

Hawaii Marine

Combat Logistics Battalion 3 arrives in Afghanistan

Cpl. Daniel Woodall
1st Marine Logistics Group



Cpl. Daniel Woodall | 1st Marine Logistics Group

Cpl. Justin Liden, general support security specialist, Headquarters & Service Company, Combat Logistics Battalion 5, guides a Mine Resistant Ambush Protected vehicle in order to tow an immobilized vehicle Oct. 8 near Camp Dwyer.

successfully maintained their area of operations, and are now preparing to transfer the region's logistical responsibilities to CLB-3.

The units' joint operations have been as diverse as they have been numerous. These operations have

included route familiarization and clearance, logistics patrols, resupplying forward operating bases, road maintenance and vehicle recovery missions.

The operational tempo is high and the terrain is difficult, but the

members of CLB-3 have several readily available resources to help them perform, said 1st Lt. Greg Cummings, platoon commander, Security Platoon, Headquarters and Service Company, CLB-3.

See CLB-3, A-7

100% ID CHECK ENFORCED AT GATES

Cpl. Colby W. Brown
Combat Correspondent

Already, the number of guards at the H-3 Gate have increased, with multiple military police checking IDs in each lane.

During normal MCB Hawaii business hours, 7 a.m. to 5 p.m., service members or government employees with valid identification will be allowed to vouch for any other vehicle occupants. After business hours, everyone in the vehicle will be required to show their ID.

All visitors requesting access to the base may be subject to a criminal background check upon entry.

"We don't want to discourage people to sponsor visitors on base, but we just want Marine Corps Base Hawaii to follow DoD directive and be a safe and secure place," Freeland said.

To sponsor a visitor, calling the pass and ID house before hand can help expedite the process. The MCB Hawaii pass house can be called at 257-2047. The Camp H. M. Smith pass house can be called at 477-8745.

For more information contact Freeland at 257-8845 or e-mail, jacqueline.freeland@usmc.mil.

As of Oct. 8, Marine Corps Base Hawaii has enforced 100 percent identification card checks at the gates upon entry.

Changes were made to meet the Department of Defense standards for controlling physical access to installations. DoD directive 09-012, "Interim Policy Guidance for DoD Physical Access Control," was put into effect Sept. 30, requiring all DoD installations to abide by the requirements. The changes directed by the DoD directive are indefinite.

Military and civilian police at the gate will be required to visually match the photograph on a DoD ID with each person who presents identification.

"Initially, we will see a back up of traffic at the gates until people become more accustomed to having their IDs ready," said Jackie Freeland, MCB Hawaii force protection officer, and native of Milwaukee, Wis. "It will help with safety and security of the base and ensure those who are not affiliated with DoD are not allowed on base unless sponsored."



Kristen Wong | Hawaii Marine

Navy Lt. Patricia Goolsby, operations officer, Detachment Four, Helicopter Anti-Submarine Squadron Light 37, greets her son for the first time in four and a half months.

Navy helicopter crews return from deployment

Kristen Wong
Photojournalist

Emerging from a helicopter, Petty Officer 1st Class Cody Berg greeted his seven-month pregnant wife and a small white envelope Tuesday morning. The message?

"It's a boy." Each with a wide smile, the couple embraced and hi-fived each other.

Berg, an aircrewman for Helicopter Anti-Submarine Squadron Light 37, plans to name his firstborn son Calvin.

"It was a very good

deployment," Berg said. "[The USS Chung-Hoon was] a very professional ship ... best maintainers I ever worked with."

Five service members from the squadron returned Tuesday morning, landing at Hangar 103.

See RETURN, A-6

Town hall meeting addresses Children, Youth and Teen Programs, child development center changes

Lance Cpl. Reece E. Lodder
Combat Correspondent

In response to recent changes in the Children, Youth and Teen Programs here, approximately 75 service members and spouses gathered for a town hall meeting at the base chapel Tuesday.

The meeting was hosted by Marine Corps Base Hawaii's commanding officer, Col. Robert D. Rice, and representatives from Marine Corps Community Services. It provided an open forum to address questions and concerns about new fee schedules and other changes in the CYTP.

On Oct. 1, the Department of Defense directed the first increase in parent fees for the programs since 2005. The DoD's intent for the programs, funded through a combination of appropriated funds and parent fees, is for them to operate at a break-even status, said an MCCS representative.

"All we want to do on the child care side is to break even," Rice said. "This is what's mandated by the letter of the law."

The programs' previous configuration, however, caused CYTP to operate at a financial loss. As a result, program changes were implemented in order to restore the desired

financial status. Among these were the elimination of the Deployment Child Care Program, vacation credit, and the discount for multiple children. In addition, the majority of hourly child care spaces at Olina Child Development Center were converted to part day.

While the DCCP was previously supported by Overseas Contingency Operations funds, these funds are no longer available. This lack of funding, combined with low enrollment and limited usage — only 3 percent of eligible families were enrolled in the program, and only 14 percent of authorized DCCP hours were being used — led to the end of the program.

A number of factors led to the elimination of hourly childcare. The intent of the hourly care was to support junior enlisted Marines and their families, but most of the usage had been coming from company and field grade officer families. Based on increased operation expenses, constant financial loss, and a lack of afternoon usage, the program was discontinued.

Due to a high demand, most hourly care spaces were converted to the part-day program.

This decision leaves a limited number of hourly spaces available, and brings the charge for hourly care to \$12 per hour.

See TOWN, A-7

Inside today's Hawaii Marine

Warrior Nation.
Headquarters Battalion Warriors defend their undefeated season, B-1



Creatures from the lagoon.
Get spooked this Halloween at a local haunt, C-1

Weekend Forecast

Saturday

High — 84
Low — 74

Sunday

High — 83
Low — 71



NEWS BRIEFS

Energy Awareness Fair today

Learn to be energy smart from 10 a.m. to 3 p.m. at Mokapu Mall. Base energy efficiency and management programs and projects will be highlighted. Free items promoting energy awareness and conservation will be available. There will also be displays from exhibitors.

Electrical Outage Tomorrow

An electrical outage is scheduled tomorrow from 6:30 a.m. to 6:30 p.m. in the new Youth Activities Center location. Affected areas will include Bldgs. 455 and 460 the Vet Clinic (which will be closed), Family Housing office, Forest City Office and Supply Building.

For more information, call Dave Robbins at 257-1685.

Satellite Pass and Registration Office Hours

New hours started this week. Customer service hours for the Satellite Pass and Registration office located on the second floor in Bldg. 1095 are from 7 a.m. to 4:30 p.m., Monday through Friday. The office is closed on weekends and official government holidays. Customer parking is available between Bldgs. 1094 and 1095.

For more information, call John V. Freeland at 257-6969.

Get Ready for Malama Ka 'Aina

"Malama Ka 'Aina" is a Hawaiian term translated as "Caring for the Land." The new term for the former "Pride Day/Week" is based on the way traditional Hawaiians viewed interactions among people and their environment. Past efforts have made a positive difference to the cleanliness and appearance of the base.

The base-wide cleanup of all buildings and grounds is scheduled from Oct. 25 to 29.

Domestic Violence Awareness Drive

Drop-off locations for the Domestic Violence Awareness Drive are the Navy-Marine Corps Relief Society (Bldg. 4016) and Payroll department (Building 216). Items collected include new clothing such as T-shirts, pants and slippers; cell phones with chargers; and phone cards. The drive will run until Oct. 29.

For information, call the Victims Advocate Program at 257-7780/7781.

Road Closures Update

Mokapu Road, until Nov. 5

Middle lanes will be closed in approximately 1,000-foot increments, weekdays from 8 a.m. to 4:30 p.m. Outside lanes, one westbound and one eastbound, will be open to traffic.

Cushman Avenue, Oct. 20

Both lanes of Cushman Avenue will be closed from just after the CDC driveway, to just after Cabanayan Street. The CDC driveway will remain open. Access Cabanayan Street and Cushman Avenue north of closed section from Lawrence Road.

Closures are required to perform final repavement over newly installed waterlines. For information about this construction, call Philip Lum at 257-6900. Road closures can be found at http://www.mcbh.usmc.mil/Road_Closures_Oct2010.pdf.

Important Phone Numbers:

On-Base Emergencies	911
Military Police	257-7114
Child Protective Service	832-5300
Fraud, Waste, Abuse & EEO	257-8852
Pothole & Streetlight Repair	257-2380
Base Information	449-7110
MCB Hawaii Chaplain	257-3552
DEERS	257-2077

Hawaii Marine

www.mcbh.usmc.mil

Commanding Officer	Col. Robert Rice
Base Sergeant Major	Sgt. Maj. James Sutton
Public Affairs Officer	Maj. Alan Crouch
Media Officer	2nd Lt. Diann Olson
Public Affairs Chief	Gunnery Sgt. Arsenio R. Cortez
External Media Chief	Sgt. Scott Whittington
Internal Media Chief	Sgt. Brian A. Tuthill
Managing Editor	Chris Aguinaldo
Design Editor	Cpl. Colby W. Brown
Photojournalist	Christine Cabalo
Photojournalist	Kristen Wong
Graphic Artist	Jay Parco
Combat Correspondent	Lance Cpl. Vanessa M. American Horse
Combat Correspondent	Lance Cpl. Reece E. Lodder
Combat Correspondent	Lance Cpl. Tyler L. Main

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

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

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

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

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

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

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

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

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

Marines, sailors man their "battle" stations for upcoming movie

Kristen Wong

Photojournalist

Marines and sailors ran for cover, scrambling like ants across the flight line here, as orange flames and smoke erupted into the sky last week. Some tumbled, others shielded their faces from the heat of the fire — and a camera caught it all.

Nearly 40 Marine Corps Base Hawaii Marines and sailors from units including Marine Heavy Helicopter Squadrons 363 and 463, and 2nd Battalion, 3rd Marine Regiment, served as extras for the upcoming movie "Battleship."

Of their seven weeks shooting in Hawaii, the movie crew spent two days here, filming in and around the hangars and the flight line.

Based on the popular board game, "Battleship" is a \$200 million action movie showcasing the military. The movie includes approximately 3,000 extras, with 85 percent who are real service members.

"It's almost like a war game," said Ernie Malik, publicity coordinator for "Battleship." "[The service members] get to play act."

On Oct. 8, the crew shot several takes as helicopters, gear, gas tanks and service members were spread across the flight line. Hovering over Kaneohe Bay with a camera attached to its nose was a large, blue N992BH Eurocopter, ready to shoot sequences from the sky. Below, a car-mounted camera shot from the ground.

One by one, flames erupted from gas tanks, spitting orange plumes into the air. The Marines and sailors awaited their cue, then ran as fast as they could down the flight line.

Between takes, service members were laughing and smiling as extras in the movie.

Lance Cpl. Tim Hildebrandt, crew chief, HMH-363, played an extra running down the flight line. Hildebrandt, of Spirit Lake, Idaho, said he liked the behind-the-scenes look at movie making.

"It's pretty cool how everything works," Hildebrandt said.

Lance Cpl. William McBride, helicopter mechanic, HMH-463, was an extra in at least two scenes. The native of Abbeville, La., said featuring the CH-53D's in the movie was like giving tribute to the seasoned helicopters, soon to be retired.



Kristen Wong | Hawaii Marine

Second Unit Director Phil Neilsen directs Staff Sgt. Robert Ostrowski, crew chief, Marine Heavy Helicopter Squadron 463, before filming a scene for the movie "Battleship" Oct. 7.

"It's quite an experience," McBride said.

Cpl. Darren Green, a San Diego native, spent a total of 16 hours on the set. The crew filmed several close ups of Green's face as he reacted to explosions. His shots would be put together with those of the explosions, and he said it was difficult to react to a situation that was not actually happening.

"I think the highlight [of the experience] was seeing myself on camera and told that I was going to be in the movie," said Green, the squad leader of Weapons Company, 2/3.

"Battleship" also filmed scenes in Baton Rouge, Los Angeles and San Pedro, Calif. In addition to K-Bay, scenes were filmed at Kualoa Ranch and Ford Island in Hawaii.



Lance Cpl. Vanessa M. American Horse | Hawaii Marine

Staff Sgt. Stephen E. Howell performs with the U.S. Marine Corps Forces, Pacific Band in Delta, British Columbia Sept. 4. Howell wrote a contemporary drill that was performed at the Canadian Naval Centennial Tattoo in the Pacific National Exhibition coliseum in Vancouver, British Columbia, Sept. 4.

Percussionist's service resonates with peers

Lance Cpl. Vanessa M. American Horse

Combat Correspondent

Many Marines join for the challenge, honor and ability to serve their country as part of "America's 911." This is exactly what Staff Sgt. Stephen E. Howell was looking for when he considered joining the Marine Corps Reserve in 2003. Howell was a middle school band director at the time.

His recruiter in his hometown of Hernando, Miss., advised him to be interviewed by a Marine Corps music technical assistant to be considered for a spot with the active duty band. Howell said his background in music made him an ideal candidate for the band.

Seven years later, he is writing complex-contemporary drill for the U.S. Marine Corps Forces, Pacific Band. This drill isn't the typical marching seen at change of commands or ceremonies. This drill has an entire concert band moving in different elements and formations that create a spectacular show when viewed in a stadium setting. Not to mention, Howell had to make sure that the musicians are playing their music flawlessly while executing the moves precisely.

"It's a pleasure having him here with the band," said Chief Warrant Officer 2 Bryan P. Sherlock, officer in charge, MarForPac Band. "His knowledge and experience with drill allows us to use our band in a more creative manner."

Howell's contemporary drill was recently showcased at the Canadian Naval Centennial Tattoo in the Pacific National Exhibition coliseum in Vancouver, British Columbia. Sept. 4. Most military bands stick to more traditional drill focused on basic marching, but Howell's drill impressed audiences worldwide by giving them something non-traditional and visually stimulating.

"The (Marine Corps Band) stage show was astonishing," said Band Sergeant Neil Silvester, Band of Her Majesty's Royal Marines, HM Royal Marines Commando Training Centre. "We thought we'd only see the Marines marching around, but they brought

pizzazz with every step they took and formation they displayed."

A special tribute was also given for the fallen at Iwo Jima, with the band making a formation in the outline of the famous monument dedicated in their honor during the tattoo.

Howell takes pride in his background of coaching and mentoring other musicians. Besides being an active duty Marine, he is also a percussion section leader and musical drill instructor at Radford High School in Honolulu.

"He has been a tremendous help for the band," said Fred Murphy, Radford High School principal. "It's hard to find people of his caliber to work in a school environment, but as a former band teacher, I'm really happy to have him on my staff."

Back at the band hall on Marine Corps Base Hawaii, Howell teaches percussion skills to fellow Marines.

"He's the man for concert percussion," said Cpl. Britt L. Hartley, percussionist, MarForPac Band. "He was the only one here that could teach me how to play the timpani."

Howell's goals are to complete unit leadership courses and eventually become a band officer. His wife and daughter are proud of their father's achievement and personal drive.

"Once he makes a commitment, he is 100 percent dedicated to whatever it may be," his wife said. "When he took on this job of writing the drill for the MarForPac Band, he knew that it meant that it would take some time away from us. But he worked through it, making sure that we got the family time we needed, even if that meant he was staying up until two or three in the morning."

His advice for anyone who would like to join the Marine Corps band is to talk to the Marines already performing on active duty.

"You have to make sure the desire is there to play music all the time. For some people, music is a hobby, and it takes a lot of commitment to be a career musician," Howell said.

AROUND THE CORPS

Your weekly guide to what's happening around the Corps

This week's top story

East Coast



Lance Cpl. Jeff Drew | 2nd Marine Division

Echo brings the heat

FORT A.P. HILL, Va. — The Marines of Company E, 2nd Battalion, 8th Marine Regiment, donned their flak jackets and helmets in the early morning and gathered at the vehicle drop-off point of Range 24, here, recently.

Excitement was in the air as the Marines prepared for an all-out company assault on simulated enemy targets and compounds.

"This is as close as we'll get to what we'll be doing in Afghanistan," said Gunnery Sgt. David B. Tomlinson, the company gunnery sergeant for Company E. "Coordinating with outside units is probably the biggest thing we get from this."

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

West Coast



Lance Cpl. Katelynn Thomas | Marine Corps Recruit Depot San Diego

Depot Marines train with UFC fighters

MARINE CORPS RECRUIT DEPOT SAN DIEGO, Calif. — Mixed martial artists and the Ultimate Fighting Championship fighters from the Victory Fitness Center, Point Loma, came to Marine Corps Recruit Depot San Diego's martial arts satellite school, Oct. 1, to teach service members additional martial arts techniques.

"There are many military members that come to Victory Fitness Center," said Elias Gallagos, an MMA instructor at the Victory Fitness Center.

"I feel that by coming here we are giving back to them."

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

Overseas



1st Lt. Caleb D. Eames | 31st Marine Expeditionary Unit

31st MEU conducts bilateral training

SAN MIGUEL, Republic of the Philippines — Amphibious Assault Vehicles navigated through the beach surf zone, and then roared ashore in a spray of sand and foam as Marines and sailors with the 31st Marine Expeditionary Unit conducted a bilateral amphibious landing with the Philippine Marine Corps. The beach landing was part of the 31st MEU's Amphibious Integration Training and allowed the bilateral forces to train together.

As the AAVs maneuvered out of the Pacific Ocean and onto an isolated beach at a Philippine Navy base, helicopters with Marine Medium Helicopter Squadron (Reinforced) 262 circled overhead.

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



Pfc. Glen Santy | 1st Marine Division

Pfcs. Anthony S. Roldan, Christopher M. Smith and Ryan J. Shuey, combat engineers with 1st Combat Engineer Battalion, 1st Marine Division, assisted a police officer with the Long Beach Police Department who was violently attacked Oct. 6.

Marines help save wounded police officer, apprehend suspect

Pfc. Evan Santy

1st Marine Division

MARINE CORPS BASE CAMP PENDLETON, Calif.

— While sitting on the porch waiting for a home cooked meal in Long Beach, Calif., Oct. 6, Pfc. Anthony Roldan and his two friends and brothers in arms, Pfc. Ryan Shuey and Christopher Smith, hear a gun fire in the distance. Without hesitation, the three Marines spring into action with nothing but raw instincts and Marine Corps training leading them. They race down an alley behind the house where they find a police officer fighting for his weapon and his life.

"It's rewarding to know he's all right," said Pfc. Ryan Shuey, 20, from Huntingdon County, Pa., and a combat

engineer with 1st Combat Engineer Battalion, 1st Marine Division. "I'm glad we were there to potentially save his life."

The three Marines were taking a break from the mess hall, and having a relaxing night with family and friends before their deployment to Afghanistan in the next few days. That night had different plans for the young engineers and they had to show the true valor of the title United States Marine.

"It looked like David verses Goliath," said Pfc. Anthony Roldan, 18, from Long Beach, Calif., a combat engineer with 1st CEB, 1st Marine Division. "It all happened so fast."

"He was a big guy," said Pfc. Christopher Smith, 20, from Lemoore, Calif., a combat engineer with 1st CEB, 1st Marine Division. "I don't think I could have taken him down myself, so I'm glad all three of us were there."

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

Top story from the front



Lance Cpl. Joshua Hines | Regimental Combat Team 2

Afghan National Police practice movement-to-contact drills supported by Police Mentor Team, Headquarters Company, 1st Battalion, 8th Marine Regiment, along with police advisors as part of a continuous training regimen aboard an ANP compound in Musa Qal'eh, Oct. 9.

Marines mentor Afghan National Police

Lance Cpl. Joshua Hines

Regimental Combat Team 2

MUSA QAL'EH, Afghanistan — Afghan National Police received tactical training supported by Marines and sailors with the Police Mentor Team, 1st Battalion, 8th Marine Regiment, Regimental Combat Team 2, alongside contracted police advisors during a training session aboard an ANP compound in Musa Qal'eh, Oct. 7. The training session began with an ANP-led patrol through the local bazaar, followed by weapons handling, movement-to-contact classes and a class in close-quarters combat.

According to Cpl. Terry Nash, a team leader with PMT, Headquarters Company, 1st Bn., 8th Marines,

the session was part of a continuous training regimen covering tactics that would improve the ANP's abilities to affectively patrol their areas.

"We're giving the ANP tools to increase their proficiency, allowing them to combine their tactics with ours and pick out what works best for them and run with it," said 1st Lt. Thomas Bennett, assistant officer in charge of PMT, Headquarters Co., 1st Bn., 8th Marines.

Bennett went on to say, "Our ultimate goal is to help the ANP become self-sufficient by showing them how to run their own training, maintain their own vehicles and service their own equipment, so that when we leave they can maintain stability in the region totally separate from us."

According to Nash, as the training regimen continues, the ANP will eventually implement a training regimen of their own devising.

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

Marines and Afghan Army Soldiers

Clear ^{the} Way



Photos by Sgt. Mark Fayloga | Regimental Combat Team 1

Petty Officer 3rd Class Jeff Stuart, a corpsman with the Combined Action Company, 3rd Battalion, 3rd Marine Regiment, walks by a stream while on patrol in Gowragi, Afghanistan, during a clearing operation, Oct. 1. The clearing operation was followed by a sustained presence in the area. Stuart is from Wenatchee, Wash.



3rd Battalion, 3rd Marines conducts clearing operations in Afghanistan

Sgt. Mark Fayloga
Regimental Combat Team 1

GOWRAGI, Afghanistan — The 3rd Battalion, 3rd Marine Regiment, Combined Action Company, conducted a clearing operation in Gowragi, Afghanistan, Sept. 29 to Oct. 1.

“It’s important to get a pulse of the area and the people there. It’s a good area of influence for us.”

— Capt. Jason Armas, commanding officer, Headquarters Company, 3/3.

The operation was followed by a sustained presence in the area, during which the company, made up of both Marines and Afghan Army soldiers from the 1st Kandak, 1st Brigade, 215th Corps, conducted patrols and gathered census data.

In the past, Marines have had little presence in the area where the operation took place, making the information gathered beneficial in helping to paint a clear picture of Gowragi.

“It’s important to get a pulse of the area and the people there,” said Capt. Jason Armas, the commanding officer of Headquarters Company, 3/3. “It’s a good area of influence for us.”



Lance Cpl. Michael Balch, a designated marksman with the CAC, 3/3, searches a pile of hay for weapons caches Oct. 1. Balch removed his gloves while sweeping the area.



Lance Cpl. Peter B. Choi, a team leader with the CAC, 3/3, talks with an Afghan man Sept. 29. Choi is from Los Angeles.

Afghan Army soldiers with the 215th Corps, 1st Kandak, 1st Brigade, and members of the 3/3, Combined Action Company, leave a compound after searching it during a clearing operation Sept. 29.



Rahman Ullah, a squad leader with the 215th Corps, 1st Kandak, 1st Brigade, and member of the 3/3, Combined Action Company, searches the room of a compound during a clearing operation, Oct. 1. The clearing operation was followed by a sustained presence in the area.



Christine Cabalo | Hawaii Marine

A crowd at Anderson Hall Dining Facility enjoys steak and crab in celebration of the Navy's 235th birthday at Marine Corps Base Hawaii Oct. 13. Sailors at MCB Hawaii are training for upcoming deployments with 3rd Marine Regiment as well as working directly with Marine Corps units.

Marines and sailors reflect on 235 years of Navy history

Christine Cabalo

Photojournalist

For at least one sailor at Marine Corps Base Hawaii, the simple act of re-enlisting was how he celebrated the U.S. Navy's birthday Oct. 13.

Petty Officer 2nd Class Patrick Francisco, aviation boatswain's mate fuels, Commander, Patrol and Reconnaissance Wing 2, pledged another three years of Navy service Wednesday.

"I love what I do," said Francisco, of Long Beach, Calif. "And I love the people I work with."

Francisco, who oversees repairs and ensures fuel is ready at any time, plans to make a full career serving in the Navy. Without the Navy, Francisco said he wouldn't have been given the opportunity fulfill his dreams like travelling around the world. Doing his job while visiting South America and Europe was an added bonus, Francisco said.

For Petty Officer 1st Class Marcus Williams, aviation boatswain's mate equipment, CPRW-2, the birthday also offers sailors an opportunity to make connections to their past. More than enjoying cake and some special food,

Williams likes spending the time with his family and learning about the past.

"Being in the Navy, we're big on traditions," Williams said. "At the traditional balls, it's a chance to talk to veterans from previous wars. It's a great experience and interesting for me."

During the Navy celebrations, many MCB Hawaii units were busy training for upcoming deployments alongside their Marine counterparts. Earlier this month, sailors with 1st Battalion, 3rd Marine Regiment, were training in an austere environment at the Marine Corps Mountain Warfare Training Center near Bridgeport, Calif.

Corpsman and support personnel from MCB Hawaii also supported at Pohakuloa Training Area that week to prepare for deployment.

Training is a full schedule for sailors, as corpsman prepare or are on deployments for 11 months of out of the year, said Senior Chief Petty Officer Donald Oliver, regimental senior chief, 3rd Marines.

The training reminded Petty Officer 2nd Class Nahshon Stark, hospital corpsman, 1/3, how the

Navy-Marine Corps Team supports each other.

"We're a team," he said. "We need to make sure we're working together, not working for each other."

Stark said he appreciates honoring Naval traditions, especially since most of his colleagues are Marines.

"One of the things I like most about being in the Navy is deploying with the Marines," Stark said.

With 265 sailors attached to 3rd Marines, Oliver said he's thankful to have daily Marine Corps support at MCB Hawaii. Both Col. James Bierman, commanding officer, and Sgt. Maj. Paul McKenna, regimental sergeant major, 3rd Marines, take time to ensure sailors are recognized for a good job, Oliver said.

Reaching for high-standards, Oliver said the corpsman he works with do their best to be top-notch sailors alongside their Marine counterparts.

"The Marines look up to the sailors," Oliver said. "They expect [sailors] to take care of them. The sailors, especially the corpsman here, take ownership of that. They live it."

RETURN, from A-1

The rest of the group is expected to return today. For approximately four and a half months, 19 sailors from HSL-37 Detachment Four participated in numerous Western Pacific exercises. Accompanied by sailors aboard the USS Chung-Hoon (DDG 93), the squadron members traveled to Singapore, Korea, and Japan, supporting exercises including "Invincible Spirit" and "Valiant Shield."

"It was a very rewarding experience for everybody," said Lt. Cmdr. Christopher Gavin, officer in charge, Det. Four, HSL-37.

Gavin said the purpose of the mission was to "maintain the U.S. Navy's presence in the Western Pacific, demonstrate our commitment to the South Korean government, and maintain connections with our allies."

Upon returning home, the native of Philadelphia and his family were already preparing for their next big task: move into a new house on base the next day.

Gavin's wife kept busy making sure their sons met sports commitments, while frequenting the beach. The Baltimore, Md., native and her sons counted down the days using Hershey kisses in a jar. Each day they could have one piece of chocolate as a "kiss from daddy."

Gavin's wife said she became closer to her sons during the deployment, and learned new skills while her husband was away, including fixing a decorative fountain, changing the oil in a car and filling tires with air. As the family drove to meet Gavin, their youngest son would repeat "daddy" if he saw anything passing in the sky.

Also stepping onto the flight line was Navy Lt. Patricia Goolsby, who received a warm welcome from her husband, son and a bouquet of flowers. The operations officer for Det. Four, HSL-37, said it was fun to be able to work with international military forces during this deployment.

Goolsby's son said it was sad without his mother, and he passed the time playing video games and trading collectible wristbands called "Silly Bands" with his friends. Upon returning, Goolsby, of Pearl River, La., said she looked forward to getting some sleep.

But first, upon her son's request: a trip to the store to buy "Silly Bands," she said with a laugh.



Kristen Wong | Hawaii Marine

Petty Officer 1st Class Cody Berg, aircrewman of Helicopter Anti-Submarine Squadron Light 37 returned from deployment, and with his wife found out the gender of their first child.

TOWN, from A-1

Furthermore, vacation credit and discounts for multiple children were determined to be too costly to the program and also removed.

As Rice explained the CTYP changes, he cited the base's new budget and a doubling in taxes leading to the elimination of the "underutilized" hourly child care.

Furthermore, he encouraged neighbors and friends to work together to "build the community" by assisting each other with child care.

Following the explanation of changes, meeting participants used the open forum to raise concerns and discuss the repercussions of the changes directly with Rice and others from MCCS, who manage the programs on base.

PATCH UP YOUR CHILD CARE DILEMMA

Lance Cpl. Tyler L. Main

Combat Correspondent

Although hourly child care has been put out of reach for some on base, there are still resources online and facilities in the community that may be available for child care needs. One resource child care seekers may find helpful is <http://www.patchhawaii.org>. Patch is a statewide child care resource and referral agency.

"Our mission is to support and improve the quality and availability of care for the young people of Hawaii," according to their website.

Patch provides families with information and resources needed when looking for quality care for their children. They support the professional development of caregivers through training to improve the quality care for their children. Plus they provide data and services to the community to

maximize the quality of the care giving experience that increase the number of quality caregivers.

Patch also has a link on the front page of their website for special services available to military families.

Also, the option of using child care centers in the local community remains available. Listed below are some local child daycare providers. All of them listed can be found in Kailua and Kaneohe near the base.

For more information on the change in Children Youth and Teen Programs and child daycare center, see the story on page A-1.

- Calvary Episcopal Preschool, 235-4833

- Kama'aina Kids, 262-4538

- Kupulua Child Development Center, 257-1388

- KCAA Atherton Preschool, 261-8333

- Rainbow Schools, 236-0732

CLB-3, from A-1

The "relief in place" operations, which will culminate with the official transfer of authority, have been quite helpful to CLB-3, according to Cummings.

"The learning curve is steep, but my Marines are picking it up quickly," the 25-year-old West Chester, Pa., native said. "As general support security, we're here to do whatever [the battalion] needs us for – personnel escorts, detainee handling, wrecker missions, fixed site security – basically anything that occurs within our area of operations."

Given the projected size of CLB-3's area of operations and scope of their future missions, the unit's versatility as a logistics battalion will play a key role in the successful execution of logistical and supplementary operations.

Road and local repairs serve a dual purpose for the battalion, Cummings said. These operations help increase CLB-3's mobility, which is vital for a logistics battalion, but they also help the Afghan populace. Community projects will ultimately help rebuild Afghanistan's infrastructure.

In June, the Hawaii-based CLB-3 was augmented with nearly 450 additional Marines and sailors from Marine Corps bases throughout Japan.

After conducting more than 60 days of pre-deployment training in the U.S., the battalion is finally on the brink of operating independently in Afghanistan. For Pfc. Daniel K. Marks, a combat engineer with CLB-3's Engineer Company, arriving in Afghanistan is an exciting and surreal experience.

"I'm ready to get out there and start doing [my job]," said Marks, a 20-year-old native of Maiden, N.C. "The terrain [here] is the most difficult aspect to adjust to. During the Enhanced Mojave Viper training exercise [at Marine Corps Air-Ground Combat Center Twentynine Palms, Calif.], we could simulate everything except the 'moon dust.'"

The Marines and sailors of CLB-5 are set to depart Afghanistan in a few weeks after finalizing their changeover with CLB-3. The official transfer of authority between the two logistics units is scheduled to occur later this month.

Lava Dogs conquer Mountain Warfare Training at Bridgeport

Lance Cpl. Tyler L. Main

Combat Correspondent

More than 800 Marines from 1st Battalion, 3rd Marine Regiment, returned Thursday from a 30-day training exercise at the Marine Corps Mountain Warfare Training Center near Bridgeport, Calif.

There, they completed the first battalion-wide training exercise since returning from Afghanistan in June. Four of five companies of 1/3 attended the training at MWTC. Company A is training in Australia for Exercise Gold Eagle. At MWTC, Marines practiced a variety of tactical, survival and cohesion building exercises.

"A large focus was on building unit cohesion with small unit leaders and their new platoons," said Maj. Thomas Grace, 1/3 operations officer. "That sets the battalion up for success. The leaders got a feel for who the strong Marines are, which will help us in future evolutions."

Also, almost every military occupational specialty and billet received training in their jobs. Snipers did high-angle shoots. Infantrymen worked on basic marksmanship skills training at Hawthorne Army Weapons Depot, Hawthorne, Nev. Fire teams and squads conducted live fire and maneuver ranges.

Marines also attended survival classes that taught them how to endure harsh conditions like they experienced in Bridgeport. During the training, they learned rappelling, how to cross gorges and to tie knots specific to accomplishing these maneuvers.

One of the essential portions of mountain warfare training was a final exercise, divided into two counter-insurgency

scenario lanes.

In one lane of training, company commanders conducted shuras, traditional Afghan meetings between village elders to discuss problems and solutions.

The other lane was combat focused. Fire teams and squads received classes and hands-on application for fighting in a mountain environment. It included reacting to improvised explosive devices and working with explosive ordnance disposal technicians.

According to Grace, the rugged terrain, high altitude and extreme temperatures of the MWTC were an aspect Marines may not have expected, but benefited from them.

"When the weather turned south, the small unit leaders comprehended their jobs, supervised their Marines and helped them acquire and maintain the gear needed to survive any conditions they may come up against," Grace said.

Mountain warfare training is only the beginning of 1/3's preparation for deployment to Afghanistan next summer. The battalion is slated to go to Pohokuloa Training Area in Hawaii for Exercise Lava Viper and conduct their final evaluation at Enhanced Mojave Viper at the Marine Corps Air Ground Combat Center in Twentynine Palms.

According to Grace, the mission now is to focus on each training opportunity, one at a time, to ultimately prepare to be successful at PTA and Lava Viper.

Once the battalion has completed these evolutions, they will be ready to take on their deployment to Afghanistan as a well-trained team.



Find us on
Facebook

@

MarineCorps
BaseHawaii

Sports & Health



Lance Cpl. Vanessa M. American Horse | Hawaii Marine

Headquarters Battalion Warriors safety Julio Aguayo reaches for a pass during a game against the Camp H. M. Smith Raiders at an intramural league football game at Pop Warner Field Tuesday. The Warriors won the game 20-18 leaving them undefeated for the season with a record of 3-0.

Raiders can't end Warriors' undefeated record

**Lance Cpl.
Vanessa M. American Horse**
Combat Correspondent

The Headquarters Battalion Warriors claimed victory over the Camp H. M. Smith Raiders, 20-18, during an intramural league football game at Pop Warner Field Tuesday. It was a close game with each team riding on the coattails of each other until the very end.

"We came here to win, so no matter the score, it will always be 0-0 to us," said Warriors head coach Ethan Wilson, whose team wore pink in honor of Breast Cancer Awareness month.

The Raiders won the coin toss and they had the Warriors receive the kickoff. The Warriors made their way toward the end slowly. Running back Steven Swaby scored the first touchdown with four minutes left in the first quarter.

The attempt at a two-point conversion failed even after a personal foul on the Raiders put the Warriors closer to the goal and gave them a second chance, leaving the score 6-0.

"You owe me two points," Wilson shouted to his team.

With only 45 seconds left in the first quarter, Raiders running back Antonio "Tone Tone" Phillips scored a

touchdown. However, the field goal kick was blocked leaving the score 6-6 at the end of the first quarter.

The first play in the second quarter resulted in a fumble by the Warriors, relinquishing possession back to the Raiders. The Warriors held them mid-field until Swaby made a major 25-yard run followed by a mid-air catch by Raiders wide receiver Antoine Blaze.

The next play resulted in Swaby making his second touchdown with one minute left in the quarter. Again, their two-point conversion was blocked with a final score at the half, 12-6, Raiders.

"I want to thank my offensive line,

because it's wide open out there," said Swaby during half time.

Coaches weighed in on their team's situation to their players during the half.

"They keep running the same plays so we have to recognize that, keep our cohesion and run a little faster," said Wilson.

Raiders head coach Michael Matthews said "We're here to just play Raider football, our style of football. A lot of our players are overcoming injuries and deployment schedules to be here and we'll just have to see what the score is at the end of the game."

See FOOTBALL, B-7

You vs. the Flu

Flu shots available

Kristen Wong
Photojournalist

More than 100 million doses of flu vaccine have already been distributed this month. Here, there are multiple locations where service members and their families can be immunized against the upcoming flu season.

During the week of Oct. 1 alone, approximately 119 million doses of the influenza vaccine were distributed in the U.S., according to the Center for Disease Control and Prevention.

Though most of the Northern Hemisphere tends to experience outbreaks of flu between January and April, tropical areas like Hawaii are subject to year-round risks for the flu. However, people can take precautions to ward off this illness.

According to Donna Miller, a licensed practical nurse, at Naval Health Clinic Hawaii at Marine Corps Base Hawaii, the clinic is offering flu shots each Monday, Tuesday, Wednesday and Friday from 7:30 to 11:30 a.m., and 1 to 3:30 p.m. On Thursdays, flu shots are offered from 7:30 to 11:30 a.m., and 1 to 2 p.m. No appointment is necessary.

In addition to the regular military clinics, the military exchanges are also offering flu shots in October and November. As part of the School Age Children Influenza Program, flu shots will be administered on designated dates at multiple schools, including Mokapu Elementary School.

"While we don't normally track the exact number of individuals with influenza, we do track the reports of laboratory confirmed influenza and 'influenza like' illness seen in our various clinics and compare to the disease activities we've seen in the past," said Army Col. Mike Sigmon, chief of preventive medicine, Tripler Army Medical Center. "The influenza and 'influenza like' illness activity we're seeing presently throughout Hawaii and the United States is below the baseline for this time of year."

Sigmon, of Gig Harbor, Wash., said there is year-round active surveillance for influenza in Hawaii.

See FLU, B-8



Cpl. Juan D. Alfonso | U.S. Marine Corps Forces Pacific

Annual vaccinations ensure all Marines are fit to fight, said Petty Officer 2nd Class Derek Parker, leading petty officer in charge of MarForPac's Battalion Aide Station.

THE PERFECT CFT



Lance Cpl. Reece E. Lodder | Hawaii Marine

Sgt. Jonathan Lewis, a student with Martial Arts Instructor Course 7-10, and fellow students from the class "build the house" during combat conditioning drills at Fort Hase Beach here, Sept. 15. Paired with a variety of exercises, "build the house" is another example of drills Marines can use to prepare for their Combat Fitness Tests. See B-2.

Indoor cycling class promises buns of steel

Stationary bikes provide way to improve core strength and endurance

**Lance Cpl.
Vanessa M. American Horse**
Combat Correspondent

Indoor cycling classes have become popular with celebrities and have made their way into local gyms nationwide. The same goes here at Marine Corps Base Hawaii's Semper Fit studio, where classes fill up each week providing a way to burn calories quick.

The class uses specialized stationary bikes to tone up buns and thighs while improving core strength. The music played is upbeat and will have you anxious

to grab a bike three times a week to get a fast lower body workout.

"For those out there who are bored running by themselves or who don't like to bike on roads, this class is a motivational group setting where you come to have fun," said Leanne S. Knight, certified cycling instructor, Semper Fit. "We want people to sing, scream and have a good time here while obtaining buns of steel over time."

Many people worry about classes being difficult or they can be embarrassed if they can't keep up. This class allows the cyclist to

go at their own pace and resistance and cyclists can make progress individually according to Knight.

Cycling is lighter on the joints than running and since it's cardio. Knight recommends taking in plenty of carbohydrates to achieve the best workout.

Knight teaches her students proper form on the bike and stresses the importance of using legs to push and pull the pedals for the maximum workout. Sneakers and comfortable clothes are recommended to wear and there isn't any bulky equipment

See BICYCLE, B-8



Lance Cpl. Vanessa M. American Horse | Hawaii Marine

Leanne S. Knight, certified cycling instructor, teaches her students proper form on the bike during a class Oct. 13.

What it TAKES



Martial Arts Instructor Course 7-10 students grapple, Sept. 15. Grappling can help Marines be successful during Combat Fitness Tests.



Photos by Lance Cpl. Reece E. Lodder | Hawaii Marine

Cpls. Jose Rubio and Ian Willoughby, Martial Arts Instructor Course 7-10 students, grapple during combat conditioning drills at Landing Zone Boondocker, Sept. 15. During the series of drills, students performed team and individual drills with their two squads.

Conquering the perfect Combat Fitness Test

Whether prompted by your squared-away NCO's perfect PFT or the veins popping out of your drill instructor's forehead, you've always been intrigued by exceptional Marines and their accomplishments. Grab a drink, pull up a chair and indulge yourself in the "What it Takes" series, an in-depth exploration into various Marines' professionalism and perfection within their jobs, tests, and standards.

Lance Cpl. Reece E. Lodder
Combat Correspondent

As combat operations rage on overseas, functional fitness and combat conditioning remain vital to the success of forward-deployed Marines. Whether lifting a casualty into a 7-ton truck during training, or bounding through an urban zone under fire, Marines are called to prepare for any situation.

Before leaving garrison for the fight, Marines can prepare by training for their annual Combat Fitness Test. Developed to simulate potential combat situations, the CFT's three events are built on principles of combat conditioning and focused on short bursts of energy.

"Training for the CFT helps Marines build strength and endurance, but it also helps develop a combat mindset and sharpen their reaction time," said Sgt. Robert Hernandez, a black belt Marine Corps Martial Arts Program instructor with the School of Infantry West — Detachment Hawaii.

"By conditioning their bodies to get used to different movements now, Marines better prepare for situations later on," said the Del Rio, Texas, native.

Beginning with a timed, 800-meter run in boots and utility trousers, the test transitions into a two-minute, maximum set of 30-pound ammo can shoulder presses. In the final event, Marines move through a maneuver under fire course, completing a variety of exercises including crawls, push-ups, casualty drags, ammo can sprints, and throwing dummy grenades.

"The hardest part of beginning to train is starting up, but you need to stop making excuses and just do



Combat conditioning builds strength and endurance, vital for success on Combat Fitness Tests.

it," said Sgt. Bajaro Buzaljko, the ammo chief for SOI West — Det Hawaii. "If you push yourself from the beginning and stick with it, it gets easier. From there, you can find

something harder to work on."

Together as a unit or on an individual basis, Marines should focus on short, explosive strength training workouts to prepare for the CFT, said Cpl. Lucas Bruss, a black belt martial arts instructor trainer with SOI West — Det Hawaii.

"Sprint interval workouts are great for improving on the 800-meter run," said Bruss, of Bennet, Neb. "Set a goal on how far you want to go, and as time progresses, increase this distance."

alternate between sprints and sets of push-ups, not resting until completion.

To better perform ammo can shoulder presses and maneuver under fire time, Bruss encouraged trainees to perform circuit drills or intense total body workouts, incorporating exercises like "wall balls" — squatting, then throwing a medicine ball up against a wall — and weighted overhead presses to build strength and endurance.

Outside their shops, there are a variety of resources available to prepare Marines for the CFT. The Semper Fit Center on base offers a variety of conditioning classes, in addition to four personal trainers who can tailor training programs, said Carli Yokoi, personal trainer, Semper Fit.

After pinpointing the individual's weaknesses, Yokoi said the personal trainers work through basic exercises to help improve the Marine's CFT score. As Marines progress, the personal trainers incorporate other endurance-building exercises.

"We'll help you train your body to handle a certain workload in a specific amount of time," she said.

Nonetheless, dedication and training hard alone

don't guarantee success, said Buzaljko, of Utica, N.Y. He said trainees need to examine their diet due to its effect on performance, and discouraged the consumption of alcohol and fatty foods.

"You can train all you want, but if your diet doesn't reflect your workout, you're not fully gaining the workout's benefits," Buzaljko said. "It's like taking two steps forward and one step backward."

A high CFT score is beneficial from a professional standpoint, too. It is now factored into composite scores and as Marines rise in rank, promotions become even more competitive, said Master Gunnery Sgt. Bart Heidrich, base Manpower, Personnel and Administration Directorate chief.

For this reason, scoring well on the CFT helps Marines stand out among their peers and boosts their résumés for future boards, said Heidrich, of Belle Fourche, S.D.

Akin to its counterpart, the Physical Fitness Test, the CFT is an annual training requirement, and must be run between July and December.

The CFT's scoring system varies by age and gender, and can be calculated using the CFT calculator in the "Tools" section of Marine Online.



Students of Martial Arts Instructor Course 7-10 hike at Fort Hase Beach, Sept. 15. Hiking in boots and utility trousers is another way to prepare for Combat Fitness Tests.

“The hardest part of beginning to train is starting up, but you need to stop making excuses and just do it. If you push yourself from the beginning and stick with it, it gets easier. From there, you can find something harder to work on.”

- Sgt. Bajaro Buzaljko, ammo chief, SOI West — Det Hawaii.



Marine Corps Martial Arts Instructor Course 06-10 students execute "star jumpers" June 29. The three-week course is an excellent source noncommissioned officers and above can use to prepare for the Combat Fitness Test.

SPOTLIGHT ON SPORTS

Sports and Health Calendar

Ku'au Rockin Surf Competition

This event is open to the public and for men and women of all ages. This surf competition has been rescheduled for tomorrow at Pyramid Rock Beach. Registration fees apply.

See <http://www.mccshawaii.com> for call 254-7655 for more information.

Single Marine and Sailor Program Surf Lessons

Take your board to White Plains Beach on Sunday, from 9:30 a.m. to 3 p.m.

This includes board rental, transportation from Kahuna's and barbecue. This event is open to single or unaccompanied E-5 and below.

For more information or to ask about fees, contact Neil Morgan at 254-7593.

Youth Baseball and Basketball Registration

Register at Semper Fit Center until Oct. 23 from 8:45 a.m. to 3 p.m. Baseball is open to children 7-14 years, and basketball children 5-14 years. Practices start the week of Dec. 6. Games are from Jan. 8 to Feb. 26. There is a fee.

For more information, call Clark Abbey at 254-7473.

Nutrition Classes: Focusing on Weight Control

On Oct. 21 and 28, Tripler Army Medical Center dietician Capt. Joy Metevier will conduct a free nutrition class providing nutrition basics and weight loss techniques. The class will be held in the Base Chapel conference room from 11:30 to 12:30 p.m. We will clear up faulty ideas about weight loss and supplements and make sure that people are using the safest and most effective techniques for weight loss.

Open to Marines and sailors in the BCP program, and anyone else interested in weight control. Additional dates available on Oct. 28.

For more information contact Neil Morgan at 254-7593.

K-Bay Lanes to Hold Grand Opening

From 4 to 8:30 p.m. on Oct. 21, come join the celebration. There will be demonstrations of new equipment, free pupus, bowling and live music by The King Pins. The event is open to all hands.

For more information, call Deborah Bruns at 254-7664.

Shank and Slice Golf Tournament

This Single Marine and Sailor Program event will be held at the Klipper Golf Course Nov. 5. There are fees, which include golf cart, prizes, food and soda.

The event is open to all hands. Registration deadline is Wednesday, Oct. 27. Bonus prizes will be awarded for longest drive and closest to the pin.

For more information, call Neil Morgan at 254-7593.

Pool, beach hours to change starting next month

Be aware that the pools and beaches will have seasonal hours starting next month. From Nov. 1 to Feb. 27, closure will begin at 5 p.m. Plan ahead.

Satellite Fitness Centers

Satellite Fitness Centers are located in Building 1033 and the Flightline Mini Gym, Building 301. Free weights and weight machines are available for use at these locations.

Hours vary due to operational commitments. Call 254-7594 for more information.

Personal Trainers Available

For those looking to get into a tailored exercise regimen, or just looking for good advice on weight management and weight control, the Semper Fit Center offers free personal training consultation.

Schedule an appointment with a trainer who will take body fat measurements, blood pressure and heart rate readings. For a small fee per workout, a professional trainer will actually work with you to ensure maximum efficiency.

Patrons may sign up for an initial assessment and one session a week up to three weeks.

Because of a high demand for personal trainer appointments, patrons must wait four weeks between sessions following the initial three visits.

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

The Health Promotion Program

The Health Promotion Program umbrella embodies nine key elements, which guide patrons to live a healthy lifestyle.

To find out more, call the Health Promotion Program at 254-7636 or e-mail Health Promotion coordinator Dan Dufrene at dufrened@usmc-mccs.org.

Tobacco Cessation

Classes start on the first Tuesday of the month and run for four consecutive Tuesdays. For more information, contact Health Promotions at 254-7636.

New Cycling Class

The Semper Fit Center is now offering a cycling class from 9 to 10 a.m. on Wednesdays.

Semper Fit Group Classes

Boot Camp

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

Cardio Kick

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

Cycling

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

Gut Cut

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

High Intensity Circuit Training

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

Moms on the Move

This class is designed for the active parent done in an outdoor setting involving the kids. Build strength and cardiovascular endurance during this fun group setting. With the use of resistance bands, body weight exercises, abdominal work and plyometrics this can help strengthen your body and mind. Strollers are required if you bring your child.

Muscle Conditioning

Not coordinated for a traditional aerobics class? This class has minimal choreography so this is safe. This muscular endurance workout uses hand weights and bands to work all muscle groups. Also try Cardio and Tone for a great cardio/muscle conditioning workout.

Pilates

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

Pound for Pound

Come train with the "champ." This class is designed to help you knock out those extra pounds and punch your way to the figure you always dream of. This hour-long boxing class will help trim those arms, tighten that tummy and sculpt those legs like never before. Not only that, this course is an excellent way to elevate your cardio. Think you have what it takes? We'll see!

It's recommended to bring your own boxing gloves, 4-16 oz.

Normal hours of operation:

Monday-Friday, 4:30 a.m. - 10:30 p.m.

Saturday, 7 a.m. - 10 p.m.

Sunday and holidays, 7 a.m. - 6 p.m.

For more information on Marine Corps Base Hawaii sports and fitness programs, visit <http://www.mccshawaii.com/semper.htm>

Commander's FITNESS SERIES

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

HSL-37 Splash & Dash Biathlon
Tomorrow

Turkey Trot
Saturday, Nov. 20

Enter the HSL-37 "Easyriders" Splash & Dash Biathlon. The race begins with a 500-meter, open-water swim, then grab your running shoes and head around the flight line for the 5K foot race.

Get healthy before that Thanksgiving feast! This 8K run will help you start off fit throughout the holiday season. In the spirit of the season, a one-mile Family Fun Run will take place after the race.

WHAT A WASTE OF TIME

Cpl. Colby W. Brown
Combat Correspondent



Major League Soccer

VS is a recurring column tackling debatable issues in the sports world. Hawaii Marine readers can submit a subject for future columns by e-mailing their ideas to hmeditor@hawaiimarine.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 ... it's game time.



BROWN



LODDER

MLS Matters

Lance Cpl. Reece E. Lodder
Combat Correspondent

Only one sport can be the most popular in the world. A good portion of the globe sleeps, eats, and breathes this sport, but it's not football, baseball, basketball, or hockey. It's soccer, and it's popular for a reason.

Many countries, particularly in Europe, have been supporting and cheering on organized, professional soccer teams for nearly two centuries. It's part of their culture. Americans, on the other hand, have only had a league to call our own since Major League Soccer's inception in 1993.

Once official play began in 1996, the league's 10 teams began establishing their roots in American households. Despite the challenge of gaining exposure comparable to its European counterparts, MLS has grown to 16 teams in 2010, with three more scheduled to begin play by 2012. Without an expanding market and our country's demand for soccer, these three new teams would still be ideas in their investors' minds.

For years, the U.S. hasn't had much standing in the famed World Cup soccer championship, and the growing MLS offers a great place to start. It's the perfect avenue to develop soccer players fit to entertain nationally and compete internationally.

Some will argue we don't have the skill level to compare with other nations. This may be true, but if we don't start making steps to get to their level, we never will. By bolstering our support for the league, we'll enable them to have the means to expand and develop young players — especially through the blossoming league-wide youth development system. This will make them better athletes and help gain the hearts and support of American fans. That, in turn, will help us become the best.

Whether playing or taking in a game from our armchairs, Americans are extremely competitive. We want to be the best when competing against other countries, no matter what it takes. Most often, we are the best. Becoming the best at soccer, however, will take the U.S. a bit more time, dedication, and hard work.

Across the page, Cpl. Brown, who hails from the state of Oregon, will try to tell you America doesn't need the MLS. The Portland Timbers, based close to where Brown grew up, are slated to begin play in the league in 2011. Attitudes like these, in which people won't even support a team from their home, threaten to keep MLS mediocre and the U.S. off the international soccer grid.

If you don't think MLS matters, stand by as soccer overruns the world and we have no strong players or a professional league to show for. We dominate in all other major sports, and shouldn't settle for second best with soccer.

Be proud of being an American and support our stake in the world's most popular sport. Help the MLS gain exposure, prominence, and expand to its full potential, and we won't have to worry about not being the best.

“If anyone were to sit down and discuss the league in a professional manner they would end on the agreement that it is a huge waste of time and money.”

all fine and dandy but the reason this is happening is U.S. citizens are lazy and they don't want to spend thousands of dollars to go across the pond and watch real football. So they stay in the states and watch this junior league and hope that at least one out of every hundred players in the MLS will make it to a real football team. And yes I do call it football — America is the only country in the world that calls the sport soccer.

Every serious football fan around the world probably laughs when the MLS is ever brought up in conversation.

No one wants to go to the U.S. to play in the MLS.

It's always the other way around; American players venturing to Europe to play with a club that can actually call the sport by its real name — football.

When you ask "soccer" fans in the United States who their favorite team is, they will name off teams from around the world or teams from the reputedly renowned European league. I'm personally a fan of Manchester United, and I only watch two or three games of theirs a year.

My point is that the MLS has no continuity. Whenever a player becomes skilled enough to graduate from high school, or in this case the MLS, he chooses to study abroad when he goes to college. What this means is all the good players go to national teams and all the crappy players stay in the MLS. This cycle for MLS players builds an environment where the MLS is a junior league compared to any other football organization in the world.

The MLS is a waste. There is already this thing called college soccer and I'm betting most of the teams would run the house if they ever competed with teams in the MLS.

So if you're ready to drop the kiddie sports names like the Chicago Fire, Houston Dynamo, Los Angeles Galaxy or the Kansas City Wizards and watch a real sports contest that is held on a football field, I suggest you never watch this juvenile league and stick to the World Cup.

“Some will argue we don't have the skill level to compare with other nations. This may be true, but if we don't start making steps to get to their level, we never will.”



Camp H. M. Smith Raiders running back Timothy Johnson leaps for the ball Tuesday.

FOOTBALL, from B-1

At the start of the third quarter, the Raiders fumbled the ball and the Warriors regained possession. Warriors running back Andrew Scott quickly tied the score to 12-12 with 12 minutes remaining in the quarter. The Raiders fought hard to catch up, but were unsuccessful in obtaining a first down. Warriors tight end Adrian Arias saw an opening and scored a touchdown for his team. It was followed by



Headquarters Battalion Warriors cornerback John Dimas tackles Camp H. M. Smith Raiders wide receiver Antoine Blaze Tuesday.

“I want to thank my offensive line, because it’s wide open out there.”

– Steven Swaby, Warriors running back



Photos by Lance Cpl. Vanessa M. American Horse | Hawaii Marine

Headquarters Battalion Warriors running back Steven Swaby hugs the sidelines as he goes for his first touchdown during a game against the Camp H. M. Smith Raiders at Pop Warner Field Tuesday.

a two-point conversion, bringing the score to 20-12, Warriors.

Frustrated with losing their lead, Raiders Swaby scored his third touchdown two minutes into the fourth quarter. The Raiders tried to run the ball in for two more points, but a pass to Blaze was incomplete. The score was 20-18, Warriors, at the end of the third quarter.

A sloppy fourth quarter brought on penalties on

both teams as the Raiders fought to make up for missed extra points. Slowly, each team used up their downs on penalties and neither team scored in the final quarter.

The Warriors keep their undefeated record of 3-0 and the Raiders drop to 2-2. The Warriors will play the Marine Air Group 24 Bandits on Oct. 20 at Pop Warner Field and the Raiders will also play the Bandits Oct. 26.

Follow us on Facebook
@MarineCorpsBaseHawaii

FLU, from B-1

The center shares information and works in conjunction with the Hawaii State Department of Health, the Department of Defense Global Emerging Infectious Diseases, and partners in the Pacific, Guam, American Samoa, Tahiti and French Polynesia.

This year's most notorious strains are H1N1, H3N2 and Influenza B Brisbane. Though Sigmon said even as Australia and New Zealand are currently seeing more H1N1 cases, they still have a low number of flu cases overall.

Sigmon said the vaccine out this year should be able to take care of all three.

"This year's vaccine looks like it's a very good fit," Sigmon said.

According to the CDC, deaths in the U.S. influenza-related deaths can range approximately anywhere from 3,000 to 49,000. Generally, young

children and the elderly are at the highest risk, but the H1N1 virus appears to also favor much of the "working age group," Sigmon noted.

In addition, Sigmon said pregnant women who ended up contracting influenza had very bad symptoms.

"The most people that did end up with H1N1 were severely ill," Sigmon said. "The influenza vaccine is our best weapon against influenza, and together with those other non-pharmacologic measures, will protect individuals, their families, and their communities."

Although the flu shot can be helpful for most people, it can have negative effects on others. Sigmon said some people may be allergic to products that make up the vaccine. Those who go to TAMC are screened for allergies prior to receiving a vaccination.

There are also two different types of vaccinations — the flu mist and an injection. The mist, which is administered through the nose, contains a live virus.

For some people, an injection is a better choice, especially if they have issues with their immune system, or have HIV. Sigmon said the injection has an inactive virus.

In addition to receiving a flu shot, people are encouraged to maintain good hygiene practices, such as hand washing and coughing into your sleeves instead of on your hands.

For those who were not able to receive their immunization in time, and have caught the flu, Sigmon recommends they remain at home for at least 48 hours so as not to spread the influenza.

Although it is not known how many service members have caught the flu this year, Sigmon said the goal is to immunize all active duty forces by Dec. 1.

For more information about flu shots, call 433-1FLU. For personnel at MCB Hawaii, call 257-3365, ext. 103 to check on the supply before going to the clinic.

BICYCLING, from B-1

required, just a positive attitude.

"I recommend people to come because it's a lot of fun, you will meet new people, feel good about yourself and maybe even discover a passion for cycling like I did," Knight said.

She also says that the class is a great way to get out some stress and aggression in a healthy way.

For more information visit <http://www.mccshawaii.com/semper.htm>.



Photos by Lance Cpl. Vanessa M. American Horse | Hawaii Marine

Leanne S. Knight, certified cycling instructor, found cycling was her passion by attending another cycling class offered at Marine Corps Base Hawaii's Semper Fit studio. Knight is now a certified cycling instructor at Semper Fit two days a week. For those out there who are bored running by themselves or who don't like to bike on roads, this class is a motivational group setting where you come to have fun," said Knight.



The cycling class is one of a numerous variety of classes offered at the Semper Fit center on base. The classes gives patrons an opportunity to have an interactive workout experience.

Hawaii Marine Lifestyles

The Lady who lives in the Lagoon

Kristen Wong
Photojournalist

LAIE — An ominous cloak of darkness descends upon the Polynesian Cultural Center. The undead rise for the third annual Haunted Lagoon, available until Oct. 30.

The center's popular Halloween attraction may be a simple canoe ride, but it's loaded with surprises along this misty abyss of monsters.

Kris and Hal Holladay, arriving from Mesa, Ariz., to visit their son on Oahu, came for another taste of this tropical terror.

"He screamed louder than all the girls on the boat," said Kris Holladay, of her son, Nick.

Nick Holladay remarked that Haunted Lagoon was longer and "better organized" than last year. He is considering bringing his wife to the lagoon as well.

"We appreciate everyone taking the long trek to the North Shore to experience [the Haunted Lagoon]," said Ray Magalei, director of marketing, Polynesian Cultural Center. "We hope families in Hawaii will have this as their family tradition."

More than 11,000 visitors have already come to the attraction, whether tourists or locals, this month.

Before the zombies grab their prey, patrons can grab a bite to eat and enjoy mood music from "Beetlejuice," "The Nightmare Before Christmas," and Michael Jackson's "Thriller." They can even watch Disney's "Hocus Pocus" on a large screen before meeting the "Laie Lady."

The Laie Lady, the star of the show, is based on a local tale of the "Kahuku Lady." Magalei said, and added first time lagoon

visitors usually enjoy this ghostly woman the most.

But for Haunted Lagoon veterans, the clowns might steal the show. They were a favorite for Kainalu Kaululaau, of Kaneohe, who used to be afraid of clowns as a child.

"I thought it was very entertaining," Kaululaau said of his first lagoon experience. "[Haunted Lagoon is a] good outing for friends."

"It was so, so awesome," said Marvin Asuncion, of Honolulu, who came to the lagoon with a friend from Japan, Sanae Hitokoto, of Tokyo, and his daughter, Kayleen, 8.

Kayleen Asuncion left the canoe hugging her father, though she previously proclaimed to her father she was not afraid. Kayleen was not alone.

"It broke my heart into pieces," said Kalob Victorino, 5, with a smile. He pointed to the cloaked skeletal figure standing at the entrance to the lagoon, as if guarding the wall.

"I hate that skeleton, it scares me," Victorino said.

Victorino's brother, Jayden, 8, said he "wanted to come because I thought it would be awesome, not that scary, but it was scary."

For those with children, there are keiki rides offered until 7:30 p.m. through the lagoon. Magalei said a "lost warrior" accompanies the children on the keiki ride, equipped with a magical wand to keep the evil spirits at bay.

Still, the Haunted Lagoon may not be for everybody. Warnings and safety precautions are posted at the venue. But for some, protection is only necessary from splashing spirits.

"It's an awesome ride," said Imi Richardson. "Bring a raincoat."

On Mondays, Wednesdays, Fridays and Saturdays starting at 6:30 p.m., patrons can hitch a ride into the Laie Lady's domain. Space may be limited, so make sure to check availability.

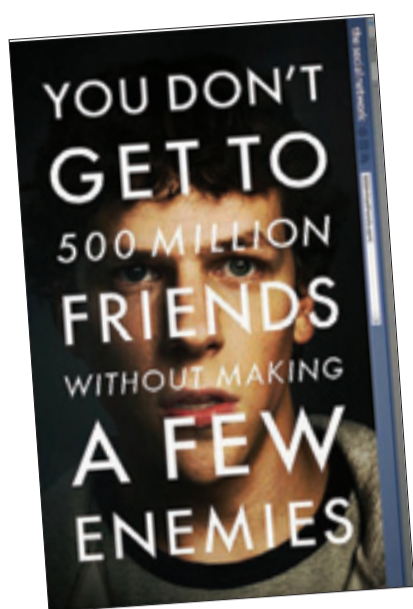
The Laie Lady, based on a ghost story, is the main attraction at the Haunted Lagoon.

Courtesy Photos | Polynesian Cultural Center



Patrons at the third annual Haunted Lagoon emerge from the ride. Several groups applauded after their canoe ride.

PASS REVIEW



Hit the "like" button

Lance Cpl. Reece E. Lodder
Combat Correspondent

In a culture shaped by technology and social media websites such as Facebook, LinkedIn, MySpace and Twitter, "The Social Network" is timely, relevant and entertaining.

"The Social Network" opens on the Harvard University campus in fall 2003. We meet Mark Zuckerberg, a quick-witted Harvard student and computer-programming wizard brilliantly portrayed by Jesse Eisenberg ("Zombieland").

At the beginning of the movie, Zuckerberg's girlfriend breaks up with him. In retaliation, the angry genius creates a website called FaceMash.com, which allows visitors to rate and compare the attractiveness of female Harvard undergraduates. Though a hit with male students, the site doesn't impress Harvard's administrative board. Zuckerberg is placed on six months of academic probation.

Unfazed by the consequences, Zuckerberg and his friends begin working to create a more comprehensive social networking website, TheFacebook.com. Once launched, it grows rapidly in popularity, demanding more time, energy, and funding from Zuckerberg and his business partners.

Between pride, miscommunication and shoddily defined business partnerships, legal battles ensue. Tension builds, relationships morph, and the website continues to grow beyond a million users. As the story of Facebook's growth plays out, the plot fast-forwards to later legal proceedings. Moving back and forth, from the past to the present, helps draw the viewer further into the story from various characters' perspectives.

For one who's labored through college, the

movie serves as an accurate reminder of the experience. The filmmakers' portrayal of boring classes, rowdy fraternities, co-eds, and alcohol capture the essence of the culture, even in an apparently distinguished environment like Harvard.

The strong plot and accurate setting make the movie realistic, but it's the script that makes "The Social Network" great. The

interaction is intelligent and helps make it a smart comedy — dissimilar to most popular new movies that resort to dirty quips to make the audience laugh. Zuckerberg's focused demeanor, paired with his quick wit and sharp sarcasm, allow for an unassuming, realistic and enjoyable comedic offering.

Alongside Eisenberg's performance, the supporting actors filled their roles extremely well and highlighted an interesting variety of roles. Among these were the whiny best friend and business partner Eduardo Saverin (Andrew Garfield), the angry ex-girlfriend Erica Albright (Rooney Mara), and the immaculately groomed jocks, the Winklevoss brothers (Armie Hammer and Josh Pence).

Perhaps the biggest surprise, however, was recording artist Justin Timberlake's performance as Napster co-founder Sean Parker. It marked his first cinematic role that didn't cause the viewer to cringe.

Within a society plagued by social media and networking, the movie provided a sensible, interesting view into one of its main players. "The Social Network" is smart, successful entertainment that provides a gut-check on the importance of relationships, communication, and reliance on social media.



Your weekly guide to all aspects of entertainment

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

1/4 — No Impact, No Idea

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



2/4 — High And To The Right

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



3/4 — On Target

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



4/4 — Confirmed Kill

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



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

Better Know A Critic



LODDER

Loathing cheesy drama movies but loving ones with intense action, **Lance Cpl. Reece E. Lodder** is a self-proclaimed entertainment junkie. Whether it's delving into a political thriller by Vince Flynn, laughing at Will Ferrell's latest comedy, or listening to Skillet's newest CD on iTunes, Lodder is a critic at his core.



CABALO

When **Christine Cabalo** wants a night in, good DVDs are a must. Christine likes movies, documentaries and television shows with vivid camera work. Her favorite DVD extras are fun games based on the release and behind-the-scenes commentary.



"Let Me In" welcomes a bloody good time

Christine Cabalo
Photojournalist

"Let Me In" bids American moviegoers to re-enter the gruesome, yet oddly touching vampire tale written by Swedish author John Lindqvist.

The new R-rated movie bears the cross of trying to outdo the original novel and 2008 Swedish film version "Let the Right One In." Matt Reeves, who also directed "Cloverfield," wrote and directed a beautifully shot American adaptation. But it's hard not to compare this remake to the well crafted and recently made earlier versions.

In disorienting camera shots, the audience sees a disfigured man rushed to the hospital and questioned by Los Alamos, N.M., police about a bizarre set of murders in the winter of 1983. The police think they've captured their serial killer.

Oblivious to the murders, 12-year-old Owen (Kodi Smit-McPhee) can't think of any worse fate than being harassed by bully Jimmy and his friends. The boy has no one to talk to, since his parents are divorcing and his mother is barely coherent enough to feed him dinner.

Owen fantasizes of violently stabbing the bullies with a knife, when he spots Abby (Chloe Moretz) barefoot in the snow behind him. Despite her warning they can't be friends, Owen strikes up a puppy-love romance with this new mysterious neighbor.

He and the audience eventually realize Abby is a vampire, and the man who seems to be her father is really her accomplice in finding fresh blood. When her accomplice is captured, Abby's growing hunger is only eclipsed by her

desire to see Owen again.

Matt Reeves masterfully recaptures the bleak, isolated winter backdrop that caused chills for original fans. The director is clearly skilled, setting up odd-ball camera shots to make viewers feel unsettled even during the film's calmer moments.

The period details never become too much of a joke, with Reeves offering tiny sips of the '80s at a time. He also set the stage with a good soundtrack, as Owen and Abby dance to "The Breakup Song" or the next victim dies while Blue Oyster Cult's "Burnin' For You" plays on the radio.

Even during Abby and Owen's date, an arcade clerk, dressed like the fifth member of Culture Club, pops into frame for just a few seconds.

The movie would have fallen apart with lesser child actors, but both Moretz and Smit-McPhee drink in their roles. The two easily shift between being innocent adolescents to darker, sinister characters with violent tendencies.

While Reeves didn't make any technical faults, it's hard to recommend "Let Me In" without comparing it to its practically perfect Swedish counterpart. A lot of the juicer plot points from both the book and first movie were sacrificed in his remake, but Reeves was able to add in his own details to fill those gaps.

Filled with more blood for American audiences, "Let Me In" is still a creepy thriller without going overboard in showing graphic gore. Those hungry for a non-sparkling vampire flick will have their fill from this well-crafted remake.

Just don't leave earlier versions out in the cold.



- "Nanny McPhee Returns" PG
- "Scott Pilgrim..." PG-13
- "Lottery Ticket" PG-13
- "Piranha 3" R
- "Nanny McPhee Returns" PG
- "Scott Pilgrim..." PG-13
- "Piranha 3" R

- Today | 7:15 p.m.
- Today | 9:45 p.m.
- Saturday | 7:15 p.m.
- Saturday | 9:45 p.m.
- Sunday | 2 p.m.
- Sunday | 6:30 p.m.
- Wednesday | 6:30 p.m.

Prices: All shows are \$3.25 for adults and \$2.25 for children. For ticket pricing, the Base Theater Box Office defines an adult as a patron 12 and older and defines a child as a patron from 6 to 11. Children 5 and younger are admitted free of charge. Parents must purchase tickets for R-rated movies in person at the box office for children 16 and younger. Patrons must present their military identification card when purchasing tickets.

Call 254-7642 for recorded information.

Helping moms, helping dads

Kristen Wong

Photojournalist

Susan Dolson, a stay-at-home mother of two, says life "can get lonely by yourself, even with a little one ... they're fun to play with but they mostly sleep."

Fortunately, for many parents like her, Moms Club provides stay-at-home care providers with camaraderie and parental support while allowing their children to interact with each other.

The group even took a field trip with kids to a pumpkin patch at Aloun Farms in Kapolei on Monday.

This year, Moms Club of Kaneohe was officially approved as an organization aboard Marine Corps Base Hawaii, one of several chapters on Oahu.

Through service projects, Moms Club also helps children in the community, according to Angela Brown, founder and president of Moms Club of Kaneohe.

Brown, a native of DeSoto, Texas, has been active in Moms Clubs since 2003. She was previously a member of a Moms Club in southern Maryland and upon arriving in Hawaii at the Kapolei chapter. Brown, who has two sons ages 4 and 9, started a chapter here to provide another resource for parents.

Moms Club hosts a variety of activities for its members, including playgroups, service projects and social events.



Kristen Wong | Hawaii Marine

Moms Club of Kaneohe, an organization for stay-at-home parents, took a field trip to Aloun Farms' pumpkin patch in West Oahu on Monday.

Though the club in Kaneohe is still fairly new, seasoned members have brought with them experience in a number of activities.

Dolson, previously in a Denver chapter, remembers her organization collecting money and toys for a community toy bin, which the children in the neighborhood could share at the park.

There are also social events including "Coffee Talk," where parents can share parenting advice with each other. Brown, for instance,

learned that frozen waffles can go a long way in alleviating teething pain.

"It gives you a chance to get out and socialize," said Gina Salehi, a member of Moms Club of Kaneohe. "I've formed great friendships through the years."

Salehi, of San Francisco, was active as the vice president of membership for the former Kailua chapter. She has been a Moms Club member since 2006.

For Salehi, one of the challenges of being a military

parent is constantly moving to new places. With the Moms Club, she has opportunities to learn about what a community offers wherever she goes.

"It gives you a good network to get [community] information," Salehi said.

Fathers and mothers who stay at home to provide day care for their children are eligible to join. Though the club was founded primarily to support stay-at-home parents, working parents are welcome to become involved in club activities.

The first Moms Club was established in 1983 by Mary James, a stay-at-home mother in California. Today there are more than 2,000 chapters nationwide and in other countries.

The Moms Club of Kaneohe is open to stay-at-home fathers and mothers who have access to MCB Hawaii, and includes annual dues to fund club activities.

For more information about the International Moms Club, visit <http://www.momsclub.org>.

TALK* STORY

Groucho Marx, Weird Al Yankovic and Christopher Lloyd were all born in October. Who is your favorite comedian and why?

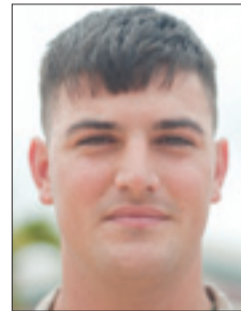


"Don Knotts. Back on 'The Andy Griffith Show' ... he was really funny."
— Joe Moody



"Will Ferrell. [I like] his sarcasm."
— Pfc. Chris Barnes

"Jeff Foxworthy. He's from the south and so am I. He's entertaining."
— Cpl. Ryan Shatzer



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

Conserving energy requires change in attitude

Dragos Opreacu

*Resource Efficiency Manager, Facilities Department
(Part two of a series)*

We're celebrating Energy Awareness Month with a fair at Mokapu Mall today, Oct. 15, from 10 a.m. to 3 p.m. There will be giveaways and information about energy awareness and conservation. While there, you can learn the difference between energy efficiency (covered last week) and energy and water conservation.

Energy efficiency involves technologies — like compact fluorescent bulbs — to produce the same results with less electricity.

Energy and water conservation, on the other hand, involves measures and actions to eliminate energy waste. As consumers, we want to make sure that energy and water are used wisely and not wasted. For example, a person or an organization can be energy efficient by replacing an inefficient air-conditioner with a high-efficiency unit but still waste energy if it's used while no one is home or in the office.

On Oct. 1, the kick-off event for the 2010 Energy Awareness Month was "Watts for Lunch?" when we were asked to turn off at least one electric device during lunch time in an attempt to encourage and promote energy conservation practices. Did anyone decide to continue "powering down" at noon? We can simply save energy by shutting down computers, monitors and other peripherals during lunch time and at the end of the workday. To reduce

energy waste, you can also plug electronic devices into a power strip and then turn the power strip off when not in use.

Unfortunately, energy conservation is not as popular as energy efficiency because conservation is often associated with sacrifice and behavioral changes. We don't like to be uncomfortable or inconvenienced by having to remember to turn off devices, by taking shorter showers, or by running the air conditioner less often or at higher temperature set points. We don't like to change our behavior.

But through energy awareness activities and events, we hope to encourage everyone to practice responsible use of electricity, not only to save the environment, but to be a good steward of the taxpayers' dollars.

Here is an example of past success in making change for the better. Most of us put on a safety belt in a car before turning the key in the ignition. Whether intending to drive for miles on the freeway or to drive only to the next block, we've learned to just do it. It's an extra step yet, we practically snap it on now without even thinking. No doubt, we did it at first because the law required us to do it, but we've come to realize its safety benefits.

At Marine Corps Base Hawaii, through the Energy Management Branch of the Facilities Department, we're developing and executing energy efficiency projects such as energy efficient lighting retrofits, daylight harvesting, high-efficiency air-conditioning improvements, HVAC controls, waste heat recovery, solar hot water, energy monitoring control systems, and advanced metering.

We'll talk more about what we're doing here next week.

WORD TO PASS

On Base

Ladies Shopping Bazaar at Mokapu Elementary

Today

The Mokapu Elementary PTA hosts this second annual event in the cafeteria from 6 to 9 p.m. It's a night of shopping and fun, including raffles. For more information, call the Mokapu PTA at 254-7964 or Estella Euclide at 220-0753.

NMCRS Budget for Baby Workshop

1st and 3rd Monday of every month

The Navy Marine Corps Relief Society offers valuable training for new parents, expecting parents, as well as those considering parenthood. The classes are held from 9 to 10:30 a.m. In these free classes, participants will learn about available base resources as well as how to plan financially for a new baby and become "Saver Savy." Seating is limited. Call NMCRS to sign up at 257-1972/1973.

Become a Scout

Tuesday evenings

Troop 425 here at Marine Corps Base Hawaii, Kaneohe Bay is looking for young men who want adventure and to be challenged. Meetings are at the Youth Activity Center beginning at 7 p.m. If interested, call Adam Gramann at 254-5533, Ty McCarthy at 888-7122, or Bill Tourek at 349-0283.

In the Community

22nd Annual Talk Story Festival

Tonight and tomorrow

Storytellers are featured in ten 20-minute sessions in the McCoy Pavilion's Auditorium, Ala Moana Beach Park. Gates open at 4:30 p.m.

For more information, see <http://www.co.honolulu.hi.us/parks/programs/talkstory/index.htm>.

Bellows Halloween Bash

Oct. 23

Bellows Air Force Station will hold its 2nd annual Halloween Bash from 11 a.m. to 9 p.m. There will be a costume contest, scavenger hunt, haunted village, kids activities and more.

Visit <http://bellowsafs.com> for more information or call 259-4112.

8th Annual Walk-Run for Hunger

Oct. 23

River of Life Mission helps the less fortunate in Chinatown, with food, services and more. This fundraiser at Ala Moana Beach Park Magic Island, has food, entertainment and children's activities. See <http://www.riveroflifemission.org>.