

# Hawaii Marine

## 'Easyriders' mourn loss of comrade



Photo courtesy of Helicopter Maritime Strike Squadron 37

### News Release

Helicopter Maritime Strike Squadron 37

Family and friends of Helicopter Maritime Strike Squadron 37's "Easyriders" are invited to attend a memorial service for Seaman James Henry Brown III, an aviation electrician's mate with HSM-37, today at 10 a.m. in the Chaplain Joseph W. Estabrook Chapel, in building 6677. Brown passed away, Saturday.

The uniform for Navy personnel is summer whites for E-7 and above, and dress whites with ribbons for E-6 and below, or service equivalent.

Brown was born on Dec. 8, 1990 in El Paso, Texas. He graduated from Santa Susana High School, Simi Valley, Calif. He completed his basic training at Recruit Training Command, Great Lakes, Ill., in October 2014 and reported to Naval Air Technical Training Center Pensacola, where he completed two months of aviation electrician's mate training. Following his training in Pensacola, Fla., he reported to Center Naval Aviation Technical Training Unit North Island, Calif., where he trained an additional two months learning about the aircraft he would soon work on, the MH-60R. Brown reported to the HSM-37 "Easyrider" Ohana on June 11.

His decorations include a Navy and Marine Corps Achievement Medal, National Defense Service Medal and a Marksman 9mm Pistol Ribbon.

Brown is survived by his mother, Erinn Tervalon, father, Kenneth Jerome Tervalon Jr., sister, Jalen Rainn Tervalon and brother Jacen Matthew Tervalon, all of Simi Valley, Calif.

For more information, contact Lt. j.g. McKenzie Brannon at mckenzie.brannon@navy.mil.



Air National Guard Senior Master Sgt. David Lipp | Defense Media Activity

North Dakota Army National Guardsmen Sgt. Preston Steele (right), and Spc. Jeremy Kasperson attach a towing chain to a partially submerged vehicle on a washed out section of gravel road west of Harwood, N.D., March 25.

### Moon Cronk

Defense Media Activity

WASHINGTON — Tuesday marked the start of National Preparedness Month, and while preparedness calls for year-round attention, it is a good opportunity to remind Defense Department personnel and their families to be prepared at all times to respond quickly to disasters and emergencies, said the acting assistant secretary of defense for homeland defense and global security.

The scope of national security readiness includes being prepared for any type of crisis in the workplace and at home, Tom Atkin said in a recent interview with DOD News.

National Preparedness Month culminates Sept. 30 with America's Preparathon! Day, which Atkin described as a "day of action" for the DOD workforce and families to exercise their emergency plans. This year's national preparation theme is, "Don't Wait. Communicate. Make Your Emergency Plan Today."

### Mission readiness is key

"Preparedness is the shared responsibility of our entire nation," Deputy Defense Secretary Bob Work noted in

an Aug. 21 DOD-wide memorandum.

"Preparing individuals, families, components and installations for disasters and emergencies — from flooding to an active shooter — ensures the strength of our workforce and our ability to continue to safeguard U.S. security," Work said in the memo.

The deputy defense secretary noted that national preparedness campaigns provide a "recurring opportunity" to take action before a crisis, "which contributes to fostering a culture of preparedness and to strengthening our resilience."

### What DOD personnel can do

The DOD's preparedness campaign encourages personnel and families to participate this month in three key ways:

- Take action: Know your hazards, create an emergency communications plan and build an emergency kit.
- Be counted: Have your organization complete the DOD survey at defense.gov/prepare, and register your action at ready.gov/prepare.
- Spread the word: Tell others about

your actions and encourage them to take part.

The DOD will also emphasize crisis and disaster awareness, emergency communication planning and developing family plans for these hazard themes throughout the month:

- Sept. 1 to 5: Floods
- Sept. 6 to 12: Wildfires
- Sept. 13 to 19: Hurricanes
- Sept. 20 to 26: Power outages
- Sept. 27 to 30: Lead up to America's Preparathon! Day

### Staying prepared at work

In the work environment, employees must be aware of evacuation routes, shelters and have a ready-to-go kit, Atkin said, adding that personnel can plan for emergencies with supervisors and co-workers.

When DOD personnel are assured their families are prepared at home for a crisis, it adds to mission readiness, he said.

### Staying prepared at home

Families should prepare by keeping a kit with 72 hours worth of food,

See PREPARED, A-7

## 'Trinity' Marine hits high targets

### Lance Cpl. Harley Thomas

Marine Corps Base Hawaii

### PUULOA RANGE TRAINING FACILITY

— U.S. Marine 1st Lt. John Maddox, the platoon commander for Lima Company, 3rd Battalion, 3rd Marine Regiment, broke the previous annual pistol record Aug. 19, at the Puuloa Range Training Facility.

Once a shooter finishes the prescribed course of fire for record, without dropping a shot out of the 10-point ring, the shooter goes on to repeat the 25-yard target identification drill until a shot is fired outside the 10-ring. Maddox broke the record previously held by Staff Sgt. Nick Molina, the chief instructor with Marine Corps Base Hawaii's modulation transfer unit, which was a perfect score of 400 points with eight shots continuously fired in the 10-ring.

"Since the year of the Combat Pistol Program's inception in 2013, less than five Marines have achieved a perfect score," said Chief Warrant Officer Jordan Kramp, the gunner and officer in charge of Puuloa Range. "Qualifying expert is difficult enough, however, to do so without losing a single point separates the good from the phenomenal."

Maddox, a Jacksonville, Fla., native, was able to successfully fire 14 consecutive shots onto the target until he dropped his 15th shot into the 8-ring. He said he was shocked when he initially found out he was able to keep firing after he scored the 400. Having only shot the pistol a few times while in



Photo courtesy of Chief Warrant Officer Jordan Kramp

U.S. Marine 1st Lt. John Maddox, the platoon commander for Lima Company, 3rd Battalion, 3rd Marine Regiment, and a Jacksonville, Fla., native, broke Marine Corps Base Hawaii's previous annual pistol training record by shooting a perfect score of 400 points, as well as firing 14 consecutive shots within the 10-point ring.

fact Maddox outshot the overall best pistol shooter in MCB Hawaii was more impressive than simply shooting a perfect score.

"I have had the privilege of being exposed to some of the best pistol and rifle shooters, not only in the Marine Corps, but from

the Marine Corps, Maddox said he wasn't sure if he would be able to beat the previous record.

"I didn't realize you got to shoot extra rounds to determine the range high," he said. "I heard how hard it was to continuously fire in the 10-ring and didn't think I had much of a chance to get it. I'm just glad I had the other Marines who were shooting with me. They were pushing me and if they weren't there, I probably wouldn't have shot as well."

Kramp, an Elgin, Ill., native, said the

See PISTOL, A-7



Air Force Master Sgt. Adrian Cadiz | Department of Defense

Defense Secretary Ash Carter hosts a worldwide troop talk, the first of its kind, at the Defense Media Activity on Fort Meade, Md., Tuesday. Carter answered questions from service members around the world.

## Carter fields questions during televised global troop talk

### Amaani Lyle

Defense Media Activity

WASHINGTON — Defense Secretary Ash Carter crossed continents and engaged with the services via television and across social media platforms today in an unprecedented live, worldwide troop talk from a Defense Media Activity studio at Fort Meade, Md.

Carter emphasized that people, in tandem with technology, are critical to the United States keeping

its edge as the Defense Department looks to frontiers including hyper-sonics, biotechnology and cyberspace as part of the "Force of the Future" landscape.

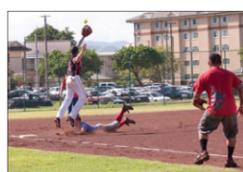
"Our planes, ships and tanks, in order to function effectively, require networking," Carter said. "The biotech revolution is going to be even more consequential than the information revolution."

But Carter acknowledged that

See CARTER, A-7



For the athletes  
MCB Hawaii personnel volunteer for Special Olympics fundraiser, A-5



Take me out to the ball game  
MCB Hawaii hosts Armed Forces Softball Tournament, B-1



# Directly benefit your children: Turn in federal survey cards

Don't miss your opportunity to help your children. Five minutes of your time will ensure the financial support for your child's education.

On Wednesday, all public schools in the state of Hawaii distributed Federal Impact Aid Program survey cards.

The amount of Federal Impact Aid Hawaii receives is determined by the number of eligible cards parents complete and return to the school. Your participation is the only way to ensure Hawaii's Department of Education

receives the proper amount of federal aid dollars.

I encourage you to complete the survey card as soon as it is received and return it to your child's school promptly. We are striving for 100 percent completion. Your participation is critical in calculating the federal funds Hawaii receives to offset the cost of educating our students. Failure to return the survey card could result in the significant loss of federal funds that directly benefit your children.

If you are unsure of the Address of Federal Property, please refer to the listing of Marine Corps Base Hawaii addresses below. If you have any questions regarding this survey card, please contact Amy Solomon, the MCB Hawaii school liaison at 257-2019.

I thank you in advance for your support.

**Col. Sean C. Killeen**  
**Commanding Officer**  
**Marine Corps Base Hawaii**



**For more information about Impact Aid, visit [www.hawaiipublicschools.org/ParentsAndStudents/MilitaryFamilies/Pages/About-Impact-Aid.aspx](http://www.hawaiipublicschools.org/ParentsAndStudents/MilitaryFamilies/Pages/About-Impact-Aid.aspx)**

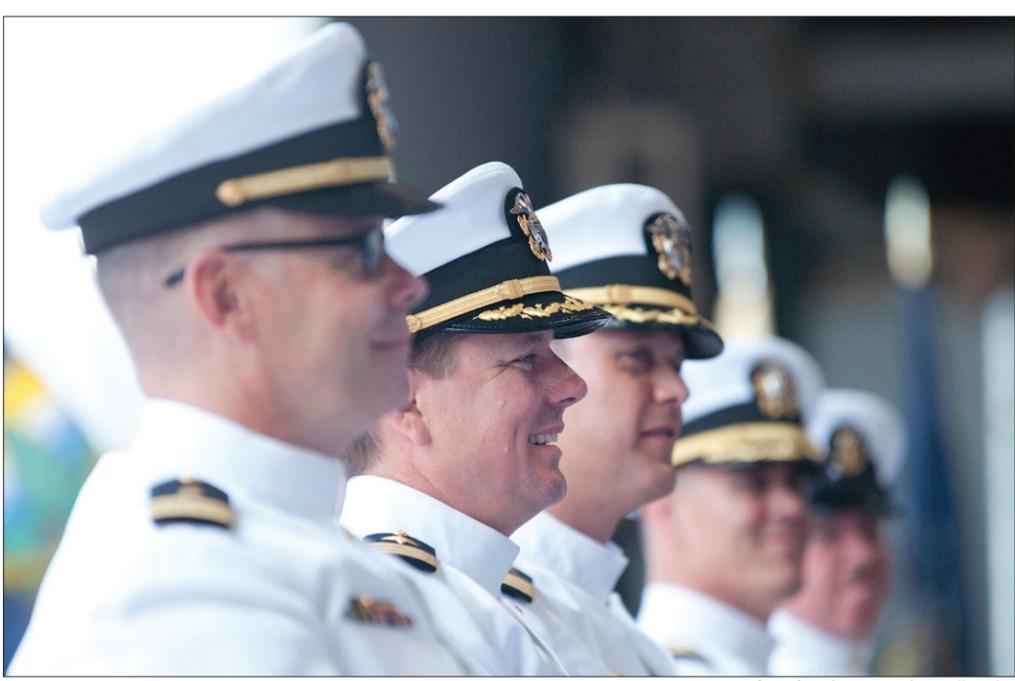
MARINE CORPS BASE HAWAII LIST OF ELIGIBLE FEDERAL PROPERTIES		
EMPLOYEE	NAME OF FEDERAL PROPERTY	ADDRESS OF FEDERAL PROPERTY
MILITARY	Marine Corps Base Hawaii-Kaneohe Marine Corps Barracks-Pearl Harbor Marine Corps-Camp H.M. Smith-Aiea & Puuloa	COMMANDING OFFICER MARINE CORPS BASE HAWAII BOX 63002 MCBH KANEOHE BAY HI 96863-3002
NAF	Marine Corps Base Hawaii-Kaneohe Marine Corps Barracks-Pearl Harbor Marine Corps-Camp H.M. Smith-Aiea & Puuloa	MARINE CORPS COMMUNITY SERVICES BOX 63073 MCBH KANEOHE BAY HI 96868
CONTRACTOR	Marine Corps Base Hawaii-Kaneohe Marine Corps Barracks-Pearl Harbor Marine Corps-Camp H.M. Smith-Aiea & Puuloa	COMMANDING OFFICER BOX 63063 MCBH KANEOHE BAY HI 96863-3063

## READERSHIP SURVEY

If you would still like to receive your news via the Hawaii Marine newspaper, please cut this coupon out and mail it to the Marine Corps Base Hawaii Public Affairs Office address listed below or drop it off in person to the Public Affairs Office. Deadline is close of business, Sept. 17.

Commanding Officer  
 MCB Hawaii  
 Attention: Public Affairs Office  
 BOX 63002  
 Kaneohe Bay, Hawaii  
 96863

## 'WINDJAMMERS' WELCOME NEW COMMANDING OFFICER



Photos by Kristen Wong | Hawaii Marine

### Hawaii Marine

[www.mcbhawaii.marines.mil](http://www.mcbhawaii.marines.mil)  
[www.hawaiiimarine.com](http://www.hawaiiimarine.com)

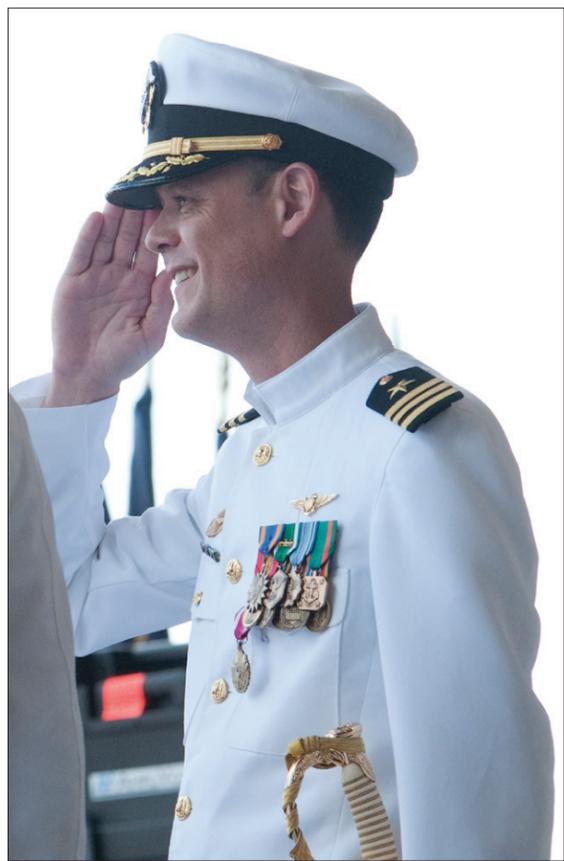
Commanding Officer Base Sergeant Major Public Affairs Chief Community Relations Officer Managing Editor Combat Correspondent Combat Correspondent Combat Correspondent Combat Correspondent Photojournalist Photojournalist Graphic Artist Contributing Writer	Col. Sean C. Killeen Sgt. Maj. Gregory L. Hall Gunnery Sgt. Matthew Orr Elizabeth Feeney Cpl. Khalil Ross Cpl. Brittney Vito Cpl. Adam O. Korolev Lance Cpl. Harley Thomas Lance Cpl. Zachary Orr Christine Cabalo Kristen Wong Jay Parco Maria Kanai
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**MCB Hawaii, Kaneohe Bay, Hawaii 96863**  
**Email: [HawaiiMarineEditor@gmail.com](mailto:HawaiiMarineEditor@gmail.com)**  
**Fax: 257-2511, Phone: 257-8837**

**TOP LEFT:** Cmdr. Brian M. Olson (left), the incoming commanding officer of Fleet Logistics Support Squadron 51, reads his official orders after Cmdr. Kanan C. Ott, the outgoing commanding officer of VR-51, finishes reading his orders, during a change of command ceremony in Hangar 105 aboard Marine Corps Base Hawaii, Saturday. **TOP RIGHT:** Olson (second from left), smiles during a humorous moment. **RIGHT:** Ott renders a salute to Navy Capt. W. Scott Eargle, the commanding officer of Fleet Logistics Support Wing. Olson, a San Diego native, took command of VR-51 from Ott, an Anaheim, Calif., native. Ott also received the Meritorious Service Medal during the ceremony.



# AROUND THE CORPS

Your weekly guide to what's happening around the Corps

## EAST COAST



Lance Cpl. Aaron Fiala | II Marine Expeditionary Force

**MARINE CORPS BASE CAMP LEJEUNE, N.C.** — A Marine with Charlie Company, 1st Battalion, 8th Regiment, operates an M240B medium machine gun turret atop a Humvee during a field exercise aboard Marine Corps Base Camp Lejeune, N.C., Aug. 25. Marines with 1st Bn., 8th Marines assaulted a simulated town, set up a defensive position and waited to repel simulated attacks in preparation for their upcoming deployment with Special Purpose Marine Air Ground Task Force Crisis Response.

## WEST COAST



Sgt. Erica Kirsop | 12th Marine Corps District

**MARINE CORPS AIR STATION MIRAMAR** — Members of the San Diego State University women's basketball team complete squad push-ups aboard Marine Corps Air Station Miramar, Calif., Tuesday. Marine Corps Officer Selection Office San Diego and SDSU partnered for a two-hour fitness challenge where team members completed a combat fitness test, memory competition, leadership reaction course, squad push-ups and a team-building exercise to push themselves both mentally and physically.

## OVERSEAS



Cpl. Olivia McDonald | U.S. Marine Corps Forces Europe and Africa

**DAKAR, Senegal** — Cpl. Matt Sprankle, a Marine Corps Instructor of Water Survival with Special-Purpose Marine Air-Ground Task Force Crisis Response-Africa, evaluates a Compagnie Fusilier de Marin Commando's technique during a swim assessment in Dakar, Senegal, Aug. 27. The Marines and Coast Guardsmen with the team wanted to ensure the COFUMACO had basic swim knowledge and abilities before the partner nations begin small-boat operations in the following weeks.

# Mokapu Elementary beats the heat with fans

**Kristen Wong**

*Hawaii Marine*

Mokapu Elementary School students and faculty are now able to keep cool and carry on with academics as more than 50 new fans have arrived and will be set up in every classroom that requires one.

On Aug. 27, the school's order of more than \$5,000 worth of Vornado 293 HD heavy duty shop fans was delivered.

"I think we're all struggling with how to handle the heat," said Charles Fradley, the principal of Mokapu Elementary. "It caught us by surprise. This year just seems to be hotter (and) the trades aren't around. We rely on the tradewinds to cool down our classrooms."

Fradley said before this, some of the parents were donating fans, and some teachers were buying fans themselves. Although all the classrooms

do have fans, some work better than others.

"This way we have one high-powered fan in every classroom just to make sure we had moving air," he said.

One reason the school cannot acquire air conditioners is that the school's circuitry does not have the capacity needed to power air conditioners in every classroom.

Cost is also a factor. Over the summer, the school's electricity

bill for two wall-mounted air conditioners alone was approximately \$4,500 and the installation was \$2,500, not including the cost of the units themselves.

In addition, because the school is a government facility, there are proper procedures which need to be followed to acquire air conditioning.

In the meantime, one battle has been won. Fradley said he received a lot of "thank you's,"

and the children are excited. He has additional suggestions for parents in an upcoming school newsletter about keeping their children cool.

"We're making the best of it," he said. "It's not comfortable, but at least it's safe. We're in this together."

The Department of Education's memo on keeping public schools cool is available on Mokapu Elementary's website.



## 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**

### Crime Prevention Tip: Identity Theft

Identity theft is when key pieces of someone's identifying information, such as name, address, date of birth, social security number and mother's maiden name, are used to impersonate that person.

This personal information enables an identity thief to commit numerous forms of fraud, including taking over a victim's financial accounts, opening new bank accounts, purchasing merchandise, applying for loans, credit cards, and social security benefits, renting apartments and hooking up utility and phone services.

If you are a victim of identity theft, the following tips may help you:

- **Keep detailed notes.**

Note the date and time when you first discovered the theft of your identity. Continue adding information to this log and retain it for future reference even after your credit has been restored.

- **Report the crime immediately to the police.**

Obtain the police report number and record it for future reference. Obtain a verification letter from the Records Division of the police department. A copy of this letter can be given to creditors when

you dispute fraudulent charges.

- **Immediately notify the three major credit reporting bureaus.**

The credit bureaus will help you minimize the damage to your credit. The bureaus will alert you to any other attempts to use your identity. The three major credit bureaus are:

1. Equifax 1-800-525-6285
2. Experian 1-888-397-3742
3. Transunion 1-800-680-7289

There is also a hotline for ID theft information:

1. Federal Trade Com. 1-877-438-4338
2. Privacy Rights 1-619-298-3396

It's in your hands ...

If you report identity theft and fraudulent charges promptly, your liability will be minimized. Logging and reporting all incidents of identity theft will minimize your losses.

The longer you let the fraudulent charges go unreported, the more opportunity the criminal have to use your stolen identity. You risk further damage to your credit by letting the fraud continue.

### Lost and Found

Lost and Found is located at the Provost Marshal's Office in the Physical Security section of building 1095. If you are attempting to claim property, please provide any proof of ownership you may have available. A person claiming ownership of any item(s) will be required to provide a detailed description of the article prior to release. Call 257-8557 for more information.



Maria Kanai | Hawaii Marine

**KANEOHE, Hawaii** — Marc Rivera (left), a crime prevention officer at the Provost Marshal's Office and a Kailua, Hawaii native, and Scott Kimo, a Honolulu Police Department officer, pose in the 14-foot high scaffold at Kaneohe Bay Shopping Center, Aug. 27, for the annual fundraiser Cop on Top. All proceeds raised benefit Special Olympics Hawaii to provide year-round sports training and competition opportunities to more than 3,900 athletes across the state each year.

## Hawaii volunteer units climb high for a good cause

**Maria Kanai**  
Hawaii Marine

How comfortable are you with staying for three consecutive days on 14-foot high scaffolds? For Marc Rivera, a crime prevention officer at the Provost Marshal's Office, it was no problem because it meant raising money for a good cause.

Last week, Aug. 27 through 29, Marine Corps Base Hawaii units including PMO and Marine Unmanned Aerial Vehicle Squadron 3 participated in the 14th Annual Cop on Top, a statewide event where military personnel and off-duty law enforcement officers perched 14-feet high on scaffolds placed at multiple locations, to help raise money for the nonprofit organization Special Olympics

Hawaii.

These locations included Aikahi Park Shopping Center, Kaneohe Bay Shopping Center, Hawaii Kai Shopping Center and multiple Sam's Club locations around the state. The annual drive invited the public to take pictures, speak with the cops and Marines and most importantly, donate money and learn more about Special Olympics Hawaii.

Rivera volunteered at Kaneohe Bay Shopping Center, where he was joined by fellow PMO staff, along with police officers, Special Olympics staff and athletes. The PMO office has been participating with Cop on Top since its first year.

Rivera stayed up in the scaffold, which was set up in the

parking lot, for all three days, and only came down for absolute necessities, which included bathroom breaks, eating food and resting.

"Even though it was crazy hot throughout the day, everyone had a blast," Rivera said. "We exceeded our fundraising goals, and it was a lot of fun."

Rivera said it was particularly memorable for him to see how many area shoppers stopped by and gave money, and to see in person how the event helped raise awareness for an issue that touched many local families.

"What we saw was that there really are many people whose families are affected with special needs or intellectual disabilities," Rivera said. "They all were donating be-

cause they know this is such a good event." He also said that the event helped build camaraderie within the Marine Corps Base Hawaii units, and with the off-duty police officers as well.

"Despite the excessive heat, we did very well and that's awesome because the money is going to fund the remaining events, competitions and training at Special Olympics Hawaii," said Jen Ernst, the Windward Area director for Special Olympics Hawaii.

She added that everybody who visited the shopping centers were very generous, and that the volunteers went above and beyond, despite the possibility of a hurricane.

According to Tracey Bender, the development director for

Special Olympics Hawaii, each location around the state had a specific fundraising goal in order to raise a collective total of \$250,000.

The money raised would enable Special Olympics Hawaii to provide year-round sports training and competition opportunities to more than 3,900 athletes across the state each year.

It costs approximately \$756 per athlete for training and competition costs, and since 2001, Cop on Top has raised nearly \$2.5 million. These sports include basketball, baseball, swim, track and field, bowling, bocce ball and more, and are offered at no cost to parents or the athletes. For more information, visit [specialolympicshawaii.org](http://specialolympicshawaii.org).

# Fourth-grade students invited to ‘Every Kid In a Park’ initiative

## Press Release

National Park Service

**HONOLULU** — World War II Valor in the Pacific National Monument invites all fourth-grade students to visit the park as part of the White House’s new Every Kid in a Park program. Fourth-grade students can now go to [www.everykidinapark.gov](http://www.everykidinapark.gov) to complete an activity and obtain a free annual entry pass to more than 2,000 federal recreation areas, including national parks in Hawaii and on the mainland, through Aug. 31, 2016.

In Hawaii, the free annual



**The goal of the Every Kid in a Park program is to connect fourth graders with the great outdoors and inspire them to become future environmental stewards, ready to preserve and protect national parks and other public lands for years to come.**

pass covers entrance fees at Haleakala National Park, Hawaii Volcanoes National Park and Puuhonua O Honaunau National Historical Park. It does not cover any fees except entrance fees. World War II Valor in the Pacific National Monument does not charge an entrance fee. Any park visitors can get free tickets to the USS Arizona Memorial by arriving early in the morning for more than 1,000 free tickets available on a first-come, first-served basis each day. Alternatively, online reservations can be made in advance for \$1.50 per ticket convenience fee at [www.recreation.gov](http://www.recreation.gov).

“During the National Park Service’s centennial celebration, we want everyone to get to know their national parks, and we’re offering a special invitation to fourth graders and their families to discover everything that national parks offer,” said National Park Service Director Jonathan B. Jarvis. “We hope these free passes for fourth graders will introduce fourth graders, their classes and families to our national treasures, places where they can run and play, explore and learn.”

“The Every Kid in the Park Program encourages students, their classes and families to reconnect with our national treasures,” said Rhonda Loh, Acting Superintendent of World War II Valor in the Pacific National Monument.

The program website also includes fun and engaging learn-



Photos courtesy of the National Park Service

**Fourth-grade students can now go to [www.everykidinapark.gov](http://www.everykidinapark.gov) to complete an activity and obtain a free annual entry pass to more than 2,000 federal recreation areas, including national parks in Hawaii and on the mainland.**

ing activities aligned to educational standards, trip planning tools, safety and packing tips and other important and helpful information for educators and parents.

World War II Valor in the Pacific National Monument offers self-guided Junior Ranger Scavenger Hunt books for purchase in the on-site bookstore. Kids of any age can complete the activity book and receive a junior ranger badge.

In addition to providing every fourth grader in America a free entry pass for national parks and federal public lands and waters, educators, youth group leaders and their stu-

dents across the country will also participate in the program through field trips and other learning experiences. World War II Valor in the Pacific National Monument will be offering its Ticket to Ride education program for fourth-grade classes during the 2015/2016 school year. Teachers can contact [valr\\_education@nps.gov](mailto:valr_education@nps.gov) for more information and to schedule field trips.

The goal of the Every Kid in a Park program is to connect fourth graders with the great outdoors and inspire them to become future environmental stewards, ready to preserve and protect national parks and

other public lands for years to come. The program is an important part of the National Park Service’s centennial celebration in 2016, which encourages everyone to Find Your Park.

Every Kid in a Park is an administrative-wide effort, launched by President Obama, and supported by eight federal agencies, including the National Park Service, the Army Corps of Engineers, Bureau of Land Management, Bureau of Reclamation, Department of Education, Fish and Wildlife Service, Forest Service and National Oceanic and Atmospheric Administration.

## CARTER, from A-1

like all other technological revolutions, the harvest could be used for good or for ill. “We want to make sure it’s used for good, and we want to make sure that we’re the best at combating any use of it for ill,” the secretary said.

### Readiness, Employment, Training

On the heels of recent travels that included meeting with service members in Ill., Nev. and Calif., Carter emphasized taking the utmost care in matters of troop readiness, employment and training.

He commended service members at Nellis Air Force Base, Nev., and Marine Corps Base Camp Pendleton, Calif., for their performance in training to counter high-end threats and to leverage new technologies with air and amphibious operations. “We’re refocusing on full-spectrum conflict and the whole range of emergencies,” he said.

### Building Bridges

Carter also visited Silicon Valley on his trip. During his troop talk, he related the importance of building bridges between industry and the “small slice of society who serve” in the military apply technology to warfare.

Aligning DOD goals with new generations and thought processes is critical, the secretary maintained, noting a new era of family, mobility, home life, learning, training and transition that service members face. The force of the future must use the best of new techniques while thinking and self-challenging to build the most capable, competent team for the nation’s defense in the years to come, he added.

Carter also responded to questions regard-

ing the fate of military pay.

“We can’t pay you enough for what we ask you to do,” he said. “In addition to paying you more, I want to make sure you’re fully trained ... I want to make sure you have the best equipment, ... and I want to make sure there are enough of you ... to carry us to victory.”

The secretary noted the necessity of a fixed budget to meet defense needs without paring military families’ income.

“There’s never a single discussion of cutting people’s pay, but we are discussing changing the rate at which pay is increased annually,” Carter said, adding that this scenario is a reality he does not like. “I’m not going to change the game on anybody who signed up with a given understanding about retirement,” he said.

### Asia-Pacific Challenges

Carter recognized ongoing challenges in the Asia-Pacific region, where the Defense Department has focused attention in recent years and where he said U.S. forces must remain ready to “fight tonight.”

“Since 1953, American troops have been deterring North Korean aggression,” Carter said. “It’s probably the single place on the world where war could erupt at the snap of our fingers.”

The secretary also fielded questions from the studio audience, including a query from a soldier who asked about the possibility of a policy throughout the Defense Department for maternity leave, citing recent Navy leave enhancements for families.

“This gets back to making family life compatible with military life,” Carter said, calling it an important consideration. “I don’t want

you to have to choose between your family and serving us.”

Carter also spoke with an Air Force senior airman at Thule Air Base, Greenland, who asked about the DOD’s capability intentions there. The secretary noted the base’s critical capability for early detection of ballistic missile attacks against the United States and the need to keep its radars modern, sensitive and ready. “(Thule) is one of the places that ballistic missiles would overfly if they were en route to the United States,” he pointed out.

### Widest Possible Pool of Talent

The secretary next responded to a soldier in Kuwait who asked him about the significance of two women graduating last week from Army Ranger School.

“That’s a big deal for anybody — male or female — to get through Ranger school,” Carter replied. “What matters most is who is qualified, and who can meet the rigorous standards of service. I want to have the widest possible pool of people into which we can draw the force of the future.”

Carter emphasized that he plans to cast a wider net in selecting the best candidates who can meet specific service standards. “It’s important at all ranks,” he added. “There’s a huge benefit to it.”

Carter also addressed defeating terrorist groups such as the Islamic State of Iraq and the Levant, telling his worldwide audience that it requires an inside-out approach in a battle of “civilization against barbarity.”

“The trick is to defeat ISIL in a lasting way,” Carter said. “Our strategic approach ... is to enable capable and motivated ground forces that are local and can keep the peace after we’ve helped them win the peace,” he said.

## PREPARED, from A-1

water, medications and up-to-date essentials, such as flashlight batteries, he said, adding that the kit should be kept in an easy-to-access place. Supplies and necessities should be ready to go in a moment’s notice for each family member and every pet at home, Atkin advised.

“The reality is in a natural disaster, families will have to care for themselves the first 72 hours,” he said.

Other details to consider are having gas in the car, Atkin added. Making advance plans for pet care is part of family preparedness, to keep them safe and secure, with plenty of food, water and medications as needed, he said.

Family preparedness planning should also include communicating with relatives, friends and the service member’s chain of command, Atkin said.

“Preparedness has a much broader scope,” than preparing for those in the same household, he said. “And know what they’re doing, too.”

## PISTOL, from A-1

civilians, different branches of service and foreign nations,” Kramp said. “In my entire career, I have not witnessed a shooter with this much raw talent; the manner in which Maddox broke the record is no small feat. Upon hearing the news, I was, for lack of a better word, speechless. I was excited and just fortunate to know he’s on our side!”

Maddox said he doesn’t go all out to prepare, but practices the fundamentals instead. He said it doesn’t take much to get comfortable firing a weapon, but unless they spend their free time doing so, service members should practice as much as possible during grass week and the pre-qualification days.

“I don’t do anything too crazy,” Maddox said. “I just used what my

coaches and instructors taught me, falling in love with that front sight post. A lot of people like to blow off the classes given to them at the range but it’s all important stuff. You need to retain the advice and you’ve got to want to improve.”

Kramp said service members shouldn’t rely on improving their marksmanship skills by going to the range once a year and firing 200 rounds with the service pistol. He said they must also be prepared to invest their own time and money if they truly want to make significant improvements.

“A great piece of advice I once read was, ‘Don’t be disappointed with results of the work you don’t put in,’” he said. “Put the work in and you will receive the fruits of your labor. Because he gives service pistol training his full attention,

Maddox will be a force to reckon with for years to come. However, breaking his record is not impossible. ‘Impossible’ is a great word thrown around by small people — records are set to be broken, but it’s not if, it’s when.”

Maddox said he hopes his record proves to be a challenge for future shooters. He also said that while many who shoot such a high score might consider going for the shooting team, he has other priorities as the platoon commander.

“While I don’t necessarily like to think anyone will break the record soon, I do hope somebody eventually does because that’s what it’s for,” he said. “It’s good for the shooters to have something to strive for. Besides, if they do, it’ll give me the chance to break it again. In regards to the (shooting) team,

my main focus is currently my platoon. I might consider it sometime in the future, but for now I’m just focusing on my Marines.”

Kramp said breaking the CPP record is similar to winning the gold medal in the Olympics: It is an extremely difficult, not impossible, feat possible for those who have mastered the physical and mental aspects of sound marksmanship.

“Most shooters are okay with meeting the bare minimum, but those who are willing to invest in time and money will always walk amongst the best of the best in any endeavor,” Kramp said. “Get involved, think outside of the annual training and take your marksmanship skill and confidence to a whole new level. Learn from your mistakes and treat every shot as if your life depends on it.”

# Sports & Lifestyle

## MCB Hawaii hosts Armed Forces Softball Tournament

**Kristen Wong**  
*Hawaii Marine*

Service members and civilians kicked up the dirt, caught sky-high pop-up fly balls, and when all was said and done, gave each other high fives at the Armed Forces Softball Tournament at Riseley and Annex Fields, Saturday.

Military identification cardholders were eligible to compete in the slow-pitch, pool play tournament, hosted by the varsity sports department of Marine Corps Community Services Hawaii Semper Fit.

The main goal of the tournaments is to raise funds for the base varsity softball team. The team can then enter tournaments in the local community. There are as many as three tournaments hosted per year.

"The tournament allows service members to compete with all branches of the military," said Krista Shipes, the athletic director for Semper Fit. "It boosts morale and encourages sportsmanship."

Also coordinating the tournament is Romeo Ibrao, the men's varsity softball coach. Ibrao, of Haleiwa, Hawaii, was previously an active-duty Sailor stationed at Marine Corps Base Hawaii, with Marine Aviation Logistics Squadron 24.

Ibrao is no stranger to softball, having played for more than 30 years in the Navy. He has been coaching on base since 2006, and helped with the tournament since 2007.

Ibrao said he wants to develop the players' skills and have the base team compete in higher-level competitions in the community. However, personnel often rotate in and out of the base and the softball team will always need to be rebuilt, due to the nature of the military.

Like Shipes, Ibrao said the tournament helps promote camaraderie between the branches. He praised Shipes for her efforts with coordinating the tournament.

"She had her personnel (prepare) the field on Friday," Ibrao said. "I didn't have to rush here (Saturday morning). I give a lot of credit to Krista."

The tournament ran from 8 a.m. to



**Sgt. Michael Morriss, a motor transport Marine with 1st Battalion, 12th Marine Regiment, and Texarkana, Texas, native, rounds second base during an Armed Forces Softball Tournament game at Riseley Field, Saturday. The Rad team beat the Marine Corps Base team, 8-4.**

4:30 p.m. An Army team, consisting of players from Schofield Barracks in Wahiawa, Hawaii, took first place in the tournament. The Rad team, which consisted of a mix of players, took second.

"Even though we had fewer teams than expected, all the players enjoyed the tournament," Shipes said. "We received positive feedback from the players and spectators."

For more information about intramural sports or varsity sports under MCCS Hawaii, visit [www.mccshawaii.com](http://www.mccshawaii.com), or call 254-7591, or 254-7590.



Photos by Kristen Wong | Hawaii Marine

**Lance Cpl. Aaron Taoy, a supply clerk with Fourth Force Reconnaissance Company and native of Wahiawa, Hawaii, takes his turn at bat during an Armed Forces Softball Tournament game at Riseley Field, Saturday.**



**Francis St. Nicolas, of Kailua, Hawaii, attempts to make contact with the ball.**



**Petty Officer 1st Class Daniel Coggins, an aviation ordnanceman with Marine Aviation Logistics Squadron 24 and native of Ontario, Calif., dives for home base before Cpl. Dustin Noblin, a vehicle commander for Combat Assault Company, 3rd Marine Regiment, and Violet Hill, Ark., native, can tag him out during an Armed Forces Softball Tournament game at Riseley Field, Saturday.**

# AT EASE



**Your weekly dose of non-mandatory fun in Hawaii Marine**

As you unwind reading the paper while you eat breakfast in the morning, wait at the doctor's office or ride the bus home, check out "At Ease" for some stress relief. Look no further for a funny story, a comic or a puzzle. Are you a budding journalist? Do you have some witty stories, movie reviews or insightful columns our base readers might enjoy? Email your submissions to [hawaiimarineeditor@gmail.com](mailto:hawaiimarineeditor@gmail.com). Please keep your submissions approximately 500 words, and make sure to include your first and last name along with a title for your article. Hawaii Marine staff reviews content and edits submissions. No explicit content, graphic language or topics inappropriate for a general audience. If you have any questions, feel free to call 257-8837.

## What remains to be seen

**Lisa Smith Molinari**  
Contributing Writer

What happens when you put two parents, three kids, one overactive puppy and several marauding mice in a remote cabin in Maine, with no Internet, no phone service and no cable television during the last week of summer vacation?

The answer to that question depends on who you ask.

Despite the fact that he is an arrogantly opinionated college kid who loves nothing more than debating the palatability of dorm food or the effect of computerization on the global economy with his roommates, our 20-year-old son Hayden would give the same response he has given to our parental questions for the last five years: "Good."

Ask Anna, our 17-year-old, who relentlessly milks her victimhood as the middle child, and she would claim that our end-of-summer vacation in Maine was like teetering on the precipice of

hell.

Our 15-year-old Lilly would gladly answer the question with a sincere response based on her genuine observations and honest opinions, but not until she is done responding to the 537 texts and social media posts that she missed while we were off the grid.

Ask our 7-month-old yellow labrador retriever Moby, and in dog language he would communicate, "I loved it! I love you! I love my family! I love the cabin, the trees, the birds, the bugs, the sticks, the lake, the canoe, the lodge, the fire pit, the dirt..." Moby would blather on and on ad nauseam, until someone throws a ball or shakes the dog food bag to distract him.

Ask my husband while we are stuck in two hours of Boston traffic on our way home, and he would snap impatiently at the kids to knock off the racket, complain that his sciatica is killing him and shout in a "hungry" rage, "For the love of God could someone please get me a flipping snack from the cooler before I starve to

death here?!"

However, if you ask my otherwise pragmatic, rational, career Navy husband after we are back in our base house on Naval Station Newport with the car unpacked and three pizza slices in his stomach, he would offer a simple answer uncluttered with over-analysis and untainted with emotion (although possibly intended to shut me up): "It was a perfect vacation, dear."

But what about my opinion? Was our family's week in the woods a success? Did we accomplish what we set out to do?

Did we pluck ourselves from the suffocating tidal wave of modern technology and rapidly changing cultural norms long enough to breathe in the fortifying strength of familial bonds and renew our uniquely human ties with the natural world?

Heck if I know.

I guess, I have to accept that it may take years before hindsight will bring the answers to all my parenting

questions into focus. In the meantime, I'll stop trying to draw conclusions and concentrate on making good memories.

Like everyone eating a late breakfast of hot buttered pancakes with peach slices, pecans and Maine maple syrup. Like teaching Moby to swim. Like seeing my computer scientist son paddle around in a kayak. Like hiking Acadia trails in the rain. Like taking the kids out in a canoe to watch the sun go down over the lake. Like hearing our girls giggling up in the cabin loft after carving "I have lice" into the ceiling over their bunks. Like sipping a local pale ale in an Adirondack chair around a roaring fire. Like beating my husband at Othello. Like being so bored on the fourth night in the cabin that, after watching our two-hour and 30-minute "Dog Day Afternoon" DVD, we watched it all over again with the director's commentary.

Like falling asleep to the scratching of mice and the call of the loons.

[www.themeatandpotatoesoflife.com](http://www.themeatandpotatoesoflife.com)



"Your next patient is a DI that got an object stuck in his throat while yelling at a recruit."



"What was the Object?"

"THE RECRUIT"



### SUDOKU

	8				9		2
		2					3
	1		8	7			
7						6	3
	2			5			
	5			1	7		
8			3	6			
6					5		9

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Level: Advanced

#### Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

6	4	1	7	2	5	3	9	8
8	7	9	3	6	4	2	5	1
2	5	3	9	1	8	7	4	6
3	2	4	6	5	9	1	8	7
7	9	8	1	4	2	6	3	5
5	1	6	8	3	7	4	2	9
4	6	2	5	9	1	8	7	3
9	3	7	2	8	6	5	1	4
1	8	5	4	7	3	9	6	2

ANSWER:



"Mission Impossible: Rogue Nation" PG-13 Today | 6:30 p.m.

"The Gift" R Today | 9:15 p.m.

"Fantastic Four" PG-13 Saturday | 6:30 p.m.

"Mission Impossible: Rogue Nation" PG-13 Saturday | 9:15 p.m.

"Shaun The Sheep Movie" PG Sunday | 2 p.m.

"Vacation" R Sunday | 6:30 p.m.

"The Gift" R Wednesday | 6:30 p.m.

**Prices:** All shows are \$5 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 years and older and defines a child as a patron from 6 to 11 years old. 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 details.

# MCB Hawaii to host Sunset Flightline 5K

## Press Release

Marine Corps Community Services

Runners, joggers and walkers islandwide are invited to participate in the Sunset Flightline 5K race taking place at Marine Corps Base Hawaii Kaneohe Bay, Sept. 18.

With a start time of 5:30 p.m., this event is the only race in the Commanding Officer's Fitness Series that takes place in the evening providing competitors with scenic sunset views of the Koolau Mountains and Kaneohe Bay. In addition, participants can expect to see displays of some of the aircraft currently assigned to MCB Hawaii.

The Sunset Flightline 5K is open to the general public as well as military and family members from all branches of service. The airfield runway course is paved, making it perfect for leisurely family walks with strollers or fast-paced serious racers looking to improve their times. Bikes, scooters, rollerblades and skateboards are not allowed on the course.

Entry is \$25 per person and includes a commemorative T-shirt if registered by Sept. 10. Entries received after Sept. 11 will be assessed an additional \$10 late fee per person. Register online at [www.mccshawaii.com/races](http://www.mccshawaii.com/races).



Cpl. Brittney Vito | Marine Corps Base Hawaii

Participants take off down the flightline during the Sunset Flightline 5K Run/Walk, Sept. 19, 2014 aboard Marine Corps Base Hawaii. The 5K is scheduled Sept. 18 this year. The entry fee is \$25 per person. Race packets will be available Sept. 16, from 1 to 6 p.m. at Sports Authority at Windward Mall in Kaneohe, Hawaii.

Online registration closes Sept. 14. Registration on race day will be \$35 and T-shirts are not guaranteed.

Race packets will be available for early pick-up

Sept. 16 from 1 to 6 p.m., at the Sports Authority in Windward Mall, in Kaneohe, Hawaii. Civilians will receive a special event pass in their race packet for access on to the installation on race day. Participants with

base access may pick up their packets Sept. 16 or Sept. 17 at the Semper Fit Center from 10 a.m. to 4 p.m.

Awards will be given to the top three male and female competitors in 10 age brackets

from 14 and younger to 55 and older.

For more information about the Sunset Flightline 5K, contact the Semper Fit varsity sports coordinator at 254-7590.

# TOP SHOT



**Photographer:** Cpl. Ricky Gomez

**Age:** 23

**Behind the shot:** I took this photo to get a behind-the-scenes look of a film shoot using a green screen and a teleprompter.



Cpl. Ricky Gomez | Marine Corps Base Hawaii

Col. Sean C. Killeen, the commanding officer of Marine Corps Base Hawaii, records the 2015 Kaneohe Bay Air Show public service announcement aboard MCB Hawaii, Wednesday. The Kaneohe Bay Air Show is scheduled for Oct. 17 and 18 aboard MCB Hawaii and open to the public.

## Changes coming to TRICARE pharmacy benefit

### Press Release

TRICARE

Starting Oct. 1, a new law requires all TRICARE beneficiaries, except active duty service members, to get select brand name maintenance drugs through either TRICARE Pharmacy Home Delivery or from a military pharmacy. Beneficiaries who keep using a retail pharmacy for these drugs will have to pay the full cost.

Maintenance drugs are medicine you take regularly for a long time, such as drugs to control blood pressure or cholesterol. The law does not apply to drugs you

take for a short time, like antibiotics or generic drugs. Beneficiaries living overseas or have other prescription drug coverage, are not affected.

The TRICARE pharmacy contractor, Express Scripts, is sending a letter to beneficiaries taking an affected drug, explaining their options. Beneficiaries can contact Express Scripts at 1-877-363-1303 to see if they are affected.

After Oct. 1, beneficiaries still filling an affected drug at a retail pharmacy will receive another letter informing them of the change to the benefit. After that, beneficiaries have one final "courtesy" fill at a retail pharmacy. If they fill at a retail pharmacy again, they

have to pay 100 percent of the cost of their medication.

TRICARE Pharmacy Home Delivery is a safe, convenient and low-cost option to get maintenance drugs. You can get up to a 90-day supply, as opposed to a 30-day supply from a retail pharmacy. You save up to \$176 a year for every brand name drug you switch to Home Delivery. Military pharmacies offer up to a 90-day supply of drugs at zero copay, but not all drugs are available. You can check with your local military pharmacy to see if they carry your prescription.

For more information about this change to TRICARE's pharmacy benefit, visit [www.tricare.mil/RxNewRules](http://www.tricare.mil/RxNewRules).

## 101 Days of Summer Points

### Large unit:

Marine Aviation Logistics Squadron 24: 2,280

Headquarters Battalion: 2,250 points

Combat Logistics Battalion 3: 2,065 points

3rd Marine Regiment: 1,405 points

1st Battalion, 12th Marine Regiment: 985 points

3rd Radio Battalion: 775 points

Headquarters and Service Battalion, U.S. Marine Corps Forces, Pacific: 310 points

### Small unit:

21st Dental Company: 3,375 points

Fleet Logistics Support Squadron 51: 1,795 points

Special Projects Patrol Squadron 2: 995 points

Marine Corps Air Station Kaneohe Bay: 800 points

Marine Aircraft Group 24: 495 points

Patrol Squadron 4: 420 points

Patrol Squadron 9: 330 points

Commander Patrol and Reconnaissance Wing 2: 295 points

Marine Light Attack Helicopter Squadron 367: 280 points

Helicopter Maritime Strike Squadron 37: 190 points

Marine Unmanned Aerial Vehicle Squadron 3: 180 points

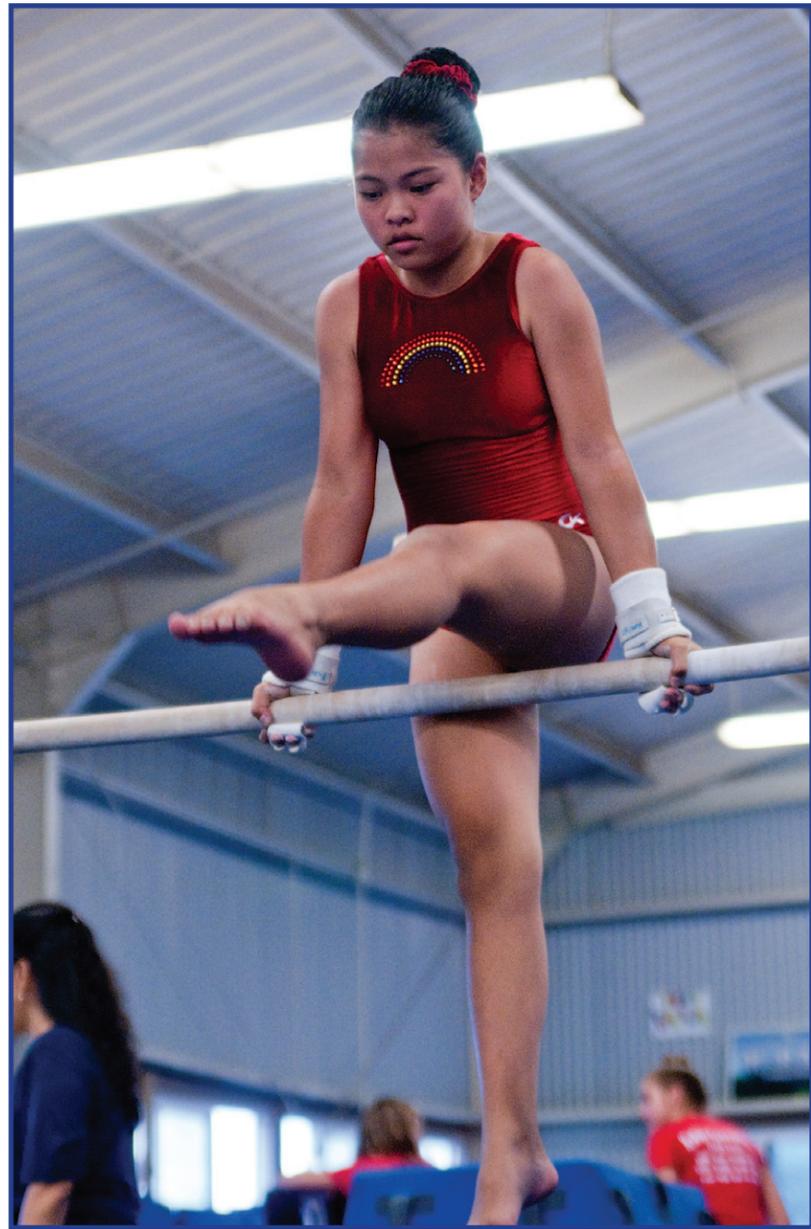
School of Infantry West-Detachment Hawaii: 125 points

Marine Heavy Helicopter Squadron 463: 120 points

# GYMNASTS COMPETE IN KICK-OFF MEET



Kaitlyn Almarez, an 11-year-old Rainbow Gymnastics Academy athlete, competes in the uneven bars event during the Kick-Off Meet held between the Rainbow Gymnastics Academy and K-Bay Gymnastics at the gymnastics court, Building 1583 aboard Marine Corps Base Hawaii, Monday. The meet kicked off the first competition for the USA Gymnastics Competitions in Hawaii.



Photos by Maria Kanai | Hawaii Marine

(Left to right:) Mia Huiss, 8, Ariel Hernandez, 11, Aubrey Boyer, 11, Taylor Tugaoen, 9, Grace Ritz, 12, Jasmine Johnson, 11 and Jordan Richards, 8, were Level 4 athletes with the highest total points for the floor exercise, uneven bars, balance beam and vault events. They were awarded medals and trophies at the end of the meet.



Emma Bibona, an 8-year-old K-Bay Gymnastics athlete, does a floor exercise routine.

# SPOTLIGHT ON SPORTS



Kristen Wong | Hawaii Marine

## Commanding Officer's Fitness Series

### Sunset Flightline 5K

Sept. 18 at 5:30 p.m., Hangar 102, Marine Corps Base Hawaii flightline

Start your weekend off with a scenic 5K run along the airfield of Marine Corps Base Hawaii. Participants will have the rare opportunity to run on the runway in this family-friendly event. The race will start and finish across from Hangar 102 and will consist of an evening race offering views of the Koolau Mountains and Kaneohe Bay. The race is open to the general public. Online registration closes Sept. 14, 11:59 p.m., Hawaii Standard Time. Visit [www.mccshawaii.com/races](http://www.mccshawaii.com/races) to register.

### Splash & Dash Biathlon

Oct. 3 at 7 a.m., Hangar 103, Marine Corps Base Hawaii flightline

Come start your morning with a brisk 500-meter swim in beautiful Kaneohe Bay, finishing with a scenic 5K along the taxiway of Marine Corps Base Hawaii. This race is open to the general public. The race will begin at 7 a.m. Hawaii Standard Time. You may register as an individual or as a two-person relay team. Awards will be given to the top three finishers of each individual age category and the top three relay teams. Online registration closes Sept. 29, 11:59 p.m., Hawaii Standard Time. Visit [www.mccshawaii.com/races](http://www.mccshawaii.com/races) to register.

### Turkey Trot 10k

Nov. 7 at 7 a.m., Marine Corps Base Hawaii, Dewey Square

Take a running tour of Marine Corps Base Hawaii with our last race of the year. The race will start and finish at Dewey Square on MCB Hawaii Kaneohe Bay. There will also be a 1-mile family fun run taking place after the 10K. No registration is required for the fun run. This race is open to the public. Online registration closes Nov. 3, 11:59 p.m., Hawaii Standard Time. Visit [www.mccshawaii.com/races](http://www.mccshawaii.com/races) to register.

## Semper Fit Center Hours of operation

Monday to Friday: 5 a.m. to 10:30 p.m.  
Saturday and Sunday: 7 a.m. to 4 p.m.  
Closed holidays

Satellite Fitness Center  
buildings #1033 and #301  
Monday to Friday: 6 a.m. to 9 p.m.

High Intensity Tactical Training Center Kaneohe Bay  
building #1034, first deck  
254-7594/7597

HITT Hours of operation  
Monday to Friday 6 to 8:30 a.m., 11 a.m. to 1:30 p.m., and 3 to 7 p.m.  
Saturday and Sunday closed

The facility will remain available outside of the posted hours through the Semper Fit Center for scheduled unit physical training.

## Tripler Tips

### ADDICTION

Are you or a loved one struggling with an addiction problem? Family members older than the age of 18 and/or retirees who are coping with drug or alcohol problems can now reach out for help by calling Tripler Army Medical Center's Addiction Medicine Intensive Outpatient Treatment Program at 433-6098 or 433-1110. Call today to discuss how you can take care of yourself.

### ASTHMA

In Hawaii, 125,000 adults and children suffer from asthma. The effects can be debilitating, causing trips to the emergency room, avoidance of favorite activities and absenteeism from work and school. Until recently there have been few alternatives for patients suffering asthma symptoms despite taking their prescribed medication. Today, Tripler Medical Center offers severe asthma sufferers an exciting new option to help control their disease. For

more information, call your primary care provider.

### PERFORMANCE TRIAD

Health is personal and each of us defines it in our own way. Being healthy means more than not being sick or having an illness. A Performance Triad — combining regular activity, good nutrition and quality sleep — provides an individual the means to achieve optimal performance. To get started with your Performance Triad, remember: "8 is Great!"

Eat eight servings of fruits and vegetables a day, and get eight hours of sleep for every 24 hours to maximize your performance. Combine that with taking 10,000 steps a day and engaging in regular exercise, and you will achieve better health.

To learn more about the Army's Performance Triad program, or to sign up for the challenge, visit [armymedicine.mil](http://armymedicine.mil). Be a part of the system for health. Get healthier today with the Performance Triad.

### SLEEP

Sleep is a necessity — just like food, water and air. Sleep is essential to good health, emotional well-being and performance. It is also one of the components of the Performance Triad.

Lack of sleep increases your risk for motor vehicle accidents, increased obesity, diabetes and heart problems, as well as increased risk for psychiatric conditions such as depression and substance abuse.

The National Sleep Foundation recommends sticking to a sleep schedule, having a dark, quiet, comfortable and cool sleeping environment, using your bed only for sleeping, avoiding large meals, alcohol, exercise, caffeine and medications that might disrupt your sleep before bedtime.

If you are having trouble falling asleep, do not lie in bed awake; get up and do something relaxing until you feel sleepy. If you are still having trouble sleeping, talk with your doctor. Get ready to take on your day by getting good quality sleep.

## Semper Fit Group Aerobics classes

### CYCLING

This class uses specialized stationary bikes that help you burn a large amount of calories and tone up your buns and thighs while improving your core strength.

Mondays and Wednesdays from 9 to 10 a.m.

### EXTREME 60

Looking for a 60-minute, full-body workout designed to build strength and endurance through high intensity interval training? Look no further. This new craze uses the 20-sec work/10-second rest method to improve both aerobic and anaerobic exercise while building your strength and endurance and blasting fat. Ready to challenge yourself?

Tuesdays and Thursdays from 9 to 10 a.m.  
Mondays and Wednesdays from 5:30 to 6:30 p.m.

### 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 and kick some major butt. Can you handle it?

Mondays and Wednesdays from 11:45 a.m. to 12:15 p.m.

### HIGH INTENSITY CIRCUIT TRAINING

Putting the "fun" back into functional training, this hour-long workout is for people on the go. The class incorporates a series of circuits designed to challenge your muscular endurance and will strengthen your cardiovascular system.

Tuesdays and Thursdays from 11:30 to 12:30 p.m.

### HITT WOD

High Intensity Tactical Training Workout of the Day will follow the prescribed one-hour HITT program as laid out by the Headquarters Marine Corps manual.

Mondays, Wednesdays and Fridays from 11:30 a.m. to 12:30 p.m.  
Tuesdays and Thursdays from 5:30 to 6:30 p.m.

### KICKBOXING

This high-energy class incorporates punches and kick combos to improve endurance, speed and agility while burning calories and increasing muscle tone.

Monday and Friday from 10 to 11 a.m.

### PILATES PLUS

Pilates Plus will help you to increase flexibility and develop total body strength. Each exercise focuses on engaging and firming the core, improving balance, coordination and achieving correct body alignment by utilizing the breath and being mindful of each exercise. Ultimately, this workout will help you achieve a leaner body as you sculpt and tone your muscles using mat exercises, resistance bands and balls.

Tuesdays and Thursdays from 10 to 11 a.m.

### WATER AEROBICS

This non-impact workout is excellent for cardiovascular conditioning, flexibility and strengthening. Aqua training is a terrific way to gain fitness without the stresses of gravity experienced in land-based training. Contact the base pool at 254-7655 for registration information and fee. Semper Fit Group Exercise tickets do not apply for this class.

### YOGA

Yoga includes meditation and exercises to help you improve flexibility and breathing, decrease stress and maintain health. Practitioners believe that yoga improves health by improving how you see the world, which calms the spirit and decreases stress. Please bring your own mat.

Tuesdays and Thursdays from 6:30 to 7:30 p.m.

### ZUMBA

Zumba is a high-energy workout that combines international rhythms, like salsa and reggaeton, with easy to follow dance/fitness moves for a truly unique cardio/toning workout. Not a dancer? No worries! This program is designed for anyone who wants to party and exercise. Ditch the workout and join the party.

Tuesdays from 5:30 to 6:30 p.m.

## COMMUNITY, BASE BRIEFS/VOLUNTEER OPPORTUNITIES

### Come to 6th Annual Rice Festival

Celebrate all things rice at this annual festival with celebrity and chef cooking competitions, a Spam musubi eating contest, rice-themed dishes and live entertainment by Heart and Soul, Honoka and Azita, the Ukulele Hale Super Kids and more. The event will take place at the Office Depot parking lot, behind the Ward Theatre parking structure, scheduled for Saturday from 10 a.m. to 5 p.m. Visit [www.ricefest.com](http://www.ricefest.com) for details.

### Mayor's Remembrance Walk scheduled for Sunday

The public is invited to join Mayor Kirk Caldwell and Honolulu's first responders at the Mayor's Remembrance Walk to pay tribute to the victims of the Sept. 11, 2001 terrorist attacks. The walk is scheduled for Sunday at 5 p.m. in front of the Honolulu Police Department Headquarters, located at 801 South Bereania Street. Free parking will be available at the Frank F. Fasi municipal parking lot.

The Remembrance Walk opens with a ceremony at the Honolulu Police Department Headquarters. The walk proceeds to the Honolulu Fire Department Headquarters on Queen Street for bell ringing ceremonies. The walk culminates with ceremonies at the eternal flame in front of Honolulu Hale. There will be various performances.

### Convention Center to host Labor Day event

The Hawaii Convention Center's "Sunset Mele on the Rooftop" is scheduled for Sunday. The event features live performances by Hawaii musicians Kuikahi and John Feary, a screening of "The Lego Movie" and keiki activities in the center ballroom beginning at 5 p.m. Admission is free, but there is a parking fee at the Hawaii Convention Center for the event. Outside food, beverages and coolers are not allowed. For more information, call 943-3025.

### 101 Days of Summer: Health, Wellness and Fitness Fair

The 101 Days of Summer program comes to a finale with the Health, Well-

ness and Fitness Fair on Sept. 11, 10 a.m. to 1 p.m. at K-Bay Mokapu Mall. Visit various vendors and talk to experts at informational booths to learn more about how you can live a healthier lifestyle. The 101 Days of Summer program held unit competitions and events with the mission of eliminating illegal drug use and promoting the responsible alcohol consumption within the military. For details, call 254-7636.

### Join walkers for suicide prevention walk

The annual Out of the Darkness Community Walk is scheduled for Sept. 12 at 9 a.m. at Ala Moana Beach Park as part of Suicide Prevention Month activities planned in Hawaii. More than 350 Out of the Darkness Community Walks are being held nationwide this fall. The walk supports the American Foundation for Suicide Prevention's local and national programs and its goal to reduce the annual rate of suicide 20 percent by 2025.

### Lunch and learn explores VA benefits

The Veteran Affairs Benefits Office on base is scheduled to host an upcoming Lunch and Learn information session Sept. 21 in classroom C of the Education Center. The topic will be "Education Benefits and Transfer of Entitlement." Bring your own lunch and learn what benefits you may be eligible for and how to apply. These free sessions are open to all service members, veterans and spouses. On Oct. 14, in classroom C, the topic will be "Disability Claims and Compensation." For details, contact Kelvin Bradford at 257-9922 or [kelvin.bradford@calibresys.com](mailto:kelvin.bradford@calibresys.com).

### Oahu artists to open spaces

The 2nd Annual Oahu Open Studios event is free and open to the public. The opening celebration and preview exhibition is scheduled for Nov. 6 from 6 to 9 p.m. in the lobby of Bishop Place in downtown Honolulu, at 1132 Bishop St. There, attendees can obtain a copy of the OOS Guidebook containing an artist directory and maps directing them to different studios and exhibition spaces around the island.

The OOS self-guided tours for Central, North Shore and Windward Oahu tours are scheduled for Nov. 7 and 8, from 11 a.m. to 6 p.m., and Leeward Oahu tours (from Makaha to Honolulu to Hawaii Kai) are scheduled for Nov. 14 and 15 from 11 a.m. to 6 p.m. Directional signs will be posted on roadways, at intersections and at artist studios and exhibition spaces to guide visitors. For details, visit [www.OahuOpenStudios.com](http://www.OahuOpenStudios.com).

### VA launches new no-cost training programs

The Department of Veterans Affairs recently launched two new no-cost training programs, Accelerated Learning Programs and VA Learning Hubs, to help transitioning service members and veterans, from all eras, learn skills, earn credentials, and advance in civilian careers following separation from service.

VA is piloting ALPs this summer with seven courses focusing on building skills and certifications needed to advance in high-demand careers in information technology. Each ALP course is offered at no cost and includes free referral and support services. Visit the ALP website to learn more or apply. For details, email [veteranemployment.vbaco@va.gov](mailto:veteranemployment.vbaco@va.gov).

### Students invited to join program

Through the White House's new Every Kid in a Park program, fourth grade students can now visit [www.everykidinapark.gov](http://www.everykidinapark.gov), complete an activity and obtain a free annual entry pass to more than 2,000 federal recreation areas nationwide.

In Hawaii, the 4th grade students' free annual pass covers entrance fees at Haleakala National Park, Hawaii Volcanoes National Park, and Puuhonua O Honau-nau National Historical Park. World War II Valor in the Pacific National Monument does not charge an entrance fee.

The pass is valid through Aug. 31, 2016. Teachers can contact [valr\\_education@nps.gov](mailto:valr_education@nps.gov) for more information and to schedule field trips.

### SM&SP needs volunteers for Hawaiian Humane Society

Sign up by Tuesday to volunteer at

the Hawaiian Humane Society with the Single Marine & Sailor Program, Sept. 13 at 8 a.m. The opportunity is open to all single/unaccompanied Marines & Sailors. Assist with dog running program, as well as other duties necessary. Transportation will be provided. Call 254-7593 for more information.