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Hawaii Marine

Wounded Warriors sky dive through uncharted air



Tom Sanders | Dr Pepper Snapple Group

Double amputee retired Army Sergeant First Class Dana Bowman soars over Tripler Army Medical Center proudly displaying an American flag above Hawaii in support of the Wounded Warrior Program Aug. 19. Bowman was a Special Forces Soldier and a member of the U.S. Army's elite parachute team, the Golden Knights. He lost his legs in an accident during the annual Golden Knights training in Yuma, Arizona, in 1994. Bowman jumped with fellow wounded warrior retired Marine Col. John Bates and aerial photographer Tom Sanders. This was reportedly the first-ever skydive jump onto the medical facility. For more about Bates, see the story below.



Lance Cpl. Colby W. Brown | Hawaii Marine

The wife and children of Sgt. Jason Muchow, crew chief, Flight Line, Marine Heavy Helicopter Squadron 362, and native of Phoenix, said good bye to their father and husband.

Ugly Angels in route to Afghanistan

Lance Cpl. Colby W. Brown
Combat Correspondent

Almost 200 Marines and sailors from Marine Heavy Helicopter Squadron 362 said good bye to loved ones at Hangar 101 before leaving for their scheduled deployment Tuesday.

Friends and families gave their final hugs and kisses before the squadron left for their seven-month deployment to Afghanistan in support of Operation Enduring Freedom.

The squadron has been working toward this deployment for almost 10 months, conducting small unit training and participating in larger training events to include Lava Viper 2010 Series 1 on the island of Hawaii, and Weapons and Tactics Instructors course 2010 Series 2 in Yuma, Ariz.

Throughout preparations for this

See DEPLOY, A-4

Retired Marine, wounded warrior jumps to pledge 44 years of motivation

Lance Cpl. Vanessa M. American Horse
Combat Correspondent

The Flying Leathernecks, a group of skydivers who share the passion for jumping out of aircraft, will show their patriotism at next month's Kaneohe Bay Air Show. They jump from 10,000 feet with a large American flag, smoke trailers and starburst effects.

Team captain and retired U.S. Marine Col. John Bates will also simulate a downed pilot for the Marine Air Ground Task Force Quick Reaction Forces at the Sept. 25-26 event.

"The public will be able to view up-close and personal some of the unique skills, capabilities and overwhelming fire power of the MAGTF. Specifically, they will see a TRAP [Tactical Recovery of Aircraft and Pilot] scenario," Bates said.

The 64 year-old has more than 1,200 dives under his belt and counting. His most recent jump was a motivational dive for wounded warriors onto Tripler Army Medical Center's lawn carrying a giant wounded warrior flag Thursday.

"Any time you think you are having a tough day, think about the same circumstances with no legs," Bates said.

"My message is that we all have disabilities, some of our choosing and some by misfortune. That said, make the most out of what God has given you," Bates said.

Continuing to serve his fellow service members, he has volunteered as a mentor to wounded warriors since 2006 and leads a combat stress group at Marine Corps Base Hawaii.

"Since he's [Bates] been there before and seen a lot, he shows you that things aren't hopeless," said Lance Cpl. Josh Kelly, a wounded warrior patient from St. Croix Falls, Wis. "He's a great motivator and lets you know that you have people there for you who care about you."

The lessons Bates learned through his service are generously passed on as he follows our Corps Values.

"Marines take care of Marines," said Bates. "I've seen that every day since I graduated boot camp. The Corps is a gun club like no other and a unique tight family relationship; often times closer than what comes with bloodlines."

Bates left college in 1966 to enlist. Then Bates was trained as both an infantryman and a machine gunner. He later deployed to Vietnam where he was assigned to Company G, 2nd Battalion, 5th Marines.

In Vietnam, he participated in eight major combat operations and many other battalion and smaller hostile-fire operations.

He was wounded in combat three times, the most serious by an enemy machinegun round that resulted in the loss of much of his right lung.

See WARRIORS, A-4

Sunday detonations prep for air show

Lance Cpl. Reece E. Lodder
Combat Correspondent

The whirr of two U.S. Marine Corps CH-53D Sea Stallion helicopters quiets the audience.

Shortly beyond a row of U.S. Navy Blue Angels F/A-18 Hornets, the birds and their Marine ground combat element have just successfully demonstrated a rescue mission.

While the audience is still in awe, the announcer suddenly begins a count down — "5, 4, 3, 2…1."

It seems to last forever until a

See AIR SHOW, A-4



United States Marine Corps file photo

Special effects will be part of next month's Kaneohe Bay Air Show.

Inside today's Hawaii Marine



Kicking it in overtime. Intramural kickball tournament opportunity for relaxed fun, **B-1**



Crawling on rocks on all four wheels. Four wheel adventure may be slow, but offers thrills, **C-1**

Weekend Forecast

Saturday
Sunny
High — 89
Low — 75

Sunday
Sunny
High — 88
Low — 75

NEWS BRIEFS

Wounded Warrior Charity Hockey Game

Support your service's team as the Army/Air Force take on the Navy/Marines/Coast Guard in the first Wounded Warrior Charity Hockey Game Aug. 29 at the Ice Palace in Honolulu. All ticket sales will go to the charity. The event is from 6:30 to 9 p.m.

For more information, call Dave Taylor at 949-870-7277 or Tom Bell at 760-690-7981.

Education Fair

The Marine Corps Base Hawaii Joint Education Center is hosting an Education Fair at Mokapu Mall Sept. 1 from 10 a.m. to 2 p.m. There will be information about active duty benefits, on-base colleges, Post-9/11 GI Bill and veteran benefits, scholarships and grants for spouses, and information on free education and career tools.

For more information, call the Joint Education Center at 257-2158.

JEMS Job Fair

The Joint Employment Management System (JEMS) will hold its 23rd annual job fair on Sept. 1 at Club Pearl on Pearl Harbor from 10 a.m. to 3 p.m. Nearly 100 companies/agencies participated in the event last year.

The JEMS Job Fair is open to everyone from the DoD community with base access to Joint Base Pearl Harbor-Hickam and no pre-registration is necessary. This is a great opportunity to talk to recruiters, drop off resumes, pick up applications and research the job market. No children will be admitted.

The event is sponsored in partnership by Joint Base Pearl Harbor-Hickam and Marine Corps Base Hawaii.

For more information about the job fair, visit the DoD website at http://www.JEMSjobs.com.

Violence in the Workplace Training Sessions

U.S. Marine Corps Forces, Pacific and the Marine Corps Base Hawaii Security Offices are hosting DeeDee Collins of the National Security Training Institute as she presents a series of "Violence in the Workplace" training sessions. All hands, military and civilian, are encouraged to attend. Sessions are scheduled at MCB Hawaii theater on Sept. 9 from 8:30 to 10:30 a.m., and from 1:30 to 3:30 p.m. Sessions are scheduled at Camp H.M. Smith theater from 8:30 to 10:30 a.m., and from 1:30 to 3:30 p.m.

The program defines the issue of workplace violence, strategies to be used by the organization to prevent an incident, and how to respond when one occurs. A case study will be presented based on a mass workplace shooting survived by the presenter. The audience will discuss techniques to be used in defusing anger in the workplace, supervision of problem employees as well as termination guidelines. All participants will receive supporting materials on all the subject areas covered in the presentation.

Hispanic Heritage Month

Celebrate Hispanic Heritage Month on Sept. 17 from 11 a.m to 1 p.m. at Anderson Hall Dining Facility.

For more information, call Staff Sgt. Wood at 257-1415.

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 Duty Chaplain	257-7700
DEERS	257-2077

Hawaii Marine

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

H_2O ON THE GO



Maj. Alan Crouch | Hawaii Marine

A CH-53 D from Marine Heavy Helicopter Squadron 463 sinks its bucket into a reservoir at Pohakuloa Training Area on the island of Hawaii, Wednesday just after it was refilled by a tanker. The flight crew arrived Tuesday and was tasked to support fire fighting ground elements battling a fire that broke out Sunday, which has consumed more than 1,500 acres on the Big Island. Armed with a specialized Bambi Bucket for aerial fire fighting, the crew would fight the blazes from above, dropping water over the burning earth. According to Mike Egami, public affairs officer for U.S. Army Garrison Hawaii, Wheeler Army Airfield, the HMH-463 helicopter is one of five helping to contain the blaze. As of Wednesday, the fire was 55 percent contained, and efforts to extinguish what is left were expected to continue through the week.



Christine Cabalo | Hawaii Marine

Maj. Mark Kiehle, liaison officer, 1st Battalion, 12th Marine Regiment, looks through binoculars to find a simulated target inside the new Supporting Arms Virtual Trainer Aug. 23 at Marine Corps Base Hawaii. The trainer includes a white dome where a 260-degree view is projected of realistic 3-D targets. Marines can call for fire and coordinate other missions involving close air support.

Virtually armed and ready

Christine Cabalo
Photojournalist

Filled with the sounds of gunfire and aircraft, Hawaii Marines stepped into a bustling digital world of the new Supporting Arms Virtual Trainer for the first time Aug. 23.

Kaneohe Bay is one of several Marine Corps installations to support the new technology that can teach Marines how to coordinate with aircraft during close air support missions.

"With this trainer you can virtually call for fire," John Bilbruck, SAVT project officer, Naval Air Warfare Center Training Systems Division. "This is good for training [Joint Terminal Attack Controllers]."

Bilbruck said Marines on the ground have seconds to react to dangerous situations. The new simulator will help prepare them for the experience. The SAVT is located next to other state-of-the-art training facilities, like the Combat Convoy Simulator along Harris Avenue.

A high-resolution photorealistic view of the virtual training area is projected on a white dome, offering users a seamless frontal 240-degree view. Stereo speakers crank up the sounds of artillery fire and aircraft blades motoring through the sky.

Next to the screen is a student training station, with working equipment normally used in the field, including binoculars and GPS locators.

Trainer staff can control the exact environmental conditions of scenarios. They can change it from day to night with a flick of the switch. Details are so exact that staff could position the moon in any phase in the sky, with accurate star chart.

All training is recorded as text and audio logs for units to review in the nearby after action review room, according to SAVT staff. The room may also be used in training sessions as a separate command post for an air officer, simulating communications by radio with others who have a clearer view of the target.

Currently, the trainer has models of real-life areas in Marine Corps Base Camp Pendleton. and San Clemente, Calif. Training staff can also design new scenarios and are looking into building models of Pohakuloa Training Area in Hawaii.

In July 2010, teams unveiled a trainer at Marine Corps Air Ground Combat Center Twentynine Palms, Calif., and there are plans to build more, including one at Marine Corps Base Camp Lejune, N.C.

Having a trainer at K-Bay will help out training for infantry and artillery units, said Maj. Mark Kiehle, liaison officer, 1st Battalion, 12th Marine Regiment. The new simulator can prepare Marines for specialized schooling needed to safely carry out mortar or artillery missions.

"It's important to have this type of training on island because you're not allowed to fire live artillery rounds here like you would at Camp Pendleton or other places," Kiehle said. "You need to go to the field to do it, taking it to Pohakuloa Training Area on the Big Island."

Previously, he said training Marines would use two-dimensional models or live-fire training to cover the basics.

All through last week, SAVT staff took MCB Hawaii personnel through the new simulator and answered questions about how it worked. Capt. Rob Gambrell, air officer, 1st Battalion, 3rd Marine Regiment, said he was impressed by how realistic the trainer was and how it saves funds.

"We'll be able to run complicated scenarios," Gambrell said. "We couldn't run these training missions as easily in real life."

Capt. Nick Majka, assistant officer, 1/3, said he was impressed by how the trainer simulates hostile, friendly and neutral forces. Majka appreciates how accessible the trainer is and how it will reduce gasoline consumption for K-Bay Marines.

"It's exactly the same setup you have in some of the bigger bases," Majka said. "It's good we have this capability in Hawaii now."

AROUND THE CORPS

Your weekly guide to what's happening around the Corps

East Coast



Lance Cpl. Bryan J. Nygaard | II Marine Expeditionary Force

Security Forces Marines complete training aboard Camp Lejeune

MARINE CORPS BASE CAMP LEJEUNE, N.C. — During a simulated riot aboard Marine Corps Base Camp Lejeune, N.C., an angry mob approached a U.S. Embassy, throwing rocks and became increasingly violent. Marines grabbed their riot shields, batons and non-lethal shotguns and quickly assembled into a formation resembling a column of ancient Spartan warriors. Marching forward, shoulder to shoulder, the Marines swiftly and soundly pushed back the attackers.

These Marines were being evaluated on their use of non-lethal weapons.

See http://www.marines.mil

West Coast



Capt. Masato Itoh | Marine Corps Installations West

New EFV prototype tests at Camp Pendleton

MARINE CORPS BASE CAMP PENDLETON, Calif. — Approaching a black dot on the GPS system, a squawk of radio static is followed by "this is command, approaching buoy alpha."

The vehicle commander replies with an affirming "roger command," and a powerful roar erupts off to the left of Col. Keith Moore's rigid-hulled, inflatable boat, more commonly known as a RHIB.

The newest variant of the Expeditionary Fighting Vehicle throttles all 2,700 horsepower and lifts out of the glassy water gliding like a jet ski. The EFV is expected to enter limited production in 2012.

See http://www.marines.mil

Overseas



Cpl. Alicia R. Giron | Continuing Promise

Marines strengthen bonds through nonlethal weapons training

COVENAS, Colombia — Marines with Company A, 2nd Assault Amphibian Battalion, Ground Combat Element of Special-Purpose Marine Air-Ground Task Force Continuing Promise 2010 taught nonlethal weapons tactics to Colombian Marines at Marine Corps Base Covenas, Colombia, Aug. 14, as part of a six-day, subject matter expert exchange.

Subject matter expert exchange is just one essential mission of Operation Continuing Promise 2010, which also includes medical, dental, veterinary and engineering support, and disaster relief to partner nations to the Caribbean, Central and South America.

See http://www.marines.mil

This week's top story



Sgt. Brandon Owen | 1st Marine Logistics Group (FWD)

Commandant of the Marine Corps Gen. James Conway (left) speaks to Marines with 9th Engineer Support Battalion, 1st Marine Logistics Group (Forward), at Camp Leatherneck, Afghanistan, Aug. 20.

Commandant, Sergeant Major of the Marine Corps visit Afghanistan

Staff Sgt. Jennifer Brofer
1st Marine Logistics Group (FWD)

CAMP LEATHERNECK, Afghanistan — Commandant of the Marine Corps Gen. James Conway and Sergeant Major of the Marine Corps Carlton Kent, visited with Marines from 1st Marine Logistics Group (Forward) Friday during what will likely be the general's last visit to Afghanistan as CMC before turning over responsibilities to the incoming commandant later this year.

Conway and Kent toured the 9th Engineer Support Battalion and Combat Logistics Regiment 15 (Forward) compounds, speaking with Marines and viewing demonstrations of their capabilities of providing tactical logistics to war fighters in support of the International Security Assistance Force.

Their first stop was the Bulk Fuel lot at 9th ESB, where Cpl. Gerald Sears, a bulk fuel specialist, explained to the Corps' top officer how a fuel bladder containing 50,000 gallons of fuel can be transported to Marines in Marjah. After their brief conversation, Sears admitted this was his first time meeting the commandant.

"I never thought I'd get to meet the commandant of the Marine Corps," said Sears, 21, from Adair, Ill., who has served in the Marine Corps two years.

Lance Cpl. Michael Parker, an assistant mechanic noncommissioned officer in charge, explained to Conway and Kent how smaller fuel bladders are transported to Kajaki Dam, in the northeast corner of Helmand province, where Marines are stationed at a remote combat outpost.

See http://www.marines.mil

Top story from the front



Sgt. Mark Fayloga | Regimental Combat Team 7

Marines from Sgt. Joe L. Wrightsman's squad embrace each other after paying tribute at the fallen Marine's monument during a memorial service at Patrol Base Jaker, Afghanistan, July 30.

Marine gives life trying to save Afghan policeman

Sgt. Mark Fayloga
Regimental Combat Team 7

PATROL BASE JAKER, Afghanistan — Cpl. Joe L. Wrightsman gave his life trying to save an Afghan policeman drowning in Afghanistan's Helmand River July 18. And while the two would ultimately become victims of the powerful currents, Wrightsman's actions weren't in vain.

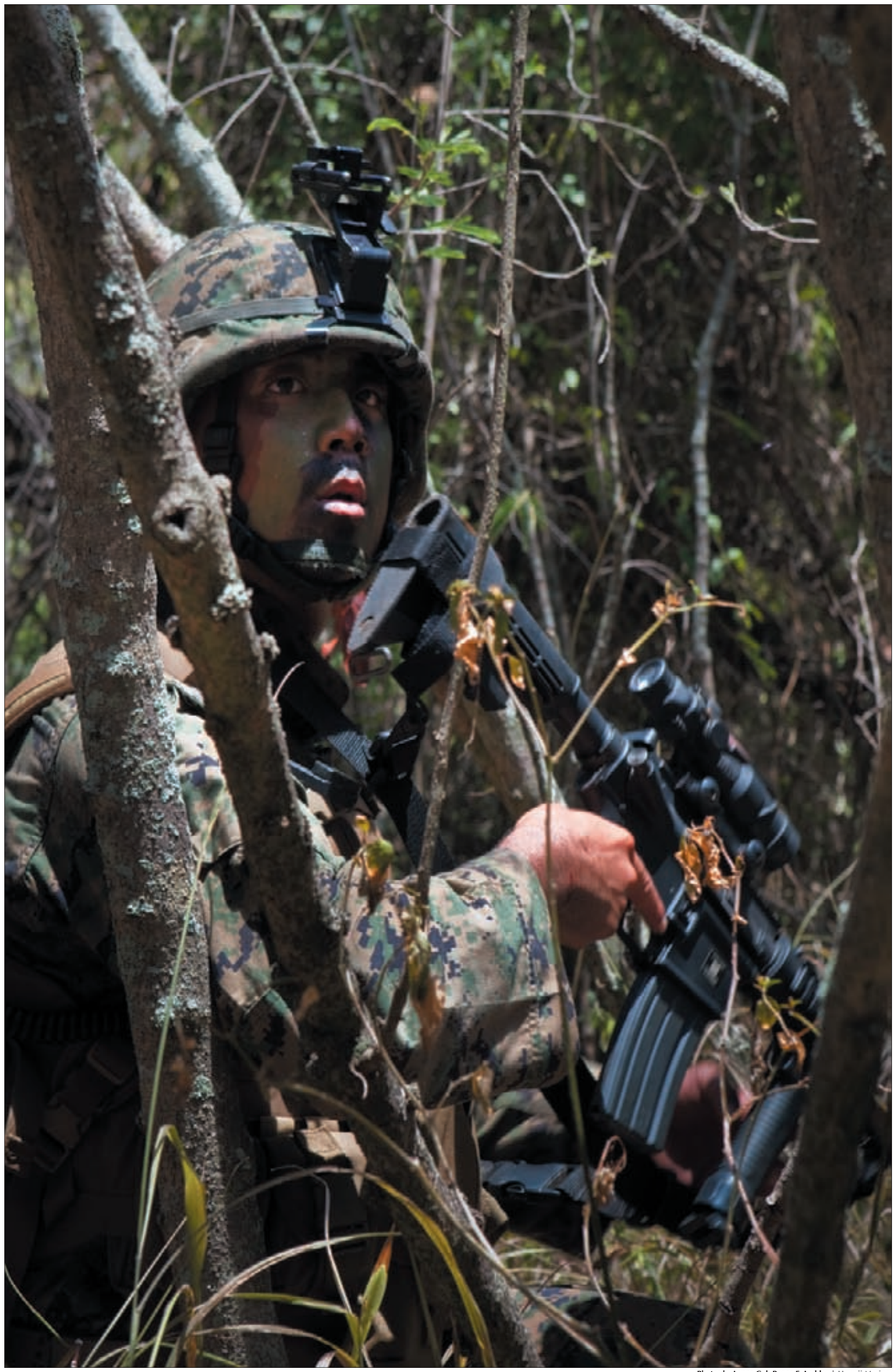
Wrightsman's squad had a mission to conduct a zone reconnaissance patrol in an area rumored to be inhabited by enemy forces, and perhaps no one in the squad looked forward to the prospect of a fight more than the squad leader. Wrightsman was a quintessential infantryman, a combat veteran on his fourth deployment in as many years.

Since arriving in Afghanistan more than two months ago, Wrightsman took time out on occasion to talk with his Marines about the work they'd been doing. Third battalion, 3rd Marine Regiment may not have been seeing as much action as other battalions in the region but he wanted them to know they were doing a good job and making a difference. Today though, there was a chance of a firefight — every grunt's dream. Wrightsman was excited and just like his work ethic and smile, the enthusiasm was contagious.

"That's just how he was," said Lance Cpl. Michael A. Barnhouse, a Company K team leader who Wrightsman had mentored for more than two years. "The Marine Corps was his life."

The squad was on a timeline, and when it looked like they might not make it to their first checkpoint in time, Wrightsman made a joke to ease the mood.

See http://www.dvidshub.net



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

Lance Cpl. Russell Matsumura, a student with the Infantry Squad Leader Course, School of Infantry West — Detachment Hawaii, takes a knee while on a security patrol during the offensive tactics and techniques portion of the course at Marine Corps Training Area Bellows Tuesday. The four squads of students in the class rotated between manning the fighting position, providing security and long-range patrols, and standing ready on a quick reaction force during the three-day training event. On the long-range patrols, squads attacked and cleared enemy positions.



Lance Cpl. Daniel Tribell, Cpl. Alejandro Felix and Sgt. Tom Becerra, students, Infantry Squad Leader Course, School of Infantry West — Detachment Hawaii, discuss the route of their security patrol.



Lance Cpl. Rusty McGrady, a student with the Infantry Squad Leader Course, School of Infantry West — Detachment Hawaii, prepares his fighting position during the defensive tactics and techniques portion of the course at Marine Corps Training Area Bellows Tuesday.



Lance Cpl. Felix Davila, a student with the Infantry Squad Leader Course, School of Infantry West — Detachment Hawaii, prepares his M240B machine gun for fire while on a security patrol during the offensive tactics and techniques portion of the course at Marine Corps Training Area Bellows Tuesday. "One of the most challenging things a Marine can do is lead their peers, and they're forced to do that here," said Staff Sgt. Michael Wissmeyer, staff noncommissioned officer in charge of ISLC. "When they leave here, we expect them to hold themselves to a higher standard and be ready to lead Marines in combat situations."



Lance Cpl. Daniel Tribell, a student with the Infantry Squad Leader Course, School of Infantry West — Detachment Hawaii, and fellow students pause on a security patrol during the offensive tactics and techniques portion of the course at Marine Corps Training Area Bellows Tuesday.

Learning the Purpose Behind the Task

Infantry Squad Leader Course students take to field for offensive, defensive ops

Lance Cpl. Reece E. Lodder
Combat Correspondent

MARINE CORPS TRAINING AREA BELLOWS, Hawaii — As a Marine infantryman progresses through billets, ranks and responsibilities, he gains knowledge from his seniors and applies it to field operations. Subsequently, he's tested on the battlefield.

With this progression, he'll be called to lead his peers, and may rise to the position of squad leader, in which he's tasked with applying his leadership to a squad of 12 Marines. And the cycle begins again.

The strenuous Infantry Squad Leader Course, School of Infantry West — Detachment Hawaii, ensures this position is well-learned and earned. Students from the course completed its offensive and defensive tactics and techniques at Marine Corps Training Area Bellows Monday through Wednesday.

"The mission of the Infantry Squad Leader Course is to give Marines the technical and tactical tools to begin leading their squad when they get back to the fleet," said Staff Sgt. Eric Ciotola, chief instructor, ISLC. "It's is the best leadership school an infantry Marine can go through."

Before beginning the operations, classes taught by squad instructors provided the theory the students would need to put their plans into action. These classes are among the course's more than 600 academic hours.

At MCTAB, the students patrolled to their objective rally point, selected a fighting position and conducted leader's reconnaissance to determine if the area was defendable, said Ciotola, of Sheboygan, Wisc.

Upon finding their position, they began establishing a linear defense. "We've taught the students the basics and now they're applying [what they've learned] to the current enemy situation and the terrain to find how to best build their defense," Ciotola said.

After setting up security and automatic weapons coverage to ensure they had interlocking fields of fire, the students prioritized primary and supplementary positions by entrenching an arrangement of fighting holes on the hillside. They constructed obstacles using Concertina wire and then focused on camouflage, cover and concealment, and bettering their fighting positions.

"Regardless of where you go, whether you're in an urban environment or the jungle, you're going to be in a defensive posture," Ciotola said. "As soon as the students go static, they begin creating their defense."

The four squads of students rotated between manning the fighting position, providing security and long-range patrols, and standing readily on a quick reaction force. On the long-range patrols, squads attacked and cleared enemy positions.

During the offensive and defensive portion of the course, they wrote two, five-paragraph orders. These orders specify instructions to a small unit, such as a squad, based on situation analysis and reconnaissance prior to potential enemy engagement. Writing the lengthy orders — one for establishing the defense and the other for conducting the attack — is an involved, mentally taxing process which forces the squad leader to start thinking about a fire-support plan, coordinating instructions and scheme of maneuver, Ciotola said.

Nonetheless, knowing the process is imperative to the developing infantrymen. Pairing the students' knowledge with what they're learning in the course teaches them to be flexible with evolving enemy situations. It should help them keep their discipline and constantly improve their positions, Ciotola said.

"One of the most challenging things a Marine can do is lead their peers, and they're forced to do that here," said Staff Sgt. Michael Wissmeyer, staff noncommissioned officer in charge of ISLC. "When they leave here, we expect them to hold themselves to a higher standard and be ready to lead Marines in combat situations."

The course is different from other leadership courses like Infantry Machine Gun Leader Course or Mortar Leader Course because it isn't military occupational specialty-specific, and is open to all infantry Marines, said Sgt. Andrew Farlaino, an ISLC squad instructor.

"It shows infantry Marines a different way of thinking," said Farlaino, of Price, Utah. "In their units, they might be given a task and then execute it, but here, they have to figure it out on their own."

Over ISLC's 45 training days, the students also learn advanced patrolling, military operations in urban terrain, demolitions, land navigation, enemy tracking techniques, fire plan sketches, and conducting unit training management. Each of the classes builds on the previous and works toward building combat leadership, said Wissmeyer, of DeRidder, La.

"In this course, you're not just thrown into a billet spot," said Cpl. Nicholas Metzel, an ISLC student and machine gunner with Company C, 1/3.

"We're being given the necessary tools and are taught to lead and work like the billet requires," said Metzel, of Chicago.

"We're becoming better all-around leaders by learning the purpose behind the task."

Spouses can become "Partners in Paradise"

Joint Spouse Conference registration begins Wednesday

Christine Cabalo
Photojournalist



Courtesy photo

Meeting to plan the Joint Spouses Conference, executive board members Martyann Grant (left), Marianne Espinoza and Shawn Sutton pose for a photo. The JSC Executive Board has met monthly since February to plan the 2010 Joint Spouses' Conference to be held Saturday, October 23 at Marine Corps Base Hawaii.

Military spouses of all branches are welcome to Marine Corps Base Hawaii in October for a special event designed to better their lives.

"We're hoping after [attending] the conference, people walk away with the knowledge of how to be better partners in every relationship: with their spouses, their friends, their colleagues and community," said Karen Broadmeadow, director of the upcoming 16th Annual Joint Spouses Conference, scheduled Oct. 23.

Registration begins Wednesday, Sept. 1 and runs until Sept. 25, and is on a first-come, first-served basis. More than 50 workshops are included at the conference, themed "Partners in Paradise."

Spouses can pick up to four workshops from topics including finance, effective communication, Kaneohe Bay history, field operations, healthy living and more.

Prominent local personalities will present workshops, including Wally Amos, founder of the Chip and Cookie Store. Guest speaker is Susan Page, founder of Susan Page Modeling and Talent, who is also a military spouse and a MidWeek contributor. Directing this year's event is Broadmeadow, spouse of Brig. Gen. John Broadmeadow, deputy commander, U.S. Marine Corps Forces, Pacific.

Every attendee will also have a seat for the "Armed for Entertainment" general workshop based off of the book of the same title sold every year during the conference. Hillary Grasso, conference packets co-chair, was among those who wanted to attend the entertaining workshop last year, but couldn't go because all the spots were taken.

"It's the class that always gets filled up the fastest," Grasso said. "This year everyone will be able to go and come away with great tips and tools."

Both the book and the workshop offer recipes, as well as tips on event planning. During this year's session of "Armed for Entertainment," spouses will see several hands-on demonstrations.

Several talks will focus on the history of the land around MCB Hawaii as well as modern-day innovations led by the base's units to sustain future generations.

The conference is open to all spouses of both active duty and retired military service members. Broadmeadow said the conference has a workshop for the interests of any spouse, male or female.

The yearly event is also a time to socialize and network, said Heather Zamjahn, workshops chair. Attending the conference for the first time in 2009, she said it was a chance to hear from other military family members.

"It's nice to meet other spouses who face the same challenges as you do," she said. "Then I learned about how the Army, Air Force and Navy do things."

Both Zamjahn and Broadmeadow said spouses can take time for their own personal development and become inspired from the event.

"This conference is an opportunity to go to an event with friends and meet others," Broadmeadow said. "Together you can learn something new or find out something new about yourself."

Hosted every year by a different branch of the Armed Forces, the 2010 Joint Spouses Conference was last held here in 2006.

To learn more about the Joint Spouses Conference or register, see http://www.jschawaii.com.

AIR SHOW, from A-1

massive wall of fire pierces the blue afternoon sky and is etched into the retinas and memory of the spectators.

Special effects, or FX, have been a hallmark of air shows here. Next month's Kaneohe Bay Air Show 2010 is no different, requiring extensive planning and practice.

This Sunday, to help prepare for the air show, explosives will be detonated on the northwestern side of Runway 04 on Marine Corps Air Station Kaneohe Bay from approximately 1 p.m. to 4 p.m.

The intent for the training is to test equipment and conduct a pre-burn of the event display area in order to prepare the tools, equipment and area for the Marine Air Ground Task Force display component of the air show.

"Everything about the air show involves training," said Chief Warrant Officer 5 Pete O'Hare, the air show director. "The air show gives different units a chance to train and allows them to showcase to the public what they do day in and day out."

As part of the air show's MAGTF demonstration, reconnaissance Marines with 4th Force Reconnaissance Company, I Marine Expeditionary Force, and the MAGTF's ground combat element will perform a simulated tactical recovery of aircraft personnel mission. During the mission, the recon Marines will fast rope out of the helicopters, descending quickly and taking part in rescuing a "downed" pilot while the GCE provides security on the ground.

Moments after these Marines leave, spectators will witness the massive 2,000-foot wall of fire.

The event will be conducted under controlled conditions with demolitions experts from the base's Explosive Ordnance Disposal on hand, providing technical expertise and oversight of the event.

In addition, MCAS's Aircraft Rescue Fire fighting, the base Federal Fire Department, and the base Provost Marshal's Office will provide safety and security personnel as an emergency response force.

The special effects and pre-burn training event Sunday will be a valuable training opportunity for EOD because it will allow them to do their job while working with multiple agencies in a close proximity, said Capt. Daniel Meckley, special projects officer, Marine Aircraft Group 24. The training also provides good reaction training for ARFF, the Arnold, Md., native said.

Cottage, Cabana, and Hale Koa Beach campground patrons may experience traffic delays and afternoon noise on Sunday. Visitors to the base may experience traffic delays near the runways.

DEPLOY, from A-1

deployment, Lt. Col. Thomas Pecina, commanding officer of HMH-362, said the squadron's focus was preparing for combat and ensuring family readiness for service members while deployed.

"I have always stressed teamwork, professionalism and proficiency in everything we do," Pecina, a native of St. Louis, said. "I'm proud of all the Ugly Angels in how they have prepared mentally and physically for this deployment and thankful for the awesome support of (Marine Aircraft Group 24)."

While in country, the squadron will support HMH-363 as they prepare to come home and take over their responsibilities once they leave. The Ugly Angels' mission while deployed is to provide assault support and transportation of combat troops, supplies and equipment to Marine units on the ground.

"My main mission is to go over there and fix the problems," said Cpl. Gregory Miller, aviation electrician, Aviation Section, HMH-362, native of Niagara Falls, N.Y. "We're going over there to support units and keep the birds in the air."

The squadron will take control of 10 CH-53 D Sea Stallion helicopters when they arrive in country and will participate in support operations.

For Miller, this is his first deployment and he said he has a mixture of emotions about leaving, but mainly he is enthusiastic.

"I look at it like now I'm officially a Marine. I'm finally going to the fight," Miller said. "This is what people sign up for and for me, I've been here for three years so I'm excited to go."

Although he doesn't have a family on Hawaii, Miller says it will still be hard to leave the people he cares for.

"There's a few people I'm leaving behind that I'm pretty close with and I'm going to miss them," Miller said.

"It's going to be trying the first couple of days because I won't get to see their faces, but I am still ready. I think the seven months will go by fast and I can't wait for the experience."

"I LOOK AT IT LIKE NOW I'M OFFICIALLY A MARINE. I'M FINALLY GOING TO THE FIGHT."
-Cpl. Gregory Miller

The Ugly Angels are done training and will deploy to accomplish their mission.

"It's and honor to lead such brave man and women in to harm's way," Pecina said. "The Ugly Angels have supported the infantry for more than 59 years we look forward to continuing a rich tradition of supporting the infantry."

WARRIORS, from A-1

After 13 months in Vietnam, Bates was ordered to Camp Pendleton, Calif., and was subsequently discharged due to medical disabilities attributed to his earlier wounds.

Re-entering college using the GI Bill, state rehabilitation funding, and a disability pension, Bates completed his Bachelor of Science and Education, followed by a Master of Science from the University of Central Arkansas. In November 1975, seven and a half years after his medical discharge, his seven repeated requests to compete for a commission were granted.

After his promotion to major, Bates was next assigned to Marine Corps Air Station Kaneohe Bay as the ``Group Grunt'' for Marine Air Group 24.

There he flew numerous hours in both fixed-wing and rotary-wing aircraft. After two years at the MAG, he was assigned executive officer for 1st Bn, 3rd Marines, and later as the acting commander of that battalion during Desert Shield and Desert Storm hostilities in Saudi Arabia and Kuwait.

Later, Bates assumed command of 2nd Bn, 3rd Marines, and deployed with the battalion to Okinawa, mainland Japan, Korea, and Hong Kong. Promoted to Colonel in 1998, Bates was transferred to become the Fleet Marine Officer, Second Fleet, in Norfolk, Va.

Today, Bates holds life membership in the Disabled American Veterans. He is an avid ultra-distance runner, having completed more than 50 marathons and in 1986 was co-holder of the American Record for the 146-mile run from Badwater, California, to the summit of Mt. Whitney in Death Valley National Park.

As an experienced and current Military Free-Fall parachutist and civilian USPA ``D'' licensed skydiver, Bates remembers how it all started.

"The first time I saw anyone come to the ground under a parachute I was awe struck and knew I had to do that. I was fortunate enough to get orders to Military Free-Fall School and the transition to sport skydiving seemed only natural and inevitable."

Upon retirement from active duty in 2005, Colonel Bates assumed the duties of chief operations officer for the Pearl Harbor Visitor Center in Hawaii. He served as the executive director of the Honolulu Armed Services YMCA from 2007 through March of 2010.

His impressive legacy continues as he is campaigning for government approval for the use of the GI Bill and Veteran's Rehabilitation programs to obtain instructor certifications to teach skydiving.

"If and when this happens, I expect it to open the door for many vets, well bodied and disabled. My intention is to use these skills to allow active duty, medically retired and specifically wounded Marines to experience skydiving at little or no cost to them," Bates said. "I would like to think that any potential occupational training for our service members, of their choosing, would be recognized and funded by the VA."

Lewis and "Kumar" Escape to K-Bay



Lance Cpl. Vanessa M. American Horse | Hawaii Marine

On right, the duo of Chad Lewis (former Philadelphia Eagles football player) and actor Kal Penn ("Harold and Kumar Escape from Guantanamo Bay") visited Marine Corps Base Hawaii's Anderson Hall yesterday as part of a USO meet and greet. The two celebrities signed autographs and took pictures with their fans and later met with wounded warriors at their barracks. "We love this opportunity to come and thank the troops personally and let them know we appreciate what they sacrifice for our freedom," Lewis said of their participation in the visit. "It's great to get an inside view of Marines completing their mission." This was Lewis' third visit to MCB Hawaii. The next stop for them is South Korea for a week to lift the morale of more service members.

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'What She Said' takes top spot in intramural tournament

Christine Cabalo
Photojournalist

Kicking it into double overtime, Marine Corps Air Station's "What She Said" team won the Aug. 20 Intramural Kickball Tournament.

The 10-player team toppled "Rockets to Uranus" comprised mostly of spouses in a three-game tournament held at Riseley Field.

"Our strategy is to kick back hard," said Kayla Hall, MCAS's team captain before the tournament. "We brought our A-game today."

Playing kickball brought out the inner child of several players, including Michelle Coulson. Pitching for the Rockets in the first two games, Coulson said during school games of kickball she let her mischievous side take over.

"I liked hitting people with the ball," she said. "Especially hitting the mean boys."

Most recalled the rules from playing games during their elementary school days, and the safety rules in place for this tournament were no different. Teams were comprised of active-duty personnel, family members and DoD employees.

"People suggested we do [the tournament]," said Shariah Moehle, recreation sports assistant, Semper Fit. "We've had dodge ball games before, so they also chose to do kickball."

Winners were determined by who won two out of three games played back-to-back. After both teams stacked up multiple runs, it was the Rockets won the first game with a score of 4-2.

The tournament brought out missed chances in childhood and offered players another shot at being a kickball superstar.

"I remembered when pitchers would try to pitch softly to you thinking you couldn't kick it because you were a girl," said Annie Smack, who was played outfield for the Rockets. "Today we're here to have a good time, and it's all about having fun."

The challenge for many players during the tournament was playing the game as adults, not as children. A few had some experience playing kickball recently, including Holly Carver, who played several games with her children.

Many players tried to step up to the plate with some punts, but few attempts made it past the regulation line to qualify. The pressure was on for pitchers as well, since every thrown ball needed to roll through the strike zone or else the kickers took a walk to first base.

Finding success with kicks aimed low and to the ground, MCAS jumped ahead of the Rockets in the second game in a hotly contested matchup.

See KICKBALL, B-6



Chistine Cabalo | Hawaii Marine

Dodging the ball, Rayshawn Cooper, first baseman, Marine Corps Air Station, avoids getting tagged out on second base during the Intramural Kickball Tournament. Held at Riseley Field, Semper Fit coordinators allowed ten-player teams to participate.

MALS-24 flies by 1/12, #2 in basketball



Lance Cpl. Colby W. Brown | Hawaii Marine

Marcus Burrell, forward, 1st Battalion, 12th Marine Regiment, #2, goes up for a shot during a Summer Intramural Basketball League regular season game Monday, at the Semper Fit gymnasium. The Marine Aviation Logistics Squadron 24 Warriors won 64-46.

Lance Cpl. Colby W. Brown
Combat Correspondent

Marine Aviation Logistics Squadron 24 Warriors secured their eighth consecutive win in a Summer Intramural Basketball League regular season game Monday. The Warriors beat 1st Battalion, 12th Marine Regiment, #2, 62-46, at the Semper Fit Center gymnasium.

Taking first possession of the ball, 1/12 started the game strong. Through quick ball movement and well-coordinated field goals, they were able to keep the lead through 12 minutes of the first 18-minute half. But the Warriors picked up their game, gaining momentum and confidence, which they used to take the lead and go into halftime with a two-point lead, 28-26.

"We started off kind of slow and they went up by six or seven points, but at halftime we rebooted and finished the game strong," said Bruce Mason, Warriors guard.

The Warriors worked the fast break and controlled the game tempo going into the second half. They started with possession and worked the ball to their basket, building on their two-point lead.

"You control the tempo, you control the game," Mason said. "That's really all our game is, we want to control the temp because you can control the clock and keep the game at your own pace."

Nine minutes into the second half, the score read 44-38 in favor of the Warriors. Relentless in working the ball down court and keeping the game revved at a high pace, the Warriors lengthened the score gap to 57-44 with 1:20 left in the game.

"I think we played pretty good tonight, but we just need to work on our defense and get those rebounds," said Albert Simmons, 1/12, #2 forward.

Although 1/12 started strong they were unable to get back on defense to stop the Warriors' fast breaks. They slowly stopped playing, allowing the Warriors to run the clock down in the last 30 seconds. The game was over before the buzzer screamed with the scoreboard reading 62-46, Warriors victorious.

See BASKETBALL, B-8

K-Bay Lanes receives long overdue face lift

Renovations in progress at bowling center

Lance Cpl. Colby W. Brown
Combat Correspondent

Improvements have been underway at the Kaneohe Bay bowling center since late April.

K-Bay Lanes has not been renovated in more than 30 years and this million-dollar refurbishment of the bowling alley is a welcome upgrade to its outdated equipment and furnishings.

There were mechanical troubles with the bowling equipment and an unupdatable scoring system. These and a few other issues prompted the renovations.

See RENOVATE, B-5



Lance Cpl. Colby W. Brown | Hawaii Marine

A bare counter top sits in the Strikers Grill and Tap Aug. 23 during interior renovations of K-Bay Lanes. Renovations at K-Bay Lanes, to include Strikers Grill and Tap, have been underway since late April and are scheduled for completion in the middle of September.

Pay 'em to play 'em

Lance Cpl. Tyler L. Main
Combat Correspondent

If you spend the majority of your time working for someone, it's only fair to be compensated. Unfortunately, for many, they're not rewarded for their dedication.

> Right now, there's nothing to keep a quality college athlete from going pro before he does his four-year college "enlistment."

Between practice, studying game films, workouts, school and everyday living these student athletes have little time to make a dollar for themselves. According to USA Today, the average NCAA Division I Football athlete said they put about 45 hours in for their sport and another 40 toward school per week.

Baseball, hockey, softball, basketball and golf admitted to similar hours.

If you factor in eight hours of sleep, 30 minutes per meal and an hour for personal hygiene per day that leaves an athlete with approximately 12 hours of free time in a seven-day week. That's not enough time for extra-curricular activities, such as family visits, recreation or employment.

However, their colleges are making money off these players' talent and paying them nothing. There should at least be some type of yearly grant, weekly check or monthly allowance for college athletes. They definitely deserve it.

Go to any sports training camp, watch the intensity of the practices and dedication and tell me it's not impressive. It's a job very few people are capable of being successful at doing. That's why recruiting is so competitive.

Any sort of compensation needs to be strictly regulated and there would have to be a specific dollar amount decided for each sport depending on how many hours of participation needed. Colleges should be able to draw up those details easily.

Right now, there's nothing to keep a quality college athlete from going pro before he does his four-year college "enlistment." A steady paycheck would provide athletes with a little security and maybe a willingness to wait another year before being a millionaire.

Colleges also need to hold on to their stars as long as possible to keep fans interested and to give their youngsters room to grow. When big athletes leave and young freshman have to step up to a demanding position, they are more likely to be injured, rendering them useless for play. Is that how you treat someone who has dedicated themselves to a team?

The system is now makes college athletes like slaves. If they don't play, they lose their scholarship. If they play and go to school, they don't have a life or money.

Plus, scholarships don't cover the value of these athletes. According to ESPN, the national graduation rate for college athletes is 55 percent. That means the other 45 percent have either failed class, went pro early or lost their scholarship – which are all bad for the college and player. It's time to give them some tangible compensation.

Many of them are 18 and 19 years old, working just as many hours as big leaguers. I was always told as a kid, "If you act like an adult, I'll treat you like an adult." I hated hearing it then but what's the difference between those who practice like a pro? If you put in the work you should get the pay, plain and simple.

VS

Paying College Athletes

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.



MAIN



LODDER

Why college players shouldn't get paid to play

Lance Cpl. Reece E. Lodder
Combat Correspondent

Remember that arrogant, immature guy you grew up with who always got his way and everything he wanted? The one who thought he was better than everyone else and deserved better because of what he had? As he received more, the spoiled brat got louder and increasingly unbearable to where being around him was as painful as getting your rib cage tattooed.

Through paid trips, complimentary meals, free on-campus health care, the opportunity to play sports in a highly-visible setting, and tens of thousands of dollars in gratis tuition, college athletes are in danger of contracting this brat's disease. Giving them more by paying them to play will spoil the purity of the game and propel them toward joining the ranks of this falsely entitled jerk.

As with any other group of people in today's world, there is a mix of people within college athletics. Among the mix of experience seekers and benchwarmers, only a tiny percentage of naturally-born athletes rise to the big league level. This mediocre majority, however talented and motivated, doesn't go on to play professional sports.

> "But if I don't get paid for playing, how will I afford to take my girl on a date?," the college athlete whines.

"But if I don't get paid for playing, how will I afford to take my girl on a date?," the college athlete whines. Well genius, go get a part-time job in the off-season or — gasp, dare I suggest — a full-time job during the summer! While the National Collegiate Athletic Association places some limitations on athletes holding jobs, finding one and working isn't all that difficult.

Let's be careful though, we wouldn't want to overwork our pampered stars. Giving them an extravagant handout is just so much easier! And while we're at it, let's hook up the drama team, band members and newspaper staff. They provide entertainment to the school community in their own unique form, so they should get paid too.

Playing on a college sports team is no small feat but let's not let the success of earning a spot go to the players' heads. Paying them to play increases their sense of entitlement and can only further feelings of invincibility. The goal of a postsecondary institution should be to mold more mature and well-rounded individuals, so lining the pockets of pouty, pampered players with bookoo Benjamins is counterproductive to this goal.

The experience college athletes gain by participating in athletics by the avenues of high quality equipment, state-of-the-art facilities, and premier coaches and trainers is payment enough. If they're good enough to deserve to get paid for playing, they'll have the patience and determination to hold their horses. Shortly, they'll be getting paid more than they'll ever know what to do with once they make it to the big leagues.

Dear athletes, welcome to real life in the 21st century. You need to make a choice — are you going to devote your time trying to make it big in athletics or wholeheartedly pursue a degree which will set a future career into motion?

If you've got talent, drive and physical capacity required to survive in a professional league, by all means — devote everything to athletics. If not, quit whining about not getting paid and work hard so you graduate with a degree you've earned and can use in the future.

It's all in the hips

Robert Tretinyak represented Marine Corps Base Hawaii's commissary in a putting competition for a brand new Harley-Davidson at Kapolei Golf Course Wednesday. He lost to Clint Brown, an information warfare officer with Naval Information Operations Command, Joint Base Pearl Harbor-Hickam. Four Oahu commissary shoppers were selected by entering a drawing at their local commissary. Each of the other contestants won a 19-inch, flat screen television.



Lance Cpl. Vanessa M. Americanhorse | Hawaii Marine

Hanging on the rim



Combat Logistics Battalion 3 power forward Cornelius L. Powell practices his dunking skills at Semper Fit Gymnasium. CLB-3 Warriors were set to play Marine Corps Air Station Kaneohe Bay in an intramural basketball game, however MCAS was a no-show and consequently forfeit the game. "We were going to run them into the ground," Powell said. "We want to send a message to all the other teams out there that we're not going to lose any games this year."

Lance Cpl. Vanessa M. Americanhorse | Hawaii Marine

Commander's Fitness Series

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

Camp Smith 5k Grueler
Friday, Sept. 10

Race over to Camp Smith for the 14th Annual Camp Smith 5k Grueler, and show the mountain what you're made of. The 5k foot race starts at Camp Smith's Sunset Lanai and takes runners on a scenic route to the top of the mountain and back to the Sunset Lanai. Start time is 11:30 a.m.

HSL-37 Splash & Dash Biathlon
Saturday, Oct. 16

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

Running by the flightline enhances the race by giving participants a military feel during their run. The scenery is beautiful and runners get a chance to run on an active taxiway and see military aircraft.

Jingle Bell Jog
Tentatively December

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

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

Spotlight On Sports

Sports Briefs

Youth Flag Football Coaches Needed

Youth Sports is still looking for coaches for the flag football season. Practices start Sept. 2 and the season runs October to November. For more information, call Youth Sports at 254-7473.

Commander's Cup Bowling League

The Commander's Cup Intramural Bowling League is open to all active duty, DoD civilians and their family members who live or work aboard MCB Hawaii. An organizational meeting is scheduled for Aug. 30 at 6 p.m. at K-Bay Lanes. The league runs weekly on Mondays at 6 p.m. from Sept. 13 to March 21, 2011. For more information, call Deborah Bruns at 254-7664.

Swimming Lessons at the Base Pool

Swimming lessons for various levels are available at the Base Pool. The next session will be held from Aug. 31 to Sept. 9. Lessons are from 1 to 5 p.m. For more information e-mail hemundkl@usmc-mccs.org, or call the Base Pool at 254-7655.

"101 Days of Summer" Fun Run/Walk

Join in for this last event of the "101 Days of Summer" program, earning points for unit prizes Sept. 1 at 7 a.m. Participants can run individually or in unit formations. Runners and walkers meet up at Fort Hase beach for a 2.8-mile run.

The course will take participants along the coast and Mokapu Road, ending back at Fort Hase beach. Go to Semper Fit Gym to register. For more information, call 254-7636.

Alcohol Impact Education Class

There will be an Alcohol Impact Education class on Sept. 1 and 2 at the Substance Abuse Counseling Center, in Bldg. 279 on the third deck.

MCO P1700.24B requires all Marines who have an alcohol-related incident to, at a minimum, attend this class. It is also offered to active duty and other authorized personnel who desire to stop or control their alcohol consumption.

A preliminary screening by a counselor at the Substance Abuse Counseling Center is required prior to attending the class. For more information, call SACC at 257-3900.

Tobacco Cessation

There will be a four-week tobacco cessation class at the Branch Medical Clinic's second deck training room, starting Tuesday, Sept. 7 from 10 a.m. to 1 p.m. Classes start on the first Tuesday of the month and run for four consecutive Tuesdays. For more information, contact Health Promotions at 254-7636.

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.

You can 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.

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.

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

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.

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.

Summer
Basketball
INTRAMURAL
2010

Tonight
6:30 P.M. VP-47 vs. MCAS
7:30 P.M. CLB-3 vs. HQSVC BN
8:30 P.M. 1/12 #2 vs. 1/3

AUG 30
6:30 P.M. 1/12 #2 vs. MCAS
7:30 P.M. GOLF vs. VP-47
8:30 P.M. VP-4 vs. 1/3

AUG 31
6:30 P.M. MALS-24 vs. 1/3
7:30 P.M. GOLF vs. 1/12#2
8:30 P.M. VPU-2 vs. CLB-3

SEPT 1
6:30 P.M. HQSVC BN vs. 1/12 #1
7:30 P.M. CPRW-2 vs. VP-47
8:30 P.M. VPU-2 vs. 1/3

SEPT 3
6:30 P.M. MALS-24 vs. MCAS
7:30 P.M. CLB-3 vs. 1/12 #1
8:30 P.M. HQSVC BN vs. VP-47

RENOVATE, from B-1

"These renovations, will make us bigger and better than anyone in the state. People come in and say this looks like Vegas and I tell them to wait until the renovations are finished," said Deborah Bruns, bowling center and theater manager, Marine Corps Base Hawaii.

Construction at K-Bay Lanes is still in progress and includes the installation of new pinsetters, ball lifts, a screen and recoating of its 24 lanes, new scoring system, flooring, bathrooms and a lighting system.

"The bright oranges and browns from the 1970s are no longer to be found here," Bruns said. "I think these renovations are long overdue. And when a customer walks in and sees the progress of the renovations, it is great to see their faces of 'wow, everything is gorgeous.'"

The snack bar is also being completely renovated to include a bigger menu and a new name. Instead of the Kingpin Café, it is now Strikers Grill and Tap.

"You can still get a loco moco," Bruns said. "And you can look forward to all your old favorites, but there will be some new items like fish 'n chips, larger burgers, garlic fries and shrimp pot stickers. And those are all good items to have a beer with."

Construction and installation of the bowling equipment at K-Bay Lanes is complete and patrons are welcome to come and bowl.

The remainder of the renovations are scheduled to be completed by the middle of September.

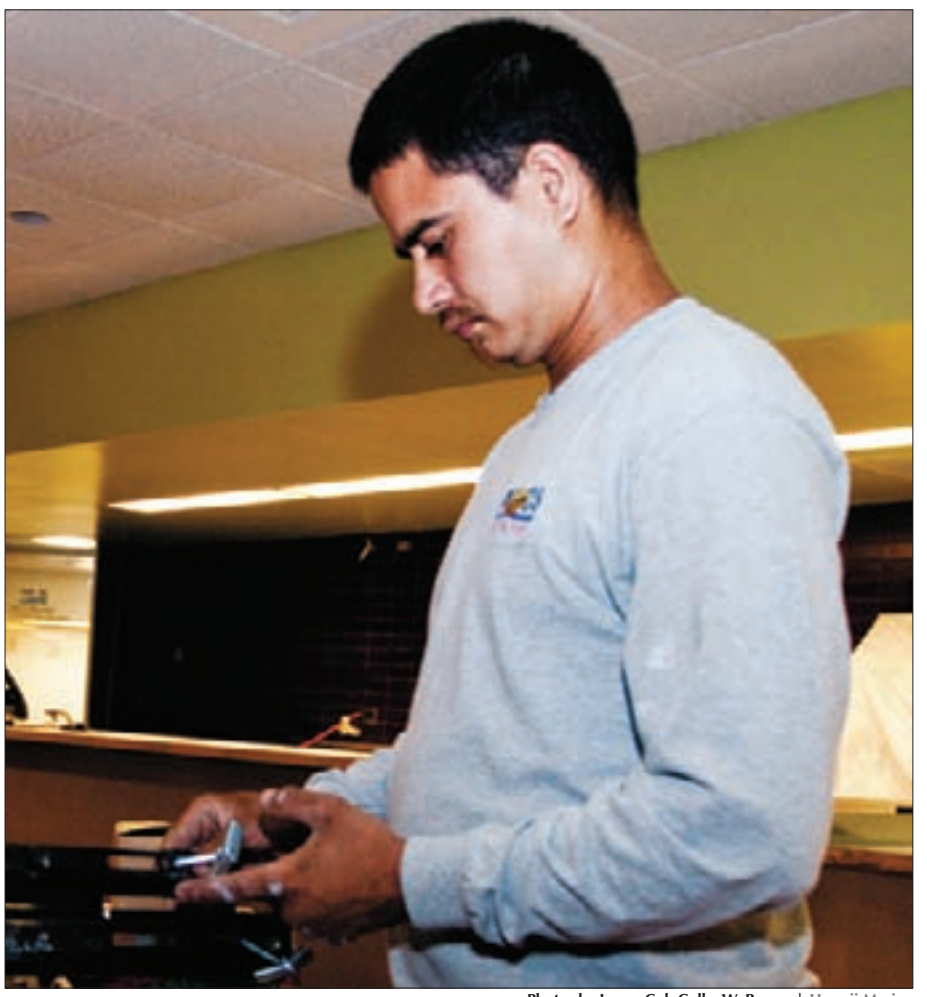
The following month, there are plans to have a grand re-opening of K-Bay Lanes to signify the completion of the renovations.

The newly installed lights also offer patrons who wish to have a club atmosphere or bowl under blacks lights the opportunity to enjoy that right here on base.

"These renovations will allow our customers non-stop bowling with very few problems on the lanes, the new graphics of the scoring system make getting a strike or a spare that much more exciting and the extreme lighting will give an added dimension to birthday parties," Bruns said. "And for Friday and Saturday nights, the new lighting will give it a night club atmosphere."

K-Bay Lanes current operating hours are Monday and Wednesday, 5 p.m. to 9 p.m.; Friday, 5 p.m. to midnight; Saturday, 11:30 a.m. to midnight and Sunday 1:30 p.m. to 9 p.m.

K-Bay Lanes has 24 bowling lanes, an arcade and, once finished, a newly-refurbished snack bar. For more information on pricing or questions about the renovations, see http://www.mccshawaii.com/bowling.htm.



Photos by Lance Cpl. Colby W. Brown | Hawaii Marine

Kalika Kiaaina, electrician, Marine Corps Community Services Logistics Division, works on a wall mount Aug 23, during interior renovations at K-Bay Lanes. Renovations at K-bay Lanes have been underway since late April; they include installation of new pinsetters, ball lifts, a screen and recoating of the lanes, new scoring system, flooring, bathrooms and a lighting system. Scheduled completion is set for the middle of September.



Newly-installed tables and chairs wait for patrons Aug. 23 during interior renovations at K-Bay Lanes.



Newly-screened and recoated lanes reflect the new light systems Aug. 23 during interior renovations at K-Bay Lanes.

"These renovations will make us bigger and better than anyone in the state."
-Deborah Bruns



Tools an equipment crowd Strikers Grill and Tap Aug. 23 during interior renovations at K-Bay Lanes.

Don't hate, rerack your weights

Lance Cpl. Tyler L. Main
Combat Correspondent

For those of you who don't know, there are certain unspoken rules that should be followed when going to the gym. Some are obvious.

In the office I work in, we have two corporals who compete in fitness competitions, an aspiring body builder and a couple of us who just like to maintain good physical shape. With all of us being in and out of the gym often, we have gradually compiled a list of "what not to do's" for the gym. Also called "gym etiquette."

First of all, for those meatheads who are able to stack five 45-pound plates on each side of the bench and leg press, this one is simple. Take your mother-load of weight off the machine after you're done. Some mother of three, or anyone for that matter, doesn't want to have to rack 450 pounds before she even starts her workout. Have some courtesy.

Moving on. Since when is the gym a fashion show? I see girls walking on a treadmill like they are competing in a Miss America Pageant. If by the end of your walk or run you can see your reflection in your shirt, you probably put on a little bit too much make-up. It's a gym, not Forever 21.

Plus, enough with trying to pick up spouses during their work outs. Yes, they can see you doing it and yes it's uncomfortable … and no they probably aren't interested in one random Marine among the hundreds they see every day. But let's not single the guys out because sometimes the ladies make it hard not to stare.

When you see a spouse roll up to a machine in silkies cut just under the crease in her back end and a shirt that fits like another layer of skin it's hard not to notice. If you're wondering why guys are staring at you, it's probably because every time you do a repetition it looks like you're posing for Sports Illustrated. Put some clothes on.

What about those big sweaty beasts who wring their pores out on machines and then walk away with out cleaning up? Thanks man, you just ruined that machine for the remainder of the day because no one wants to touch your acid sweat. Bring a towel, use a cleaner and wipe it up.

Same thing with the dumbbells. I tried to pick one up for a workout the other day and almost annihilated my foot because it was so slick with sweat. Not to mention it was so disgusting I didn't do anything with my right hand for the rest of the day. Have you righties ever tried to eat, brush your teeth and other daily routines with your left hand? It sucks.

Finally, I can't stand people who grab dumb bells and do their work out right next to the rack. Trying to get a set for youself involves the risk of a concussion or losing a tooth.

Then, on top of that, they have the audacity to do a pyramid work out while the gym is packed full. Take a few steps back and do regular sets so the rest of us can finish our work out.

Gym etiquette: new to some, obvious to most. For those it's new to, do us a favor and read this over about 10 times.



Christine Cabalo | Hawaii Marine

Rayshawn Cooper, first baseman, Marine Corps Air Station narrowly misses a ball during the Intramural Kickball Tournament Aug. 20. Cooper's team, "What She Said" was pitted against "Rockets to Uranus." His team won two out of three games, placing them first in the one-day tournament.

KICKBALL, from B-1

Quentin Garrett, who pitched for MCAS, rallied his team to be on the ball for every play.

"We need to play deep," Garrett said. "We don't have as deep a cushion lead now!"

Both Garrett and Hall said kickball was great to play for fun, but would also help them in practicing for their unit's softball game later that night. Heading into double overtime play, MCAS was able to snatch the final game with a dramatic home run by MCAS's Ryan McCurdy that came in just before the clock stopped.

With Semper Fit coordinators awarding first and second place medals to the two teams, each of the players gave their opponents goodwill high-fives. The MCAS players agreed the kickball tournament was a fun way to boost teamwork, especially when competition got intense. The MCAS team pulled out all the stops, with third baseman Alex Waring suffering a scraped knee.

Hall said even when play got competitive, taking the time out to enjoy a few good kickball games felt great.

"You feel like a kid again," Hall said. "I'm definitely glad I wore my cleats to play."



Michelle Coulson pitches a kickball during the Intramural Kickball Tournament Aug. 20. Her team, "Rockets to Uranus" was comprised of mostly spouses. Coordinators allowed 10-player teams comprised of active-duty personnel, family members and DoD employees.

Volunteer mentors support families of fallen

Elaine Wilson
American Forces Press Service

WASHINGTON — The day Scott Warner saw Marines standing at his front door, his world came to a crashing halt.

The service members told Warner that his son, Marine Pvt. Heath Warner, had been killed by a roadside bomb in Iraq's Anbar province.

Warner and his family, including his two younger sons, tried to come to terms with the tremendous loss while also attempting to navigate a huge and vastly unfamiliar military system.

"We were thrust into this military world that we didn't know how to interact with and didn't know how to connect with," Warner said. "At the same time, we had to deal with the death of our son."

Warner eventually found the support he needed through the military and the Tragedy Assistance Program for Survivors, a nonprofit organization devoted to helping families of the military fallen. And nearly four years later, he's now dedicated himself to ensuring other families don't experience that same sense of overwhelming confusion after such a profound loss.

Warner is a volunteer with the TAPS Peer Mentor Program, a peer-to-peer program for people who have lost military loved ones. The program pairs survivors who are further along in their journey of recovery with those who are experiencing a more recent loss.

"It's someone saying, 'My story is quieter now, and I want to help others along with the process,'" Debbie Dey, the mentor program manager, said.

Mentors offer everything from a shoulder to cry on to connections to helping resources, Dey explained. Mentors aren't counselors or advisors, she added — they're new friends who will commit to being there for others.

Mentors ideally are paired with survivors within 48 hours of their request for a mentor, Dey said, and the goal is to match people based on relationship first, followed by circumstances of death and branch of service. So, a mother of a soldier who was killed by a roadside bomb in Afghanistan will be paired, if possible, with another mother whose soldier son died in similar circumstances, she explained.

The similarities help to create common bonds, Dey said. "Survivors are so grateful to have an ear from someone who understands their loss," she added.

In turn, the mentors often gain as much from the relationship as the person being mentored. "It's very therapeutic on both sides," Dey said. "And it can offer a stepping stone for both relationships. Their circumstances may be different, their relationship with a loved one may be different, but they're offering each other hope for the future."

Meagan Staats said she has found healing by serving as a peer mentor. But just four years earlier, she never imagined being able to undertake the task. On Dec. 16, 2006, two soldiers came to her home to notify her of her husband's death. Her husband, Army Staff Sgt. David Staats, had been killed by a roadside bomb in Iraq. The devastation was immediate and life-altering, she said.

"My stomach still hurts when I see soldiers in Class As," she said, referring to the dress uniforms the notification team members were wearing.

Staats sat with the soldiers for several hours, showing them pictures and sharing stories about her husband. But her thoughts were on her daughter, whom she had dropped off at a birthday party a few hours earlier, and how she was going to tell the 7-year-old that her father was now dead.

When her daughter arrived home, Staats said, she didn't sugarcoat the news; she told her daughter that her father had died in Iraq. Her daughter went into her room and screamed into a pillow. "I felt so hopeless," she said. "It was traumatic."

Staats avoided counseling, and she and her daughter struggled with the weight of the loss. Having heard about TAPS, Staats and her daughter went to their first TAPS regional meeting eight months out from their loss, marking "the start of our healing," she said.

Two years later, Staats was asked to become a mentor. After extensive online and in-person training, she was assigned to be a mentor for a woman in Colorado Springs, Colo.

"There's no wrong way to grieve. It's the journey you're on. You have to walk it."
– Scott Warner

"I was scared to take that on, because I felt responsible and didn't know if I could help her," she said. "I weighed the decision for a few days."

Staats decided to make the call and "just listened and listened," she said. "Hopefully, that was helpful for her."

She since has mentored nearly a dozen other widows through TAPS. She's now mentoring two women, one of whom she has never met. But they exchange text messages and e-mails frequently, she said.

Staats has benefited so much from her volunteer work she refers to it as self-serving. "We really help each other on our journey," she said. "It's healing to me to feel like I'm serving a purpose."

Warner describes being a mentor as "paying it forward."

"The only people that can understand and really help other people are the people who have walked in the steps that they're walking," he said.

But like Staats, Warner has had his moments of self-doubt. He recently was called on to mentor a father from California whose son had died while home on leave from a deployment. The service member died in his father's arms. The father took a leave of absence from work, but due to a procedural glitch, he was terminated from his job. The family dipped into most of their financial assets and was heading toward foreclosure.

"It was the worst-case scenario in trying to provide some type of encouragement," Warner said. "Not only did they lose their son and their life turned upside-down, their whole life was coming unglued. It was really hard."

Warner talked the family into attending a TAPS national conference, where he and other TAPS members offered as much emotional support as they could. This was a tough situation, Warner noted, but still rewarding to him to help.

"Being a peer mentor has been a very positive thing," he said. "Having relationships with people who don't judge, who offer encouragement, those are positive things. There's no wrong way to grieve. It's the journey you're on. You have to walk it."

Mentor relationships can become lasting ones, Dey noted. She's heard of families staying in close contact or taking vacations together. But whether they stay in touch for a month or for years, "the bond is very genuine," she said. "It's a beautiful and unique relationship."

Staats said she's just grateful for the opportunity to help others, and herself along the way.

"The loss is profound, but what we've gained is immeasurable," she said. "I've never known friendships like this."

See http://www.taps.org/

TRICARE

Finding TRICARE benefits online

Tyler Patterson
TriWest Healthcare Alliance

Does TRICARE cover acupuncture? No. What about urgent care? Yes. Is there a maternity benefit? Definitely.

Have more questions? You can find the answers quickly and easily online, at one of two convenient sources.

The first is TRICARE's official website, http://www.tricare.mil. It's an excellent starting point for finding information about all aspects of your TRICARE benefit, from eligibility and plan selection, to specific information about your medical coverage.

Just click "TRICARE Benefit Information" and enter some basic information to get started.

Your other option is the beneficiary portal on TriWest's website, http://www.triwest.com/beneficiary.

There, you'll find information tailored for West Region service members and families, as well as:

- A searchable TRICARE benefits database
- Downloadable handbooks and brochures
- Printable forms
- TRICARE news

You can even register for a secure www.triwest.com account and choose to receive QuickAlert updates about your TRICARE benefit usage, such as explanations of benefits, fee statements and referral and authorization letters, delivered straight to your e-mail inbox.

Be sure to visit www.tricare.mil or www.triwest.com/beneficiary to learn more about your TRICARE benefit.

Find us on Facebook @ MarineCorpsBaseHawaii

Follow us on Twitter @ MCBHawaii

"The momentum from this game will make next week win number nine"



Lance Cpl. Colby W. Brown | Hawaii Marine

Kevin Smith, Marine Aviation Logistics Squadron 24 Warriors forward, goes up for a basket in a crowded key during a Summer Intramural Basketball League regular season game Monday, at the Semper Fit gymnasium. The Warriors controlled the tempo of the game and won 64-46 against 1st Battalion, 12th Marine Regiment, #2, making this their eighth consecutive win of the season.

BASKETBALL, from B-1

"We needed to get more rebounds and they kept getting down the court faster than us," Simmons said. "We just got back [from deployment] so we're trying to get to know each other on the court. Go out, have fun and play defense."

For 1/12, this game was about becoming a more cohesive team and playing the game to have fun. Their record is 1-4 and they plan to continue building skills at a team throughout the season.

The Warriors have a different goal in mind, vetting for this year's trophy as the reigning champions for six straight years, they look to seal this year off as another winning season.

"The momentum from the last seven wins made this game number eight and the momentum from this game will make next week win number nine," Mason said.

Hawaii Marine
Lifestyles

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What has 4 wheels and crawls?



Lance Cpl. Travis A. Benton, cellular noncommissioned officer for Communications & Information Systems Directorate, MCB Hawaii, teeters on two wheels, while taking the opportunity to drive Sgt. Bryan C. Armstrong's Jeep Wrangler through a ditch on a local trail, Aug. 22.

Lance Cpl. Robert B. Pitts, assaultman for 1st Battalion, 3rd Marine Regiment, gets an unexpected surprise when his rear tire was lifted off the ground while moving down an incline on a local trail, Aug. 22.

Photos by Lanc Cpl. Ronald W. Stauffer | Hawaii Marine
Photo illustration by Jay Parco | Hawaii Marine

Lance Cpl. Ronald W. Stauffer
Combat Correspondent

Oahu is known for its beautiful beach scenery and trails. But unless you drive a Chevy Metro, it also has a few opportune places to go "rock crawling."

As a former "mudder," it took one morning with Sgt. Bryan C. Armstrong, fiscal chief for Communications & Information Systems Directorate, Marine Corps Base Hawaii, to realize this form of wheeling takes more than super-swamper tires and a huge lift.

"If you know your vehicle and you know what it can do, you can stay within those bounds or exceed them safely," Armstrong said in a Southern twang. "Start off simple with tires and a lift. Not exactly a high lift or big knobby tires, but something that can get traction off road, and drop the tire pressure without breaking the bead and four-wheel drive."

Armstrong, a Charleston, S. C. native, is no stranger to crawling and you've probably seen his Jeep around the base. The red 2007 four-door Jeep Wrangler is outfitted with a small lift, slightly larger tires and is armored from the front to the rear bumper, and has red gas cans to match.

This Jeep has "fun" written all over it and Armstrong has the body damage to prove it. But it didn't come that way. It was earned.

He said when he got the Jeep it was a blank canvas for him. Over time all the things he's added to it is because of the damage it's received or the tools he's needed before he went on a crawl.

"For those who want to get into rock crawling, it's like trial and error," Armstrong said. "With rock crawling, you're not slinging mud all over the place, but there's still a chance of flipping over or scaring yourself."

Lance Cpl. Robert B. Pitts, assaultman with 1st Battalion, 3rd Marine Regiment, has been enjoying the sport for nearly a year and is constantly at Kaena Point with his lifted Nissan Xterra.

"It's a big boy sport," Pitts said. "You have to be knowledgeable, watch other people and save your money."

Pitts said he limits himself and his vehicle to what he knows they're capable of doing. But overall he said he likes to go where regular vehicles can't.

Armstrong said he's been in situations where he's only had two tires on the ground, yet he's completely in control of the vehicle. Also that even at the slow pace that the vehicle moves, it's a huge adrenaline rush.

"You know what's going to happen, but it freaks you out when the vehicle shifts unexpectedly, and not the way it normally would if you were turning a corner on the highway," Armstrong said. "It's like you're falling, but you're in control and there's a pucker factor. It's how much you can do before you're like 'okay this is stupid.'"

Shifting and uncontrolled movements may bring damage but according to Armstrong it is expected to happen.

"You can't go more than three to five miles per hour out there with out beating something up on your vehicle," he said. "If you're going to wheel it, you're probably going to break something, so be prepared. You might not notice that you've broken something until a week later, but something is bound to break."

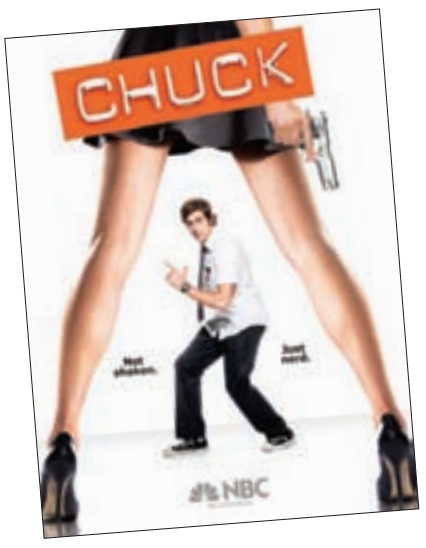
Armstrong said he was first introduced to rock crawling in South Carolina, by a rock-crawling group who taught him some of the basics and he's been hooked ever since.

"It's good for anyone who has a stock four-wheel drive vehicle, who wants to bounce around for a little bit, All the way up to the guys who want to do some serious," he said.

Armstrong said he recommends Kaena Point to anyone who wants to have a little fun and he's always looking for people who want to go. So if you see his beefed up jeep around base and you've got a vehicle to experiment with, flag him down.

Cpl. Spencer G. Press, machine gunner for 1st Battalion, 3rd Marine Regiment, takes no chances as he lifts off the ground while attacking a small incline on a local trail, Aug. 22.

PASS IN REVIEW



There's a new Chuck in town

Lance Cpl. Reece E. Lodder
Combat Correspondent

The days of a one-dimensional genre television shows have passed. Today's viewers demand complex, multi-level entertainment, not an old bowl of mild salsa. Now there's a fresh, delicious seven-layer dip, an epic television show that combines the gripping action of "24," the dry work-related humor of "The Office," and the sarcastic drama of "House." This tasty treat is "Chuck."

The completely ridiculous yet thoroughly entertaining action-comedy-drama follows the story of Chuck Bartowski (played by Zach Levi), a mid-20s electronics whiz employed by electronic giant Buy More's Nerd Herd. At the outset of the first season, Chuck receives an encrypted e-mail from a former college roommate now employed by the Central Intelligence Agency. Chuck opens it and before he has the chance to say otherwise, a cache of the U.S. government's spy secrets, "The Intersect," is programmed into his brain.



The CIA and the National Security Agency are notably angry and send their minions, agent Sarah Walker (Yvonne Strahovski) and Col. John Casey (Adam Baldwin) to retrieve the data. The only other copy has been destroyed, leaving Chuck's brain holding the only copy and forcing the three together as a team.

Chuck secretly starts working with them, dates Sarah as a cover for their business relationship, and the fun begins. The team proceeds to thwart bad guys with the proficiency of an overenthusiastic adult on the Whac-A-Mole game.

The show's teaser trailers gave the impression the show is like the kid who got picked last in gym class — weak, boring and lacking substance. The plot looks so lame, your dad won't even laugh at it. Nevertheless, if you don't believe in judging a book by its cover, this show is for you.

An interesting variety of characters gives the show a brilliance which pulls the viewer in, hook, line and sinker. There's Chuck, the friendly, goofy hero; Sarah, the gorgeous, ninja-like CIA agent; Morgan, Chuck's ridiculously dorky, pestering co-worker and self-proclaimed best friend; and Casey, the stone-cold, I-communicate-by-grunting assassin. And these are just the main characters.

This diverse ensemble allows for the multi-genre entertainment "Chuck" succeeds at delivering. With it comes the perfect mix of humor, action, sarcasm, seriousness, realism and romance. Each of the characters is unique but realistic enough that relating to them is still simple.

Most of the series' humor is based on awkward happenings in commonplace situations, but that's why it's awesome. The viewer can relate to the regular, everyday frustrations and uncomfortability of certain situations without having to experience it themselves. It's like watching a guy make a fool out of himself in front of the in-laws but not being that guy.

The series' story line is focused and the plots of the episodes are fresh, so it doesn't ever feel like the producer is trying to make ideas work. Add in solid action sequences, a beautiful, butt-kicking blonde spy, and just the right amount of a dramatic element and the series earns five gold stars.

If you liked "The Office," you'll love this show. If you didn't, then its action and drama still have a lot to offer. There's a reason the show has been extended to its third season.

Do yourself a favor and watch this show. It's so awesome watching it will make your TV want to high-five you.

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


WHITTINGTON

Sgt. Scott Whittington is an action-movie junkie. As a kid he would sneak on roller coasters he was too short for, road dirt bikes without his mom's permission and occasionally smacked bullies in the face with school books. He loves the rush.


LODDER

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



"Scott Pilgrim" pioneers graphic novel action on the big screen

Sgt. Scott Whittington
Combat Correspondent

It's been way too long since I went to the movies and was blown away by what I saw … in a good way. "Scott Pilgrim vs. the World" is by far my favorite movie this millennium and not because we share the first name. That's just the reason I went to see it.

Its visual spectacles, graphic novel action and edgy humor kept me intrigued throughout the whole film.



The director, Edgar Wright who also directed "Shaun of the Dead" and "Hot Fuzz," worked closely with Scott Pilgrim's creator, Bryan Lee O'Malley. The movie is based on a series of books, the first of which was released six years ago and the final volume was published last month. Every time a book or graphic novel turns into a movie, this should be standard practice so they don't screw it up. I have a short attention span and don't have time to read books. I hate when people say, "The book is better." I bet it is, but I'll stick to moving pictures and give my imagination a break.

When the movie begins, we meet Scott Pilgrim, (Michael Cera, of "Super Bad") and with the help of a popup bio, we learn he is a 22-year-old loser, bass player in a band that's going nowhere and he's dating a 17-year-old, Chinese high schooler, Knives Chau, (Ellen Wong). All his friends give him a hard time but it's obvious he doesn't have bad intensions about her because he says "we almost held hands" and he's happy with that.

Everything seems to be going fine until he meets Ramona Flowers (Mary Elizabeth Winstead) who just moved to their Canadian town from New York City and his life changes forever. She eventually gives in to his awkward advances and he learns that he must defeat her seven evil ex-boyfriends … I mean exes. You'll see what it means when you watch it.

If you were a fan of 1980s video arcades and two-player fighter games, you'll love this movie. There are multiple popup balloons like in the old "Batman" show and fast-action graphics similar to anime cartoons. This was actually the most fun part of the movie. Audience members were actually cheering on the hero.

Pilgrim may appear like a hopeless dork but he's got the drive to keep Ramona. This won't necessarily be a walk in the park either. Two evil exes have played superheroes, showing off impressive superhuman abilities — Brandon Routh ("Superman Returns") and Chris Evans ("Fantastic Four"). All the while, Knives is stalking and still pining over Scott, the band is struggling for a label deal, and Scott's "cool gay roommate" Wallace Wells (Kieran Culkin) hits on just about every guy in the film. There was a great balance of edgy humor and psychedelic action.

It's totally worth the money to see this movie on the big screen. I will definitely be watching this film again at the movie theater. I've only done that one other time and it was for another ground-breaking flick known as "The Matrix" more than 10 years ago. Yeah, it's been that long.

Quick Hit

"Phineas and Ferb"
4 out of 4 (Confirmed Kill)

When diverse stars like Seth Macfarlane, Kevin Smith, Clay Aiken and Chaka Khan want to guest star in your cartoon, you must be doing something right. Of course, it helps to have the backing of Disney, too.

Phineas and Ferb are two stepbrothers who just want to have fun during their summer vacation, according to the theme sung by Bowling for Soup. So they build city-sized roller coasters, invent a portal to Mars, time travel (twice), sing ingratiatingly catchy songs and annoy their sister Candace (played by Ashley Tisdale, who also sings). It's amazing what they do in 30 minutes.

Despite the fantastical elements (including a secret agent platypus), there's a lot of heart in this show and no meanness. Except from Dr. Doofenshmirtz.

— Chris Aguinaldo

What's On Your Media Player?

"The Hits/The B-sides," Prince
2 out of 4 (High And To The Right)

One of the local FM stations has a new "old school" R &B format, which makes my drive home a lot more funky! And it's inspired me to crank up some of my sweatier albums on the music player, including this three CD collection.

It's an exhausting listen of Prince's golden period ('80s/early '90s). But, astonishingly, it doesn't clearly show his cultural importance, even in its 60 tracks. Here are hits and rarities — full of impure lyrics, dirty words, innovative beats and arrangements — and lots of them. So much so that it really isn't a good listen all the way through. Casual fans are better served by a single disc set that piles on the cream, pun intended. Devotees swear by his albums, so buy those and listen to them as complete artistic statements.

— Chris Aguinaldo

Marines, DoD employees gather for Women's Equality Day observance

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

CAMP H. M. SMITH — Dozens of service members and civilian employees assigned to Camp H.M. Smith, Hawaii, attended the U.S. Marine Corps Forces, Pacific, Women's Equality Day observance Aug. 23 at the MarForPac Headquarters building.

The annual event highlighted the contributions women have made in the workplace and celebrated the 19th Amendment to the Constitution, affording women the right to vote.

"This event gives the command an opportunity to show we appreciate all the hard work and dedication from our women service members and civilian employees," said Gunnery Sgt. Larry McCutcheon, MarForPac's equal opportunity advisor. "Their contributions do not go unrecognized."

The event started with Master Sgt. Aretha Grubbs, Pacific Command's Administration chief, reciting "Phenomenal Woman" by Maya Angelou, a poem written to empower women.

"When I first came into the Marine Corps, women were segregated," Grubbs said. "Now we've done away with that. Now we can be doctors. Now we can be successful careerists, wives and mothers. We've come a long way."

The event continued with comments from guest speakers, including a panel of women who have achieved success as wives, mothers and professionals in the work place.

"Thanks to PACOM and MarForPac's joint effort, this year's women's equality observance turned out really well," McCutcheon said. "The speakers and panelists were all great examples of accomplished women in the workplace and were great role models for some of the younger women in the crowd. I'm looking forward to next year's event."



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

A panel of seven accomplished women share their stories of success and the hurdles they overcame while balancing their lives as women in the workplace, wives and mothers during the U.S. Marine Corps Forces, Pacific Women's Equality Day observance Aug. 23 at the MarForPac Headquarters building at Camp H.M. Smith. Aug. 26 was the 90th anniversary of the 19th Amendment, which granted women the right to vote.



Scoring a scholarship for college

Patricia Riley, with lei, recently received a $1,650 scholarship from First Command Financial Services. She is joined by, from left, Rick Rohr of First Command, Loretta Cornett-Huff, Marine Corps Base Hawaii education officer, and her two sons and husband. Riley is pursuing a Bachelors of Arts in sociology with an emphasis in human development. She goes to the University of Hawaii at Manoa and Wichita State University. She will graduate next year and then pursue a Masters in Christian ministry.

Randy Lee | Marine Corps Community Services Hawaii

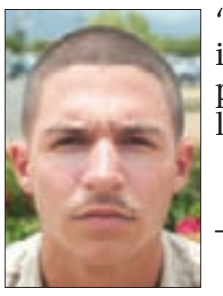
TALK* STORY

Today is the feast of Saint Margaret the Barefooted. What kinds of foods would you include in a feast?



"Roast beef. You can't have a feast without roast beef. It's my favorite food. I like my roast beef in really thick slices. Also a lot of starch like potatoes and rice."

– Lance Cpl. Cory Shires



"Roasted pig. I love an imu. It feeds a ton of people. [Also] kalbi and lasagna."

– Cpl. Ian Kursel

"Hawaiian food. Roasted pig. [Hawaiian food is my] favorite. Laulau."

– Kawena Elisara



*[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

Joint Spouses Conference at Marine Corps Base Hawaii
Registration begins Wednesday

This special event is being hosted this year by the spouses of Marine Corps Base Hawaii on Oct. 23. This full-day event is open to spouses of service members in all ranks and representing all services, to include retirees and International Military Exchange Officers. Each registering spouse can customize their day by choosing four workshops to attend from the list of more than 55 offered. Most workshops are limited in space and will be filled on a first-come/first-served basis. Limited childcare reservations are also available.

The Clubs at Koa Malina will be hosting a complimentary wine tasting from 5:30 to 6:30 p.m. and the Clubs' chef is creating a special JSC dinner. Spouses whose sponsor is deployed or off island due to military work commitments can register for complimentary childcare. Space is limited and slots will be filled on a first-come/ first-serve basis.

Registration runs Sept. 1-25. To register or for more information, see http://www.jschawaii.com.

New Arrivals Orientation
Thursday

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.

MCO 1320.11E requires all newly-assigned, active duty personnel to attend. Family members and newly-employed base civilians are invited.

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

Baby Boot Camp
Sept. 7

This is scheduled at Combat Camera Bldg. 267, from 8 a.m. to 4 p.m. This is a childbirth education class that prepares expectant parents for labor and delivery, newborn care, postpartum changes, and breastfeeding basics.

Reservations are required. It's open to all active duty and eligible dependants.

For more information, call the New Parent Support Program, 257-8803.

Mothers of Preschoolers
Registration begins Sept. 8

Are you a mom of a newborn child to 5 years old? Would you like to be a better mom? Did you know you are not alone in mothering? K-Bay Military MOPs may be the group for you.

The group meets on the second and fourth Wednesday of the month from 9 to 11 a.m. or the second and fourth Thursday from 6:30 to 8:30 p.m. at the Chapel. Registration is free but required.

Our new year begins Sept. 8 and 9. Contact Colleen Schiefelbein at 262-6399.

Hot Day @ the Bay Car Show
Sept. 26

Check out the sweet rides the second day of Marine Corps Base Hawaii Presents the Kaneohe Bay Air Show. This car show will represent only the top cars located in Oahu.

There will be prizes in all categories. See http://www.mcbh.usmc.mil for continuing coverage on the Sept. 25-26 air show.

Combat Lifesaver Certification
Wednesdays

Training in various techniques to treat and stabilize injuries related to combat such as blast injury, amputation, severe bleeding, penetrating chest injuries, etc. is available every Wednesday from 10 to 11 a.m. at the Battalion Conference Room at Camp S for anyone who is interested. For reservations, contact HM2 (FMF/PJ) Chris M. Dare at christopher.dare@usmc.mil.

In the Community

Greek Festival
Tomorrow and Sunday

Celebrate the Greek culture at McCoy Pavilion at Ala Moana Park from noon to 9 p.m. There will be live music, food, pastries, beverages entertainment and more. There is a fee. Active duty military and children under 12 are free.

The event is sponsored by Saints Constantine and Helen Greek Orthodox Cathedral of the Pacific. For more information, call 521-7220.

Bluegrass in the Koolaus
Saturday – Monday

This free event is scheduled at Hoomaluhia Botanical Garden, Kaneohe. It features homemade bluegrass and traditional music in a spectacular setting. Organizers are planning a variety of activities, including instrumental performances and vocal workshops and more. Campers will also be welcome.

For more information, camping sign-up and more, call 206-3459.

Windward Choral Society open house
Tuesday

Singers are invited to an open house rehearsal, from 7 to 9 p.m. at Windward United Church of Christ, Kaneohe Bay Drive. For more information, call 254-5717.

Military can visit Honolulu Academy of Arts free
Until Sept. 6

The Honolulu Academy of Arts is participating in Blue Star Museums, a partnership with the National Endowment for the Arts, Blue Star Families, and more than 700 museums across America to offer free admission to all active duty military personnel and their families through Labor Day 2010. See http://www.honoluluacademy.org for more about the museum.

Other Hawaii museums participating in the program are The Contemporary Museum, Lyon Arboretum and Lyman Museum. The complete list of participating museums is available at http://www.arts.gov.

Home of the Brave Quilt Project
Sept. 6

The Home of the Brave Quilt Project returns to Pacific Aviation Museum on Ford Island to offer museum visitors a way of expressing gratitude to the families of Hawaii service members who have died in the conflicts in Iraq and Afghanistan.

Volunteers hand sew and present a homemade quilt to the family of those who died in the conflicts in Iraq and Afghanistan.

For more information, call 441-1000 or visit http://www.PacificAviationMuseum.org.

Waikiki Hoolaulea
Sept. 18

This event is a free event and starts on Kalakaua Avenue at 7 p.m. The Aloha Festivals Royal Court will arive. Multiple stages of entertainment, lots of food and lei vendors and hula crafters will be spread along 12 city blocks.

For more information, call 391-8714.

National Alliance on Mental Illness
Second Tuesday of the month

Do you or someone you love suffer from a mental illness? The National Alliance on Mental Illness Hawaii provides support, education, and advocacy for people living with mental illness and their families. Support groups meet once a month.

This group on the Windward side meets at Castle's Wellness and Lifestyle Medicine Center on the second Tuesday of the month from 5:30 to 7 p.m.

For more information, call NAMI Hawaii at 591-1297.

Participants needed for Hot Day @ the Bay car, bike show

Press Release

Marine Corps Community Services Hawaii

Participants are needed for the Hot Day @ the Bay Car, Bike and Hotrod Show, scheduled for Sunday, Sept. 26 at the Kaneohe Bay Air Show here.

Event sponsors DJ's Motorsports, Skullyz Kustomz and No Fear Hawaii are looking for the hottest motorcycles and cars to enter the best car show on the island.

Participants will have the opportunity to showcase their vehicles to a crowd of 50,000, with guest judging by the Blue Angels, air show performers and wounded warriors.

In addition to trophies and bragging rights, winners will get a once-in-a-lifetime experience — pictures with their cars on the flight line with the Blue Angels.

Participants will arrive on site between 6 and 8 a.m. All cars must be in place by 9 a.m. and may not be moved until the air show gates are closed.

To sign up for the Hot Day @ the Bay, call DJ's Motorsports at 677-6222/836-6222 or Skullyz Kustomz at 295-5687/216-4123.

The deadline to sign up is Sept. 12.

The Kaneohe Bay Air Show is free and open to the public on Sept. 25-26. Gates open daily at 9 a.m.

Premium seating tickets are available online, at military ticket outlets, and select Foodland locations.

For more information, visit http://mcbh.usmc.mil/airshow or call Information, Tickets & Tours at (808) 254-7563 or (808) 477-5143.

Follow the latest news for the Kaneohe Bay Air Show and BayFest on Twitter and Facebook at KBayAirshow.



"The Last Airbender" PG	Today | 7:15 p.m.
"Predators" R	Today | 9:45 p.m.
"Secretariat" PG*	Saturday | 6:00 p.m.
"Sorcerer's Apprentice" PG	Saturday | 9:45 p.m.
"Despicable Me" PG	Sunday | 2 p.m.
"The Last Airbender " PG	Sunday | 6:30 p.m.
"Predators" R	Wednesday | 6:30 p.m.

**Free, full-length preview.*

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.*

Serve the Community: Volunteer

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.

Volunteers Needed for Kaneohe Bay Air Show

Volunteers are needed for Marine Corps Base Hawaii presents the Kaneohe Bay Air Show featuring the Blue Angels and BayFest on Sept. 24-26 to work onsite in various capacities, including food service, tickets, ID checkpoints, marketing, ushers, stagehands and more. Various shifts are available.

To sign up, call 257-7787. Those interested in working as a food service worker should call 254-7638.

"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/.

Food court recognized for excellence



Randy Lee | Marine Corps Community Services Hawaii

Hawaii Air National Guard Maj. Gen. Peter S. Pawling, chief of staff, U.S. Pacific Command, fifth from left, presented the PACOM Food Court staff with the Marine Corps Community Services Food and Hospitality Excellence Award for fiscal year 2009, Aug. 5. Pawling also gave the staff a certificate of appreciation for their support during the recent Terminal Fury exercise.