

Hawaii Marine

MCCS forum brings base together

Lance Cpl. Cassandra Yoho
Combat Correspondent

Marine Corps Community Services held a townhall meeting Tuesday at the Marine Corps Base Hawaii Base Chapel to inform the base community how money is being spent, future plans for MCCS, and opened the floor for questions and comments from attendees.

The meeting began with Col. Robert Rice, commanding officer MCB Hawaii, welcoming attendees to the meeting.

After a brief overview about what attendees would be hearing during the meeting, the microphone was passed to Jeff Chaney, MCCS director.

Chaney explained which MCCS facilities make the most and least amount of money. He used the term "financial winners" to describe the most profitable facilities aboard MCB Hawaii.

"Last year's financial winners were the Marina, Marine Mart, Marine Corps Exchange and [The Lodge] said Chaney.

Many attendees assumed MCB Hawaii's annual Bayfest event was a big money maker for the base, but Chaney informed the community, due to the amount of money put into hiring entertainment and support teams, the three-day event doesn't bring in any profit for MCCS.

Chaney said along with Bayfest, other special events sponsored by MCCS are Operation Homefront events, which give families of deployed service members the opportunity to interact with others going through the same hardship, and USO shows such as the Hollywood Knights celebrity basketball tour, which visited MCB Hawaii in March.

"We're trying to think of different ways to support the Marines and Sailors' families," Chaney said.

Along with sponsoring different events, MCCS also tries to keep all of their prices at the exchanges and Gas Lanes lower than retail stores off base Chaney said.

While striving to maintain customer satisfaction, MCCS plans to make new additions and renovations to MCB Hawaii.

Some of these additions include gas pumps at the Marine Mart; a youth activities center; new rooms at The Lodge; and a new pro shop at the Kaneohe Clipper Golf Course.

After informing attendees of facts and future plans of MCCS, Chaney opened the floor to anyone with questions or comments.

See MCCS, A-8



Sgt. Juan D. Alfonso

Marines with Marine Heavy Helicopter Squadron 362, part of Special Purpose Marine Air Ground Task Force - Afghanistan's aviation combat element, begin rebuilding a partially-dismantled CH-53D Sea Stallion minutes after its arrival on Kandahar Air Field, Islamic Republic of Afghanistan April 16. The unit's mechanics worked around the clock to ensure their birds were transported from Iraq and were ready for combat operations in Afghanistan.

HMH-362 takes the fight from Iraq to Afghanistan

Sgt. Juan D. Alfonso

Special Purpose Marine Air Ground Task Force - Afghanistan

KANDAHAR AIR FIELD, Islamic Republic of Afghanistan -- On April 15, 1962, a squadron of Marines launched from the USS Princeton to Soc Trang, Vietnam, becoming the first Marine helicopter squadron in country. Those Marines began a proud tradition of combat deployments that day. Today, the same unit continues their combat tradition in Afghanistan.

Unlike the majority of units serving in the Islamic Republic of Afghanistan, Marine Heavy Helicopter Squadron 362, part of Special Purpose Marine Air Ground Task Force - Afghanistan's aviation combat element, didn't deploy from its home station at Marine Corps Base Kaneohe Bay, Hawaii - it deployed to Afghanistan from Al Asad, Iraq.

Originally deployed to Iraq Jan. 23, to conduct assault support, logistics and movement of personnel missions, the unit was given a new mission shortly after arriving; pack up and go to Afghanistan.

"Afghanistan is where the fight is now," said Lt. Col. Jeffrey A. Hagan, HMH-362's commander. "There was a planned drawdown in Iraq and an increasing need for medium lift capabilities in Afghanistan. So we begin making arrangements to move from Al Asad to Kandahar Air Field, Afghanistan."

Though the unit was motivated and prepared for their new mission, environmental differences between the two theaters coupled with operational requirements called for major modifications to the Ugly Angels' CH-53D Sea Stallions.

The unit's maintenance Marines began working around the clock to exchange the T64-GE-413 engines, typically found in CH-53Ds, to hotter burning T64-GE-416 engines used in CH-53E Super Stallions, according to Master Sgt. Robert Webb, the maintenance section chief.

In addition to the modifications, the Marines had to partially dismantle their air-

See HMH-362, A-7

ANZAC Day remembers the fallen

Lance Cpl. Alesha R. Guard
Press Chief

NATIONAL MEMORIAL CEMETERY OF THE PACIFIC, HONOLULU -- Service members from around the globe gathered here for the annual Australia - New Zealand Army Corps commemoration ceremony, April 25.

Australia - New Zealand Army Corps Day is observed on April 25 in Australia and New Zealand to remember the service and sacrifice of their defense forces and has been commemorated in Honolulu since 1973.

David Binns, consul general of Australia and speaker at the ceremony, explained the Australian and New Zealand Army Corps soldiers became known as ANZACs during World War I. He said the national observance is a time to not only remember the spirit and camaraderie of the ANZAC's in the first World War, but also to honor the sacrifices made by both nations in all conflicts.

"Since this is a remembrance day, we wear a sprig of rosemary," Binns said, explaining the fresh greenery pinned on his uniform. "[This is because] rosemary is believed to enhance memory."

Binns said he couldn't think of a more fitting place to have the ceremony than Honolulu's scenic national cemetery.

"This is where the fallen are laid to rest," Binns said. "Where else would be more appropriate to remember them?"

Binns said the cemetery is beautiful and believes all should be proud when visiting the picturesque Hawaiian grounds.

While representatives from New Zealand and Australian armed forces come to Honolulu's scenic cemetery each year to honor their fallen service men, representatives from Polynesian cultures also attend yearly to honor their fallen warriors.

"Ka mate, ka mate, ka ora, ka ora," chanted George Kaka with fellow members of a local Maori community during the wreath laying ceremony. After laying a wreath in honor of the Polynesian Cultural Center, Kaka led the Maori chant to share a small piece of their culture with the attendees.

"We tried to keep [our chant] in theme with this ANZAC celebration," Kaka said.

Kaka later explained the Maori has a strong cultural tie to New Zealand, which is why he felt it was important to perform the chant during the ceremony.



Lance Cpl. Alesha R. Guard

Marines from U.S. Marine Corps Forces, Pacific's color guard hold the Australian colors during the playing of the national anthem at the annual Australia - New Zealand Army Corps commemoration ceremony, held at Honolulu's National Memorial Cemetery of the Pacific April 25.

He said "ka mate" translates as "to die" and "ka ora" translates as "to come alive." The chant recognizes those who have died, and calls on others to pass on the torch in life.

"Even though others have passed on, we must carry the culture forward for the benefit of our grandchildren," Kaka said.

Tama Halvosen, also a member of the Maori community on Oahu, said he enjoyed being able to share the chant with the attendees.

"It's an honor to pay tribute to those who have fallen in battle," Halvosen said. "I enjoyed coming here to support our [community's] elders and the men and women in our armed forces."

Marines from Marine Corps Base Hawaii and U.S. Marine Corps Forces, Pacific provided the ceremonial honor guard, rifle firing detail, wreath

See ANZAC, A-8

Trash Wars

Kristen Wong
Photojournalist

Service members and civilians aboard Marine Corps Base Hawaii made some interesting discoveries while participating in Base Pride Day April Monday to Wednesday.

After pulling out at least four bicycles and other assorted trash from the Mokapu Watershed, service members tangled with the likes of a brown and gold eel.

Chief Petty Officer Bill Schisler, parachute rigger, Marine Aviation Logistics Squadron 24, jingled seven cents in his hand and jokingly consulted with his colleagues about spending options.

At the Base Recycling Center, Lance Cpl. Erik Gamboa, personnel clerk, Marine Corps Air Facility, thumbed through an old sketchbook of drawings he deemed "pretty good."

This year, from the Nuupia Ponds alone, service members pulled out four bicycles, 17 bags of assorted trash and seven tires, according to Lance Bookless, natural resources manager, Environmental Compliance and Protection Department.

See PRIDE, A-7

Marine Corps Base Hawaii searches, recovers, recycles



Kristen Wong

Petty Officer 2nd Class Douglas Burrill, safety petty officer, Command, Patrol and Reconnaissance Wing 2, pulls a large mangrove plant out of the mud at the Nuupia Ponds Tuesday. Burrill and Lance Cpl. Sarah Daniel, electrician, Combat Logistics Battalion 3, helped clear the ponds of invasive mangrove plants.

Inside today's Hawaii Marine



Look out below!

The Hawaii Marine's lance corporals take on Hawaii's skies for another "808 Adventure," **C1**

The little Giants

MCB Hawaii's mini baseball stars take to the field against the Pearl Harbor Red Sox, **B1**



Look for information about Influenza Type A (H1N1) on our Health & Wellness page in the *Sports & Health* section.

Weekend Forecast

Today

Scattered Showers.
High — 79
Low — 69

Saturday

Scattered Showers.
High — 78
Low — 68

Sunday

Scattered Showers.
High — 78
Low — 68

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 address 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.

Scheduled Pressure Washing in Pa Honua

From April 6 to May 5, the Forest City pressure washing team will begin cleaning the exterior of homes located on Kekahune, Faleafine and Shimabukuro Place. Please ensure to remove all personal items from the lanai that could possibly be damaged during the pressure washing process.

For more information, contact the Resident Service Office of Forest City Residential Management at 839-8700.

Scheduled Power Outage in Housing

On Tuesday, May 5, there will be a scheduled power outage in the Mololani neighborhood from 8 a.m. to 1 p.m.

As a precaution, Forest City recommends residents minimize opening refrigerator and freezer during the power outage. An un-opened refrigerator will keep food cold enough for several hours. A freezer that is half-full will hold food frozen for up to 24 hours. If your freezer is not full, group packages together so they will form an "igloo" protecting each other.

For more information, contact the Resident Services Office at 839-8700.

Exchange no longer using plastic bags

Marine Corps Main Exchange customers are reminded that as of Jan. 1 plastic shopping bags are no longer available at check out lines.

This is the first phase of a base-wide plastic shopping bag ban directed by Col. Robert Rice, commanding officer, Marine Corps Base Hawaii.

Follow-on phases of the ban will include other MCX locations while Base Environmental and Base Supply diligently work toward a plastic-bag alternative at the commissary.

Reusable canvas and recycled material bags are available for sale at all Marine Corps Community Services locations as well as the commissary, and patrons of all establishments are highly encouraged to use reusable bags in order to protect and conserve our maritime environment.

Base Chapel Hours

Catholic: Daily Mass is Mondays through Thursday, from 11:30 a.m. to noon. Saturday Mass is 9:30 a.m. and 5 p.m. Sunday Confession starts at 4 p.m. Preschool to 12th-grade student Sunday lessons are from 10:30 a.m. to 12:30 p.m.

Protestant: Traditional services start Sundays at 8 a.m. Sunday contemporary service with Children's Church begins at 11 a.m. Religious education classes for children and adults are held Sundays at 9:30 a.m., beginning in the fall.

Marine Corps League

The Marine Corps League, Aloha Detachment, is encouraging Marines, Fleet Marine Force corpsmen and anyone who has the desire to preserve the traditions and promote the interest of the U.S. Marine Corps to join the Aloha Detachment on Oahu.

For more information, contact John Ah Chick at 227-9115 or 261-9693.

Important Phone Numbers:

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

Hawaii Marine

www.mcbh.usmc.mil

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'Wizards' change command ...



Lance Cpl. Derek Davis

Commander Vincent W. Segars transfers command of Special Patrol Squadron 2 to Cmdr. Baron V. Reinhold at a change-of-command ceremony on April 24 at Hangar 105.

May is Military Appreciation Month

Press Release

TriWest Healthcare Alliance

It's not a 9 to 5 job. It's not a TV sitcom home life. It's a lifestyle.

Sacrifice. Danger. Separations. They're part of it.

Military life comes with honor and pride in defending and serving our nation, and it's the only calling that, in many ways, the family also serves.

Many civilians know this, too, and they're finding their own ways to say thanks for your service and all that you do.

That's why in May for National Military Appreciation Month, the country says "thanks" to you and yours for

upholding and paying for our liberties. You have backup among the civilian ranks.

Events and activities are planned in communities around the nation, at baseball games, auto races, concerts, parades and more to celebrate those who wear the uniform. Find an event near you on the National Military Appreciation Month Web site at <http://www.nmam.org/events.htm>.

TriWest Healthcare Alliance, showing its appreciation, launched its Military May Days a program with one or more events on each day throughout May, to give back to those it serves in 21 western states.

Know, too, that giving back happens not just in May.

At one of Operation Homefront's chapter offices, the director is helping military families meet their everyday needs. She says she's standing in for her son, who was killed in Iraq on a Mother's Day.

Young adults work as camp counselors at the National Military Family Association's Operation Purple Camps around the nation so that children of military families can meet others like themselves and during camp learn how to cope with deployments and a host of other issues that never occur to civilian children.

A Vietnam veteran whose legs

could not be saved after a grenade blast wears shorts showing his stars-and-stripes-decorated artificial legs when he visits new amputees. He says they are a signboard that says things will work out.

On holidays neighbors and co-workers pool their resources and energies to collect reminders of home that are missed on overseas duty — you may know beef jerky is a hot item — and send gift packages to defenders they don't even know.

The things people do to support the military seem endless. They're finding their own ways to say thanks for your service and for all that you do.

Watch your speed!
Remember to slow down to 15 MPH
when passing troops in formation!
It's not just safety,
it's the law!

IID implementation takes root

Press Release

Marine Corps Systems Command

The Marine Corps is beginning to reap the benefits of Item Unique Identification. Since the Department of Defense introduced IID in 2003, it has been rapidly implemented by program managers, depots, automatic identification technology solution providers, government leaders and DoD suppliers. The IID provides the standards, associated processes and technologies to assign a unique serialization to military equipment and garrison property.

According to Rick Triviso, Marine Corps Systems Command's IID project lead, the benefits of the IID program are numerous and multifaceted. The majority of these benefits stem from the fully automated system achieved with the implementation of an IID program. Automation provides increased data quality by reducing manual entry and transcription errors, improving item and asset visibility across functional areas and multiple databases, and decreasing administrative error and processing time.

"The result is a greater degree of confidence and trust by decision makers across the Marine Corps," Triviso said.

Triviso added that many stakeholders have fully embraced IID and how it is revolutionizing existing business processes. IID enables AIT personnel to identify and share equipment and plant property data across logistical, operational, financial and acquisition automated information systems.

The IID project lead works for the program manager for Command, Control, Communication and Computers Systems, which is under the purview of MarCorSysCom's Operational Forces Systems, also known as Product Group 9.

"[Product Group 9] is serving as the tip of the spear for IID marking all legacy

equipment in the Marine Corps," Triviso said. The Marine Corps has a requirement to improve serialized management capabilities of its equipment through compliance with IID policies and standards.

"As IID capability continues to mature across DoD, it is paramount the Corps keeps the strategic objectives in focus while facilitating material readiness," Triviso said. "IID provides a critical common link between total lifecycle management, sense and respond logistics, and network centric warfare."

Good planning has helped the IID program meet the challenges that normally accompany business process changes and paradigm shifts. According to Beth Mathews, IID Program Planning Lead, there are several components to planning and executing a successful legacy marking program. The identification and collection of accurate and complete pedigree data critical to the legacy marking effort is required for effectively marking and ultimately managing serialized Marine Corps Automated Readiness Evaluation System legacy equipment and small arms. Pedigree data collection efforts for the MARES legacy equipment commenced in June 2008 and are now in the final stages.

"There are only a handful of the 245 Table of Authorization Material Control Numbers across the Marine Corps left for data collection," Triviso said.

According to Ray White, PG9's IID Engineering Team Lead, the upfront engineering analysis, as documented in the Engineering Analysis Plan, determines marking location, type and technical documentation needed to support the legacy marking effort.

"Successful execution of the EAP is vital to the success of the legacy equipment IID marking program," White said.

Ultimately, the IID team will execute the Marine Corps' Legacy System Mobile

Marking Execution Plan.

"The MMEP identifies and describes the processes, criteria, tools, and resources used to mark principal end items, secondary repairables and/or subassemblies," Mathews said, "like engines and transmissions."

Marine Corps locations, component type and quantities, marking team design, IID marking equipment suites and follow-on sustainment requirements are also documented in the MMEP.

To support mobile marking efforts, Mike Bean, Mobile Marking Lead, and his team conducted a marking analysis of labels and marking equipment to identify and determine an integrated solution.

"The development of requirements for IID readers, verifiers and label machines was critical to this analysis," Bean said.

Mobile marking is scheduled to begin with III Marine Expeditionary Force later this year. Once the equipment is marked, the data will be uploaded and registered in the DoD IID registry.

"An important follow-on step to IID marking the equipment is the storage and management of all IID data," Triviso said. "This will be accomplished through a temporary data storage/repository, which will maintain the data until the Marine Corps Global Combat Support System becomes operational. This is good for the Marine Corps."

According to the IID Project Lead, PG9 will coordinate with Headquarters Marine Corps to identify funding requirements necessary to support the IID legacy ground equipment marking program.

"We will then begin marking all Marine Corps equipment, up to 895 TAMCNs," Triviso said.

By completing the tasking and supporting the program, the Marine Corps will continue to reap the many proven benefits of IID and its associated business processes.



Lance Cpl. Daniel H. Woodall

Members of the head table drink from their canteen cups after a toast to fallen Marines and Sailors at the Combat Logistics Battalion 3 Field Mess Night in the Repairable Issue Point warehouse on Marine Corps Base Hawaii, April 24.

FIELD

MESS

INTEGRITY

Lance Cpl. Daniel H. Woodall
Combat Correspondent

Approximately 200 members of Combat Logistics Battalion 3 hosted a ceremonial Field Mess Night for their remain behind element designed to raise money for the Marine Corps Ball at the CLB-3 Repairable Issue Point Warehouse on April 24.

The ceremony, which simulated a deployed environment and raised approximately \$300, differed from a normal mess night in that its attendees were required to have camouflaged-painted faces and had to wear desert utilities, rather than a traditional dress uniform.

Besides raising funds for the unit's Marine Corps Ball, the event was held in order for the unit's Marines and Sailors to celebrate and share esprit de corps, professionalism and Marine Corps traditions.

The floors of the warehouse were covered in dirt while CLB-3 supply vehicles and two M777 Light Towed Howitzers from 1st Battalion, 12th Marine Regiment, sat in the background of the complex offering more credence to the simulation of a deployed environment.

The night began with a beef dinner provided by Anderson Hall Dining Facility followed by a short break before the formal proceedings. Members of CLB-3 filed into the warehouse and stood at attention in front of their tables until the president of the ceremony, 2nd Lt. Lindsay K. Cardwell, adjutant, CLB-3, arrived at a head table with fellow leadership of the unit and rapped a gavel to signal the start of the official ceremony.

The event concluded with the playing of the Marines' Hymn after several toasts honoring fallen service members throughout America's history. The last of the toasts called attention to the back of the room where a table and empty chair had been set for

all of the Marines who had given their lives in service of their country. The table was draped in black, with a single lighted candle, a Purple Heart medal, and blank identification tags.

The field mess night was the first of its kind in years for CLB-3, said 1st Sgt. Chester Wilson, CLB-3 rear detachment first sergeant.

"Every member of CLB-3 collaborated to make this event happen," Wilson said. "[Field Mess Night] is a long standing tradition which we're glad to put on."

The battalion raised money for the upcoming Marine Corps Ball by issuing fines to any person who violated one of the mess night rules.

Rules included, but were not limited to, using proper toasting procedure, sitting in the assigned seat, not discussing politics or religion during the meal and not chewing gum or spitting.

Fining during the mess night is a tradition from the days of closed messes when members lived and frequently subsisted in a mess environment and formal rules of dining conduct existed. Any member of CLB-3 could levy a charge against another, but only the ceremonial president of the mess could issue a fine.

"[Members of CLB-3] can be fined if their uniform is out of regulations, if they choose to eat food other than what is offered, or not painting their faces," Wilson said. "Each person can only be fined a maximum of two dollars per infraction, up to ten dollars."

The event was full of camaraderie and tradition, said Lance Cpl. Vincent Ortiz, refrigerator mechanic, CLB-3, who did not know what a mess night entailed prior to the event.

"Staff [noncommissioned officers] are the holders of tradition," Wilson said. "Occasionally, we allow customs and courtesies to slide, but an event like this reminds Marines of all ranks and ages that Marine Corps traditions are still alive."



Lance Cpl. Alesha R. Guard

Marines and Sailors of Combat Logistics Battalion 3 remain behind element prepare for the toasting ceremony during CLB-3's Field Mess Night April 24.



Lance Cpl. Daniel H. Woodall

Members of Combat Logistics Battalion 3 raise their canteen cups during a toast to fallen Marines and Sailors at the unit's Field Mess Night April 24.



Lance Cpl. Alesha R. Guard

Marines and Sailors of Combat Logistics Battalion 3 remain behind element fill their canteens after a toast during CLB-3's Field Mess Night in the Repairable Issue Point warehouse on Marine Corps Base Hawaii, April 24.



Lance Cpl. Alesha R. Guard

Members of the head table commence the toasting ceremony during CLB-3's Field Mess Night in the Repairable Issue Point warehouse on Marine Corps Base Hawaii, April 24.

AROUND THE CORPS

Your weekly guide to what's happening around the Corps

East Coast



Lance Cpl. Meghan J. Canlas

2/9 leaves no man behind, returns from deployment

MARINE CORPS BASE CAMP LEJEUNE, N.C. -- Around 300 Marines and sailors from 2nd Battalion, 9th Marine Regiment, 2nd Marine Division, returned home, April 22, after a seven-month deployment in support of Operation Iraqi Freedom.

During the deployment, the Marines worked closely with Iraqi Security Forces towards the goal of a more self-sufficient Iraqi Army and Iraqi Police.

"It was extremely successful. We were there during the elections and got to see a new government in Ramadi," explained Lt. Col. Thad Trapp, battalion commander 2nd Battalion, 9th Marines.

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

West Coast



Cpl. Laura A. Mapes

3/9 raids Yuma's ranges

MARINE CORPS AIR STATION YUMA, Ariz. -- Camp Lejeune, N.C.'s 3rd Battalion, 9th Marine Regiment, assisted the Weapons and Tactics Instructor course in the largest air assault exercise since the 1990s here, April 13.

Approximately 500 3/9 Marines were airlifted from Auxiliary Airfield 2 and dropped off at Landing Zone Crow.

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

Overseas



Lance Cpl. Chris Kutlesa

SMP explores one of Japan's natural wonders

MARINE CORPS AIR STATION IWAKUNI, Japan -- The workweek can be long and tiring. So, when the weekend comes around, it can be easy to lock oneself in a room and never see the light of day.

It is important for service members to catch up on some rest, but it is also important to get off base and out into Japan for an often-needed change of pace.

Service members took a trip to the Akiyoshidai cave, the largest limestone cave in East Asia, April 19 through the Single Marine Program.

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



Lance Cpl. Michael A. Bianco

Republic of the Philippines Marines with Marine Battalion Landing Team 8, Marine Ready Force, and U.S. Marines with 3rd Battalion, 5th Marines, 31st Marine Expeditionary Unit assault an objective during a Combined Arms Live Fire Exercise April 25 during Balikatan 2009. Balikatan 2009 is an annual combined joint bilateral exercise involving Republic of the Philippines and U.S. military members.

This week's top story

CALFEX '09 joins RP and U.S. Marine efforts

Cpl. Jason Spinella
31st Marine Expeditionary Unit

CLARK AIR BASE, Republic of the Philippines -- From the planning phases which commenced on April 3 aboard the forward-deployed amphibious assault ship USS Essex, to the execution of the final scenario-based raids during the Combined Arms Live-Fire Exercise on April 25, the Marines and Sailors of the 31st Marine Expeditionary Unit and Republic of the Philippine Armed Forces members

forged tight bonds due to a successful culminating training event.

The CALFEX, conducted during Balikatan 2009, was a venue showcasing the skills of more than 400 Republic of the Philippines Marines from Marine Battalion Landing Team 8 and 300 U.S. Marines and sailors from the 31st MEU.

During CALFEX, events included a helicopter raid, mechanized raid, motorized raid and ground troop maneuvers on three sequential objectives.

The focus was to display the combined efforts and capabilities through team work between the two militaries.

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

Top story from the front



Gunnery Sgt. Katesha Washington

Mike Dees (left), lot supervisor, Marine Corps Logistics Command (Forward) Retrograde Lot, tells a Marine where he should park his tactical vehicle during a transfer of equipment at the MCLC (Fwd) Retrograde Lot in Camp Al Taqaddum, Iraq, March 31. Dees is one of the Honeywell contractors hired to work with Marines as they undergo a responsible drawdown of their equipment in Iraq.

Removing unnecessary gear: a crucial step in a responsible drawdown

Gunnery Sgt. Katesha Washington
2nd Marine Logistics Group

CAMP AL TAQADDUM, Iraq -- Even before Feb. 17, when President Barack Obama announced his strategy for Iraq, the operational tempo for Marines and Sailors within the 2nd Marine Logistics Group (Forward) in Camp Al Taqaddum, Iraq, was high.

Since the President's announcement, the tempo at the 2nd MLG (Fwd) has elevated tenfold. While they are in charge of the responsible drawdown of the Marine Corps' logistical assets in Iraq's Al Anbar province, they are also still required to support sub-

ordinate units who work with Iraqi Forces to stabilize the country.

From the outside looking in, the responsible drawdown of equipment may seem like a simple task to complete. But with more than 53,000 individual pieces of gear in the MLG's inventory that still need to be processed for turn-in, the enormity of the overall mission can only be accomplished with precise, complex planning by leaders at the top and demanding physical labor by those in charge of carrying out the plan.

The process of drawing down equipment and weapons from subordinate units is a complex one; every single item and its components must be cleaned, inspected, and physically accounted for prior to being transferred to the Marine Corps Logistics Command (Forward), here.

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

'Mahalo' for listening *Warriors work together to promote Aloha*

Kristen Wong
Photojournalist

The war cries of Hawaiian warriors and the sounds of a Hawaiian prayer chant could be heard at The Officers' Club on Marine Corps Base Hawaii, April 22 and 23.

Approximately 50 service members and Department of Defense civilians attended the free Native Hawaii Cultural Communication Course, sponsored by the Office of the Deputy Undersecretary of Defense for Installations and Environment.

The first of its kind in the state of Hawaii, the course is based on the original courses, designed by the Office of the Secretary of Defense, to teach DoD employees about the culture and history of American Indians and Alaska Natives. Through the course, DoD employees are advised on how to converse with representatives from these native groups and come up with ways to work together on projects which affect both parties.

As early as 2001, Stacey Halfmoon, a former senior tribal liaison of OSD, initiated the very first course for the DoD. Eventually a policy was drafted as a guide for all DoD employees in future endeavors. The course continues to be held two to three times a year in various locations around the U.S. Normally military installations host the course, although future courses may include an additional "field trip" to a culturally significant site, according to Len Richeson, one of the event coordinators from Keres Counseling.

"For us, cooperative work and collaboration is the preferred process," Haunani Apoliona, chairperson, Office of Hawaiian Affairs, said in her opening speech. "Partnership is a key element. Mutual benefit and mutual respect is key to a successful partnership. This course and the consultation protocol are essential elements for improving relationships and achieving out-

comes valued by Hawaiians and the DoD."

For three years, a number of organizations, including the DoD and the OHA, have worked on tailoring a similar course about Native Hawaiians, according to David Sanborn, senior tribal liaison, OSD, who has been involved with the course's development. Like the policy for the American Indians and Alaska Natives, the OSD staff will also finalize a written policy for working with Native Hawaiian groups, using feedback from the attendees. However, Sanborn, a resident of Washington, D.C., said there is no deadline for the policy.

Attendees came from numerous organizations, including the MCB Hawaii Environmental Compliance and Protection Department, the National Park Service and the U.S. Army Garrison-Hawaii Public Affairs Office. Service members and DoD civilians who work with Native Hawaiians are eligible to take this course.

On April 22, course attendees were formally welcomed by various speakers like Army Maj. Gen. Stephen D. Tom, chief of staff, U.S. Pacific Command.

Tom, an active Army reservist, has lived in Hawaii for more than 40 years and emphasized in his speech how special Hawaii is in many aspects from the climate to its people.

"Hawaii's a very special place," Tom said in his address. "It's important for the military ... to communicate, to consult, to speak [and] to talk story with the Native Hawaiian organizations."

Attendees learned various aspects about the Native Hawaiian community through interactive activities, discussion panels and cultural presentations.

Guest speakers included University of Hawaii professors, service members and Native Hawaiians. The topics varied among the speakers, such as locally-known researcher Nanette Napoleon's presentation about cultural cemetery rituals. Other speakers like Nalani Olds, told sto-

ries about their heritage. Olds, a vocalist, historian and storyteller, talked about her childhood experience growing up in Hawaii during World War II.

Guests like Thomas Kaulukukui, Kailua resident, and Sonny Kaulukukui of Waipahu, showed the audience examples of traditional Hawaiian weaponry and demonstrated fighting techniques of lua, the ancient martial art of Hawaiian warriors.

During a discussion panel, attendees asked panelists questions about ways to approach certain aspects of coming to an agreement with Native Hawaiians on a number of issues. Through past experiences, the panelists explained how to work with people who are extremely upset, or how to handle discovered human remains.

One of the panelists, Kai Markell, director of Native Rights, Land and Culture, OHA, said one of the aspects of Hawaiian culture some people perhaps may not realize is "how profound the spirit of Aloha really is."

"It's not just a word but a way of life," Markell said.

Several attendees expressed enthusiasm for the course. Robert Pedigo, facilities branch head, and Kathleen Ramirez, force environmental engineer, U.S. Marine Corps Forces, Pacific, both said there was a need for a course in Hawaii similar to existing courses given to DoD employees when visiting other countries. In addition, Pedigo, of Aiea, said the course should be offered to larger audiences.

"There were a lot of speakers that were actually emotional about what they were speaking about," said Ramirez, a native of Palo Alto, Calif. "They did a really good job helping transplants like me from the mainland understand the meaning and importance of those burial sites and the plants and other resources that are on [MCB Hawaii]."



Kristen Wong

Kahu Richard Likeke Papa, Jr., Native Hawaiian cultural resources specialist, and a retired federal fire captain, speaks at the Native Hawaiian Cultural Communications Course April 22 and 23 at the Officers' Club.

Even though attendees were introduced to a new and different culture, many were able to find commonalities between Native Hawaiians and DoD employees.

"One of the other things I really liked a lot was that we all kind of have the same values," said Paula Creech, American Samoa and Micronesia program manager, National Park Service, U.S. Department of the Interior. "To me that was an awesome communication breakthrough because it puts people on the same level ..."

Creech said the groups found common values such as family and respect.

Sanborn said he was pleased with the turnout for the course, and said OSD plans to continue offering the course in Hawaii at least once a year or more if invited.

"When Maj. Gen. Tom gave his opening remarks, he asked us to do two things - listen and share - and I think we accomplished those tasks," Sanborn said.

CLB-3 brings mobile exchange, post office to Afghanistan



Lance Cpl. Ronald W. Stauffer

Marines of Lima Company, 3rd Battalion, 8th Marine Regiment (Reinforced), browse through stacks of goods at the mobile post exchange at Forward Operating Base Now Zad, Helmand province, Islamic Republic of Afghanistan, April 2. During a combat logistics patrol, Combat Logistics Battalion 3, the logistics combat element of Special Purpose Marine Air Ground Task Force - Afghanistan, transported a mobile post exchange and post office to the Marines of Co. L, 3/8.

Lance Cpl. Ronald W. Stauffer

Special Purpose Marine Air Groud Task Force - Afghanistan

HELMAND PROVINCE, Afghanistan – Combat Logistics Battalion 3 delivered some of the amenities of daily life that most take for granted during a specialized combat logistics patrol to Forward Operating Base Now Zad, Helmand province, Afghanistan, April 1.

Combat Logistics Battalion 3, the logistics combat element of Special Purpose Marine Air Ground Task Force – Afghanistan, made the delivery of precious cargo to the Marines of Lima Company, 3rd Battalion, 8th Marine Regiment (Reinforced), the ground combat element of SPMAGTF-A, who are serving in one of the most remote and austere areas of southern Afghanistan.

The cargo – enough containers filled with food, beverages, toiletries and much-needed uniform items to create an expeditionary post exchange. Additionally, 10 large containers of mail were transported aboard the trucks by second platoon, Motor Transportation Company, CLB-3.

With mountainous terrain encircling much of the FOB, an abandoned district center nearby and enemy insurgent forces scattered throughout, Lima Co. Marines rely mostly on combat logistics patrols and air deliveries for supplies and provisions from CLB-3.

"I think it went very well," said Gunnery Sgt. Brian K. Scarbrough, the Marine Corps Exchange manager assigned to CLB-3, whose services directly enhance SPMAGTF-A's morale, welfare and recreation programs.

Scarbrough explained that he brings items the Marines want or can't get and makes sure he takes as much of the items as possible to meet their needs.

The Marines at the FOB may go two weeks to a month before seeing a logistics patrol depending on factors such as weather, terrain conditions and the overall logistics challenges and demands of southern Afghanistan.

"Bringing the exchange boosts morale, and the Marines get what they want or need," Scarbrough said. "They're ecstatic, and it's like their icing on the cake."

Utilizing the FOB's dining facility as the exchange site, CLB-3 Marines carried in boxes of chips, crackers, energy drinks, soft drinks, hygiene products and uniform items, filling most of the building's capacity.

Scarbrough said the Marines see all the little things that are taken for granted because they don't always have them.

"People don't realize the extent of what we

do as [Marine Corps Community Services] Marines," said Scarbrough. "Personally, I was happy to be involved and able to give the Marines who are actually in the fight the opportunity to get what they need."

At a small table, Cpl. Bona Chantha, a disbursing clerk assigned to CLB-3, provided the Marines the opportunity to withdraw a cash advance, making it possible for them to make purchases at the mobile post exchange.

"It was a great opportunity to serve the Marines who are in the fight, as well as see how they interact at the FOB," Chantha said.

Equally as important for the Marines at the FOB was CLB-3's first mobile post office, giving Marines the opportunity not only to send letters home but also extra personal items they've accumulated, which many packed in storage trunks that were purchased at the mobile post exchange.

"It was a big hit," said Staff Sgt. Jason N. Dixon, the postal chief based out of Okinawa, Japan, who is currently assigned to CLB-3. "It was really successful, and we were really busy."

Dixon said the Marines were extremely happy to send home letters and lighten their load of non-essential personal belongings before redeploying home.

As well as collecting outbound mail, Dixon also brought the 10 large containers-worth of inbound mail with him.

"It feels great," said Cpl. Ryan P. Little, an automatic rifleman assigned to second platoon, Co. L. "We knew it was coming, and everybody was excited."

Dixon said CLB-3 did an excellent job, and he was impressed with what they accomplished.

"They did a bang-up job, and I appreciated the help that I got from my fellow CLB-3 [Marines]," said Dixon. "They were ready and willing to volunteer and help out."

At the end of the one-day mobile post exchange and mail operation, \$20,433 of total goods were sold, and the post office accepted more than 5,000 pounds of outbound mail for processing.

Since arriving in Afghanistan, Scarbrough's post exchange sales have totaled more than \$429,000, including sales to all of the U.S. military's service branches, as well as civilian Department of Defense personnel and alliance forces. Dixon's postal operation has received nearly 600,000 pounds of mail and out-processed more than 74,000 pounds of mail. CLB-3's disbursing section has provided services to almost 14,000 customers in casual payments totaling nearly \$1.5 million.

ASIAN PACIFIC AMERICAN HERITAGE MONTH

Pay it forward

Artillery gunny passes on knowledge, motivation to troops

Cpl. Regina A. Ochoa

Layout and Design

Gunnery Sgt. Restituto Paz always knew he wanted to join the military. As a child, however, he didn't even know the Marine Corps existed.

In his hometown of Angeles City on Luzon Island in the Philippines, Paz grew up watching United States airmen conduct their daily business at the nearby Clark Air Force Base.

"I'd always see the Air Force guys and I always knew I wanted to be in the military," Paz said in a thick Filipino accent. "The only branch I knew was the Air Force. I grew up in an Air Force community."

Paz left that community in 1992, when his parents packed up him and his nine older siblings to move to Georgia. There, Paz finished his junior and senior years of high school and graduated early in January 1994. That's when he discovered his calling in life.

"I didn't even know the Marine Corps, Army, or Navy existed until I went to the recruiting station," Paz said. "[I joined the Marine Corps because] I wanted to challenge myself and I wanted to be the best. I signed up in February of that year, went to boot camp March 1 and graduated May 20 at Parris Island, South Carolina. Since then, I said, 'no matter what, I'm going to do 20 years.'"

Fourteen years later, Paz has experienced a lot during his career, and has no intention of calling it quits any time soon. After boot camp, Paz attended Marine Combat Training at Camp Geiger, N.C., and then went on to artillery training at Fort Sill, Okla., to become a field artilleryman.

"I didn't even know what artillery was before I got to Fort Sill," Paz said. "Artillery is a great job. I have no regrets about being an artillery guy."

After training at Fort Sill, Paz shipped off for his first duty station in Okinawa, Japan, with Lima Battery, 3rd Battalion, 12th Marine Regiment. While attached to 3/12, Paz deployed to Korea and conducted training at Camp Fuji, Japan, for three months. During training, Paz met the woman who would become his wife while visiting Tokyo.

As their relationship blossomed, Paz changed stations and was attached to Charlie Battery, 1st Battalion, 11th Marine Regiment, in Marine Corps Base Camp Pendleton, Calif. While there, Paz wrote letters back and forth with Mariko, whom he married in 1998.

That same year, Paz was sent to Charlie Battery, 1st Battalion, 12th Marine Regiment, at Marine Corps Base Hawaii. With 1/12, Paz deployed multiple times to Okinawa to conduct artillery training with the unit. His first tour with Charlie Battery ended in July 2002,

when he was sent to Marine Corps Recruit Depot San Diego, and began his three-year tour on the drill field.

"I learned a lot in the drill field," Paz said. "I learned a lot about leading Marines and training recruits to become Marines. They always say 'if you go to the drill field, it's going to be the pinnacle of your career,' and that's what it is. My first two cycles were hard. They were really hard. I've never worked so hard in my life, but after that I learned the training schedule it wasn't as bad. I always said 'I'll never miss the drill field,' but looking back now, I want to go back. It was the pinnacle of my career."

Paz said it was important for him to become a drill instructor as a way of giving back to the Corps.

"The Marine Corps did a lot for me," Paz said. "They took care of me. I had a lot of corporals and sergeants taking care of me when I was a [private first class] growing up. I wanted to give back to the Marine Corps, so I went to the drill field, trained some recruits, put some good Marines into the Corps, and I think that's the best reason to be a DI."

Despite his busy rotations on the drill field, Paz had the opportunity to visit the Philippines in 2004. He said it was different than when he left in 1992, a year after the violent eruption of Mount Pinatubo which devastated Angeles City.

"When I left it was a year after Mount Pinatubo erupted and it was still a mess," he said. "When I came back 13 years later, it was a lot different. There's malls and buildings everywhere. It was different."

Paz said he vividly remembers the day he was sent home from school early because the volcano was spewing ash.

"It happened mid-afternoon and I was in the house 'cause they sent everyone home early," he said, the seemingly permanent smile fading from his broad face. "It was noon and it was completely dark because of all the ash. We saw the mushroom cloud from the volcano. It was dark and it started to rain. I remember it was a Wednesday, and Saturday morning we all got evacuated."

The Paz family evacuated to their cousin's house in Manila, the capitol of the Philippines. Three days later, they returned to a devastated Angeles City.

"We came back three days later and the house was gone, everything in the city was gone," he said. "We had to start from scratch."

After witnessing the rebirth of his hometown, Paz returned to his recruits in San Diego. When his drill instructor days came to an end, Paz was sent back to Charlie Battery, 1/12, where he serves today as battery gunnery sergeant. With the unit, he conducted another



Cpl. Regina A. Ochoa

Gunnery Sgt. Restituto Paz, battery gunnery sergeant, Charlie Battery, 1st Battalion, 12th Marine Regiment, grew up in Angeles City on Luzon Island in the Philippines. Paz joined the Marine Corps in 1994 and has served as a field artilleryman with units in Japan, California and Hawaii, and was a drill instructor at Marine Corps Recruit Depot San Diego.

deployment to Okinawa and has deployed twice with the unit as Task Force Military Police to Iraq.

In June, Paz is scheduled to leave Charlie Battery and become the battery gunnery sergeant for Headquarters Battery, 1/12.

"This isn't just coming from me, this is coming from almost everyone I've talked to in the battery – Gunny Paz has an ability to make the Marines in his battery want to better themselves because they love the way he treats them," said Staff Sgt. Mitchell Hamilton, platoon sergeant, Guns Platoon, Charlie Battery,

1/12. "I only wish the next battery gunny could be as good as him."

Paz attributes his success to following two strict rules, rules he has passed on to his Marines.

"Growing up, I was growing up with nothing, and the Marine Corps gave a lot to me," he said. "I was successful from the day I joined the Marine Corps 'til now by doing two things – being on time and doing what I'm told. That's my advice to my Marines – be on time and do what you're told – and you're going to do great in the Marine Corps."

Remember
to Recycle!

HMH-362, from A-1

craft for transportation to Afghanistan; each bird was sent one at a time. But despite their daunting task, the Marines pulled together, rolled up their sleeves and went to work.

"Our maintenance Marines are the best in the Marine Corps," said Maj. Gary W. Thomason, HMH-362's aircraft maintenance officer. "On their backs is how we made this happen. I think I speak for everyone involved when I say, fantastic job."

After more than two months of backbreaking work, the Ugly Angels are in Afghanistan, eager to take the fight to the enemy.

"This deployment has been a great experience," said Cpl. Jorge Toledo, a crew chief and flight line mechanic with HMH-362. "We've been able to operate in both areas of operation and it's been a good training opportunity with the demanding terrain and climate differences. Since arriving in Afghanistan, I personally was able to be a part of testing seven aircraft in twelve days. I have gained more experience on this one deployment than my whole time in the Marine Corps."

Today, the Marines and their Sea Stallions are ready to tackle whatever the insurgency and Afghanistan's terrain throw at them.

"We expect the mission set to remain relatively the same," Hagan said. "Given the more kinetic nature of this theater, I would expect to see more raid and quick reaction force support than was executed during our time in Iraq. But the Marines are excited and eager to do what Marines do. This deployment has proved beyond a shadow of a doubt that my Marines can, are eager and willing to accomplish any task thrown at them."

On April 15, the 47-year anniversary of the unit's Vietnam deployment, The Ugly Angels arrived in Afghanistan. HMH-362 began combat operations April 22.



Christine Cabalo

Volunteers from 3rd Marine Regiment help students from Mokapu Elementary School Student Council clean Fort Hase Beach Wednesday. The cleanup was the first time in three years Mokapu students have assisted in Base Pride Day. Students and Marines found a corkscrew, plastic debris, fishing line and a braided rope during their sweep of the beach. While most participants basewide picked up trash, others volunteered at the Base Recycling Center, or with the Environmental Compliance and Protection Department pulling non-native mangrove plants from the wetlands and ponds on base.

PRIDE, from A-1

In addition, the Base Working Party from the Base Inspector's Office pulled about three full bicycles from the pond as well as assorted bicycle parts, according to Petty Officer Alberto Pena, base inspector working party staff noncommissioned officer in charge, and Pfc. E.J. Veliz, base working party, Base Inspector's Office.

The Base Recycling Center collected nine automobile tires, and wrote 10 landfill passes for unrecyclable trash - much less than previous Base Pride Days, according to Jim Sibert, manager of the Base Recycling Center.

The Base Landfill collected one ton of trash in addition to four and a half tons of wood and green waste, according to Bill Otto, base transportation supervisor, Base Facilities.

Base Pride Day, generally conducted twice a year, is sponsored by several departments including the Base Inspector's Office, Forest City Residential, and the Environmental Compliance and Protection Department.

During this event, each unit or department is responsible for a specific area of the base to clean. In addition, individuals from several units and other volunteers assisted the Base Recycling Center, sorting materials.

Individuals from other units assisted Bookless and Todd Russell, biological service technician, Environmental Protection and Compliance Department, in the Nuupia Ponds, removing non-native mangrove plants and collecting trash from the Mokapu Watershed.

Bookless, a Kaneohe resident, has participated in at least six prior Base Pride Days.

During those times, Bookless said he's seen stereo equipment, telephone poles and "enough [equipment] to outfit a softball team."

"[There's] so much junk out here, everywhere," said Petty Officer 2nd Class Douglas Burrill, safety petty officer, Commander, Patrol and Reconnaissance Wing 2, as he pulled assorted plastic bottles from the pond mud.

"This is where we live, this is our home," said Lance Cpl. Derek Knowles, helicopter mechanic, Marine Aircraft Group 24, who sorted trash at the Base Recycling Center April 27. "Someone's gotta do it."

Units who weren't cleaning the ponds conducted foreign object debris walks by walking side by side in a line, spreading across assigned areas while collecting trash.

"This area's not as dirty as last year," said Lance Cpl. Juan Montano, finance clerk, Comptroller Directorate, MCB Hawaii.

Montano, who was out with his department collecting trash near the Marine Mart, said last year they found an air conditioning unit.

Early Tuesday morning, members of 3rd Radio Battalion split into groups of three, combing streets near their building as well as Landing Zone Boondocker behind their building.

Aside from the occasional small pieces of trash, barbed wire and wood, there were slim pickings for the group at LZ Boondocker this year. Larger trash items were found in previous years.

Corporal Katherine Houghton, special intelligence system administrator and communicator, 3rd Radio Bn., who was participating in her fourth Base Pride Day, said they once found a mangled shopping cart during a collection and used it to carry the rest of the trash.

Sergeant Andrew Thornton, special communications signals collection operator and analyst, 3rd Radio Bn., said they found a karaoke machine in the Nuupia Ponds during one Base Pride Day.

By Tuesday afternoon, a cloudy sky loomed and a chilly wind blew past the members of MALS-24 as they made two rounds in the parking lot and field around their building.

Aside from a few stray pieces of garbage, the team didn't have much to clean, said Petty Officer 2nd Class Stephanie Perry, personnel specialist, MALS-24.

"I think everyone's getting the hint that the more we mess up the base, the worse we look," Perry said.

Marine Aircraft Group 24 finished their cleanup walk, just missing a downpour.

Marine Aircraft Group 24 uncovered a stash of assorted objects behind one building, from a surfboard to propane tanks.

"The grossest [things are] the cigarette butts," said Sgt. Crystal Black, chemical, biological, radiological and nuclear defense specialist, MAG-24. "[They are] nauseating."

Gunnery Sgt. Keith Taylor, aviation operation specialist, MAG-24, said the unit collected at least 12 bags worth of garbage during last year's event.

This year, however, Taylor estimated they only had enough for two bags.

"We found a lot more trash last year than we did this year," said Taylor, who found an old golf ball. "Somebody's doing something right."

Taylor said some of the most common pieces of garbage he found were red nylon strings from weed wackers.

"It's thick enough where it could do a lot of damage to aircraft engines if it got caught up in [one of them]," Taylor said.

Joining the base community in this year's clean up were students from Mokapu Elementary School.

On Wednesday afternoon, members of the 3rd Marine Regiment and 22 Mokapu Elementary School students collected trash on Fort Hase Beach.

The school's student council, as well as representatives from the fourth through sixth grades, volunteered for Base Pride Day.

"It's fun," said Elizabeth Anderson, student council treasurer, Mokapu Elementary School. "I feel happy we can help out the animals and the beach looks a lot prettier afterward."

Base Pride Day participants were expected to finish cleaning their respective areas by Wednesday.

The Base Inspector's Office conducted post-inspections on the areas through Thursday.

"We as Marines are used to taking care of what we've been given," said Maj. Daryl Fuller, logistics officer, MAG-24. "From time to time, maintenance is required in order for the base to function and remains a pleasant place to be."

Officers wrap up first year of EWS training

Lance Cpl. Daniel H. Woodall

Combat Correspondent

Marine Corps Base Hawaii officers enrolled in the Expeditionary Warfare School Distance Education Program, a 71-week academic course designed for captains and chief warrant officers, began the final portion of the course Wednesday.

The first half of the program, which takes about two years to complete, culminates with a practical exercise known as "Pleasant Dancer," which analyzes a Civil War battle incorporating modern warfare strategies as part of a Marine Air Ground Task Force Operations Ashore course. Rather than 19th century weaponry, students were given control of modern military units, including mock aircraft and artillery.

The class was split into two competing operational planning teams, each responsible for coming up with different strategies for attacking an enemy position using the principles of the Marine Corps Planning Process. Students huddled around terrain maps, directing air support and calculating the enemy's range of fire in order to devise a more efficient plan than their counterparts.

Once the students have a plan, each group must give a brief to the instructors and the rest of the class explaining their respective strategies. Students are graded based on their participation and contribu-

tion during the exercise.

According to the EWS course book, the lesson's purpose is for the students to develop, "war-game", and compare courses of action. By the end of the course, students should know the capabilities and limitations of the MAGTF's assets and appropriate uses in the single battle concept.

The lessons taught in the course are the same as those taught at the resident EWS at Marine Corps Base Quantico, Va., said retired Col. William C. Peoples, regional coordinator, Marine Corps College of Continuing Education.

As part of the training, the students also visited the state-of-the-art Command Operations Center for U.S. Marine Corps Forces, Pacific Headquarters at Camp H.M. Smith Wednesday in order to see the areas of responsibility and functions of a communication facility on a large-scale operational level.

"There are three goals for the program," Peoples said. "To give officers the education that Marine Corps leaders want them to have, to make officers more competitive, and to give the students an enjoyable learning environment while they continue their professional education."

Completion of the EWS for officers is not only vital for promotion, but also for their professional development, said Lt. Col. Thomas W. Ward, base inspector and EWS



Lance Cpl. Alesha R. Guard

Students of the Expeditionary Warfare School study a terrain map in order to develop a strategy to defeat their simulated opponents in a Combat Camera conference room on Marine Corps Base Hawaii, April 22.

instructor. Regardless of each officer's respective job, they will all be exposed to the operational functions and elements of the MAGTF, said Ward.

"Our goal is to tap into [the student's] abilities so they can leave here with the knowledge the Marine Corps needs them to have," Ward said. "The students will graduate the course with the experience to share their mentorship with fellow Marines," he

continued.

Besides being required by the commandant of the Marine Corps, completion of EWS will give officers a broader knowledge base immediately complementing their training, Peoples said.

"In the end, [EWS] ultimately leads to development of skills that may help them keep their young Marines alive in a combat environment," Peoples said.



Lance Cpl. Alesha R. Guard

After laying a wreath in honor of the Polynesian Cultural Center, George Kaka led members of an Oahu Maori community in a Polynesian chant during the annual Australia - New Zealand Army Corps commemoration ceremony, held at Honolulu's National Memorial Cemetery of the Pacific, April 25.

ANZAC, from A-1

bearers and music from the MarForPac Band.

This year's ceremony marked the 37th year the Marine Corps has provided military support for the commemoration, an honor many Marines were proud to partake in.

"I enjoyed being able to bond and share a day with military personnel from other countries," said Lance Cpl. Richard Garcia, administrative clerk, G-1, MarForPac. "It really opened my eyes and was a great experience."

"I've been coming to the ceremony since 1973, and the U.S. Marines always do a beautiful job," said Roger Tansley, attendee a part of the wreath laying ceremony.

"Since growing up as a boy I've had many fond memories of Marines," Tansley said, smiling as he watched the many Marines

walking tall in their dress blue deltas down the steps of the memorial.

Tansley said his fond memories of service members dates back to 1942, when a large Marine camp held a staging area in Wellington, New Zealand, where he lived. With a military presence throughout his life, the ANZAC celebration has much significance to Tansley.

"For New Zealanders and Australians, it's a very solemn day for us," Tansley said. "My great-uncle died in World War I, my uncle died in World War II and my son served in the [U.S.] Navy as a Navy Seal. All these [memories] tied together make this a very special day for me."

As attendees left the commemoration ceremony, baskets of rosemary were offered for all to take a sprig to wear in hopes of never forgetting the fallen warriors of the past.

MCCS, from A-1

The Child Development Center, which falls under the MCCS, was brought up by Cpl. Melissa Nolan, Headquarters Battalion.

Nolan asked why single parents trump dual active duty parents for spots at the CDC.

She pointed out if one parent is deployed, there is no one to watch the child.

Esta Staples, family readiness officer, answered the question by explaining it was a policy of the Department of Defense and she would try and work with Nolan to get her a spot in the CDC.

Along with suggestions and comments from community members, an out-of-town visitor complimented MCCS.

"I'm from Okinawa and I think [townhall meetings are] great, said Denise Loftesnes, an attendee. "I want to know how to get MCCS to do this for my base."

Sports & Health



Photos by Lance Cpl. Daniel H. Woodall

"Kaneohe Bay Giants" shortstop Miguel Albarado swings for the fences during the first inning of a Hawaii Military Youth Athletic Association baseball game at C Street Fields on Marine Corps Base Hawaii April 25.

Giants play with heart, determination

Youth baseball team rallies late, falls short of win

Lance Cpl. Daniel H. Woodall
Combat Correspondent

The "Kaneohe Bay Giants" fell to the "Pearl Harbor Red Sox" 8-4 during a Hawaii Military Youth Athletic Association regular season game April 25 at the C Street Fields on Marine Corps Base Hawaii.

Rather than players or coaches pitching, the 7 and 8-year-old Pinto division relies on a spring-loaded machine to deliver more consistent and accurate pitches, said Clark Abbey, Marine Corps Community Services youth sports specialist. The games are timed on a 1 hour, 30 minute continuous clock and teams are allowed to have 10 players on the field. There are four outfielders and one player stands in the pitcher position next to the machine.

The Giants, who play in the Pinto division of the co-ed youth baseball league, fell behind early in the game but were never out.

By the end of the first inning, the Giants trailed 2-0 after a series of Red Sox infield singles. In the third inning, the Red Sox added another run off of a double, bringing the score to 3-0.

With the bases loaded and with two outs in the second inning, the Giants managed to squeak in a run. Unfortunately for the Giants, the Red Sox unleashed a barrage of hits in the third inning extending their lead 6-1.

With time running out, the Giants needed to put some runs on the scoreboard against a tough Red Sox defense, which had allowed very few scoring opportunities for the home team. With runners in scoring position in the third inning, Giants pitcher Anthony Garcia stepped up to the plate while fellow teammates shouted their support.

"Here we go, Anthony, here we go," yelled Giants players from the dugout. "Hit the ball!"

Garcia delivered a single to left field, driving in one run. The rest of the Giants responded to Garcia's RBI single with a series of hits bring-



A "Pearl Harbor Red Sox" player is tagged out by at Kaneohe Bay Giants player during the first inning of a Hawaii Military Youth Athletic Association baseball game at C Street Fields on Marine Corps Base Hawaii April 25.

ing them back into the game. By the end of the third inning, the Giants trailed only 6-4.

Despite the great offensive outing, the Giants simply did not have enough time to complete their comeback by the time the game clock hit zero.

After the game, Giants players congratulated the visiting Red Sox and held their heads high as they congregated around their coach, William Bailey.

"Everyone played hard today," Bailey said. "We got some hits, made some great plays and we're going to come out strong again next week!"

The Giants' next game will be at Vandenberg Field 10 on Hickam Air Force Base against the Devil Rays, Saturday.

Bodybuilding Marine takes win



Lance Cpl. Cassandra Yoho

Gunnery Sgt. Christopher Ashley from Marine Corps Base Hawaii, shows off his side chest pose during his individual routine at Sharkey Theater aboard Naval Station Pearl Harbor April 25.

Lance Cpl. Cassandra Yoho
Combat Correspondent

There are many different reasons people go to the gym – they enjoy exercising, they want to maintain a healthy lifestyle, or maybe they are trying to relieve stress. All of these reasons make sense for the average gym attendee, but there's a small percent who are in for something more. They are bodybuilders.

Bodybuilders usually train for months in the gym before a competition. There are guidelines for everything they do. How many sets and repetitions of one exercise, what foods help get the desired results and how much cardio should be done in one day are just a few of the average questions of a novice bodybuilder.

In January, Gunnery Sgt. Christopher Ashley, a Marine from Marine Corps Base Hawaii, decided to take on the challenge of training to compete in the 26th Annual Armed Forces Hawaii Bodybuilding Competition April 25 at Sharkey Theater aboard Naval Station Pearl Harbor, Hawaii.

"After showing him pictures of me from previous competitions he came to me ready to train to compete," said Chief Warrant Officer 3 Mike Diaz, the legal officer for 3rd Marine Regiment, and Ashley's trainer.

Ashley said he began his training weighing 180

See ASHLEY, B-2

MCB Hawaii pools re-opened



Christine Cabalo

Justyn Raymond practices his endurance at the Base Pool at Marine Corps Base Hawaii Tuesday. A total of 2,700 swimmers who use the Base Pool each month are less likely to be entrapped by pool drain suction with newly installed drain covers. The safety measure is part of guidelines found in the Virginia Graeme Baker Pool and Spa Safety Act, which took effect in December 2008.

Improvements keep K-Bay pools safe

Christine Cabalo
Photojournalist

Pool users can swim soundly with new federally-mandated safety measures installed this year in all pools at Marine Corps Base Hawaii.

New drain covers are safeguarding swimmers against being caught by suction from pool drains. The improvements are part of the process by all federal public pools and spas to comply with a new law against potentially dangerous drains.

"We're using multi-drain certified drain covers," said Kari Hemund, pool manager, Marine Corps Community Services Aquatics. "It's an anti-entrapment device, ensuring no swimmer becomes trapped."

Swimmers who've been trapped due to uncovered drains have sustained a wide range of injuries, including death,

according the U.S. Consumer Product Safety Commission's online presentation about the law. The new federal guidelines come from the Virginia Graeme Baker Pool and Spa Safety Act, named after a child who died in 2002 after being trapped by the suction caused from a pool drain.

Although Hemund said there were no incidents of swimmers entrapped underwater at MCB Hawaii, the newly installed covers are a good way to ensure the safety of swimmers and training service members.

The MCCS Aquatics staff closed down pools at MCB Hawaii, Camp H.M. Smith and at the Manana Housing Complex in Pearl City, Hawaii, to install the safety devices in March 2009. All pools, including the Base Pool and The Officers' Club Pool, are now open.

At the Officers' Club pool, further

measures are in place in addition to a new drain cover, said Dino Leonard, assistant manager, MCCS Aquatics. The single-drain pool reopened April 17 with an automatic pump shut-off system.

"The automatic shut-off can sense when the flow stops if something or someone is blocking it," he said. "When it happens, the system automatically shuts off and it limits the pressure of the water flow."

A shut-off system isn't needed as much at the Base Pool, Leonard said, because it has two drains with less pressure and water flow.

Leonard and Hemund said the new safety devices haven't changed their life-guard approach at any of the MCCS facilities. Both said the devices are helpful and they continue to keep a close eye on

See POOLS, B-3



Photos by Lance Cpl. Cassandra Yoho

All of the competitors in the 26th Annual Armed Forces Hawaii Bodybuilding Championship took the stage at Sharkey Theater aboard Pearl Harbor Naval Base, representing their respected branch of services, for the national anthem April 25.

PUMPED UP!

Marine, Sailors, soldiers and airmen take the stage

Lance Cpl. Cassandra Yoho
Combat Correspondent

PEARL HARBOR NAVAL STATION, Hawaii -- Walking into Sharkey Theater patrons weren't going to see the latest flick at the base theater. They were there to see the service members of the Army, Navy, Marines Corps and Air Force compete in the 26th Annual Armed Forces Hawaii Bodybuilding Championship April 25.

The crowd bought popcorn, snacks and sodas, and made their way into the theater to find a good seat. Music blasted throughout the theater to set the scene and the lights slowly began to dim. The master of ceremonies walked to the podium and welcomed the crowd to the competition.

"This show [is the] only chance you will get to see military versus military, to determine who has the best bodybuilders," said Rodney Gouveia, contest promoter.

In order to compete in this bodybuilding competition, the only mandatory requirement was athletes had to be a service member or have served in one of the armed forces.

A series of professional judges evaluated competitors on muscle symmetry, which is the actual shape of the muscle, good muscle proportions, meaning does the upper body size match the lower body size; muscle density; are

the muscles hard and strong; overall muscle mass; and overall appearance.

Competitors, ready to compete in their posing suits, took the stage, marching out from behind their respective service flag. Once all 16 competitors were introduced, the audience rose to their feet for the playing of the national anthem.

After thunderous applause and enthusiasm, the crowd made it known they were ready for the show to begin. The first part of the event was the individual service competition. Army, Navy, Marine Corps, and Air Force competitors took the stage and battled it out to see which branch had the best bodybuilders. After the competitors did their best to impress the judges, the decision was made and the Army snagged the win.

Before moving on to the main event, the master of ceremonies announced how the divisions were broken down. Thirteen male competitors were divided into five different weight classes, leaving the last weight class with only one competitor. The three women competitors were broken down into two weight classes.

The Lightweight Division was first to take the stage followed by Welterweight, Middleweight, Light Heavyweight and Heavyweight. The women's divisions were Lightweight and Heavyweight.

Athletes walked out on stage and stood fac-

ing the judges. The main judge called out certain commands such as "quarter turn to your right," which told competitors to turn their bodies to face a new direction, and certain poses such as "front double bicep" and "side chest," two popular poses in the sport.

Competitors were then given the opportunity to take the stage alone and show off their individuality. Each competitor was allowed 90 seconds of the music of their choice to pose and display their sculpted physique.

Once the poses and routines were completed, judges deliberated who deserved first place in each division. While the judges made their decision, music blared and competitors entertained the crowd with a "pose down" by trying to out-shine one another with their favorite poses. After each division performed the winner was immediately announced.

After the division competition ended, there was a break in the contest, but not a break in entertainment. Kevin Sperling, a nationally ranked bodybuilder representing the Navy, took the stage as the guest poser and performed for the crowd to thunderous music.

All the division winners were decided and the guest poser finished his routine - it was time for the athletes to compete for the best overall male and female military bodybuilder.

The male division winners took the stage first. This part of the competition was conduct-

ed much like the division competition. After many poses a decision was finally made. The overall men's military bodybuilder was Marcus Allen, representing the Navy.

It was now the ladies time to shine. The two overall winners in the women's division took the stage and performed the necessary poses, and entertained the crowd with a quick pose down. The judges made their decision and the winner was Christina Mase, representing the Air Force.

As she held the trophy, nearly as tall as herself, Mase said she was happy her hard training and dieting paid off.

Many competitors said they couldn't wait to take the stage again, but others said they plan to retire the posing suit for a while.

"The energy from the crowd was wonderful," said Bobby McSwain, a Navy Heavyweight competitor. "It was such a great feeling."

Gunnery Sgt. Christopher Ashley, a Marine from Marine Corps Base Hawaii who competed in the show, said this was his first show and he is happy he gave bodybuilding a try. He plans to compete in the upcoming Hawaiian Island Bodybuilding Competition.

"I know what I need to tweak, and what body parts I need to improve on for my next show," said Ashley.

Ashley, the only Marine competitor, won first place in the Light Heavyweight Division.



Kevin Sperling, representing the Navy, was the guest poser at the 26th Annual Armed Forces Hawaii Bodybuilding Championships April 25. The event was held at Sharkey Theater aboard Pearl Harbor Naval Base.



Christina Mase, representing the Air Force, does a side tricep pose for the judges at the 26th Annual Armed Forces Hawaii Bodybuilding Championships April 25.

ASHLEY, from B-1

pounds only three months before the show. He trained at the Semper Fit Center aboard MCB Hawaii at least six days a week, usually twice a day, knowing he had to bulk up his muscles.

"I put him on a strict diet," said Diaz. "We needed to deplete his body, but still build up the muscle."

Ashley's diet consisted of lean protein and good carbohydrates. Three weeks before the competition is where the diet became a vital part of his training, Ashley said.

As show time approached, most of his

meals were just high proteins, which kept his body lean for the stage.

"The amount of discipline and dedication the sport requires made it such a challenge," said Ashley.

Along with an intense diet, weight training and cardiovascular training, Ashley also had to put together a 90 second posing routine. His individual routine would be the only time he would be alone on stage and have all eyes on him.

"I picked the song 'Thunderstruck' by 'AC DC,'" Ashley said. "I thought it would open up the crowds eyes and be something different than the typical [Rhythm and Blues] style

song."

Three months of training came down to 90 seconds on stage. Ashley, who was the only Marine in the all-military event, competed in the Light Heavyweight division of the contest. Weighing in at 215 pounds, he beat out the other two competitors in his division and moved on to the next round of competition.

"I knew he would win his division," Diaz said.

Even though his trainer knew Ashley would win his division, Ashley admits he was a little nervous on stage, but his family, friends and fellow Marines cheering him on in the crowd helped him to press on.

"I had a little bit of the first-time jitters on stage, but I'm happy with my performance," Ashley said. "The best part about performing was the crowd. They were so motivating."

Ashley went on to compete against the four other division winners for the overall male winner. While he didn't win the overall title, he was proud of his first performance and looks at it as a learning experience.

Ashley said he thought the competition was a good first time experience and allowed him to get his feet wet in the sport.

"The show was great for a first show and I can't wait to continue in the sport," Ashley said.

Health and Wellness

Combating the H1N1 flu

Fact Sheet

Force Surgeon, U.S. Marine Corps Forces, Pacific

The H1N1 flu is a respiratory illness of pigs caused by infection with H1N1 influenza A virus. While H1N1 influenza A viruses normally do not infect humans, occasional infections of humans do occur. The symptoms of H1N1 flu in people are expected to be similar to the symptoms of regular human seasonal influenza and include fever, lethargy, lack of appetite and coughing. Some people with H1N1 flu also have reported runny nose, sore throat, nausea, vomiting and diarrhea. Treatment involves the use of antiviral medications begun as soon as possible after the onset of symptoms. There is no human vaccine to protect against H1N1 flu, although vaccines are available to give to pigs to prevent H1N1 flu.

How long can an infected person spread H1N1 flu to others?

People with H1N1 influenza virus infection should be considered potentially contagious as long as they are symptomatic and possible for up to seven days following illness onset. Children, especially younger children, might potentially be contagious for longer periods.

What surfaces are most likely to be sources of contamination?

Germs can be spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth. Droplets from a cough or sneeze of an infected person move through the air. Germs can be spread when a person touches respiratory droplets from another person on a surface like a desk and then touches their own eyes, mouth or nose before washing their hands.

How long can viruses live outside the body?

We know that some viruses and bacteria can live two hours or longer on surfaces like cafeteria tables, door-knobs, and desks. Frequent handwashing will help you reduce the chance of getting contamination from these common surfaces.

Can people catch H1N1 flu from eating pork?

No. H1N1 influenza viruses are not transmitted by food. You can not get H1N1 influenza from eating pork or pork products. Eating properly handled and cooked pork and pork products is safe. Cooking pork to an internal temperature of 160 degrees kills the H1N1 flu virus as it does other bacteria and viruses.

What You Can Do to Stay Healthy:

There are everyday actions people can take to stay healthy.

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.

- Avoid touching your eyes, nose or mouth. Germs spread that way. Try to avoid close contact with sick people.

- Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.

- If you get sick, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

Are there medicines to treat H1N1 flu?

Yes. CDC recommends the use of oseltamivir or zanamivir for the treatment and/or prevention of infection with these H1N1 influenza viruses. Antiviral drugs are prescription medicines that fight against the flu by keeping flu viruses from reproducing in your body.

If you get sick, antiviral drugs can make your illness milder and make you feel better faster. They may also prevent serious flu complications. For treatment, antiviral drugs work best if started soon after getting sick (within two days of symptoms).

Information on H1N1 influenza virus

Naval Health Clinic Hawaii recommends taking proactive steps to include the following:

- Reviewing hygiene practices at Child Development Centers
- Encouraging hand washing and cough hygiene at health care and dining facilities
- Daily tracking rates of influenza like illness
- Testing of any suspect cases
- Continued coordination of information through daily telcons with military, state, and local Public Health Authorities

If you develop a high fever and other moderate respiratory symptoms (cough, chest pain, difficulty breathing, significant muscle aches), please contact your primary care manager.

If possible, stay home from work, school, group activities and errands when you are sick. You will help prevent others from catching your illness.

For more information, call the Oahu Joint Services Flu Hotline at (808) 433-1FLU, or visit the Center for Disease Control and Prevention Web site at <http://www.cdc.gov/swineflu/>.

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For More Information Contact Jack Hughes:
888 561 3639 j.hughes@capefoxit.com
or Your Unit Motorcycle Representative

American Lung Association in Hawaii fundraiser will be ‘Ride-within-a-Ride’ in September

Press Release

American Lung Association in Hawaii

HONOLULU – The American Lung Association in Hawaii is once again inviting bicyclists to participate in The Breathe Ride, a fundraising partnership with Hawaii’s most popular bicycle event, The Honolulu Century Ride.

The Hawaii Bicycling League’s 28th annual Century Ride will be held on September 27.

It is the oldest and largest cycling event in Hawaii and will begin and end in Kapiolani Park.

Participants can ride various distances – 20, 25, 40, 50, 75 or 100 miles.

Beth-Ann Kozlovich, development director of ALA in Hawaii, said each Breathe Ride participant can choose his or her pledge level.

A basic pledge is \$100, and all donations can be made online.

Participants can contribute directly or raise funds from family and friends in Hawaii, on the mainland, or elsewhere to support the organization’s mission to save lives by improving lung health and preventing lung disease.

This is in addition to the ride’s registration fee -- \$45 in April, \$50 May through August, and \$60 in September.

“With approximately 154,000 Hawaii residents suffering from some form of lung disease, we encourage riders to raise funds for ALA in Hawaii in honor of those who have or have been lost to lung disease,” said Kozlovich. “Ride to remember someone lost to lung cancer or because someone you love or know is currently battling lung cancer, asthma, or COPD or is trying to quit smoking. Or you can ride as a testament to living life well, despite your own lung disease.”

“Over the last two years, I’ve lost numerous family members and friends to lung cancer and lung disease,” said Breathe Ride chair Anne LaPorte. “At the end of their lives they struggled for every breath.”

“Lung cancer is the number one cancer killer in both Hawaii and the nation, killing more people than most other cancers combined,” LaPorte added. “We all need to

care about the air we breathe and strive for a smoke-free world. The American Lung Association in Hawaii is helping us do just that. If you care about your loved ones and the air they breathe, please join us on The Breathe Ride and support ALA in Hawaii.”

Participants can obtain more information and register for The Breathe Ride at the ALA in Hawaii’s website, <http://www.ala-hawaii.org>.



POOLS, from B-1

swimmers for other problems they may run into. With 2,700 swimmers a month at the Base Pool, Hemund said many swimmers were happy to have the pool open after months of closure.

Regular users of the Base Pool said they’re glad the pool is open with the new safety devices in place. Gunnery Sgt. Jason Raymond, military police officer, Headquarters Battalion, said he rarely spends any time near the pool’s drains but it’s comforting to know covers are there. He and his 14-year-old son, Justyn, use the pool to train for triathlons and are there twice a week.

“It’s a ... well-needed safety measure,” he said. “And it hasn’t really changed how we swim.”

Other Base Pool users like retired Army Col. Douglas Dudevoir said the safety devices haven’t impacted their swimming either. Dudevoir said he feels safe at the pool because of friendly lifeguards who can help him out if he runs into trouble.

“I didn’t really feel any danger before because the Base Pool has great lifeguards,” he said. “They’re very observant with swimmers, and I know they’re on standby in case anything happens.”

PT up KT



Lance Cpl. Alfredo Ferrer

Marines from Headquarters Battalion and Sailors from Waterfront Operations, Marine Corps Base Hawaii, participate in a battalion physical training run up the hill to Kansas Tower April 24. The Headquarters Battalion Marines were dressed in flak jackets and ‘boots and utes,’ their utility uniform bottoms and boots.

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 744-5977 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 stands 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, Mondays through Thursdays. All E-1s to E-5s pay \$2 for games 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.

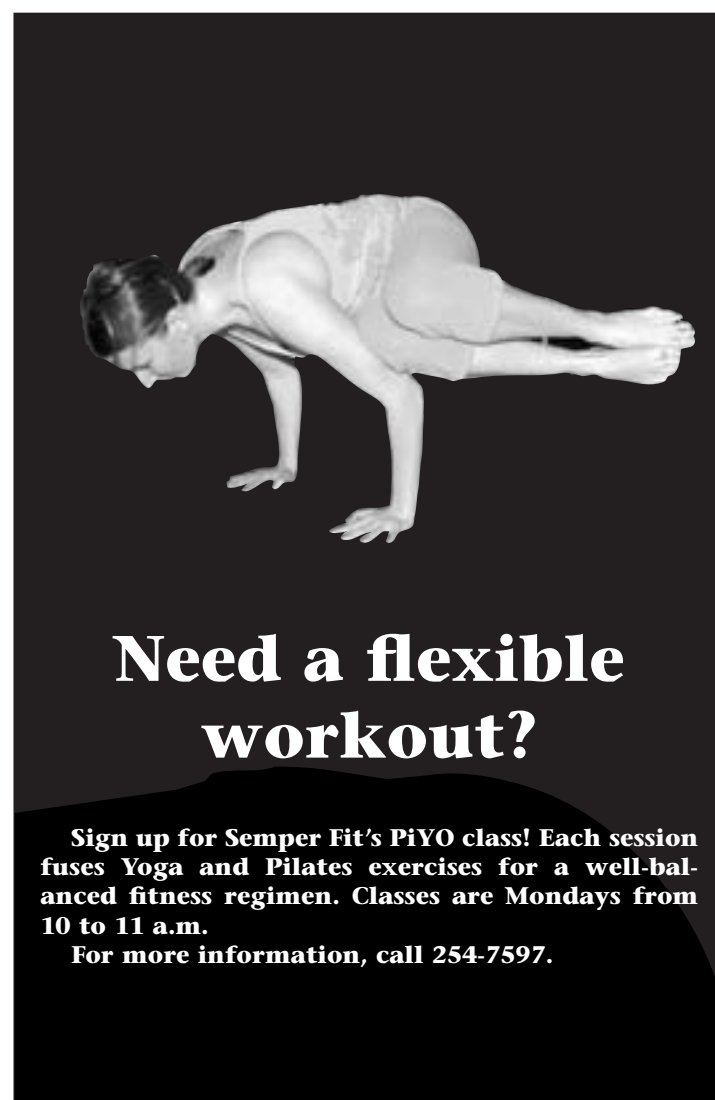
Okinawa Kenpo Karate

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.



Need a flexible workout?

Sign up for Semper Fit's PiYO class! Each session fuses Yoga and Pilates exercises for a well-balanced fitness regimen. Classes are Mondays from 10 to 11 a.m. For more information, call 254-7597.

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 punches 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 trainings 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 incorporates 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 a.m.

Sunday & Holidays, 10 a.m. - 6 p.m.

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.

Headquarters Battalion Sprint Triathlon

Sat., May 9

Bike, swim, or run to MCB Hawaii and grab your registration form for the most hardcore event held on the windward side. You had better be ready, because the HQBN Sprint Triathlon is right around the corner.

The Triathlon consists of a 500-meter swim in the waters of Kaneohe Bay, an 11-mile bike race circumnavigating the entire base, and ends with a 3.5-mile run, all concluding at the Base Marina. Participants may enter individually or in three-man relay teams. For the relay teams, one person will swim, one person will bike and one person will run.

VP-47 5k Runway Run

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 the turf around the Marine Corps Air Facility. This is not a training exercise, it for real. It is the HSL-37 "Easyriders" Splash & Dash Biathlon.

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

MCAF Tradewind Triathlon

Sat., Nov. 1

The MCAF 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.

Cover the world in paint!

Aim for a fun time with friends! Open Saturdays and Sundays from 9 a.m. to 5 p.m.

For more information, call 265-4283

Intramural Sports Updates

2009 Intramural Spring Softball League

Schedule

All games will be played at Riesley Field

May 1

6 p.m. MCAF vs. VP-9
7 p.m. 1/12 vs. MALS-24
8 p.m. 1/3 WEAPONS vs. VP-47

May 4

6 p.m. 1/3 WEAPONS vs. MCAF
7 p.m. CLB-3 vs. IRISH PUB HMH-363
8 p.m. 1/12 vs. 3RD MARINES

May 5

6 p.m. 1/3 WEAPONS vs. MALS-24
7 p.m. HMH-463 vs. 3RD MARINES
8 p.m. 1/12 vs. MCAF

Standings

TEAM	WINS	LOSSES
HMH-463	3	0
ASP-HQBN	2	0
JOKERS - VP-2	1	0
1/12	1	0
1/3 WEAPONS	1	1
HSL-37	1	1
3RD MARINES	1	1
MALS-24	1	2
VP-9	1	2
IRISH PUB - HMH-363	0	0
PMO	0	1
CLB-3	0	1
MCAF	0	2
VP-47	0	2

Current as of April 27

Intramural Soccer League

There will be a coaches organizational meeting for coaches of teams in the Intramural Soccer League Tuesday, May 5, at the Semper Fit Gymnasium at 2 p.m.

For more information, contact Joe Au at 254-7591.

Youth Sports Update

Youth volleyball schedule

May 2

Pearl Harbor Annex

1:30 p.m. - U14 (*home team*) K-Bay 2 (*away team*) Pearl Harbor 1
2:30 p.m. - U14 (*home team*) K-Bay 1 (*away team*) Pearl Harbor 2
3:30 p.m. - U10 (*home team*) K-Bay 2 (*away team*) Pearl Harbor 1
4:30 p.m. - U10 (*home team*) K-Bay 1 (*away team*) Pearl Harbor 2

May 9

Pearl Harbor Annex

1:30 p.m. - U10 (*home team*) Pearl Harbor 2 (*away team*) Pearl Harbor 1
2:30 p.m. - U10 (*home team*) K-Bay 2 (*away team*) K-Bay 1
3:30 p.m. - U14 (*home team*) Pearl Harbor 2 (*away team*) Pearl Harbor 1
4:30 p.m. - U14 (*home team*) K-Bay 2 (*away team*) K-Bay 1

HMYAA Youth Baseball

Pinto Division schedule

May 2

Pearl Harbor Lynch Field

9 - 10:30 a.m. PH Red Sox vs. PH A's
10:30 a.m. - 12 p.m. PH Nationals vs. PH Tigers

Hickam Vandenberg Field 10

9 - 10:30 a.m. HK Orioles vs. HK Rockies
10:30 a.m. - 12 pm. KB Giants vs. HK Devil Rays

K-Bay C Street #2

9 - 10:30 a.m. HK Reds vs. K-Bay Cubs

May 6

Pearl Harbor Lynch Field

5 - 6:30 p.m. HK Rockies vs. PH Nationals

Hickam Vandenberg Field 10

5 - 6:30 p.m. PH Red Sox vs. HK Devil Rays

May 9

Pearl Harbor Lynch Field

9 - 10:30 a.m. HK Rockies vs. PH Red Sox
10:30 a.m. - 12 p.m. HK Devil Rays vs. PH Tigers

Marine Corps Sports Hall of Fame

Athlete of the week

Richard Vincent Guerin

Class of 2004 - Guard

Press Release

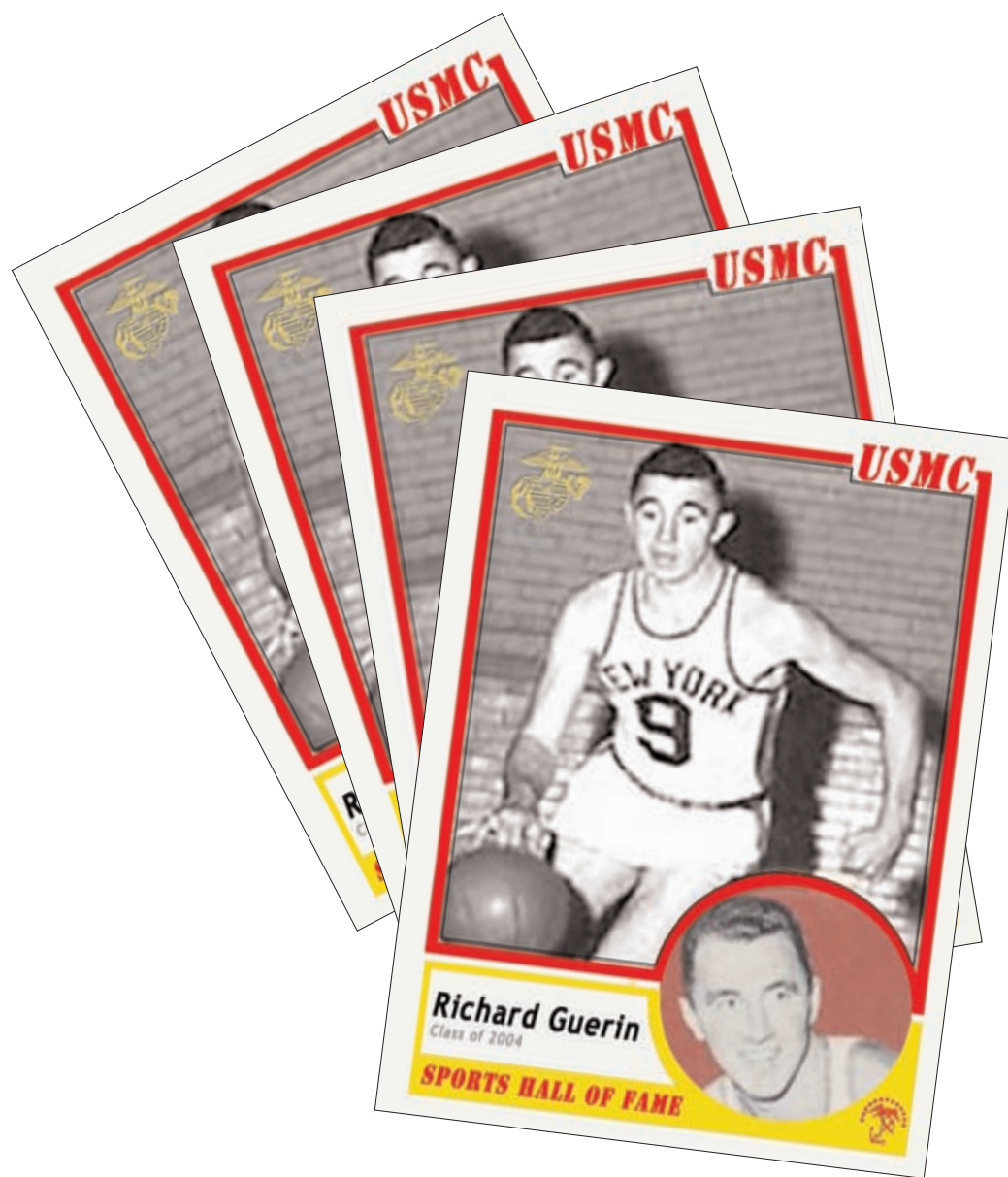
Marine Corps Community Services Sports

Richard Vincent Guerin was born May 29, 1932, in New York, N.Y. He served in the Marine Corps Reserve from 1947 to 1954. Guerin also attended Iona University from 1950 to 1954, and upon graduation was commissioned a second lieutenant. He served on active duty at Marine Corps Base Quantico, Va., until his discharge as a first lieutenant in June 1956. He was awarded the National Defense Service Medal and the Selected Marine Corps Reserve Medal.

The Knicks drafted Guerin in 1954 while still on active duty. He began his professional basketball career in 1956. The 6'4" Guerin was a machine-like scorer, gifted passer, smart playmaker, and was known as one of

the best rebounding and driving guards of his era. In his seven seasons with the Knicks, he led in assists for five consecutive years and led in scoring for three years. The explosive Guerin also set the Knicks single-game records for scoring - 57 points, and assists - 21 points.

A fan and media favorite, Guerin played in six National Basketball Association All-Star games. Traded to the St. Louis Hawks midway through the 1963-64 season, Guerin spent the next eight years with the Hawks in a dual role as player and coach. Guerin played alongside other such great players as Bob Pettit, Lou Hudson, Lenny Wilkens and Cliff Hagan. He was ultimately named head coach of the Hawks and led them to nine consecutive playoff appearances. He was named NBA Coach of the Year for 1967-68.



STATISTICS

	GAMES	REB	AST	PPG
Career	848	427	4211	17.3

Hawaii Marine Lifestyles

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

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

After surviving our shark dive, the only adventure we could think of which could be just as thrilling was skydiving.

With a hot breakfast in our bellies April 10, we headed to Skydive Hawaii at Dillingham Airfield in Mokuleia, Oahu, where one of us would jump out of a plane at approximately 14,000 feet with nothing but a large piece of cloth and a Skydive Hawaii instructor attached to us.

Of the three lance corporals, Lance Cpl. Cassandra Yoho volunteered to throw herself out of a plane for our second adventure in our action-packed day. After signing a death/injury waiver and watching a video detailing the risks involved with skydiving, Yoho was led to an outdoor patio and issued a harness - the only thing connecting her to her jump instructor.

"The video was instructional but the amount of safety precautions and warnings that I saw definitely freaked me out," said Yoho before the jump.

Fortunately, Skydive Hawaii offers some of the most experienced instructors in all of Hawaii, said Frank M. Hinshaw, president of Skydive Hawaii. In fact, each instructor has made an average of 5,000 career jumps. Skydive Hawaii, known for its beautiful jump zone, overlooks the vast expanse of the North Shore of Hawaii.

[Yoho] My last few minutes before take-off consisted of getting strapped into a harness and talking with Warren Clarey, an aerial photographer, who would be shooting my entire jump from start to finish.

Not a worry passed through my mind, until Clarey asked, while holding the camera, if I had any last words for friends and family. Why would he ask that? The question wasn't exactly comforting.

The plane came down from its last jump, which meant I was next.

My tandem jump instructor, Richard "Dr. Dop" Doppelmayer, who has performed more than 14,000 career jumps, patted me on the back and excitedly asked me if I was ready to board. I shrugged my shoulders and replied, "Let's do it." We then took a few last photos before climbing into the plane.

[Woodall] While not jumping myself, I was given the opportunity to sit in the copilot's seat of the plane taking the skydivers to their above-ground destination, giving me an aerial view of Oahu from 14,000 feet above ground.

I boarded the plane and stuffed my knees into the cramped cockpit to watch as expert and first-time jumpers hurled themselves out of a single-propeller plane through the clouds to meet an uncertain fate.

[Yoho] I was the last of 14 people to cram into the small plane, which meant I would be the first to jump. I felt I had no time to mentally prepare myself for what I was about to do.

Inside the plane, there were two small

picnic-style benches where everyone waited as we flew to the designated jumping altitude. Novice jumpers like myself were seated next to their assigned instructor while preparing for the jump. At this point I couldn't believe I was getting ready to free fall through the sky. Skydiving is one of those adventures most people usually only say they would want to do - but I was about to actually do it!

[Woodall] The plane's engine kicked on,

I stood for less than two seconds on the edge of the plane door with my heart racing faster than it ever has in my life. I took in the view of white clouds, the feel of cold Hawaiian air against my skin.

I then felt the hardness of the plane floor slip from beneath my feet, and there I was ... plummeting toward the earth. It was the most incredible feeling in the world. I was falling - my body free to do whatever it wanted. I had never experienced that feeling. I took in every second of complete freeness I could - the cold air, the crisp smell, and the beautiful view of clouds in the Hawaiian sky.

As we continued to fall, I realized clouds aren't as cute and fluffy as they look from the ground; the clouds I flew through were angry and rough. It began to rain, so it felt like I was racing through a sleet storm. Now I was hurting, soaked in cloud precipitation - but even the pain couldn't ruin my unique adventure.

As soon as we broke through the angry cloud, our huge parachute opened and we drifted effortlessly to the ground. With the chute directing us slowly to the ground, I was really able to appreciate my breath-taking view. Skydiving was the only way I could float gracefully hundreds of feet above the ocean, with only a single blue and pink cloth attached.

While I was floating from the sky, Dr. Dop informed me I had just entered his office. I laughed and we slowly made our way to the ground, enjoying the beautiful views of the North Shore beaches every second of the way down.

[Guard] Aiming in with my 300-millimeter camera lens, I peered up at the sky, waiting by the landing zone for the first signs of the jumpers. The brightly-colored parachutes were easily spotted as they soared through the blanket of white clouds. As the divers floated closer to the ground, I captured their excited faces as they yelled in victory.

Once I spotted Yoho, I couldn't help but laugh and cheer as she waved to the ground below.

[Yoho] After a safe and soft landing, I couldn't believe I had just dropped 14,000 feet. It was incredible, but I quickly realized I was drenched.

I'm talking shoes, socks, clothes, hair - everything was soaked. It made for some pretty cool after-action photos, and I was informed that not many tandem jumpers get the opportunity to skydive through the rain.

We made our way off the landing zone and back to the outdoor patio where I was unharnessed and greeted by many instructors who were waiting to hear about my experience.

All smiles, I simply said it was absolutely incredible and I can't wait to do it again.

All in all, Skydive Hawaii was a top-notch adrenaline rush making for an unbelievable off-base experience. Skydiving is a must for thrill seekers.

Could we possibly find something to top this experience? Not today, maybe we should just find somewhere to relax ... how about some shave ice?



Lance Cpl. Alesha R. Guard

The Skydive Hawaii airplane before taking off from Dillingham airfield to 14,000 feet.



Lance Cpl. Alesha R. Guard

A Skydive Hawaii jumper steps through the open door of the airplane.



Warren Carey

Tandem skydivers swoop in for a safe landings after free-falling 14,000 feet. Lance Cpl. Cassandra Yoho, one of 14 others on the jump plane that day, made her first jump this way with her instructor.



Lance Cpl. Alesha R. Guard



Warren Clarey

Lance Cpl. Cassandra Yoho and Richard "Dr. Dop" Doppelmayer plummet to Earth from 14,000 feet during Yoho's first tandem jump. The two passed though and were soaked by a rain cloud, something Dr. Dop said is rare for a novice tandem jumper to experience.

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



'Fifth Element' saves the world with love

Kristen Wong
Photojournalist

It makes me a little sad to know that my lifespan is only so long, and I will not be around to see the changes and developments of the far-off future.

Still, it's fun to imagine what the future could hold and in the meantime watch a movie or two about it.

Director Luc Besson's 1997 movie "The Fifth Element" is about the world in a future where cars fly and skyscrapers put mountains to shame. The military of this future has detected a giant, dark orb of evil heading toward earth, causing several deaths and growing larger if attacked.

Father Cornelius, a priest with knowledge of an ancient prophecy, implores the president of the federation to use an ancient ritual against the orb. The prophecy speaks of four legendary stones representing the elements: earth, fire, wind, water and a "fifth element," - a perfect human being - that can destroy the orb.

Father Cornelius waits for a certain alien race to arrive with the fifth element statue but Cornelius is not the only one after the elements - aliens working for an entrepreneur named Zorg destroy the ship carrying the fifth element.

Meanwhile in futuristic New York City, researchers in a facility created a female human being from what remains of the fifth element statue they managed to salvage. Upon taking her first breath of air, the frantic woman, who speaks in a foreign tongue, escapes from her birthing chamber with the police in hot pursuit.

She reaches the end of a

large sewer pipe and jumps, landing into former military officer Korben Dallas' taxicab.

The woman miraculously learns just enough English to beg Korben to save her from the police and asks to see a priest named Cornelius. He says she is the "fifth element" to fulfill the ancient prophecy.

Meanwhile, the military has requested Korben return to active duty to help with the universal crisis.

The futuristic world of "The Fifth Element" is exciting - from floating Chinese restaurants to instant mail tubes.

There are bizarre, but colorful aliens and various creatures co-existing among humans that catch your eye.

Chris Tucker plays Ruby Rhod, a very amusing character who bends gender roles with his flamboyant clothing.

I couldn't help but notice the very revealing clothes of the female flight attendants and drive-thru employees, which seem to suggest a more misogynistic society in the future. But it is ultimately a woman who saves this world. Interpret that as you will. I find it ironic.

The musical score of "The Fifth Element" is unique and nearly impossible for me to describe. There are some soft moments of music that drift off into silence, while others songs are upbeat and loud, with bizarre sounds added here and there.

I highly recommend this movie to adults who haven't seen it yet. It may be 12 years old, but it's worth watching.

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.



'Southland Tales' confuses, entertains

Lance Cpl. Daniel H. Woodall
Combat Correspondent

Some films, like "Mulholland Dr." or "2001: A Space Odyssey," are genius in their ability to tell a great story by forcing audiences to process complicated information rather than just mindlessly staring at a screen for two hours. "Southland Tales," directed by Richard Kelly ("Donnie Darko"), makes a noble attempt to join the ranks of such films.

Released in 2006, "Southland Tales" is an apocalyptic dark comedy set in Los Angeles in an alternate version of 2008. After a nuclear attack in Texas, the American political landscape changed for the worse. A newly established Republican-sponsored government agency, United States Identification, oversees every facet of society by monitoring private calls, employing a vast network of spy-cameras and placing snipers around the city to ensure absolute compliance with laws.

One of these snipers, Army Pvt. Pilot Abilene (played by Justin Timberlake), narrates the story while sitting atop a building. One of Abilene's first lines in the film is "This is the way the world ends." In a unique fashion, the story sometimes unfolds through the scope on Abilene's rifle, symbolically reinforcing his opening statement.

Through Abilene's scope, we

see fictional action star Boxer Santaros, played by Dwayne Johnson (formerly known as "the Rock"), awoken from a drug-induced slumber on a beach with his memory erased. The film primarily focuses on Santaros and an equally amnesic street cop, Ronald Taverner (Seann William Scott), as they try to discover their identities while inadvertently uncovering a conspiracy involving the destruction of their world.

The film is also highly political. Fortunately, audiences of any political persuasion can enjoy the film. Director Kelly creates a clever political satire by taking existing norms and stretching them to their absolute extremes. Elements of the Patriot Act are parodied within US-IDENT, promising safety to the public by removing civil liberties, while radical liberal groups are portrayed as hypocritical, aging hippies who spark a violent revolution ultimately bringing about their own destruction.

At times, "Southland Tales" is too ambitious for its own good. It almost seems as if director Kelly wanted to force the film into every possible genre he could, further complicating a film already confusing enough with its plot twists and multitude of characters. The film contains elements of drama, political thriller, action/adventure, science fiction, fantasy, comedy and even musical.

Such high aspirations will usually stretch a story too thin and anger audiences, but thankfully, Kelly's flair for the bizarre held my attention throughout this confusing, yet uniquely entertaining film.

3/4



(On Target)

Better Know A Critic



WONG

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



WOODALL

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

Second Opinion 'The Fifth Element' 3 out of 4 (On Target)

"The Fifth Element" may be science fiction, one of my least favorite movie genres, but it rises above many of its movie peers. Bruce Willis gives a fantastic performance, winning the hearts of every woman who watches the film (and I'll be honest, I'm not really a Willis fan.) The movie, besides having a good plot and cast, is visually appealing. The special effects don't look too dated for the film being more than a decade old, probably because they didn't use many digital effects. The flick is filled with bright colors, futuristic costumes and technology and some really off the wall things. The only thing I didn't like was Chris Tucker's obnoxious character. Every scene he was in was ruined for me. That aside, "The Fifth Element" combines a decent action/adventure plot in a sci-fi universe and adds just enough comedy, drama and even romance to make this film a winner for even the most critical viewers.

Cpl. Regina A. Ochoa

TALK* STORY

May 10 is Mother's Day, a time to honor your mother.

What do you think is the best way to make your mother feel special?



"Just make it all about my mom. Take her places where she wants to go. Definitely call to let her know you are thinking of her, especially when you live far way. You have to make that special effort."

— Natalie Rister



"A day with no children, all about the mom."

— Tiffany Adelman

"Nothing special. Just let her know she's appreciated."

— Sgt. Kristopher Privitar



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

Striking up praise

NMCRS volunteers honored

Christine Cabalo

Photojournalist

It was all about the pins for Navy-Marine Corps Relief Society volunteers during the Volunteer of the Quarter Award Ceremony at Marine Corps Base Hawaii April 24.

Volunteers received service pins for their work before knocking down bowling pins at K-Bay Lanes during the society's annual challenge. The dual event, held since 2002, was part of NMCRS's overall celebration of National Volunteer Week.

"It's a good way for all of us to meet up outside of the office," said MartyAnn Grant, Kaneohe office director, NMCRS. "We're able to bring together the [Kaneohe Bay and Pearl Harbor] offices to do something fun."

During the ceremony, volunteers were recognized for working from 50 to 2,500 hours for the society. Grant said volunteers help in a variety of ways, including conducting budget counseling for service members who want to better manage their money.

Each office also selected a volunteer of the quarter for their dedication. Bruce Sneddon, a retired Army lieutenant colonel, was awarded the K-Bay Volunteer of the Quarter Award.

Sneddon started volunteering in November 2008. He works as a caseworker and speaks with clients needing assistance for budgeting classes or loans. He also serves as chairman of resources, keeping track of pamphlets and other informational resources NMCRS provides.

Paul Belanger, Pearl Harbor office director, NMCRS, presented his office's award to volunteer Kara Smith. Smith, who has been volunteering since January 2008, said she was thrilled to be selected and didn't expect the honor.

"[The society] is a great place to volunteer," Smith said. "The

staff is just so friendly, and I know I'm directly helping Sailors, Marines and their families."

In addition to assisting service members with interest-free loans for emergencies, Smith also helps the society compile handmade knitted infant items to give to service members who take the free "Budgeting for Baby" class. Smith, as well as Sneddon, is a candidate for the society's Volunteer of the Year Award in 2009.

Smith said she continues to volunteer because she loves how NMCRS makes it a point to host fun events, like the bowling challenge.

After the awards presentation of the awards, K-Bay and Pearl Harbor volunteers formed two teams.

The teams played three full games, with the K-Bay volunteers prevailing over their Pearl Harbor colleagues with an average player score of 99.7. This year's win is the third in a row K-Bay volunteers have won the bowling challenge.

Bowling was a nice break for everyone who works at the society, said Troy Euclide, who began volunteering last month. Euclide is also the family readiness officer for Marine Heavy Helicopter Squadron 362 and juggles his time between his two commitments.

"I like there are flexible hours for volunteering," he said. "The society works around your schedule."

Grant said volunteers could assist the NMCRS staff in a wide variety of projects. She also noted volunteer work isn't limited to working at their office.

"We need people to be client service assistants, greeters and knitters to make items going into the 'Budgeting for Baby' basket," she said. "We need volunteers for everything."

To volunteer with the Navy-Marine Corps Relief Society or to find more information about their services, call 257-1972.



Christine Cabalo

Kara Smith swings her bowling ball during the bowling challenge at Marine Corps Base Hawaii April 24. Smith was awarded the Volunteer of the Quarter Award for her work helping service members with finances and budgeting aboard Naval Station Pearl Harbor.

Fisher House gives back to military families in need



Lance Cpl. Cassandra Yoho

Members of the Kaneohe Officers' Spouses Club aboard Marine Corps Base Hawaii, donated 12 children's lap quilts to residents at Fisher House #2 aboard Tripler Army Medical Center April 22. The women get together a few times each month and has already donated nearly 40 quilts this year.

Lance Cpl. Cassandra Yoho

Combat Correspondent

After driving through the front gate of Tripler Army Medical Center, visitors will notice a variety of signs directing them to various locations around the hospital.

Most of them guide visitors to a hospital section, store or parking garage, but a few of these signs are different.

These signs guide visitors to a place of comfort and a home for families in need.

Following these signs will take visitors up a steep driveway to one of two Fisher Houses.

The Fisher House Foundation is a non profit organization which gives back to military members and their families while they are going through a medical crisis.

The houses provide a "home-away-from-home" for military families while their loved one receives medical care.

There is a Fisher House aboard every major military hospital or Veterans Affairs medical center.

Each house is set up differently, but is designed to hold multiple families at once.

Every Fisher House does have one thing in common - a free stay for the family.

Because a stay at a Fisher House is free of charge, the foundation accepts many types of donated items.

In fact, women from the Officers' Spouses Club aboard Marine Corps Base Hawaii

recently donated a variety of children's lap quilts to one of the Fisher Houses on Tripler Army Medical Center April 22.

The women displayed their quilts and then allowed the children currently staying at Fisher House #2, to pick out their favorite one.

"We appreciate any donations," said Theresa Johnson, manager of Fisher Houses aboard Tripler Army Medical

Ferdinando Cruz, who has been a resident at Fisher House #2 for a few weeks.

Johnson said she is certain families are grateful for the Fisher House and all the help it brings to the families.

"I am sure the families appreciate the Fisher House," said Johnson. "[Residents] are always amazed that so many people care about them, who don't even know them. It's definitely more than a free room."

With more than 43 Fisher Houses across the United States, there is an opportunity for many military families to get the support they need and help have a more normal lifestyle with less stress during their medical crisis, Johnson said.

There are many different ways to lend a hand to military families in need.

Common donations such as hygiene items, baby items, cleaning supplies, aluminum foil, plastic bags, paper towels and plastic utensils are always needed by the families staying at the Fisher House.

For more information on Fisher Houses, visit <http://www.FisherHouse.org>.

Donations for the Tripler Army Medical Center Fisher Houses can be mailed or delivered directly to the homes at 317 Krukowski Rd., Honolulu, HI 96819.

Service members may also choose the Fisher House Foundation for Combined Federal Campaign, #71377.



Center. "[Donors] can also support us through activities like making meals and dropping them off, or they can even cook in the house [for the residents]."

While donations and time spent with the residents is appreciated, perhaps the best part about the Fisher House is its close proximity to the hospital.

The close distance makes it convenient for the family members to see their loved one in need, Johnson said.

"It's great staying at the house and is one less thing I have to worry about during this hard time," said

Lanikai Elementary School to hold 11th Annual 'Concert Under the Stars'

Press Release

Lanikai Elementary School

KAILUA, Hawaii -- Lanikai Elementary will host its 11th annual Concert Under the Stars on Saturday, May 9, from 5 p.m. until 10 p.m. on the school's campus in Kailua.

Open to the public, this music and art festival will include delicious food, a student art gallery show, vendor booths, a silent auction and live local music.

The concert will feature local music by John Cruz, Manawa Elua, Kawika Kahiahu, Buckz Boyz, Tell Mama and the Le Jardin Jazz Band, emceed by Maleko from Star 101.9.

Throughout the night, delicious food will be available from local food vendors such as Aloha Salads, ChaChaCha Salsaria and Kamamai Catering. There will be cotton candy, popcorn, local style snacks and a bake sale. There will also be vendor booths, such as Poi Dog Pupus, Oils of Aloha, Sweet Paradise Chocolate and Hawaiian Style Snacks.

All proceeds raised at the Concert Under

the Stars will be used to support the art, music, physical education, and language programs Lanikai is so privileged to have.

Lanikai is one of the few public schools with a full-time art, music and physical education program.

Grab your beach chairs and blankets and get ready to relax and enjoy some local style music and food. There will also be an art gallery show, featuring work by Lanikai Elementary students.

In addition, the silent auction will feature art work by our students, gift baskets, and other great items such as a sailing trip or Utah ski vacation rental.

You can purchase your tickets pre-sale online at <http://www.LanikaiPTA.com> or in person at Aloha Salads, 600 Kailua Rd., Kailua.

Lanikai now has 5th and 6th grade openings for the 2009/2010 School Year.

For more information, contact Ana Murray, lanikaippta@gmail.com or Lanikai PTA.

VP-47 Medical hosts S2M2 students

Lt. j.g. Zack Dalbom

VP-47

Local high school and college students participating in the Science, Service, Medicine and Mentoring Program were treated to a tour of the P-3C Orion by the Sailors of Patrol Squadron 47 on March 25. The S2M2 program was developed in 2004 by the Office of Recruitment and Diversity at the Uniform Services University of the Health Sciences located in Bethesda, Md. S2M2's vision is "To cultivate the next generation of top quality, culturally competent, academic physicians and scientists."

More than 30 students interested in joining the Navy medical field and earning coveted "Flight Surgeon Wings of Gold" had the opportunity not only to talk with the enlisted and officer aircrew, but also to interact with the maintenance personnel that keep the Orion flying as a war horse of Naval aviation.

Petty Officer 2nd Class Jerod Lee briefed the students on a variety of aircraft life sup-

port systems which are carried in the aircrew survival vests. A combat aircrew, led by Lt. Stefanie Haseman and Petty Officer 2nd Class Alicia Cockrum, provided a thorough walk through of the aircraft while Lt. j.g. Eric Martin and Lt. j.g. Zack Dalbom provided a walk around inspection, much like what would be done prior to a combat flight.

When asked about her experience, Minhae Shim, a Dartmouth student in the class of 2011, replied, "We gained exposure both to aviation medicine and the different facets of Naval Aviation. Everyone benefited from the support and resources that VP-47 provided and we are very grateful for this opportunity."

Patrol Squadron 47's executive officer, Cmdr. Stephen Barnett, stated, "It was a great experience for the students and squadron alike, and showed that the Navy is committed to developing and maintaining a diverse workforce. The S2M2 program provided us the opportunity to plant a seed that will hopefully produce a future Golden Swordsmen Flight Surgeon!"



Petty Officer 3rd Class Meagan E. Klein

Lieutenant j.g. Eric Martin, Patrol Squadron 47, shows group of visiting Science, Service, Medicine and Mentoring Program students around the outside of the P-3C Orion aircraft as they toured the unit hangar areas March 25.

2009 Volunteers, Unit of the Year awarded

Lance Cpl. Alesha R. Guard

Combat Correspondent

Marine Corps Community Services hosted the Marine Corps Base Hawaii Volunteer Recognition Ceremony in celebration of National Volunteer Appreciation Week at Kahuna's Ballroom April 23.

More than 1,500 individuals as well as 29 units and organizations were recognized for volunteering their "talent, time and energy" during the past year.

"The great thing about Marine Corps Base Hawaii is the Marines, Sailors and civilians who take care of their local community," said Col. Robert Rice, commanding officer, MCB Hawaii. "You need to be very proud of everything you've done over the past year."

James Gardner, member of MCCS volunteer awards selection committee, said he feels it's important for service members and base patrons to give their time to others because volunteering can bring people with diverse backgrounds together and help build communities.

Before awards were presented, Dana Mollet, MCCS case worker, read this year's All-Marine message regarding Volunteer Appreciation Week, which states, "Marine Corps volunteers are the elite few who put community first ... They recognize that if the Marine and their family are not ready, readiness suffers ... Our volunteers recognize they are an important piece of our community and, through the strength of their convictions and knowledge of

purpose, they contribute daily to our ability to defend our nation."

After reading the ALMAR, Mollet announced 3rd Radio Battalion as the 2009 Volunteer Unit of the Year. The unit received a plaque, \$250 toward their unit party fund and a Commanding Officer's Certificate of Commendation. Third Radio was chosen for distinguishing themselves by volunteering for

for their efforts," Gardner said. "It's important to recognize these volunteers if for no other reason than to say, 'Thanks, what you do has value. Although you're not paid, the time and efforts you give to the base and surrounding community is invaluable.'"

Not only did MCCS recognize the selfless efforts of units as a whole, but also acknowledged the top three individual volunteers of

maintenance control chief, Marine Heavy Helicopter Squadron 463. Dugger received a plaque, dinner for two aboard the Star of Honolulu and a commanding officer's Certificate of Commendation.

Dugger was chosen for volunteering over 500 hours of his time for a variety of programs and services in the local Oahu community to include the Hawaii State Art Museum; The HELP; Understanding and Group Support Organization; and the Hawaii Leukemia and Lymphoma Society from May 1, 2008, to April 23, 2009, according to his citation.

Gardner said he feels it's imperative to commend the efforts of the outstanding individual volunteers aboard MCB Hawaii, to thank them as well as motivate others to follow in their footsteps.

"It gives an individual some measure of pride and satisfaction to be recognized and to know what he or she does has value and is important," Gardner said. "Our Marines [and Sailors] are the MCBH core volunteer force.

They are out there in the community, not for glory or fame, [but] because they care their volunteering efforts can and do make a difference in someone or some child's life."

Gardner said he has volunteered for more than 40 years and never tires of seeing the smiling faces of strangers after helping them during a difficult time in their life.

He hopes through sharing the stories of the of the MCB Hawaii volunteers, others will be inspired to carry on the Corps' tradition of giving to others in need.



Lance Cpl. Alesha R. Guard

Representatives of 29 units and organizations from Marine Corps Base Hawaii were recognized at the Volunteer Recognition Ceremony in celebration of National Volunteer Appreciation Week at Kahuna's Ballroom April 23.

a wide variety of events, organizations, and agencies both on base and in the local community including the Adopt-A-Highway program, the Windward Alliance Clean-up, Habitat for Humanity, the Adopt-A-School Program and many others, according to their citation.

Gardner said he feels it's important to acknowledge the volunteer efforts of the base units as a way to thank them for their collaborated effort to give back their community.

"There isn't a volunteer that I know who volunteers so that he or she could be recognized

the year.

Cheri Lewallen, a mentor for Lifestyle, Insights, Networking, Knowledge and Skills, was nominated by LINKS and 1st Battalion, 3rd Marine Regiment, and was chosen as second runner up. Sergeant Tracie Mahan, nominated by Combat Logistics Battalion 3, was picked as first runner up. Both Lewallen and Mahan received commanding officer's Certificates of Appreciation for their efforts.

The recipient of the 2009 Volunteer of the Year Award was Gunnery Sgt. Frank Dugger,

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.

"Race to Witch Mountain"
"Last House on the Left"
"12 Rounds"
"Watchmen"
"Monsters Vs. Aliens"
"Watchman"
"Last House on the Left"
"Monsters Vs. Aliens"
"12 Rounds"

Today at 7:15 p.m.
Today at 9:45 p.m.
Saturday at 7:15 p.m.
*Saturday at 9:30 p.m.
Sunday at 2 p.m.
Sunday at 6:30 p.m.
Wednesday at 6:30 p.m.
Friday at 7:15 p.m.
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.



Do you want to be the best mom possible?
Then MOPS is for you!!

Join us for the K-Bay Military MOPS
Open House at the Base Chapel
on Friday, May 8 from 9-11 a.m.

The Base Chapel is sponsoring a Military Mothers of Preschoolers, or "MOPS," group which will be starting in the fall, and you're invited to come find out what it's all about! At the open house you will experience what a MOPS meeting is like. And, if you'd like to share your talents as part of the Steering Team, you'll hear about the different leadership positions. If you are able to attend, please contact us so that we can save a seat for you and make childcare arrangements. E-mail Evangelina at ecates007@hotmail.com or Colleen at pete.colleen@hokiegmat.net. We're looking forward to seeing what God has in store for us in the upcoming MOPS year!

~Breakfast and childcare will be provided~
~MOPS is for moms with kids ages birth - 5 years~

K-Bay Military MOPS is a proud grant recipient of the
Kaneohe Officers' Spouses' Club

Better Moms Make A Better World

Visit www.MOPS.org

Word to Pass

Aboard MCB Hawaii

Test of Adult Basic Education May 4

This test, scheduled to begin at 7:45 a.m. in building 220, classroom A, is designed to measure basic academic skills commonly required for adult education programs. The 90-minute test measures reading comprehension, language, spelling and math skills.

Open to active duty, family members and DoD civilians.

For more information call Maria Fullenwider at 257-2158.

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. to 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.

Transition Assistance Program (TAP) seminar May 4-7

This seminar will be held in the

Base Theater from 8 a.m. to 4 p.m. Public Laws 101-510 and 107-103 require all transitioning service members to attend a TAP seminar prior to separation.

Unit commanders are evaluated on their compliance with the law.

Separating service members may attend a seminar within one year of separation date, but must attend NLT than 90 days prior to separation date.

Primary point of contact for securing a slot is the Unit Transition Counselor.

For more information call Ric Paguio at 257-7790.

Defense Language Proficiency Test (DLPT) IV May 5-6

This test is scheduled to start at 7:45 a.m. in building 220, classroom A.

Marines qualified to receive foreign language proficiency pay are required to take this test annually.

Two days of testing is required. Those who wish to participate must register in advance. Open to all active duty personnel.

For more information call Maria Fullenwider at 257-2158.

ACT testing

May 8

This testing is scheduled to begin at 7:45 a.m. in building 220, classroom A.

This testing is by appointment only and available to military personnel only.

College-level entrance exams are required by some schools and to apply for officer commissioning programs.

The first SAT or ACT is free for active duty. A \$30 fee is required for each additional test.

For more information call Maria Fullenwider at 257-2158.

DEFY Summer Camp July 7-17

The Department of Defense's Drug Education for Youth program, or DEFY, is hosting a free summer camp.

DEFY produces kids with strong character, delivers leadership and life skills training for youths and gives them the confidence to engage in positive, healthy lifestyles.

Call Petty Officer 1st Class Latasha Jones at 477-9327 to register or for more information.

Registration is on a first come, first served basis.

In the Community

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, cause depression, but there is help available to discover there is life and joy after divorce.

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.

Please leave a voicemail message for a return call.

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
-High Hawaii State Assessment scores
-State of the art Apple Computer lab

-Low Student/Teacher Ratios
-Great Art, Music and PE Program
-Yearly Progress consistently met

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



Community Events

Bishop Festival

Bishop Museum presents a festival that salutes the troops on Saturday from 9 a.m. - 5 p.m. with free admission for military. The all-day event will include Hawaiian artisans and crafters, games, keiki activities, hula performances, and demonstrations of lua -- the art of the Hawaiian warrior.

Visit <http://www.bishopmuseum.org>.

Cinco de Mayo

The Arts District celebrates the Food, Music and Dance of Mexico! Cinco de Mayo Street Festival will be held Tuesday at Nuuanu and Hotel Streets, from 6-9 p.m. Special military rate is only \$1. Entertainment will include Son Caribe Salsa Band, Latin Amigos, Espiritu Libre, Santana Tribute Band, Mexican flower girls and local DJs. Food and exhibits will be all over the streets.

For more information, visit <http://www.artswithaloha.com>.

Dolphin Sightings

During the first week of May each year, large amounts of dolphins gather and swim in a large spiral pattern. No one knows exactly why this happens.

Join Hawaiian marine biologists this spring as they venture out to research this strange phenomenon.

On May 6, they will combine dolphin encounters with a pre-dawn meteor shower.

Visit <http://www.sailhawaii.com> for reservation information.

Lanikai evening concert

Lanikai Elementary will host its 11th annual Concert Under the Stars on Saturday, May 9, from 5 p.m. until 10 p.m. on the school's campus in Kailua. Open to the public, this music and art festival will include delicious food, a student art gallery show, vendor booths, a silent auction and live local music.

The concert will feature local music by John Cruz, Manawa Elua, Kawika Kahiapo, Buckz Boyz, Tell Mama and the Le Jardin Jazz Band, emceed by Maleko from Star 101.9.

Weed Warriors Wanted

Come join community volunteers and Base Environmental staff May 9 to remove mangrove and rubbish from habitats on base.

See up-close and learn about native plants and birds. You can help make a difference!

Meet at H-3 Gate Visitor Parking Lot at 8:30 a.m. MCBH provides gloves and tools, but wear old clothes.

Call Lance Bookless at 257-7000 for information.

Pet Expo

The Hawaii Pet Expo and Pupy Match is coming to the Blaisdell Center May 9-10 from 10 a.m. - 4 p.m. both days.

The expo seeks to encourage responsible pet ownership and strengthen the unique bond between people and their pets through educational displays and interaction.

New Baby Expo

The 2009 New Baby Expo is coming to the Blaisdell Center May 16-17 from 10 a.m. - 5 p.m. both days. If you are having a new bundle of joy, check out what new products and clothes you can get for your special someone. An admission is charged.

North Shore triathlon

Challenge yourself on June 7 to a 400-meter swim, 10-mile bike race and three-mile run in the Bike Factory's North Shore Triathlon. The swim begins and ends at Mokuleia Beach Park. The bicycle transition is at the west end of the park. Turn left on to Farrington Highway and ride north to a turnaround point above the Waiialua High School.

Athletes then return to the beach park where the run begins and goes west to a turnaround point 1.5 miles out. The event begins at 6 a.m.

Call Chris at 372-8885 for more details.

Arboretum Tours

(All year, each Tuesday and Saturday, except holidays) Enjoy the sights and sounds of the Lyon Arboretum, University of Hawaii.

Knowledgeable guides will share highlights of the Arboretum collections. Tours are Tuesday 10-11:30 a.m. and Saturday 1-2:30 p.m. Registration is required and a tour donation of \$2.50 is requested.

Call 988-0456 for information.



At Anderson Hall Dining Facility

Today

Lunch

Minestrone Soup
Chicken Noodle Soup
Roast Turkey
Caribbean Catfish
Steamed Rice
Garlic Roasted Potato
Wedges
French Fried
Cauliflower
Simmered Mixed
Vegetables

Dinner

Minestrone Soup
Chicken Noodle Soup
Sauerbraten
Baked Stuffed Fish
Scalloped Potatoes
Noodles Jefferson
Green Beans
Creole Summer
Squash

Saturday

Dinner

Cream of
Chicken Soup
Beef Barley Soup
Beef Stew
Pork Chop Mexicana
Butter Egg Noodles
Spanish Rice
Mexican Corn
Simmered Peas

Sunday

Dinner

Cream of
Potato
Chowder

Vegetable Soup
Beef Cordon Bleu
Tropical Pork Chops
Boiled Egg Noodles
Orange Rice
Club Spinach
Cauliflower Au Gratin

Lunch

Beef Noodle Soup
Cream of
Broccoli Soup
Teriyaki Chicken
Salisbury Steak
Mashed Potatoes

Steamed Rice
Simmered Carrots
Simmered Lima Beans

Dinner

Beef Noodle Soup
Cream of
Broccoli Soup
Honey Ginger
Chicken
Hungarian Goulash
Wild Rice
Simmered Green
Beans
Simmered Corn
Chicken Gravy

Monday

Lunch

Cream of
Mushroom Soup
Bean with Bacon Soup
Chicken Adobo
Pepper Steak
Buttered Egg Noodles

Steamed Rice
Glazed Carrots
Simmered Black
Eye Peas

Dinner

Cream of
Mushroom Soup
Bean with Bacon Soup
Swiss Steak
w/ Tomato Sauce
Lemon Baked
Fish Fillets
Lyonnais Potatoes
Rice Pilaf
Southern Style
Green Beans
Mixed Vegetables

Tuesday

Lunch

Manhattan clam
chowder
Spit Pea and
Ham Soup
Caribbean Chicken
Breast

Dinner

Chili Macaroni
Italian Roasted
Potatoes
Grilled Cheese
French Fried Okra
Cauliflower Au Gratin

Dinner

Manhattan Clam
Chowder
Spit Pea and
Ham Soup
Baked Stuffed
Pork Chops
Turkey Pot Pie
Boiled Egg Noodles

Dirty Rice
Calico Corn
Simmered Peas
and Carrots

Wednesday

Lunch

Tomato Soup
Chicken and
Rice Soup
Pork Chop Suey
Baked Tuna
and Noodles
Shrimp Fried Rice
Club Spinach

Dinner

Tomato Soup
Chicken Rice Soup
Swedish Meatballs
Chicken Breast w/
Alfredo Sauce
Steamed Rice

Thursday

Lunch

Tomato Soup
Chicken and
Rice Soup
Pork Chop Suey
Baked Tuna
and Noodles
Shrimp Fried Rice
Fried Cabbage
Club Spinach

Dinner

Tomato Soup
Chicken and Rice
Soup
Swedish Meatballs
Chicken Breast w/
Alfredo Sauce
Steamed Rice
Buttered Egg
Noodles
Simmered Brussels
Sprouts
Simmered Summer
Squash

*Assorted desserts will be served at each meal

Volunteer Opportunities

Reaching out to help one another

Zoo Volunteers Needed

On June 6, the 4th Annual USO/Honolulu Zoo Society Military Appreciation Day will need more than 200 volunteers.

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.

Camp counselors needed

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

Quick Facts: 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.

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!

For more information call 257-1972.

BAG SALE

May 2, 10 a.m. - 2 p.m.

On Saturday, May 2 from 10 a.m. - 2 p.m., the Thrift Store will be holding its monthly Bag Sale.

As many items that fit into a large brown paper bag may be purchased for only \$5 (excluding items from front glass case or otherwise specially marked).

Active Duty ID must be shown for purchase of military uniforms.

Please call the Thrift Store at 254-0841 for more information or just stop by Pless Hall on 3rd St. for some great deals.

Mokapu Beat

News from Mokapu Elementary

Teacher Appreciation Week

Teacher Appreciation Week is May 4-8. Students and parents should watch for flyers to participate in various events honoring Mokapu's teachers. Stroll the halls to see the "Walk of Fame," featuring handwritten thoughts from Mokapu students about their teachers. The week will culminate with a taco bar luncheon for teachers on May 8. A flyer has been sent home detailing requested donations for the luncheon. Please contact PTA at mokapu_pta@yahoo.com for more information.

PTA Meeting

The final general PTA meeting of the year is Thurs., May 14, at 6:30 p.m. in the school cafeteria.

Next year's officers will be elected as part of the agenda. All are welcome to attend.

Choir Performance

Mokapu Elementary School's choir will hold a spring performance on Wednesday, May 20, at 6:30 p.m. in the cafeteria. All are invited to attend. Admission is free.

Congratulations

Mokapu Elementary School recognizes the following students for their award-winning art and writing submissions in national, state and local competitions.

David Cates and Kaeleigh Miller -- *"Aloha Care Calendar Contest"*

Daniel Murphy and Savannah Rice -- *Hawaii Education Association "Write On" contest*

Gabby Salzman -- *NOAA's "Hawaii Humpback Whale Ocean Poetry Contest"*

Elizabeth Anderson, Chase Miller, Melanie Galindo, Susanne Cristo, Ivory Warthen, Tomas Marquez, Michelle Cisneros, Charlotte McGehee, Junior Salazar, Joey Baker, Takota Whitfield,

Josie Garrett, Kaylee Gayhart, William Thompson and Nathen Kazmierczak -- *individual works to be published in national "2008-2009 Young Poet's Collection"*

Armando Elizaide -- *Dept. of Education's "50th Anniversary of Statehood Calendar Contest"*.

Congratulations to all of the winners!

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:

- 1) health records (Form 14), including a physical and TB clearance card
- 2) birth certificate, the original or certified copy. Child must be 5 years of age by Dec. 31.
- 3) proof of current address (e.g. a utility bill or housing agreement)
- 4) 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://soarathome.com>.

Struggling and gifted students alike can benefit from this site, sponsored by the Department 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 spouses 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 birth-date, can be adjusted.

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.

Three for Me

PTA is sponsoring the "Three for Me" volunteer program at the school. Each parent is encouraged to volunteer at least three hours at the school during the entire year.

Parents interested should fill out a blue commitment card (available at the front office or by contacting PTA at mokapu_pta@yahoo.com).

When their hours are completed, their names will go on a blue star to be added to the "Walk of Fame" in the school hallway. Stars are added on a monthly basis.

Thank you for investing in your children!