October 12, 2012
Volume 43, Number 41
www.mcbh.usmc.mil

Hawaii Marine

Medal of Honor recipients bid Hawaii farewell

Kristen Wong
Photojournalist

HONOLULU — Long lines formed at the Hale Koa Hotel as people gathered to see more than 50 Medal of Honor recipients, Saturday, closing out a weeklong convention, Oct. 1 through 6.

Interested patrons received a small, blue book of quotes said by Medal of Honor recipients. Many of the recipients were on hand to personally autograph copies of the book, shake hands and share light conversation.

"It's great to be here in Hawaii," said Medal of Honor recipient Jack Jacobs. "The hospitality is astonishingly wonderful. You're still not prepared for the level of openness, friendliness and hospitality in Hawaii. I don't want to go home."

Jacobs said he attends the conventions to meet the other Medal of Honor recipients and talk to children in schools. The recipients were also given the opportunity to visit several local schools to talk to students.

"That's a really great thrill for us to (be able) to influence the kids," Jacobs said.

Adults and children alike brought flags, posters, books and other types of memorabilia for the recipients to sign.

"It's a great honor and a privilege for all American citizens to meet these Medal of Honor recipients and to learn how humble they are and patriotic (they are) to our great nation," said Army Capt. Monika Stoy, a historian with the 3rd Infantry Division.

Medal of Honor recipient Brian M. Thacker, who served in the Army, said he attends the Medal of Honor conventions to not only spend time with his fellow recipients but also to meet current active duty service members or other veterans while in the community.

Army Maj. Kurt Leffler, the security cooperation officer at U.S. Pacific Command, brought his son to the signing. Leffler said his son enjoys watching military documentaries on TV.

"It's a good opportunity to put faces with the history," Leffler said.

Jane West, of Wilmington,

See HONOR, A-8

Seaman Diana Quinlan | Navy Media Content Services

Medal of Honor recipient Gary B. Beikrich, an Army veteran, signs a book for a sailor at Joint Base Pearl Harbor-Hickam, Hawaii, Oct. 4. The visit was part of the 2012 Medal of Honor Convention, held Oct. 1 through 6 in Honolulu. During the convention, more than 50 Medal of Honor recipients participated in visits to military installations, a memorial stone dedication at the National Memorial Cemetery of the Pacific, a block party in downtown Honolulu and a Patriot Award Dinner on Pearl Harbor aboard the USS Missouri.

Glenn Fawcett | Department of Defense

Sailors present the colors during the Navy's 237th birthday celebration under the watch of Deputy Secretary of Defense Ashton B. Carter and Secretary of the Navy Ray Mabus at the Pentagon in Washington, D.C., Tuesday.

Navy celebrates 237th birthday tomorrow

Rochelle Smolinski
Photojournalist

Break out the candles and sheet cake, the Navy celebrates its 237th birthday, Saturday.

In 1972, Adm. Elmo Zumwalt, Chief of Naval Operations, designated Oct. 13 as the Navy's birthday in recognition of the date when Congress authorized the construction of America's first naval ships.

Since its inception in 1775, the U.S. Navy continues to uphold the practices and traditions of Navy tenants such as sounding the bell during watches, reminding all who hear of the Navy's service as the shield of the Republic.

Capt. Bret Muilenburg, chief of staff for Navy Region Hawaii, said the toll is symbolic.

"The age-old practice of sounding the bell during watches, on the hour and half hour, is symbolic of our Navy's hallmark efforts and is as appropriate in our nuclear and missile-oriented Navy, committed to innovative new technologies in the twenty-first century, as it ever was," Muilenburg said.

For the Navy, the 21st century began 200 years ago.

Bill Doughty, deputy director of public affairs in the Command, Navy Pacific Region, said this birthday is significant because it is the bi-centennial mark of the War of 1812; the year the Navy reached a critical juncture in operations.

"We began the modernization of the Navy and

See BIRTHDAY, A-8

Combined Federal Campaign accepting donations

Cpl. Reece Lodder
Combat Correspondent

The State of Hawaii's Combined Federal Campaign is accepting donations from Oct. 1 to Nov. 16. Through the voluntary campaign, which supports and promotes philanthropy, federal employees can contribute to more than 2,700 local, national and international charitable organizations

Hawaii's campaign, which covers the State of Hawaii plus the northern Mariana Islands, Guam and American Samoa, is one of the nation's largest and most successful programs. More than $6.5 million was raised during the state's 2011 campaign, supporting international, national and 176 locally based charitable organizations. In total, federal employees donated more than $272 million to the CFC in 2011.

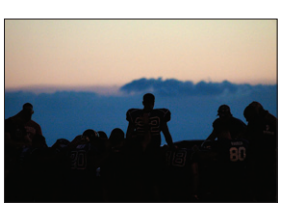
"The American people give us so much by way of support, so this is a way we can give back to them," said Capt. Kristy Milton, the senior trial counsel for MCB Hawaii Legal Services and CFC representative for Headquarters Battalion. "This is an opportunity for us to play a part in our community by sharing our hard-earned income with organizations that are making a difference."

Service members, retirees and contractors can view a searchable charity list and pledge online at www.cfc-hawaii.org. Donations can also be made in cash, money order or check and given to their unit's CFC representative.

Many service members donate through payroll deductions, which allow them to spread their gift over the course of the calendar year. Another option is to print a pledge form found online and mail the donation to CFC's Honolulu address. Donors who elect to keep their donation private may hand them in to their representative in an envelope marked 'Confidential,' Milton said.

In 2011, a total of 32,776 donors throughout Hawaii made an average donation of $198.99; 91 percent of these donations were made through payroll deductions.

For more information on donating to Hawaii's CFC, visit www.cfc-hawaii.org or contact your unit's campaign representative.



Down, Set, HIKE! HQBN Warriors declaw 3rd Marines Panthers, 30-0, in Intramural League Football, **B-1**

Righteous swells! Oahu's famous North Shore is beautiful, but be aware of its powerful waves before visiting, **C-1**

Saturday
High 82
Low 75

Sunday
High 82
Low 75

NEWS BRIEFS

Combined Federal Campaign

The Combined Federal Campaign began Oct. 1 and runs until Nov. 16. Meet with your unit representatives for more information or visit http://www.cfc-hawaii.org.

Anderson Hall monthly birthday meal, Navy birthday meal

Anderson Hall Dining Facility will celebrate the Navy birthday by offering a special menu today during lunch from 10:30 a.m. to 1 p.m. This special menu will be available to all military, DoD civilians, dependents and retired military. Meal card holders must present their military ID card. Anderson Hall is also hosting a birthday meal with a special menu for all military patrons celebrating their birthday in the month of October. The meal will be available during lunch from 10:30 a.m. to 1 p.m. on Monday. Show your ID card at the front counter to receive a special meal ticket and receive the special birthday meal options. Authorized military patrons only.

MCMAP Instructor Course

For those interested in upgrading their MCMAP belt, SOI-West Detachment Hawaii will be running an Instructor Course from Monday through Nov. 2. Applicants must meet the following criteria for acceptance into the course:

- corporal or above
- first class PFT/CFT
- within height/weight standards
- gray belt or higher

Additional prerequisites can be found on the Command Screening Checklist (NAVMC 11749). Interested applicants should contact their unit training representatives for additional details and registration via MCTIMS. Contact the MAIC staff at 257-0839.

Combat Camera promotion photograph studio information

In anticipation of the sergeant major and master sergeant promotion board convening later this month the following reminder is relayed. The Combat Camera promotion studio is open Monday, Wednesday and Friday from 8 to 11 a.m. on a walk-in basis and appointments can be made all day to include the lunch hour on Tuesdays for administrative photography needs such as promotion photos. A signed height/weight verification sheet is needed prior to Combat Camera capturing the promotion photograph. For any questions call 257-1365.

Environmental service project

Weed Warriors Wanted. Come join community volunteers and Base Environmental staff to remove weeds from native fish and wildlife wetland habitats on base. Learn about native plants and birds. You can help make a difference. The project is scheduled for Saturday from 8:30 to 11:30 a.m. Meet at the H-3 gate visitor parking lot at 8:30 a.m. sharp. Proceed with Environmental escort to the work site from there; MCB Hawaii provides gloves and tools. Wear old clothes, close-toed shoes and sunscreen. Bring plenty of water. You will get wet and muddy. Letters of Appreciation will be issued. For questions contact Todd Russell at 216-7135 or todd.russell@usmc.mil.

Important phone numbers

On-Base Emergencies	911
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. Brian P. Annichiarico
Base Sergeant Major	Sgt. Maj. Robert E. Eriksson
Public Affairs Director	Capt. Pamela K. Marshall
Public Affairs Deputy Director	1st Lt. Diann Olson
Public Affairs Chief	Gunnery Sgt. Matthew O. Holly
Public Affairs Administration	Kaye McCarthy
External Media Chief	Staff Sgt. Kristin Bagley
External Media NCO	Cpl. Vanessa American Horse
Community Relations Chief	Sgt. Danny H. Woodall
Managing Editor/Internal Media Chief	Sgt. Skyler Tooker
Press Chief	Sgt. D.R. Cotton
Combat Correspondent	Cpl. Reece Lodder
Combat Correspondent	Cpl. James A. Sauter
Photojournalist	Christine Cabalo
Photojournalist	Rochelle Smolinski
Photojournalist	Kristen Wong
Graphic Artist	Jay Parco

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 529-4700.

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

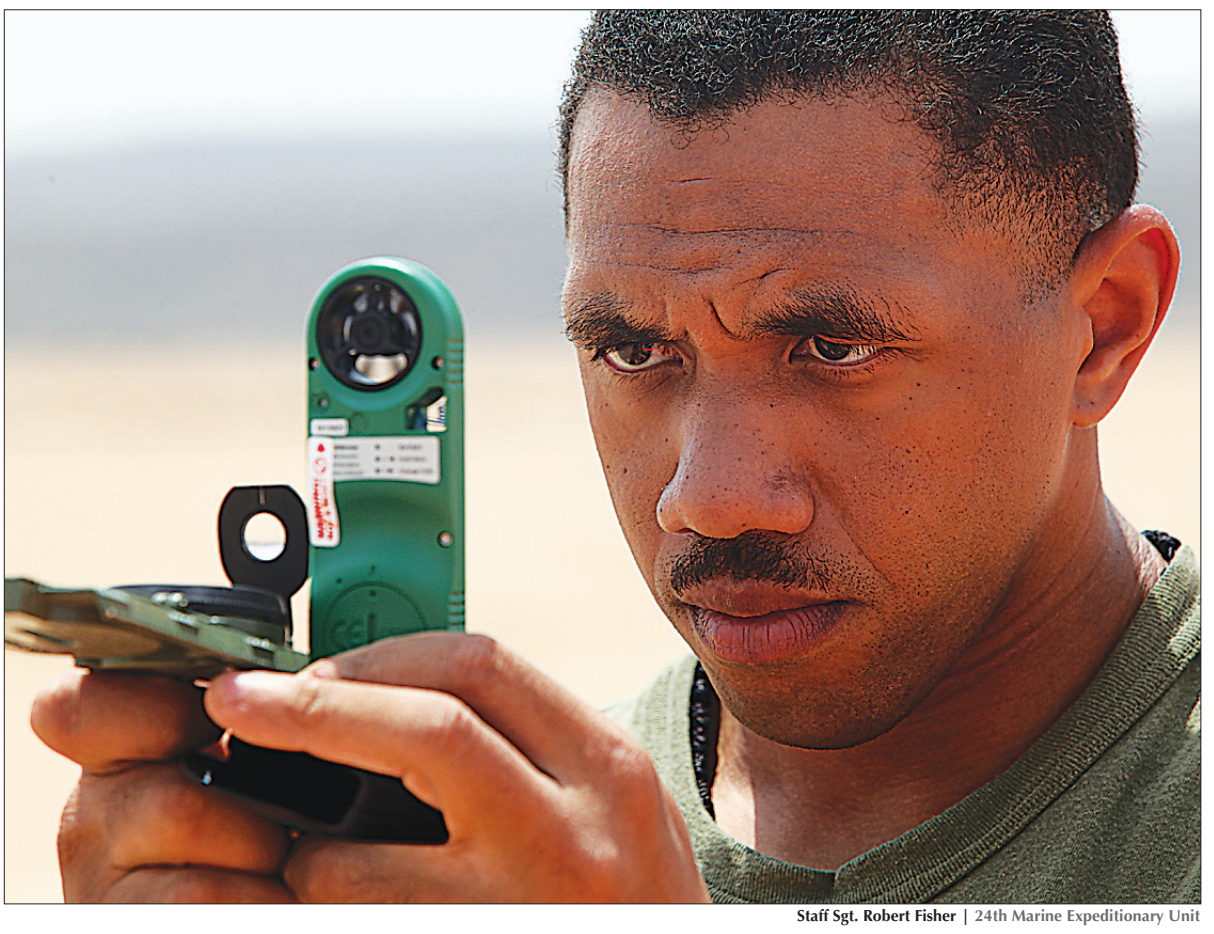
Hawaii Marine, Box 63062, Building 216,
MCB Hawaii, Kaneohe Bay, Hawaii 96863
E-Mail: HawaiiMarineEditor@gmail.com
Fax: 257-2511, Phone: 257-8837

MCB Hawaii holding mural contest for changing station

Kristen Wong | Hawaii Marine

Marine Corps Base Hawaii is hosting a mural painting competition for the North Beach changing station. This is an opportunity for all base personnel to leave their mark aboard MCB Hawaii. Interested artists must submit a version of their idea to hawaiimarineeditor@gmail.com. All submissions must be received by Thanksgiving. All murals must include the following: be Hawaii related, have the Eagle, Globe, and Anchor, include "MCB Hawaii," and incorporate different historic or relevant items related to Kaneohe Bay. All murals submitted will be judged by a selected panel and the winning artist will have the opportunity to paint their mural on the North Beach changing station.

Kaneohe Bay Marine prepares for airdrop



Staff Sgt. Robert Fisher | 24th Marine Expeditionary Unit

Sgt. Milford Anthony, an air delivery specialist with the air delivery detachment, Combat Logistics Battalion 24, 24th Marine Expeditionary Unit, and Kaneohe Bay, Hawaii, native, checks the wind speed and direction in preparation for container delivery system airdrop in Djibouti, Sept. 21. They arranged the drop site and CDS bundles before the drop date. They also collected the supplies and repacked the parachutes alongside their fellow Marines from CLB-24, who returned to training with the newly delivered water and field rations. The 24th MEU and IWO ARG are currently deployed to the U.S. Central Command and 5th Fleet areas of responsibility serving as a theater reserve providing support for maritime security operations and theater security cooperation efforts.

'Ugly Angels' beautify Fort Hase Beach

Kristen Wong | Hawaii Marine

More than 30 members of Marine Heavy Helicopter Squadron 362 spent several hours cleaning-up Fort Hase Beach and Mokapu Central Drainage Channel. The Ugly Angels collected and removed trash including four 5-ton vehicle tires, two microwaves, a 32-inch flat screen TV, a video game console, a bicycle, a fire extinguisher, a crutch, a safety cone, an ironing board, a lamp, a child's scooter, grills, the base of a chair and many bottles. As the squadron nears deactivation, many of the Ugly Angels are currently on leave, while others are already training for their next duty. The remaining Ugly Angels took some time to help the base by arranging this clean-up. "We're lucky that we were able to take a little break in our training here and do something positive to contribute to the base and this beautiful environment that we have here," said Maj. Dan Rubel, the executive officer of HMH-362.

AROUND THE CORPS

US, Philippine forces conduct artillery operations

Lance Cpl. Codey Underwood
31st Marine Expeditionary Unit

FORT MAGSAYSAY, Philippines — Protruding through the camouflage netting overhead, the enormous barrels of the artillery weapons launch deadly fire on the command from both Philippine and American warriors.

Marines and sailors from India Battery, 3rd Battalion, 12th Marine Regiment, 31st Marine Expeditionary Unit conduct live-fire operations alongside Philippine Marines and soldiers from Field Artillery Battalion, using M777-A2 Howitzers here, Oct 10.

"Today's goal was to conduct bilateral training with the Philippine Marines and the Philippine Army so our Marines get a taste of what is going on, on their side, and so they can also see ours," said Sgt. Daniel Middlebos, a howitzer section chief for India Battery, 3rd Battalion, 12th Marines Regiment, 31st Marine Expeditionary Unit and a native of Spokane, Washington. "Part of the bilateral training is getting them on the gun line with us so that they are learning every position, so we have the ability to operate together without problems."

The training conducted was a "shake and bake" operation. This is conducted by firing two types of rounds, the M795 High Explosive round and the M110 White Phosphorus round. By combining each round's unique properties with proper timing of fires, the "shake and bake" can cause devastating effects on the target. During this operation, the M795 round uses its high explosive capability to stop a convoy of vehicles, allowing the M110 to maximize its incendiary effectiveness on the now exposed enemy.

Sgt. Paul Robbins | 31st Marine Expeditionary Unit

Lance Cpl. Devin Stewart, a cannoneer with India Battery, 3rd Battalion, 12th Marine Regiment, 31st Marine Expeditionary Unit, and a native of Sidney, Ohio shows a Philippine soldier procedures for aiming an M777 Howitzer during live-fire training here, Oct. 10.

"During this operation, we have multiple Howitzers firing, allowing us to use two completely different rounds with different capabilities at the same time," according to Lance Cpl. Devin Stewart, a cannoneer with 3/12 and a native of Sidney, Ohio. "Firing these guns with the Philippine Marines and soldiers is tough, but at the same time, I enjoy it."

The bilateral forces worked together by plotting points inside the fire direction control center, aiming and adjusting the Howitzers, practicing loading procedures, and firing the rounds. The training provided the Philippine forces with familiarity in the weapons, and the Marines a new perspective of their counterparts.

"All of this training we have done today will prove to be useful during our future operations," said 1st Lt. James Melad, a battery section commander with Headquarters Battalion, Philippine Marine Corps and a native of Tuguegarao City, Republic of the Philippines. "We only get two chances a year to work alongside the United States Marine Corps. Each time, both sides walk away more knowledgeable and capable than before."

The Marines and sailors of the 31st MEU are conducting the 29th iteration of the Amphibious Landing Exercise alongside their Philippine Marine counterparts in order to improve the two forces' interoperability and strengthen their long standing relationship.

"It is an honor to have been selected out of our battalion to come and train with the Philippine forces," said Stewart. "When we show each other something and then operate flawlessly, it really gives you a sense of accomplishment."

The 31st MEU will continue to train alongside the Philippine Marines and soldiers throughout the two week exercise, integrating the skills gained here into future operations. The 31st MEU is the only continuously forward-deployed MEU and is the Marine Corps' force in readiness in the Asia-Pacific region.

1st Marine Division Marines save motorcyclist's life

Sgt. Alfred V. Lopez
Regimental Combat Team 6

MARINE CORPS BASE CAMP PENDLETON, Calif. — On a late Thursday afternoon, Staff Sgt. Javier Acosta, a platoon sergeant with Charlie Company, 3rd Assault Amphibian Battalion, and Sgt. Ronny Pool, a platoon sergeant with Headquarters and Service Company, Headquarters Battalion, 1st Marine Division, were both on their routine commute to their respective homes on Sept. 27.

As they slowed to a stop at an intersection of Winchester Road in Temecula, Calif., both Marines noticed a change in the traffic pattern. They scanned their surroundings for the cause and quickly noticed that a motorcycle accident occurred near the intersection.

Without hesitation, Acosta, a native of Santa Clarita, Calif., and Pool, a native of De Soto, Kan., snapped into action toward the scene of chaos. Unbeknownst to them, their actions over the next 30 minutes would save a man's life. Acosta was on his way home to Winchester, Calif., with his two children when he noticed the accident's victim lying on the ground.

"I saw where the accident happened, I noticed the individual rolling around on his side," said Acosta. "At that point I told my [eldest] son to take the wheel and park the car on a safe spot. Then I jumped out of the car and ran to the individual on the ground."

"As I approached the individual, I noticed that his left leg was almost completely severed off," Acosta explained. "I kept looking around to see if there was anyone else in the area who can help me out. I noticed a person walking around and I told him to call 9-1-1, which was my first instinct."

About two or three minutes after Acosta approached the victim, another Marine approached the scene carrying a trauma kit.

Pool was driving to his home in Hemet, Calif., when he noticed the accident. Without hesitation, he drove his truck towards the scene, and parked to block traffic from the accident's victim. Pool then grabbed his trauma kit, and ran towards Acosta and the victim.

"When I got there, there was already someone holding the [victim's] head," said Pool. "I didn't know until later on that he was a Marine because he was wearing [civilian clothes]. He immediately asked me for a tourniquet, because from what I could see, the individual had his leg severed and we needed to stop the bleeding ... I looked in my bag and realized that I didn't have any more tourniquets," Pool explained. "The next thing I know [Acosta] told me to take my [Marine Corps Martial Arts] belt and use it as a tourniquet around his leg."

After further assessing the victim's injuries, Acosta had removed the victim's motorcycle helmet and held his neck straight to protect from further spinal injuries, while Pool kept his knee on the femoral artery to keep constant pressure against the bleeding.

"At that point, some paramedic students came over to help us out," Acosta recalled. "We kept asking him questions to keep him conscious."

"[Acosta] and I were going through the combat life saver steps we know," said Pool. "We used the civilians that were there to redirect the traffic until the paramedics arrived."

When the paramedics arrived, Acosta and Pool provided the victim's vital signs, and helped them load the victim onto the gurney. As the ambulance's sirens faded away, the two Marines spoke for a short time and went their separate ways.

Sgt. Alfred V. Lopez | Regimental Combat Team 6

Sgt. Ronny Pool, a platoon sergeant with Headquarters and Service Company, Headquarters Battalion, 1st Marine Division, used his combat life saving skills to save an injured motorcyclist's life on Sept. 27.

Acosta and Pool both credit the successfulness of their lifesaving skills to training received in the Marine Corps.

"We get trained in basic first aid beginning at bootcamp," explained Acosta. "Pool and I have received training in lifesaving skills, so we used the tools we had at the time. If Pool didn't show up when he did, I don't think we could have saved the individual."

Both Marines firmly believe that skills they've acquired through training in the Marine Corps, are valuable to both their Corps and community.

"We were the first ones there and I didn't see anyone else," said Pool. "The ethical thing to me was to render help. We've had the training as Marines, so why just serve our Marines, and why not serve the community as well?"

Fleet Week's Parade of Ships lands in San Francisco Bay

Sgt. Michael Cifuentes
1st Marine Expeditionary Brigade

SAN FRANCISCO — San Francisco Fleet Week 2012 opened the weekend with one of the week's premier events, the Parade of Ships, Oct. 6.

Nine sea vessels belonging to the U.S. Navy, Coast Guard, San Francisco Fire Department and the Canadian Navy entered the San Francisco Bay underneath the Golden Gate Bridge in a prestigious and ceremonial event —tradition to San Francisco Fleet Week.

San Francisco Fire Dept.'s Fireboat "Phoenix" led the parade blasting streams of water from the boat's three water cannons. A fleet of ships proceeded behind the Phoenix with the U.S. Navy's USS Spruance and the USS Preble, the Coast Guard's USCGC Sherman, Canada's HMCS Algonquin, HMCS Edmonton, and HCS Brandon, San Francisco's liberty ship SS Jeremiah O'Brien and the Coast Guards retired ship USCGC Morris. The USS Makin Island, an amphibious assault ship that holds the 13th Marine Expeditionary Unit, already berthed at San Francisco's Pier 32 on Oct. 3.

U.S. Marine, Coast Guard, Navy, Canadian Navy and Bay Area agencies were all represented by their distinguished leaders at the St. Francis Yacht Club in the ceremonial event. As ships floated through the bay with their crew "manning the rails," the nation's leaders in uniform and city Mayor Edwin M. Lee rendered a salute to every vessel.

Maj. Gen. Melvin G. Spiese, the commanding general of 1st Marine Expeditionary Brigade, said being able to showcase the parade of ships puts the fleet right in the middle of the San Francisco Bay, the best venue for the weekend.

"There's no better backdrop for the fleet than to sail in the bay," said Spiese, a native of Chicago.

Fleet Week's mission is to focus on humanitarian assistance and disaster response preparedness, and at the same time, give the Bay Area community a chance to meet the nation's military members.

Retired Marine Maj. Gen. James Myatt, president and CEO of the Marines Memorial in San Francisco, said the city wants to capture the expertise the military has developed in providing humanitarian assistance and disaster response.

"We're going to have a catastrophic earthquake. We know we're going to have it. We just don't know when," Myatt said. "The only way a timely relief could be provided is if it comes from the sea. That's why naval services are key in humanitarian assistance and disaster relief planning in the Bay Area."

Spiese said Fleet Week is a chance to work on the Corps' versatility and adaptability. "That's what Marines and sailors are known for."

"We put a force to sea anticipating it can do just about anything as a situation develops," Spiese said. "Working through various types of scenarios increases our ability to work through complex challenges and problems we could be tasked with."

San Francisco Fire Chief Joanne Hayes-White said San Francisco Fleet Week 2012 is the third year local agencies such as the emergency services and law enforcement has teamed up with the military to train in humanitarian aid and disaster relief operations.

"We built a strong relationship three years ago and we're strengthening that relationship today," Hayes-White said. "Building those relations, strengthening them and cross training one another is greatly appreciated by us and we know the military has our backs in the time of a large scale emergency here."

The parade of ships ceremony at the St. Francis Yacht Club concluded with a reception and rolled in to Fleet Week's air show over the bay.

Service members compete to win shooting match

Story and photos by
Cpl. James A. Sauter
Combat Correspondent

EWA BEACH, Hawaii — Beating rays from the sun pounded the shooters as they stood behind their table stations as they looked down range toward their targets. Told to make ready by the range tower supervisor, the shooters loaded a magazine into their M9A1 Beretta pistols. Unlike regular pistol qualification, the shooters held their pistols with one hand, an unstable challenge.

Cpl. Nolan Fazio, with 3rd Marine Regiment, took special caution about everything his body was doing from his breathing, holding the pistol, standing position and even the sweat secreting from his hand and down his forehead into his eyes. His experience is very similar to what every other shooter was going through that moment.

"Shooters, you may commence firing when your targets appear … targets!" announced the tower.

For the past two weeks, service members from different branches competed in a rife and pistol shooting competition at Puuloa Range Training Facility, Oct. 1 to today.

The matches were a chance for service members that are rifle and pistol qualified to take classes and compete in an intramural match. The match is designed to be competition friendly between the service members and serve as an annual training opportunity. If a shooter shot well enough here, then the shooter may have a chance to be scouted and placed on a shooting team for the Pacific Division Matches.

Service members examine their targets after their relay finished shooting the pistol portion of an intramural shooting match at Puuloa Range Training Facility in Ewa Beach, Tuesday. The matches were a chance for service members that are rifle and pistol qualified to take classes and compete in an intramural match. The match is designed to be competition friendly between the service members and serve as an annual training opportunity. If a shooter shot well enough here, then they may have a chance to be scouted and placed on a shooting team for the Pacific Division Matches.

The intramural match is comprised of rifle and pistol qualification shooting. However, the shooters have to perform with slightly different rules such having to shoot a pistol with one hand at a target that has additional scoring rings on it.

"When I came into the Marine Corps, I only shot my stepfather's .22 rifle and airsoft guns," Fazio said. "It was something that I really loved doing. I would go into the back yard, stack a couple of cans and practice shooting each one without knocking over the others. It was embedded in me as a little kid to get that perfect shot."

Fazio competed in intramural matches in the past and placed among the top shooters. He said obtaining the perfect shot is a matter of knowing yourself. Fazio said the weapon is just a tool and it's the shooter that puts the round in the black of a target.

"Some people think that a weapon is supposed to shoot straight but it doesn't," Fazio explained. "I was taught that you have to put the weapon in a vice to keep it straight and you have to be that vice. How you hold the weapon, natural point of aim and how you come back to rest after shooting all factors into that vice."

After Fazio's relay finished firing, the shooters went over to examine their targets. Fazio put seven of his ten shots in the black. The next shooter over was Lance Cpl. Sean Shields, with 3rd Battalion, 3rd Marines, who shot just a few points below Fazio.

"These competition matches are really fun," Shields said. "I enjoy going up against other Marines and service members and seeing who's the best. I shot pretty well today and feel good about the days to come."

After the competition ended, Fazio placed first as the overall high shooter of intramural match.

Cpl. Nolan Fazio, with 3rd Marine Regiment, aims down range with his M9A1 Beretta Pistol during an intramural shooting match at Puuloa Range Training Facility, Tuesday.

Cpl. Nolan Fazio, with 3rd Marine Regiment, and Lance Cpl. Sean Shields, 3rd Battalion, 3rd Marines, place first and second after their relay finished pistol shooting during an intramural shooting match at Puuloa Range Training Facility, Tuesday.

Lance Cpl. Sean Shields, with 3rd Battalion, 3rd Marine Regiment, and Cpl. Nolan Fazio, with 3rd Marines, go over their targets and score their cards during an intramural shooting match at Puuloa Range Training Facility, Tuesday.

‘These are ‘my boys”

Scott Hubbartt
CMSgt., USAF (Ret.)
Contributing Writer

I consider myself very fortunate and blessed to have been given the opportunity to serve my nation in uniform for nearly three decades. One of my many wonderful overseas assignments was to a Dutch air base in the southeastern portion of that country. My family and I thoroughly enjoyed working and living there and relished in the experience.

We lived in the community of Uden — located along the historic path that a half a century before British and Allied forces took in their fight to liberate Holland from the Nazis. The proud and grateful Dutch have never forgotten. Living there we experienced nothing less than fine hospitality and friendship.

Often, my wife would take pleasant walks around our town or into the nearby countryside. We came to know the area pretty well. One day while walking through a narrow residential streets we came upon a small, very tidy cemetery.

Set tightly between a few homes we were surprised that we had never stumbled upon it before. Then something seemed out of place … in front of the beautifully kept place of rest we noted a flag pole. And flying over the more than 700 stone markers was the British Union Jack banner. We quickly understood that this was one of the dozens of war cemeteries which dot the region.

Then we saw him.

I wish I could remember his name. I seem to remember it as Peter so that’s what I’ll call him. He was an older man neatly dressed in slacks, a woolen vest — complete with tie, and out-of-place work gloves. He was busily scraping at a stubborn weed poking up from a crack in the pavement.

Seeing us he stood, and with a warm smile greeted us. Realizing that we were foreigners he asked in English, “Who are you looking for?” I explained that we were just strolling by and were just curious.

Peter explained pointing, that he lived “there, across the street” and that he was the voluntary caretaker. He went on to explain that he had been doing this for many years and gave us a sort of tour of the solemn, but welcoming place. He explained that these were all heroes mostly English, some Canadians, and a few from Australia, New Zealand and even Poland. He knew them all - I mean exactly that. As we slowly walked among the aging stones Peter called most by name, often using a shortened version or a nickname.

“This is Stan, he comes from Dorset … Here is Mike, his parents came for many years on his birthday, but no more …”

I was struck with his knowledge, and even more stunning, the depth of his intimacy with these fallen men.

Peter invited us across the narrow street to his modest home where he introduced us to his equally sweet wife. There he pulled out a few thick photo albums stuffed full of letters and photos from countless family members, friends and sweethearts. They wrote Peter inquiring and corresponding about their lost loved ones.

He explained that for many years now he has worked to keep the place neat and well maintained. Often visitors came to see where their loved ones rested and he gladly served as their guide helping them find the marker they sought.

Now as aging loved ones grew older less came to visit he explained. However, “these days,” he said, now, they often write and ask him to place flowers at the gravesite on some birthday or anniversary, which he gladly did.

Sometimes, he would even snap a photo and mail it back to them. Beaming with pride he showed my wife and I an overstuffed book of cards and notes of gratitude.

Greatly impressed, I asked him, “Why do you do this?”

To which he replied, “Why? These men fought and died for me. They freed me. It’s the least I can do.”

I silently noted how he had used the personal word ‘me’ instead ‘us’ and I told him how impressed I was of his patriotism and compassion.

Then he left me speechless saying “Of course. These are ‘my boys’ – I love them all.”

I find that I really like the Dutch people.

New NAVFAC Pacific commander takes helm

News Release
NAVFAC Pacific Public Affairs Office

PEARL HARBOR — Naval Facilities Engineering Command Pacific commander Rear Adm. Kate Gregory, U.S. Navy Civil Engineer Corps, was relieved by Rear Adm. Scott Weikert, CEC, USN, during a change of command ceremony held Oct. 1 at the command headquarters.

NAVFAC commander and chief of civil engineers Rear Adm. Christopher Mossey, CEC, USN, served as the keynote speaker and praised Gregory for her exceptional work, tireless dedication to duty, and leadership in times of fiscally challenging and difficult times.

“What Admiral Gregory has really excelled at over the past couple of years is helping us to answer ‘how does NAVFAC continue to support the Navy and Marine Corps during a period of significant financial constraints?” said Mossey. “That’s a big question, and that’s a real challenge. This is where she has done the hardest and the most important work of all.”

“She’s left an indelible mark on this command with her energy and her willingness to take on these tough challenges,” said Mossey.

Gregory reflected on her time as NAVFAC Pacific commander and recognized the contributions and achievements of the entire team.

“When I think about what the ‘Hawaii ohana’ means, it’s really the professionalism that has been displayed here and throughout the Pacific,” said Gregory. “I appreciate having had the opportunity to serve with you. When I think about all the things that you’ve accomplished, they all come back to the way that you have managed the work, and the way that you’ve worked together to put the mission first.”

Weikert assumes command of NAVFAC Pacific with years of Navy civil engineer experience, and after having served the last several years as the deputy commander of NAVFAC and deputy chief of civil engineers.

He has held several flag officer assignments to include command assignments with NMCB 27 in Brunswick, Maine, and 7th Naval Construction Regiment in Newport, R.I.

In his new assignment, Weikert will also serve as the U.S. Pacific Fleet civil engineer, and will maintain his duties as the deputy chief of civil engineers, which he held at NAVFAC headquarters in Washington D.C. since October 2010.

“I consider it an absolute privilege to have this opportunity to serve with the NAVFAC Pacific team,” said Weikert. “It is my intent to continue with the NAVFAC Pacific initiatives that are in place and progressing, to continue the momentum and energy that has been established, and make this transition in leadership as seamless as possible to you and our supported commands.”

Gregory will report to her next assignment on Oct. 26 as the NAVFAC commander and chief of civil engineers in Washington D.C.

Marine Corps Heritage Foundation

Now accepting submissions for annual awards

Press Release

Marine Corps Heritage Foundation

DUMFRIES, Va. — The Marine Corps Heritage Foundation is now accepting submissions for its annual awards program.

Each year the Marine Corps Heritage Foundation presents awards honoring the outstanding, creative work of individuals in preserving and promulgating the Marine Corps' history, traditions and culture. Marines and civilians alike may submit their own entries or the distinguished work of others for award consideration. Awards will be presented at the Foundation's annual ceremony on April 20, 2013. Submissions deadline is January 9, 2013.

From active duty and retired Marines to civilians, the awards program draws entries from a broad spectrum of individuals interested in portraying or recognizing some aspect of Marine life, culture, history, or work.

The Foundation recognizes superior achievement in literature, art, photography, videography and museum exhibits. Award categories include historical scholarship, journalism and letters and arts for a total of 15 awards. The awards submissions will be reviewed by a distinguished and diverse panel of editors from major regional and national media outlets, as well Marines, authors and noted photographers.

For a detailed list of the awards as well as the submission requirements, please visit: http://www.marineheritage.org/awards.asp.

"Our annual awards ceremony spotlights the creative achievements of civilians and Marines alike," said Lt. Gen. Robert R. Blackman, Jr., president and CEO of the Marine Corps Heritage Foundation. "The Foundation applauds all those who have created work that depicts, advances and preserves Marine Corps history, traditions, and culture. We strongly encourage individuals to submit their own work or submit work on behalf of others. It is important for these works to be celebrated."

Dedicated to the preservation and promotion of Marine Corps history, the Marine Corps Heritage Foundation was established in 1979 as a nonprofit 501(c)(3) organization.

The Foundation supports the historical programs of the Marine Corps in ways not possible through government funds.

The Foundation provides grants and scholarships for research and the renovation, restoration, and commissioning of historical Marine Corps artifacts and landmarks.

Securing the necessary funding for the complete construction of the National Museum of the Marine Corps and Heritage Center, located in Triangle, Va., is the Foundation's current primary mission while continuing to provide program support for the Corps' historical, museum, and educational activities.

Marine Corps Heritage Foundation's Annual Awards

The MCHF is accepting submissions for awards in historical scholarship, journalism and letters and arts

For a detailed list of the awards and the submissions requirements, please visit: http://www.marineheritage.org/Awards.asp

E-mail or mail all submissions to:
hodges@marineheritage.org

Susan Hodges
Vice President of Administration
Marine Corps Heritage Foundation
c/o Awards Program
3800 Fettler Park Drive, #104
Dumfries, VA 22025

***Contact Susan Hodges at (703) 640-7961 with all submissions queries.**
Submissions deadline is January 9, 2013

Health and Wellness

Naval Health Clinic Hawaii change in hours

Press Release

Naval Health Clinic Hawaii

Naval Health Clinic Hawaii is no longer offering a Sunday walk-in clinic at Branch Health Clinic Makalapa. All clinic operations will be closed.

In addition, on federally-recognized holidays all clinic locations will be closed.

This includes Shipyard, Makalapa, Kaneohe Bay, Wahiawa, Camp H.M. Smith and Barking Sands Pacific Missile Range Facility.

Beneficiaries can speak to a healthcare provider at anytime the clinics are closed by calling the "Provider After-Hours Advice Line" at 473-0247, ext. 3.

For emergencies, dial 911 or go to Tripler Army Medical Center.

For active duty dental emergencies, dial 864-4705.

For the clinic's hours of operation, please visit our website at http://www.med.navy.mil/sites/nhch.

Naval Health Clinic Hawaii closed Thursday

Press Release

Naval Health Clinic Hawaii

All Naval Health Hawaii operations will be closed on Thursday. This includes all medical and dental facilities at Branch Health Clinics Makalapa, Camp H.M. Smith, Wahiawa, Kaneohe Bay, Shipyard and PMRF Barking Sands.

Our providers will be attending required training to ensure delivery of the best and most current patient care. Beneficiaries are asked to take this into consideration when scheduling care. All routine care should be planned prior to or after Thursday. This includes appointment scheduling, prescription refills, laboratory draws, etc. All clinics will re-open for regular business hours on Friday, Oct. 19. For NHCH hours of operation, please visit our website at http://www.med.navy.mil/sites/nhch. Beneficiaries can speak to a healthcare provider at anytime the clinics are closed by calling the "Provider After-Hours Advice Line" at 473-0247, ext. 3. For emergencies, dial 911 or go to Tripler Army Medical Center. For active duty dental emergencies, dial 864-4705.

BIRTHDAY, from A-1

we've really been innovating ever since, whether it's shipbuilding, warfighting or energy, we always want to be innovative," Doughty said.

The anniversary will be celebrated over the weekend by several events including a bell-ringing ceremony, a boat tour hosted by the commander, Navy Region Hawaii historian in Pearl Harbor, the Navy Region Hawaii Enlisted Birthday Ball and Navy Officer's Ball with guest speaker retired Capt. Gerald Coffee, Oct. 13.

Military and civilians are welcome to attend the reading of the secretary of the Navy's birthday message outside Pearl Harbor's Visitor Center during a coordinated Navy-wide bell-ringing ceremony, today at 8:20 a.m., in a global birthday commemoration. The event is open to the public.

The secretary of the Navy's birthday message details the Navy's rich history and conquests from the critical turning point of the War of 1812 to the present. It highlights the Navy's core values of courage, honor, and commitment reflected in the actions of every crew who has served and calls to celebrate victories while honoring the fallen.

Ensign Michelle Downs, the event coordinator for the bell-ringing ceremony, has served in the Navy for two years. She said sailors who attend the event should walk away with a sense of history.

"I think it's important for sailors to know the heritage and know where it all came from," Downs said. "To know there is a long and celebrated history. The birthday is an opportunity to teach our sailors that heritage."

The birthday festivities are meant to signal a demonstrable reminder of the Navy's history and heritage, observe enduring tradition, and to unite and rally sailors the world over.

Cpl. James A. Sauter | Hawaii Marine

Medal of Honor recipients and retired Marines (left to right) Col. Wesley Fox, Maj. Gen. James Livingston and Col. Harvey Barnum Jr. speak to Marines from 3rd Marine Regiment about espirit de corps and the bonds between older and younger generations of Marines during a visit to Marine Corps Base Hawaii, Oct. 4. During their visit, the Medal of Honor recipients held a book signing, visited the 2012 Kaneohe Bay Air Show, the current Sergeants' Course class and ate lunch at Anderson Hall Dining Facility.

HONOR, from A-1

Del., flew to Hawaii just for the Medal of Honor Convention. She has met the recipients at least eight times, at various special events. She continues to come to the events because of the recipients themselves, and "what they do for the people is the greatest thing in the world."

Several Marines from Marine Corps Base Hawaii volunteered for the event, including Staff Sgt. Joey Gonzalez, logistics chief for Aircraft, Rescue and Firefighting at Marine Corps Air Station Kaneohe Bay, who escorted Medal of Honor recipient James A. Taylor throughout the week.

"It was a pleasure," Gonzalez said of the experience. "They served our country just as I'm serving … to be able to contribute to them, the way they contribute to the country, I thought it was well-deserved."

Gonzalez said merely reading Taylor's citation made a personal impact on him. Gonzalez also said that Taylor remains involved in his community to this day.

"He's 89 years old," Gonzalez said. "He doesn't act like it. He's not hindered by it. When I'm his age I hope to be able to contribute to the community and be as active as he is."

Lance Cpl. Andrea Maciag, a signals analyst with 3rd Radio Battalion, stood beside Medal of Honor recipient Hiroshi H. Miyamura during the signing, offering him assistance as needed. She volunteered throughout the convention, escorting Miyamura.

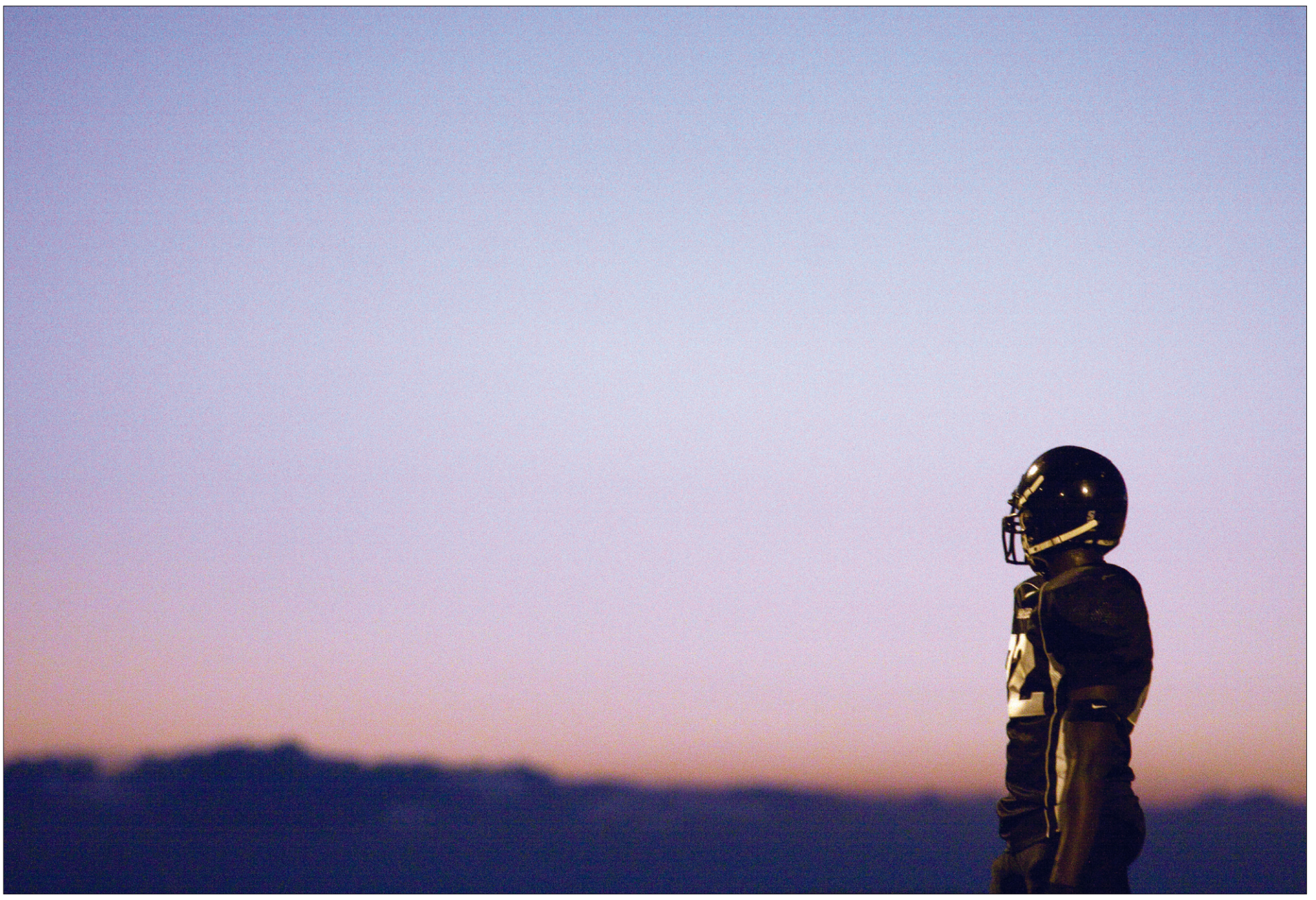
"What are the chances of me being able to do something like this again?" said the native of Pinconning, Mich. "It's an honor, hearing what they have to say. They don't brag about what they did, it's just what they had to do."

Sgt. Matthew Rodgers, an infrastructure manager with Headquarters Battalion, escorted retired Air Force Col. George "Bud" Day during the event.

"It's an honor to give back what little I can to the recipients for what they've done for us," Rodgers said. "They've given what they can to make sure their buddies survived. I want to make sure they're taken care of here."

More than 50 Medal of Honor recipients attended the convention. Various events were held throughout the week including a block party in Honolulu, a trip to see the Kaneohe Bay Air Show, visits to military installations and a stone dedication ceremony at the National Memorial of the Pacific.

Hawaii Marine
Sports & Health
October 12, 2012
Volume 43, Number 41
www.mcbh.usmc.mil



A 3rd Marine Regiment "Panthers" kick-returner awaits a kick-off during their 30-0 loss to the Headquarters Battalion "Warriors," Wednesday at Bordelon Field, Camp Smith.

Still the one

Warriors outlast Panthers defense in red-zone slugfest

Story and photos by
Sgt. D. R. Cotton
Press Chief

The Headquarters Battalion "Warriors" shut out the 3rd Marine Regiment "Panthers," 30-0, at Bordelon Field, Camp Smith, Wednesday.

The Warriors were finally able to outlast the Panthers' defense in the second half and drive in a few more scores to put the game out of reach for the Panthers, after the Panthers were able to hold the Warriors to just eight points in the first half.

"Our offence was finally able to score some," said Kelvin Brown, Warriors head coach. "We were getting frustrated with all the possessions in the red zone."

With rain, multiple injuries and fatigue setting in, the Panthers' Ironman-style football was unable to hold.

"We stuck to press coverage; we know they're a running offence, and we forced them inside," said Panthers cornerback Darren Terry. "The rain played a big factor offensive-wise with the fumbles. Overall that affected us as a defense with limited time to rest. In the third and beginning of the fourth [quarters], a lot of us started cramping up.

The Warriors scored three additional touchdowns in the second half, unlike the first half, where the winless Panthers seemed well matched for the undefeated Warriors.

"We had to try and play hard defense over a long period of time. They had plenty of subs; we didn't have that," Terry said. "Some guys played both ways … in most of our games it happens that way. The whole first half, we limit teams to a touchdown or so."

The Warriors' defense was impenetrable, only allowing for a couple of first downs, no points and forcing fumbles on the majority of Panthers possessions.

"We have the best defense in the league," Brown said.

The Warriors will attempt to remain undefeated as they face Combat Logistics Battalion 3 next, Oct. 23, at Bordelon Field.

Headquarters Battalion "Warriors" quarterback Andrew Rios pitches the ball to the halfback, during their 30-0 victory over 3rd Marine Regiment "Panthers," Wednesday at Bordelon Field, Camp Smith. The Warriors ran for three and passed for one touchdown during the game.

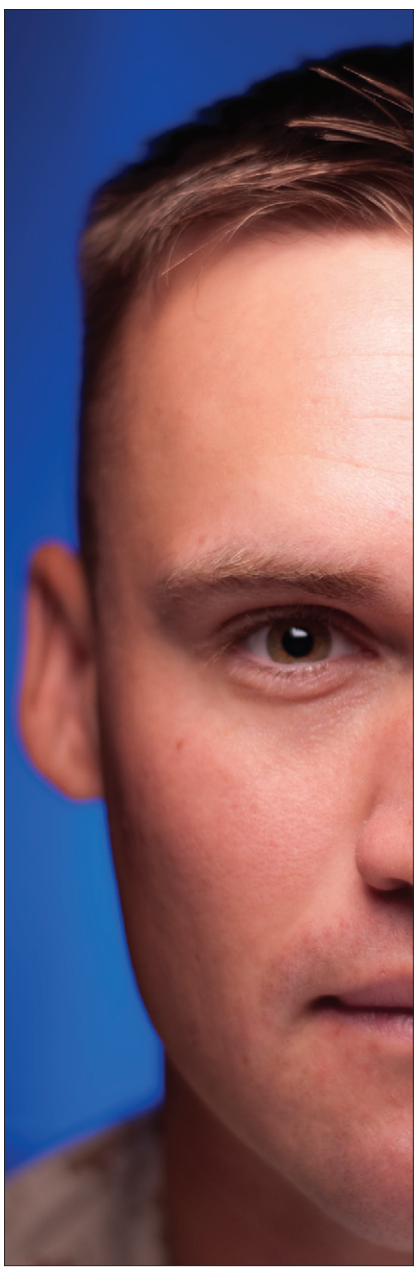
Daniel Havea, a 3rd Marine Regiment "Panthers" defender, speaks to his defense during a first-half injury timeout in the Panther's 30-0 loss at Bordelon Field, Camp Smith, Wednesday. Havea, during this huddle, said that their defense had to be the ones to define the game and would be able to give them their best chance for victory.

VS

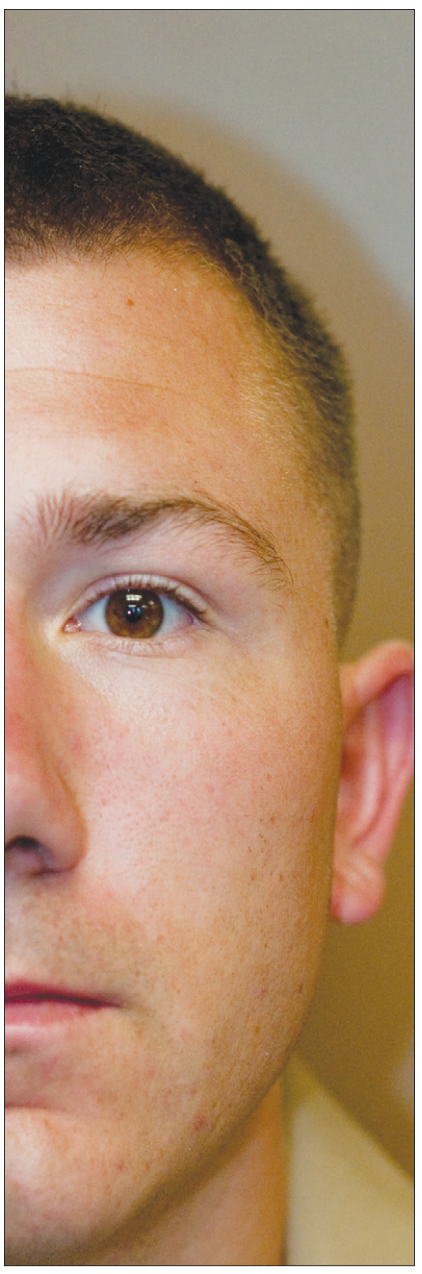
Sgt. Danny Woodall vs. Sgt. Skyler Tooker

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

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



WOODALL



TOOKER

What's up with Kobe Bryant?

TOOKER: After 16 years in the National Basketball League, Kobe Bryant says his next season may be his last. Kobe is arguably one of the best players to ever play in the NBA and one of the best franchise players in any sport. Bringing five championships to the Lakers and on his way to possibly number six, I think I would cash in my chips and be recognized as one of the all time greats if I was him, but that's just me.

WOODALL: Kobe has several accolades to his name – five NBA championships, two Olympic Gold Medals, and more All-Star appearances than Joe Mantegna … I mean Montana … I mean Michael Jordan. But if Kobe truly wants to "be like Mike" (which he does), then he needs to play longer than the next two seasons. America rightfully forgave Jordan for retiring early – twice. Jordan isn't just the greatest basketball player of all time, he's an inspirational brand. If Kobe retires after next season, his legacy will indeed be secure. That legacy, of course, will be "the second best of all-time."

TOOKER: I wasn't even going to bring Jordan into this conversation, but it never fails when anyone talks about Kobe, Jordan is not far from being mentioned. I indeed believe Jordan is and forever will be the greatest basketball player to play the game. I also think all the players playing in the NBA right now all would like to be like Mike. They all grew up watching him with the Bulls dominating with his all-star team. I think Kobe realizes that and he wants the next generation basing their game off of him like he did with Jordan. Kobe realizes it and I think everyone else needs to realize it, there is only one Michael Jordan and there will only ever be one Michael Jordan. Just like there will only ever be one Kobe.

WOODALL: Like many great players before him, Kobe has earned the right to retire after starting in 16 consecutive seasons and playing through injury and pain. Though his stats may decline, Kobe still has the legs to last beyond 2014. He's wrong to outright say he may not have the passion to play beyond that time. Kobe has a legion of fans all around the world and a franchise on his back (even with the additions of Dwight Howard and Steve Nash). Before making the biggest decision of his career, he should think about the fans before leaving an organization so highly dependent on his still-thriving skills.

TOOKER: I think Kobe wants to go out on top and by him saying he is leaving the game after next season is almost like him calling his shot. He is predicting the Lakers next championship. It's just like any career if you stay in it too long it just starts getting embarrassing. Kobe knows when it is time to quit and keep his name at the top of the list of greatest basketball players ever. I think when the Lakers secured Steve Nash and Dwight Howard that was them securing their next championship. With Kobe leaving the Lakers need a new franchise player. Dwight Howard maybe? All I know is whatever happens in Kobe's career there will never be another one like him. He is a hall of famer in my book. Besides, no one wants to surpass their idols. Six rings is just the right number.

WOODALL: Whoa, whoa, whoa! I'll give Kobe his due, but the Lakers aren't even the best team in the Western Conference, let alone the whole NBA. Sure they nabbed a dominant big man in Dwight Howard, but they had to lose Bynum to do it. Until Howard can prove he can play a full season without injury, we're headed for another OKC-Miami championship. If Kobe is hanging in there to win his sixth NBA ring, he should extend through the 2016-1017 season.

TOOKER: Okay, do we really think Dwight Howard isn't a beast who is 10 times the player Bynum was? Making that deal alone and bringing that kind of talent to an already very talented championship caliber team is going to ensure they are not only the best team in the Western conference but in the whole NBA. Gasol and Howard down low will be a force other teams are just not ready for. Not only will they have to deal with the two very dominating big men but they have Kobe, Meta-World Peace and Nash on the outside to worry about as well. Not many teams if any are going to be able to handle that.

WOODALL: The only thing Dwight Howard has proved is that he can single-handedly destroy an organization from the inside. Nash is too old, Meta-World Peace is too unpredictable, and Gasol is trade-bait.

If Kobe retires, the Lakers will go through a painful rebuilding era in a city accustomed to winning. Though I'm a rabid Mavs fan, I don't want to see a Kobe-less Lakers team in the near future.

SPOTLIGHT ON SPORTS

Splash and Dash Biathlon

Support the sailors of Helicopter Anti-Submarine Squadron Light 37 at the Splash and Dash Biathlon, Saturday, Oct. 20, at 7 a.m. Start the morning with a 500-meter swim in Kaneohe Bay, finishing with a 5K run that begins and ends at the Hangar 103 pad. This race is open to the general public. Online registration closes Tuesday, Oct. 16 at 4 p.m. Visit http://www.mccshawaii.com for more information.

Turkey Trot 10K

Take a running tour of MCB Hawaii with our last 10K run of the season, Nov. 17 at 7 a.m. The race will start and finish at Dewey Square. Run alone or in a six-person formation. Register online by Nov. 13 and receive a race T-shirt. Late registrations will be accepted, but with a late fee. Pick up your race packet by Nov. 16 at the Semper Fit Center. For more information, call 254-7590.

Youth Sports

Sign your child up for winter baseball and basketball programs or become a youth sports volunteer coach. Registration continues through Oct. 23 from 9 a.m. to 5 p.m. For more information, call 254-7473.

Keep cool with Aqua Aerobics

Step into better fitness with water weights during this hourlong class. Participants do not need to swim in order to participate. Class is held at the base pool Saturdays at 9:30 a.m. through the fall. For more information, call Semper Fit at 254-7597.

Semper Fit Juniors Program

The Semper Fit Juniors Program is open to 14- and 15-year-olds who, upon the completion of a Fitness Basics class, will receive a badge and are granted independent access to the center from 2 to 5:30 p.m., Monday through Friday, and during regular operational hours on the weekends and holidays.

Even with completion of the Fitness Basics class, youth must be accompanied by an adult outside of these designated hours. Independent access will be granted to all group exercise classes regardless of times (participant fees still apply). Participants must present their military identification and badge upon entering the facility after completing the class. For details, call 254-7597.

Adult sailing courses

The base marina offers a monthly adult sailing course where patrons can learn the basics of sailing in just four days. The highlight of this course is that participants will have the opportunity to receive a U.S. Sailing Small Boat Certification, valid at marinas across the nation. The cost includes book and certification. To register, call 254-7666.

New Outdoor Recreation and Equipment Center open at base marina

Check out the fun at building 6800. The OREC features a new, expanded selection of water activity, recreation equipment, and party rentals. For more information, visit http://www.mccshawaii.com/marina.shtml#open.

Sail around Coconut Island

Come sailing with us, and we'll do all the work. We cruise around Kaneohe Bay and Coconut Island Thursdays from 1 to 4 p.m. Bring your own refreshments. There is a fee per person and a five-person limit. Call 254-7666 for details.

Cosmic Bowling at K-Bay Lanes

The lights are off but bowlers can still strike it big as they play with the lane's special cosmic lights and neon-colored bowling balls. The glow-in-the-dark games are Fridays from 9 p.m. to midnight, Saturdays from noon to midnight and Sundays from 11 a.m. to 8 p.m. For more information, call 254-7693.

Female Flag Football Schedule

Oct. 14
Game site to be determined
2 p.m.- Army's Angels v. TNT
3:30 p.m.- Sharks v. War Dawgz
5 p.m.- Falcons v. Maniax

Oct. 21
Game site to be determined
2 p.m.- Falcons v. Sharks
3:30 p.m.- Vixens v. TNT
5 p.m.- Army's Angels v. War Dawgz
For more information about joining a team or the schedule, email: hawaii_female_flagfootball@yahoo.com.

First-time crew paddles the Molokai Hoe

Rochelle Smolinski
Photojournalist

Sara Anslow | Courtesy photo

Team Special Operations Forces Molokai Hoe 2012 haul past Diamond Head toward the finish line from their launch point on Molokai more than 35 miles away, Sunday. From front to rear: Grant Sharpe, Justin Ackerman, Momoevi Taware, Luis Rivera, Chuck Siedlecki, and Mike Metzger.

Sara Anslow | Courtesy photo

Team Special Operations Forces Molokai Hoe 2012, a part of the Na Koa Lani Outrigger Canoe Club, pose for a group photo after the race, Sunday. They ranked 90th of the 137 boats that raced.

HONOLULU — One hundred thirty-seven outrigger canoes at six paddlers apiece heave-hoed through the 38 miles of the Kaiwi Channel in Sunday's Molokai Hoe race.

The grueling race's beginnings hail back to Oct. 12, 1952, when three Koa outrigger canoes embarked from Kawakiu Bay on Molokai and landed on Waikiki nearly nine hours later. The winning canoe from Molokai, Kukui O Lanikaula, crossed more than 38 miles of open ocean and subsequently spearheaded the annual Molokai Hoe outrigger canoe race.

This year's Molokai Hoe, officially organized and sponsored by Oahu Hawaiian Canoe Racing Association, remains a rigorous sport of exhausting physical and mental demands in the often turbulent channel between Oahu and Molokai.

According to the OHCRA website, the Molokai Hoe is the Olympics of canoe races. Despite the difficulty of the event, teams from all over the world race here to compete.

Maj. James Hochstetler, Army Special Operations Command Pacific, wrangled a group of special operations men from nearly all branches of the armed forces to compete in this year's Molokai Hoe.

"Looking at the history of the Molokai Hoe event and the Hawaiian warrior culture, it's actually a really great fit for us," Hochstetler said. "Most of the guys I had in the boat do water things in the military by trade whether or not they're Navy SEALs, combat divers, or Air Force Combat Control Team guys. We're comfortable in an endurance event and I thought the warrior ethos fit well with the kind of men we had involved."

Hochstetler worked with Paul Anslow, director of safety for the Marine Corps Air Station, to train the military team out of Anslow's paddling club Na Koa Lani Outrigger Canoe. Anslow's passion for the sport led him to create the club for military members and families new to the sport and interested in participating.

"I wanted to bring paddling to the military community because it's a little intimidating walking up to a club with 60-70 people and you're new to paddling and new to Hawaii," Anslow said. "I wanted to bring it onto the base where it might be more comfortable."

"Na Koa Lani" means 'heavenly warrior' or 'sky warrior' and Anslow said he thought because of the proximity of the air station that it was a fitting name.

In a narrative written by a member of the Na Koa Lani club, Team Molokai Hoe 2012 is made up of nine active duty special operations forces from Special Operations Command Pacific. This team competed to fundraise support for the wounded, fallen, active and reserve and their families.

The team placed 90th of 137 canoes with a time of 7:31:12 in a race with unfavorable wind conditions and a team given only six weeks to train.

"I was a little hesitant because usually people practice for years and years," Anslow said. "But we worked hard, we practiced hard, and we had an absolutely fantastic race."

Maj. Momoevi Taware, Army Pacific Command Headquarters at Camp Smith, said this was his first time in the race and he would compete again.

"None of us had any expectations because we'd never done it before," Taware said. "I think we performed a lot better than we anticipated and were definitely more competitive than we thought we would be."

The Molokai Veterans Helping Veterans provided lodging, meals and transport to support the team during their stay in Molokai. Anslow, Hochstetler, and Taware each expressed gratitude toward the non-profit organization for their hospitality.

The Molokai Hoe continues to represent one of Polynesia's most important and hallowed cultural traditions for paddling teams around the world.

PMO

Crime Prevention Tip of the Month:

Per base policy, runners and walkers must be aware of traffic even when crossing streets or using crosswalks and are not allowed to use headphones when running or walking on sidewalks. PMO will be responsible for enforcing this policy.

PMO Contact Numbers & Locations

•To report suspicious activity/behavior or for non-emergency calls contact the desk sergeant:
257-1018/2123; Bldg. 1096

•For information regarding check in/out, fingerprinting, or weapon registration contact:
257-6994; Bldg. 1095

•For information regarding pet registration, fishing regulations, or lost/found animals contact the PMO Game Warden:
257-1821; Bldg. 3099

•For information regarding vehicle decals, base passes, and vehicle registration contact:
257-2047/0183; Bldg. 1637/1095 for MCB Hawaii and 477-8734/8735; Bldg. 601 for Camp H.M. Smith

•For information regarding traffic regulations, citations, or traffic court contact the Traffic Court bailiff:
257-6991/6992; Bldg. 1095

•For all other numbers not listed contact Base Information:
449-7110

For more information visit the PMO website:
http://www.mcbh.usmc.mil/mp/default.htm

Topic of the Month

While operating a bicycle aboard MCB Hawaii installations, be sure to follow Base Order 5500.15B regarding bicycle regulations. Bicycles are only permitted on streets, roads, and parking areas; only children operating foot powered devices with a height of less than 16 inches are allowed to ride on sidewalks. While riding a bicycle, you may not be towed by another vehicle or tow another vehicle, you may not wear headsets, earphones, or other devices that obstruct hearing, and if caught riding a bicycle while under the influence of alcohol or other drugs you will be subject to the same penalties as for driving a motor vehicle under the influence of alcohol or drugs. While operating a bicycle, the operator is required to wear a fastened bicycle helmet at all times. While operating a bicycle at night, the bicycle must be equipped with a front white light that is visible 500 feet. For a list of all the requirements, refer to Base Order 5500.15B Paragraph 7011. For more information, call base safety at 257-1830 or the PMO Accident Investigation Division at 257-6987.

IN CASE OF EMERGENCY DIAL 911

Energy Corner

Buy energy-efficient products, purchase for lowest life-cycle cost!

Is purchasing energy efficient equipment the right thing to do for the environment, or is it the law (for federal buyers)?

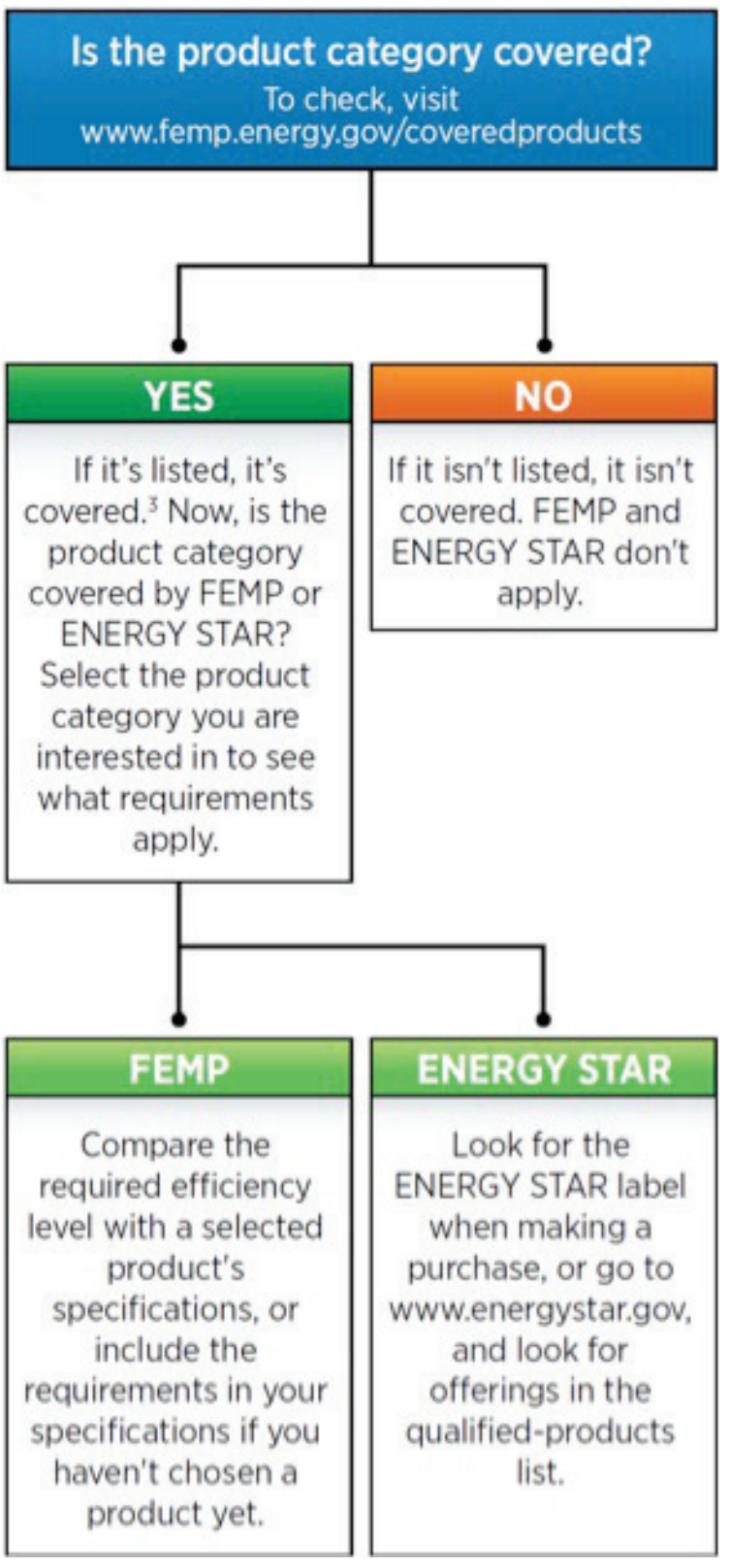
It's both! The law requires that we buy products with the lowest life-cycle cost, not the lowest first cost. The Environmental Protection Agency's ENERGY STAR program labels products such as appliances, electronics, building components, heaters and air conditioners, lights, fans and water heaters that meet energy efficiency standards.

To help federal buyers meet these requirements, the Federal Energy Management Program (FEMP) maintains a list of FEMP-designated and ENERGY STAR-qualified product categories found frequently in Federal facilities. Information on these products and requirements can be found at www.femp.energy.gov/coveredproducts or http://www1.eere.energy.gov/femp/technologies/procuring_eeproducts.html.

This really makes sense. In fact, the cost to buy a piece of energy using equipment is often just a fraction of what it will cost to power the equipment over its life. Reducing energy consumption reduces our carbon footprint, reduces our demand on the grid, and saves money in the long run!

At the beginning of this month, which is the Energy Action Month, the Department of Energy has launched the federal "Commit to Efficiency" Campaign to help increase the use of FEMP designated and ENERGY STAR equipment and appliances in the Federal sector. Anyone who procures or specifies energy-consuming products or who influences the procurement, specifying, or sale of energy-consuming products used by the federal government can join the Commit to Efficiency campaign. You can register for the campaign at www.femp.energy.gov.commit.

The goal of this groundbreaking campaign is to save $130 million worth of energy by Dec. 31, 2013.



BASE AND COMMUNITY EVENTS

Talk Story Festival

The 24th annual free Talk Story Festival is scheduled for Oct. 19 and 20, from 6 to 9 p.m. at McCoy Pavilion (in the center of Ala Moana Beach Park). Storytellers will be telling scary stories on Oct. 19 and family-oriented stories on Oct. 20. For details, contact Jeff Gere at jgere@honolulu.gov, or call 768-3032.

Mission Houses Museum seeks volunteers

The Mission Houses Museum is seeking volunteers for various positions, including accounting/administrative assistant volunteers, curatorial/collections volunteers, database assistants, IT/marketing assistants and more. For details, contact Marcia Timboy at 447-3918 or email mtimboy@missionhouses.org.

Waimea Valley events

Kanikapila Sundays are scheduled on Oct. 21, Nov. 18 and Dec. 16. This freestyle music circle is held in the Waimea Valley pavilion area and free to the public. Bring your instruments or just come and listen to the music from 1 to 4 p.m. Moon Walks are scheduled on Oct. 26, Nov. 30, Dec. 28. This special monthly, 1.5-mile round-trip walk will take you from the ticket booth area to the waterfall area and back for a fee. There is also an Arbor Day Annual Tree Give-Away on Saturday, Nov. 3 scheduled to start at 9 a.m. with an annual plant sale. Waimea Valley's annual Makahiki Celebration on Saturday, Dec. 1. For more information, call 638-7766 or visit http://www.waimeavalley.net.

Bellows Boofest

Bellows Boofest will be held Saturday, Oct. 27, from 11 a.m. to 9 p.m. at Bellows Air Force Station. For a small fee, there will be a pumpkin carving contest, scavenger hunt, costume contest, trick or treating, storytelling, a movie, and a Kiddieland to include bouncers, water slide and more. Bring your family and have a fun, safe and happy Halloween at Bellows AFS. For details, visit http://www.bellowsafs.com.

Harvest Fest Celebration

The Youth Activities Center is the venue for the 3rd annual Harvest Fest Celebration set for Friday, Oct. 19 from 4 to 6:30 p.m. This is a free event for all base youth and families including a petting zoo, fire engine rides, a pumpkin patch, a haunted house, arts and crafts, games, rides, and our fabulous Trunk or Treat event where children receive Halloween candy.

Young Marines Program open house

Young Marines are opening a unit on Kaneohe Bay, and there will be an open house at the Mololani Community Center, 1931 Campion Drive, at 6 p.m., Oct. 16. We are also looking for adult staff volunteers to begin building our program. This is a great opportunity for community service, and helping us "Strengthen the Lives of America's Youth." Must be at least 18 years to apply. For more information email PyramidRockYM@gmail.com or call: 443-975-6805/6807. Please leave a message if we are unable to answer.

MOKAPU BRIEFS

Box Tops for Education submissions are due today.

Bingo Night is scheduled for today. For more information, email PTAMokapu@gmail.com.

USDA Child Care Food Program

Laulima and Olina Child Development Centers have announced their sponsorship of the USDA Child Care Food Program. Meals will be made available to enrolled children/clients at no separate charge without regard to race, color, national origin, sex, age, or disability. Parents'/clients' income determines the amount of money USDA will reimburse us to provide meals to enrolled children/clients. The income eligibility guidelines listed below are used to determine our reimbursement from USDA. Children/clients from households whose monthly income is at or below these levels are eligible to be counted for free or reduced-price meal reimbursements.

Family Size	1	2	3	4	5	6	7	8	For each Additional Family Member-Ad
Free	1,394	1,887	2,379	2,872	3,365	3,858	4,351	4,844	+493
Reduced-Price	1,983	2,685	3,386	4,087	4,789	5,490	6,192	6,893	+702

Any person who believes that he or she has been discriminated against in any USDA-related activity should write immediately to: USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer."

Hawaii Marine
Lifestyles

October 12, 2012
Volume 43, Number 41
www.mcbh.usmc.mil

The North Shore winter

Beautiful. Powerful. Deadly.

Story and photos by Jay Parco
Hawaii Marine Graphic Artist

NORTH SHORE — Oahu's prestigious North Shore is known worldwide for its beautiful ocean scenery, warm weather and pristine, white sandy beaches.

Every winter season from October to February, the North Shore gathers in powerful swells, attracting large amounts of sightseers, tourists, professional surfers and swimmers from all around the world.

But as beautiful as these large waves are, they can be very dangerous for inexperienced swimmers, surfers, body boarders, and even spectators.

Places like Waimea Bay, Ehukai Beach, Alii Beach, and Sunset Beach can hold waves more than 20 feet high. These beaches are regular venues for well-known competitions held every year, including the Triple Crown of Surfing, the Monster Energy Pipeline Pro and many more.

Even the annual surf competition held in memory of legendary surfer Eddie Aikau is only held if the waves are higher than 25 feet and rideable. Some of the most experienced, professional surfers have lost their lives from the sheer force of these powerful waves.

Watching from the beach can be very exciting. However, even if you're not in the water you should take necessary precautions and be aware of the ocean and road conditions in your surroundings.

While the beaches, its waves and seasoned surfers are rare, breathtaking sights to Hawaii visitors, it's also very dangerous and can be deadly.

If you are too close to the coastline or take your chances swimming or surfing these winter storm waves, you risk being swept away by strong currents and held beneath the water by undertows. Take heed, for contending with these unforgiving wave conditions may be done in your last breath.

Many people have died during the winter season, experienced or not, from being in the ocean during extreme wave conditions.

Ocean drownings are by far the leading cause of death among visitors to Hawaii, according to the Hawaii State Department of Health.

More than 50 Hawaii residents and visitors drown annually, according to the department in a May news release.

As the locals say, "If in doubt, don't go out."

For more information, visit http://www.hawaiibeachsafety.org.

A crowd of people are drawn by the powerful surf known as the Pipeline on the the North Shore.

Tips for those venturing to the North Shore for water activities:

- Watch for warning signs on the beach.
- Check in with lifeguards on conditions before going in the water.
- Swim or surf at beaches with lifeguards.
- Watch your children carefully and keep them away from the water's edge when the surf is big.
- Don't stay too close to the shoreline whether you're on the beach or on the rocks. Waves usually come in sets. Although it is common to have occasional lulls without waves, they can come unexpectedly. Ignoring safety precautions could ultimately cost people their lives.
- Never turn your back on the waves if you're in the water or by the coastline.

An onlooker checks out the big waves at the one of the most famous and prestigious surf spots in the world, Ehukai Beach.

Pass In Review

Your weekly guide to the best aspects of entertainment

Welcome to the Pass In Review, your number one source for cinema, music, video game, 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.

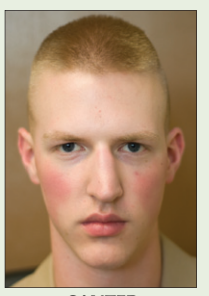
2/4 — High And To The Right
Mediocrity at its best. Lacks a few things that might have made it really good. A decent time waster, partake only if you have nothing better to do.

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.

Better Know A Critic


SAUTER

Cpl. James A. Sauter is a heavy metal, head banging, bass pounding, big hair, rock' n' roll addict. He's a fanatic when it comes to smashing guitars and setting stages on fire with pyrotechnics. Paying homage to those who are about to rock, if thee can hear the cops scream, then the distortion is not loud enough.

CALLAHAN

Lance Cpl. Matthew A. Callahan knows that a good video game is about a lot more than good graphics and stellar physics engines. A phenomenal game encompasses an excellent plot, tight game play, and outstanding sound all used in support of rendering an immersive atmosphere that creates a lasting impression on him.

This album is a freaking 'Monster'

Cpl. James A. Sauter
Combat Correspondent

I can remember the moment when rock and roll changed my life, or at least changed the sort of music I started listening to later on.

When "Gene Simmons: Family Jewels" first aired, I had no idea who Kiss was. I figure there must be a video of the band playing a concert on YouTube, and the first song that I ever heard was their signature rock anthem, "Love Gun."

The opening riff sucked the wind out of me and I've been hooked on Kiss ever since. I began following the band and listened to almost every one of their 20 albums. I couldn't help but agree, Kiss was the best and the hottest band in the world, especially since the band has lasted 40 years and is still going strong.

The band is well known for the makeup designs worn by the four band members, as well as their legendary rock anthems such as "Rock and Roll All Nite," "Detroit Rock City," "Black Diamond," and "I Was Made For Loving You."

Strangely enough, nearly every Kiss album has conjured at least one hit single that reflects the Kiss magic and legend. While their recent album, "Monster," reflects the band's ongoing strength, the album barely misses the magic and legend Kiss is better known for.

Kiss is already at the top of rock and roll, and frankly, no longer has to prove anything to anyone. Except if you want to be the best, then you have to be the best. That's why Kiss continues to tour today and their shows continue to blow the roofs off of stadiums. The only thing Kiss has to worry about is providing new material that's worthy of their legacy.

Unfortunately, not even the albums single, "Hell or Hallelujah," or the critically acclaimed, "The Devil is Me," measure up to "Kiss Klassics." I'm guessing that's what the band members intended. They're not trying to out-do themselves on things that they've already done, but to write simple rock songs to pay homage to the fans that kept Kiss alive.

As a fan, I've enjoyed this album as well as the last one, but I'm waiting to see if Kiss can pull off another anthem that will take the rock and roll world by storm. Maybe the band's last two albums are just stepping-stones to that song before the "Kiss Kurtain" falls for the last time and "Kisstory" comes to an end.

3/4
(On Target)

Resident Evil 6: Hungry for zombies?

Lance Cpl. Matthew A. Callahan
Contributing Writer

The month of October is upon us, and with it comes a slew of horror-tinged media ready to scare the pants off the masses. Not to be confused with the new "Resident Evil: Retribution" movie out in theaters is the immensely better, scarier "Resident Evil 6," for Xbox 360 and PlayStation 3. Sure to provide hours of intense, fast-paced and utterly gore-crazy fun for anyone willing to pick up the controller and play in the dark alone, "Resident Evil 6" stands tall, favoring fevered gunplay and a return to its zombie infested roots.

"Resident Evil 6" is the continuation of a series following counter bioterrorism agents Chris Redfield, Leon Kennedy, and Sherry Birkin (of "Resident Evil 3") as they shoot their way through zombie hordes while trying to solve the mystery behind the latest viral outbreaks in various parts of the world.

Things get a little fuzzy if you're not a diehard RE fan and haven't kept up with the sprawling series and its intertwining storylines and characters. In a nutshell, the world found out about the Umbrella Corporation's sinister plans to weaponize the zombie making T-virus and sought to shut the company down and continue to fight the bioterrorism threat across the globe. "Resident Evil 6" is the continuation of this struggle.

The game has capitalized and nearly perfected the art of survival horror cooperative play, allowing players to connect with other online gamers to play through the three hefty campaigns. The game puts the players in fierce, teamwork-dependent combat as well as puzzle solving scenarios to switch up the unrelenting zombie fighting.

Controls are mostly unchanged and players will instantly recognize the third person, over-the-shoulder firefighting from RE4 and RE5. Some additions to the game mechanics include a revamped health system, a stamina bar for melee combat and the ability to move and shoot. The classic item box has been done away with in favor of a simpler item management scheme. This helps mitigate stress when the player is surrounded and needs to heal or quickly draw different munitions.

If anyone had any qualms about the lack of "true" zombies in the previous titles, they'll be overjoyed to find countless shuffling, mumbling, and flesh-craving undead in the cities they will frequent. The zombies are an absolute gem to look at. With drool, coagulated blood from head to toe, ripped clothing and shuffling feet, Capcom did well at rendering darkly beautiful character models in a moody post-disaster environment.

"Resident Evil 6" had a few shortcomings, like terrible voice acting and the occasional erratic camera angling. Some players, fans especially, will be distressed about the lack of key characters from previous games and the gameplay changes that made previous titles so memorable. The plot also became a little too unbelievable as the story progressed. Shortcomings aside, if you're looking for a good zombie slaying session and are a fan of the RE series, I highly recommend you pick up a copy of "Resident Evil 6." Stay hungry, my friends.

3/4
(On Target)

Movie Times

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.*

"Total Recall" PG-13	Today | 7:15 p.m.
"Expendables 2" R	Today | 9:45 p.m.
"ParaNorman" PG	Saturday | 7:15 p.m.
"Hit and Run" R	Saturday | 9:45 p.m.
"The Odd Life of Timothy Green" PG	Sunday | 2 p.m.
"Premium Rush" PG-13	Sunday | 6:30 p.m.
"Expendables 2" PG-13	Wednesday | 6:30 p.m.

Budget is the new black

Lisa Smith Molinari
Contributing Writer

For decades, I tried to be cool. Despite numerous desperate attempts to wear fashionable clothes, listen to hip music, take up trendy hobbies and become more aloof, I just couldn't change who I was. Finally, in my 40s, I decided to accept my unfashionable lot in life and give in to my nerdiness.

No sooner did I embrace my lack of swag, when suddenly, without trying, I became the epitome of chic.

No, I'm not whitening my teeth. I don't play acoustic guitar on my front porch swing. I've never run a marathon, snow boarded, or surfed. I only wear a waterproof sports watch so I don't have to take it off when I wash dishes.

I've never eaten Kobe beef and I'm not well versed on Beaujolais wines. I look ridiculous in a maxi dress, and avoid chunky jewelry because it catches on stuff. Although we have a big dog – which is kinda cool – he's sloppy and won't go in the water above his elbows.

The last big concert I went to was Jimmy Buffet in 2000, but I was 8 months pregnant and worried about second hand smoke. I have no tattoos or trendy body piercings, unless you count that second hole in my left ear that my roommate from college made for me with a potato and a sewing needle in our dorm room in 1985.

Frankly, I'm just a middle-aged stay-at-home mom, but here's the thing: I'm cool now because I drive a minivan.

Not just any minivan, mind you – an old minivan that we bought used. A minivan that started out white and shiny, but after 100,000 miles and three military moves, now has the dull hue of stale bread, pitted with chips and tiny bubbles of rust. The once glimmering alloy wheels are beginning to corrode and peel. The formerly black bumper and trim is a hazy shade of grey.

Despite regular Shop-Vac-ing and spritzing with Armor All, the interior has also seen better days. There's a hole in the carpet, where my left foot rests during endless daily car pools to school, sports and music lessons. The wire to the power sliding door snapped a couple years ago. Two air fresheners can't hide the lingering odor from years of post-practice sweaty teens, countless spilled drinks, and chicken nuggets lost between seats.

Why, you might be asking yourself, would driving a used minivan with perpetually sticky cup holders and fruit snacks stuck in the carpet make me cool? I know, it's hard to believe, considering that minivans have never been particularly cool. Quite the contrary, in fact. Until recently, a hip-happening trendy mom wouldn't be caught dead in a minivan. Stylish moms overwhelmingly prefer SUVs, which project an image of sporty spontaneity and an adventuresome spirit.

While a minivan says, "I'm frugal, eat meatloaf, wear comfortable cotton underwear, and drink home brewed coffee with powdered creamer every morning while taking the kids to school," an SUV screams, "Despite the fact that I only drive on suburban paved roads between the Gap, pee wee soccer practice and the Starbucks drive-thru, I am the type that might drop everything, throw on a bikini and some Ray Bans, and go kite surfing for the day."

However, recently, our struggling economy has forced moms everywhere to change their habits and their images. Families are tightening budgets, clipping coupons, and paying cash. The mom who used to look so stylish with her 11 mpg Range Rover, overpriced coffee, and designer handbag, is SO last season in today's unfortunate economic climate.

Nowadays, frugality is the latest fad. Today's trendsetters shop at discount stores, know which groceries will double coupons, and drive cars with good gas mileage. The hottest style is savvy spending, and family budgets are all the rage.

As for me, I bought my purse at TJ Maxx. We make our own pizza at home on Friday nights. We haven't used our credit card in eight months. And I drive a minivan. Try not to hate me because I'm so cool.

The #1 way to survive breast cancer

Shari Lopatin
TriWest Healthcare Alliance

One woman is diagnosed with breast cancer every three minutes.*

And every 13 minutes, a woman will die from this disease. Yet, more than 2 million survivors of breast cancer are living in the U.S. today.* Do you know what that means? Even if you've been diagnosed, there is still hope.

Mammograms save lives; TRICARE covers them

The sooner you detect breast cancer, the better your chance of survival. And a mammogram is one of the best ways to detect it early enough for successful treatment.

The Centers for Disease Control and Prevention say having regular mammograms can lower your risk of dying from breast cancer, in general. Just remember to also follow up with your doctor for a clinical breast exam and continue your monthly self-exams.

TRICARE covers mammograms for women starting at age 40. For those considered at high risk for breast cancer, TRICARE begins covering mammograms at 35 years old. Best of all, these screening mammograms are at no cost to you.

Early warning signs of Breast Cancer

Breast cancer is the most common type of cancer in American women, other than skin cancer, according to the CDC. So, what are some of the earliest warning signs?

- A new lump in the breast or armpit
- Thickening or swelling of the breast
- Nipple discharge, other than breast milk, including blood
- Change in size or shape of the breast
- Pain in any area of the breast

If you are concerned about any of these symptoms, visit your doctor immediately.

Where can you get your mammogram?

Your doctor can give you some options where you can conveniently get a mammogram. Your closest option might be at a military clinic or a local imaging center — sometimes these are called radiology centers. To have your mammogram at no cost, make sure that:

- Your mammography center is TRICARE-authorized.
- If you're on TRICARE Prime, your mammography center is in the TRICARE network. If not, you will need a referral from your primary doctor.

For more information on breast cancer prevention, visit http://wwwtriwest.com/prevention.

* Information pulled from Susan G. Komen Race for the Cure.