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Hawaii Marine



Lance Cpl. Alesha R. Guard

First Lt. Craig Shurgot, administrative officer, Fox Company, 2nd Battalion, 3rd Marine Regiment, says goodbye to his wife and 10-day-old daughter at the Marine Corps Exchange Annex parking lot aboard Marine Corps Base Hawaii May 15. Approximately 1,200 Marines and Sailors from Task Force 2/3 are deployed to Afghanistan for seven months. This is the first battalion from 3rd Marine Regiment to go to Afghanistan since 2005.

2/3 deploys to Afghanistan

Lance Cpl. Cassandra Yoho
Combat Correspondent

Approximately 100 Marines and Sailors from Fox Company, 2nd Battalion, 3rd Marine Regiment, said goodbye to their loved ones at the Marine Corps Exchange Annex parking lot aboard Marine Corps Base Hawaii May 15.

The deploying Marines were the fifth and final movement of approximately 1,200 service members from Task Force 2/3 who deployed to Afghanistan. They are the first battalion from 3rd Marine Regiment to resume rotations into Afghanistan since 2005.

"The battalion's primary mission in Afghanistan is to assist the local populace in creating a legitimate and self-sustained government through counter insurgency operations and humanitarian assistance," said Staff Sgt. William Piere, staff noncommissioned officer-in-charge, 2/3's remain behind element.

Piere said the atmosphere in Afghanistan will be a change of pace for the Marines and Sailors, most of whom have only deployed to Iraq. The unit had to make adjustments to their training to prepare for the new environment.

"The training events focused on mimicking the Afghani environment to give the Marines and Sailors the most realistic experience possible," Piere said. "With the Marine Corps shift of focus to Afghanistan, the Mojave Viper training package has been remolded and was even under [modifications] as we went through."

Many Marines said it helps make them feel confident knowing they went through extensive training with the Marine and Sailors to their right and left.

"I've been through some of the worst times with these guys," said Lance Cpl. Kyle Lineweber, rifleman, Fox Co., 2/3. "I've learned a lot throughout all of my training and I'm definitely confident the Marines will have my back.

Sergeant Perry Bessant, postal clerk, Fox Co., 2/3, said he is confident his training will keep him safe, but will always be concerned about the well-being of his junior Marines.

The same gear the Marines and Sailors underwent training with was staged outside of the buses, which would take them to the airport for their seven-month deployment.

As the buses pulled into the parking lot to take them to the airport, family members tearfully said goodbye to their deploying loved ones and latched on for one last hug. As the Marines boarded the buses, family members waved and blew kisses from their vehicles.

"This is the hardest day," said Brittney Mcintosh, one of the Fox Co. spouses. "To watch him walk away and know where he is going is so hard, but I know the Marines will take care of each other."

Piere said the battalion knows how hard a deployment is on the family and he works side-by-side with the battalion's family readiness officer to coordinate and execute functions for the families.

"The battalion plans to do a lot for the families of the deployed [Marines and Sailors]," said Sarah Pahlmann, a 2/3 spouse. "I think the events with the battalion will help, but it will never take away all the pain."

The long road to repair

Kristen Wong
Photojournalist

Like all roads in any community, the roads of Marine Corps Base Hawaii are not immune to deterioration. Every now and then a base resident may encounter a bumpy ride or two on their way to work. But rest assured, the base Facilities Department is working to smooth the roads once more.

The staff at the Facilities Department has its hands full for the next two years, with at least eight separate projects on six different roads on base.

In a matter of months, the department is planning an interim fix for Reeves Road and will also begin work on a portion of 3rd Street in July, said Lee Yamamoto, the deputy director for the Facilities Department. He said an interim fix is a project that is executed in a relatively shorter timeframe to temporarily repair portions of roadways until a more extensive project to reconstruct the entire roadway can be undertaken. Permanent fixes for both roads as well as Reed Road are all scheduled for 2010. In addition, 1st, B and C Streets are planned for repair in 2011. Yamamoto said the most critical projects are in the works first.

"Nearer-term projects are for the roadways that we feel are in the worst condition and require highest priority," Yamamoto said.

Exact dates and times for road closures of the upcoming projects have yet to be determined, but base residents can expect most road projects to occur between 8 a.m. and 3:30 p.m., said Yamamoto. In some cases, projects are done during the weekends or in the evening to avoid congestion.

Every road has different needs, though the most basic need remains constant - pavement replacement. For many of these roads, the pavement must be removed completely, given a new gravel foundation and be repaved and repainted accordingly.

Still, in some cases, roads require much more than simply brand new asphalt. Yamamoto said Reed Road will not only include a new sidewalk, curb and gutter, but will also be widened for an additional bike lane.

Sometimes, the road is redesigned to function more effectively. Yamamoto said 3rd Street will be rebuilt with the road slightly raised down the middle to improve drainage during heavy rains.

So what causes roads to become damaged?

Yamamoto attributes it mainly to age, weather and regular use. During rainstorms, rainwater can make its way to the road's foundation, causing faster deterioration, according to Philip Lum, engineering branch head for the Facilities Department.

While some road repairs, like potholes, can usually be fixed within a day by Facilities Department staff, others require more time and resources. The complete process toward repairing a road can be as long as two years, Yamamoto said. It begins with a visual survey of the roads on base conducted by the Facilities Department or private engineering companies.

"A complete repair would require removing the asphalt pavement, base course, regrading [and] compacting, installation of new base course and asphalt paving," Yamamoto said. "Sometimes, in conjunction with these type of complete repairs, storm drain improvements and sidewalks are also included."

Yamamoto said one of the biggest challenges the Facilities Department faces in regard to road repair is funding.

"Funding is always an issue," Yamamoto said. "On an installation like MCB Hawaii with many older buildings, there are a lot [of] competing requirements that use up the same resources and funding."

For large projects requiring funding of $300,000 or more, Yamamoto said the Facilities Department must submit a request

See ROADS, A-7

CPRW-2 hosts Asian Pacific American Heritage Month celebration

Christine Cabalo
Photojournalist

Audience members visited Asian countries such as China and the islands of the Pacific without leaving Anderson Hall Dining Facility during the Asian Pacific American Heritage Month Luncheon Wednesday.

The luncheon celebrated the contributions of those from Asian and Pacific Islander heritage, and occurs every May. This year, equal opportunity representatives from Commander, Patrol and Reconnaissance Wing 2 coordinated the event.

"I'm hoping people take away the idea diversity is a great strength from this luncheon," said Petty Officer 2nd Class Latarsha Rucker, storekeeper, CPRW-2, who was one of the luncheon's coordinators. "It's important to embrace and explore cultures different from your own."

Luncheon attendees ate ethnic foods including Chinese sweet and sour pork, and Filipino pancit noodles while watching several cultural demonstrations.

Celebrating Hawaiian and Polynesian

See LUNCHEON, A-6

Inside today's Hawaii Marine



Full Throttle!
The Hawaii Marine's lance corporals gain some speed jet skiing, **C1**



Nuupia Ponds Run
Fun Run/Walk kicks off "101 Days of Summer" on MCB Hawaii, **B2**

Weekend Forcast

Today
Scattered showers.
High — 78
Low — 71

Saturday
Scattered showers.
High — 78
Low — 72

Sunday
Scattered showers.
High — 79
Low — 72

NEWS BRIEFS

U.S. Census Bureau on Base

From April 20 through June 30, the U.S. Census Bureau will be commencing census operations on base.

For the first phase, Address Canvassing, personnel will be verifying physical addresses within the housing areas. The purpose of Address Canvassing is to enumerate the addresses and update the database of all addresses within the United States.

All census personnel working aboard MCB Hawaii will be wearing an orange reflective vest and an identification badge, which designates them as an employee of the United States Census Bureau.

For more information, contact Brenda Nagaoka at 257-0978.

Military Police Lost and Found

There have been several lost personal items found and turned in to the Military Police Department, Criminal Investigation Division. These items include jewelery, bicycles, umbrellas, glasses, watches, clothing, keys, wallets and other items.

If you think your lost items may be among the items, call 257-1305.

Retirement Transition Assistance Program

The RTAP Seminar is open to all hands within two years of retirement, but service members in attendance can be no later than 90 days away from retirement.

The next class will be from May 26-29 at building 279 from 8 a.m. to 4 p.m.

Reservations in advance are required.

For more information, call your Unit Transition Counselor.

Defense Language Proficiency Test

The DLPT is open to all active duty personnel. Marines who qualified to receive foreign language proficiency pay are required to take the test annually.

The DLPT will be offered May 27-28 in Building 220, Classroom A at 7:45 a.m. Two days of testing are required.

Registration in advance is required.

For more information, contact Mara Fullenwider at 257-2158.

Military Academic Skills Program

The MASP will run May 26 to June 24 in Building 220, Classroom D.

The four-week program will run Monday through Friday from 7:30 a.m. to 4 p.m.

The program provides intensive English and math instruction, and is called "Academic Boot Camp."

The program is an effective way to prepare for success on the ASVAB, GED, SAT and ACT, and taking college-level courses.

Participants must get their commanding officer's approval to enroll.

For more information, contact Maria Fullenwiider at 257-2158.

MSG Looking for Sergeants and Below

Learn more about joining the Marine Corps Embassy Security Group during several informational briefs.

Marines selected for the organization will fill elite security positions overseas, including work as couriers and embassy guards.

This opportunity is available to those ranking sergeant and below. Briefs will be conducted June 8-9 at MCB Hawaii and June 10 at Camp H.M. Smith.

For more information, call 257-8892.

Important Phone Numbers:

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

Hawaii Marine

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Fax: 257-2511, Phone: 257-8837

Chaplains' Corner

Welcome home! Now what?

Navy Lt. Alan Rogers
CPRW-2

Returning home and reuniting with loved ones following deployment is undoubtedly one of the most intensely anticipated events imaginable. As happy as the memories of these milestone moments can be, however, the often overlooked and sometimes uncomfortable period of readjustment that follows is also a normal part of the deployment cycle. Reunion, in fact, is an event, while fully reintegrating to life at home is a process.

Although there may not be one single or simple answer to all of the individual complexities of this process, there are some guidelines that can provide some helpful and hopeful keys to readjusting to a balanced life at home. For couples and families, the moments of initial reunion most often are happy. But in the days and weeks that follow, the lingering effects of operational stress, or simply the normal relational changes resulting from months of separation, can cause strains in an already taxed relationship.

Although all members of a family may look forward to getting back together, some may also experience feelings of anger at having been separated in the first place. Children, in particular, often express this very openly in their behavior. Couples may be reminded of issues that existed prior to separation, finding that while relational problems do not always have to result from deployment, they are also rarely solved by them. A spouse may be reluctant to give up independence, or may even resent what they perceive to be the freedom the other has "enjoyed" during deployment. The "who had it worse game" never produces a winner. By contrast, mutual appreciation for individual contributions to a shared cause produces a relationally safe environment and home of honor where love and respect can flourish.

For the initial reunion, prior planning is a crucial element in avoiding some of the tripwires that sometimes make this period of adjustment more difficult than it has to be. Perhaps the best preparation is a willingness to understand and forgive if the actual reunion event falls short of dreams or plans. An unrealistic expectation is a setup for disappointment; an uncommunicated need is an invitation for conflict. It will naturally take a few days or even weeks to decompress both physically and emotionally. Despite the best of intentions, realities such as physical exhaustion, emotional anxiety, and the unpredictability of return schedules not only interfere with reunion plans, but also with the purpose they intended to serve. Taking it slowly and remembering the things that first brought you together as a couple and that you missed about one another on deployment will make homecoming a reality more satisfying than any unrealistic fantasy. It can also be the beginning of pushing "reset" on your relationship as you reach a deeper level of intimacy in the days ahead and begin to enjoy a rewarding return on the investment made through the preceding months of sacrifice.

The discomfort of a mildly sprained ankle will subside with a little ice, compression, and elevation. The pain of a broken foot, however, will be unresponsive to the same treatment as the injury itself becomes progressively worse. Our bodies, minds, and spirits possess a certain amount of resiliency and ability to heal, but some injuries require outside intervention and assistance. Stress injuries are no exception, and can impact anyone regardless of rank, gender, age, or level of experience. There are times when individuals, couples, and families need outside assistance; times when masking the pain will only worsen the problem.

Whenever quality of life is impeded by factors such as anxiety or depression, chronic anger or irritability, sleep disruptions, withdrawal or isolation, addictive behaviors, or spiritual or moral concerns, outside resources should be engaged. At times, however, the person that would most benefit from outside assistance is the last one in the room to realize the need. If you are unsure whether or not you are adequately coping on your own post-deployment, ask those who live with you. Having the courage to listen and the commitment to act is the beginning of healing as you discover there are many readily accessible avenues of assistance. Counselors, marriage and family therapists, medical professionals, and chaplains are among the caring and dedicated professionals available to help and empower you to adapt to these changes and address the physical, mental, social, or spiritual challenges that can arise from experiences of deployment.

There are unique and varied individual reasons why a person raises their hand to take an oath of enlistment or commission, but some universal commonalities exist among Marines and Sailors - we all defend the cause of freedom for our loved ones and want to leave a better and safer world to those who follow. The enemy that opposes you cannot beat you on the battlefield. Tactics, techniques, and procedures that are designed to avoid facing you are indicative of the fact that your training, cohesion, and strength are superior. Allowing the effects of operational stress to go unchecked to the point that they impact the very people you serve to protect gives over to the enemy a victory in your home that cannot be taken from you on the battlefield. Deny the enemy an ability to come "inside the wire" of your life, marriage, and family by honestly assessing and addressing the impact of operational stress.



ROGERS

Contact your unit chaplain anytime to simply talk in a safe environment where you are always assured complete confidentiality, or as start point to access the many resources available to assist you in building a strategy for success, wellness, and contentment.

Veteran pays tribute to proud MC history

Lance Cpl. Cristina Noelia Gil
U.S. Marine Corps Forces, Pacific

CAMP H.M. SMITH, Hawaii -- As our nation celebrates Military Appreciation Month throughout the month of May, grateful citizens have been finding ways to say 'thank you' to the men and women of the U.S. Armed Forces.

One local musician, Keith Haugen, uses his songwriting talent to pay tribute to our nation's heroes and events that have left a lasting impression on the hearts and minds of many Americans.

Having come from a family of veterans and being a veteran of the U.S. Army, Haugen knows firsthand the sacrifices service members make in the name of freedom.

With his latest commemorative recording, "Whisper 'Semper Fi' – The Ballad of the Leatherneck," Haugen honors the service the Marine Corps has provided the nation for more than two centuries.

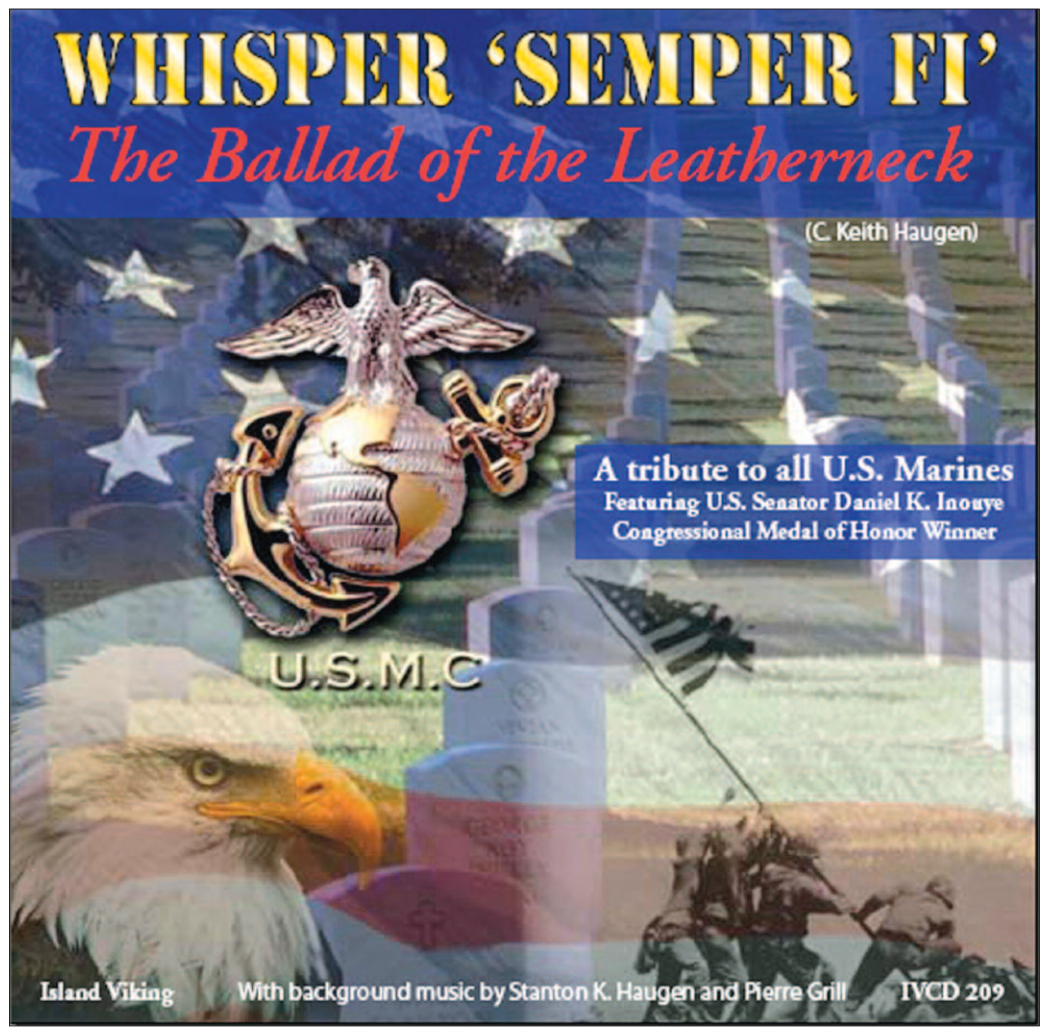
The recording tells the story of a Marine veteran and the traditions the Corps holds dear. It is narrated by one of Hawaii's own heroes, U.S. Senator Daniel K. Inouye, an Army veteran and recipient of the Medal of Honor.

"Over the years, I've had many close friends who were or are Marines," Haugen said. "I've always had great respect for everyone who serves in the Armed Forces, but especially the Marines. To me, the Marines represent the best fighting men and women in our great country and in the world."

Haugen's initial idea was to produce the recording as a CD and give a copy to every Marine in Hawaii. As the U.S. economy began to decline, the underwriter for the project could no longer follow through with that plan.

That would not stop the patriotic songwriter from ensuring his tribute to Leathernecks around the world does not go unheard.

"When that seemed impossible, giving the recording of five patriotic and military-related songs to everyone seemed like an even better idea," Haugen said. "In retrospect, I'm glad that it worked out this way. I think a much larger number of people will hear the song and, I hope, remember someone who served who might otherwise have been forgotten."



Courtesy Illustration

Keith Haugen, a patriotic songwriter and military veteran, is offering a free download of a tribute to the Marine Corps, 'Whisper 'Semper Fi' - The Ballad of the Leatherneck' and other recordings at http://www.hawaiiansong.com. The recording is narrated by one of Hawaii's own heroes - U.S. Senator Daniel K. Inouye an Army veteran and recipient of the Medal of Honor. 'This is our gift to American patriots everywhere. We hope everyone will download this tribute,' said Haugen. He worked with other artists, including his wife, Carmen, son, Stanton and Pierre Grill to complete this project.

The song, along with album art and extra tracks by Haugen and other musicians, including his wife, Carmen, son, Stanton and local musician Pierre Grill, can be downloaded for free on Haugen's website.

The recording is not for sale anywhere and can be downloaded at http://www.hawaiiansong.com.

"We're hoping that every Marine, soldier, Sailor, airman, coast guardsman, veteran and American patriot will accept this gift from us during Military Appreciation Month," Haugen said. "It's just our way of saying 'thanks' to all of them."

Malfunctioning gas grill cited as cause of housing fire

Fiesta recalls some models of gas grills

Victor Flint
Federal Fire Department Hawaii

Recently, Federal Fire Department Hawaii assisted Honolulu Fire Department at a large structure fire involving a home in Navy military housing at Hale Moku. The fire was contained to the unit involved. There were no injuries, but there was $100,000 in damages done to the unit because of the fire. The cause of the fire was due to a malfunction of the occupant's gas grill.

The incident occurred on May 4 as the occupants were operating their gas grill on the lanai of their government quarters, part of a four-unit multiplex.

Fire was observed under the grill.

Shortly after that, there was a gas fire ball that migrated into their unit, chasing the occupants out of their home.

Fire inspectors revealed that the cause of the fire was accidental and was due to a malfunction of the Fiesta Blue Ember Gas Grill. The U.S. Product Safety Commission issued a safety alert.

There have been 14 reports of fires involving these grills, 15 including the Hale Moku fire.

The Fiesta Gas Blue Ember (LP & NG) Grills are being recalled for inspection and/or repair. The model numbers are FG50057 and FG50069.

For more information, contact Battalion Chief Victor M. Flint at FFD at 471-3303, ext. 633.

FROM THE FRONT

Supporting TFMP, four paws at a time



Photos by Lance Cpl. Brian A. Marion

Britt, a military working dog attached to Task Force Military Police, stares attentively at his target, Navy Lt. Chris Martin, battalion chaplain, 3rd Battalion, 3rd Marine Regiment. There are 35 military working dogs through al Anbar Province.

Lance Cpl. Brian A. Marion
Combat Correspondent

AL ASAD AIR BASE, Iraq -- Since the Revolutionary War, the United States has used dogs in the military as scouts, mine detectors and explosive detectors. Currently, military working dogs deployed to Iraq support and protect service members on patrols and through explosive detection.

There are 35 military working dogs within the province with six attached to 3/3.

"[The military working dogs] are for the entire base and can go out with anyone, but we are part of Task Force Military Police (TFMP) first," said Petty Officer 2nd Class Danielle Kubit, master-at-arms, military working dogs, TFMP.

The dogs and their handlers face many hazards during their tour here, but not all come while on patrols. The loose gravel around can tear up a dog's paws and they are more susceptible to heat.

"We have to keep them hydrated and in the shade because the heat makes them tired very fast," Kubit said.

The heat will also harm their paws, Kubit said. When the ground gets really hot, their paws will start to crack and burn.

Before it gets to that point, most handlers will use a spray that helps toughen their feet.

Even though they are deployed, Kubit said they still train the dogs to keep their skills in peak performance.

"It isn't easy training," Kubit said. "It takes a lot of hard work to train the dogs and you have to start with baby steps."

Kubit said some of the dogs don't listen as well as others, but it's worth it.

"I love my job," Kubit said. "Most people think we sit around and play with the dogs the entire time, but we don't. We put in several hours of hard work to train the dogs and get them to trust us enough to be our partners, but we do get to play with them at the same time."

The handlers utilize several training methods during their time with the dogs. One training tool they use is the bite suit, a full-body suit a volunteer wears so the dog can attack and take them down.

To begin, the volunteer hobbles away from the handler and the dog while in the cumbersome suit.

The handler lets the dog loose who then dashes to its victim and takes them down.

"It was a lot of fun being the "victim" [in the bite suit,]" said Navy Lt. Chris Martin, battalion chaplain, 3/3. "It's neat to see what the dogs can do and feel the type of force they hit you with. The impact feels like someone suddenly grabbing your arm and pulling you down to the ground."



Petty Officer 2nd Class John Gillett, master-at-arms, First Marine Expeditionary Force, wrestles with Kito, a patrol explosive dog with Task Force Military Police, during a training session April 22.

TFMP mechanics keep vehicles rolling in Iraq

Lance Cpl. Brian A. Marion
Combat Correspondent

AL ASAD AIR BASE, Iraq -- From six- and four-wheeled Mine Resistant, Ambush Protected Vehicles and up-armored 7-ton trucks, to up-armored humvees with mine rollers, motor transport Marines with Task Force Military Police keep the unit's fleet of vehicles running so service members can complete their missions.

Although the process can sometimes be difficult, the maintenance and distribution of those vehicles is what the Okinawa, Japan-based motor transport Marines of Headquarters and Service Company, 3rd Battalion, 3rd Marine Regiment, do on a day-to-day basis while supporting Multi National Force - West operations in Iraq's Al Anbar province.

For the Marines, the challenges vary as much as their jobs. For example, there's the maintenance chief, who handles the everyday maintenance schedules of the vehicles and also oversees the daily process report to check the status of ordered parts.

"I check to see if the parts are still coming in on time, and if they're not, I see why the parts are arriving late or if they are cancelled," said Cpl. Joshua Halstead, the company's maintenance chief.

Halstead's duties also include assigning broken vehicles to three categories: vehicles which are non-usable, vehicles in need of extensive repairs, and vehicles just needing parts.

In order for vehicles to be deadlined, or declared non-usable, they have to jeopardize either the safety of the Marines conducting the mission, or the combat effectiveness of the vehicle, Halstead said.

For instance, if a vehicle has a catastrophic maintenance problem like a broken drive shaft, it would be considered dead-lined because it would not be capable of completing the mission.

Then there are the mechanics – the Marines who work on the vehicles.

These Marines do everything from changing oil and tires to replacing drive shafts and engine belts.

"We fix the vehicles and we perform inspections on all of them," said Lance Cpl. Jerry Pullen, a Headquarters and Service Company vehicle mechanic. "If we don't understand a problem, we will troubleshoot it until we understand it."

Pullen and other mechanics work on all the vehicles at the motor pool, but Pullen enjoys working on the MRAP the most because it's something new to learn.

"It's a great experience," Pullen said. "I've learned the operation of the vehicle and how to perform routine maintenance on it."

For issues such as damaged tracking systems or other major repairs, the motor pool coordinates with other facilities on base who have representatives for the systems.

"We have to coordinate our efforts with outside agencies to get our vehicles where they need to go for those repairs," said Staff Sgt. Cesar Reyes, the company's motor transport chief. "If we need a tow truck for a vehicle, we'll contact one of the logistics battalions to coordinate a time to tow our vehicles to their destination. Sometimes it can be difficult, because what might be a priority for us isn't exactly a priority for them. For the most part though, everyone is pretty helpful."

With both day and night operations, the Marines working in the maintenance sheds continue to do their job until it is finished.

"We'll work as long as it takes to get these vehicles mission-ready," Halstead said. "If we have to work well into the night to get a truck ready for a convoy then we will."



Lance Cpl. Brian A. Marion

Lance Cpl. Jerry Pullen, a motor transport mechanic with Task Force Military Police, tightens the bolts on the transmission pan of a humvee after replacing the vehicle's transmission during a routine vehicle maintenance overhaul aboard Al Asad Air Base, Iraq, May 18, 2009. Pullen and his fellow motor transport mechanics work hard to keep the vehicles of TFMP rolling as they support Multi National Force - West operations in Iraq's Al Anbar province.

AROUND THE CORPS

Your weekly guide to what's happening around the Corps

East Coast



Lance Cpl. John Faria

2nd Maintenance Battalion wins award

MARINE CORPS BASE CAMP LEJEUNE, N.C. -- Lieutenant Gen. Dennis Hejlik, commanding general, II Marine Expeditionary Force, presented the Lt. Gen. "Chesty" Puller Award for Superior Performance to 2nd Maintenance Battalion, 2nd Marine Logistics Group, in a ceremony here May 15.

During the ceremony, Hejlik commended 2nd Maintenance Battalion for exceeding the unit's mission requirements while maintaining an exceptional safety record throughout the previous year.

"You are the people responsible for this award," said Hejlik.

See http://www.marines.mil for full story

West Coast



Cpl. Jose Nava

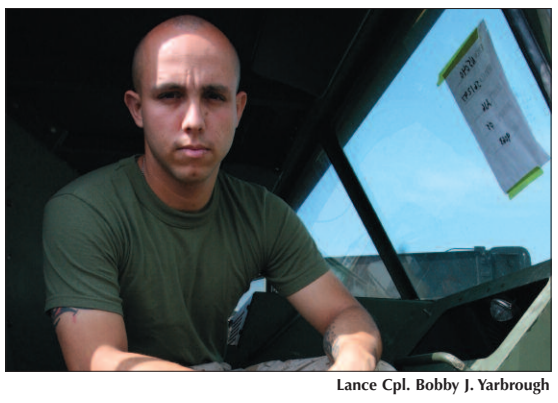
Retired aviator opens park for Marine Week

CHICAGO -- Roy Arnold has been the president of Arlington Park race track since April 2006, but before he took the job, Arnold was the assistant commander of the 3rd Marine Aircraft Wing, Marine Corps Air Station Miramar, Calif.

"I have never worked with people from the military and Arnold has a different managerial style," said Laura Sutler.

See http://www.marines.mil for full story

Overseas



Lance Cpl. Bobby J. Yarbrough

One Marine triumphs over profound loss

MARINE CORPS AIR STATION IWAKUNI, Japan -- Every Marine has a story of who they are, where they're from and why they joined the Corps.

The story of Pfc. Owen O. Valdivia, a motor transportation mechanic with Combat Logistics Company 36 here, is one of triumph over an overwhelming loss.

Valdivia was born in Havana 22 years ago and immigrated to the United States when he was 9 years old with his mother, father and older brother.

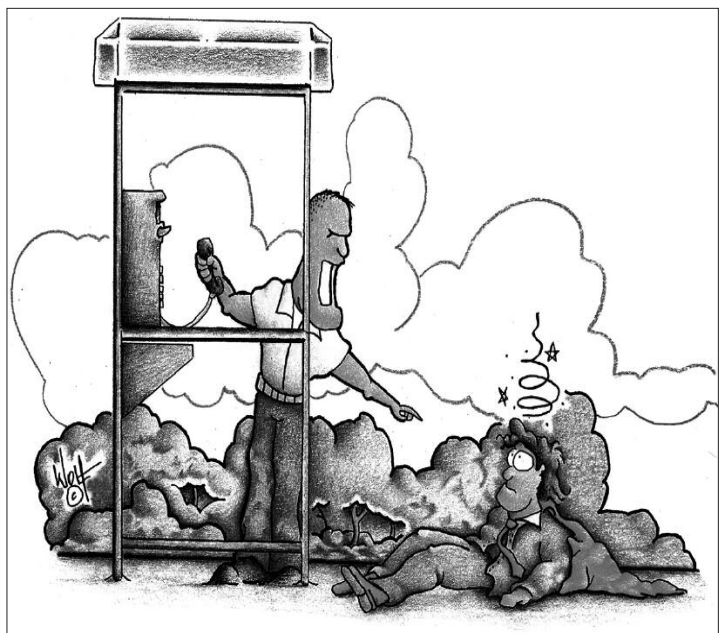
"I still remember living in Cuba," said Valdivia.

See http://www.marines.mil for full story

Created by: GySgt Charles Wolf

SEMPERTOONS™

THE GREATEST MARINE CARTOONS ON THE PLANET!





Sgt. Eric C. Schwartz

Sergeant Juan Valdez, a vehicle commander with Mobile Security Detachment, Headquarters Company, Regimental Combat Team 8, poses by near the MSD's Mine Resistant Ambush Protected vehicles before a patrol. Valdez sustained wounds in combat during his last deployment, and not unlike fellow wounded service members, has felt personal guilt for having to leave his fellow Marines.

This week's top story

Marine redeploys to prove worth

Sgt. Eric C. Schwartz
Regimental Combat Team 8

AL ASAD AIR BASE, Iraq -- A Marine loses blood, flesh, and sometimes life when wounded in combat. Even when that Marine overcomes death, is sewn up and found fit for full duty, scar tissue will always remind him of that day, if not the memories he carries that may weigh his thoughts with troubles and self-appointed failures.

Meritoriously-promoted Sergeant Juan Valdez, a vehicle commander with Mobile Security Detachment, Headquarters Company, Regimental Combat Team 8, earned a Purple Heart when he was struck by a bullet to his torso while on patrol with 2nd Battalion, 8th Marine Regiment in Kharma, Iraq during his 2006 deployment. Volunteering for his current deployment, Valdez overcomes his self-inflicted guilt and feelings of failure through a second deployment to the same country where he almost lost his life.

"I had all this guilt from my last deployment," Valdez said. "I wanted to get back to Iraq so bad. I felt like I left my boys hanging."

See http://www.marines.mil for full story

Top story from the front



Cpl. Meg Murray

Major Gen. R.T. Tryon, commanding general of Multi National Force - West, chats with Qassim Abid Muhammad Hammadi al-Fahadawi, the governor of Al Anbar province, during a meeting of the Anbar Provincial Council at the Provincial Government Center in Ramadi, Iraq, May 9.

Anbar's new provincial council has first meeting with U.S. officials

Cpl. Meg Murray
Multi National Force - West

AR RAMADI, Iraq -- At the Provincial Government Center in Ar Ramadi, Iraq, newly elected members of the Anbar Provincial Council filed into a large room where military and civilian representatives of Multi National Force - West waited to greet them May 9.

Although some of the council members wore traditional Arab robes or vibrant headdresses and others wore business suits, they were unified in purpose – carving out a brighter future for the Al Anbar province.

Several of the MNF-W officials have had the opportunity to meet some of the council members in the past, but this marked the first time the council came together as a group to meet with MNF-W leaders. Among the Coalition officials present were Maj. Gen. R.T. Tryon, the commanding general of MNF-W, Brig. Gen. John E. Wissler, the deputy commanding general of MNF-W, and James Soriano, the team leader of the U.S. State Department's Provincial Reconstruction Team responsible for efforts in Al Anbar.

"As most of you know, there is no business agenda today," said Soriano, addressing the council members. "This is a social event so we on the American side can meet and get to know the members of the council."

See http://www.marines.mil or http://www.mnfwest.usmc.mil for full story

Marines not wearing stars on campaign medals correctly according to MarAdmin

Cpl. Kimberly Crawford
Marine Corps Air Station New River

Marines who have been awarded the Afghanistan or Iraq campaign medal may need to ensure they are wearing them properly.

According to Marine Administrative Message 299/08, released in May 2008, operations in Afghanistan and Iraq have been divided into phases.

Stars designate the number of campaign phases in which a service member has participated and do not represent subsequent awards of the respective campaign medal.

Though the message was released in 2008, many Marines are not aware of the proper wear.

The ACM and the ICM will always be awarded with at least one bronze campaign star.



If the Marine's qualifying period of service extended at least one day into a subsequent campaign phase, the medal would be awarded with two bronze campaign stars, according to the MARADMIN.

Alternately, if a Marine makes two separate deployments into the respective area of eligibility that both starts and ends completely within a single phase, only one campaign star is authorized for that phase.

According to the Military Awards Branch, Headquarters Marine Corps, there is no deadline for when a Marine must comply with the regulation.

However, all Marines should ensure that their official personnel records are accurate and complete.



"(The MarAdmin) also allowed for the exchange of the Global War On Terrorism Expeditionary Medal (GWOTEM) for the ICM," sited a representative from the Awards Branch.

Marines who qualified for the expeditionary medal for deployments to the Afghanistan or Iraq area of eligibility prior to May 1, 2005, may still elect to receive either the ACM or ICM in lieu of the expeditionary medal.

However, if a Marine elects to retain the expeditionary medal for their deployment, that period will not be used to determine campaign stars for a subsequent ACM or ICM awarded.

The designation of campaign phases for the ACM or ICM does not modify the current policy that a Marine is not authorized both the expeditionary medal and ACM/ICM for the same deployment period.

Active duty and selected Marine Corps reserve unit commanders are authorized to issue campaign stars for the ACM and the ICM to Marines assigned to their command in accordance with the criteria.

Each entry in Marine Online for either the ICM or the ACM equates to a star. If the Marine believes that MOL is inaccurate, the Marine should address the problem with his or her administrative office section.

For more information regarding the proper wear of the ACM or ICM, refer to MarAdmin 299/08.

EWS, CSC sees largest number of graduates in years

Lance Cpl. Daniel H. Woodall
Combat Correspondent

The Hawaii Satellite Campus of the College of Continuing Education graduated approximately 70 service members from both the Command and Staff College, and the Expeditionary Warfare School Distance Education Programs in a ceremony May 15 at the base theater here.

The 2009 EWSDEP class had a total of 31 graduates, the highest number for CCE Hawaii since 2004, while the CSCDEP had 38 graduates, their highest total since 2002.

Although the majority of the attendees were Marines, the CSCDEP graduates included service members from the Navy and the Air Force. The ceremony marked the eleventh graduation for the CSCDEP and the tenth for EWSDEP.

"The [graduation] marks the culmination of a demanding and rewarding endeavor," Peoples said. "Because of current [operations] tempo and deployment cycles, only about thirty-five percent of officers are able to complete [EWSDEP] in two years. However, due to new on-line seminar capabilities, and summer courses offered during the nonacademic year, about seventy-five percent of [CSCDEP] students can complete the course in two years."

Expeditionary Warfare School, designed for captains and chief warrant officers three, is a two-year program consisting of seven courses focusing on the tactical level of war, said retired Col. William C. Peoples, regional coordinator, CCE. Command and Staff College focuses more on the operational level of war, consists of eight courses over a two-year period, and is designed for majors and chief warrant officers four. Expeditionary Warfare School is made up of about 70 weekly seminars, each lasting up to three hours. Command and Staff College also contains 70 weekly seminars, but offers extra means of instruction in order to assist students.



Lance Cpl. Daniel H. Woodall

Lieutenant Gen. Keith J. Stalder presents a diploma and shakes the hand of an Expeditionary Warfare School graduate during a May 15 ceremony for graduates of EWS and the Command and Staff College at the base theater on Marine Corps Base Hawaii.

After making his opening remarks, Peoples introduced the adjunct faculty of both courses and also the guest of honor, Lt. Gen. Keith J. Stalder, commanding general, U.S. Marine Corps Forces, Pacific.

It is difficult enough for service members to maintain their daily duties without adding any sort of professional military education, Stalder said. The successful completion of EWS and CSC is a testament to the work ethic and professionalism of every graduate.

Following his statements, Stalder presented a diploma to each graduate as they shook hands with the faculty and walked across the theater stage.

The graduates took a photo with Stalder and the faculty before the ceremony concluded.

Being able to work and learn with Marines from different communities with varying job titles and ranks greatly enhances the benefits of the course, said Capt. Lucas S. Frank, squadron weapons and tactics instructor and pilot training officer, Marine Heavy Helicopter Squadron 463, and distinguished graduate in the EWS course by finishing in the top ten percent of his class.

"Finding the time to attend seminars as a member of an operational squadron is the biggest challenge," Frank said. "However, making time to attend pays off when you are actually able to finish the course, it is worth the compressed work schedule."

Besides making students more competitive for promotion to the next rank, completing either course broadens the knowledge base of each service member and makes them much more effective leaders, Peoples said. Completing the courses is a major milestone in professional development; it enhances their professional capabilities and broadens their capacity to contribute to the Marine Corps mission.

MCAS hosts career day for students

Lance Cpl. Daniel H. Woodall
Combat Correspondent

Marine Corps Air Station Kaneohe Bay hosted approximately 120 students from Lanikai Elementary School for their "Career Day" Wednesday on Marine Corps Base Hawaii.

Representatives and volunteers from the air station showed the students the elements of different jobs around the airfield. The event is part of the Adopt a School program, where units from base sponsor an area school.

Students ranged from the fourth to sixth grade, and were introduced to several units within MCAS Kaneohe Bay including Aircraft Rescue and Fire Fighting, Air Traffic Control and Meteorology and Oceanography Services.

Once the students had divided into three groups by grade, representatives from MCAS Kaneohe Bay led them to three different starting points where they would participate in a wide range of activities and witness static displays of several aircraft in and around Hangar 105.

At Hangar 105, students were given a brief by MCAS Kaneohe commanding officer Lt. Col. Michael Antonio and then toured a C-20G executive commuter airplane. They were also shown cargo-loading vehicles which allow authorized personnel to load and unload cargo onto planes, said Matthew Dinic, aircraft attendant, MCAS Kaneohe Bay.



Lance Cpl. Daniel H. Woodall

Fifth grade students from Lanikai Elementary School release a weather balloon to collect data for Marine Corps Air Station during MCAS's "Career Day" Wednesday at Hangar 105 on Marine Corps Base Hawaii. The event is part of the Adopt a School program, where units from base sponsor local schools.

Next, representatives from METOC detailed the importance of their job by explaining the detrimental effect which hurricanes and other weather phenomena could have on aircraft due to their power.

"Due to their severity, most hurricanes will produce a tornado over land," said Lance Cpl. Gregory A. Longfellow, METOC forecaster, MCAS Kaneohe Bay, to a group of students. "Luckily, only two hurricanes have ever hit Hawaiian land."

Following the informational period, and to the delight of the students, METOC representatives released a large weather balloon thousands of feet into the sky in order to gather weather information.

"I really liked the weather balloon and the plane," said 11-year-old Daniel O'Connell, a fifth grade student. "I didn't think either of them were that big!"

The students were then taken to the ARFF building where they were shown a heavy rescue truck and were allowed to operate a powerful hose, under Marine supervision, in order to knock down a series of cones simulating a fire.

"The fire truck sirens were really loud," said 10-year-old Andrew Lee, a fourth grade student. "I also liked knocking down the cones with hose. I didn't know there was [firefighting] in the military, but it's really cool."

The last event for the students was a tour of the MCAS Kaneohe Bay air traffic control tower. The students were allowed access into the room where air traffic controllers were actively guiding pilots on and off the flight line via radio.

"The day was really awesome," said 12-year-old Bennett Bernhard, a fifth grade student who has never been to a military air facility. "I learned a lot about the planes and many other things. It was a great experience."



Christine Cabalo

Marines and Sailors offer money to the Chinese lion dancers performing during Wednesday's Asian Pacific American Heritage Month luncheon at Anderson Hall Dining Facility aboard Marine Corps Base Hawaii. Members from the World Medicine Institute dressed up as lion dancers in one of several cultural demonstrations for the audience.

LUNCHEON, from A-1

traditions, Tracy Nalanieha Smith, lead dancer from Dizanne Productions, began the interactive cultural demonstrations with a Hawaiian chant. She demonstrated several dances and during one of her hula performances she chose an audience member to dance with her while playing a Hawaiian drum called an "ipu."

She later taught two audience members how to use some of her special dancing equipment, including Maori poi balls used traditionally in New Zealand. Smith said she was glad to come to MCB Hawaii to promote the many cultures of the Pacific.

In honoring Asian traditions, representatives from the World Medicine Institute performed several types of cultural dances including Chinese lion dancing. Two representatives dressed in a lion headdress and tail performed, while Ciera Hayes did back flips and teased the lion with a decorated ball. The remaining group members, including the institute's academic dean, Gayle Todoki, also beat drums and played cymbals to accompany the dancing. Audience members were then invited to traditionally "feed the lion" with dollar bills for good luck.

"We're happy to share the culture with everyone we can," Hayes said. "Hawaii is such a melting pot of cultures — we'd like everyone to experience it, understand it and know more about it."

Sharing additional information about Asian and Pacific American contributions, guest speaker, Navy Capt. Earl Hampton, director of the Joint-Interagency Coordination Group, U.S. Pacific Command, spoke about Filipino veterans of World War II. He discussed the unique struggles and sacrifices of Filipino American service members who volunteered to defend the country.

"Whether you serve at K-Bay, with a patrol squadron or on a ship in the ocean or a boot on the ground, you continue the work of [Filipino vets]," he said. "You're building on the bravery of [their] sacrifices and all of the service members who came before you."

In describing his own Filipino heritage, Hampton joked with the audience and shared three phrases they needed to know while in the Philippines. He said one of these phrases was "Pssst!" which is used to catch someone's attention. Another was a nod, signifying you recognized another person saying hello. Finally, he let the audience know sticking out your lips and quickly turning your head to the side meant to be aware of what's happening in another direction.

The luncheon was a fun challenge for Rucker, who said she's glad those who weren't previously exposed to Asian or Pacific traditions can now say they've experienced something special. Private first class Mario Lopeznunez, cook, Headquarters Battalion, said the luncheon reminded him how important celebrating diversity is and was glad to see all of the other cultural demonstrations, including lion dancing.

"I've never seen lion dancing before," Lopeznunez said. "I think after seeing all of the performers, I'd like to know more about traditions from the Pacific and Asia."

ROADS, from A-1

to Headquarters Marine Corps to be approved for design. The three streets on base scheduled for work in 2011, 1st, B and C Streets, have all been design-approved.

When HQMC approves the project, the Facilities Department will request a project design from Naval Facilities Engineering Command Hawaii, headquartered near Pearl Harbor Naval Station, prior to contracting out the actual project. The permanent fixes of Reeves Road and 3rd Street, as well as Reed Road, are all currently in the design process.

So how can the base residents help keep our roads up to speed? Although Lum said there are not many preventive measures residents and workers can take to help maintain the road, Yamamoto said the MCB Hawaii community can notify Facilities Department of road damage by calling the "Pothole and Streetlight Repair Hotline" at 257-2380. The Facilities Department will be notified of any concerns regarding the roads and streetlights, and take appropriate action. For updates on road closures on base, base residents can contact Yamamoto at 257-2171, ext. 222.

First hybrid government vehicle debuts on base

Lance Cpl. Cassandra Yoho
Combat Correspondent

Marine Corps Base Hawaii's first hybrid government vehicle arrived at Building 216 May 15.

With an average fuel mileage of 30 to 35 miles per gallon, the new 2009 hybrid Chevy Malibu doubles the mileage of the base commander's former government vehicle.

"[We replaced the old government vehicle with a new hybrid car] in efforts to move toward the vision of a 'greener' Marine Corps Base Hawaii and to meet energy directives," said Kent Murata, director of the Installations, Environment and Logistics Directorate.

Along with this new hybrid vehicle, IE&L plans on another hybrid sedan delivery to MCB Hawaii later this year.

"These are the first steps in transitioning the fleet from a fossil fuel to totally renewable energy," Murata said. "Ultimately, Col. [Robert] Rice would like to have an all-electric fleet that will be charged with power from a renewable electric generator on Marine Corps Base Hawaii."

Even though these new hybrid cars have many special "green features," to help the environment, MCB Hawaii residents can help increase their own gas vehicle's fuel efficiency, which will help reduce their overall carbon footprint.

Murata said a few tips drivers can use to increase their car's fuel efficiency include keeping tires inflated, accelerating slowly and smoothly, following posted speed limits, maintaining a steady speed when possible, and anticipating stops and starts.



Kent Maurata, director of the Installations, Environment and Logistics Directorate, hands Col. Robert Rice, commanding officer, Marine Corps Base Hawaii, the keys to a new hybrid government vehicle in front of Building 216 May 15. The 2009 hybrid Chevy Malibu gets an average of 30 to 35 miles per gallon.

Lance Cpl. Cassandra Yoho

Policy on restricting from base

Base Inspector
Marine Corps Base Hawaii

The commanding officer has given wide latitude to the Base Inspector for barring undesirable individuals from Marine Corps Base Hawaii premises.

Individuals are barred for serious offenses normally related to narcotics, larceny or destruction of government or private property, terrorist threatening, etc. The Base Inspector administers the Base Bar List per Base Order 5510.20A.

There are three levels of barment that can be assigned.

- **Temporary.** Normally 10 days issued by the Military Police Department.

- **Zero to Three Years.** Normally for lesser offenses including shoplifting, trespassing, larceny, assault, fraud, lewdness, fradulent use of a base pass and disorderly conduct.

- **Indefinite.** Normally for offenses related to drugs and narcotics, high profile other than honorable discharge cases and repeated violations.

The base also maintains a reciprocal agreement with other military installations on island. Other miltiary installations send us a list of who they bar from their premises so we could add those individuals to our bar list. We provide them the same courtesy in return.

Guards at each entrance to MCB Hawaii all have an updated bar list to ensure all barred individuals to don't have access to the base.

Other than honorable separations are automatically barred. The bar letter is part of the administrative separation package. General discharges under honorable terms are not normally barred.

Individuals being barred from MCB Hawaii have 10 days to appeal the barment by submitting a request through the Base Inspector's administration section.

Nominations needed!

Lance Cpl. Cassandra Yoho
Combat Correspondent

Headquarters Marine Corps and the Marine Corps League are still seeking qualified Marine and Sailors to be nominated for the 28th Annual Modern Day Marine Military Exposition Sept. 29 to Oct. 1 at Marine Corps Base Quantico, Va.

This event recognizes Marines and Sailors and their exceptional contribution to the Marine Corps during calendar year 2008. Nominations must be received by June 15.

All enlisted Marines are eligible to be nominated for one of the awards, which recognize the service member for making a significant contribution to the operating forces by improving combat readiness.

Award categories for Marines include improvements in marksmanship, ground combat element, combat service support, aviation, female Marines and Marine reservist of the year.

Sailors can nominated for the Navy corpsman and dental technician category as well.

In order to be nominated, the service member must reflect sustained excellent performance or a specific individual act during 2008.

The nomination letter should be submitted in the standard letter format found in Marine Administrative Message 0138/09.

Along with the nomination letter, two photographs also should be submitted. In their photographs, Marines should be dressed in their service "alphas" uniforms while Sailors should be in their appropriate seasonal service dress uniform.

Nominations should be addressed to the commandant of the Marine Corps, of public affairs from the nominating chain of command.

All nominations should be sent electronically via e-mail to hqmc.comrel@usmc.mil, using PDF files. Commands should refer to the MarAdmin for submission details.

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Sports & Health

Kicking away calories!

'Cardio Kick' class upbeat, heart racing and muscle building

Lance Cpl. Cassandra Yoho
Combat Correspondent

With gym bags, towels and water bottles in hand, class participants filled the aerobic room at the Semper Fit Center aboard Marine Corps Base Hawaii for the evening Cardio Kick Class Monday.

Meredith Heine, Cardio Kick instructor, said the class is very upbeat and is good for anyone who is looking for a good workout.

"It's a great beginner class because there is no equipment involved," Heine said. "The participants have complete control of the intensity of the class because they're just using their bodies."

Heine started the class Monday by blasting upbeat music in the aerobic room to get her nine members pumped up. She then instructed her class to march in place to get their hearts racing.

What started as a slow march, quickly turned into quick side-to-side steps with coordinating arm motions and claps.

The class was warmed up and Heine led them in a few quick stretches to stretch their muscles, concentrating mainly on the participant's legs and backs.

With music pumping and the ladies' muscles warmed-up, the intensity quickly picked up.

Starting with a series of jabs, upper-cuts and hooks, Heine enthusiastically led her class into the intense part of the workout.

"Meredith is a great instructor," said Barbara Fields, a class participant. "She is one of the best. My favorite part of the class is when she really starts to pick up the pace and gets into the [punch and kick patterns participants] really have to concentrate on."

As Heine motivates the ladies through the intense segments of the class, the women show they are really into the exercise by adding claps into the punch and kick patterns. Many participants said the upbeat music and ladies clapping is a lot different from what is going on in the weight room of the Semper Fit Center.

"I really enjoy the aerobic classes," said Tamika Davis, a class participant. "I just had a baby a few months ago and I usually try to come to a class every night to work off the baby weight. The classes are really motivating and different from just doing weights or cardio in the gym."

Heine said Cardio Kick is a great class to get participants' hearts pumping and allows attendees to build lean muscle without lifting weights.

The ladies pushed themselves through their last intense segment and made it to the end of the class. Heine led the class in a quick cool down to allow their heartbeats to slow down and stretch out their muscles.

After the cool down, Heine led the women through a five-minute abdominal workout. The class participants each grabbed an exercise ball, conveniently located in the room, and laid their backs on the ball and placed their feet firmly on the floor. Heine counted out loud how long she wanted the class to hold each repetition of the ab workout.

The ladies laid back on their exercises balls for one last ab stretch. This marked the end of the one hour Cardio Kick class. As the partcipants grabbed a drink of water, some new classmates talked about what they enjoyed about the class, and other women were just happy to make a come back to the class.

Jenny Young, a class participant, said she hasn't been to the class in a few months, but was happy to be back. She plans to put Cardio Kick back into her weekly workout.

The next Cardio Kick class is scheduled for May 25 at 4:45 p.m. There is no sign up necessary for the class.

For more information contact the Semper Fit Center at 254 7597.



Lance Cpl. Cassandra Yoho

Barbara Fields, a class participant, executes a front kick during the Semper Fit Center's Cardio Kick class aboard Marine Corps Base Hawaii Monday. Class participants are taught to protect their face during the class.

MCB Hawaii kicks off 2009 Intramural Soccer season



Photos by Lance Cpl. Daniel H. Woodall

A Patrol Squadron 47 "Golden Swordsmen" player tries to give his teammates a scoring chance on a corner kick during the opening game of the 2009 Intramural Soccer season Tuesday at Pop Warner Field on Marine Corps Base Hawaii. The "Golden Swordsmen" walked away from the match with a 7-2 victory.

Lance Cpl. Daniel H. Woodall
Combat Correspondent

The 2009 Marine Corps Base Hawaii Intramural Soccer Program began its regular season Tuesday at Pop Warner Field when the "Golden Swordsmen" of Patrol Squadron 47 defeated the "Easyriders" of Helicopter Anti-Submarine Squadron Light 37 by a score of 7-2.

In the opening game of the season, and the first sporting event held at Pop Warner Field since December, the Golden Swordsmen struck first and quickly by scoring in the game's first, fifth, and 15th minutes.

At first, the Easyriders kept the game close with two goals, bringing the score to 3-2. Unfortunately for the Easyriders, that was the closest the game would get.

Before the first half came to a close, the Golden Swordsmen had built a 5-2 lead and never looked back en route to a 7-2 victory.

At the end of the game, players from both teams congratulated each other, then promptly left the field for the next series of games to begin.

The league consists of seven teams from various active duty Marine and Navy units on MCB Hawaii, and follows rules from both the International Federation of Association Football, better known as FIFA, soccer rule book and locally amended rules to govern game play.

One of the local rules states any player who receives three yellow cards due to un-sportsmanlike conduct within the season will be suspended for one game while any player who receives three red card for serious offenses will be ejected for the entire season.

The league is only open to active duty Marines and Sailors, Department of Defense civilians, and family members 18 years of age or older.

Teams can field up to 11 players but must have at least seven to start a game.

Teams must also provide their own uniforms and gear.

Games are comprised of two 30-minute halves, timed on a continuous clock.

Extra time may be allotted after the game due to stoppages in play for injuries, time outs, or any other occurrence which interrupts the game.

The league has scheduled six games per week to be played on Tuesdays and Thursdays.

Following the completion of the regular season, approximately July 23, the playoffs will commence in a tournament format in which teams will be seeded based on their regular season performance.

The next games will be played on May 26, starting at 6 p.m., at Pop Warner Field on MCB Hawaii, featuring teams from Combat Logistics Battalion 3, Marine Corps Air Station, Marine Aviation Logistics Squadron 24 and Patrol Squadron-9.

For more information about intramural soccer, contact Joe Au, intramural sports coordinator, Marine Corps Community Services, at 257-7591 or e-mail him at joe.au@usmc-mccs.org.



Helicopter Anti-Submarine Squadron Light 37 "Easyriders" midfielder Anthony Daddabbo keeps an eye on the ball during the opening game of the 2009 Intramural Soccer season Tuesday at Pop Warner Field on Marine Corps Base Hawaii. The game was first organized sporting event on the field since December.



Jessica Goolsby

A runner throws up the "shaka" as she makes her way along the last leg of the Nuupia Ponds Fun Run/Walk Wednesday morning. More than 200 Marines, Sailors and family members participated in the event.

Run for your life!

Nuupia Ponds Fun Run/Walk kicks off '101 Days of Summer'



Jessica Goolsby

A runner jogs anxiously towards the finish line during Wednesday's Nuupia Ponds Fun Run/Walk. More than 200 Marines, Sailors and family members participated in the four-mile trek.

Jessica Goolsby
Special to the Hawaii Marine

Amidst the masses participating in mandated morning physical training sessions, participants for the Nuupia Pond Fun Run/Walk gathered Wednesday morning to prove themselves in a four-mile trek across MCB Hawaii in pursuit of physical fitness.

More than 200 Marines, Sailors and family members participated in the 7:30 a.m. run, which began and ended in front of Kahuna's Enlisted Club. The Fun Run is one of approximately 20 activities offered during MCB Hawaii's annual 101 Days of Summer campaign, which promotes healthy lifestyles among the base community.

Racheal Benezette, 27, and daughter Bella, 9 months, were among the morning's attendants. Benezette recruited 40 participants from Marine Corps Air Facility for Wednesday's run.

"I ran the Nuupia Pond Fun Run five years ago, so I'm not too sure how this will go with the stroller," Benezette joked before the race. "I will probably be doing a lot of walking."

Aloha attire was also encouraged for the run, and several entrants were seen wearing Hawaiian shirts, leis and throwing "shakas" as they ran past. Travis Heatwole, 22, a communications technician with Marine Corps Air Station, even donned a coconut bra for the event.

From the start of the race, however, it was easy to distinguish the serious competitors from the pack. Ron Shriver, 26, of U.S. Pacific Command, pulled ahead early from the pack, crossed the finish line first with a time of 23 minutes and 58 seconds.

"I did three miles before we started this morning," said Shriver, who said he runs an average of 10 miles a day, seven days a week.

"It takes five miles or so to get my body started," Shriver said. "I was actually just out here to test my fitness and see where I was at; I wasn't really out to win it."

Runners jogged, sprinted and walked along Mokapu Road, hitting the pond trail just before the back gate. Entire units ran amidst the individual participants, all the while singing cadence and encouraging their fellow runners to keep up the pace.

The diverse terrain of flat asphalt, winding trails, rocky slopes and uphill climbs combined with the serene view of the ponds and mountains made for a tough yet enjoyable run for those participating.

"The hardest part of the run was transitioning from asphalt to dirt; you don't get the same push-off in the sand," said Shriver.

The last of the participants crossed the finish line around 8:30 a.m., and afterwards runners attended a post-race cookout, where they were given T-shirts and commemorative water bottles for their efforts.

The Fun Run/Walk marked the start of "101 Days of Summer" events at MCB Hawaii. The campaign began in the summer of 2003, with a focus on supporting the elimination of illegal drug use and promoting more reasonable uses of alcohol by those who choose to drink, offering healthy alternatives and bonuses for both.

Base units are motivated to participate through a rewards system in which units receive points for involvement in the campaign's various sporting events and outings throughout the summer. Units finishing with the most points receive useful additional unit party funds, as well as "invaluable bragging rights."

For more information on upcoming "101 Days of Summer" events, contact Semper Fit at 257-7597.



Jessica Goolsby

Runners make their way along the four-mile trail for the Nuupia Ponds Fun Run/Walk Wednesday morning. More than 200 Marines, Sailors and family members participated in the four-mile trek.



Jessica Goolsby

Runners emerge from the ponds onto the home stretch of the trail Wednesday morning during the Nuupia Ponds Fun Run/Walk. The event is part of Marine Corps Base Hawaii's "101 Days of Summer" aimed at promoting health and fitness among the base community.



Sgt. Brian A. Tuthill

Participants in the Nuupia Ponds Fun Run/Walk start the four-mile course through the ponds Wednesday morning. The run/walk was the kick-off event for this year's "101 Days of Summer."

ZUMBA



Photos by Kristen Wong

Patrons dance during a workout at a Zumba class, offered at the Semper Fit Center May 12. Zumba is offered three days a week at the center.

Semper Fit Center offers cardio dance class

Kristen Wong
Photojournalist

"RIOT!" shout the patrons in unison, accompanying a booming rendition of the song "Zoot Suit Riot," as they crowd a full aerobics room at Marine Corps Base Hawaii's Semper Fit Center. Three nights a week, members of the base community step, turn, swivel their hips and throw their hands to the ceiling as they participate in "Zumba."

With a name derived from a Spanish slang term meaning "fast-moving," Zumba was created in the 1990s by an aerobics instructor in Colombia. Zumba is an aerobics class which incorporates a variety of dance techniques such as salsa and merengue, as well as different styles of music from several Latin American and African cultures.

Once referred to as "Cardio Dance" at Semper Fit, Zumba now sees a high attendance rate of at least 25 patrons per class, according to Meredith Heine, a group exercise instructor at Semper Fit and a certified Zumba instructor.

"It's probably the only class I've ever taught where I have people all the way in front of the room, in line with me," the Malverne, N.Y., native said.

Zumba not only includes Latin American and African music, but features familiar pop music favorites like Christina Aguilera's "Candyman" and "Lucky" by Jason Mraz and Colbie Caillat.

Unlike other aerobic workouts, Heine said Zumba is unique because while other classes have choreography based around a certain number of beats in its accompanying music, Zumba requires no countdowns or sets.

Instead, Heine's instruction methods during Zumba are more visual than verbal. From tapping her knee to pointing to her ears, Heine incorporates various hand signals in her workout, guiding the students through each move. Students may also notice some moves correspond to specific types of songs and sounds that may help them transition more smoothly from move to move.

"[Zumba includes] very much physical cueing," Heine said. "It feels more like a party rather than a workout and it seems to be a very effective technique."

The class is considered "intermittent training," which she defined as combining cardio, strength training and stretching.

Heine said Zumba is also unique because the music is consistent for a certain length of time, as opposed to other aerobics classes, which may change its music more often. Heine, for instance, uses the same playlist for six weeks. This helps patrons who frequent Zumba be able to practice and gradually improve their moves.

"When you have it memorized you're totally forgetting you're working out," Heine said. "Have fun with it, and goof off and just dance your heart out."

Zumba is a workout fit for both males and females of various ages, Heine said. Children have been known to join the class with their parents as well.

"We love it," said Tara Zamora, with a wide smile. Zamora took Zumba with her daughter Tatiana, 11. "You can lose up to 700 to 1,000 calories if you put your heart into it. It's like dancing slash aerobics. It's just an enjoyable class."

Dolores Smith, a machine attendant for Marine Corps Community Services Vending, attended her first Zumba class May 12. Smith, who loves to dance, said she has spoken to people who have lost 15 pounds by taking Zumba. Smith encourages current attendees to continue coming to the class.

"Stick with this class," Smith said. "It's high impact."

Zumba has a following of regular attendees, like Angie Rice, who has been coming to classes for two months. Rice, who calls Zumba "addicting," came to class wearing knee-length socks for "Tube Sock Tuesday," a trend she and a few other regular attendees started.

"We just wanted to have a little fun, add a little flair to the class," Rice said. "Come join the party."

Zumba is available at Semper Fit on Tuesdays and Thursdays from 5:30 to 6:30 p.m. and Wednesdays from 4:45 to 5:45 p.m. Zumba is open to all Semper Fit Center eligible patrons for $2 and $1 for active duty service members. Patrons who are ages 10-15 can also participate in this class if accompanied by a parent.

For more information on Zumba, visit http://www.zumba.com or call the Semper Fit Center at 254-7597.



Patrons dance during a workout at a Zumba class, offered at the Semper Fit Center May 12. Zumba is an aerobics class which incorporates a variety of dance techniques and music styles, from Latin American and African cultures.



Patrons dance during a Zumba class at the Semper Fit Center May 12. The class is Tuesdays and Thursdays from 5:30 - 6:30 p.m.



Meredith Heine, group exercise instructor, Semper Fit Center, leads a Zumba class Tuesday evening May 12. Zumba is an aerobics class offered at the Semper Fit Center to eligible patrons for $2, and $1 for active duty service members.

Spotlight On Sports

Sports Briefs

Parents for Fitness

The Parents for Fitness Program is a cooperative babysitting effort available at the Semper Fit Center for all active duty service members and their families.

The PFFP participants are required to volunteer to babysit three times per month and is open for parents with children 6 weeks and older.

For more information call Allison at (828) 337-9744 or MCBHcoop@hotmail.com.

Jujitsu at Semper Fit Center

Andre Derizans, a third degree Gracie Jujitsu black belt, is teaching a class Tuesdays and Thursdays at 7:30 p.m. at the Semper Fit Center.

All experience levels are welcome. The class costs $100 per month.

For more information call the Semper Fit Center at 254-7597.

Paintball Hawaii

Nestled behind the Lemon Lot is Paintball Hawaii. Shoot over for great deals and have a blast with your friends.

Cost is $25 per person and includes one air refill, equipment and the field fee. The field is open weekends from 9 a.m. to 5 p.m.

For more information or to schedule an appointment call 265-4283.

K-Bay Lanes

K-Bay Lanes offers economical entertainment, Monday through Thursday. All E-1s to E-5s pay $2 per game and $1 for shoe rentals.

Every Thursday, when you roll a strike with a colored pin as the headpin, you can win up to three free games of bowling.

All patrons are welcome to take advantage of this deal.

If you make the play, you win!

For more information contact K-Bay Lanes at 254-7693.

Personal Trainers Available at Semper Fit

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

You can schedule an appointment with a trainer who will take body-fat measurements, blood-pressure and heart-rate readings.

They will do all this and tailor a program, based on your physical needs and ambitions.

For only $5 per workout, a professional trainer will actually work with you to ensure maximum efficiency.

Pick up a personal training appointment card at the Semper Fit Center now.

For more information contact Semper Fit at 254-7597.

Fishing Charters Available at MCB Hawaii

Spend the day aboard one of the Base Marina's fishing charter boats.

For more information, stop by the Base Marina located in Building 1698, across from Hangar 101, or call 254-7666 or 254-7667.

Semper Fit Offers New Array of Aerobics

The Semper Fit Center announces a new and expanded aerobics program. For more information call 254-7597.

Okinawa Kenpo Karate

Every Tuesday and Thursday, join MCCS Youth Activities' contractor for Kenpo Karate Kobudo classes, held from 6 to 7:30 p.m. in Building 1391, located behind the old 7-Day Store.

Adults and children are welcome.

Costs for classes are $35 for adults, $25 for children, and $20 for additional family members.

For information call MCCS Youth Activities at 254-7610.



Commander's Fitness Series

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

VP-47 5k Runway Run
Sat., July 4

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

Headquarters and Service Battalion's Camp Smith 5k Grueler
Wed., Sept. 16

Race over to Camp Smith for the Camp Smith 5k Grueler and show the mountain what you're made of. The 5k foot race takes diehard runners throughout Camp Smith's rugged mountainous terrain beginning at the panoramic Bordelon Field. If you think you can handle the race, you are in for a visual delight. High above the Pearl Harbor basin, this race will treat runners to scenic vistas, from Honolulu to Ewa Beach.

HSL-37 Splash & Dash Biathlon
Sat., Oct. 17

An amphibious assault is coming to Kaneohe Bay. As they are trained to do, the Marines and Sailors aboard MCB Hawaii will be passionately hitting the surf and turf around the Marine Corps Air Facility. This is not a training exercise, it's for real. It is the Helicopter Anti-Submarine Squadron Light 37 "Easyriders" Splash & Dash Biathlon.

The race begins with a 500-meter open water swim, then grab your running shoes and head around the flight line for the 5-kilometer foot race.

MCAS Tradewind Triathlon
Sat., Nov. 1

The MCAS Tradewind Triathlon is the final triathlon offered in Hawaii this year, so get registered early. The Tradewind Triathlon hits the shores and streets of MCB Hawaii Kaneohe Bay with a 500-meter swim followed by an 11.1-mile bike course, and ending with a 5-kilometer run. This event is ideal for amateur or experienced triathletes, and even serves as the Official Hawaii Senior Olympic Triathlon for 2009.

3rd Radio BN Jingle Bell Jog
Sat., Dec. 5

Jog off that Thanksgiving feast! This 4-mile run around the Nuupia Ponds will help you stay fit throughout the holiday season.

In the spirit of the season, a Family Fun Run around the Pop Warner Field track will take place after the race.



Semper Fit Group classes

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 punch and kick combos to improve endurance, speed and agility while burning calories and increasing muscle tone.

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.

Stretch/Flexibility Training
Reach for those toes. Tired of having someone else scratch your back? Time to limber up. A class working on getting back the flexibility you once had or just stretching out those overworked muscles. Stretch is a great way to reduce your chances of getting injured from tight muscles.

Core Conditioning
Ever wanted a stronger core? This 30-minute abdominal and back class will help you to develop a stronger core through various ab and back exercises.

Cycling
Tired of those boring 3-mile runs? Well, come for a ride with us. This class uses specialized stationary bikes that help you burn a large amount of calories and tone up while improving your core strength. Set to specialized music as you peddle off the pounds.

Cycle Express
For a high-intensity workout, try this one-hour class. It is sure to challenge your endurance levels through the use of various interval training techniques while riding on a bike.

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.

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.

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

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

Step it Up
Step it Up is a challenging 45-minute to one-hour step class incorporating one, two, or multiple steps with fun and choreography.

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

Strength and Conditioning
Geared toward active duty personnel who get up early. This class focuses on strengthening the body utilizing hand weights, steps, bands and balls. This is a great alternative to running, running, and more running.

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

For more information
on group classes
call 254-7597
Hours of operation:
Monday-Friday, 4:30 a.m. - 10:30 p.m.
Saturday, 7 a.m. - 10 p.m.
Sunday & Holidays, 10 a.m. - 6 p.m.

Intramural Sports Updates

2009 Intramural Spring Softball League

Schedule

All games will be played at Riesley Field

May 22

6 p.m. MALS-24 vs. CLB-3
7 p.m. PMO vs. 1/12
8 p.m. HMH-463 vs. Irish Pub-HMH-363

May 26

6 p.m. VP-9 vs. Jokers-VP-2
7 p.m. 3rd Marines vs. VP-47
8 p.m. HSL-37 vs. HMH-463

May 29

6 p.m. Jokers-VP-2 vs. Irish Pub-HMH-363
7 p.m. CLB-3 vs. MCAS

Standings

TEAM	WINS	LOSSES
HMH-463	5	0
ASP-HQBN	5	0
1/12	5	1
Jokers - VP-2	5	1
1/3 Weapons	5	2
Irish Pub- HMH-363	3	2
PMO	3	3
HSL-37	2	3
VP-47	3	4
CLB-3	3	5
VP-9	2	4
MALS-24	1	3
3rd Marines	1	4
MCAS	0	8

Current as of May 18

2009 Intramural Soccer League

Schedule

May 26

6 p.m. CLB-3 vs. MCAS
7:15 p.m. MALS-24 vs. VP-47
8:30 p.m. HSL-37 vs. VP-9

May 28

6 p.m. HQBN vs. MCAS
7:15 p.m. CLB-3 vs. VP-9
8:30 p.m. HSL-37 vs. MALS-24

June 2

6 p.m. HQBN vs. CLB-3
7:15 p.m. MALS-24 vs. VP-9
8:30 p.m. MCAS vs. VP-47

June 4

6 p.m. HQBN vs. VP-47
7:15 p.m. MALS-24 vs. CLB-3

Health and Wellness

Fair winds

Kona winds bring Big Island 'vog'

Christine Cabalo
Photojournalist

Forecasters at Marine Corps Base Hawaii note it should be clear skies ahead without volcanic fog, or "vog," clouding the summer months.

For those a bit hazy about vog, it's a weather condition created when sulfur dioxide and other gases from an erupting volcano react to sunlight and air. The result is a dense, cloudy fog. Kilauea, one of several regularly erupting volcanoes near Hilo, Hawaii, is one of the main sources of vog.

Vog is confined generally to the Big Island of Hawaii, said Staff Sgt. Jason Tyx, Meteorology and Oceanography Services forecaster, Marine Corps Air Station Hawaii. What brings the dense haze to Oahu and other parts of Hawaii are the directional winds.



File Photo

"The trade winds push [vog] through and away from us," he said. "They clear up the vog for Oahu and the other islands. Kona winds blowing from the southeast pick up the vog and move it toward us, traveling the ocean to reach us."

In areas near Kilauea, sulfur dioxide concentrations can reach as much as 3 parts per million in a 15-minute time span, according to the Hawaii Volcano National Park's Web site about the gas. It also states those sensitive to sulfur dioxide may begin to feel ill with as much as 0.4 parts per million in the air.

Those living in Oahu do not see sulfur dioxide levels as high, Tyx said, and when vog does occur on Oahu it mostly impacts visibility.

As summer approaches, the forecaster said more winds will generally push away the vog rather than bringing it to Oahu. Weather in Hawaii is consistently sunny and clear over the summer, Tyx said, and there are usually more cases of people being sunburned in Oahu rather than suffering from vog-related symptoms.

Those symptoms can include increased asthma attacks or allergy sensitivities, said Dr. Phyllis Barr, family practice doctor, Naval Health Clinic Hawaii. Barr said like with seasonal increases of pollen or bouts of heavy rain, vog could heighten symptoms for the allergic.

During heavier days, she said patients may come to see her with itchy eyes as well as irritated throat and nose passages.

As long as patients have their medications and see doctors for emergencies, Barr noted the effects from vog do not have to be unbearable. She suggests those who are sensitive should stay indoors when vog is heavy.

With vog activity at the highest in the months of November to March, Tyx said people living on Oahu shouldn't need to change their lifestyles because vog is dependent on elements beyond human control.

"There aren't any controls for vog," Tyx said. "It's not like smog where we can regulate it. Vog happens because of the volcano, and we can't do anything about the volcano."

For more information about volcanic fog in Hawaii, log on to the Hawaii State's Web site about vog at http://hawaii.gov/gov/vog.

Staying hydrated

Are you drinking enough water?

Press Release
Defense Commissary Agenct

While you are busy having fun this summer remember to frequently drink water.

Water is often the last beverage we reach for on a hot summer day. Yet it is the one you need the most.

It is estimated that 60 to 70 percent of your body is water.

Water is used by our bodies to get rid of waste in our organs and carries nutrients to all the cells.

We lose water through perspiration, respiration, and elimination of body waste.

People who do not drink enough become dehydrated and feel lethargic; have headaches, muscle aches and cramps.

How much fluid do you need each day?

- Men need about 3 liters (13 cups) of total beverages a day and women need about 2.2 liters (nine cups) of total beverages a day according to the Institute of Medicine.
- Exercise less than one hour and you need about one or two extra cups of water.
- Exercise more than one hour and you need at least two to three extra cups of water. Drink more if you are sweating a lot or the weather is really warm.
- During intense, long exercise periods it's a good idea to use a sports drink that contains sodium to replace the sodium lost in sweat.
- Replace fluid after exercise. Drink 16 ounces of fluid per pound of body weight lost during exercise as a general rule.

Have trouble drinking water?

Water is the best choice for fluid replacement. Sports drinks are beneficial for replacing electrolytes lost during long exercise periods.

Juices are also good because they have vitamins and nutrients.

Sodas and teas can have a lot of sugar in them so you may take in more calories than you need.

Try adding a little lemon, lime or orange to water to help it go down.

There are also a variety of flavored waters available.

Be aware of the calories as they add up quickly if you choose flavored waters.

If you drink alcohol remember to drink water. That six-pack of beer may appear to quench your thirst, but alcohol has a diuretic effect that causes the body to lose fluids more than normal.

This means if you drink alcohol, you need to drink an equal amount of water especially on hot summer days.

Marine Corps Sports Hall of Fame



Athlete of the week

Theodore S. "Ted" Williams

Class of 2001 - Outfielder

Press Release

Marine Corps Community Services Sports

Theodore S. "Ted" Williams was born Aug. 30, 1918, in San Diego.

He began playing Major League baseball with the Boston Red Sox in 1939 and in 1941 completed a season of batting .406.

In January 1942, Williams received a draft notice. Toward the end of the 1942 season, he voluntarily enrolled for Naval aviation training.

Williams was commissioned a Marine second lieutenant in May 1944, and following air gunnery training in Jacksonville, Fla., he was transferred to San Francisco and then on to 3rd Marine Aircraft Wing in Hawaii in August 1945. He was discharged in December of that same year.

After his discharge from the Marines, Williams resumed his career with the Red Sox until he was called back on active duty for service in Korea in May 1952. After refresher training at Willow Grove, Penn., and Cherry Point, N.C., Williams joined Marine Fighter Squadron (Jet) 311, Marine Aircraft Group 33, 1st Marine Aircraft Wing, in Korea in February 1953. There he flew 49 combat missions.

Discharged as a captain in July 1953, Williams returned once again to the Red Sox and baseball.

Williams retired from professional baseball after the 1960 season. In spite of missing nearly five full seasons while serving in the Marine Corps, Williams earned two Triple Crowns, two Most Valuable Player awards, six American League batting titles, 521 home runs, a lifetime batting average of .344, and 18 All-Star appearances. He is also the last player to bat more than .400 in a complete season.

Williams' military decorations include the Air Medal with two gold stars, Navy Unit Commendation, American Campaign Medal, Asiatic-Pacific Campaign Medal, World War II Victory Medal, National Defense Service Medal, Korean Service Medal with two bronze stars, United Nations Service Medal, and Korean Presidential Unit Citation.

VP-47 5K Runway Run

Spend your 4th of July on the flightline running in the Patrol Squadron 47 5K Runway Run. The race kicks off at Hangar 104 at 7 a.m., and is part of the Commander's Fitness Series. To register, visit the Semper Fit Center or go online to http://www.mccshawaii.com/cgfit.htm.

Hawaii Marine
Lifestyles

May 22, 2009
Volume 39, Number 20
www.mcbh.usmc.mil

Full Throttle

808 Adventures

The *Hawaii Marine*'s lance corporals take Oahu by storm in "808 Adventures," a series exploring fun things to do and see on island. Look for future installments in upcoming issues.



Photos by Lance Cpl. Cassandra Yoho

Lance Cpls. Daniel H. Woodall and Alesha R. Guard listen to instructions from staff members at the SeaBreeze Water Sports jet ski loading dock in Hawaii Kai May 1.



Two SeaBreeze patrons ride on jet skis. These personal watercraft a can go as fast as 70 mph over open water. SeaBreeze Water Sports also offers parasailing as a recreation option.

Story by Lance Cpls. Cassandra Yoho, Alesha R. Guard and Daniel H. Woodall
Combat Correspondents

As soon as we were back on solid ground after our parasailing adventure, we were ready for our next water activity – jet skiing.

We hopped back into our shuttle boat, which took us to the jet skiing course located approximately a half mile off the shore of Hawaii Kai.

Our shuttle boat dropped us off at the hub located next to the marked course. As we approached the hub, we heard the whine of several engines and crashing water around us, but were unable to see the source of the sound.

Our shuttle boat pulled up beside a larger boat and we carefully stepped on board. We immediately saw five SeaBreeze Water Sports patrons racing around the triangle-shaped jet ski course. We took in the panoramic view of the surrounding beaches offered from the deck of boat, which was conveniently placed in the center of all of the water sport activities.

We were anxious to hop on the speedy jet skis, but first had to receive instructions regarding jet ski operations, such as proper accelerating and turning procedures, and a quick safety brief from the friendly SeaBreeze staff.

The staff warned us not to ride too close to other patrons because jet skis do not have brakes and although our joy ride was to take place in turquoise water only four feet deep, they also cautiously advised us to stay on the marked course, to be sure not to damage any of the nearby coral reefs.

We were excited to hit the waves as we heard the engines rev up while we strapped on our life jackets and stepped onto a floating dock where we were assigned our jet skis by the staff.

Next, we cautiously stepped off the dock and onto our respective jet skis, lifting our legs over the seat of the small, narrow craft, we first struggled to balance on the water's surface but eventually settled ourselves. The staff gave us a push away from the landing dock and off we went. After a few quick jerks to get used to the steering, we were ready to take off.

The course was marked off by a series of three large buoys with approximately 100 yards distance between them, allowing riders easy steering while maintaining safety.

Then, being Marines, we promptly opened the throttle to its maximum and sped across the ocean surface, sending cool winds and water spraying against our faces.

The watercraft's powerful engine shook every bone and muscle in our body as we accelerated to 65 mph.

As we continued to race through the course, we began to ride through our own wakes, causing water to splash up on us even more. The wind pushed back against our faces, which forced tears to stream from our wide eyes.

Navigating the corners was easily the most exciting part of the ride for us.

The straightaways provided for high speeds, but rounding the course boundaries enabled us to fully explore the jet ski's capabilities.

We would begin turning several yards before actually encountering a buoy, giving us a feeling of sliding on ice rather than controlled turning on any other surface.

Our engine hummed loud as our jet skis broke through the ocean waves during our 30-minute ride. Even though we were racing through the open water, it was impossible not to notice the familiar smell of the Hawaiian air and feel the hot sun beating on our backs.

We took our last laps around the course and a staff member waved us in as the sun started to set, marking the end of our fun-filled day of water sport adventure.

Parking our jet skis on the loading dock, we made our way back up to the main deck of the boat and dried off. Within minutes, our shuttle boat arrived to take us back to the harbor and we headed north, back to base.



Racing through a course at SeaBreeze Water Sports in Hawaii Kai, Lance Cpls. Alesha R. Guard and Daniel H. Woodall enjoy the high-speed excitement of jet skiing.

Editor's Note: If you have somewhere you want our lance corporals to visit and write about, e-mail us at hmeditor@hawaiimarine.com.

PASS IN REVIEW

Your weekly guide to all aspects of entertainment

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

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

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

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

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

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

Better Know A Critic


WOODALL

Lance Cpl. Daniel H. Woodall believes a good film is one that serves its purpose, allowing viewers a chance to escape from reality even for a few hours. He says the greatest film of all time shares its title with the greatest novel of all time: "Starship Troopers." "Casablanca" is a close second.


WONG

Kristen Wong admits she sometimes has to be dragged to movies that she later finds to be outstanding. She prefers fantasy driven movies, like Lord of the Rings, the Harry Potter films, and The Matrix Trilogy. She hopes to one day see "Based on the book by Kristen Wong" on the big screen.

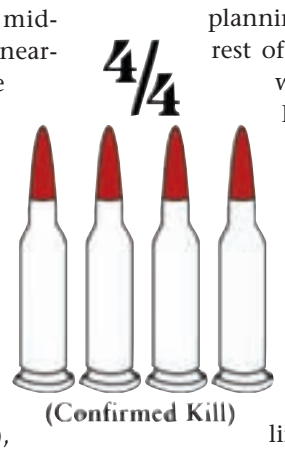


'Wolverine' strays from origins; doesn't disappoint

Lance Cpl. Daniel H. Woodall
Combat Correspondent

In the first blockbuster hit to kick off the summer movie season, "X-Men Origins: Wolverine" mixes two of the "X-Men" franchise's staple ingredients, over-the-top special effects and Wolverine's (Hugh Jackman) witty dialogue, for an entertaining final product.

The X-Men prequel focuses solely on the experiences of a man named James Logan from the mid-19th century to near-present day as he slowly transitions from a boy with an extraordinary gift to the Wolverine we know and love.



(Confirmed Kill)

Logan, as well as his brother, Victor Creed (who has ten retractable claws), are blessed with powers to regenerate their bodies, giving the duo an increased life span and making them seemingly invincible.

One of the more interesting aspects of the film lies in a sequence showing the brothers' transition from childhood to adulthood. The scenes jump to the 1840s, to a Civil War battleground where we first see Hugh Jackman and Liev Schreiber, who plays Creed. After dishing out a dose of their superhuman strength to a surprised group of Confederate soldiers, the scene cuts to the trenches of Europe during World War I, where the pair again demonstrates their mutant fighting skills, then to the beaches of Normandy during World War II and finally to the jungles of Vietnam.

The difference between the effects of their powers on each character after so many years is quite vast. Logan is much more reserved - only using his abilities to serve his country. Creed, on the other hand, fancies himself a "god among men" who joins a top-secret government task force specializing in foreign missions and encourages Logan to do the same.

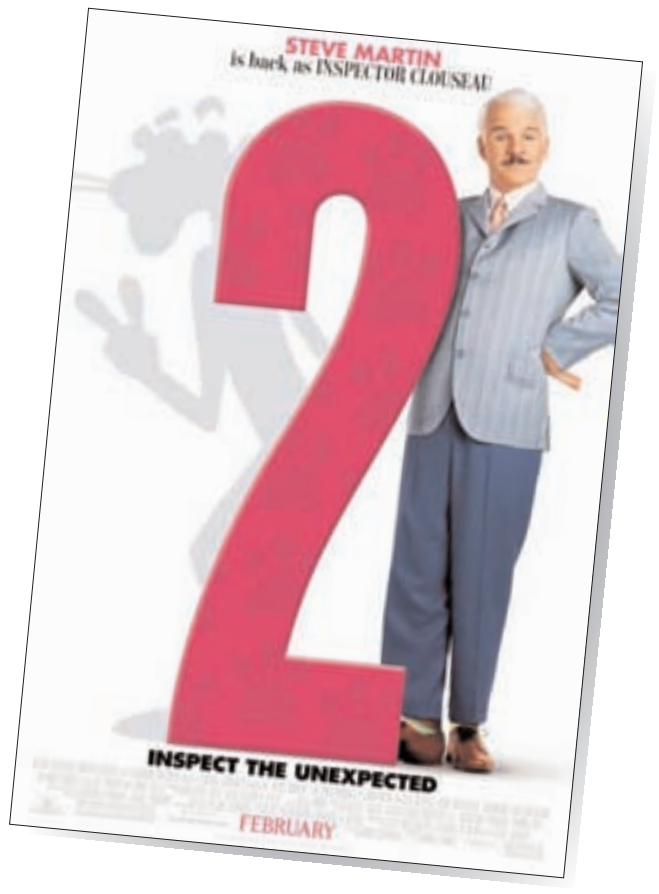
Once Logan discovers the unit's intentions are far less than honorable than he believed, he retires to the Canadian woodlands, planning to live out the rest of his days in peace with his girlfriend. Eventually, Logan's past affiliation with the group comes back to haunt him when Creed (now referred to as "Sabretooth") reappears in his life to stir up trouble. Logan goes to extreme lengths to defeat his brother. The first step is casting his bones in a metallic substance called "adamantium," and assuming the name Wolverine in order to "become the animal" he was born to be.

The only negative point about the film is it often strays from the original comic book portrayal of Wolverine. Jackman's version of the character is not as crude or bitter as the original, which may give hardcore fans a problem. Thankfully, Jackman and Schreiber's acting, combined with great visual effects, more than make up for its flaws.

Second Opinion
"Angels and Demons"
3 out of 4 (On Target)

"Angels and Demons" might have been my least anticipated summer blockbuster released thus far, but I can honestly say I don't regret seeing it. A sequel (of sorts) to "The Da Vinci Code" – which I thought was lame – "Angels and Demons" tells the story of symbologist Robert Langdon (Tom Hanks,) who is rushed to the Vatican to save the Catholic Church from ancient rivals "the Illuminati." The Illuminati have stolen a container of antimatter and are threatening to blow all of Vatican city sky high at the stroke of midnight. Beginning at 8 p.m., the four cardinals who are favorites to become the next pope are kidnapped and killed, one each hour. At the same time Camerlengo Patrick McKenna (Ewan McGregor,) the acting head of the church, is doing what he can to preserve the traditions of the church in a changing world. The movie was beautiful, interesting and action packed, but there were a few parts I could have done without.

Cpl. Regina A. Ochoa



'Pink Panther 2' delivers many laughs

Kristen Wong
Photojournalist

"The Pink Panther 2" was a pleasant surprise for me, and a disappointment to my father and sister, who reluctantly sat in on this movie because "Street Fighter: The Legend of Chun-Li" was sold out. I had never even seen the original Pink Panther movies, but actor Steve Martin had me hooked from the first time I saw the preview.

In the film, several nations of the world are outraged after a mysterious thief steals several priceless artifacts, leaving behind a small card bearing the name "The Tornado." Great Britain, Italy and Japan assign their top investigators to recover the artifacts.



(On Target)

A request is also made from the higher ups to add French Inspector Jacques Clouseau (Martin), famous for his recovery of France's legendary Pink Panther diamond, to the newly formed "Dream Team." Chief Inspector Dreyfus, Clouseau's supervisor, dislikes Clouseau, whose rather clumsy and bizarre investigation methods usually result in a world of trouble. However, he reluctantly recalls Clouseau from mundane traffic duty to fly to Japan to meet the Dream Team. Clouseau is concerned for the safety of the Pink Panther diamond and fears it will be stolen if he leaves France.

Sure enough, once he crosses the line at the airport, the diamond is reported stolen by "The Tornado" and the Dream Team must fly to France instead. It's up to Clouseau, three other detectives and researcher Sonia to recover the artifacts and catch the thief.

Don't expect anything to really surprise you. The plot is fairly easy to predict if you've seen enough comedy movies. But it seems the plot is merely a foundation for the mountain of jokes Martin has to offer.

Martin makes run-of-the-mill slips and falls extra funny with his flailing arms, bizarre mannerisms and his over-the-top French accent.

That being said, I am reconsidering my prior distaste for Adam Sandler's false Israeli accent in "You Don't Mess with the Zohan." Martin's false French accent is nothing like fellow co-star Jean Reno's (who is actually French) accent. Martin's use of an obviously exaggerated accent makes his character even funnier.

Clouseau's personality is quite similar to fictional secret agent Max Smart ("Get Smart"), although his clumsy demeanor ends in numerous mishaps, he ends up the hero through his extreme attention to detail. It's also amusing to watch Clouseau being constantly reprimanded by a politically correct advisor for his blatant racist and sexist remarks because he is oblivious to the severity of such comments until the very end.

The movie has a several famous faces, such as actor Andy Garcia and John Cleese, all of whom play their roles adequately enough, though Martin is clearly the center of attention throughout most of the movie.

I'd recommend this movie to adults who enjoy comedy. It

TALK* STORY

May 25 is known by many Douglas Adams' fans as "Towel Day." Adams, the famed author of "The Hitchhiker's Guide to the Galaxy," described towels as a "must-have" in the science fiction book. **What item is most crucial for you to have on a daily basis?**

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



"My pair of fins. We need those for the beach for rescues. Without them we'd be in trouble."

— Mac McDiarmid, *lifeguard*



"Cell phone. People hit me up. Gotta have it for emergencies and everything."

— Lance Cpl. Gilbert Baltazar

"My phone so I can keep track of articles published in the base newspaper."

— Pfc. Michael Lindsey



Navy spouse turns part-time passion into full-time business

Kristin Wong
Photojournalist

Whether the undead are peeking at a sumptuous Halloween feast from their dark tombstones, or teddy bears line a gigantic "crib" of baby shower refreshments, Yaneth Leialoha stops at nothing for the perfect buffet.

"You eat with your eyes first," Yaneth said. "Then you indulge."

The Kailua resident divides her time between her husband, their four children and running Island Lu'au, her own catering and party planning business. Though she grew up in Clearwater, Fla., while her father served in the Navy, Yaneth, 40, with a wide smile and melodious laugh, calls Hawaii, where her family and her husband's family are from, home.

When it comes to impressing clients, party planning comes naturally to Yaneth, who has had many hospitality-based jobs, starting when she became a flight attendant shortly after high school. Yaneth's hospitality experience has varied since then, from being a bartender to a catering manager.

But her own home business really began by accident, one evening when her husband asked for ideas for his command's summer picnic. Yaneth, who had a less-than-ideal day and was not in a good mood, gave her honest opinion.

"I was like, 'do you know why the wives don't come?'" said Yaneth, switching to a more sarcastic tone, as if reliving the moment. "'There's nothing appealing to the wives, everything's always just thrown on the table ... I think you should see if the [commanding officer or executive officer] will give me the money and I'll do the picnic.'"

The next morning, unexpectedly, Yaneth's husband called to let her know she was placed in charge of planning the picnic. After that, she was surprised when a chief warrant officer approached her to plan a retirement party.

What started out as an occasional hobby for about eight years became an up-and-coming business, but not without some anxiety. Although Yaneth decided to start her own business, it meant she had to quit having a regular, steady job. She said as she brushed away a few tears, her husband was supportive.

"Both of us thought that was kind of crazy," said Chief Petty Officer Frank Leialoha, operations chief, Technical Operations Center, Commander, Patrol and Reconnaissance Wing 2, Marine Corps Base Hawaii. "Even today she didn't think she would get this far."

To date, Yaneth has coordinated around 75 events in her lifetime, 25 of them since she started Island Lu'au. She has coordinated a variety of events such as baby showers, retirement parties, luaus and holiday parties.

Yaneth keeps a thick green scrapbook with photos from her past events - many of them centered on buffets - pasted on crimped sheets of pink and purple paper.

Some of her events included a Halloween party, which she planned for the Marine Corps Family Team Building staff last year. In one photo, ghosts, skulls and tombstones guard the tables draped in black and covered in cobwebs.

"I've never seen anybody put so much enthusiasm into their job," said Staci Holt, trainer, Lifestyle, Insights, Networking, Knowledge and Skills program. "[Her decor] was just really over the top gorgeous."

In addition to providing refreshments as a frequent "food angel" for students attending the L.I.N.K.S. courses, Yaneth has also planned a baby shower and a dinner party for Holt.

So how does Yaneth manage to put on so many events?

On numerous days, Yaneth lists tasks as extensive and continuous as an oncoming train. Although she doesn't formally advertise her business, the events she has planned and catered from word of mouth seem "endless" to her.



Kristen Wong

Yaneth Leialoha, a Kailua resident and Navy spouse, sits next to photos of her handiwork - buffet tables from past events she has planned with her home business, Island Lu'au. Leialoha, who has planned roughly 75 events in her experience, said she has found her passion in life through decorating. She has turned that passion into a home business which caters mainly to the military community.

After preparing the children for school each morning, Yaneth begins e-mailing and meeting with clients, frequents thrift stores for potential decorations and is constantly ironing her tablecloths for the next event. Yaneth also bakes "test" dishes for the staff at her husband's office to sample. Frank even added that his colleagues loved her cooking and missed it while he was on deployment.

"[You] can't go wrong with her," Frank said. "She'll go well above and beyond to make sure the event is right and everybody enjoys [themselves]."

Always on the lookout for new ideas, Yaneth has even started watching archeology-themed shows for inspiration with her most recent project, a party for a client who is just starting a new archeology career.

"When it comes to detail, her detail is beyond anyone I ever met," said Dawn Mack-Adams, catering assistant, Island Lu'au. "Just working with her makes you strive to do better."

Despite a full to-do list, Yaneth still makes time for boogie boarding at the beach with her family or taking walks with her 20-month-old daughter, Mahealani. In her spare time, she watches the Food Network - particularly her favorite television personality, Sandra Lee for new ideas with her events.

Partly inspired by Lee, who endorses the nationwide "Great American Bake Sale" campaign, Yaneth will soon participate in her first bake sale in front of the Marine Corps Exchange May 30.

The campaign is spearheaded by "Share Our Strength," an organization dedicated to feeding needy children which encourages communities everywhere to host an individual bake sale to help raise money for food.

"God has blessed me very much," Yaneth said. "In return I feel obligated that I need to go and do something to give back to the community."

Yaneth and other military spouses with home businesses also occasionally meet to support one another. She encourages any woman considering a home business to give it a try, even if it's a "glimpse of an idea."

"Keep going," Yaneth said. "Don't let somebody tell you, you can't do it."



Courtesy photo

Guests make their way through one of Yaneth Leialoha's themed buffet lines at an event in Hangar 105. She keeps photos of the decorations she does at events and is always looking for new ideas.

Community Events

'A Matter of Honor' Celebrates Military and Families
Friday-Saturday

"A Matter of Honor" is a two-day celebration held over Memorial Day weekend in the Chinatown Special Historic District. Wounded Warriors on active duty or from past conflicts, Filipino World War II veterans and current will be recognized during the events.

Friday, May 22 will be Military Spouses' Day from 11 a.m. until closing.

On Saturday, May 23, military personnel and families are welcomed to all galleries, shops, restaurants and bars with discounts and gifts for everyone with a military ID card. Special lunches and dinners at award-winning restaurants will be available along with free gifts will be provided to each military spouse with ID card.

Music and entertainment will be playing in the area throughout both days of the event.

Pearl Harbor Historic Sites Free to Military
Monday

Admission to all Pearl Harbor Historic Sites will be free this Memorial Day, May 25, for active-duty, reserve, auxiliary and retired U.S. military personnel and their families from all branches. This includes the USS Arizona Memorial, Battleship Missouri Memorial, USS Bowfin Subarine Museum and Park, and Pacific Air Museum. Shuttle services between sites will be available. Information about these historic sites are available at their respective Web sites.

Cambodian Ikats Exhibit
April 30-July 26

Cambodian pidan, silk textiles illustrated with narrative themes are on display at the Honolulu Academy of Art April 30-July 26. Very little is known about the traditional function of pidan, but their "descendants" are the "elephant and temple" cloths Cambodians hang on festive occasions, such as the completion of a house.

These antique pidan use iconographic images representing principal themes in Theravada Buddhist belief.There is an admission fee with senior and military rates available and children under 12 are free.

For more information on the exhibit or the Honolulu Academy of Arts, call 532-8700 or visit http://www.honoluluacademy.org.

Manoa Valley Theatre
May 13-31

The Manoa Valley Theatre is playing Mitch Albom's comedy "Duck Hunter Shoots Angel" May 13 - 31.

Performance times are as follows: Wednesday-Thursday at 7:30 p.m.; Friday-Saturday at 8 p.m.; and Sunday at 4 p.m. Tickets are available at all military ticket outlets, online at http://www.manoavalleytheatre.com, or by phone, 988-6131.

Military guests will receive a discount ticket rate at the box office.

Diamond Head Theater Discounts
May 15-31

Active duty military and their families will receive $5 off ticket prices in Sections A and B at the Diamond Head Theater. Performances of "Dirty Rotten Scoundrels" are set for May 15-31; Thursdays-Saturdays starting at 8 p.m.; Sundays at 4 p.m.; and Saturday matinees on May 23 & 30.

For Diamond Head Theater tickets, call 733-0274 or visit http://www.diamondheadtheatre.com.

Honolulu Theatre for Youth to Perform 'Goodnight Moon' Musical
May 23 and 30

The Honolulu Theatre for Youth is performing the musical "Goodnight Moon" Saturdays through May 23. Performances start at 4:30 p.m. at Tenney Theatre. Tickets are available online at http://www.htyweb.org or by phone at 457-4254.

Military can show ID for one adult ticket at $16 and receive a child admission free.

Ukulele Festival
July 19

The annual Ukulele Festival on July 19 at Kapiolani Park brings together ukulele artists from around the world and an ukulele band of more than 800 children. There will be food, booths, ukulele displays and other activites.

There will also be ukulele give-aways and other prizes. There will be free parking and shuttle service at Kapiolani Community College.

The festival will be from 9 a.m. - 1:30 p.m. It's summer's best musical treat and it's free!

Word to Pass

Aboard MCB Hawaii

Test Proctoring at JEC
Tuesday

Register today for test proctoring through the Joint Education Center Tuesday. The JEC offers proctoring for paper- or computer-based tests required by some institutes of higher education.

The test periods are 7:45 and 10 a.m.

Call Maria Fullenwider today at 257-2158 as registration is required.

Anger Management Workshop
Tuesday

This group focuses on anger management techniques and communication skills. Classes are ongoing with six sessions in each series. Participants receive a certificate upon completion of all six sessions. You must attend orientation prior to enrollment. Orientation is every Tuesday at 8 a.m. in Building 216.

Classes meet every Tuesday in Building 216 at the Marine and Family Services section (rear of main building area) from 9 - 11 a.m. This workshop is open to active duty and family members.

Call Marine Corps Community Services Counseling Services at 257- 7780/7781 with questions.

Books and Cookies with Wally Amos
Wednesday

Join Wally Amos for entertaining children's stories read aloud at the Base Library from 3 - 3:45 p.m. The event is open to all military families, sponsored guests and DoD employees.

Don't miss the chance to spend time with this "famous" story teller.

Call Merri Fernandez at 254-7624 for more information.

Operation Homefront Family Field Day
May 30

Join Operation Homefront for a morning of family outdoor field activities at Pop Warner Field. Get with your unit family readiness officer for details or call 257-2651.

DEFY Summer Camp
July 6-16

The Department of Defense's Drug Education for Youth program, or DEFY, is hosting a free non-resident summer camp July 6-16. Kids will take part in physical fitness activities, athletics and attend fun excursions during the camp.

The DEFY program has a unique curriculum based on a multi-phase drug, gang and violence prevention program. It produces kids with strong character, delivers leadership and life skills training for youths and gives them the confidence to engage in positive, healthy lifestyles by pairing them with a mentor for approximately one year. If selected, a commitment to DEFY is from July through May 2010.

Registration is on a first come, first served basis.

There is no cost for the program and it's open to Marine Corps, Navy, DoD and DoD volunteer family members. Call Leroy Contee, program coordinator at MCB Hawaii Military Police Department at 257-1148 or 221-3255 (cell) or via e-mail at leroy.contee@usmc.mil.

Budget for Baby Class
1st and 3rd Mondays

The Navy-Marine Corps Relief Society offers a free class every first and third Monday each month in Bldg 4016 from 9 a.m. - 1 p.m. for expecting parents. This free class will provide information on budgeting for new baby, common baby expenses, visiting nurse program and much more.

For more information, please call 257-1972.

Off Base

GriefShare at First Presbyterian Church of Honolulu at Koolau Golf Course

If you have lost someone through death, and are feeling the need of a welcoming support group in a healing environment, GriefShare may be for you.

Practical advice, loving support, as well as emotional and spiritual guidance are important areas covered in DVD presentations, prayer and discussions.

This is a nationally recognized and acclaimed program to help you move from grief to joy.

It will be repeated, so you may join at any time, and attend more than one series. All religions are welcome to attend the group. Meetings are on Sundays from 11 a.m. to 1 p.m. at the church located at 45-550 Kionaole Road in Kaneohe. Signs for the church are posted on Kamehameha Highway near the H-3 overpass. The sessions are free with an optional $10 fee for a workbook.

Free childcare is available with advance notice. Please call the church at 532-1111 or contact Lee Alden Johnson at 226-7511 for additional information on the group.

Divorce Care

Divorce can hurt, make you mad and cause depression, but there is help available to discover there is life and joy after divorce.

The nationally recognized and acclaimed program "Divorce Care" meets Thursday evenings from 6:30 to 8:30 p.m. at First Presbyterian Church of Honolulu at Koolau Golf Course, 45-550 Kionaole Rd., Kaneohe.

This series is for anyone going through the pain, disappointment, challenge and/or anger and stress of divorce.

The program offers a welcoming and non-judgemental place to learn about the process of growing out of divorce, dealing with old and new relationships, and practical tools for going through the process.

All religions are welcome and sessions are free with a $10 registration and workbook fee. The program will be repeated in future sessions and may be attended more than once.

You can join at anytime and free childcare is available.

Please call Al and Marsha Coscina at 254-3136 with any questions or to get directions to the church.

Lanikai Elementary Public Charter School Openings

Lanikai Elementary in Kailua has openings for 5th and 6th Grade for the 2009-2010 school year.

-2008 Hawaii Distinguished School

-Low Student/Teacher Ratios

-High Hawaii State Assessment scores

-Great Art, Music and PE Program

-State of the art Apple Computer lab

-Yearly Progress consistently met

To get your student prepared for the next level, call 266-7844 ext. 222 today.

Mokapu Beat

News from Mokapu Elementary

No School

There will be no school Monday due to the Memorial Day holiday. Normal school hours will resume on Tuesday.

Family Movie Night

Mokapu Elementary School will be hosting a Family Movie Night on Friday, May 29, from 5:30 - 8 p.m. in the field area behind the Q Building. Join us for a night under the stars with family and friends. The featured movie will be Disney's "Meet the Robinsons."

There will also be preshow entertainment showcasing a school video. The event is "picnic style" so feel free to bring blankets or chairs to spread out on the lawn.

Families may bring their own food and beverages. Bento meals are available if pre-ordered through the front office with an order form. Popcorn and beverages will also be for sale during the movie.

For more information, contact Resha Ramolete at 254-7964.

Sixth Grade Promotion Ceremony

Parents and other family members are invited to attend the sixth grade promotion ceremony on Friday, June 5, starting at 9 a.m. at the school cafeteria. Attire is aloha crisp/uniform of the day. Light refreshments and photo opportunities will follow the ceremony.

For more information, contact the PTA at mokapu_pta@yahoo.com.

Last Day of School

The last day of school will be Monday, June 8. School will be dismissed at 11:00 a.m. The first day of school for the 2009-2010 school year will be Tuesday, July 28, for teachers and Thursday, July 30, for students.

JPO Competitors on News

The Mokapu Junior Police Officer members performed at a drill competition May 15, and made the local news. Sixth-grader Bailey Bolton was interviewed. To view the clip, go to www.kitv.com/video/19478230 and type in "JPO drill competition" in the search box. Mokapu students are wearing red T-shirts.

The group scored a 99 percent in the competition, said JPO Advisor Teresa Tanoai. Congratulations to these students!

PTA Elects New Officers for 2009-2010

The Mokapu PTA held its last general meeting on Thursday, May 14. At that time, new officers for the 2009-2010 school year were elected. They include Kimberly Caldwell, president; Laline Jensen, vice president #1; Joanne Topping, vice president #2; Samantha Saeung, secretary; Sabrina Baker, treasurer; Tracy Rubidoux-Cadd, volunteer coordinator; and Mindy Clepper, mentor. Congratulations to the new officers!

Tutor Needed

Mokapu Elementary School is seeking a part-time 2009-2010 school year tutor to teach reading and math for grades K-6. Applicants must have at least 48 college credits. Preference will be given to highly qualified applicants. Applicants must be team-oriented, self-motivated, lifelong learners. Resumes can be faxed to 254-7969, attention Title 1 Cordinator.

Kindergarten Registration

Mokapu Elementary School is accepting registrations for the 2009-2010 school year for incoming kindergarten students.

The hours of registration are 8:30 a.m. - 12:30 p.m., Monday-Friday in the school office.

Please ask to see the registrar. The following documents are required:

- health records (Form 14), including a physical and TB clearance card
- birth certificate, the original or certified copy. Child must be 5 years of age by Dec. 31.
- proof of current address (e.g. a utility bill or housing agreement)
- legal documents if there are changes to your child's name or custody/guardian arrangements.

Web site Tool for Standards

A great tool for students of all reading and math levels to work with kids on meeting and exceeding reading and math standards can be found at http://www.soarathome.com.

Struggling and gifted students alike can benefit from this site, sponsored by the Deptartment of Defense through a worldwide two-year grant, and funded by the Military Impacted Schools Association with the Princeton Review, Houghton Mifflin Skills Tutor, and the University of Northern Iowa.

There are parent video trainings on certain math topics for parents. Parents can also compare standards at each grade level between states. Deployed parents can view how their child is doing on the standards.

The website gives parents a quick 30-item assessment on each Hawaii state reading or math standard. It automatically scores the quiz and provides a percentage-right score for each topic within that benchmark.

If you click on the topic it will provide a link to a customized, colorful, web-based tutorial for the student.

Parents can register their children at this website to provide them with the remedial or enrichment help their child needs. The grade level, automatically determined from a child's birthdate, can be adjusted.

Mokapu Receives Grants

Mokapu Elementary School and PTA would like to thank several different groups for grants received recently. First, many thanks go to the Chiefs Birthday Ball Committee for the $500 donation for books, presented by Chief Petty Officer Douglas Aguilar.

Teachers received reference books, poetry books, picture books and more for their classrooms from last week's book fair.

Thanks also go to Boutiki in Pearl Harbor for the $1,000 grant toward PTA's drama enrichment program for the next school year.

Finally, thanks go to the Kaneohe Officers Spouses Club for the $2,000 grant for the drama program and a new P.E. shade structure. We appreciate your kindness, thank you very much!

Health Room Needs Clothes

The health room at Mokapu is in need of kids' clothes, all kinds and all sizes.

The clothes are given to kids who have need of replacement clothes during the school day.

Especially needed are new underwear and inexpensive flip-flops. Bring the items to the health room at any time during the school day.

Please call the health room at 254-7968 for more information.

MOVIE TIMES

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

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

Call 254-7642 for recorded information.

Sneak Preview Policy: *One hour and 45 minutes prior to the movie, tickets will be issued to first priority patrons waiting in line, then second and third priority patrons.*

In an effort to prevent piracy, the following security measures will be enforced on base for sneak preview screenings: bag checks, confiscation of cameras or cell phones with picture taking capability (items will be returned after screening), magnetometer warning, audience scanning with night vision goggles during screening.

The Base Theater and film companies thank you in advance for your cooperation and hope you will enjoy the show. For recorded information, call the Base Theater at 254-7642.

"Knowing"	Today at 7:15 p.m.
"Adventureland"	Today at 9:45 p.m.
"Fast and Furious"	Saturday at 7:15 p.m.
"The Haunting in Connecticut"	Saturday at 9:15 p.m.
"Hannah Montana: The Movie"	Sunday at 2 p.m.
"Knowing"	Sunday at 6:30 p.m.
"Adventureland"	Wednesday at 6:30 p.m.
"Hannah Montana: The Movie"	Friday at 7:15 p.m.
"Fast and Furious"	Friday at 9:45 p.m.

For more information about the theater's schedule and to check movie times, call the Movie Hotline at 254-7642.



Don't throw it away!!

Mokapu Elementary School accepts and recycles used or broken electronic equipment!

Items accepted for recycling are:

- cell phones
- ink cartridges
- DVD players
- VCRs
- printers
- fax machines

Volunteer Opportunities

Reaching out to help one another

Zoo Volunteers Needed

The deadline to sign up for the 4th Annual USO/Honolulu Zoo Society Military Appreciation Day event is May 27!

The zoo will need more than 200 volunteers for the event on June 6.

Spouses and older children are welcome and T-shirts will be provided. Volunteer hours are 8 - 11:30 a.m., 11 a.m. - 3 p.m., or the full day. Some tasks include: parking support, gate reception, keiki activities and concessions. Free shirt for volunteers.

For more info and to volunteer contact Master Sgt. Jacobs by May 22 at 449-2250 or by e-mail at rodney.jacobs@hickam.af.mil.

Counselors Needed for Muscular Dystrophy Association Summer Camp

Are you ready for the most inspiring week of your life? We want you for Muscular Dystrophy Association Summer Camp!

One week at camp = 140 hours of Community Service + making an impact forever for a young child.

At camp, volunteer counselors work one-on-one with a child that has a neuromuscular disease, providing care, close supervision and attention. Counselors push wheelchairs, lift and carry youngsters, and even "bunk down" near their campers so they can help them during the night.

Above all, they become a youngster's friend for a week - and sometimes for a lifetime.

This camp is scheduled from June 6-12. For more information contact Jennifer Li at 593-4454.

DEFY Program Seeks Marines, Sailors, DoD Employees as Mentors

The Drug Education for Youth, or DEFY, program is seeking active or retired Marines, Sailors and Department of Defense employees for the upcoming year as youth mentors.

DEFY is a preemptive prevention program which delivers strong kids for strong families who are ready for the future.

Besides assisting our youth with positive role modeling, leadership skills, and alcohol, drug, violence and gang prevention lessons, they enjoy many exciting activities.

This includes going with the children to places such as going to Sea Life Park, a trip to the Bishop Museum, a sail on the Paradise Cruise "Diamond Head Odyssey" fun cruise and more.

This is all at no cost to mentors except for their time and dedication. A minimum of eight mentors must signed up by June 15.

Staff training is from June 25-26 and the DEFY Phase I Summer Leadership Camp will be from July 6-16.

The Phase II Mentoring Program begins in August and continues through May 2010, one Saturday a month. All adult volunteer mentors need to request Permissive Temporary Additional Duty for the dates listed.

If you are interested and want to learn more, please call Leroy E. Contee Jr., program coordinator at the Military Police Department, 257-1148 or 221-3255 (cell) or e-mail him at leroy.contee@usmc.mil.

Tour Guides Needed on Coconut Island

Become an Interpretive Guide at the Hawaii Institute of Marine Biology on Coconut Island!

Spend time in beautiful Kaneohe Bay leading tours and discovering the important research taking place on Coconut Island, learning about Hawaii's marine environment.

Use science to promote stewardship, meet interesting people and have fun leading hour-long tours on the island.

You must be at least 18 years old, commit to six months of volunteering at least one tour per week.

For more information about the oppotunities, call Jennifer Barrett at 236-7415.

The Navy-Marine Corps Relief Society Needs You

Want to give back or make a difference? Become a volunteer with the Navy-Marine Corps Relief Society. They are continually looking for volunteers to assist in office duties, planning events, knitting, casework and more. Help them help you! NMCRS gives back thousands of dollars annually to Marines and Sailors in need.

For more information call 257-1972.

Junior Achievement Volunteers Needed

The 5th grade classes at Mokapu Elementary are looking for one or more volunteers with a business or economics background to help teach Junior Achievement lessons.

The lessons are spread into five sessions and cover various aspects of economics. Teaching materials and kits are provided and no teaching experience is necessary.

The lessons should be taught to three classes and last 30-45 minutes each Monday and Tuesday afternoons.

For more information, please contact Adrianne Vincent at Mokapu Elementary School's front office at 254-7964.

Tutors Needed

Aikahi Elementary School is looking for volunteers to help tutor students in the subjects of reading and math for 1st, 2nd and 5th grades Monday through Friday from 8:15-11:45 a.m.

For more information on volunteering at local schools on Oahu, please contact Amy Madsen, the Marine Corps Base Hawaii School Liasion, at 630-8281.



At Anderson Hall Dining Facility

Today

Lunch

Minestrone Soup
Chicken Noodle Soup
Pork Adobo
Lemon Baked Fish Fillets
Southwestern Rice
Garlic Roasted Potato Wedges
Simmered Mixed Vegetables
Lyonnaise Carrots

Dinner

Minestrone Soup
Chicken Noodle Soup
Chicken Cacciatore
Chili Conquistador Burritos
Refried Beans w/ Cheese
Spanish Rice
Simmered Corn
Simmered Green Beans

Saturday

Dinner

Cream of Chicken Soup
Beef Barley Soup
Pork Roast
Chicken Cordon Bleu
Mashed Potatoes
Boiled Egg Noodles
Broccoli Polanaise
Simmered Succotash
Savory Bread Dressing

Sunday

Dinner

Cream of Potato Chowder
Vegetable Soup
Oven Roast
Honey Glazed Cornish Hens
Rice Pilaf
Savory Bread Dressing
Simmered Asparagus
Creole Summer Squash

Monday

Lunch

Beef Noodle Soup
Cream of Broccoli Soup
Chinese Five Spice Chicken
Baked Mahi Mahi
Wild Rice
Garlic Cheese Mashed Potatoes
Broccoli Polonaise
Simmered Carrots
Cream Gravy

Dinner

Beef Noodle Soup
Cream of Broccoli Soup
Beef Porcupines
Braised Pork Chops
Potatoes O' Brien
Simmered Mixed Vegetables
Simmered Peas
Mushroom Gravy

Tuesday

Lunch

Cream of Mushroom Soup
Bean with Bacon Soup
Barbequed Chicken
Ale Battered Fish Portions
Steak Fries
Mashed Potatoes
Simmered Corn
Simmered Asparagus
Chicken Gravy

Dinner

Cream of Mushroom Soup
Bean with Bacon Soup
Caribbean Chicken Breast
Parmesan Fish
Parsley Buttered Potatoes
Glazed Carrots
Club Spinach
Cream Gravy

Wednesday

Lunch

Manhattan Clam Chowder
Split Pea and Ham Soup
New England Boiled Dinner
Jaeger Schnitzel
Garlic Cheese Mashed Potatoes
Tossed Green Rice
Fried Cabbage
Simmered Asparagus
Mustard Sauce

Dinner

Manhattan Clam Chowder
Split Pea and Ham Soup
Meat Loaf
Pork Ham Roast
Garlic Cheese Mashed Potatoes
Tossed Green Rice
Cauliflower Combo
Broccoli, Cheese and Rice
Savory Bread Dressing
Mushroom Gravy

Thursday

Lunch

Tomato Soup
Chicken and Rice Soup
Swiss Steak w/ Brown Gravy
Chicken Vega
Oven Browned Potatoes
Spanish Rice
Simmered Corn
Simmered Peas and Carrots
Brown gravy

Dinner

Tomato Soup
Chicken and Rice Soup
Beef Yakasoba
Tempura Sweet and Sour Pork
Shrimp Fried Rice
Simmered Broccoli
Fried Cabbage w/ Bacon
Sweet and Sour Sauce
Chow Mein Noodles
Chinese Egg Rolls

**Assorted desserts will be served at each meal*

On Point

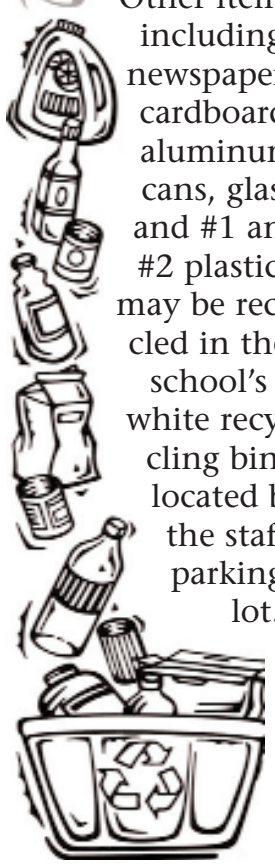
Don't throw it away!!

Mokapu Elementary School accepts and recycles used or broken electronic equipment. Items accepted:

- cell phones
- ink cartridges
- DVD players
- VCRs
- printers
- fax machines

Items may be dropped off at the front office.

Other items including newspapers, cardboard, aluminum cans, glass and #1 and #2 plastics may be recycled in the school's white recycling bin, located by the staff parking lot.



Military Police Department

Marine Corps Police Academy

Class 2-09 Graduating May 28

- Lilia G. Krueger
- Jessica L. Acfalle
- Barry K. Bright
- Krystal J. Carrion
- Gregory D. Casler
- Timothy J. Hirokawa
- Roger N. Kalkhoven
- Ysa S. Love-Davis
- Chance M. Marsh
- Terrill Moore
- Garretta Nomura
- Charles A. Olivera-Schmid II
- Marc A. Rivera
- James A. Simms
- Billy-Joe P. Velles
- Sabrina E. Vigil-Rodriguez



High Shooters

Rifle Range



Name: 2nd Lt. Nicholas T. Balk
Unit: Scout Sniper Platoon, Weapons Co., 1st Bn., 3rd Marine Regiment
Hometown: Omaha, Nebraska
Qual Date: May 6
Rifle Score: 247 points
Coach: Lance Cpl. Lamb



Name: Sgt. Kenneth F. Wittekiend
Unit: Headquaters Battalion, Pu'uloa Range Training Facility
Hometown: Burnet, Texas
Range Date: May 15
Rifle Score: 299
Coaches: Sgt. Piper and Sgt. Glover

Pistol Range



Name: Gunnery Sgt. Damien D. Anderson
Unit: Headquaters Battalion, Pu'uloa Range Training Facility
Hometown: Opelousas, La.
Qual Date: April 29
Rifle Score: 370 points



Name: Maj. Brian M. Dwyer
Unit: Engineering Branch, G-4, U.S. Marine Corps Forces, Pacific
Hometown: No information
Qual Date: May 13
Rifle Score: 364 points
Coach: Lance Cpl. Lamb