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FORTY-NINTH YEAR NO. 15

THURSDAY, SEPTEMBER 10, 2009

101KGB SKY SHOW

Catch the fireworks Sept. 12 after SDSU's home opener at the Q.

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Weekly contest
Win 4 passes to go clubbing at **On Broadway Event Center**
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Base movie schedule
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Try something different this weekend
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Patriot Day Music Festival
Friday, Sept. 11
Naval Base SD
with **Natalie Stovall and Random Order**



Presented by MWR, Pacific Beacon and USA Federal Credit Union
FRIDAY, SEPTEMBER 11 • 4 PM-12 AM • FREE
GREAT MUSIC • GREAT FOOD
For more details call 619-556-5085. Event open to all active duty and a guest, 18+.
Check out Random Order and Natalie Stovall on Pacific Beacon's front lawn at NBSD starting at 4 p.m., immediately followed by Laser Tag at The Recyard from 8 p.m.-12 a.m.
Padres tickets up for grabs throughout the night!

Final MCM ship to arrive in San Diego

USS *Sentry* (MCM 3), the final of eight mine countermeasure ships (MCM), is scheduled to arrive to its new homeport at Naval Base San Diego this week after transiting from Ingleside, Texas. *Sentry* is part of Commander, Mine Countermeasures Squadron (COMCMRON) 2. USS *Champton* (MCM 4), USS *Devastator* (MCM 6), USS *Pioneer* (MCM 9), USS *Warrior* (MCM 10) and USS *Chief* (MCM 14) arrived in San Diego in April and May. USS *Defender* (MCM 2) and USS *Avenger* (MCM 1) were heavily lifted to Japan for deployments in the western Pacific in June. COMCMRON 2 is the squadron commander for all mine countermeasure ships in San Diego. The relocation of mine warfare surface assets from Ingleside, Texas, to San Diego is in accordance with the Defense Base Relocation and Closure Commission's (BRAC) directed closure of Naval Station Ingleside and is part of the consolidation to align resources, consolidate expertise and increase cost savings in maintenance, training and operations.

Board to investigate Sept. 3 air strike

The commander of the NATO-led International Security Assistance Force has appointed a two-star general to lead the formal investigation into a Sept. 3 air strike in Kunduz, Afghanistan, that reportedly killed numerous civilians. Army Gen. Stanley A. McChrystal appointed Canadian Maj. Gen. C.S. Sullivan to lead the joint investigation board's probe of the incident. Sullivan directs ISAF's air component and serves as the command's deputy director of joint operations. The board will include an Air Force officer, a German officer and a legal advisor and will coordinate with the Afghan investigation team formed by Afghan President Hamid Karzai. An initial assessment at the scene by McChrystal and members of his senior leadership team concluded that civilians had been killed or injured in the strike.

Blood Bank remembers Sept. 11 heroes

The San Diego Blood Bank will remember America's Sept. 11 heroes at the 8th Annual Patriots Day Blood and Bone Marrow Drive at the Hall of Champions in Balboa Park this Friday from 9 a.m. to 3 p.m. The first 100 blood donors will be awarded a choice of one of the following: a ticket to Body Worlds and the Brain exhibit at the Natural History Museum; a pair of Live Nation Concert Tickets (while supplies last) to lawn tickets for the Brad Paisley concert at Cricket Wireless Amphitheatre Oct. 2; tickets to Better Than Ezra at House of Blues Sept. 23; or Robert Earl Keen at House of Blues on Oct. 1. Donors must be 21 or older to attend the Robert Earl Keen and Better Than Ezra shows. Donors will also be treated to Sombra's mini burritos. To schedule a blood donation appointment, call 1-800-4MY-SDBB or visit www.sandiegobloodbank.org.

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Heartbreak Ridge call revisited

by Don Norton

While their's may not offer the same intensity as the original Heartbreak Ridge encounter, Camp Pendleton Marines will offer a challenge of their own Sept. 19 with a marathon run.

The original month-long battle was in the Korean War with a starting point on Sept. 13. While the original Army 2nd Infantry horror ran through mid-October, the Marines' upcoming one-day, tough run experience will come six days after the original battle, paying homage to those who fought during the momentous Korean War battle.

Perhaps it's the toughness of the 13.1 mile marathon run, itself, that allows Marines the right to give their test such a historic revival.

By reviewing the original month-long Army bloodbath, most of the rankest amateurs could agree that Pendleton's Marines are claiming the better part of the deal.

The combined American-French forces' cost in the original 58-year-old battle totaled 30,700 casualties, as opposed to some 25,000 for the North Koreans and Chinese.

There shouldn't be any terrible rises in the Pendleton version of the Heartbreak run despite the rough grind and heat that could accompany it. The passing of time has changed - in 1951, war was fundamentally a man's game. Today, Heartbreak Run is open to both sexes, with runners as young as 15 expected to play.

One thousand participants will cover Pendleton area "43" which includes rolling hills and fire roads. Competition-wise, says a race spokesman, "runners will be looking to take down awards in 50 different categories." He added that there will be a test and "something more for just about everyone."

It'll come down to an 'out and back' course, with rolling hills and fast stretches."

Minimum age for participants is 15 years, with both civilians and military making up the roster.

Race information can be found by e-mailing cpraces@y-events.com, indicating Heartbreak Race info in subject line.

Naval Medical Center San Diego hosts Fitness Expo

by MCI Anastasia Puscian
Naval Medical Center San Diego's (NMCSD) Health and Wellness Department hosted a Fitness Expo Sept. 3, to advertise the variety of fitness and health classes offered to staff and beneficiaries.

The expo was part of the continuous effort to improve the health and well-being of active duty service members and beneficiaries.

"The Navy is moving toward a culture of fitness to help Sailors get healthy and remain healthy all year round," said NMCSD Deputy Commander Capt. Joel A. Roos, who kicked off the Fitness Expo. "The purpose of today's event is to introduce you to the available services to learn how you can become healthier. I invite everyone to take the opportunity to do so."

There are more than 30 health and fitness classes offered at NMCSD. The combat fitness, cross training and sport move exercise classes were just a few showcased at the expo.

"This was a good way to get people educated on fitness and being healthy," said Hospitalman Alexander Watkins.

Educators and department representatives manned nine educational booths which included a healthy cooking demonstration, diabetes awareness, stress management, healthy eating, ask the dietitian and ask the exercise physiologist.

"Our goal is to promote overall fitness and wellness for active duty and all other eligible beneficiaries. This event specifically targets our active duty service members at

NMCSD, to help better prepare them for physical readiness," said Medical Administration Officer for the Health and Wellness Department Hospital Corpsman 2nd Class Michael L. Farmer. "We seek to provide them with the tools for life style changes that will ultimately enhance their health and well being."

The Fitness Expo is scheduled to be a semiannual event to coincide with the 10-week notice for NMCSD's Physical Fitness Assessment.

Claim Jumper and AM 600 KOGO to host Brady Hoke radio show

The San Diego State athletic department and Claim Jumper have partnered up to host the "Aztec Coaches Show" with first-year head coach Brady Hoke. The show, which will air Wednesdays from 7-8 p.m. on the home of Aztec athletics, AM 600 KOGO, will be held at the Claim Jumper restaurant in La Mesa's Grossmont Center. Chris Ello, one of the voices of the Aztecs and former letterwinner with the SDSU baseball team, will host the show, which can also be heard on www.GoAztecs.com. "The community is a priority for us at Claim Jumper, and San Diego State is a big part of our community," Claim Jumper general manager Ron Fabor said. "We're excited to partner with SDSU athletics to host the 'Aztec Coaches Show' and Coach Brady Hoke. It's a fun way to connect fans with Aztec football while they enjoy great food and drinks every week." The radio show comes after the Claim Jumper Restaurant's Happy Hour which runs Monday through Friday from 3-7 p.m. There is also a Late Night Happy Hour Fridays and Saturdays from 9-10 p.m. to close. The Happy Hour features reduced prices on appetizers, cocktails, and drafts starting at \$1.50. Visit www.claimjumper.com for more information.

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