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Hawaii Marine

Wishes become true for young Blue Angels fans

Christine Cabalo
Photojournalist

Children from several local non-profit organizations enjoyed a sneak peak of the 2010 Kaneohe Bay Air show featuring the U.S. Navy's Flight Demonstration Squadron, the Blue Angels Sept. 24.

More than 100 visitors sponsored by Ronald McDonald House, the Make-A-Wish Foundation of Hawaii and Drug Education For Youth visited Marine Corps Base Hawaii. Among them, 12-year-old Likeke Nakachi-Isaacs excitedly watched the skies for the famed pilots.

"I like it when they slow the engine," he said.

Likeke, who has attended air shows at K-Bay twice before, spent Friday's sneak peak with his mother and younger brother Nokeakua. Likeke was diagnosed with leukemia just several weeks after attending the last air show at K-Bay in 2007.

Still receiving cancer treatment, Likeke said he was thankful for the chance to share it with his family with help from the Make-A-Wish Foundation of Hawaii and MCB Hawaii.

"The Blue Angels and MCB Hawaii have been wonderful and very supportive," said Lee Henry-Chang, the foundation's program director. "We had advance time to get everything planned and schedule appointments. The base has been extremely accommodating."

With seats close to the action, the youngsters saw the air show from a reserved chalet tent right behind the announcing booth.

Henry-Chang said many of the children spent the weeks before the air show in anticipation, eager to see the Blue Angels and enjoy the other attractions. Likeke and his brother Nokeakua, spent part of their day at the air show playing mini-golf, exploring the aircraft static displays and jumping through the inflatable slides.

Without leaving her mobile cot, 6-year-old Erin Murakami savored the show lying next to her mother Jennifer. Erin, who has spinal muscular atrophy type I, wore her shades as her mother wheeled her cot closer to the announcer booth. Jennifer said she felt special for being allowed access to the base for the show.

See WISH, A-7

The Force of Quick Reaction



Sgt. Mark Fayloga | Regimental Combat Team 7

Cpl. Jean Faurestal, a warehouseman with Headquarters Company, 3rd Battalion, 3rd Marine Regiment, and a Brooklyn, N.Y. native, moves through corn fields in Atsakzay, Afghanistan, as part of a quick reaction force searching for enemy fighters responsible for small-arms fire near Patrol Base Luy Jolah, Sept. 18. The Marines were preparing for another mission before becoming a quick reaction force to the fire, talking with local Afghans and finding traces of enemy activity.



Kristen Wong | Hawaii Marine

Alicia Colley, of Greeley, Colo., hugs her husband goodbye in the parking lot before he leaves for deployment. More than 200 Marines and sailors from Combat Logistics Battalion 3 left Sept. 24.

FLIGHT TO THE FIGHT
CLB-3 departs for Afghanistan

Kristen Wong
Photojournalist

"You have to be quiet," said Aubrey Sharbono, 4, scolding her little brother from making noise. Their dad was in formation for a final headcount before leaving on deployment.

Dressed in red, the Sharbono family was among those at the Annex parking lot saying goodbye to their loved ones Sept. 24. But Michelle Sharbono knows she's not alone.

"I have a good group of military wives here for support," Sharbono said.

More than 200 Marines and sailors from Combat Logistics Battalion 3 left for a seven-month deployment to Afghanistan. Their mission: provide tactical logistics support to Regimental Combat Team 1 and other I Marine Expeditionary Force units in order to sustain uninterrupted counterinsurgency operations.

"I'm very confident in the Marines and sailors ability to get their mission accomplished, as well as their ability to get everyone home safely," said Lt. Col. Hank Lutz, commanding officer, CLB-3.

Cars lined the parking lot, facing the large white buses gleaming in the morning sunlight, waiting to take its warriors away. Perched upon the back of his truck with his wife and 2-year-old son, Sgt. Freddy Velazquez waited to embark on his fifth deployment. Though Velazquez will soon be a staff sergeant and is looking forward to "new responsiblities," he will "miss a few steps" of his son's childhood.

Other service members like Lance Cpl. Shawn Simms, food service specialist, CLB-3, are experiencing their first deployment.

See CLB-3, A-7



Lance Cpl. Reece E. Lodder | Hawaii Marine

A fiery wall engulfs the Hawaiian sky behind the U.S. Navy's Flight Demonstration Squadron, the Blue Angels, during a Marine Air Ground Task Force demonstration at the Kaneohe Bay Airshow Saturday.

Massive explosions, thundering jets draw 140,000 to Kaneohe Bay Air Show

Lance Cpl. Reece E. Lodder
Combat Correspondent

With gigantic walls of fire, jaw-dropping aerobatic performances, an array of aircraft displays and more, last weekend wasn't an average one here. Nearly 140,000 visitors flocked here for the 2010 Kaneohe Bay Air Show, Sept. 25 and 26.

"I've seen stuff like this on TV before, but it's nothing like seeing it live," said Red Bull cliff-diving champion Orlando Duque. "The sound was incredible, and the aircraft were like something you'd see in the movies. The technology was mind-blowing, like something you'd see on the Discovery Channel."

The air show, recently held every three years, featured an impressive lineup of performers highlighted by the famed U.S. Navy Flight Demonstration Squadron, the Blue Angels.

Wowing audiences in a flash of blue and yellow, the squadron's F/A-18 Hornet fighter jets skillfully maneuvered through the crisp, clear blue skies over Kaneohe Bay and against the backdrop of the soaring Koolau Mountain Range. In addition to the jets' regimented, precision performances both days, the squadron's C-130 Hercules transport aircraft, Fat Albert Airlines, stunned visitors with a brief, yet unexpectedly impressive routine.

See SHOW, A-7

Inside today's Hawaii Marine



Gunning for the win. 1/12 Alpha and 1/12 Echo battle to advance to the next round of the softball championships, **B-1**



This year's Bayfest. An overview of attractions and events at the 2010 Bayfest, **C-1**

Weekend Forecast

Saturday	Sunday
High — 87	High — 88
Low — 73	Low — 73

NEWS BRIEFS

Power Down today for "Watts for Lunch"

Power up your body, power down your office! Please TURN-OFF at least one electric device during lunch or from noon to 1 p.m. Best devices for this are monitors, computers, printers, TV sets, fans, task lights, restroom and hallway lights, air conditioning window units, and appliances. Do not turn off critical equipment.

Environmental Service Project Tomorrow

"Weed Warriors" wanted! Come join community volunteers and Base Environmental staff to remove weeds from native fish and wildlife wetland habitats here. The service project is scheduled for Oct. 2 from 8:30 to 11:30 a.m. Meet at the H-3 gate visitor parking lot at 8:30. The base provides gloves and tools. Wear old clothes, close-toed shoes and sunscreen. Bring plenty of water. Contact diane.drigot@usmc.mil.

Road Construction Update

Base roads will be repaved during the month of October. Two lanes of traffic will be closed at a time, leaving two lanes open, one in each direction. Work will be from 8 a.m. to 4:30 p.m., Monday-Friday.

Mokapu paving is scheduled Oct. 4 to 15.

Cushman paving is scheduled Oct. 18 to 22.

3rd Street paving is completed except small miscellaneous areas awaiting modification.

For more information, contact Philip Lum at 257-6900.

Marine Corps Forces Special Operations Command

Marine Corps Forces Special Operations Command recruiters are scheduling a screening event at Marine Corps Base Hawaii Oct. 13 to 15.

See http://www.marines.mil/unit/marsoc/Pages/default.aspx or call your Career Retention Specialist.

Manpower Management Officer Assignments on Base

MMOA will be in Hawaii. On Oct. 4, company grade and field grade monitors will be at the Five Palms Conference room, here. On Oct. 5, field grade officers will conduct interviews at Pollock Theatre, Camp H.M. Smith. This is the time for all commissioned officers to sit down with their monitors and discuss future assignments. For more information, call Master Gunnery Sgt. Heidrich at 257-8822.

CORRECTIONS AND CLARIFICATIONS

In the Sept. 24 issue, the caption of the photo "Never Forgotten," neglected to identify retired Sgt. Maj. Allan Kellogg as a Medal of Honor recipient. He received the U.S. military's highest decoration, for his heroic actions during the Vietnam War.

The Hawaii Marine strives to make its coverage fair and accurate. If you have a question or comment about coverage, call Editor Chris Aguinaldo at 257-8835.

Important Phone Numbers:

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

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Barracks parking to be limited to one vehicle

Kristen Wong
Photojournalist

Single, junior enlisted Marines and sailors residing in the barracks will soon be restricted to one registered vehicle aboard Marine Corps Base Hawaii.

The final draft of an addendum to the Base Order's Vehicle Registration chapter was submitted for approval by the base commander today.

"It'll free up some spaces," said Lt. Col. Karla Jessup, provost marshal, Military Police Department. "Create more fairness across the board."

Based on information gathered by the Base Inspector's Office from June 2009 to June of this year, the order was revised to limit registration to one car and one motorcycle on base per single barracks Marine or sailor.

The final draft allows a one-year grace period for service members who currently own multiple vehicles. The draft also states that the Base Inspector will consider appeals made for an exemption, should a service member have a legitimate reason for registering multiple vehicles.

Parking lots on base currently cannot accommodate the more than 33,000 vehicles currently registered. Barracks parking lots only accommodate for 70 percent of their residents, so not everyone is entitled to a space.

Lt. Col. Jeffrey Tontini, base inspector, said it has been a challenge for the Military Police Department to enforce parking regulations. In the last 12 months, 643 junior Marines and sailors were issued parking citations. The Military Police Department estimates an average of 115 parking citations are issued a week. In one instance Tontini found an estimated 30 vehicles in the span of an hour that were either missing or had expired registration.

Tontini advised service members to make sure their base and state registrations are in order and up to date.

"They need to start looking to the future on what they're going to do twelve months from now with their second vehicle because it will not be allowed on base," Tontini said.

Some barracks tend not to have as much of a parking issue. Cpl. Jose Souchak, the current barracks manager for Headquarters Battalion, said parking at his barracks has generally not been a problem.

He estimates the parking lot is generally 95 to 97 percent full. He said parking is usually only a problem when an important guest on base arrives or construction on the lot is taking place.

"A lot of Marines don't have a vehicle," Souchak added.

But for Cpl. Michael Griffing, the current barracks manager for Marine Aviation Logistics Squadron 24, there are times when he has had to park in the lot of the Marine Mart or a barracks lot nearby.

"There's a lot of vehicles that [are] forgotten about," Griffing said. "It becomes a headache for everyone involved."

In addition, abandoned vehicles, cars of deployed service members and service members who own multiple cars may have contributed to even fewer parking spaces. So far this year, the Military Police Department reported 253 abandoned cars. Some service members making a permanent change of station have abandoned their cars.

Although each unit provides a deployment lot for service members to store their cars, some have been found taking up space in other lots. The department has reported 19 cars belonging to deployed service members not in the deployment lot. Griffing estimated his parking lot contains between six to 12 cars belonging to deployed service members.

Some service members own multiple cars on base. Tontini said some service members may have more than one car for several reasons.

For example, car hobbyists can own several cars at a time to work on.

Sgt. Daniel Gebhardt, former barracks manager for MALS-24, said some service members have left broken cars in the parking lot, intending to repair them when finances allow.

The residents of 1st Battalion, 12th Marine Regiment are already limited in space, sharing their parking lot with Anderson Hall Dining Facility, and for Sgt. James Harmon, barracks manager, 1/12, finding parking is a "hunt." Harmon said the focus should be on removing abandoned vehicles.

"If you have multiple cars, they have to be in good working order, not just sitting there dying in the parking lot," Harmon said. "If that's the case they should be disposed of."

Gebhardt said his barrack's parking lot is "packed" by 6 p.m. every day. For Marines and sailors who work on multiple vehicles, he suggested there be a designated parking lot for them.

"There is no excuse for the Marines not to get these problems resolved in a quick amount of time," Gebhardt said.

For more information about the new policy, contact the Base Inspector's Office at 257-7717 or 257-7716.

Federal Fireboy



Kristen Wong | Hawaii Marine

Firefighters guide first grader Tyler Bustamante as he fights his first fire on Wednesday. The Federal Fire Department gave a presentation at Mokapu Elementary School. Through music, interactive games and skits, students learned about possible fire hazards and what to do in the event of a fire. Fire Prevention Week is from Oct. 3 to 9. There will be another presentation on Oct. 6 at 3 p.m. at the Hale Koa Hotel, Waikiki. It will include fire truck displays, fire prevention and ambulance demonstrations, and a live fire experience. For more information, contact Battalion Chief Victor M. Flint at 471-3303 x633 or 722-5057.

Kaneohe Bay Airshow

Mahalo to all the staff, volunteers, supporters, performers and participants who helped make the show a success!

Hawaii Marine Staff

Photo Illustration by Jay Parco | Hawaii Marine

Photos by Lance Cpl. Tyler L. Main and Jay Parco | Hawaii Marine

Visit the Air Show photo gallery at www.mcbh.usmc.mil

Welcome to Marine Corps Base Hawaii

Marines demonstrate inter-service operability, range efficiency

Lance Cpl. Tyler L. Main
Combat Correspondent

While Marine Corps Base Hawaii has long shared its training areas with multiple services, such as the Puuloa Range Training Facility and Marine Corps Training Area Bellows, it's been a banner year.

Last month alone, more than five different organizations used these training areas numerous times. Recently, Rim of the Pacific exercises brought countless service members from around the world to train here.

On Sept. 17, Army 2nd Battalion, 27th Infantry snipers shot at the Kaneohe Bay RTF. On Sept. 19, Puuloa Rifle and Pistol Club conducted a live-fire at Puuloa RTF. The University of Hawaii Army Reserve Officer Training Corps took their range team to train at MCTAB. On Sept. 20, the Drug Enforcement Agency took their live-fire training to K-Bay RTF and the 3rd Battalion, 4th Calvary Scouts did the same at Puuloa RTF.

According to MCBH operations and training department, training by other services and agencies account for 30 percent of the training at our facilities during the calendar year.

Along with the five branches of service, the Federal Bureau of Investigation, Honolulu Police Department, U.S. Customs and the Honolulu Federal Detention Center are some of the agencies that use Marine ranges.

"This is a demonstration of the commanding officer's desire and direction to be more efficient with the tax payers dollars, to make ranges available to agencies nationally and locally," said Christopher Blanchard, base chief of staff. "We want to increase the sharing of ranges with other services so long as it doesn't interfere with the ability to train our Marines and sailors to be mission capable and effective."



Lance Cpl. Tyler L. Main | Hawaii Marine

University of Hawaii Reserve Officer Training Corps Army cadet plots points on a map at Marine Corps Training Area Bellows Sept. 20.



Lance Cpl. Reece E. Lodder | Hawaii Marine

Cpl. Stacey Cripps, a medical technician assigned to Company G, 2nd Battalion, The Royal Canadian Regiment, Canadian Forces, learns how to use a respirator at the base pool June 30.



Lance Cpl. Reece E. Lodder | Hawaii Marine

A soldier from 2nd Battalion, The Royal Canadian Regiment, executes the O-Course here June 30.



Lance Cpl. Reece E. Lodder | Hawaii Marine

Members of the Honolulu Police Department prepare to respond to a simulated riot during Lethal Breeze 2010, a full-scale exercise, at Marine Corps Air Station Kaneohe Bay flight line Sept. 9. The exercise addressed plans, policies, and procedures concerning the base's ability to respond in case of a mass casualty incident.



Lance Cpl. Reece E. Lodder | Hawaii Marine

Cpl. Dave Spraker, a team leader with 3rd platoon, Company E, 2nd Battalion, 3rd Marine Regiment, instructs Royal Tongan Marines, Tonga Defence Services, during a battle sight zero exercise at the Range Training Facility here June 30.



Lance Cpl. Tyler L. Main | Hawaii Marine

A University of Hawaii Reserve Officer Training Corps Army cadet provides security at Marine Corps Training Area Bellows during training Sept. 20.



Lance Cpl. Reece E. Lodder | Hawaii Marine

A member of the Pu'uloa Rifle and Pistol Club watches as a shooter fires rounds during a live fire competition at Pu'uloa Range Training Facility in Ewa Beach, Hawaii, Sept. 18. The club, comprised of civilians, and former and active duty service members, utilizes the Marine Corps-run range for practice and competitions.



Lance Cpl. Reece E. Lodder | Hawaii Marine

Australian soldiers gather after a mechanized live fire raid July 30 with 2nd Battalion, Royal Australian Regiment, Australian Army, at Range Training Facility Kaneohe Bay on Marine Corps Base Hawaii.



A young Afghan man teaches a brief class to his fellow students in Nawa, Sept.16. Students will be prepared to teach their fellow countrymen in a new adult literacy program and fill in as substitute teachers.

> "I didn't want to be a warrior, carrying a weapon or making trouble. I prefer my peaceful life as a farmer making income for my family."
>
> - Mohamed Nadar, farmer and teacher, native of Afhganistan



Photos by Sgt. Mark Fayloga | Regimental Combat Team 7

Mohamed Nadar teaches a brief class to his fellow students at the District Governor Center in Nawa, during an exercise as part of training to become teachers for an adult literacy program, Sept. 16. Marines from 3rd Battalion, 3rd Marine Regiment, conducted a training seminar with 31 Afghans to qualify and prepare them to teach.

Afghan Farmer uses Marine Program in Hopes of Becoming Teacher

Sgt. Mark Fayloga
Regimental Combat Team 7

HELMAND PROVINCE, Afghanistan – In the morning sunlight, Mohamed Nadar was building his house in Nawa, Afghanistan. The work was slow going. It was Ramadan, and the farmer didn't exert himself as he was observing the tradition of fasting during daylight.

Ramadan aside, the work has always been slow. The 42-year-old Afghan man has been building for the past three years. Nadar is the patriarch of a family of nine, but he works on the house alone. He should be farther along than he is, but about a year ago when Marines and insurgents battled in the area, Nadar didn't stick around to watch the bullets fly. Although Nawa has always been his home, Nadar and his family packed up and left, waiting for the area to become more calm before they returned.

"I prefer living a simple, peaceful life," Nadar said.

It wasn't the first time Nadar has had to leave his home. When he was 12 the Russian invasion prompted his family to emigrate to Pakistan and Iran. Nadar didn't just miss his home during those years abroad; as a passionate student, he missed his education.

"I wasn't able to study. I wasn't able to learn. Everything was ruined," Nadar said. "We went away, and when I returned, I was stuck with working in farms."

A life as a farmer beat other options.

"I didn't want a troublemaking life," Nadar said. "I didn't want to be a warrior, carrying a weapon or making trouble. I prefer my peaceful life as a farmer making income for my family."

Nadar ensures his children attend school so they don't miss out on the opportunities he did. But as Nadar spent the morning hours working on a new house for his family, it appeared he hadn't missed his chance completely. He kept a radio perched on an unfinished wall. A missed opportunity in the form of a radio commercial came blaring through the tiny speakers.

Third Battalion, 3rd Marine Regiment has begun preparations to stand up an adult literacy program, a way to further education in Nawa.

"In counterinsurgency, educational development is one of the metrics of success and an educated populace is definitely something we're striving for," said 1st Lt. Louis Feaman, an artillery forward observer with Company K, 3/3.

Feaman is one of the Marines responsible for the literacy program. He's working with the 3rd Civil Affairs Group, among other Marines, to make sure the program succeeds.

Among the first steps was finding Afghan teachers to lead the program's classes, which lead to Feaman creating a seminar of sorts to select possible teachers. Nawa District councilmen spread word of the program, and Feaman worked with 3/3's Information Operations section to create a radio announcement — the announcement Nadar heard while building his house, which led him to register for the seminar.

Along with 30 other Afghans, Nadar completed the last day of training, Sept. 16. Feaman now has the teachers he needs to spread the program throughout Nawa, in addition to having created a pool of substitute teachers for Nawa schools to use. Nadar now has a new chance at an old dream.

"I was very lucky to hear the announcement," Nadar said. "I will farm in my free time and work to become a full-time teacher."

WISH, from A-1

"Any event we can take [Erin] to so she can see new things is great," Jennifer Murakami said. "She's been so excited."

Through the Ronald McDonald House and MCB Hawaii's help, Margaret Johns brought her daughter Florence Taria to the show. The two were among several visitors who met with and received autographs from the Blue Angels minutes after their Friday performance.

"It was the experience of a lifetime," said Johns. "We came from Fiji, and it's so far away from where they do these shows. It's a once-in-a-lifetime experience to see how our brave men and women fly. I've never met them before, and it makes me proud of those who serve."

The children also met with Marines and other service members who appeared in the show. After the Marine Air Ground Task Force demonstration, scout sniper Cpl. Daniel Franklin, 3rd Force Reconnaissance Company, posed with children for photos. Likeke said he loved having the chance to hold Franklin's unloaded rifle and meet with him.

Likeke's mother, Michelle Isaacs said she was impressed by all the acts of the air show, especially the Blue Angels and other aerobatic pilots. She was one of many Hawaii residents who anticipated the Blue Angels appearing, even breaking out her camera to take photos of them flying overhead during practice runs.

Meeting the Blue Angels and experiencing the air show with her sons wouldn't have been possible without MCB Hawaii and Make-A-Wish's help, she said. Isaacs and her sons agreed having the chance to enjoy the event together as a family was invaluable.

"It's so important to make these memories," she said. "You never realize how long any person has to be around. But I'm glad we were given this opportunity to do this."

CLB-3, from A-1

"Right now I'm just eager to protect my country," Simms said. "Ready to focus on the mission at hand."

Simms was able to call his parents before leaving. They encouraged him to "pray a lot and stay focused."

Leaving Hawaii for Afghanistan can be quite a transition.

Sgt. Brandon Williams, watch clerk, CLB-3, said he looks forward to "being able to actually get a full understanding of the life and culture in Afghanistan." But at the same time, he will miss Hawaiian hospitality.

"I'm just hoping that our Marines and sailors are going to be safe," Williams said. "I pray for them daily. I pray that everybody will come home safely."

But being miles away in another country won't prevent the service members from communicating with their loved ones. Sgt. Jeremy Vietor, maintenance chief said he will take advantage of every opportunity to keep in touch with his family.

While some spouses will keep busy here during a deployment, others will spend time at home. Ashley Gibson, of Fowlerville, Mich., is eight months pregnant, and plans to return to her hometown to give birth while her husband is on his fourth deployment. In addition to a newborn, Gibson is also going to be busy attending college courses.

"I'm going to make a lot of trips to the post office, that's for sure," said James Laflin, who plans to send his wife care packages while she's overseas.

The post office will also be seeing the likes of Shanice Golden, who plans to send white macadamia nut chocolate cookies to her husband.

"I'm going to miss him," said Golden's daughter, Desiree, 4.

After a few last minute kisses and hugs, service members boarded the bus at the sharp cry of their last name. Spouses lingered, even after the buses were filled and ready to depart. A few took a last grasp of their loved one's hand from the bus window, and tears began to fall.

"Everyone says it gets easier, but I don't think it does," Gibson said. "We still have to say goodbye for the same amount of time."



Lance Cpl. Reece E. Lodder | Hawaii Marine

Thanks to the C-5 the other AirShow perfomers were able to wow the crowds, including Chuck Aaron the Red Bull helicopter pilot.

SHOW, from A-1

Despite the famed squadron's performance, many visitors said their favorite was the thundering, high-speed performance of the U.S. Air Force's F-22 Raptor fighter aircraft.

"The F-22 was unbelievable," said former Air Force pilot and Southwest Airlines captain Steven Rupp, of Honolulu. "I've never seen anything like it before."

Spectators on the ground were wowed by the F-22 performance, but the experience was as memorable for those in the air. U.S. Air Force Maj. Dave "Zeke" Skalicky, an F-22 pilot and commander of the jet's demonstration team, marveled at the opportunity to fly in such a beautiful venue.

"When the F-22s first showed up in Hawaii, we came for a short period of time to do a demonstration, but this was my first time flying into Kaneohe," Skalicky said. "As we flew in, we saw the mountains and the bay, and had to take a couple extra passes over it. It's beautiful here."

The Marines put on a show, too. Performing a tactical recovery of aircraft personnel (TRAP) mission, Marines with 3rd and 4th Force Reconnaissance Companies, Marine Forces Reserve, gave spectators a glimpse into the capabilities of a Marine Air Ground Task Force by simulating the rescue of a downed pilot. Eight simulated artillery shots prepared the battlefield, and the recon Marines rappelled out of CH-53D Sea Stallion helicopters from Marine Heavy Helicopter Squadron 463.

After they swiftly and successfully completed their mission, an MK-58 Hawker Hunter fighter aircraft screamed past to simulate an air strike. Simultaneously, controlled explosives set by base Explosive Ordnance Disposal rocked the ground. The approximately 1,000-foot-long "Wall of Fire" shot high into the sky across the runway from the parked Blue Angels, drifting into the wind in a gigantic black cloud as "Feel the heat!" blared over the speakers.

"Seeing the bombs go off and the aircraft flying by was incredible," said Duque, of Laie, Hawaii. "I could feel the heat of the explosion on my face."

While visitors roamed around the flight line, they had the opportunity to enjoy Taste of Oahu food booths, carnival rides, mini-golf, and fly remote control airplanes. Marines from Hawaii-based units gave visitors a glimpse into their jobs by displaying weapons and gear used in their daily life, while dozens of static military and civilian aircraft offered a portal into the world of aviation.

"Being able to see all the different jets and airliners was really cool," said Honolulu resident Maria Burke. "This is something I never would've gotten to experience if I hadn't come here."

In the sky above the displays, a variety of other skydivers and aerobatic performers in small aircraft entertained audiences with their reality-shattering routines.

"The airshow was very well organized," Burke said. "There could've been a lot of lulls in between acts, but it was always exciting."

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Battle of 1/12 teams ends in Alpha victory



Lance Cpl. Tyler L. Main | HawaiiM arine

1/12 Alpha second baseman Chris Jacobs runs through home plate, safely scoring a run that attributed to their 19-9 victory over 1/12 Echo at Tuesday's 2010 Intramural Softball Tournament game. See B-2 for more photos.

Lance Cpl. Tyler L. Main
Combat Correspondent

1/12 Alpha and Echo softball teams faced off Tuesday during a September 2010 Intramural Softball Tournament game that ended in a one-sided Alpha victory 19-9.

Both teams needed a win to stay in the triple-elimination tournament.

Alpha's success came from good fielding, base running and great hitting.

Echo misfielded a lot of infield ground balls and allowed Alpha's players to take bases.

The play of the game was a double play set up by second baseman Chris Jacobs. Jacobs fielded a hard ground ball then ran through second base before the runner got there and managed to zip the ball to the first baseman before the batter reached the base.

This play kept Echo from scoring any runs during the inning and put the game out of reach.

On their next bat, Alpha kept the runs rolling cracking balls to the fence on multiple bats.

The game was called early in the fifth inning due to the run rule taking effect. Alpha had broadened their lead so much the umpire deemed Echo defeated.

Alpha must win the rest of their games to place in the tournament.

The championship game will take place Monday at 6:00 p.m. on Annex Field.

1/12 Assassins slaughter MAG-24 Bandits

Intramural Football League continues with fast paced grid iron aciton



Lance Cpl. Vanessa M. American Horse | Hawaii Marine

1st Battalion 12th Marine Assassins scramble to cross the end zone for a much needed two-point conversion during an intramural league football game at Pop Warner Field Tuesday. They took victory over the Marine Air Group 24 Bandits 20-14. After a failed attempt at a two-point conversion, the Assassins tried again and were successful.

Lance Cpl. Vanessa M. American Horse
Combat Correspondent

The 1st Battalion 12th Marine Assassins claimed victory over the Marine Air Group 24 Bandits 20-14 during an intramural league football game at Pop Warner Field Tuesday.

It was a rocky game with the Assassins trailing the Bandits throughout the game. The Assassins battled themselves with several penalty flags, especially repeated false starts, which left players, coaches and spectators wondering what was going on.

"Can we just run a play?" said Assassins head coach Rodney Harris in the second quarter. "Apparently not, because we just got a flag for the third time in a row."

The game started off with the Bandits scoring a touchdown two minutes into the first quarter. The team celebrated in the end zone and the football was spiked causing an unsportsmanlike conduct penalty. Just as soon as the Assassins gained possession of the ball the Bandits intercepted it. The Assassins defense held the Bandits until an interception gave them possession at the start of the second quarter.

Not only did the interception give false hope for the Assassins, it was the beginning of a series of false starts. The Bandits held the lead at halftime with a score of 7-0.

Coaches from both sides tried to motivate their players, but each coach had a different way of doing it.

"Let's have some fun in this game," said Bandits head coach Trey Gamble. "It's Bandits as a whole tonight, so let's get out there."

Disappointed in his team's mistakes Harris came down hard on his players.

"They're not beating us. We're losing to ourselves. You need to show up for this second half or we're going to lose this game," Harris said to his team.

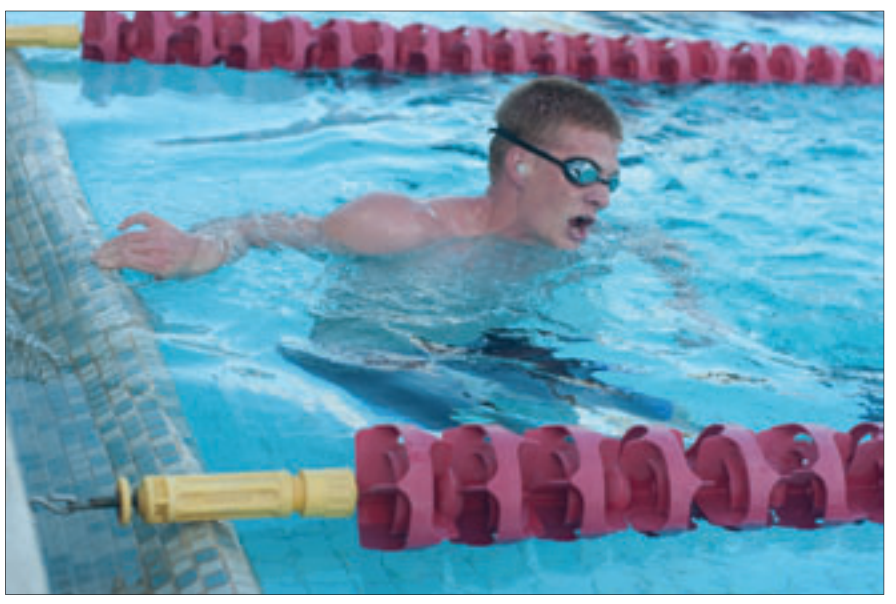
Unfortunately at the start of the third quarter, the Assassins fumbled the ball giving possession over to the Bandits.

Immediately after that play, the Bandits fumbled and returned the ball to the Assassins, allowing them to score their first touchdown. Their extra point was deflected leaving the score 6-7, Bandits favor.

See FOOTBALL, A-4

Making a splash

K-Bay Athletes train for Splash and Dash



Christine Cabalo | Hawaii Marine

Timing himself, Kyle Barkdull races through the water at the base pool to practice for the 2010 Splash and Dash Biathlon. The race, set for Oct. 16, begins with a 500-meter swim through Kaneohe Bay. Racers then must run a 5K race near the airfield reaching the finish line at Hangar 103.

Christine Cabalo
Photojournalist

"Biathlon or Bust" is a two-part series focused on how Marine Corps Base Hawaii is preparing for the Oct. 16 "Splash and Dash." Part one examines how to tackle the swim portion of the event, which takes place in Kaneohe Bay. Next week the Hawaii Marine will take a look at training for the 5K run.

The 2010 Splash and Dash Biathlon at Marine Corps Base Hawaii starts Oct. 16, and racers are already training for it.

The first challenge for racers isn't a hill or long, winding path but an entire body of water — Kaneohe Bay.

"It's a 500-meter swim and then a 5K run past the officer's housing and near the airfield area finishing at Hangar 103," said Tina Lui, varsity race coordinator, Semper Fit Center.

More than 70 racers have already signed up before the Oct. 8 early deadline, with competitors still able to register up until race day as long as they pay a small late fee.

Among the registered racers is Kyle Barkdull, who was a top-four finisher in last month's Commanding Officer's Fitness Series race, The Grueler. Barkdull has enjoyed several races in the series since he started participating in them last year. Although he's competed in triathlons, Barkdull said this event is his first biathlon.

"I'm excited for this because I've never done a biathlon before," he said. "So I come into this with no expectations, other than just to push hard to finish."

An avid runner, Barkdull said ever since he began including swimming in his regular workouts he's seen a great improvement in his upper body strength. To practice for the biathlon, Barkdull spends two times a week bulleting through the water at the base pool.

See SPLASH, A-4

Advance to the next round



1/12 Echo players prepare to field a powerful hit during Tuesday's September 2010 Intramural Softball game. Echo was eliminated from the tournament following their loss that night.



Swords of baseball lean against the chain-link fence that protect the Alpha dugout during Tuesday's game. Alpha team won by run rule in the fifth inning 19-9.

1/12 Alpha sends 1/12 Echo home packing during a 2010 Intramural Softball League Playoffs game. Alpha ran the scoreboard ending the game early in the fifth inning 19-9. Alpha hopes to win all the way to the championship game, Monday night at Annex Field.



1/12 Alpha celebrate with a team chant after breaking a two game losing streak over 1/12 Echo at their game Tuesday.



A 1/12 Alpha first baseman tags his base just before his opponent takes it during the September 2010 Intramural Softball Tournament. The championship game will be played at 1800 on Monday at Annex Field.



Photos by Lance Cpl. Tyler L. Main | Hawaii Marine

1/12 Alpha first baseman fields a ball and races the batter to first base to tag him out Tuesday night during a September 2010 Intramural Softball game.

Commander's
FITNESS SERIES

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

HSL-37 Splash & Dash Biathlon
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 flight line for the 5K foot race.

Turkey Trot
Saturday, Nov. 20

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



Spotlight On Sports

Sports Briefs

Youth Baseball and Basketball Registration

Register at Semper Fit Center Oct. 1-23 from 8:45 a.m. to 3 p.m. There is a fee. Baseball is open to children 7-14 years, and basketball children 5-14 years. Practices start the week of Dec. 6. Games are from Jan. 8 to Feb. 26.

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

Saturday Swim Lessons

Swim lessons will be offered Saturdays Oct. 2-30 at the base pool from 10 a.m. to 12:30 p.m. They're open to the base community. Lessons provide water safety instruction for all ages. For more information, call Kari Hemund at 254-7655.

Camp Smith Intramural 3 On 3 Basketball Tournament

This starts Oct. 5 at the Pacific Command Courts from 11 a.m. to 1 p.m. Games will be played Tuesday, Wednesday and Thursday.

The tournament is open to active duty, DoD Civilians, dependents and contractors. For more information, contact Kelly Fornes or Curtis Stranghoener at 477-0498.

Camp Smith Intramural Flag Football begins

The season begins Oct. 12 at Bordelon Field at 11 a.m. Games will be scheduled every Tuesday and Thursday. Rosters are due Oct. 8. Teams should have seven players. It's open to all active duty, DoD civilians and eligible family members.

For more information, call Kelly Fornes or Curtis Stranghoener at 477-0498.

Single Marine and Sailor Program Surf Lessons

Take your board to White Plains Beach on Oct. 17, from 9:30 a.m. to 3 p.m.

This includes board rental, transportation from Kahuna's and barbecue. This event is open to single or unaccompanied E5 and below.

For more information or to ask about prices for the lessons, contact Neil Morgan at 254-7593.

Satellite Fitness Centers

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

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

Personal Trainers Available

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

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

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

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

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

The Health Promotion Program

The Health Promotion Program 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, call the Health Promotion Program at 254-7636 or e-mail at dufrened@usmc-mccs.org.

Tobacco Cessation

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

New pool beach hours aboard base starting November

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

Semper Fit Group classes

Boot Camp

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

Cardio Kick

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

Cycling

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

Gut Cut

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

High Intensity Circuit Training

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

Moms on the Move

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

Muscle Conditioning

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

Pilates

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

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.



Kristen Wong | Hawaii Marine

Attendees to Monday's Baby Boot Camp engaged in a series of exercises at a playground on Manana Housing. Lily Sullivan, group fitness instructor, Semper Fit Center, is now teaching four fitness classes and offering personal training sessions at Manana Housing.

All the training, none of the travel

Manana Housing gets new personal trainer

Kristen Wong
Photojournalist

PEARL CITY — Baby Boot Camp was in session again aboard Manana Housing as of Monday. After several months of waiting, Manana residents now have Zumba, Cardio and Tone, Gut Cut and Baby Boot Camp in close proximity to their homes.

"I am so confident and excited," said Semper Fit group fitness instructor and personal trainer Lily Sullivan. "These classes have been a long time coming."

Sullivan is teaching all classes and conducting individual personal training sessions at Manana Housing. Classes are open to Manana residents and other eligible military patrons in the area. Children between the ages of 12 and 15 are eligible to take classes when accompanied by a parent.

Though it's only the first week, Sullivan said she's gathered a list of more than 30 interested patrons. The first session of Zumba at Manana yielded nearly 20 patrons in the small classroom.

"I'm getting a lot of calls for Zumba," Sullivan said. "I'm getting very good feedback.

Sullivan is offering Baby Boot Camp on Monday and Friday from 8 to 9 a.m., and Cardio and Tone on Tuesday and Thursday from 9 to 10 a.m. She is teaching Gut Cut on Wednesday from 8:15 to 8:45 p.m. and Thursday from 10:15 to 10:45 a.m. She is also teaching Zumba on Thursday and Friday from 9:15 to 10:15 a.m., and Wednesday from 7:15 to 8:15 a.m. Sullivan provides the equipment for each class.

Patrons can also sign up for personal training sessions with Sullivan, for fee.

Sullivan, a native of Kaneohe, was recently hired at the Semper Fit Center as a group instructor.

She will continue to teach Zumba on Mondays and Cardio and Tone on Wednesdays aboard Marine Corps Base Hawaii at Kaneohe Bay.

"It's nice that our kids can play while we're working out," said Meghan Harwood, a Manana resident.

Before Sullivan came aboard, Cindy White Bear and Julie Kulman previously worked out at Joint Base Pearl Harbor-Hickam.

"It's just nice having the same opportunities [as K-Bay residents]," Kulman said.

In the future, Sullivan hopes to be able to offer more classes.

"I just feel that they deserve as much health and wellness programs as anyone here on K-Bay," Sullivan said. "It's a huge community."

Like their K-Bay counterparts, all classes are free to active duty and small fee for other patrons.

For more information about Semper Fit opportunities call 254-7597.

THE MOST EXCITING PLAYER EVER

Lance Cpl. Colby W. Brown
Combat Correspondent

Michael Vick, Philadelphia Eagles quarterback and ex-prisoner, is the most exciting player in the National Football League since O.J. Simpson.

Is he going to run the ball? Pass the ball? Have an illegal dogfight in his backyard? No one knows and that is why everyone loves him. He keeps you on the edge of your seat because he is unpredictable and has sheer football skills. Yeah he may have some bad qualities like being a convicted felon, but who doesn't like to gamble? Dog fighting maybe cruel and wrong on every level, but some people think the same thing about soap operas like "Days of our Lives".

But enough of what he has done wrong, lets talk about what he has done right. Everything. He can pass the pigskin a quarter mile and jukes like Elvis Presley. He raises the morale of any team by his attitude on the field and extracurricular activities at home. He is the perfect clutch player but is consistent enough to carry a team to a win. And his work ethic cannot be rivaled, "Michael Vick never stops working" said Donavan McNabb, fellow quarterback, in a Washington Post sports article.

> "When Vick exits the NFL with multiple Most Valuable Player awards and his hands are heavy from super bowl rings all the haters will realize how impactful his career is on the NFL."

To be perfectly concise Michael Vick is electric. He stimulates his viewers and causes crowds to go wild. If you were the owner of a football team, Vick would be the player you want. Not only does he fill stadiums, he fights for the rights fellow of felons – which draws even more press time to your team. Any press is good press right?

Lets talk statistics. In his 2006 season, Vick rushed for more than 1,000 yards and passed for almost 2,500 yards. No one else has both those numbers in their career statistics. During his returning year in 2009, Vick was more or less sidelined to get back into the swing of things. This year, in three games he has already passed for 750 yards and ran for more than 150. Putting him well on his way to having an amazing season.

Vick is a hall of famer already for his mistakes outside of the gridiron. In five years he will be known for being able to consistently pass for more than 2,000 yards a season and run for 1,500. He is unstoppable.

And just look what he has done for the NFL in general; he has single handedly made a new position to play. He isn't just a quarterback; he is a running back too. The Eagles should rename his position to swinger or star player or the guy who can do everything. He is his own genre of football player and to be honest I'm jealous.

When Vick exits the NFL with multiple Most Valuable Player awards and his hands are heavy from Super Bowl rings all the haters will realize how impactful his career will be on the NFL. He is changing the unwritten rule of "stay in the pocket" for quarterbacks. And sliding for the first down is for sissies; quarterbacks have to juke their way to the end zone. Lets all be honest for a moment, everyone is excited to watch the next Eagles game.

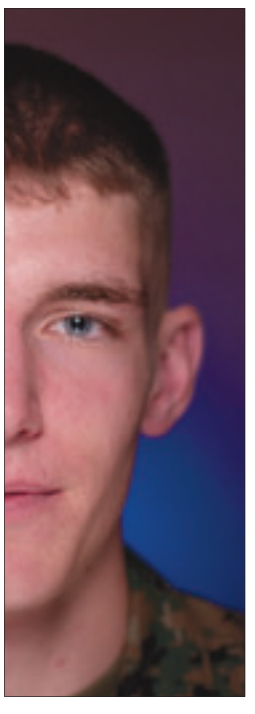
VS

Michael Vick

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



BROWN



MAIN

Can't teach an old dog new tricks

Lance Cpl. Tyler L. Main
Combat Correspondent

It's really cute everyone thinks that a guy who was never that "good" to begin with, who takes a break to chill in prison, is going to come back and save the day. Philadelphia Eagles fans are naïve to even dream this. That's all it will ever be, a too – good, to-be-true, happily ever after story.

When has Michael Vick ever proven to be more than a "pretty good" quarterback? He has never broke a 3,000 yard passing season (even if he does supplement with rushing yards). He fumbles ... a lot. Vick has never come close to completing 60 percent of his throws. And he has been sacked 196 times in eight years, including the year he rode the bench.

Sure, no one has seen anything from Kevin Kolb yet. But what have we seen in Vick? Two games against two terrible defenses, that's what. I think Andy Reid was right the first time, stay with the hero-to-be, Kolb. If a coach with the highest win total, win percentage and playoff wins says Kolb is the man, then he's the man.

> "Every time I watch Vick come out of the tunnel, I picture him on a chariot being pulled by a Doberman Pincher and a roided out Pit Bull."

The sad thing is that Philly fans are all hyped about the guy now and are going to expect these performances to keep coming. They will, for another two weeks against the Washington Redskins and the San Francisco 49'ers. But when Philly plays a quality team, they'll see Vicks true colors: dog blood red.

Every time I watch Vick come out of the tunnel, I picture him on a chariot being pulled by a Doberman Pincher and a roided out Pit Bull. I would use this against him but that image looks way too sweet in my head to bash.

That being said, Vick is a has-been and the Eagles need to look to the future. Look what happened when Brett Favre left the Green Bay Packers. Aaron Rodgers stepped out from Favre's shadow and is amazing. Same thing happened to Steve Young when Joe Montana left the 49'ers. They need to push Vick out of the way so Kolb can shine.

What worries me most about Vick though is being in the spotlight with his behavior. Everyone knows about the dog fighting but what about the other incidents? Where do I even start? Well, that one time he was accused of knowingly giving sexual partner herpes.

There are also those headlines that featured Vick hanging out with a bunch of former drug traffickers and his possible involvement in the theft of a very valuable watch. But more recently, his birthday bash where someone was shot. Even if Vick isn't looking for trouble it always finds him. He's a liability.

Kolb is a good quarterback and hasn't shown his backside to the media, fans or the team. If the Eagles don't start Kolb soon and get him warmed up, it might be too late for their playoff hopes.

VA extends coverage for Gulf War veterans

Donna Miles
American Forces Press Service

WASHINGTON — Veterans of the first Gulf War as well as current operations in Iraq and Afghanistan now have a smoother path toward receiving health-care benefits and disability compensation for nine diseases associated with their military service, Secretary of Veterans Affairs Eric K. Shinseki announced Wednesday.

A final regulation published in Wednesday's Federal Register relieves veterans of the burden of proving these diseases are service-related: Brucellosis, Campylobacter jejuni, Coxiella Burnetii (Q fever), Malaria, Mycobacterium tuberculosis, Nontyphoid Salmonella, Shigella, Visceral leishmaniasis and West Nile virus.

Shinseki added the new presumptions after reviewing a 2006 National Academy of Sciences Institute of Medicine report on the long-term health effects of certain diseases suffered among Gulf War veterans.

He also extended the presumptions to veterans of Afghanistan, based on NAS findings that the nine diseases are prevalent there as well.

The new presumptions apply to veterans who served in Southwest Asia beginning on or after the start of Operation Desert Shield on Aug. 2, 1990, through Operation Desert Storm to the present, including the current conflict in Iraq. Veterans who served in Afghanistan on or after Sept. 19, 2001, also qualify.

For Shinseki, who pledged to honor the 20th anniversary of the Gulf War by improving health-care access and benefits for its 697,000 veterans, the new presumptions represent a long-overdue step in addressing the medical challenges many face.

"This is part of historic changes in how VA considers Gulf War veterans' illnesses," he said. "By setting up scientifically based presumptions of service connection, we give these deserving veterans a simple way to obtain the benefits they earned in service to our country."

The new presumptions initially are expected to affect just under 2,000 veterans who have been diagnosed with the nine specified diseases, John Gingrich, VA's chief of staff, told American Forces Press Service. He acknowledged that the numbers are likely to climb as more cases are identified.

With the final rule, a veteran needs only to show service in Southwest Asia or Afghanistan during the specified time periods to receive disability compensation, subject to certain time limits based on incubation periods for seven of the diseases.

"It gives them easier access to quality health care and compensation benefits," Gingrich said. "The message behind that is that the VA is striving to make access to health care easier for our veterans who have served in our combat zones."

He expressed hope that by providing quick, easy access, VA will help veterans get the care they need early on, without having to fight the bureaucracy.

"When we find these presumptions and we reach out and get the veterans into our system, we can help them and give them the proper medical care they need, and maybe keep their disease from getting worse or getting it to go away altogether," he said.

It also will help eliminate the piles of paperwork and long claims adjudication process veterans had to go through to prove their cases to receive care and benefits. "This will help break the back of the backlog in the long run, while sending a reassuring message to veterans that the VA is there for them," Gingrich said.

He called the new presumptions part of Shinseki's effort to "create a culture of advocacy" within VA that builds trust as it reaches out to veterans.

For Gingrich, a Gulf War veteran himself, the effort is very personal. He remembers being deployed as a 1st Infantry Division field artillery battalion commander during Operation Desert Storm, when one of his officers became very sick with an illness nobody could diagnose.

"The medics couldn't diagnose it. We called in the doctors and they couldn't diagnose it. And eventually, he had to be medevaced back," he recalled. "And now here we are, 20 years later, and I saw him in Dallas in August, and he is still sick. You can't identify all the reasons and symptoms, but he is sick."

Veterans deserve better, Gingrich insisted. "I believe that our veterans that served in uniform for our country deserve the absolute best care and benefits that we can provide," he said.

VA provides compensation and pension benefits to more than 3.8 million veterans and beneficiaries, and received more than 1 million claims last year alone, VA officials reported. Veterans without dependents receive a basic monthly compensation ranging from $123 to $2,673.

Family members first to notice signs of distress

Shari Lopatin
TriWest Healthcare Alliance

Your service member recently returned from a deployment. And you noticed some changes.

Some may be part of the "new normal." But others you wonder about: bursts of anger, withdrawal from friends and family, trouble sleeping or sleeping too much.

Should you brush it off as just a phase?

Absolutely not. Family members are often the first to recognize symptoms of stress, depression or post-traumatic stress. They can be the help for a loved one — before it's too late.

But where can you turn if you're not sure what to do? Many resources are here to help, even online, through TriWest Healthcare Alliance, the company which administers your TRICARE benefit throughout 21 western states. For life issues such as stress management, relationship problems and self-esteem, you can connect with a counselor 24/7/365 using chat and Web video from your home or any Internet connection. As part of TriWest Online Care, you may have access to the TRICARE Assistance Program, or TRIAP. TRIAP offers non-medical, non-reportable video counseling sessions.

To be eligible for TRIAP, you must meet one of the following criteria:

- An active duty service member (includes Guard/Reserve members who've been activated)
- An active duty service member's spouse
- An active duty family member 18 years or older
- Guard/Reserve members who've purchased coverage under TRICARE Reserve Select
- Eligible for TRICARE benefits under the Transitional Assistance Management Program (TAMP)

Want more information? Curious to see what kind of help a counselor offers, even if it's guidance for you to help your spouse? Visit http://www.triwest.com/OnlineCare to get started.

TriWest and TRICARE have many other resources available to support you and your spouse: pre-deployment, post-deployment, and during deployment.

- Behavioral Health Crisis Line, 1-866-284-3743: Having a stress crisis? Not sure what to do and need to talk? Call us here, 24/7/365.
- Behavioral Health Contact Center, 1-888 TRIWEST (874-9378): Information about your behavioral health benefit and help finding a counselor.
- TriWest Behavioral Health Portal: http://www.triwest.com/BH: This portal is filled with a number of resources, from literature on coping with stress and parenting problems, to a map of national support organizations.
- "Help from Home" video series: http://www.triwest.com/HelpFromHome: Watch "Help From Home," a free series of online videos (also available as a free DVD set) that offers advice from other families and experts who've lived through it, firsthand.



Lance Cpl. Vanessa M. American Horse | Hawaii Marine

1st Battalion 12th Marine Assassins took victory over the Marine Air Group 24 Bandits 20-14 in an intramural league football game at Pop Warner Field Tuesday.

FOOTBALL, from B-1

Halfway through the third quarter, Bandits quarterback Deandre L. Tryon scored a touchdown putting the score at 6-14, after a successful extra point.

The Assassins once again struggled as their offense received back-to-back penalties including a false start, a delay of game and holding which closed out the end of the third quarter.

Assassins running back Teroyn K. Thompson scored a touchdown at the beginning of the fourth, but the Bandits shut down the team's attempt at a two-point conversion leaving the score 12-14, Bandits still leading.

With four minutes remaining in the fourth, the Assassins ran in another touchdown. They also were successful with a two-point conversion this time by Assassins safety Alexander E. Lewis, making the score 20-14, Assassins. Even with intense cheering from the crowd neither team could score another touchdown before the end of the game.

"This is how it went last year. We lost to the Assassins in the regular season, but we always come back to claim victory," Gamble said.

This game brings the Bandits to a 2-2 season and the Assassins to 3-1. The next game for the Assassins is away against Camp Smith on Bordelon Field on Oct. 5 and the Bandits play 3rd Radio Battalion at Pop Warner Field on Oct. 13.

SPLASH, from B-1

"You can really chisel your upper body with swimming," he said. "It's a great upper body workout, and for me it beats going to the gym. Even if you do run or go to the gym, you might not always get the chance to work your upper body."

Barkdull said the base pool is a good place to train for him because it's easy to skeep track of his laps and speed as he swims. Barkdull said adding swimming to his workout helps him feel less fatigue even while surfing.

Both he and Lui agreed changing up workouts, even if it's changing locations of swimming, can be really beneficial.

"If you're used to swimming in a pool, try swimming in open water to see if you can do it comfortably," Lui said. "It's good to practice, since there are waves and currents that make a difference."

Barkdull also makes it a point to set clear goals for himself during training, feeling a great sense of accomplishment when he meets them. He practices with a 2,400-meter swim, twice a week in a six-day training schedule.

Barkdull noted the upcoming biathlon was great for those who want to do a multi-race but don't have bikes or aren't strong riders. Both he and Lui encourage others to try out the event to gage their speed and stamina.

"It's a great, fun course," Lui said. "It's a good event to try if you're thinking about doing triathlons and you want to test yourself for the swimming and running portions."

Regularly training through swimming and running, Barkdull has also focused being speedy for the critical time between the two: transitioning from sea to land. Although Lui agreed and said speed is important in every part of the race, having strong swim times alone doesn't guarantee a win.

"The transition is critical," she said.



Christine Cabalo | Hawaii Marine

Practicing for the upcoming 2010 Splash and Dash Biathlon, Kyle Barkdull competes a lap at the base pool. Barkdull said he practices twice a week, swimming up to 2,400 meters at a time. He was among the top four winners in last month's 5K race at Camp H.M. Smith.

Hawaii Marine
Lifestyles

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Rockin' & Rollin'

Kristen Wong
Photojournalist

Friday and Saturday brought in air show fans by the tens of thousands aboard Marine Corps Base Hawaii. As recommended, many lingered after the aerial performances, enjoying the musical talents of Mike Corrado, Willie K and more. But that was just the beginning.

Sunday was a hot day indeed as cars and bikes on the flight line roared to their aerial counterparts at the Hot Day at the Bay Car, Bike and Hotrod Show. The BayFest arena was packed with 70 cars and 12 motorcycles going head to head for the win.

"People look like they're having a lot of fun," said Louis Ilac, coordinator, Hot Day at the Bay Car, Bike and Hotrod Show.

Sponsored by Skullyz Kuztomz, DJ's Motorsports and NoFear, the show had one first place winner for each category, such as Big Donk, Sports Bike and Import Car. Winners received a trophy and a photograph in front of a Blue Angels aircraft.

"Got some pretty nice cars," said competitor John Migia of Pearl City. "[Competition's] going to be tough."

Migia turned dollars to donuts decorating a yellow Mazda RX8, in the theme of "The Simpsons" television show. With an electronic Homer Simpson dancing beneath the hood, Bart Simpson strapped in the passenger seat

See BAYFEST, C-6

Photo Illustration by Jay Parco | Hawaii Marine

PASS IN REVIEW



Album shines like "A Thousand Suns"

Kristen Wong
Photojounalist

Contemplation, self-reflection and a toe-tapping good time. Those are the words I would use to describe Linkin Park's newest album: "A Thousand Suns." Linkin Park is the only band that has released two albums in a row I enjoyed in their entirety.

Tamer than "Hybrid Theory" and "Meteora," but quicker than "Minutes to Midnight," "A Thousand Suns" features a blend of mellow tunes, traditional Linkin Park style screams, record scratching, rap and a hint of reggae.



The album begins with a woman's voice softly singing a few simple but thoughtful lyrics in "The Requiem." The tracks "When they come for me," and "Waiting for the End" is worth many repeats.

"Waiting for the End" helped give me closure eerily one week after I made progress cleaning out old junk in my room – "Sitting in an empty room / Trying to forget the past / This was never meant to last / I wish it wasn't so…"

"Wisdom, Justice and Love" resonates long after the album's done. Excerpts from a speech are featured in this selection, with a soft piano background. I learned it was a part of Martin Luther King Jr.'s speech, "A Time to Break Silence." The simple act of gradually warping King's voice until it sounded robotic and mechanical is something that forces the meaning to linger in your mind.

The album also included excerpts from a famous speech given by activist Mario Savio about "machines." Critic Jordy Kasko from "Review, Rinse, Repeat," a music oriented website, compared "A Thousand Suns" to Pink Floyd's "Dark Side of the Moon." I agree with Kasko. "A Thousand Suns" not only includes repetitive sound effects, famous quotations, but also links each song to the next.

At the same time, the album reminds me of Pink Floyd's "The Wall," which commented on war and conformity. Hearing the passionate Savio cry "You've got to indicate to the people who run it, to the people who own it that unless you're free, the machine will be prevented from working at all," conjures up memories of the authoritative screams, the faceless children and the pounding hammers featured in Pink Floyd's movie version of "The Wall." The song is also reminiscent of the philosophical message in many stories, including "The Matrix."

The difference between the two is that although "A Thousand Suns" is at times melancholy and at times full of rage, songs like "Robot Boy" are uplifting, with hope for the future. The quotations inserted into each song moves me to be silent, as if I were hearing them speak on that very day, and each word, "burning human beings with napalm," "bodies upon the gears," resonate through my mind.

I may never know the full extent of Linkin Park's artistic intentions with "A Thousand Suns." I may even be wrong with what I say now. But the beauty of art comes from many forms of interpretation. "A Thousand Suns" truly shines.

Your weekly guide to all aspects of entertainment

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

1/4 — No Impact, No Idea
Horrendous. Among the worst of the worst in its genre. Dedicating time to this is not only wasteful, but unforgivable. Avoid at all costs.



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



3/4 — On Target
Praiseworthy. A great endeavor, not quite an instant classic but still very entertaining. This is a sound investment of your time.



4/4 — Confirmed Kill
Genius. In the top 10 percent of its genre. This is the stuff legends are made of. Missing out on it would be a disservice to yourself.

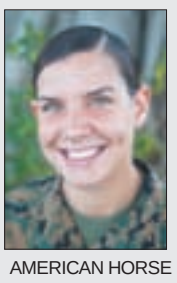


So, there you have it and we hope you enjoy our weekly reviews. Don't forget, The Hawaii Marine accepts submissions from its readers so if you consider yourself a film buff, music aficionado, gaming geek or bookworm feel free to submit your own reviews. Or, if you disagree with a review published and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

Better Know A Critic


WONG

Kristen Wong admits she sometimes has to be dragged to movies that she later finds to be outstanding. She prefers fantasy driven movies. She also enjoyed all seven "Harry Potter" books and takes out some time for eyewitness accounts on the paranormal.


AMERICAN HORSE

Lance Cpl. Vanessa M. American Horse can't stand to watch corny comedy flicks. Horror movies incite violent rage in her so she tends not to watch them. A good gangster flick or a comedy with intelligent humor entices her leave base to see a movie and buy over-priced popcorn.



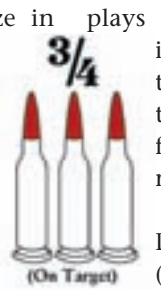
Peace of work from a C-list cast in "Nobel"

Lance Cpl. Vanessa M. American Horse
Combat Correspondent

A look into the life of a sinister genius is always fun to watch. You'd imagine that someone smart enough to earn a Nobel Peace Prize could be capable of a wicked conspiracy.

In "Nobel Son," the case of a sinister phony stealing someone else's idea and getting the coveted award, causes his family a lot of grief.

Eli Michaelson (Alan Rickman) is a philandering chemistry professor who wins the Nobel Prize in Chemistry. From the beginning of the movie, he is hated for his excessive verbal abuse to his wife Sarah (Mary Steenburgen) and son Barkley (Bryan Greenberg).



He also has a bad habit of dating many of his female students and with his older age and foul mouth, you're waiting for karma to hit him like a 7-ton truck.

Apparently from one of his prior unfaithful escapades, Eli has a son who he never met. All grown up now, his other son Thaddeus James (Shawn Hatosy) is a "reformed" psychopath who seeks revenge on his biological father for stealing ideas from his now deceased stand-in father.

The revenge starts with kidnapping Eli's son Barkley and holding him for a $2 million ransom. From there everything gets twisted.

For the first part of the movie, the only thing that kept me hanging on was thinking what a jerk Eli was and what was going to happen to him. Now I feared for his innocent son and pitied the revenge-stricken son. What a shift.

However, everybody is playing everybody for fools at this point and I couldn't tear myself away.

The acting was all subdued to begin with, and as the plot thickened, so did the characters hatred for each other throughout the movie.

The seemingly innocent wife turns out to be a forensic scientist and plays on her motherly instincts to get to the bottom of all the bizarre behavior from her family and new tenant, James.

Small roles from Danny Devito (George Gastner, the Michaelsons' first guest house tenant who is learning to control his obsessive compulsive disorder), Bill Pullman (Max Mariner, the police detective investigating Barkley's kidnapping) and Ted Danson (Eli's colleague) aid the other actors in character development.

Barkely's corrupt girlfriend Sarah "City" Hall (Eliza Dushku) probably escaped from the "Girl, Interrupted" mental hospital as she uses her good looks and quirkiness to further pull the wool over everyone's eyes. She ends up being a catalyst for the destruction of James' mastermind plan.

This movie was originally made back in 2007 but recently aired again on Showtime.

I recommend it for anyone searching for a movie that is beyond the norm but still non-fiction.

Quick Hit

"Smallville" final season premiere
3 out of 4 (On Target)

Over the last nine years, Clark Kent has graduated high school, already met Lois Lane, became friends with Lex Luthor, saved the world a few times and — astonishingly — still lived in Smallville. Where's the famous red and blue tights, cape and spit curl? He doesn't even fly, either.

That's about to change in the show's tenth and final season. Right away, Clark (Tom Welling) gets the uniform from his mom. But he doesn't put it on. This season will make us wait for it. Welling deserves to wear the suit.

Throw in the twist that Lois (Erica Durance) now knows Clark's secret and a fantastic rescue catching the Daily Planet globe and you've got a great start for what hopefully will be a "super" season.

— Chris Aguinaldo

Quick Hit

"BayFest 2010" concerts
4 out of 4 (Confirmed Kill)

After the planes had landed at the Kaneohe Bay Air Show, the air remained packed with excitement. The BayFest concerts were awesome, with diverse types of music — from rock and roll to reggae to alternative to Hawaiian style.

My favorite was Willie K. He definitely killed it on stage! He was jammin'. He was very engaging with the audience. He did an absolutely fantastic cover of the Eagles' "Hotel California," which, arguably, sounded better than the original. The crowd sang along with Willie intently, mesmerized by his eclectic sounds. The Kings of Spade also brought a lot energy to the stage. In fact, all the performers were great.

Best of all, it was free! I hope they do this again soon.

— Jay Parco



Taste the Island Flavor

Kaneohe Bay Air Show and BayFest feature Taste of Oahu food

Kristen Wong
Photojournalist

As nearly 140,000 attendees at the Kaneohe Bay Air Show strained their necks and aimed their cameras at the sky, others paused to dive into a hot, tasty meal or gulp down a frosty beverage.

From across Oahu and Marine Corps Base Hawaii, 16 businesses served sumptuous delights to satisfy the base's hungry guests.

"Not all [businesses off base] get a chance to serve the military," said Jeff Chaney, director, Marine Corps Community Services. "This is a way for them to do it."

Takehito Tanaka, of Hachinohi, Japan, and his friend Yota Hashimoto, of Ibaraki, Japan, sampled foods from MCB Hawaii's K-Bay Garden. Szechuan chicken, chicken tenders and chow mein were piled on their plates.

Nearby, Col. Bill Florig, division chief, U.S. Pacific Command, enjoyed treats from Papa Johns. Florig, who flew a C-17 while deployed in Afghanistan, wanted to show his daughter the size of the aircraft at the air show, but also enjoyed the culinary event.

"I could never pass up pizza," Florig said.

Florig's wife, however, decided to indulge in Kailua Bar and Grill.

"I just saw a Philly Cheesesteak and it just sounded good," she said.

Kahuna's Sports Bar and Grill sold nachos, hot dogs and more. Kailua resident Charles Garrett, a volunteer at the Kahuna's booth, said they were busier the second day of the air show. Compared to Friday's turnout of 11,000, there were 61,000 people at the air show Saturday.

Kayla Cabral, 10, opted for nachos smothered in gooey, bright orange cheese, while her brother John had pizza.

"He loves pizza," said mother Jeanie Cabral. "It's his favorite."

Lines kept busy at the Taste of Oahu. One thing's for sure. Every business got a bite of the action.

"We heard good things about this event and we wanted to be a part of it," said Kristin Miura, owner, Churro Kraze.

Miura said they've seen steady customers, and by approximately 11:30 a.m., they had sold more than 300 churros.

"We like doing this function because it's a happy event," said Patrick Tom, owner, Windward Snow. "Everybody loves shave ice."

Tom, who took blocks of ice and shaved them down to size, said the company was giving an extra 10 percent in royalties to support the military families. Windward Snow has helped other community organizations such as Help, Understanding and Group Support.

At the Maui Tacos stand, tortillas were being warmed and quickly piled high with chicken, garnishments and sauce as customers continued to order through the day.





[Top] Kaneohe Bay Air Show attendees line up for some grub at the Taste of Oahu Saturday. Multiple businesses around Oahu and on Marine Corps Base Hawaii served up various treats from shave ice to hot dogs.
[Middle] Army Staff Sgt. Kyle Roth, cavalry scout, 2nd Squadron, 14th Cavalry, enjoys good eats from Kahuna's Bar and Grill Sunday, during the air show.

"We've always been very supportive of the Armed Forces," said Alfonso Navarro, executive chef, Maui Tacos. "When they ask us to join this kind of event we just jump right up."

Navarro, hard at work laying the tortillas on a hot plate, called Mexican food "perfect" for the air show because tacos are handheld and can be eaten while walking around.

Others were manning the booths and enjoyed full plates, like Petty Officer 2nd Class Maurice Snipes, Patrol Squadron Four, who sampled a plate from Blazin' Steaks.

"I'm a big steak and rice fan," Snipes said.

But Taste of Oahu did not neglect dessert.

"People are excited we're selling pumpkin tiramisu," said Malia Goulsby, assistant general manager, Auntie Pasto's.

Goulsby said the dessert is usually a seasonal dish, available in the fall.

Chaney said the Taste of Oahu gave "our community partners a chance to share in our event" and offered "the public varieties of different foods."

Photos by Kristen Wong | Hawaii Marine

"You get a little bit more for your money," said Tia Cotton. While attending the air show, the Cotton family enjoyed chicken strips and fries from Kahuna's Bar and Grill.

TALK* STORY

The birth flower for the month of October is the Calendula. What is your favorite flower?



"The Mountain Laurel. My grandmother was named after it. It's also our state flower in Lousiana."
— Cpl. Ty Parker



"My favorite flower is a tulip. My dad would always get those for me on my birthdays and special occasions."
— Taylor Oswalt

"I like the magnolia, because we had a magnolia tree in our backyard. My dad would put one in a vase on my birthday. I love the smell. There's only a few flowers on the tree that are special."
— Lura Hills



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

WORD TO PASS

On Base

NMCRS Budget for Baby Workshop
1st and 3rd Monday of every month

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

Become a Scout
Tuesday evenings

Troop 425 here at Marine Corps Base Hawaii, Kaneohe Bay is looking for young men who want adventure and to be challenged. Meetings are at the Youth Activity Center beginning at 7 p.m. The entrance is around the corner from Papa John's Pizza toward the back side of 3rd Marine Battalion Headquarters.

If interested, call Adam Gramann at 254-5533, Ty McCarthy at 888-7122, or Bill Tourek at 349-0283.

New Arrivals Orientation
Oct. 7

This event is scheduled at Kahuna's Ballroom, from 7:15 a.m. to 12:30 p.m. It provides important information about base policies, services, and programs. There's open seating; no sign ups needed.

For more information, call Marine and Family Services at 257-7790/87.

Energy Awareness Fair at Mokapu Mall
Oct. 15

At the Energy Awareness Fair at Mokapu Mall, various exhibitors will display energy conservation and energy efficient products. Learn about base energy efficiency and management programs and projects.

In the Community

Day at Queen Emma Summer Palace
Tomorrow

The Daughters of Hawaii will celebrate its 34th Annual Day at Queen Emma Summer Palace, from 9 a.m. to 4:30 p.m. at 2913 Pali Highway. There will be Hawaiian entertainment, Hawaiian goods for sale, traditional arts demonstrations and more. There is an admission fee. For more information, call 947-1529.

8th Annual Walk-Run for Hunger
Oct. 23

River of Life Mission helps the less fortunate in Chinatown, with food, services and more. They host this event at Ala Moana Beach Park Magic Island, which will also include food, entertainment and children's activities. For more information, see http://www.riveroflifemission.org.

VA opens K-Bay office

Press Release
Department of Veterans Affairs

The VA Pacific Islands Health Care System Operation Enduring Freedom and Operation Iraqi Freedom (OEF/OIF) Program has an office on Marine Corps Base Hawaii to assist all service members planning to transition out of the military.

The VA OEF/OIF Program representative is located in the Wounded Warrior Detachment, Bldg. 7046 in Room 114 across from Anderson Hall.

You can speak to a VA Health Care representative on Mondays from 11 a.m. to 3 p.m. to receive important VA Health Care information for OEF/OIF veterans and referrals to complete a VA disability claim.

Every Monday at 1 p.m. in the Wounded Warrior Lounge, there will be a VA representative speaking to Marines about VA services available to OEF/OIF Marines and is available to answer questions.

For more information, contact Tony Jasso at 433-7838.

Volunteer in the Community

Feed the homeless through Base Chapel outreach

Program volunteers are needed to help feed the homeless.

The Base Chapel is looking for volunteers to serve and prepare hot meals through the Institute of Human Services in Honolulu. Volunteers do not need to be attendees of chapel services. For more information call 257-5138.

Head on the road for Meals on Wheels

Lanakila Pacific's Meals on Wheels program always needs volunteers to help deliver food to those who need it.

For more information, call Randi Jeung at 356-8532. See http://www.lanakilapacific.org.

Seeking scout help

Troop 425 here is always looking for adult volunteers to help with activities and programs.

The troop meets at the Youth Activity Center Tuesdays at 7 p.m.

For more information, call Adam Gramann at 254-5533, Ty McCarthy at 888-7122, or Bill Tourek at 349-0283.

Hawaii International Film Festival "Casting" for Volunteers

Do you have a love for film? Hawaii International Film Festival is preparing for the festival of a lifetime and is calling for volunteers to help.

Volunteers are needed to assist with this year's festival from Oct. 14-24 at Regal Dole Cannery Stadium 18 Cinemas.In exchange for working the festival, volunteers can get into HIFF movies for free.

Volunteers are especially needed for theater operations during weeknights. Anyone interested can contact HIFF via e-mail at volunteer@hiff.org or call 792-1577 ext. 2.

Learn something new at the Bishop Museum

If you enjoy people, learning new things, and would like to volunteer in a dynamic environment, then you have come to the right place!

Opportunities for volunteers are constantly changing. For more information about the volunteer program call HR/Volunteer Services at 848-4180 or e-mail humanresources@bishopmuseum.org.

Youth Sports Coaches

Youth sports coaches are needed for intramural youth sports. Please contact the Semper Fit Center at 254-7597 to find out how you can volunteer.

Inspire today's youth with the Boys and Girls Club

Boys and Girls Club of Hawaii (BGCH) is a non-profit organization dedicated to inspiring Hawaii's youth to become responsible citizens.

BGCH currently operates 12 sites on Oahu and Kauai — including Windward Oahu — where BGCH members can access a multitude of programs and services.

Call 949-4203 for more information.

"Make a Wish" come true

A wish can teach a sick child that anything is possible, even the future.

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/.

Guides needed at Coconut Island

Join the Hawaii Institute of Marine Biology's Community Education Program as a volunteer interpretative guide.

All training provided to lead tours of this famed island and research facility.

Call 235-9302 for more information about the program.



"Cats and Dogs…" PG	Today | 7:15 p.m.
"Step Up" PG-13	Today | 9:45 p.m.
"Vampires Suck" PG-13	Saturday | 7:15 p.m.
"The Other Guys" PG-13	Saturday | 9:45 p.m.
"Step Up " PG-13	Sunday | 2 p.m.
"Eat, Pray, Love" PG-13	Sunday | 6:00 p.m.
"Vampires Suck" PG-13	Wednesday | 6:30 p.m.

Prices: *All shows are $3.25 for adults and $2.25 for children. For ticket pricing, the Base Theater Box Office defines an adult as a patron 12 and older and defines a child as a patron from 6 to 11. Children 5 and younger are admitted free of charge. Parents must purchase tickets for R-rated movies in person at the box office for children 16 and younger. Patrons must present their military identification card when purchasing tickets.*
Call 254-7642 for recorded information.

MARINE MAKEPONO
HAWAIIAN FOR 'MARINE BARGAINS'



Kristen Wong | Hawaii Marine

John Migia, of Pearl City, makes last minute preparations to his Mazda RX8 for the Hot Day at the Bay Car, Bike and Hotrod Show Sunday. Migia decided since the car was yellow to decorate it in honor of his favorite cartoon.



Kristen Wong | Hawaii Marine

Lt. Col. Patrick Owens, commanding officer, Headquarters Battalion, and his son chat with Bob Freeman about his 1965 Shelby 427 Cobra Replica at the Hot Day at the Bay Car, Bike and Hotrod Show Sunday.

BAYFEST, from C-1

and much more, the car attracted quite a few visitors.

For some, like Robert Borling, the car show is less of a competition and more of an opportunity for car enthusiasts to interact with each other. Borling, who won first place in the Import category with his 2005 Mazda RX8, has competed in at least 15 car shows. The Honolulu resident's car has been featured in Super Street magazine and entered in the Walk Wet and Wild Car Show.

Holding their own and grabbing just as much attention, motorcycles glinted in the sunlight. Staff Sgt. John Boswell, section leader, Combat Assault Company, 3rd Marine Regiment, entered his bike the morning of the competition. The Watkinsville, Ga. native washes his 2009 Harley Davidson Night Rod as much as three times a week.

"I think it's a good opportunity [to see] what kind of good motorcycles are on the market and an opportunity for younger generations to see classic cars," Boswell said.

Boswell called his combination sports bike and cruiser "easy to ride in," and "good and comfortable."

Revving its engine during the competition was a 1969 SS Camaro, nicknamed "Klinton's Toy," after the man who commissioned its restoration.

Klint Kobayashi, who passed away three years ago, left Walt Vernon, of Walt's Performance Shop, his beloved Camaro in his will.

"We built it just the way he wanted it," Vernon said. "When we were putting this together it really made him happy."

Towering above many of the cars was a 2003 Dodge Ram.

"No one else has a truck like mine so I figured I'd give it a shot," said Cpl. Ken Collier, team leader, Combat Assault Co., 3rd Marines, who gave his rims an extra wipe down at the competition.

Bob Freeman brought a 1975 Shelby 427 Cobra Replica, with a koa wood interior. Three nights a weekend, Freeman spent nearly three and a half years working on his car, which he describes as "virtually handbuilt." Freeman placed first in the 1960 to 1979 category.

One car emerged from the dark cavern of storage, with its original parts is still running. Greg Davidson, of Kaneohe, brought his 1969 Pontiac GTO, which has a mere mileage of 5,000.

After the public turned in their votes and many of the vehicles together revved up a storm of roars and smoke, the winners received their trophies and were escorted to the flight line for pictures.

"I hope Hot Day at the Bay becomes a permanent fixture on the base due to the success of the event," said Sgt. Diego Romero, noncommissioned officer in charge, Kaneohe Bay Air Show.



Jay Parco | Hawaii Marine

Local performer Willie K fills the evening with music at BayFest Saturday. Willie K was one of several performers featured at the 2010 BayFest.

Voter info and training class scheduled next week

Lance Cpl. Tyler L. Main
Combat Correspondent

Got questions about voting now that the general elections are coming up? Base training and an online resource can help.

Amy Madsen, the base adjutant, is holding a voter registration training and assistance class next Wednesday, she said.

"We will be covering basics on how to register to vote and giving assistance to those wanting to register for their state during the training," Madsen said.

Also, the Federal Voting Assistance Program (FVAP) recently launched a 24-hour call center to make voting information accessible to voters living in other time zones. The call center will help answer questions and issues voters may have.

To further support availability to military members and their families, FVAP teamed with the Navy's Global Distance 24 hour Support Center to respond immediately to all inquiries by email, fax, calls and online chat sessions. This system can respond to overseas voters worldwide. Toll-free numbers from 67 countries are accessible on the FVAP website.

If you have a more complex issue, call between regular business hours to speak with an FVAP subject matter expert.

Also, according to FVAP, you can be registered and have your absentee ballot complete in less than 10 minutes by going to the FVAP website. Just fill out the forms online, print them and they are ready to send to your state of record.

For the November general elections, federal law requires states to mail ballots no less than 45 days from the Nov. 2 general election, you still may not receive a ballot in time to vote, send it in and be counted.

To ensure your vote is counted, starting Sept. 1, the Military Postal Service Agency will offer free expedited ballot delivery and tracking to your local election office for all military and their families stationed overseas. Use the Label 11 – DoD on your absentee ballot from your local post office and mail it. This will allow the sender to track their ballots status on the U.S. Postal Service website.

Voters who haven't received their ballot by tomorrow should use the Federal Write-in Absentee Ballot (FWAB) as their back-up ballot. You can complete the FWAB using an automated assistant on the FVAP website.

When completing a FWAB online, write in the candidates name or party for each office in which you vote. Check your state election website for candidate information, which is usually available 45 days before the election. If you receive your state ballot after submitting the FWAB, still vote and return it. States only count FWABs if a ballot is not received by deadline.

For more information on voting, contact your unit voting officer.

Taking the "LEED" in energy savings

Ian C. Lange
Forest City Hawaii

Energy Awareness Month kicks off today aboard the base. The base has already taken many steps toward sustainability and energy savings. One of them includes building homes more efficiently.

The U.S. Green Building Council recently announced that it has certified the ten new homes constructed at Camp H.M. Smith as LEED Gold. Leadership in Energy and Environmental Design (LEED) is an internationally recognized green building certification system, providing third-party verification that a building or community was designed and built using strategies aimed at improving performance.

The ten units are designed and built by Forest City Military Communities using strategies aimed at improving performance across all measurements that matter most: energy savings, water efficiency, CO2 emissions reduction, improved indoor environmental quality, and stewardship of resources and sensitivity to their impacts. The new homes support sustainability goals and provide an enhanced living environment.

LEED homes are classified at various levels depending on their achievement in completing evaluation factors that measure the items such as sustainable sites, water efficiency, energy efficiency, indoor air quality and materials . The classifications are Certified, Silver, Gold and Platinum.

The Camp Smith homes have qualified for "Gold" status.

LEED-certified homes are built with efficiency and health in mind, so they have the potential to save on energy and water costs, reduce their carbon footprints and environmental impact, and protect resident's health.

Based on Home Energy Rating System (HERS) tests performed on homes certified during 2008, the average home certified at the LEED-Gold level is predicted to have potential energy savings of 30 percent or more over homes built to International Energy Conservation Code, a widely used standard.

The Camp Smith LEED homes gained certification in part due to a focus on indoor environmental quality. These homes typically have better ventilation, use paints and products that emit little or no dangerous volatile organic compounds (VOCs), and/or implement advanced moisture-control strategies, among other health considerations.