

Hawaii Marine

Nawa Transformed

Afghans in Nawa gather to open new city hall building

Sgt. Brian Tuthill
Regimental Combat Team 7

As Gulab Mangal, governor of Helmand Province, spoke to more than 100 citizens of Nawa during the opening ceremony of Nawa's District Governance Center April 18, there was no English translation provided,

only two seats for Marines, and a small of handful of Americans entered the building during the grand tour.

Most the Marines of 1st Battalion, 3rd Marine Regiment, and leaders from 1st Marine Division (Forward), who came to the event stood quietly in the back of the crowd of Afghans

who attended the ceremony. Although Marines of 1/3 maintained security nearby with their Afghan National Police counterparts, the overall U.S. military footprint at the event was kept to a minimum. It was evident that this event was a

See NAWA, A-7



Sgt. Brian Tuthill | Regimental Combat Team 7

A side-by-side comparison of Nawa's District Governance Center from December 2009 and on opening day April 18. The war-torn structure has been transformed from a makeshift military patrol base into a functioning office building for the government of Nawa District.

Aloha, RCAC

Marines return to K-Bay

Christine Cabalo
Photojournalist

More than 20 members of Regional Corps Advisory Command arrived at Honolulu International Airport April 23, returning after 13 months of deployment and training. The Kaneohe Bay based Marines trained Afghan National Army soldiers and helped protect the Korengal Valley area of northern Afghanistan.

"It's such a specialized group, and it was a unique situation," said Leilani Richardson, family readiness adviser, 3rd Marine Regiment. "[My husband and I] couldn't communicate as frequently, and it was a challenge."

For some families who have experienced waiting for their loved ones during an infantry deployment, Richardson said this deployment was much different. Although not all families of the deployed lived in this state, Richardson said they were continually updated by e-mail about how long it would take the embedded Marines to come back.

The trip back took longer than planned, said 1st Lt. William Dufresne, team leader, Embedded Training Team 5-5. The team

See HOMECOMING, A-7

Voluntary Actions

Base volunteers recognized

Kristen Wong
Photojournalist

Kahuna's Community Ballroom was teeming with familiar faces from around Marine Corps Base Hawaii April 22 for the Volunteer Recognition Ceremony.

This year, volunteers filled almost 15 pages of the ceremony program, including 10 individuals who were nominated for Volunteer of the Year. There were a total number of 99,001 hours of volunteer work recorded by all the units and organizations.

Among the honorees, the Base Tax Center's Clark Edwards, a volunteer tax assistant, was named Volunteer of the Year.

Marine Corps Air Station Kaneohe Bay recieved the awar for Volunteer Unit of the Year.

"I'm really glad that I'm not seeing everybody who's in this program here because if all the volunteers who have worked so hard throughout this past year were here today, well by golly, there'd be nobody out running the base," said Christopher Blanchard, chief of staff, MCB Hawaii, the guest speaker at the ceremony. "It astounds me that everybody can still find time to volunteer, and my hats off to all of you who've been able to do that."

There were more than 80 individual volunteers representing MCAS. The unit is credited with logging 2,980 hours of volunteer work this past year.

Not only do MCAS volunteers spend time with Lanikai Elementary School through the Adopt-A-School Program, they also assist with the Castle High School Junior Reserve Officers' Training

See VOLUNTEERS, A-7



Strike a pose
Marine wins the 27th Annual Armed Forces Hawaii Body-building Championship, **B-2**



Traditional ink
Marines get an up close and personal look at American Samoan tattoo artists, **C-1**

Today
Heavy Rain
High — 79
Low — 67

Weekend Forecast

Saturday
Heavy Rain
High — 78
Low — 68

Sunday
Heavy Rain
High — 78
Low — 68

100th Anniversary

MCB Hawaii supports Scouts

Lance Cpl. Ronald W. Stauffer
Combat Correspondent

"I wanted to give an opportunity for the military to have a show of force and what our capabilities are, and how [they tie] into scouting."
— Cmdr. Richard A. Goodwin, Jr.

Marines assigned to Marine Corps Base Hawaii showed their support to the Boy Scouts, Cub Scouts and the community with static displays during "Scouting in Hawaii's" 100th anniversary Makahiki Show at the Ala Moana Regional Park, Saturday.

More than 30 Boy Scout troops and 40 Cub Scout packs explored the event, filled with both scouting and military attractions.

Cmdr. Richard A. Goodwin Jr., the Aloha Military Council liaison for the Makahiki and troop leader for Boy Scout Troop 180, said a lot of the things he



See SCOUTS, A-6

Windjammers breeze through SAREX

Joint ops exercise builds airmen's confidence

Lance Cpl. Vanessa M. American Horse
Combat Correspondent

Fleet Logistics Support Squadron 51 Windjammers performed a joint forces training search and rescue exercise in Kaneohe Bay on April 22.

The combined effort included a C-130 Hercules aircraft manned by United States Coast Guard pilots from Barbers Point and an SH-60B Seahawk helicopter from Helicopter Anti-Submarine Squadron Light 37 Easy Riders.

Fleet Aviation Specialized Operational Training Group Pacific Fleet Detachment flew in two water survival instructors from Whidbey Island, Wash. Marine Corps Base Hawaii Waterfront Operations provided additional support.

"This is a rare opportunity for us to do a multi-unit exercise," said Navy Lt. Cmdr. Eric Ascheman, operations officer, VR-51. "We usually practice in a pool, so for us to get out



Lance Cpl. Ronald W. Stauffer | Hawaii Marine

A low flying C-130 Hercules aircraft manned by United States Coast Guard pilots from Barbers Point drops a parachute rigged life raft into Kaneohe Bay during a joint service search and rescue exercise, here April 22.

in the ocean to do an extraction provides important hands-on training."

The exercise began in Hangar 105 with an overview of the emergency equipment

involved.

Once the crew was familiarized and briefed, they headed to the MCB Hawaii Marine and Outdoor Recreation Center to board two Morale, Welfare and Recreation pontoon boats.

Kaneohe Bay port security and WFO provided safety and security for VR-51 as they embarked to the middle of the bay.

The C-130 dropped smoke and flares to set up a perimeter for the exercise as mock survivors posed in the water. Minutes later, the C-130 dropped a 20-man life raft to the swimmers.

As the SH-60B went airborne, a motivational "Ride of the Valkyries" music blasted from large onshore speakers. Two SAR swimmers were dropped from the helicopter and they swam to the pick-up area.

"The current was strong but not too

See SAREX, A-7

NEWS BRIEFS

Sexual Assault Training Today

April is Sexual Assault Awareness Month and the MCCS Sexual Assault Prevention and Response Program is providing a brief entitled “Can I Kiss You?” today at the Base Chapel. Two sessions are available: 9 a.m. and 1 p.m. All are welcome. This training is approved to meet the annual SAPR unit training requirement. For more information, call 257-7777 e-mail brenda.huntsinger@usmc.mil.

Furlough Friday Today

For Furlough Friday information, see http://mcbh.usmc.mil/g1/SL_furlough.htm. Academic and recreational activities are available aboard base. Furlough Fridays are scheduled today, May 7 and May 14.

MCCS Town Hall Meeting

Marine Corps Community Services invites the Marine Corps Base Hawaii community to participate in a Town Hall, May 3 at the Base Chapel. The program begins at 6 p.m. and will provide information about MCCS businesses, followed by a question and answer session. The event is free and open to all authorized base patrons. POC is Mike Brown at 254-7426.

Road Closures

- Street: Third Street
Dates: 19 April-05 May
Description: Closure of one westbound (toward runway) lane between “E” Street and “G” Street. Traffic to be diverted to remaining lanes to avoid work area.
- Street: Third Street
Dates: 05 May-31 May
Description: Closure of westbound (toward runway) lane between “G” Street and Selden Street. Flagmen to alternately control traffic around work area utilizing eastbound lane.
- Street: Third Street/“G” Street Intersection
Dates: 06 May-07 May
Description: Work through intersection will require alternating and contraflowing traffic movements. Traffic signals will be disabled in favor of manual traffic control by flagmen and/or military police personnel.
- Street: Maclachlan Street (Ongoing)
Dates: 30 March-14 May
Description: One lane open for one way traffic from Harris Avenue to Cushman Avenue, 0830-1700 Mon-Fri. Completely closed on all other days and times.
- Street: Maclachlan Street
Dates: Beginning 17 May
Description: Maclachlan Street permanently closed.
- Street: Harris Avenue (Ongoing)
Dates: 30 March-14 May
Description: Outbound lane (LEAVING family housing) closed from 0830-1700. Completely reopened outside these hours and all day Sat-Sun. Inbound lane (ENTERING family housing) open 24/7 including Sat-Sun.
- The closures are for new waterline construction and worker safety. For further information about this construction, contact Philip Lum at 257-6900.

FBI Recruitment Presentation

A recruitment presentation for FBI agents and professional staff is scheduled for May 10 from 10 a.m. to noon at ComCam Bldg. 267. It’s open to all interested parties considering a career with the FBI. Reservations are required. The next FBI Recruitment Brief is June 3. POC is Marine & Family Services at 257-7787/7790.

Important Phone Numbers:

On-Base Emergencies	911
Military Police	257-7114
Child Protective Service	832-5300
Fraud, Waste, Abuse & EEO	257-8852
Pothole & Streetlight Repair	257-2380
Base Information	449-7110
MCBH Duty Chaplain	257-7700
DEERS	257-2077



Hawaii Marine

www.mcbh.usmc.mil

Commanding Officer	Col. Robert Rice
Base Sergeant Major	Sgt. Maj. James Sutton
Public Affairs Officer	Maj. Alan Crouch
Public Affairs Chief	Gunnery Sgt. Arsenio R. Cortez
Internal Media Chief	Sgt. Macario P. Mora Jr.
Managing Editor	Christopher Aguinaldo
Design Editor	Lance Cpl. Cassandra Flowers
Press Chief	Cpl. Alesha R. Guard
Photojournalist	Christine Cabalo
Photojournalist	Kristen Wong
Combat Correspondent	Cpl. Danny H. Woodall
Combat Correspondent	Lance Cpl. Ronald W. Stauffer
Combat Correspondent	Lance Cpl. V.M. American Horse
Combat Correspondent	Lance Cpl. Reece E. Lodder
Combat Correspondent	Pfc. Tyler L. Main

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

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

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

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

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

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

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

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

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

Marrow donors always needed

Lt. j.g. Michael Holland

Patrol Squadron Four

April is coming to a close, and so is Donate Life Month. But bone marrow donation is always needed throughout the year.

Each year, the National Marrow Donor Program provides approximately 4,800 transplants of cord blood or bone marrow. Earlier this year, a sailor from Marine Corps Base Hawaii made a contribution.

After two years of being listed on the National Bone Marrow Registry, Lt. j.g. Wyatt Beyer, a naval flight officer and the aviation life support equipment branch officer for Patrol Squadron Four, made a bone marrow donation.

Last November, Beyer, a native of Williamsburg, Va., was informed he was a likely match to a patient and was required to give several vials of blood to confirm the match. By December, it was evident he was the best match for the patient and had to undergo multiple blood tests, a physical, chest X-ray and electrocardiogram through the end of January.

On Jan. 29, Beyer flew to Washington, D.C. to begin the donor process at the Fairfax Pathology Associates, a clinic near the Inova Fairfax Hospital. On Jan. 31,

he began the process by receiving his first shot of Filgrastim in the back of each arm. Filgrastim is a synthetic version of a naturally occurring hormone in the body and increases the number of blood stem cells in the bloodstream. Over the next four days Beyer received four more injections of Filgrastim.

On the fifth day, after the final shot he was connected to a machine for four and a half hours while it withdrew blood from his right arm, separated the stem cells, and then replaced the blood into his left arm. Beyer described the symptoms from the procedure as those similar to the flu, but “felt the side effects were a minor inconvenience in comparison to the life saving contribution, and would gladly donate again.”

Cmdr. Jack Thomas, commanding officer, VP-4, of San Diego, said “he was proud of Lt. j.g. Beyer’s initiative and willingness to participate in this life-saving program, and encourages all VP-4 and DoD personnel to register and become a donor.”

The entire process wouldn’t have been made possible without the C.W. Bill Young DoD Marrow Donor Program. The program was instituted in 1991, and was created with the purpose of recruiting all DoD personnel and their family members ages 18 to 60 who are considered in good health. Last year,

503 bone marrow and stem cell donations were accepted, according to the Recruiter Department of the donor program.

“It’s an easy process,” said Dan Dufrene, health promotion coordinator. “[Donating] literally could save people’s lives.”

Dufrene of Honolulu said out of every 300 samples there is one person who could be aided.

Transplant therapy is used to treat up to 70 different fatal diseases that can be cured by replacement of diseased bone marrow with healthy donor marrow and/or stem cells. The DoD Donor Program coordinates all financial and logistical expenses for DoD personnel who volunteer for the possibility of donating marrow.

The DoD Marrow Donor Program is considered one of the largest programs in the world and provides the largest volume of marrow. For more information about the program or to find out how you can become involved visit <http://www.dodmarrow.org>.

Locally, call the Hawaii Bone Marrow Donor Registry at 547-6154. There will be a drive today from 10 a.m. to 6 p.m. at Ward Starbucks on 940 Auahi St. Be sure to bring identification, and contact information of two people who can contact you if your information changes.

Bullet time: Rifle range training speeds up with high-tech LRAD



Christine Cabalo | Hawaii Marine

Rifle range shooters and boaters could benefit from a new warning system for anyone caught in the line of fire. Three new Long Range Acoustic Devices, which send automatic warnings to anyone near the danger zones, are planned to come online this summer at Marine Corps Base Hawaii. Two LRADs will be used at Kaneohe Bay and another will be in use at Puuloa Rifle Range in Ewa Beach.

Christine Cabalo

Photojournalist

Rifle range training could be safer and faster with a new warning system for anyone caught in the line of fire. Three newly acquired Long Range Acoustic Devices will sound off alerts in the danger zones, including offshore areas for boating and kayaking.

“You could lose four to five hours of training a day to [loitering] boats,” said Kaneohe resident Dan Geltmacher, rifle range manager, Marine Corps Base Hawaii Operations and Training.

The high-tech equipment, scheduled to come online this summer, will allow for more training, Geltmacher said, since it will take less time to warn loiters to move out of harm’s way.

The waters off Puuloa Rifle Range in Ewa Beach and Ulupau Crater near Kaneohe

Bay’s rifle ranges are guarded and flagged off. But some still ignore the risks. Geltmacher said whenever boaters drop anchor in the danger zones, all training must stop until the waters are cleared. Waterfront Operations crews drive out to warn and remove intruding vessels, adding to the time lost for training.

“It’s time consuming and resource intensive,” Geltmacher said. “But the LRADs will be faster and more efficient.”

The largest of the new devices can broadcast alerts 2,000 meters offshore, warning people in the water as far out as Moku Manu or Bird Island near Mokapu Peninsula. Two smaller portable LRADs will be used for shorter distances at Puuloa and here.

Costing a total of \$77,000, funding for the three warning devices came from Headquarters Marine Corps. The new warning system will be paired with other

methods, including emergency broadcasting on VHF radio channels, to help keep the public informed and safe.

For the shooters, including FBI, Army and other federal personnel training, the time lost for these ceasefires is valuable time wasted. Training time, especially in Hawaii, is limited, said Gunnery Sgt. David Dial, training chief, Combat Logistics Battalion 3. Dial, from Newnan, Ga. said his unit had just four months of training before deploying to Afghanistan in 2009, needing every possible moment to prepare.

“If we lose a day, you can’t get the time back out here,” Dial said.

Using automated warnings also means more time to focus on public safety at coastal areas around K-Bay, said Chief Petty Officer Kalei Kahapea, engineman, WFO. This year, his office investigated 92 incidents at K-Bay from Oct. 1 to April 21,

and nearly a third of cases were intruding boaters in waters near the Ulupau Crater rifle range.

“If I got a boat out already, and other boats are in maintenance, I can’t monitor the rest of the base as well as I’d like to,” said Kahapea, from Nanakuli.

Anyone may cross the restricted areas, the engineman said, but remaining for too long in the danger zone during training times is against federal laws. Repeat violators are severely charged and fined.

“This is all for the mariners’ safety,” Kahapea said. “We don’t want anything bad to happen to anyone.”

For more information about when waters near the Puuloa and Ulupau Crater rifle ranges are restricted, read the weekly Local Notice to Mariners at <http://www.navcen.uscg.gov/lnm/d14/default.htm> or call Coast Guard officials at 535-3230.

Smooth skating for Manana youth

Christine Cabalo

Photojournalist

PEARL CITY, Hawaii — Skaters took to the rails as Manana Housing unveiled its newly renovated skate park during a grand opening yesterday.

“It gives another outdoor, physical activity for kids to do in addition to basketball and tennis,” said Jeff Anderson, youth activities director, Marine Corps Base Hawaii. “It will help draw kids in, and maybe they can utilize some of our other programs. It may be the focal point of our outdoor area.”

Renovations began in summer 2009, as crews removed aging equipment on site near the Manana Teen Center. The above ground skate park was constructed for an estimated \$40,000. The new metal fixtures, including ramps, were installed earlier this month on top of new asphalt for the 4,000-square-foot facility.

“We resurfaced part of the area where they skate,” said Anderson, of Casper, Wyo. “And they have five skate park features they can use.”

Among the most popular features is a new half-pipe structure made of steel, which children and teens were eager to get back on, said Jacy Suenaga, youth activities coordinator, Manana Teen Center.

“I want to say at least half of our kids bring their skateboards,” said Suenaga, a Kaneohe resident. “They’ll skateboard down to the center and leave their skateboards in the area near my office.”

Among the early users of the new skate park was 11-year-old Brandon Vandemark.

“The half-pipe is way better,” said Vandemark of Pearl City. “There are no little holes in it, and it’s way smoother.”

The 11-year-old said the new park has enough room for multiple skaters on the half-pipe at a time. He said the improved park includes all the features of the old one, but

on a smoother surface.

Both Vandemark and frequent skater Tyler Corey said they really appreciate the renovations. Corey, who is 17 years old, likes skating on the park’s new features and plans to be a frequent visitor.

“I use the skate park every day when I get a chance,” said Corey, from Greenville, N.C. “So I was really excited when it came back.”

Corey said the better railings and new multi-level ramps help him safely improve his skating, taking on more challenging ramps as he feels comfortable. He can now easily pull a stall on the park’s new half-pipe ramp without getting stuck like before.

Both skaters are glad to see the park renovated, especially since Vandemark said he didn’t spend as much time outside as he normally did during construction.

“All I did was stay inside and play video games,” the 11-year-old said. “There really wasn’t anything to do. ... I’d play games and sometimes, I’d go outside to skateboard.”

As more families move into Manana Housing, Anderson and Suenaga said they’re happy to provide good options for children and teens to keep physically active. The youth activities director said his office would continue to assist the growing area. There are future plans for a Manana Teen Center, Anderson said, but its location is still being decided.

Until then, skaters can easily walk between basketball and tennis courts to reach the skate park or stop in to see Suenaga at the nearby teen center.

“They can always come down, get a drink of water and sit with the AC if they’re hot,” she said. “They’re always welcome.”

All skaters must wear helmets, kneepads and other protective gear while at the park. No bikes are allowed, and those under 10 must have adult supervision. For more information about skating at Manana Housing, call the Teen Center at 456-1662.

AROUND THE CORPS

This week's top story

Your weekly guide to what's happening around the Corps

East Coast



Gunnery Sgt. Katesha Washington | 2nd Marine Logistics Group

Logistics battalion storms Ft. Bragg en route to Afghanistan

FORT BRAGG, N.C. — More than 500 Marines and sailors with Combat Logistics Battalion 2, 2nd Marine Logistics Group, descended upon a massive training area at Fort Bragg, N.C., April 19 - 27, to conduct essential training for their upcoming seven-month deployment to Afghanistan.

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

West Coast



Sgt. Brian Lautenslager | 1st Marine Logistics Group

Red Patchers walk under the danger zone

MARINE CORPS BASE CAMP PENDLETON, Calif. — Some people see the job of a landing support specialist as simply waving an aircraft to its destination. The part of the job that most people do not know about is the 200 miles-per-hour winds, while a hook, electrified with more than 10,000 volts, hangs from an aircraft swinging inches over the heads of the LSS Marines. For LSS or better known as the red patchers, it's just another day on the job.

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

Overseas



Lance Cpl. Thomas W. Provost | Marine Corps Bases Japan

Detachment of Marines put forth best foot

IE SHIMA, OKINAWA, Japan — On the small island of Ie Shima, a unit of only 12 Marines are a big part of the island's community. Marines from Operational Support Detachment Ie Shima, Marine Corps Base, showed community spirit and friendship when they participated in Ie Shima's annual half marathon event April 10. The 12 Marines were part of more than 570 people who participated in the event.

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

Created by: GySgt Charles Wolf

SEMPERTOONS

THE GREATEST MARINE CARTOONS ON THE PLANET!

Band Concerts
There's always one!

sempertoons.com
callpress.com/sempertoons
myplace.com/sempertoons



Pfc. John Robbart III | Marine Corps Base Camp Pendleton

Children from the Camp Pendleton Abby Reinke and Stuart Mesa community centers perform at base's Paige Fieldhouse during the 15th Annual Kids First Fair, April 24. The event was held to recognize April as Military Child Month and Child Abuse Prevention Month.

'Kids First Fair' raises awareness for military children

Pfc. John Robbart III
Marine Corps Base Camp Pendleton

MARINE CORPS BASE CAMP PENDLETON, Calif. — Camp Pendleton families gathered at the base's Paige Fieldhouse for the 15th Annual Kids First Fair, April 24. The event was held to recognize April as Military Child Month and Child Abuse Prevention Month. It provided food and fun while educating patrons on the various family services available to Camp Pendleton occupants. "This event was a good way to spend time with the family," said Sgt. Mario E. Flores, operations noncommissioned officer, 7th Engineer Support Battalion, 1st Marine Logistics Group. "I'm new

to the base, and I found out about some great programs for the families." To promote child safety, various military-family-oriented organizations were on hand to answer questions, such as Military One Source and Camp Pendleton Fire and Emergency Services. The Marine Corps Community Services-sponsored fair was also packed with food, games and activities at no cost to attendees. There were raffles, bouncy houses, face paintings, clowns, a rock climbing wall, arts and crafts and a dance performance by children from the Abby Reinke and Stuart Mesa community centers. "I received a lot of good information on child safety," said Lance Cpl. Kody B. Clouse, supply clerk, Supply Battalion, Combat Logistics Regiment 15. "I also got to have some fun with my wife and daughter," said Kamins. "Their commands do care, and they will treat them with dignity and fairness," Clouse said.

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

Top story from the front



Gunnery Sgt. Steven Williams | 3rd Marine Aircraft Wing (FWD)

An MV-22 Osprey with Marine Medium Tiltrotor Squadron 261, 3rd Marine Aircraft Wing (Forward), Camp Bastion, Afghanistan, flies over the barren landscape of the Afghanistan desert delivering personnel and cargo, Saturday.

Ospreys flying high, supporting war in Afghanistan

Gunnery Sgt. Steven Williams
3rd Marine Aircraft Wing (FWD)

CAMP BASTION, Islamic Republic of Afghanistan — "You guys ready to go fast?" Those are the last words from the pilot before the MV-22 Osprey catapults in midair and in one fluid movement switches from a vertical-lift aircraft into a horizontally-propelled airplane within seconds. You're strapped in with shoulder harnesses and a lap belt, but you can't help but hold on to your seat as the aircraft jettisons out on its next mission. The Marines of Marine Medium Tiltrotor Squadron 261, 3rd Marine Aircraft Wing (Forward), here, are used to it now. While

other Marines onboard, especially first-timers, are in for a wild ride, the Osprey crew is focused on the mission-at-hand. "We fly all over Helmand province, and sometimes further, in support of ground operations, taking people to and from the fight, and fast," said Staff Sgt. John Godwin, a Loxley, Ala., native serving as a flight equipment technician and aerial observer for VMM-261. That's more than 260 knots fast, or nearly 300 mph. The Osprey can move troops and gear much faster than the CH-53E Super Stallion — the Corps' 29-year-old, war-tested veteran for some of the same tasks. "This aircraft obviously brings the speed and distance that no other assault support aircraft has," explained Godwin. The Osprey's impressive capabilities "shrink the battle space" according to many leaders here — a valuable attribute when dealing with the expanse of the barren and rugged terrain the birds fly over.

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



Lance Cpl. Jacob A. Kester, an FDC Marine, yells the command “Fire!” to guns one, two and four of the Bravo Battery gun line. The Fire Direction Control Marines are used to these high intensity yells as they work in an environment of “controlled chaos” said Staff Sgt. Joe A. Palacios, the battery’s FDC operations chief.



Tools of the trade lay in wait of the next fire mission. Map pens, calculators, Centars handheld devices, charts and multiple types of protractors make up the tools used for the manual portions of FDC.

BRAIN Behind the BANG

1st Battalion, 12th Marines, Bravo Battery, Fire Direction Control center makes every round count

Pfc. Tyler L. Main
Combat Correspondent

POHAKULOA TRAINING AREA, Hawaii — You may never see a Fire Direction Control Marine while they’re on the job. But their impact on artillery fire missions is hard to miss — and they almost never do.

“Artillery is divided into three main parts,” said Staff Sgt. Joe A. Palacios, the operations chief for Bravo Battery’s FDC. “The eyes, the brains and the muscle. We’re the brains.”

The brain in artillery acts like a human brain. It tells every gun where to make adjustments, what projectile and propellant to use and when to fire. Thousands of computations, checking and rechecking go into firing just one round down range.

The FDC center takes data from the forward observers to include grids and computes firing manual or automated data and sends it down to the gun line digitally or by voice, enabling them to provide fast and accurate fire to maneuver personnel, said Palacios.

“The artillery motto is, ‘shoot, move, communicate and sustain,’ and the FDC is an essential part in fulfilling that motto to the highest safety, accuracy and speed standards,” he said.

An FDC consists of six billets that all work together, checking information to ensure all rounds that go down range do so safely, Palacios said.

FDC billets include charts operators, record of fire operators, Advanced Field Artillery Tactical Data Systems technicians, radio operators, fire directional officer and operations chief.

“The ops chief is the technical expert of an FDC,” Palacios said. “He’s the controller of the chaos.”

Controlled chaos is how FDC Marines describe their job. Between all the data and numbers being processed, along

with checking them, the FDC is a fast, hectic and very intense environment.

“If any one number is computed incorrectly, it can be bad,” Palacios said. “People could be killed as a consequence. That’s why I’m so hard, because, in here, anything but perfection is unacceptable.”

The FDC Marines always stress the importance of being always prepared and ready to support ground units.

“There is no such thing as, ‘we can’t shoot it’ or ‘we can’t make that target,’” Palacios said. “The reason we get a call is because someone is in trouble and they need our help. There’s never a reason we can’t fire.”

For that reason, it’s important FDC Marines know how to calculate shots automatically and manually. Although a lot of FDCs are now leaning more toward automation, Palacios believes being able to calculate manually will only make one more accurate on the automated systems.

“My belief is that you can’t understand this job technologically if you are unable to do it manually first,” Palacios said. “Nine times out of 10, a computer will go down in a combat situation but because we maintain proficiency in manual operations as well, that doesn’t affect us.”

The FDC is not you’re average 9 to 5 job, as Marines in this military occupational specialty are on 24-hour operations when in theater or training.

“Even after the rounds are finished firing, we will still be up computing safety, safety zones, and muzzle velocity variations to attain more accurate fires on the next mission,” Palacios said. “This is the pressure cooker, the hot spot, where the rubber meets the road. If we don’t get it right here then they don’t get it right on the gun line either.”



A part of the FDC works together to get the most accurate data for the gun line to fire on. FDC is considered the “brains” of artillery operations and control when and where an artillery battery shoots rounds. (Right) Staff Sgt. Joe A. Palacios, the Bravo Battery FDC operations chief, verifies quadrant (vertical) and deflection (horizontal) coordinates just before relaying a fire mission.



Lance Cpl. Brian Berganza reads chart information to Cpl. David A. Esqueda who puts the information into a Centars device for computing safety. Berganza is a horizontal chart operator and Esqueda is an assistant operations chief.



Lance Cpl. Ronald W. Stauffer | Hawaii Marine

Gunnery Sgt. Pel Jaerith, company maintenance chief, Combat Assault Company, 3rd Marine Regiment, introduces the M2 .50 caliber machine gun to seven-year-old Thomas Yamada during “Scouting in Hawaii’s” 100th anniversary Makahiki Show at Ala Moana Regional Park, Saturday.

SCOUTS, from A-1

teaches in scouting, such as leadership, self-reliance and discipline also, lend well to success in the military.

Goodwin also said he’s spoken to many military members who were scouts growing up or are currently scout leaders.

“I wanted to give an opportunity for the military to have a show of force and show what our capabilities are, and how [they tie] into the scouting,” Goodwin said. “It’s synergy. The two combine into something better.”

Scouts saw MCB Hawaii equipment from 3rd Marine Regiment, Combat Logistics Battalion 3 and Headquarters Battalion Explosive Ordnance Disposal.

“We’re here to showcase what the Marine Corps’ capabilities are as far as our weapons systems,” said Gunnery Sgt. Pel Jaerith, company maintenance chief, Combat Assault Company. “It’s going good, and the kids are interested. They’re having fun getting behind the rifles, donning all the gear we use and realizing it’s pretty heavy.”

Jaerith, a Long Beach, Calif. native, said the Marines had a good time talking to the children, with parents also enjoying the experience. He said it’s a privilege to be at the event and support the Boy Scouts.

“They’ve done a lot for America and

keeping the kids out of trouble. We’re here to support that effort as well,” Jaerith said. “We’re here to enjoy the day.”

While troop members crawled through the Humvees or looked down the sights of the rifles on exhibit, the Marines were all smiles as they explained how things worked.

“I liked how I get to meet new people,” said Lance Cpl. Jonathon N. Bird, an amphibious assault vehicle mechanic, CAC. “I learned things about the Boy Scouts, and I like teaching people about the Marine Corps.”

Bird, hailing from Indianahoma, Okla., said he spent most of the morning explaining how Marines use their equipment and what they do. He thought it was funny that many of the participants knew a lot of the weapons from the popular video game, “Call of Duty.” He also said many scouts were interested in what the Marines do. Many of them were excited because they hadn’t seen a real RCO [rifle combat optic] or modular tactical vests.

Marines with CLB-3 amped up the crowds with their heavy equipment displays and the EOD display blew away the competition, with their bomb suits and robots.

Goodwin jokingly said the dental exhibit was a little intimidated when they got placed next to EOD.

There were also displays present from the Army, Navy and Coast Guard, all contributing to the day.

Goodwin said there were several stations in the park that utilized military skills, which can be used to earn scouting merit badges.

“The things we try to develop in the boys are going to make them better soldiers, sailors, airmen and Marines,” Goodwin said. “It’s been a real blessing to work with the kids and get them out here and watch the excitement on their faces.”

Goodwin said one boy in his troop, who just achieved the rank of Eagle Scout, said his goal in life was to become a Marine sniper. He also said a lot of the younger children may not understand what the units do, but thought they were cool.

“It lets [the community] know we’re here, and we’re supporting them,” Goodwin said. “A lot of time we’re taken for granted, but there’s a lot of military on this island. I want to get as many different facets of that here.”

Goodwin said he was thankful for all the supporting units that contributed to the event and made it a success.

“I think we had a great showing today,” he said.

“I think it’s a great way to get us recognized and show them what we do,” Goodwin said.

Post and Relief



Sgt. Juan D. Alfonso | Hawaii Marine

(From left to right) Sergeants Major Scott M. Smith and James Roberts Jr., the incoming and outgoing sergeants major for Headquarters and Service Battalion, U.S. Marine Corps Forces, Pacific, respectively, report to Col. Alan L. Thoma, H&S Bn. commander, during a post and relief ceremony April 16 at Bordelon Field, Camp H. M. Smith, Hawaii. The noncommissioned officer’s sword Roberts holds symbolizes his position as the unit’s senior enlisted advisor and was ceremoniously passed to Smith during the ceremony.

Sergeants major post, relieve, retire

Sgt. Juan D. Alfonso
U.S. Marine Corps Forces, Pacific

CAMP H.M. SMITH, Hawaii — Dozens of service members, family and friends gathered at Bordelon Field, Camp H.M Smith, Hawaii, for the appointment of Headquarters and Service Battalion, U.S. Marine Corps Forces, Pacific’s incoming sergeant major and outgoing sergeant major’s retirement April 16.

Under constant cloud cover and rain, Sgt. Maj. James Roberts Jr. passed the mantle of HQSVC Bn. sergeant major to Sgt. Maj. Scott M. Smith.

The two senior enlisted Marines spent the last few weeks transitioning to ensure the Marines under their charge receive the quality leadership and continuity they deserve.

“My goals as your new sergeant major are first of all the mission, making sure that we are providing that direct support required by the MarForPac headquarters,” Smith said. “From what I’ve seen, that’s happening and I want to continue seeing that happen as smoothly as possible. My second goal is focusing on noncommissioned officer mentorship and development, because it’s at that corporal and sergeant level where we make our money.”

The battalion commander said Smith is a Marine who is

dedicated to the mission and wellbeing of his Marines.

“I think we’re going to have a good time working together and that’s the key,” said Col. Alan L. Thoma, H&S Bn. Commander.

The ceremony ended with Roberts’ retirement, after nearly 30 years of service, during which he received a Legion of Merit Medal, a U.S. flag, as well as several certificates for his honorable service.

Despite the weather, Roberts was cheerful as always and smiling from ear-to-ear, demonstrating the friendly and approachable manner he used to lead Marines throughout his career.

“I joined almost 30 years ago and it has been a privilege to grow a little grey in the Corps... just a little,” he joked. “I’ve lived my dream. Now it’s time for me to drop my pack and let the younger Marines bear the load. Never forget that what you are doing is honorable work.”

He left with some advice for all Marines, the secret to his success.

“Be where your supposed to be, when your supposed to be there, in the right uniform and in the right mindset,” he said. “Accept every challenge. Thank you. Semper Fi.”

Roberts officially retires Sept. 1 and will dedicate the rest of his life to his college education and mentoring at-risk teenagers.

NAWA, from A-1

celebration of prosperity for the people of Nawa, by the people of Nawa.

“The opening of the Nawa District Center building here is a very happy time,” said Mangal, who arrived by helicopter from the provincial capital of Lashkar Gah before the ceremony. “Three years ago, nobody ever expected that we could come to Nawa and open a government building for the people here. Our schools and clinics will soon follow, and those will be good as well.”

Citizens, elder men, and community and government leaders from Nawa praised the opening of the DGC, which will function as a city hall in the heart of Nawa District. Many talked about how the look of the reconstructed building, with its open-air courtyard surrounded by painted white walls and gold-tinted glass, is a significant improvement from its war-torn and neglected state in which Marines of 1/3 first saw it when they came to Nawa in December.

“Think back to what this building used to look like — the windows gone, the bullet holes and everything a mess,” said Brig. Gen. Joseph L. Osterman, commanding general of 1st MarDiv (FWD), who was honored by Afghan leaders with a ceremonial headdress before speaking at the ceremony. “Now look up in front of you and see what can happen when a community comes together and decides it wants to make a change.”

Construction of the building initially began in 2008, but the contractor's funding ran out and there was significant increase in violence in the area in early 2009. British forces then used it as their patrol base headquarters in Nawa, and it was the site of numerous firefghts. The damage to the building climaxed during

Operation Khanjar last summer, when Marines and Afghan National Army soldiers first pushed into Nawa and were attacked there while trying to flush insurgents from the area, said Maj. Rudy Quiles, who leads the civil affairs team in Nawa and helped organize reconstruction efforts for the DGC.

The building was, until recently, a mess of battle-scarred brick walls, rotting wood, broken windows, without a roof and had piles of rubble strewn around it.

Over the past eight months, Afghan contractors have transformed DGC into a functioning two-story office building, which boasts amenities like electricity, running water and air conditioning. The DGC will be the center of government for Nawa, not only housing the offices of local government leaders, but also key government offices such as financial managers, courts and legal staffs, investigators, religious advisors, as well as representatives from the ministries of agriculture, reconstruction and development, education and cultural affairs, among others.

“The offices will serve as the visible presence of the government of the Islamic Republic of Afghanistan, and serve as the coordination hub for further development and stability operations for the district,” said Quiles.

Before the construction of the DGC, citizens here often had trouble coordinating government functions because offices were separate and so far away from one another. Now there are no excuses and they can better serve the people, said Mangal.

“The people of Nawa will now always have an office to serve them,” said Mangal. “Take good care of this building, you’ve worked hard for it. Let it serve the people of Nawa well for a long time.”

family and friends before heading back to work.

For Cpl. Jose Alvarado Jr, driver and gunner, ETT 2 Tac 8, it's time to bond with his 5-month old son who was born during his deployment. Alvarado and his wife kept up communication through e-mails. His wife often sent him pictures by cell phone, including when she found out their first child would be a boy.

“I looked forward to it every day,” said Alvarado, from Houston. “Seeing my wife doing well always brightened my day.”

Some Marines were surprised to see their parents greeting them. Staff Sgt. Matt Nagel, team leader, ETT 4 Tac 5, didn't realize his mother was making the trip from Apple Valley, Minn. to welcome him. His mother said that had the group been further delayed, she would have needed to fly back.

“I felt like I got a lot of support during his deployment,” Nagel's mother said. “I felt like I wasn't alone. It was great receiving e-mail updates when we could.”

Both Nagel's mother and Richardson said they were happy to have their family members back out of harm's way and help support a homecoming for them.

“We're happy to give them as nice of a homecoming as other units returning home,” Richardson said. “They deserve it.”

SAREX, from A-1

dangerous,” said swimmer Navy Petty Officer 1st Class Bryce J. Williams, an aircrewman with HSL-37. “It was a longer swim than normal for us working with VR-51, but we do this exercise nearly six times per year, so for them to get this training is good real-life practice.”

Individual survivors were hoisted in a basket halfway up to the helicopter and then lowered back into the water.

After a series of lifts, all swimmers were directed to an inflated life raft leashed to a pontoon boat. The swimmers were then pulled back to the marina to conclude the exercise.

“The training really built up my confidence,” said Petty Officer 2nd Class

VOLUNTEERS, from A-1

Corps Program, among many other accomplishments.

Edwards, of St. Paul, Minn., has been volunteering for more than 10 years at the Base Tax Center. With approximately 1,200 hours of service, Edwards assisted in the completion of more than 3,000 federal and 2,500 state returns, according to Staff Sgt. Luis A. Burgos, the administrative law chief of the Legal Services Center in a nomination letter.

“Mr. Edwards’ outstanding service has saved our military community thousands of dollars,” wrote Burgos, of Wyoming, Mich. “Year after year clients return asking specifically for Mr. Edwards to assist them with their tax needs.”

Edwards didn't know he was nominated for Volunteer of the Year, though he attends the ceremony regularly to show his respect for the volunteers. He was appreciative of Headquarters Battalion's nomination.

“I think that this award has to be shared with the 150 Marines and sailors that I've worked with in the tax center,” Edwards said. “If I've done any good, it's because it's been through them.”

Many volunteers attended the event, including Petty Officer 1st Class Michael Boldizar, naval air crewman operator, Commander, Patrol and Reconnaissance Wing 2, who has volunteered on numerous occasions throughout his military career.

The native of St. Paul, Minn. has volunteered with the homeless, worked at the USO Airport Center in Honolulu, and cleaned houses in aftermath of Hurricane Katrina.

Boldizar has also volunteered as a Boy Scout scoutmaster for one year and Cub Scout pack leader for two.

He said he enjoys seeing youths learn new things, meeting new people and learning new cultures.

Aircrewman Andrew D. Gill, VR-51. “It was a real world experience in a safer environment.”

Navy Cmdr. David Parker, safety operations officer, VR-51, was credited for the successful planning of the exercise.

“The commander put a lot of hard work into the SAREX. He allowed for stellar communication between the different services, and he knows how to talk to the right people,” Gill said.

This exercise is parallel to the recurrent training necessary for his aircrew to stay current in mandatory water survival training, according to Parker.

“The SAREX was a total success. We don't have anything else planned on this scale in the near future, but this operation went smoothly and we stuck to the time table well,” Parker said.

“I feel real fortunate to be nominated,” said Boldizar, a Volunteer of the Year nominee.

Petty Officer 1st Class Jason Resendez, air traffic controller, Marine Corps Air Station came forward twice, first as runner up for the Volunteer of the Year, and then to accept a plaque on behalf of MCAS, for the Volunteer Unit of the Year.

Resendez, of Victoria, Texas, has done volunteer work for at least six years, in various countries such as Japan, Australian and Korea.

While aboard MCB Hawaii, Resendez has worked closely with Lanikai Elementary School, assisting them with their annual haunted house and working on the “Concert Under the Stars” fundraiser for the school, among other achievements.

He said recently the most rewarding thing about volunteering was seeing “the smile on the kids’ faces,” when MCAS collected more than 1,300 cans of food for the Hawaii Food Bank.

“Anybody that has the opportunity to volunteer should do so,” Resendez said. “[It's a] great reflection on the military, and it's rewarding not just for the person receiving but for the person volunteering.”

Petty Officer 2nd Class Maria Garcia, logistics specialist, CPRW-2, did not know the Volunteer of the Year award existed until she was nominated.

“When they told me I was one of [the nominees], I was shocked,” Garcia said.

Garcia, from Houston, is a mentor for the Drug Education for Youth program, which meets one Saturday a month after an initial summer camp.

She is also a cadre for the Barber's Point Youth Challenge Academy, and volunteers for the Single Marine and Sailor Program.

“I like to help people,” Garcia said. “It's what makes me happy, helping in any way I can that's what I go for. I don't want to get paid for it. Every little bit counts.”

Sports & Health



Lance Cpl. Vanessa M. American Horse | Hawaii Marine

Marine Aviation Logistics Squadron 24 Warriors knocked out Patrol Squadron 9 Golden Eagles, 48 - 53, during the championship intramural basketball game at the Semper Fit Center Gymnasium Monday. "We stopped having execution on shots. Everything [the Warriors] threw up was hidden from us. I guess they wanted it more than we did," said Golden Eagles captain Eric Hamilton.

Warriors win it all, again

Lance Cpl. Vanessa M. American Horse
Combat Correspondent

Marine Aviation Logistics Squadron 24 Warriors beat Patrol Squadron 9 Golden Eagles, 48 - 53, during the championship intramural basketball game at the Semper Fit Center Gymnasium Monday.

This is the fifth consecutive championship win for the Warriors.

"It's my first win playing with the Warriors, and it feels amazing," said Warriors forward Tyrone Franklin. "This team is great, and hopefully we can take the championship again next year."

At the tip off, the Warriors grabbed the initial possession and immediately Franklin hit two 3-pointers. It looked as if it was going to be a one-sided game as the Warriors made impressive plays. After five minutes, the score was 12-5, Warriors.

The game turned around as Golden Eagles center Eric Hamilton and small forward Doug

Scott made consecutive 3-point shots to close the gap.

Just as it seemed the Golden Eagles would catch up, the Warriors fired back with their own series of 3-point shots bringing the score to 14-22, Warriors, with seven minutes remaining in the first half.

Time ticked away from the clock as repeated fouls and free throws from both teams dominated the rest of the first half.

Their lead diminishing, the Warriors called a timeout, with one minute remaining in the first half. The Golden Eagles regained possession of the ball, but quickly lost it as the teams battled it out to score the final shot of the half.

Once regaining possession, the Golden Eagles called a timeout with 2.6 seconds on the clock. Unfortunately, both teams were unable to score as the halftime buzzer rang leaving the score at 22 - 27, Warriors.

"We are doing great and giving 100 percent," said Golden Eagles captain Eric Hamilton. "I think we've got them beat. We just need to work

on our rebounds."

The Golden Eagles started the second half with fierce jump shots. For the first time, they led the game as they powered to a score of 28-27, within the first minute. The only thing challenging their layups was 3-point shots from the Warriors.

With nine minutes on the clock the score was tied at 38 - 38. Persistence kept the Golden Eagles neck and neck with the Warriors, as both teams fought tenaciously to win the championship trophy.

The Warriors broke ahead leaving the score 44 -48 in the final minute. Desperately, the Golden Eagles tried to catch up, but their haste caused six fouls on their opponent as the seconds wound down.

The game ended with Warriors players shooting free throws and Golden Eagles fans watching in disbelief.

"We stopped having execution on shots. Everything [the Warriors] threw up was hidden from us. I guess they wanted it more than we did," Hamilton said.

MCAS steals playoffs from Warriors with stolen bases, 9-3

Lance Cpl. Ronald W. Stauffer
Combat Correspondent

Marine Corps Air Station knocked the Headquarters Battalion Warriors out of the playoffs, 9-3, during an Intramural Baseball League game at Risely Field Monday.

Leading the game in strikeouts, MCAS pitcher Bobby Davis kept the heat coming from the mound for quick innings and left the rest up to the batters.

"Today, I'm not saying we're going to win," said Warriors second baseman and relief pitcher Eric "Mouth" Gamboa, before the game. "We're going to play our hardest and play like a team. We're going back to the fundamentals."

Both teams came into the game 1-1.

Leading off, Warriors pitcher Aaron Ibrao cracked into a ball for a base hit, and then stole second base with no remorse. Warriors catcher and coach Romeo Ibrao got the first out with a light infield hit to first, but it gave Aaron Ibrao a chance to advance to third base.

Dustin McCrory, Warriors right fielder struck out for the second out putting Gamboa in the hot seat. Unintentionally, Davis put a ball into Gamboa's side giving the Warriors another runner on.

A hit into the outfield brought Aaron Ibrao home for a run, but Davis shut down the inning with a strikeout.

In the bottom of the first inning, Davis took a beam

from Ibrao, who looked like he was still finding his rhythm on the mound. In return, Davis stole second and third base showing a little pain wasn't going to stop him.

Keeping calm and consistent, Aaron Ibrao stuck out the next two batters showing he knew where the plate was. The third out came from an infield fly ball and no runs for MCAS.

Showing no mercy in the second inning, Davis turned it up on the mound, firing bullets off the rubber. A pop fly from Tony Rodriguez, Warriors shortstop marked the first out, but Davis stopped the Warriors cold in their tracks, striking out the next two batters.

A line drive double from Dakota Harden, MCAS second baseman opened some eyes in the field. A base hit from Alex Waring, MCAS first basemen resulted in a tag out for Harden and knocked him out of a scoring position at third base.

A line drive from MCAS right fielder Owen Lamb, got past the out field and brought Waring in to tie the game, but on a late call from the base coaches, Lamb was nearly tagged out at second base.

Lamb got the second out when he was tagged at third base on an infield grounder. The bottom of the second inning ended with a strikeout from Aaron Ibrao.

The Warriors didn't get very far in the third inning, going three up and three down,



Lance Cpl. Ronald W. Stauffer | Hawaii Marine

Tony Rodriguez, Headquarters Battalion Warriors shortstop, calls for the tag out of Marine Corps Air Station right fielder Owen Lamb at second base during an Intramural Baseball League playoff game at Risely Field, Monday.

See MCAS B-6

Rough Rugged Rugby

Marine Corps Community Services looks for rugby players aboard Marine Corps Base Hawaii



File photo

Cpl. Achilles Tsantarliotis
U.S. Marine Corps Forces, Pacific

Marine Corps Community Services Hawaii is looking for athletic individuals interested in joining a new social rugby club. The social rugby club would offer service members a new venue to meet people, exercise and enjoy a game dating back to Ancient Greece.

"It's a contact sport," said Kelly Fornes, Sports and Fitness Coordinator, Camp Smith. "People who've never played before shouldn't be shy about coming out though."

Fornes, slated to coach the team, explained that rugby is structured so people of all ages and size have a place on the field.

Rugby consists of 15 players a side but teams usually boast at least 30 players for a full roster.

"It's a lot like football," Fornes, a 30-year plus rugby veteran, said. "Only it's much faster — continuous play."

Fornes said one of the biggest factors in rugby that kept his interest over the years is the camaraderie found in the sport. An asset contributed to its enduring traditions.

"I think the actual game is only half of the experience," said Lucas Hartman, a player trying to start the club. "It's truly a gentleman's game for all walks of life to enjoy. It's a lifestyle and longstanding tradition. It's just a great time," Hartman added.

Practices are on Tuesday and Thursday, a rugby tradition, and features a structured training regimen. Drills, scrimmages and endurance training are integral parts of a successful club.

"I've got friends all over the world I've played with," Fornes added. "If I'm ever in an area I played in I can always find guys practicing at the [local] park Tuesday and Thursday — or playing over the weekend. It's just one of those sports where you play hard, have fun, then crack a few beers afterward."

Those interested in participating in the up and coming social rugby club or have any questions can call Fornes at 477-0498 or Lucas Hartman at 748-9276.



Sgt. Jeffrey Velazquez, crew chief, Aircraft, Rescue and Fire Fighting, Marine Corps Air Station has competed in the 2008 Far East Bodybuilding Competition and the 27th Annual Armed Forces Hawaii Bodybuilding Championship among other bodybuilding competitions.

A muscle from MCAS

Marine represents Marine Corps Base Hawaii in this year's bodybuilding competition

Kristen Wong
Photojournalist

Marine Corps Base Hawaii's Sgt. Jeffrey Velazquez, a crew chief for Aircraft, Rescue and Fire Fighting, Marine Corps Air Station, won in the Heavyweight class and overall in the 27th Annual Armed Forces Hawaii Bodybuilding Championship April 17.

"Don't let the flight suit fool you," Master Sgt. Keith Kulman, staff noncommissioned officer in charge, and officer in charge, ARFF, MCAS, said of Velazquez.

Though he calls San Diego home, Velazquez spent his elementary and middle school years growing up in the Bronx, N.Y.

Although Velazquez wanted to be firefighter, the events of Sept. 11, 2001 moved him to join the Marine Corps. Velazquez's parents, originally from Puerto Rico, wanted him to finish college first, however. After he completed a degree in Computer Graphic Design at Wade College in Texas, Velazquez enlisted in the Corps November 2003. He has been deployed twice, both times to Iraq, once in 2004 and in 2006.

Velazquez's body building hobby started with a white lie. He told his then-girlfriend now-wife, also a competitive body builder, that he was a body builder as well, and from then on worked to compete in his first show while stationed in Okinawa.

"To be the best at anything, you had to be the most educated," Velazquez said. He primarily did research online, and together with his wife, came up with an extremely detailed "game plan," from what must be eaten to what exercises must be completed on certain days. They both competed in the 2008 Far East Body Building Competition. He won second place in the Middleweight class.

"It was definitely a learning experience," Velazquez said.

While Velazquez said he was mainly focused on his choice of music and his posing routine for the evening audience, he hadn't known much about the preliminary judging. As he looks back, Velazquez said he should have been more focused on the judging which occurs prior to the actual show.

Even so, he described his first time on stage as "natural" and "comfortable." It was the

evening show he considered "nervewracking." Velazquez said he had difficulty hearing the music.

"I [couldn't] see the crowd [be]cause the spotlight was right in my eyes," he said. "I couldn't tell if I was going to fall off the stage or not."

Velazquez plans to continue bodybuilding. His wife now finds it hilarious when he pretended to be a bodybuilder, but is glad he started bodybuilding. A native of Reno, Nev., Senior Airman Rebekah Velazquez, cryptologic linguist, 324th Intelligence Squadron, described her husband as "perfect."

"He's amazing in everything he does," she said. "I'm so proud of him."

But bodybuilding can be a challenge. Now a certified personal trainer, he said the most challenging part about bodybuilding for him was the "change of lifestyle." Instead of partying with friends, he spends time cooking meals at home or working out at the gym. He works out for about an hour and a half three consecutive days followed by one day off and three consecutive days again. When he does go out with friends, he orders water instead of alcohol.

"He's a really good guy," said Cpl. James Sheddy, rescueman, ARFF, MCAS. "He looks out for everybody."

Sheddy, from Fort Lauderdale, Fla., said when he first met Velazquez two months ago, he described him as "big and in shape," and "intimidating." Now, he occasionally works out with Velazquez and feels comfortable going to him with questions about diet and exercise.

Velazquez also recently competed in the Stingrey Classic Bodybuilding Contest April 23 at the Pacific Beach Hotel, and won first place in the Men's Novice Heavyweight Division. He also plans to publish a book of his own, titled "24-7 Program," which is a guide for people to create their own fitness regimen.

Cpl. Brian Flannery, a rescueman, ARFF, MCAS, describes Velazquez as "positive."

"He always keeps a good attitude about things," said the MCAS Marine from Columbia, S.C. "I don't think I've ever seen him in a bad mood."



Photos by Lance Cpl. Ronald W. Stauffer | Hawaii Marine

Sgt. Jeffrey Velazquez, crew chief, Aircraft, Rescue and Fire Fighting, Marine Corps Air Station, center, joined the Marine Corps in November 2003. Velazquez and his wife, Senior Airman Rebekah Velazquez, cryptologic linguist, 324th Intelligence Squadron, are both competitive bodybuilders.

Sprint Triathlon

2010



May 8, 2010



Cpl. Danny H. Woodall | Hawaii Marine



Lance Cpl. Cassandra Flowers | Hawaii Marine

Commander's FITNESS SERIES

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

HQBN Sprint Triathlon

Saturday, May 8

Bike, swim, or run to MCB Hawaii and grab your registration form for the most hardcore event held on the windward side. You had better be ready, because the HQBN Triathlon is right around the corner. The Triathlon consists of a 500-meter swim in the waters of Kaneohe Bay, an 11-mile bike race circumnavigating the entire base, and ends with a 3.5-mile run, concluding at the Base Marina. Participants may enter individually, or in three-man relay teams. For the relay teams, one person will swim, one person will bike and one person will run.

VP-47 5K Runway Run

Saturday, July 4

All of Oahu is invited to get physical and enter the VP-47 5k Runway Run at 7 a.m. The race starts and finishes at Hangar 104, and takes runners along the MCB Hawaii Flightline, catching glimpses of historic Pyramid Rock. MCCS will present awards to the top three finishers in various age groups, as well as, to the top three overall men and women finishers.

HSL-37 Splash & Dash Biathlon

Saturday, Oct. 16

Enter the HSL-37 "Easyriders" Splash & Dash Biathlon. The race begins with

a 500-meter open water swim, then grab your running shoes and head around the Flightline for the five-kilometer foot race.

Running by the Flightline enhances the race by giving participants a military feel during their run.

The scenery is beautiful and runners get a chance to run on an active taxiway and see military aircraft.

MCAS Tradewind Triathlon

Saturday, Nov. 17

The MCAS Tradewind Triathlon is the final triathlon offered in Hawaii this year, so get registered early. The Tradewind Triathlon hits the shores and streets of MCB Hawaii Kaneohe Bay with a 500-meter swim followed by an 11.1-mile bike course, and ending with a 5-kilometer run.

This event is ideal for amateur or experienced triathletes, and even serves as the official Hawaii Senior Olympic Triathlon for 2010.

Jingle Bell Jog

Tentatively December

Jog off that Thanksgiving feast! This 8K run will help you stay fit throughout the holiday season.

In the spirit of the season, a one-mile Family Fun Run will take place after the race.

Spotlight On Sports

Sports Briefs

All-Marine Trial Camps

Women’s soccer camp will be held May 20 to June 7. The location is to be announced. Applications are due April 30. Marines interested may complete a resume/application online at www.usmc-mccs.org/sports or by contacting Tina Lui at 254-7590.

Personal Trainers Available at Semper Fit

For those looking to get into a tailored exercise regimen, or just looking for good advice on weight management and weight control, the Semper Fit Center offers free personal training consultation. You can schedule an appointment with a trainer who will take body fat measurements, blood pressure and heart rate readings. They will do all this and tailor a program, based on your physical needs and ambitions. For a small fee per workout, a professional trainer will actually work with you to ensure maximum efficiency. Patrons may sign up for an initial assessment and one session a week up to three weeks. Because of a high demand for personal trainer appointments, patrons must wait four weeks between sessions following the initial three visits. For more information, contact Semper Fit at 254-7597.

Semper Fit-For-Life Program

A year-round program promoting fitness for the entire family, this motivational program is designed to encourage patrons to incorporate fitness into their daily routine. Participants log their mileage/hours in any of the following activities: running/jogging, walking, swimming, cross-country, rowing/kayaking, bicycling, rollerblading, aerobic activity, weight training, martial arts, basketball, racquetball and soccer. Awards are given when a Semper Fit-For-Life milestone is reached. For more information, contact the Semper Fit Center at 254-7597.

Adventure Training Program

Designed to promote unit cohesiveness and enhance confidence in the water, Adventure Training is a fun alternative to regular unit workouts. Learn different water sports and do P.T. at the same time. Classes are offered in scuba, kayaking, power-boating and water skiing. Adventure Training is offered at no charge to all Marine Corps Base Hawaii units. Training NCOs and SNCOs should call the Base Marina at 254-7667 for more information.

Satellite Fitness Centers

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

The Health Promotion Program

The Health Promotion Program at MCB Hawaii is a branch of the Semper Fitness Division of MCCS and is under the direction of HP Coordinator, Dan Dufrene. The Health Promotion Program umbrella embodies nine key elements, which guide patrons to live a healthy lifestyle. Education sessions on the material are available to active duty service members, family members, retired military, civilian employees, units and organizations. Informational displays and literature are also available. To find out more, please call the Health Promotion Program at 254-7636. E-mail dufrened@usmc-mccs.org.

Youth Sports moves

Youth Sports has moved from the Youth Activities Building to the Semper Fit Center. All Youth Sports operations such as registration are now held at the center. For more information, contact Clark Abbey, the youth sports specialist at 254-7473.

Semper Fit Group classes

Boot Camp

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

Cardio Kick

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

Cycling

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

Gut Cut

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

High Intensity Circuit Training

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

Lower Body Blast

Want to tone up your legs? This class targets all the major muscle groups in your legs, including your core muscles. Strengthening these muscles will not only help firm up those areas but also maintain a healthy posture.

Keiki and Me

Don’t have a sitter? This class is designed for the active parent done in an outdoor setting involving the kids. Build strength and cardiovascular endurance during this fun group setting. With the use of resistance bands, body weight exercises, abdominal work and plyometrics this can help strengthen your body and mind. Bring your own stroller.

Muscle Conditioning

Not coordinated for a traditional aerobics class? This class has minimal choreography so this is safe. A muscular endurance workout using hand weights and bands to work all muscle groups.

Pilates

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

PiYo

If pilates and yoga were mixed together, this is what you would get. This class will help develop strength, flexibility and balance to sculpt long, lean muscles. With pilates, yoga and a combo of upbeat moves, this mat class will get your blood flowing while re-shaping you from head to toe.

Power Yoga

If you’re looking for a class to increase strength, stamina and flexibility, this class is for you. They use yoga postures that are an excellent cross-training routine for athletes, along with poses to calm the mind and body.

Speed and Agility

Swifter, Higher, Stronger ... Train like an athlete. This class focuses on developing strength, power, balance and agility while maintaining flexibility. Dynamics of this class include plyometric type exercises designed to produce fast, powerful movements and improve functions of the nervous system while increasing foot speed.

Step

This is a tried and true classic. Fads come and go, but step endures all. This fundamental class focuses on getting a great workout on the steps with basic choreography — nothing fancy — just hard work and a ton of sweat.

Step and Tone

The best of both worlds in one class! A great step class and some resistance training in an hour and 15 minutes. Get your heart pumping with an upbeat step session that will tone your muscles.

Step Challenge

To step it up even more. This class is for the seasoned stepper or for those just looking for a challenge. This class is a full hour of fun and challenging choreography.

Water Aerobics

This non-impact workout is excellent for cardiovascular conditioning, flexibility and strengthening. Aqua training is a terrific way to gain fitness without the stresses of gravity experienced in land-based training. Classes will start again in May.

Zumba

This is a Latin inspired, dance-fitness class incorporating international music and dance movements. It includes a combination of fast and slow rhythms, that tone and sculpt. The class integrates aerobic, interval and resistance training. Dancers and non-dancers will have a blast while getting an incredible workout!

Normal hours of operation:
Monday-Friday, 4:30 a.m. - 10:30 p.m.
Saturday, 7 a.m. - 10 p.m.
Sunday and holidays, 7 a.m. - 6 p.m.

2010 INTRAMURAL SPRING SOFTBALL SCHEDULE

TONIGHT
ANNEX
6 P.M. DRAGONS vs. MCAS
7 P.M. HSL-37 vs. 3RD RADIO BN
8 P.M. HSL-37 vs. CPRW-2
MAY 4
ANNEX
6 P.M. GROUND POUNDERS vs. 3D MAR
7 P.M. HSL-37 vs. DRAGONS
8 P.M. CLB-3 #1 vs. 3RD RADIO BN
MAY 5
ANNEX
6 P.M. HMH-463 vs. MCAS
7 P.M. HQBN vs. COULSON
8 P.M. HQBN vs. COULSON
MAY 7
ANNEX
6 P.M. BLK KNIGHT vs. MCAS
7 P.M. HMH-463 vs. CPRW-2
8 P.M. MARFORPAC vs. JOKERS
MAY 10
ANNEX
6 P.M. BLK KNIGHT vs. CPRW-2
7 P.M. HLS-37 vs. MCAS
8 P.M. TEAM BREWER vs. 3D MAR REG
MAY 11
ANNEX
6 P.M. CLB-3 #1 vs. 3D MAR REG
7 P.M. MARFORPAC vs. MCAS
8 P.M. 3RD RADIO BN vs. MALS-24

There’s no crying in baseball ... the lazy man’s sport

Lance Cpl. Ronald W. Stauffer
Combat Correspondent

America’s pastime can take its seventh inning stretch, maybe scratch itself in inappropriate places just like the players do, and move out of the way for soccer’s 2010 World Cup.

After the Stanley Cup and the NBA Championship, there are only a couple of great sports options on TV, and I hope beer-bellied men swinging sticks isn’t one of them.

“Why would I want to watch a bunch of guys run around kicking a ball into a goal box?” you may ask. Because the ball isn’t the only thing that gets kicked during the game! It’s only half the fun. Have you ever seen a baseball player get kicked in his “foul territory?” I don’t think so.

Soccer players have brass ones, or they’ve been kicked so much they’ve had them removed. A soccer ball can be kicked at more than 80 mph. That’s a little less than an average fastball for most pitchers, but soccer players will put their head in front of the ball without a helmet. If baseball players eventually put bat to ball (sometimes it happens), they get to run around a diamond 90 feet at a time and try not to get out. Yes sir, that’ll get my blood pumping — not!

The only person safe on a baseball team is the catcher. He’s geared up for battle with no one to hit. Let him hold the bat, and he looks like a modern day samurai.

Couldn’t have made the sport any more physical? Say they hold onto the bat and attempt to take out a couple players on the way around. Now there’s a contact sport!

I guess you can call baseball a gentleman’s sport. But not in those rare, entertaining times when a player rushes the mound after a wild pitch and then both teams duke it out.

Soccer players don’t have to worry about it because the fans do it for them. I’d call it cheap entertainment for the players in return for their services. Soccer players have some of the most unruly fan in sports.

In 2005, angry fans reportedly killed a teenage goalkeeper for Benin’s national youth soccer team after a loss to Nigeria. During a game in Serbia, a fan was allegedly shot in the stomach in the stands two weeks ago, while the game was in progress and none of the players flinched. The game kept going.

I’m not saying death during sports is appropriate, but this is testimony to how hardcore soccer really is. I would love to see an outburst (not lethal, of course) from baseball fans. Make my day.

The sad part about these “soccer hooligans,” is that some allegedly extort players and owners to behave during the games. Baseball’s fans are eating ballpark franks and chugging beer, while soccer fans are polishing off their brass knuckles.

I guess in all fairness, if you want to watch baseball it’s your call. It’s an American sport, and it might be all we have. But now that I think about it, did we really invent it or did we modernize the British sport of cricket? A lot of people think we invented rodeo too. It was the Canadians.

Soccer has ancient origins throughout Asia and Europe. It’s been around the block a time or two and more than 200 countries play the sport. It’s global, brutal and demanding. Personally, if you don’t want to watch two teams kick the crap out of each other, you deserve to watch baseball.



World Cup VS. Baseball

VS is a recurring column tackling debatable issues in the sports world. Hawaii Marine readers can submit a subject for future columns by e-mailing their ideas to hmeditor@hawaiimarine.com. If there’s a topic you would like to discuss/defend or if you think we missed the mark, let us know and you could see your “opinion,” regardless of how wrong it is, below.

Suit up ladies ... it’s game time.



STAUFFER



WOODALL

Don’t outsource your sports interests

Cpl. Danny H. Woodall
Combat Correspondent

America is a football country. By football, I mean the glorious sport with bone-crushing hits during unbearable two-a-day practices on a field littered with the bone and sinew of its warriors.

When truck-driving, meat-eating, American men aren’t enjoying an ice-cold beverage while watching football, they’re watching baseball.

In contrast, soccer (or “futbol” if you’re a pretentious, wannabe Euro-hippie) is the polar opposite of everything America represents. Its rules are purposefully complicated, physical contact is prohibited and on any given time, there’s more acting talent on the field than all of Hollywood combined ... and I thought Alex Rodriguez was bad.

Seriously, I don’t want to see “professional athletes” cry and protest for 90 minutes as if their first-borns just died. If I want to watch live-theater, I’ll go see “Rent” for the fourth time ... I mean ... for the first time.

This summer, the once-every-four-years FIFA World Cup, held in South Africa, will captivate the world for about a month as a bunch of guys you’ve never heard of try to avoid scraping their precious knees.

If you notice, American sports don’t need four-year breaks in between seasons or tournaments. The last time baseball players took a four-year hiatus was for World War II.

But I do know it must be tough for soccer players having to run around with those heavy shin guards.

Also, all of that crying must take quite an emotional toll on the players, which is another reason I will not be watching soccer this summer.

If I want to witness a full-grown man shed tears, then I’ll just stare in the mirror after the Dallas Cowboys lose another playoff game.

Taking place concurrently with the World Cup is Major League Baseball’s regular season. Now this is something to watch! Athletes crush 100-mph balls hundreds of feet into the air and leave the drama off the field. By “drama” I mean steroid allegations, and by “off the field” I mean congressional hearings.

Though the baseball regular season won’t crown a “world champion,” it does offer plenty of respectable competition in a sport where almost everyone can play. Plus, throw in a dugout-clearing brawl, and who needs the Ultimate Fighting Championship?

This is why baseball is America’s pastime. It’s the sport real American men have played for nearly one hundred and fifty years. In baseball, any regular Joe can be a national hero.

You don’t have to have a six-pack, and you don’t need to look like you’re in shape — in fact, you don’t need to be in shape at all. Just look at Prince Fielder.

The greatest thing about baseball, separating it from soccer, is that it can let you down. A team on the rise before the July All-Star break can be crushed in the second half of the season. Trust me. I’m a Texas Rangers fan and if anyone knows disappointment, it’s Rangers fans ... and Chicago Cubs fans.

If you notice, American sports don’t need four-year breaks in between seasons or tournaments. The last time baseball players took a four-year hiatus was for World War II.”



Dakota Harden, Marine Corps Air Station second baseman, kneels by the dugout while on deck to bat during an Intramural Baseball League playoff game at Risely Field, Monday.



Robert Hosey, Headquarters Battalion Warriors first baseman, looks out in shock after a strike came across the home plate during an Intramural Baseball League playoff game at Risely Field, Monday.

MCAS, from B-1

putting MCAS up to bat again.

MCAS put runners on the bases and took an out at first base, but MCAS third baseman Brice Kuehn crossed home plate for another run. They took their second out on a fly ball, but a tag up on third base brought in another runner.

Harden scored on an overthrow to third, while he was stealing the base giving MCAS an easy lead, 4-1. But Waring struck out to close the top of the inning.

Still on a rampage in the fourth inning, Davis set them up and struck them out, three for three, without breaking a sweat.

Up to bat, MCAS ran the risk stealing bases, trying to get a jump on the Warriors and keeping them on their toes.

A base hit from Lamb put him on first, and he quickly stole second and third base. Shortly after he stole home on an overthrow at home plate for a run.

Ben Miller, MCAS catcher, blasted a line drive double and showed the Warriors they were in trouble.

Romeo Ibrao pulled Aaron Ibrao from the mound, bringing in Gamboa, which came a little early in the game. Unlike Aaron Ibrao, who’s known for his accuracy, Gamboa brings a little more heat, but had a little trouble finding the plate the Warriors previous game against 3rd Radio Battalion last week.

Keeping the trend, Miller stole from second to third but got caught off the bag and wound up in a pickle between third base and home plate resulting in an out.

Gamboa was coming out with a vengeance, striking out the next batter. But on a pitch

that got away from Romeo Ibrao, MCAS left fielder Jacob Ward was able to steal home plate. Gamboa closed with a strikeout, proving he wasn’t the same pitcher from his previous game.

In the fifth inning, Davis waited on the mound and looking for another half inning, but didn’t get it this time. He struck out the first two batters, but a line drive double over second base from Aaron Ibrao broke the streak.

Another base hit to first left MCAS with a one-three squeeze and they let the runner on first advance to second, but on an overthrow to third base allowed both runners to score, bringing the board 6-3.

Romeo sank the inning with a caught pop fly.

Up to bat, Davis put himself on first and rounded the bases with steals until he was safe at home. MCAS shortstop Jason Luke took the first out, but more swings from MCAS put runners on.

Harden and Waring both scored after stealing home plate, shooting MCAS’ lead to 9-1. Solid pitching from Gamboa struck out the next two batters.

The Warriors again went three up and three down in the sixth inning. Trying to turn the tables, Gamboa sent his own message sending MCAS three up and three down. But in a “battle of the pitchers,” Davis answered with the same.

By the seventh inning, neither team was able to score any runs and MCAS walked away with the victory and still in the playoffs.

“We’re done,” Romeo Ibrao said. “It was fun playing the sport and all it is, is a chance to play the game.”

Photos by Lance Cpl. Ronald W. Stauffer | Hawaii Marine

Hawaii Marine Lifestyles



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

Lance Cpl. Daniel M. Chunn, Marine Corps Forces, Pacific Band percussion player from Oak Park, Mich. gets a traditional Samoan tattoo in American Samoa April 15. The experience is contrary to many stateside tattoo shops since there is no buzz from the tattoo gun, but rather the calming waves hitting the shore and the ocean breeze blowing through the palm trees.

A spiritual journey through Samoan tattoos

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

FAGATOGO PAVILION, American Samoa — For the last three years U. S. Marine Corps Forces, Pacific Band members have traveled to American Samoa to perform across the island. Members noticed the extensive works of art tattooed on the locals. Two years ago, Staff Sgt. James W. Strube, MarForPac Band, supply noncommissioned officer in charge, from Milwaukee, Wis. was curious and did some investigating.

"I was against getting a traditional Samoan tattoo at first, but the locals were so welcoming and friendly, that it was just something I had to do," Strube said. "Another Marine recommended I go to Wilson Fitiao since he was world renowned and practiced a hygienic form of the ancient art."

A Faga'itua native, Wilson "Wiz" Fitiao, is a tatau master and famous artist in American Samoa. His freehand designs keep him booked with appointments from visitors and locals.

He uses a wild boar tusk fitted on a wooden stick to carve and tap ink into the skin of his canvas. The Samoan pattern is done freehanded while two helpers, his sons, stretch the skin. Everything in

the tattoo has a meaning.

"For me, it's a spiritual journey. The joy is to see each person receive my Samoan tattoo art with pride and positive energy," Fitiao said.

As the band returned this year, Marines struggled to secure a spot with Fitiao during their short visit. The intricate tattoos take time, so Fitiao started at sunrise. This year he had two other tattoo artists on deck. However, they were standard tattoo artists and used a typical tattoo gun.

"I opted for a regular tattoo this trip so that other Marines could have this meaningful experience. Plus, you can get different curves and circular patterns with the gun," Strube said.

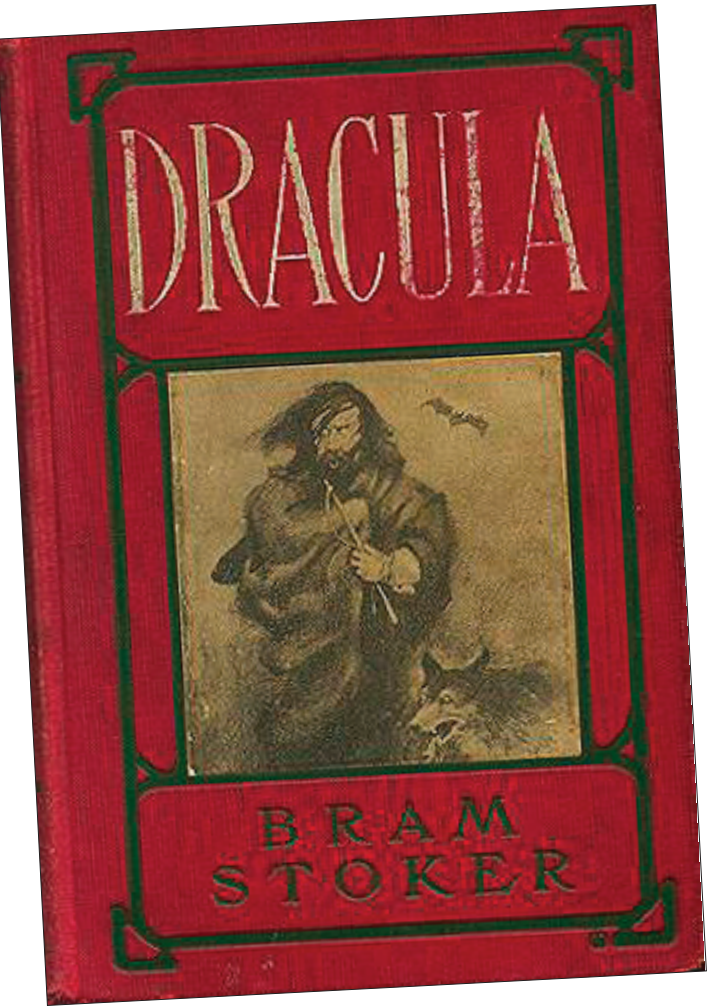
Fitiao's exclusive office is an outdoor deck at Tisa's Barefoot Bar on Alegria Beach. An uninhabited bay overlooking the Pacific Ocean surrounds his workspace. The experience is contrary to many stateside tattoo shops since there is usually no buzz from a tattoo gun, but rather the calming waves hitting the shore and the ocean breeze blowing through the palm trees.

"When I heard about getting inked by a tatau master in paradise, I was in," said Lance Cpl. Daniel M. Chunn, MarForPac Band percussion player from Oak Park, Mich. "I knew it was going to be 100 percent original and unique."



Lance Cpl. Daniel M. Chunn, Marine Corps Forces, Pacific Band percussion player from Oak Park, Mich. takes a break from getting a traditional Samoan tattoo in American Samoa April 15. (Left) Faga'itua native, Wilson "Wiz" Fitiao, is a tatau master and a famous artist in American Samoa. His freehand designs keep him booked with appointments from visitors and locals. He uses a wild pig tusk fitted on a wooden stick to carve and bang ink into the skin of his canvas.

PASS REVIEW



The only vampire who counts

Kristen Wong
Photojournalist

In light of my renewed interest in reading, I’ve decided to take on the classical literature not covered in secondary school. It only seemed natural to give Bram Stoker an opportunity to entertain me. I have seen the documentaries on the History Channel, laughed at the parodies, watched various vampire movies, but never knew the original story.

“Dracula,” a lengthy novel about the most famous vampire of all, is interesting in that the entire story is written in the form of letters, journals, wire messages and newspaper articles. I felt it appropriate to do the same with a critical review.

So as not to spoil the story, I shall give a small taste: A young, handsome and dear, dear (did I mention dear?) gentleman named Jonathan Harker travels to the city of Transylvania to do business with a nobleman named Count Dracula.

The count has heard so very much about London, and is eager to purchase lodgings there. Harker receives a rather nasty shock when he finds out the count has more on his mind than the London social scene.

Stoker is an excellent writer, though at times it is difficult to keep my full attention. He does tend to take considerably longer to explain something that could have been said in less words.

Abraham Van Helsing’s rather tiresome rantings about vampires and life’s general mysteries are a lengthy read. This 21st century reader has somehow made it through while losing focus a few times.

It’s a relief that the other characters in the book, like me, need him to “speak plain!”

Even so, the long-winded descriptive sentences give one a sense of comfort among the characters, in spite of the dark nature of the antagonist. Each character supports the others with gentle tones, hugs and reassuring pats. Sometimes they tend to go overboard with their reassurances, using quite

melodramatic phrases to say a simple “I’ve got your back.”

I did enjoy Stoker’s inclusion of all walks of life, from the devout villagers of Transylvania to the very distinct accents of a zookeeper, and

Van Helsing, who is from Amsterdam.

I’ve also learned a thing or two about the lives of people in the 19th century, from their technology to important events in history. The character Quincey Morris, for example, is from Texas, and he is congratulated when his home becomes a state for the first time.

At times I found myself growing increasingly impatient at the fact that the characters took so very long to figure out what they were up against, but Stoker was very clever indeed, withholding facts, so I would continue reading till the end.

Read this novel and you will see, some vampires are cool beneath shaded lenses while others sparkle in the blazing hot sun, but Dracula will always be the first.

Your weekly guide to all aspects of entertainment

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

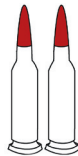
1/4 — No Impact, No Idea

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



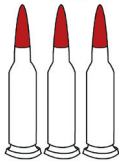
2/4 — High And To The Right

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



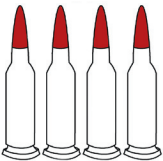
3/4 — On Target

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



4/4 — Confirmed Kill

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



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

Better Know A Critic



WONG

Kristen Wong admits she sometimes has to be dragged to movies that she later finds to be outstanding. She prefers fantasy driven movies, like Lord of the Rings, the Harry Potter films, and The Matrix Trilogy. She owns more movie posters than she has wall space and continues to collect more as she goes.



WOODALL

A good film is one that serves its purpose, which is to allow its viewer a chance to escape from reality even for a brief two hours. Cpl. Danny H. Woodall hates going to see a movie only to find his mind occupied with the next day’s schedule rather than the film itself. He believes the greatest film of all time has yet to be made, that is, until James Cameron directs “Stuart Little 4: Rise of the Machines.”

Quick Hit

“True Blood”

4 out of 4 (Confirmed Kill)

At first glance, “True Blood” appears to be an erotic, grown-up version of “Twilight.” However, thanks to HBO On Demand, I am six episodes in and hooked within two days. It is the story of a telepathic waitress named Sookie Stackhouse who falls in love with a vampire named Bill Compton in the swamps of Bon Temps, La. As a human-friendly food source, synthetic blood has been mass-produced worldwide to modernize them from their historical killing sprees, but naturally some of the crazier vampires do not want to conform. Now the town faces a string of murders with no suspects and all signs point to Compton. However, he has won the hearts and minds of the town folk with his charm. Kill.

—Lance. Cpl. Vanessa M. American Horse



“Spartacus: Blood and Sand”

Cpl. Danny H. Woodall
Combat Correspondent

Every few decades, a show premieres and changes the face of television forever. Such shows’ relevant social commentary, pioneering use of new cinematic techniques or strikingly original storylines make them enviable by other networks and beloved by all who watch.

“Spartacus: Blood and Sand” is not one of these shows. This Starz channel original program recently wrapped up its first season, finishing with a total of 13 gore-filled episodes. Through the frequent use of green screen-created backgrounds and Hollywood blood poured across every scene, it’s clear that this show was heavily influenced by director Zack Snyder’s 2006 film, “300.”

Set in 70 B.C., “Spartacus” is loosely based upon the gladiator-turned-slave revolt leader of the same name. The first season follows Spartacus, played by New Zealand’s Andy Whitfield, from his time as a Thracian warrior to his enslavement and subsequent success in the Roman ludus (gladiatorial school) to where he was sold.

From Spartacus’ inception into the school as a slave, it is clear he has no intentions of becoming a rank-and-file gladiator. Unlike most slaves who only desire glory or money due to their performance on the sands of the arena, Spartacus only craves freedom. Despite any perceived success he may have acquired as a champion gladiator, Spartacus spends the latter half of the first season convincing others to join him in rebelling against their master, Lentulus Batiatus, played by John Hannah (“The Mummy”). The show’s biggest name is Lucy Lawless of “Xena: Warrior Princess” fame. Yet, despite it’s

mediocre acting, oftentimes-predictable outcomes and historical inaccuracies, each hour-long episode works to perfection. It’s unapologetic in its constant displays of sex and violence — and I love it.

“Spartacus” is like a fried-taco-Twinkie — it’s filled with a lot of bad things, but you can’t get enough. This show is incredibly addicting. Normally, I don’t like Hollywood dipping their fingers into historical subjects. As one who appreciates history, I hate to see film and television executives bastardize historical figures or events via modern “retelling” or hiding behind a “based upon true events” disclaimer.

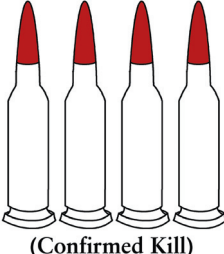
With “Spartacus,” I can make an exception. Throughout every episode, I was transfixed by what was before me: graphic decapitations, foul language, plot twists and hyper-sexualized beings perpetually plotting the demise of fellow characters.

The reason “Spartacus” will build upon the success of its first season is due largely to the show’s writing team in their ability to effectively create a series which combines the addicting qualities of a daytime soap opera with the testosterone-inducing, rock ‘n’ roll violence. This is truly a soap opera for men.

The second season of “Spartacus” has been unfortunately delayed due to lead-actor Whitfield’s diagnosis of non-Hodgkins Lymphoma prior to the start of filming. Starz has announced they are developing a short prequel to the series which they hope to air later this year.

Calling “Spartacus” a “guilty pleasure” is as much an understatement as it is a paradox. It’s true that I enjoy this show, but when I first discovered how great it was, I only wanted certain people to know it. I’m beyond such matters now. I’m casting away my pride and hopping on the “Spartacus” bandwagon.

4/4



(Confirmed Kill)

*TALK STORY

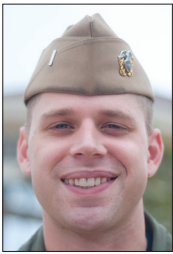
*[tôk stôreɪ] Hawaiian slang for an informal, lengthy conversation. Often used as a method to bond, or a good way to kill time.

On May 1, Hawaii celebrates May Day with flower lei. If you were to make a type of lei, what would it be made of?



“Plumerias. They’re all over the place. They just smell so good.”

– Gunnery Sgt. Iris Esquilin



“Maple leaves. Because I’m from the great white north and I like Maples.”

– Lt. j.g. Alex Lietzan

“Christmas ornaments. I think the bells would be nice. It’d have to be small bells.”

– Navy Lt. Eusebio Flores



A SALUTE TO OLD GLORY



The United States Marine Corps Forces, Pacific Brass Quintet performed at The 110th American Samoa Annual Flag Day Celebration at Veterans Memorial Stadium in Tafuna on April 17. After the official flag raising, American Samoa Governor Togiola T.A. Tulafono gave the Flag Day address. Following the address, Army Brig. Gen. Michael X. Garrett, deputy commanding general, U.S. Army Recruiting Command, gave the Oath of Enlistment to 37 Department of Defense enlistees.

What a trip

3rd Marine Regiment gives Kailua Baptist Preschoolers the grand tour

Christine Cabalo
Photojournalist

Students from Kailua Baptist Preschool learned what it was like to be a Marine during their April 21 field trip to Marine Corps Base Hawaii. The preschoolers met Marines of 3rd Marine Regiment and discovered how Marine units move around during deployment. Marines and field trip chaperones helped children climb into and on top of the unit's large vehicles. Among the featured displays were a Mine Resistant Ambush Protected All Terrain Vehicle and Amphibious Assault Vehicle. Once inside, students could safely honk the horns and flash signal lights. Other displays demonstrated how

Marines use smaller equipment during deployments. At one of the stations, children could send radio messages through walkie-talkies. The students could talk to each other on the radio or listen in on people whispering several feet away with special listening devices. When groups visited with 3rd Marine Regiment's medical aid station, students learned how personnel carefully wrap up anyone injured with gauze. Several of the Marines also helped the students into personal protective gear, giving them a chance to wear flak jackets and Kevlar helmets. "It's really heavy," said preschooler Kaleb Tenn.



Trying on a flak jacket and other protective gear, preschool student Kaleb Tenn takes help from Pvt. Chris Baldrige, mortarman, 3rd Marine Regiment April 21. Tenn and his classmates from Kailua Baptist Preschool visited, taking a hands-on tour of gear and Marine Corps vehicles.

DANCE WITH ME DADDY



Service members and their daughters do the "Electric Slide" at the 11th Annual Father Daughter Dance in the Lanai Ballroom of Koa Malina April 24. The dance was sponsored by the Armed Services YMCA.

CAN Do!

Recently at Lanikai Elementary School, fifth grade students, along with Marines and sailors from Marine Corps Air Station, display canned goods collected for the Hawaii Food Bank in order to raise awareness of those in need of food in Hawaii. As part of a school-wide competition to see which class could raise the most canned goods, MCAS and Lanikai Elementary students helped collect more than 1,300 cans of food to donate to the Hawaii Food Bank. Service members and the school marked a job well done on April 21.



Cpl. Danny H. Woodall | Hawaii Marine

Chaplain’s Corner



Kinaole: Striving

**Chaplain (Lt.)
Troy K. Todd**

Marine Corps Base Hawaii

In ancient Hawaii, if you were skilled, trained or a professional in any line of work or service, the specific tasks or activities that you engaged in were expected to be performed without defect or flaw.

If you were in the skilled trades or an artist, public official, priest or merchant, anything less than flawless was not acceptable.

The traditional definition of Kinaole is: “Doing the right thing; In the right way; At the right time; In the right place; To the right person; For the right reason; With the right feeling; The first time.”

This is a powerful attitude to capture within our hearts as it radiates learning, growing, and refining our knowledge and skills. Kinaole calls us to give our best and to stay away from complacency.

Giving our best is also echoed in the following quotes from notable people:

- “A problem is a chance for you to do your best.” – Duke Ellington
- “The roots of true achievement lie in the will to become the best that you can become.” – Harold Taylor
- “Do all the good you can,

in all the ways you can, to all the souls you can, in every place you can, at all the times you can, with all the zeal you can, as long as ever you can.” – John Wesley

- “The best preparation for tomorrow is doing your best today.” – H. Jackson Brown, Jr.

• “Learn to say ‘no’ to the good so you can say ‘yes’ to the best.” – John C. Maxwell

- “Don’t be afraid to give your best to what seemingly are small jobs. Every time you conquer one it makes you that much stronger. If you do the little jobs well, the big ones will tend to take care of themselves.” – Dale Carnegie

We give our best not only for ourselves but also for our comrades and everyone else who benefits from the work that we do.

Striving to be our best and giving our best instills a mindset that second best will never do.

Being our best instills pride in what we have to offer as we continually hone our skills with the aim at excelling.

Grow into the mental aptitude and implement the attitude that the ancient Hawaiians called Kinaole.

“To do what is right and just is more acceptable

DoD’s Hawaii education survey closes today

The Department of Defense Education Activity is now conducting a study of the quality of schools in Hawaii for military dependent students. The information will be used by DoD to help evaluate transition issues of dependents.

Each military household is asked to complete a survey. The deadline has been extended until today, April 30.

This is the same survey referenced by Adm. Robert Willard, commander, U.S. Pacific Command, in a letter to those in military housing. It only needs to be done once. Participation is voluntary, anonymous and encouraged by Marine Corps Base Hawaii commanding officer Col. Robert Rice.

The survey is online at <https://surv.dodea.edu/dhss/>. For more information, e-mail surveyinfo@hq.dodea.edu.

WORD

TO PASS

GIVE BACK TO YOUR COMMUNITY

VOLUNTEER

On Base

Military can help the Hungry

Until tomorrow

Until May 1, the Marine Corps Base Hawaii Commissary will have a donation drop box to help the Hawaii Food Bank during normal operating hours. Canned meat, soups and vegetables are items of great need.

POC is Petty Officer 1st Class Brian J. Washington, MCB Hawaii Military Coalition Representative for the Hawaii Food Bank, at 257-0509, ext. 8407 or brian.j.washington@navy.mil.

12th Annual Day On The Docks

May 2

This family fishing tournament is scheduled at the Base Marina from 10 a.m. to 1 p.m. Registration begins at 9:30 a.m. An awards ceremony follows with prizes.

Fee includes includes lunch, bait and t-shirt (guaranteed to first 100 participants). It's open to all authorized patrons.

POC is the Base Marina at 254-7666.

Spring Craft Fair

May 6

A Spring Craft Fair is scheduled at Camp Smith Bldg. 4, Deck 2 from 8 a.m. to 1 p.m.

It features homemade and seasonal craft items and baked goods. POCs are Information, Tickets & Tours, 254-7563 (K-Bay), and 477-5143 (Camp Smith).

Spouses' Event And Fashion Show

May 7

This event is scheduled at Koa Malina from 8 a.m. to 1:30 p.m. Reservations are requested by today.

There will be sessions on communication, financial, spiritual, and intimacy issues, in addition to the fashion show. There will be refreshments, prizes and resource booths. There is a fee and the event is open to all active duty spouses. Childcare is reimburseable. Registration is required.

POCs are Staci Holt, 257-2368 or Jocelyn Pratt, 257-2653.

In the Community

Filipino Fiesta and Parade

May 8

The Filipino Fiesta is the largest cultural event of the Filipino community in Hawaii. The event will feature a historical-cultural parade from Fort DeRussy to Kapiolani Park from 9 to 10 a.m. in Waikiki. An all-day fiesta will follow at Kapiolani Park and will have entertainers, cultural village showcasing the various regions of the Philippines, food booths, a keiki village and more. For more information, call 680-0451.

Relay for Life in Waimanalo

May 14

The American Cancer Society Relay For Life is a life-changing event that gives everyone in communities across the globe a chance to celebrate the lives of people who have battled cancer, remember loved ones lost, and fight back against the disease. Teams of people camp out and take turns walking or running around a track or path. Each team is asked to have a representative on the track at all times during the event. The overnight event is Friday, May 14, beginning at 6 p.m. at Waimanalo Beach Park. To form a team, call Al Lewis at 259-9651. To register as a survivor, call Gail Rombaoa at 295-7129.

May Day Celebration

May 14

The 500th Military Intelligence Brigade is holding its Asian Pacific American Heritage Brigade May Day Celebration at Sills Field, Schofield Barracks, from 10 a.m. to 2 p.m. The community is welcome to attend. It includes hula, a martial arts demonstration, Chinese dance and dragon show, food, entertainment kids activities and more. POCs are Sgt. 1st Class Tyson or Sgt. 1st Class Horn at 655-1125. E-mail 500mibde_eo2@mi.army.mil.

Aikahi Elementary Fun Fair

May 21

From 2 to 6 p.m., there will be carnival games, waterslide inflatables, dunk tank, food and more at Aikahi Elementary School in Kailua. From 7 to 9 p.m, a movie is scheduled.

For more information, call Kathy Bryant at 262-6012.

Aviation Museum looking for support

The Pacific Aviation Museum on Ford Island needs volunteers.

Positions include docents/tour guides, education program docents,aircraft restoration, exhibit construction and setup, curatorial support, special event support (including the upcoming Biggest Little Airshow in August 2010), flight simulator operators, greeters, historical and technical researchers, and clerical support. Training is provided for all volunteers.

Special discounts and rewards are among the benefits of volunteering here. Call the volunteer coordinator at 441-1008.

Koolau District Boy Scout Camporee

To celebrate the Boy Scouts of America's 100th Anniversary, the Koolau District is holding a Camporee aboard Marine Corps Base Hawaii May 14-16.

They are looking for prior Eagle Scouts, Boy Scouts, and Cub Scouts to volunteer their time to support this event. Positions vary, but will include assisting with the obstacle course, parking, security, and walking around to help scouts enjoy their experience at the Camporee.

Call the volunteer coordinator AZCS Michael Quijano at 341-2058.

Feed the Homeless

Program volunteers are needed to help feed the homeless. The Base Chapel is looking for volunteers to serve and prepare hot meals to the homeless through the Institute

of Human Services in Honolulu. Volunteers do not need be attendants to chapel services.

Call 257-5138 for more information.

Commander's Fitness Series

All events for the Commander's Fitness Series are open to the public.

For more information on volunteering at upcoming events, contact Tina Lui at 254-7590.

Youth Sports Volunteer Coaches

Youth Sports is constantly on the lookout for volunteer coaches. For more information, contact Clark Abbey, the Youth Sports Coordinator at 254-7473 or e-mail clark.abbey@usmc-mccs.org.

Help make wishes come true for families and children

Whether they help create the magic that surrounds each wish, work behind the scenes at fundraisers or explain the role that Make-A-Wish plays in our island communities, it is the volunteers who carry the torch.

A wish can teach a sick child that anything is possible, even the future. Every day, children who are fighting for their lives make that life-altering decision about what is their one true wish.

In Hawaii, between 40 and 50 wishes are granted each year. At any given time, there are between 15 and 20 wishes pending.

To sign up as a volunteer for the Make-A-Wish Foundation of Hawaii, call 537-3118 or visit online at http://www.makeawishhawaii.org/.

Mokapu Beat

What’s happening at Mokapu Elementary School

McTeacher’s Night a Success Again!

Thank you to the MCBH McDonald’s, Mokapu teachers and parents. Our fund raising night, April 22 was a success. We raised \$642 for our classrooms. Over \$1,300 from both nights this year will be divided among all classrooms for supplies. Thank you to Laline Jensen, PTA, for organizing the event.

Thank You Volunteers

Thank you to all parents and staff that volunteered at the Book Fair, Literacy Night and the “Big Book Project.” It was a busy, but very fun week for our students. A special thank you to volunteer parent, Michelle Kaskovich, for working in P-4 every day with Ron Hirschi and students and to Tracy Rubidoux-Cadd, PTA volunteer coordinator, for organizing book fair volunteers.

Lighting Help Needed For Mokapu Drama Club

The Mokapu Drama and Chorus will perform a contemporary comedy of little Red Riding Hood on Thursday, May 13 at 7 p.m. in the Mokapu cafe. We need two volunteers (older students or adults) to help run our new lights. We have a small spotlight and colored side lights. The time commitment is three evenings, May 11, 12 and 13 from 6 to 8 p.m. It is very easy and fun. You will be trained on May 11, practice with show on May 12, and with the show on May 13. This is a great opportunity

for an older student interested in theater. Call Kimberly at 744-2783.

No School

Holidays: May 31. Furlough Fridays: Today, May 7 and 14. Last Day of school: Wednesday, May 26, 11 a.m. dismissal.

Teacher Appreciation Week

May 3-7 is teacher appreciation week. Volunteers needed to bring potluck food for the teacher lunch on Thursday, May 6. Please drop off food in P-6 by 10 a.m.

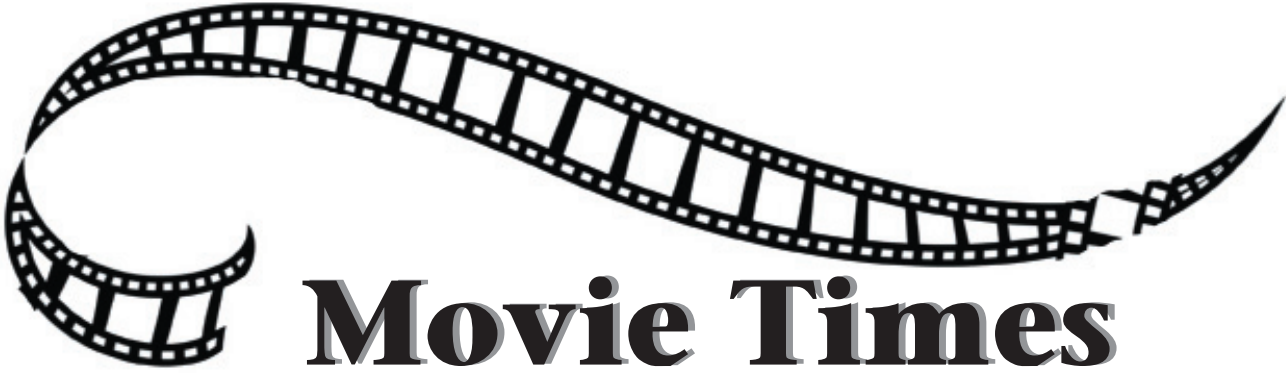
Last General PTA Meeting

May 6 in Mokapu Cafe. The Mokapu PTA is sponsoring a free pasta dinner at 6 p.m. and a sundae bar. Voting for new board members for the PTA and SCC Committee and end of the year information is on the agenda.

Mokapu PTA Sponsors Family Dinner

For the last general meeting and end of the year, the PTA is sponsoring a free pasta dinner for Mokapu families May 6. Dinner begins at 6 p.m., meeting at 6:30 p.m. and then ice cream social. Voting for the PTA Board and the SCC committee will be on the agenda. You do not need to be a PTA member to attend, only to vote.

Contact Mokapu Elementary School at 254-7964.



Movie Times

Prices: All shows are \$3 for adults and \$2 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.

“Our Family Wedding” - PG-13	Today 7:15 p.m.
“Brooklyn’s Finest” - R	Today 9:45 p.m.
“Remember Me” - PG-13	Saturday 7:15 p.m.
“Green Zone” - R	Saturday 9:45 p.m.
“Diary of a Wimpy Kid” - PG	Sunday 2 p.m.
“Our Family Wedding” - PG-13	Sunday 6:30 p.m.
“Brooklyn’s Finest” - R	Wednesday 6:30 p.m.

Special Furlough Friday matinee April 30:

“Alice and Wonderland” - PG	Today 11:30 a.m.
-----------------------------	--------------------