalsOffice.aspx>

In an emergency, call 911

Topic of the Week

Do you have a house guest who will be visiting you more than three days? Here are the steps required to register them and receive a guest pass if needed:

1. Residents must fill out the Marine Corps Base Hawaii Guest Pass form and submit it to the Provost Marshal's Office Service Center, first floor, building 1095, no later than 10 working days before the guest(s) are scheduled to arrive. This is to ensure sufficient time is allowed to conduct a security background check of the guest(s).

2. Residents wanting to request a guest stay in on-base housing for 30 days or longer will also need to request their command to provide a letter explaining and in support of their request. This request will be reviewed and considered on a case-by-case basis.

3. If the security check is unsatisfactory, the PMO Service Center will notify the sponsoring resident. If the security check is satisfactory, PMO will send it to the respective housing office where the housing office will notify the resident that the form is completed and ready for pick up.

4. The sponsor and guest may then pick it up and take the form back to the PMO Service Center so that they may receive their official guest pass.

5. The guest pass permits entry into the Marine Corps Base bowling alley, pool, library, beaches, theater and gym. This pass does not allow entry into the base commissary or Marine Corps Exchange.

Crime Prevention Tip

For the next couple of months, please monitor your bank accounts and credit card accounts to ensure no unauthorized purchases have been made. Identity theft is common during the holiday season. If there is any unauthorized activity, report it immediately to your bank/credit card companies and file a report with local police or PMO.

Lost and Found

Lost and found items

- Wallet
- Scooter
- Medic bag

Lost and Found is located at PMO in the Physical Security section of building 1095. If attempting to claim property, provide any available proof of ownership.

A person claiming ownership of any item(s) will be required to provide a detailed description of the article prior to release. Call Jessica Burns at 257-8312, for more information.

SPORTS BRIEFS

Be King of the Hill in first race of 2015

The first race of the Commanding Officer's Fitness Series, King of the Hill, is scheduled Jan. 24 at 7 a.m. at Dewey Square. This 5k run will take participants from Dewey Square up Kansas Tower Hill and back. The registration cost is \$25 per person until 4 p.m. today. Then there is an additional \$10 late fee. This race is open to the public. Register online at www.mccshawaii.com/races. For more information, call Krista Shipes at 254-7590.

Bodysurfing championship rescheduled

The 9th Annual Pyramid Rock Bodysurfing Championship is rescheduled for Jan. 24 at 7 a.m. at Pyramid Rock Beach.

The competition is open to bodysurfers of all levels and will showcase some of Hawaii's up and coming amateur body surfers. Awards will be presented to the top six overall finishers in each category. Categories include: men 18 and under, 19-25, 26-34, 35-49, 50 and older and the women's open divisions. This event is open to the general public.

The expected dates for the event will be Jan. 24 and 25. If the weather doesn't permit the event to occur on these days, we will contact participants by email before the event. The holding period will be through Feb. 15.

Sign up for Tobacco Use Prevention and Cessation Class

Tobacco cessation classes are held every Tuesday from 10 to 11 a.m. The free classes are conducted by a registered nurse and take place on the second deck of the Naval Health Clinic Hawaii's Kaneohe Bay branch medical clinic. There are four classes in a session and each monthly session begins on the first Tuesday of the month. The classes are open to all active duty, retired military and their dependents.

For more information regarding the workshop, call the Health Promotion Office at 254-7636.

Get help coping with work and family stress

Learn coping mechanisms, relaxation techniques, communication skills and more to help handle daily stress in the "Coping with work and family stress" class series. The series features 12 sessions over a period of six weeks. The classes are held Tuesdays and Thursdays from 3 to 4:30 p.m. For more information, call Counseling Services, 257-7776/257-778.

Call the DSTRESS Line anytime

The DSTRESS Line is for active duty, reserve, veterans and retirees, as well as their families, in the Western U.S., Hawaii, and Alaska. Callers will speak with veterans and other licensed behavioral health counselors who have been specifically trained in Marine Corps culture and ethos. The DSTRESS Line is anonymous. Call the DSTRESS Line at 1-877-476-7734. For more information, visit www.DStressLine.com.

Take a swing in intramural adult baseball

Visit the Semper Fit Center to join in and play ball. The deadline to start or sign up for a team is Jan. 23 at 1 p.m. Games are played Monday through Thursday. The season officially starts Feb. 2 at Riseley Field at 5:30 p.m. For more information, call the intramural sports coordinator at 254-7591.

Sign up for the Prime for Life course

The next Prime for Life Substance Misuse Education Course is scheduled Feb. 4 on the third floor of the Substance Abuse Counseling Center, building 279 from 7:45 a.m. to 4:30 p.m. Marine Corps Order 5300.17 requires Marines who have an alcohol/drug related incident to attend.

A preliminary screening by a counselor at SACC is required prior to attending the course. The PFL class is offered monthly, next classes are scheduled for March 11 and 12, April 8 and 9, May 6 to 7 and June 10 and 11. For more information, call Jon Barkley at 257-2464.

Pick up packets, prizes at expo

The Swamp Romp Health, Fitness and Wellness Expo is scheduled for Feb. 6 at the Semper Fit Center gym from 3 to 6 p.m. Swamp Romp participants may also pick up their race packets at this event.

The expo features more than 20 health, fitness and wellness vendors displaying unique products, workshops and services. The event is free and open to the public. For more information, call the Health Promotion Office at 254-7636.

Get muddy at the Swamp Romp

The dirtiest race of the year is back at MCB Hawaii and is scheduled for Feb. 7. Register as an individual or as a team of five to six members. For more information, call 254-7597 or visit www.mccshawaii.com/swampromp/. Online registration ends Feb. 3 at 4 p.m.

Kaneohe Bay Semper Fit Centers available

The Semper Fit Center is a full-service center, with cardiovascular equipment, selectorized machines and free weights. A diversity of aerobic classes are offered each day covering a wide range of skill levels. The facility also houses a basketball court, racquetball courts and locker rooms with saunas. Personal trainers and massage therapy are also offered.

A Satellite Fitness Center is located in Building 1033 and the Flightline Mini-Gym, building 301. Free weights and weight machines are available for use. Call 254-7594 for more information. Hours vary due to operational commitments.