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A Place of Honor

First Marine since World War II buried aboard USS Arizona



Gunnery Sgt. Michael E. Schellenbach

Cpl. Mark Fayloga
Press Chief

PEARL HARBOR — He was looking for a place of honor.

"My dad was really a very honorable man, and he was looking for a place of honor to be early in his life," Lynn Cory Price said, speaking about her father, the first Marine to be buried aboard the USS Arizona since World War II. "I think he was looking for friends who held the same values, and he found that in the Marine Corps."

James Evans Cory came to his final resting place during a Memorial Ceremony and Interment Monday at the USS Arizona Memorial.

In his youth, Cory loved the ocean. The Dallas native was infatuated with the stories of Horatio Hornblower. He read them all and longed for the romance of the sea. He attempted to join the Merchant Marines but was turned away because he wasn't old enough. Cory suspected America's involvement in World War II was imminent. With U.S. embargos in place against Japan, and little more than a year before the attack on Pearl Harbor, Cory enlisted in the Marine Corps June 13, 1940.

"He could see the war was coming," said Carol Cory Brown, Cory's second youngest daughter. "So he wanted to position himself in place for when it broke out."

Cory was able to answer the call of the sea when he was assigned to USS Arizona Marine Detachment, Combat Division 1 as a private first class. He found the camaraderie he was looking for in his brothers in arms. Finally finding the fraternal bond he had been missing in his life from the men stationed on the Arizona only made the Pearl Harbor attack all the more difficult for him.

"Losing the officers who were his mentors had a profound impact on him," Boone said. "He had no male mentors in his life until he joined the Marine Corps, and he loved them dearly. Losing them really devastated him."

On the day of the attack, Pfc. Cory was stationed in the secondary fire-control station located in the aft tripod mast of the Arizona. At 7:56 a.m., two explosions rocked the ship.

"The bridge shielded us from flames," Cory said in an Oral History Report given before his death. "Around the edges in these open windows came the heat and the sensation of the blast. We cringed there ... I think that at this moment I wanted to flee, but this was impossible. You're on station; you're in combat."

The explosions caused the ship's mid-section to open up. Cory and the men inside the compartment were ordered to head to the main deck below and then abandon ship. Heat from fires on the ship caused the magazine and forward oil storage to explode. Thousands of gallons of burning oil poured into the harbor. Cory was separated from the group but managed to make it to the quarter-deck before diving into the flaming sea and swimming to nearby Ford Island.

"Our own oil was bubbling up and congealing," said Cory. "People who have never seen this at sea cannot imagine what oil is like once it is exposed to cool seawater ... It was catching fire slowly and was incinerating toward us."

See CORY, A-4

Time of Change



Marines with Weapons Company, 2nd Battalion, 3rd Marine Regiment, Regimental Combat Team 1, begin to toss sand bags off the roof of the Barakat house April 29, in Zaidon, Iraq. The Marines demilitarized the house where they once conducted operations alongside members of Iraqi Security Forces.

Hawaii-based Warriors, IPs shut down patrol base

Marines demilitarize

Story and photos by
Cpl. Chadwick deBree
Combat Correspondent

ZAIDON, Iraq — Marines with Weapons Company, 2nd Battalion, 3rd Marine Regiment, Regimental Combat Team 1, demilitarized a patrol base in the Zaidon area May 1.

For 13 months, Marines and local Iraqi Police used the patrol base, which was once a home to a local resident, as a location for operations. With the Marines moving toward transitioning their operations to the Iraqi Security forces, the base, also known as Barakat House, is no longer needed.

"About a month ago, we were looking at our operations and what we could do to be more effective," said Sgt. Brian R. Downing, squad leader, 1st squad, 2nd platoon, Weapons Company, 2/3. "It was decided that the way to be most effective was to reduce our footprint in the region, and this is just one of the many things we are doing to reduce our presence."

The Barakat House was the heaviest fortified position the Marines had in the area, but with the Marines moving into a transition phase, the position was no longer needed.

"We're moving into a stage where we are just over-

watching what the Iraqis are doing," Downing, a 25-year-old native of Danvers, Mass., said. "Now we can concentrate more on conducting joint patrols with the Iraqis through the marketplace to ensure that the business in the area is going strong. This is a very exciting time."

Downing went on to explain that minutes after the Marines finished removing the barriers around the house, the owner began moving furniture into the house laying it out to his liking.

"The owner and neighbors were very happy to have the house back," Downing said. "Not because they didn't want us there, but because they know that with us leaving, that means that the area is safe enough for them. This was physical, living proof that transition in the country is taking place. I've heard about things like this and read about this, but nothing could speak more loudly than being a part of actually giving a big piece of property back. It also shows that we trust the IP enough to run themselves without us having to always be there with them. Their ambition and their dedication make it all worth it and it's really paying off. Seeing the results of them stepping up and taking control from what we taught them, there's no experience like it."



Marine Corps Base Hawaii takes part in Hurricane training to maintain base readiness

Nature's deadly force

Lance Cpl. Alesha R. Guard
Combat Correspondent

September 11, 1992, reminded Hawaii residents that although rare, hurricanes are not a natural disaster the island state is spared from.

Hurricane Iniki, the most destructive and costliest hurricane recorded in Hawaii's history, left a path of destruction on Kauai, costing just less than \$2 billion in damage and six deaths.

Although Oahu barely missed the direct path of the hurricane's devastation, the heavy winds caused thousands to evacuate and millions of dollars in damage.

As the hurricane season approaches in June Marine Corps Base Hawaii prepared its hurricane safety precautions and reactive measures with the hurricane exercise and awareness campaign, May 12 through 15.

Commands throughout Marine Corps Base Hawaii participated in the campaign by conducting training exercises.

The exercises helped test the base's vulnerability and disaster relief protec-

See HURRICANE, A-5

Volunteer Hawaii:
Weapons Company
cleans house

Lava Dogs fill need

Christine Cabalo
Photojournalist

United in their effort, Weapons Company, 1st Battalion, 3rd Marine Regiment is on a mission to aid the Oahu community.

More than 130 members of the company repaired and refurbished low-income apartments in Honolulu in an ongoing community volunteer project. The Lava Dogs are volunteering for as many outreach programs as they can before the unit deploys to Iraq in August.

"We have three events in July," said 2nd Lt. Mark Beaudette, platoon commander, 1/3. "We'll be working to support autistic children, and volunteering with Habitat for Humanity. In addition we've also cleaned up during the Great American Cleanup April 26 in Waimanalo, Hawaii."

Beaudette said the company wanted to begin a campaign of public service tasks and sought help from Judith Cantil, Volunteer Hawaii coordinator, Aloha United Way.

Cantil said her association sends volunteers lists of organizations that could use their help, and anyone interested can search for community projects at their Web site.

The Volunteer Hawaii coordinator said families could immediately move into the apartments thanks to the company's work. Cantil said she was glad to have so many of the Lava Dogs agree to help out in several volunteering tasks.

See DOGS, A-2

Reaching out to help:

The Aloha United Way's program, Volunteer Hawaii, is always on the lookout for people to help the community. To find programs that meet your interests and schedule, log on to: <http://www.volunteerhawaii.org/>

— NEWS BRIEFS —

Marine Corps League

The Marines 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.

HR Office Temporary Hours

The Human Resources Office hours have changed due to understaffing. Assistance is now available only by appointment from 8 to 11 a.m. daily. Walk-ins will be accommodated in case of emergency only.

For more information or to schedule an appointment, call Shannon Tamaru at 257-1336 or e-mail shannon.tamaru@usmc.mil.

BayFest 2008

Tickets for the 19th Annual BayFest 2008 are on sale now. Two types of tickets will be available for the event: the BayFest ticket, which allows one-day access to the carnival fairgrounds, contest, military static displays and the Island Lifestyle Exposition. The all-inclusive ticket, which provides patrons with the same one-day access as the BayFest ticket, will also include concert admission.

This year's lineup will include Rodney Atkins, Everclear, Little Big Town, Live and 3 Doors Down.

Tickets are available at Ticketmaster or your local Information, Tickets and Tours office. For more information, contact your local ITT office or Marine Corps Community Services.

Pacific War Memorial Association

Bricks will soon be placed around the Pacific War Memorial located at the front gate. Order forms are available at the gatehouse, or Online at <http://www.pacificwarmemorial.org>. The forms must be postmarked no later than Thursday.

For more information, contact the association at 533-3759.

Book & Music Festival

The Target Corporation is sponsoring two Roberts Hawaii busses Saturday to transport service members to the Hawaii Book & Music Festival at Honolulu Hale.

The pick up and drop off schedule is as follows: 9:30 a.m. in front of the MCX Annex parking lot and dropped off at the Honolulu Hale at 10 a.m.; pick up at the Honolulu Hale at 12:30 p.m. and drop off/pickup at MCX Annex parking lot at 1:30 p.m.; pick up at the Honolulu Hale at 4:30 p.m. and drop off at the MCX Annex at 5 p.m.

For more information, contact Jeanne Kavanaugh at (612)-462-0630.

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Military Police	257-7114
Child Protective Service	832-5300
Fraud, Waste, Abuse & EEO	257-8852
Business Management Hotline	257-3188
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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We serve to defend the rights of all

Sgt. Maj. Erik Shirreffs

H&S Bn. sergeant major

As service members, we are part of an all volunteer service dedicated to a country founded on the principles of democracy. Part of the oath that each of us takes upon enlistment or commissioning is "to support and defend the Constitution of the United States against all enemies foreign and domestic." The First Amendment to the Constitution that we are sworn to support and defend provides for the freedom of speech and the freedom of assembly. As we swore our oath to defend these freedoms, we did not include the disclaimer "only if I agree with the speech." Rather, we swore to defend the right of speakers to present views that con-



tradict everything that we stand for. We swore to defend a group's right to protest the very things that we value the most. Many of us have been put in harm's way in order to secure these very rights for others – people we don't even know.

There are organizations who choose methods and locations to exercise their First Amendment rights specifically to provoke hostile reactions and draw media attention. Westboro Baptist Church is one of those organizations. In the past, this organization has held protests at funerals of military members killed in combat in both Iraq and Afghanistan.

Although these actions cause our blood to boil, we must always remember that we serve so that others may protest our service.

On May 18 we are expecting protesters from Westboro Baptist Church to assemble in the vicinity of Mokapu Road and Kaneohe Bay Drive outside the back gate of MCB Hawaii as well as at several other military installations on Oahu.

Based on their history, I have every reason to believe that their choice to protest just

outside the back gate of MCB Hawaii, as well as other military installations here on island, is an attempt to draw some type of hostile reaction from the community or even from military members themselves.

Therefore, the Mokapu gate will be closed from 12 to 6p.m., on May 18 to reduce traffic in that area and to reduce the likelihood of military personnel encountering this group. I would like to ask that all personnel avoid that area during the protest.

Groups such as this desire to draw service members into a media ambush in order to paint our service in a poor light. It is your selfless service that secures the rights of organizations such as this to publicly express their views.

We must all continue to be the silent professionals we are known to be and not engage in counter protest activities or get drawn into some type of public, emotional response.

This organization does not represent the views of the overwhelming majority of Americans who support your service and sacrifice.



Christine Cabalo

Scrubbing a metal rack, Cpl. Andrew Redman, mortarman, 1st Battalion, 3rd Marine Regiment cleans a stove. Volunteers cleaned each housing unit, including all appliances. Units are located on Captain Cook Avenue as well as Kinau and South Kuakini streets.

DOGS, from A-1

"Some of the projects take place during weekends on everyone's own time," Beaudette said. "It's all part of our larger program to give back to the community."

Volunteer Hawaii's Web site saw a boost, Cantril said, immediately after news stories appeared featuring the company and their volunteer work fixing apartments at three sites in Honolulu. She said eight other users agreed to join in volunteering tasks by the next morning.

The Weapons Company commander said the campaign is part of a Marine Corps endeavor in training men and women to be civic-minded.

First Lt. Dan Rhodes, Weapons Company commander, 1/3, said they've picked tasks

anyone could do and see the immediate results of how it benefits the community. The service members painted each apartment unit, fixed or cleaned its electrical appliances, and overhauled its flooring. The Marines also cleaned common use areas, like the elevators of one building located at the corner of Piikoi and Kinau streets.

Rhodes said the two-day project was challenging to schedule in, but refurbishing housing units developed skills his company will need in Iraq during their deployment.

"We're preparing to get into the mindset of civic service with these types of projects," he said. "The Marines will be going down this territory when they deploy, because they may be doing similar community building tasks."

Both Beaudette and Rhodes said they're hoping other units stationed in Hawaii con-

tinue getting involved with community outreach once they deploy.

The campaign has helped unit members bond together, and Rhodes said it's helped build the confidence of his company. Corporal Trent Mills, rifleman, 1/3, said many of the apartments he saw while cleaning at the Kinau Street building just needed a group of people to put the effort into restoring the unit to livable condition.

The readiness to help the community with demanding tasks is something the Volunteer Hawaii coordinator said she admires about the company.

"They're such 'can-do' people," Cantil said. "They don't need extensive supervision, and you don't need to order them to pick a broom. They just took up a broom and went for it. You never had to micromanage, and it's been a real pleasure to work with them."

Weekend weather outlook

Today



Day — Mostly sunny. Haze through the day. Isolated showers in the afternoon. Highs 79 to 84. Southwest winds around 10 mph. Chance of rain 20 percent.

Night — Partly cloudy. Isolated showers in the evening. Haze through the night. Lows 64 to 71. Light winds becoming north around 10 mph after midnight. Chance of rain 20 percent

High — 84

Low — 64

Saturday



Day — Mostly sunny with isolated showers. Haze. Highs 80 to 85. Northeast winds around 10 mph. Chance of rain 20 percent.

Night — Partly cloudy with isolated showers. Lows 66 to 73. East winds around 10 mph. Chance of rain 20 percent.

High — 85

Low — 66

Sunday



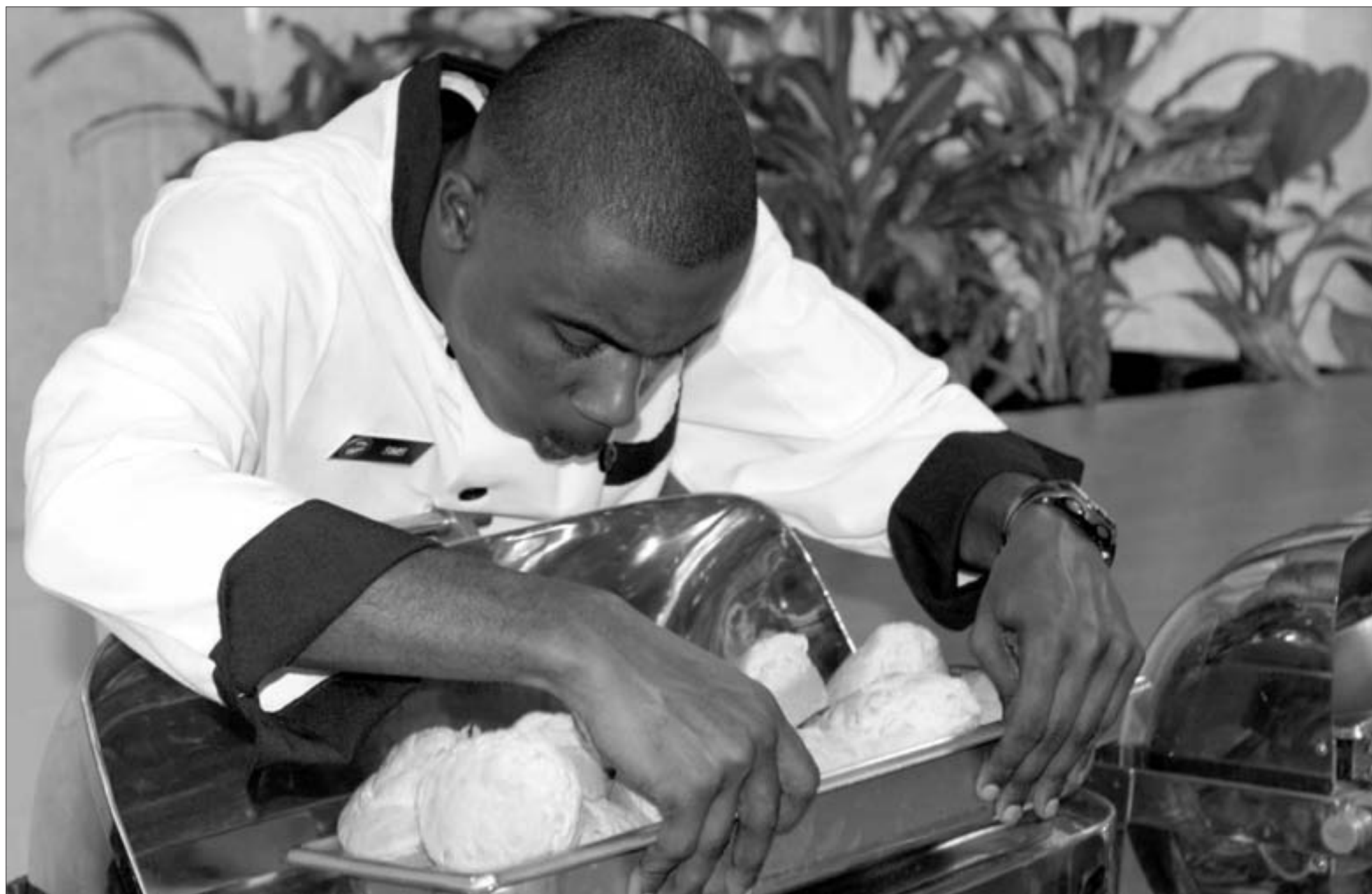
Day — Mostly sunny with isolated showers. Highs 79 to 85. East winds around 10 mph. Chance of rain 20 percent.

Night — Partly cloudy with isolated showers. Lows 67 to 74. East winds around 10 mph. Chance of rain 20 percent.

High — 85

Low — 67

Top Chef



Corporal Anthony Sims, 3rd Battalion, 3rd Marine Regiment's chef, adjusts his presentation of jalapeno corn bread at the Chef of the Quarter Board, May 7, at Anderson Chow Hall. Sims cooked a family reunion-themed meal, which included ribs, a fruit and yogurt cup, homemade macaroni and cheese, and strawberry lemonade.

Base chefs compete for culinary glory at "Chef of the Quarter" board

Get your grub on



**Story and Photos by
Lance Cpl. Regina A. Ochoa**
Community Relations NCO

Shouts for more ingredients, pleas for help and orders to take the bread out of the oven resounded in the Anderson Chow Hall kitchen May 7, as time dwindled down for the five chefs competing in the Chef of the Quarter board for third quarter, fiscal year 2008.

The cook-off was the final portion of the competition, following a written examination, and a board where the competitors answered questions and proved why they deserved to be the chef of the quarter. The Marines passed the board to continue on to the culinary competition.

"They put a lot of hard work into this competition," said Gunnery Sgt. Henry Pollard, assistant manager, Anderson Chow Hall. "They've been working on this since mid-April. Some of them were here until 10 p.m. last night preparing for today."

The cooks each picked a theme for their recipes and waited for the day of the competition to arrive.

Each chef, and their sous chef (assistant chef), was responsible for producing a full meal to include an appetizer, entrée and dessert, and had to cook in quantities large enough to feed more than 75 people.

"This is challenging for me because I haven't really cooked in two years in a galley," said Cpl. Daniel Eschenbaum, 3rd Marine Regiment's chef, who cooked a Philippino-themed meal. "I haven't cooked for more than 10 people for two years."

While the chefs all had the talent to produce the meals, it was the time limit that remained their biggest challenge, said Sgt. Sean Bazar, 1st Battalion, 12th Marine Regiment's chef, who prepared an Italian-themed meal. Competing against chefs with superb skill levels was another challenge.

"Everyone here works with a high skill level and knows what they're doing," said Sgt. Kentrell Allen, Combat Service Support Group 3's chef, who prepared a European-American themed meal. "That's what makes it hard."

As the chefs rushed to finish the food and get it on their presentation tables, the four judges began arriving. Judges from Y. Hata and Company Limited and Kraft Foods were there to judge the

chefs on the meal's taste, presentation and the creativity of the dish.

"I'm honored to be here," said Laurence Vogel, Y. Hata president. "It's going to be wonderful to see how our young chefs create great food that is both attractive and nutritious. We're looking for presentation first, because the eye tells the stomach how it will enjoy the food. After that, we're looking for the quality of the food, how it's prepared. If it's supposed to be hot, it should be hot. If it's supposed to be cold, it shouldn't be warm."

After rushing to get the food to the table in time, the chefs stood behind their displays and answered the judges' questions. The judges were joined by special guests from the base, including the base chief of staff and sergeant major, as well as the commanding officers and sergeants major from each chefs' unit.

The chefs served the judges and 75 guests who were present for the competition. Guests walked through the tables cafeteria style, taking portions of all the different dishes.

"I've been looking forward to trying the food, seeing what the Marines cook up," said Lt. Col. William G. Perez, commanding officer, Headquarters Battalion. "It all looks very good. They put a lot of information into it, not only in how the food tastes, but also into the presentation."

While the judges deliberated and guests enjoyed the cuisine, the chefs sweated it out, wondering who would win first place, earning not only the title of "Chef of the Quarter," but winning a monogrammed chef's coat, a set of knives, a trophy, a Certificate of Commendation and a 96-hour liberty pass as a reward for their hard day's work.

"I feel good," Allen said. "I feel confident in what I made, but a professional chef can always improve. I feel like I could have done better, but overall I give myself an 'A,' but I'm looking for an 'A+.'"

After the food was enjoyed and the judges finished deliberating,

See CHEF, A-5



Competitors at the Chef of the Quarter Board at Anderson Chow Hall, May 7, had to create meals large enough to feed 75 people. A chow hall full of Marines and Sailors who were invited to attend the board tasted samples of the five chefs' meal.



Sergeant Kentrell Allen, Combat Service Support Group 3's chef, presents his American - European themed meal to the panel of judges May 7 at the Anderson Chow Hall Chef of the Quarter Board for third quarter, fiscal year 2008. "I feel like I could have done better, but overall I give myself an 'A,' but I'm looking for an 'A+,'" Allen said.



Photos by Cpl. Mark Fayloga

(Top left) Sterling R. Cale, treasurer, Pearl Harbor Survivors Association Unit 1, salutes his fallen comrades in the rear of the USS Arizona Memorial Monday during the Memorial Ceremony and Interment of James Evans Cory, the first Marine to be buried aboard the Arizona since World War II. (Top right) Cory's ashes are lowered into the waters of Pearl Harbor. (Above) Dorothy Estelle Cooper Cory returns to the memorial after seeing her husband off to his final resting place.

CORY, from A-1

Cory survived the attack that day, but would never forget the memory of what he experienced. It was emblazoned in his mind, like burning oil on water.

In his life after the attack, Cory never took a day for granted. Even after leaving the service, he never stopped being a Marine.

"The thing about the Marine Corps for Dad — it wasn't just the one event, Pearl Harbor," Price said. "It was everything that helped shape him as a person. The discipline, the values, even the way he folded his clothes."

Cory never returned to Pearl Harbor. The memory was enough for him. He didn't need to face it again.

"It was too painful," Brown said. "He wasn't ready to go back."

Although he didn't return to the site, he did continually revisit the event. He was a huge advocate of sharing the history, Price said. During anniversaries of the attack, or whenever requested, Cory would speak to his daughters' class, their teachers and later in life, their professors.

"Dad really took responsibility for sharing that part of the history he experienced personally, and he was very generous with his time in sharing it," Price said. "He was a history major. He loved history, and he loved the fact that he could share [his experience]."

Cory was a brazen man. He was the kind of man who corrected others people's children. The kind who sang the national anthem so loud and off key, his daughters dreaded standing alongside him at football games.

He was the kind of man who proposed on a blind date, and although the girl declined, he was the kind of man who would keep asking until she accepted six months later. They were happily married for 30 more years until his death.

In the years before his death, Cory spoke with his wife about what to do with his ashes after he passed. He told her to put the ashes wherever the family thought was best.

"He was very open to letting us do what we needed to do to be at peace," Boone said.

Cory passed away peacefully July 9, 1978, in his hometown. Cory's youngest daughter, like all of his daughters, shared a passion for history; she herself is a history major. For thirty years Boone tried to convince her mother to lay Cory to rest aboard the Arizona.

Former crewmembers of the Arizona who survived the attack have the opportunity to be buried aboard the vessel along with their former shipmates if they so choose. It was a dream of Boone's for her father to be the first Marine laid to rest on the ship. Finally, with the approval of her mother, her dream came true.

The memorial normally buzzes with sound during the day as visitors are boated in and out. Although patrons are asked to

keep noise down out of respect for the fallen below, the whispers of dozens of tourists fill the vast space with an audible hum reverberating off the white walls.

An uncommon afternoon silence fell over the memorial during Monday's ceremony when following a Two Bell Ceremony, Committal Service and Rifle Salute, the world seemed to stand still except for the steady wave of the flag above and the 24 tender, yet powerful notes of Taps that blared from the bugler in the rear of the memorial.

"Daddy would be honored by this memorial," said Kay Cory Boone, Cory's youngest daughter. "He would love it. He would think we brought him home."

Cory's wife, Estelle, said her final goodbyes to her husband that day. He was a man she loved and was married to for 30 years, whose ashes she kept with her for 30 more. She walked through the respectful silence of the memorial. She walked past her family and guests, many teary eyed from the remembrance. She walked past the rows of Marines lining the memorial walls and by the rifle detail standing proudly outside the memorial entrance. She walked down the ramp leading to the dock of the memorial where divers waited to put her husband to rest. There, she watched as her husband — ashes in a bronze cube topped with an Eagle, Globe and Anchor — was given to the dive team.

The diver who took the ashes held Cory up, facing Estelle. The dive team steadily swam out to position, the entire time holding Cory above the water, facing his wife. As the team submerged into the abyss, only a set of hands and the cube remained above the harbor's blue-green shimmer. Slowly the sea collapsed around the cube as Cory went down into the harbor forever. Estelle watched him go.

The interment rejoined Cory with the Arizona: a part of history, a part of his memories, and now, by choice — his tomb. He rejoined the brothers he lost on the "day of infamy," a day that will forever echo in history, a day that pushed America and the "greatest generation" into World War II. He never forgot that day. He never forgot the "heat and sensation of the blast" he felt as the ship was hit. Nor did he forget the bravery and honor shown by the men along his side, the men of Pearl Harbor, and his brothers on the Arizona.

"Dad had made a comment, when speaking at a funeral, that you get to know your buddies when you're in the foxhole with them," Price said. "Pearl Harbor was Dad's foxhole experience. I think laying dad to rest with the mentors he loved, who had significant impact on him — those buddies of his, is the right thing to do. I think dad would be very pleased with this whole event."

James Evans Cory has become a part of Pearl Harbor and the Arizona forever, even though he always was. He answered his call to the sea.

He rests eternally in a place of honor.



Sgt. Jeffrey S. Caraway

A Marine stands at attention inside the USS Arizona Memorial during the ceremony.

CHEF, from A-3

a winner was chosen, but the chefs had to wait patiently while Christopher Blanchard, base chief of staff, said a few words.

"No one in the Marine Corps works harder in the field, in garrison, or, heaven help them, on a ship than Marine Corps cooks," he said. "Cooks have an important role in the combat readiness and morale of Marines. They have a passion for what they do, and fortunately for us, that passion translates into great food. It's a great talent these Marines have. We're blessed to have them work here in the best chow hall in the Marine Corps. One of them will walk away with first place today, but on behalf of the commanding officer, I want to thank you for what you do for all of us. I congratulate you all for a job well done."

Bazar was introduced as the winner, and he accepted the trophy with a gracious smile

and words of thanks to Anderson Hall, the judges, and his sous chef, Cpl. Tracy Cerda.

"I feel happy," he said with a smile. "I'm excited. I can't wait to clean up and take my days off. It was fun. I'm glad I was able to do it. More than winning, I'm happy to be out here, winning was just extra."

Bazar's passion for his talent is what captivated the judges, adding to his creative presentation and tasty food, said Hans Apisaloma, a judge from Y. Hata.

"I think the numbers chose the winner in the end," Apisaloma said, referring to the different categories of scoring the judges based their decisions on. "They all did great, but I appreciate nice service, people who are passionate about their skill. Food is a very personal thing, no two people look at it the same way. The food itself was great, but it was the person putting their passion and care into the preparation of it that made him a winner. The ratings added up for Sgt. Bazar."

Earned It



Lance Cpl. Regina A. Ochoa

First Sgt. Jim E. Lanham, company first sergeant, Lima Company, 3rd Battalion, 3rd Marine Regiment, receives the Bronze Star Medal at a ceremony at the 3/3 Headquarters Wednesday. Lanham received the award for his leadership, mentorship and tactical proficiency during the battalion's recent deployment to Al-Karmah, Iraq. For the complete story, see next week's edition of the Hawaii Marine.

Enjoy a day at the Book and Music Festival

Free transportation for Marines and families to Book and Music Festival this weekend

Compiled by
Lance Cpl. Alesha R. Guard
Combat Correspondent

The Hawaii Book and Music Festival takes place this weekend in Downtown Honolulu on the Frank F. Fasi Civic Grounds of Honolulu Hale.

The two-day festival is free and open to the public with live music, local authors and a children's celebration. Marines and families can ride to the festival from base free-of-charge on charter buses sponsored by Target General Merchandise Store.

"We thought this would be a great opportunity to assist the community by supporting the Book and Music Festival," said Brie Heath, Target spokesperson. "Target donates to communities on a national level by giving funds to each store to assist their local community's needs. We

feel each individual store can find what their family, schools and area needs most, and put funding to the best use."

Each week, Target gives back more than \$3 million to local communities throughout the United States, promoting education, arts, social services and other community relationships, Heath said.

Not only is Target providing transportation to the festival, but it's also giving out information on family oriented programs available to service members such as United Through Reading. The reading program keeps families connected through the read-aloud-videotape program, open to all military branches. The program allows the child to watch and listen to their parent read them a story through a video recording.

"We want to make sure service members know about the programs available to them and how they can get involved," Heath

said.

Target finds their community's needs through community support requests and survey's, provided at each store. Employees look for requests that are both innovative and have a large impact on the community, Heath said.

"We survey store guests periodically to ask where we should focus our money, local needs, and we've gotten great feedback," Heath said. "We are always looking for suggestions, and are looking forward to working with the Oahu communities."

The first Target will reach Oahu in March 2009.

Heath hopes Marines and families will enjoy the fun-filled day in downtown Honolulu, and take a minute at the festival to learn about the community services provided for service members both on the island and while deployed.



Lance Cpl. Alesha R. Guard

Marines and Sailors with CSSG 3 process base patrons, acting as role players, in a hurricane evacuation shelter exercise in the Semper Fit Center Monday. The exercise was part of a base-wide effort to prepare for the upcoming hurricane season.

HURRICANE, from A-1

tion by conducting evacuation and sheltering procedures, conditions of readiness measures and communication procedures.

"We're in the middle of a hurricane exercise, and the base wanted to evaluate certain mission capabilities," said Lt. j.g. Marc Tinaz, officer-in-charge, Waterfront Operations. "Waterfront Operations took part in the training to demonstrate that we are mission capable, still have a working connection with [Crash, Fire, Rescue Team], and make sure the command watch officer is aware we can still operate in certain mission oriented type rescues."

Waterfront Ops began the exercise with Tinaz as a victim, lying face down waiting to be revived.

"We simulated a vessel in distress and had somebody make the distress call, to

see if we followed the chain of command of how to get it reported and respond to the call," Tinaz said Monday during the exercise. "They were able to do all that, as well as rescue myself in a short amount of time, about seven minutes with the normal time being about 10. So, we were very excited that we were able to demonstrate our mission readiness."

Another preparation exercise took place in the Semper Fit Center. Marines and Sailors with Combat Service Support Group 3 set up a hurricane evacuation shelter to prepare themselves in case a natural disaster should strike.

"The overall goal of the simulated shelter was to process all the families as if the base was going through a mandatory evacuation," said Master Sgt. Charles Owen, S-3 training and operations chief, CSSG 3. "The shelter is a voluntary holding area where base patrons

can rest, eat and gather their thoughts."

The base police and fire department also had hurricane and disaster-related simulated calls coming in throughout Monday to simulate a disaster striking the base.

"You never know when a hurricane could strike, so it's important to be prepared and have a plan ahead of time," said Jackie Freeland, force protection officer.

Freeland said the base will be supporting hurricane awareness throughout the hurricane season.

"The best advice I can give is be prepared and have a hurricane kit ahead of time," Freeland said. "Include medications, canned foods, diapers, flashlights, water, et cetera. Since the island is isolated, a hurricane could prolong the delivery of goods, so it's important to be prepared. Also, know where the evacuation shelters are located throughout base."

AROUND THE CORPS

Marines and Sailors prepare for possible Foreign Humanitarian Assistance Operations

Service members gear up to tackle Cyclone Nargis, help Burmese civilians by offering aid to quell hunger, disease

Lance Cpl. Ryan Wicks
31st MEU

USS ESSEX, At Sea – Marines and Sailors of the Essex Amphibious Ready Group prepared for possible humanitarian assistance operations onboard the forward deployed amphibious ships USS Essex (LHD 2), USS Juneau (LPD 10), USS Harpers Ferry (LSD 49) and USS Mustin (DDG 89), May 11.

The Essex Amphibious Ready Group along with the 31st Marine Expeditionary Unit (MEU), is steaming to support potential humanitarian assistance tasking in the wake of Cyclone Nargis.

"This is what we are here for," said Chief Petty Officer Andres Carillo, USS Essex. "It's our mission to help those in need."

The service members are scheduled to fill more than 14,000 5-gallon plastic water bladders with fresh water. In the event of humanitarian operations, the water could be loaded onto Landing Craft Utility vehicles and various helicopters to be distributed to those affected by the cyclone.

"We are capitalizing on the excess water the ship has to support the victims who need it,"

said Capt. Ray Howard, embark officer, 31st MEU. "We want to be able have the water distributed by the quickest means possible and be on call for help so that when, within reach, we can send the water via helicopter and boat to the disaster areas."

The process of filling up the bladders required a great deal of manpower and hard work, according to Carillo.

Marines and Sailors set up shop first before filling the water bladders.

The Essex's Repair Division manufactured a fresh water distribution system that mirrored a miniature farming irrigation system.

Afterward, both Marines and Sailors prepared large boxes to store the water bladders for transport. During the filling process, they checked the pipes of the water distribution system to ensure no leakage occurred.

After each bag was filled, Marines and Sailors packed the clear plastic water bladders into the boxes.

Throughout the day, the service members worked to accomplish the mission aimed in facilitating humanitarian efforts.

"It's great to see the Marines and Sailors working together to accomplish the mission," Howard said. "It's a great show of joint service

camaraderie."

The water bladders are just one of many preparations for the humanitarian assistance efforts taking place throughout the Essex Amphibious Ready Group.

Editor's Note:

The Marines with the 31st Marine Expeditionary Unit and other service members were allowed by the Myanmar government, earlier this week, to provide aid to the Burmese people. More than 10 cargo planes to date have been allowed to enter the country and provide food, medical supplies and other essentials in an effort to help those affected by the cyclone.



Staff Sgt. Marc Ayalin

Corporal Andrew J. Kelly, an airframer with Marine Medium Helicopter Squadron 265, 31st Marine Expeditionary Unit, checks on a newly painted American flag on a CH-46E Sea Knight May 11.

Hawaii MARINE LIFESTYLES

HAWAII MARINE B SECTION

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MAY 16, 2008

Marine and Family Services helps service members

REACH OUT to Hawaiian culture and island life



A participant in Friday's Marine and Family Services Island Tour reaches for a banana near the Ulupo Heiau State Monument in Kailua, one of many stops during the tour. Ulupo Heiau is a part of the National and Hawaii Registers of Historic Places, and to this day is regarded by Hawaiians as a sacred site.

What's the quickest way to get to North Shore beach? Where can you find the island's best local shrimp shack? Why do they call it "Turtle Island?" What is that crazy-looking bird called? How do you pronounce "Likelike Highway?" All your questions about Hawaii's hot spots, wildlife, local customs and culture can be answered during the "Island Tour."

Marine and Family Services provides a free tour for all active-duty service members and families as a way to introduce them to all the island has to offer. The trip tours Oahu weekly, visiting places such as the Pali Lookout, Sunset Beach park, North Shore, Bishop Museum, Iolani Palace, Punchbowl, Hanauma Bay and much more.

Before taking off, participants are given an information packet including the tentative schedule and featured places of the tour. The folder is a great tool, which includes information to use when going on your own island adventure such as maps, Web sites and places of interest.

"Each tour is a little different because we try to cater to the particular crowd of the day," said Mel Chow, a retired Marine who has been volunteering as a tour guide for the past fifteen years. "I'll ask who is married, single, who has kids, and from there we will decide the major places of interest we will stop at."

During the ride, Chow points out the best restaurants, historical sites, beaches, hiking grounds, hidden wonders, local vegetation and wildlife, along with myriad places to visit and activities to do.

"The tour was actually cool," said Sgt. Ramon Colmenero III, ordnance technician, Marine Aircraft Group 24, who attended the May 9 tour. "We didn't just listen to a recording. We had a great tour guide who interacted with us and wanted to answer any questions we had. I would've never found out about all the great places on the island if I hadn't come."

Chow asked everyone their favorite foods to eat and suggested places around the island they might like, pointing them out as the bus drove by. Chow, an incredible encyclopedia of knowledge, engulfed everyone on the tour in Hawaiian culture, customs and history.

"I really liked learning about all the vegetation and getting a closer look at it all, like the banana trees and guavas," Colmenero said.

The tour stopped in several places around the island, allowing patrons to ask questions about the different plant life, birds and Hawaiian signs. Chow couldn't be stumped.

"The trip was entertaining, and the tour guide kept my interest by joking around and interacting with us," said Seaman Jose Morales, corpsman, group aid station, Combat Service Support Group 3.

Driving along the island's scenic roads, Chow taught everyone their first lesson in the Hawaiian language: how to pronounce street signs.

"I enjoyed seeing the forest and all the beaches – the greenery is

beautiful," Morales said. "Stopping at the major places of interest made the long trip really fun. I liked that we got out of the bus every so often to walk around in the parks and by the oceanside to enjoy the nice day. It's nice that you don't have to waste gas to see all the great places on the island."

The participants of the May 9 tour all agreed, this magic-school-bus trip is a must.

"If you have family or friends coming to visit the island, you don't have to worry about driving them around – let us do the work," Chow said.

Those taking the tour should remember it's an entire work day, and certain personal items shouldn't be forgotten. First and foremost, bring a water bottle. The tour provides coolers of water for everyone to use throughout the day to help keep them hydrated.

Although you may be in the bus for part of the day, the sun can still fry you through the windows, so be sure to slather on some sunscreen.

Lunch and snacks are on your own, so bring extra cash, since some local food joints only accept cash. Throughout the island, you never know when you might see a local fruit stand you'd like to check out. All you have to do is ask, and Chow will make a quick stop to pick up some local mangoes. Comfortable shoes and breathable clothing are a must – you're in Hawaii now. Before you head out the door, grab your camera – there will be many photo opportunities you won't want to miss out on.

Oh, and by the way, it's pronounced "Lee-kay-lee-kay."



Located in Honolulu, Ali'iolani Hale houses Hawaii's Supreme Court, State Law Library and a Judiciary History Center. Standing tall in front of the building is a statue of King Kamehameha I.



(Above) A yellow hibiscus blows in the soft Oahu breeze, as participants on the 'Island Tour' marvel at its simple beauty. The golden petaled plant is Hawaii's state flower. (Right) Participants enjoy a walk along the beach during Friday's Island Tour. The tour visited beaches, lookout points, restaurants, parks, museums and other places of interest on island.



Story and photos by Lance Cpl. Alesha R. Guard — Combat Correspondent

PASS IN REVIEW



Your weekly guide to all aspects of entertainment

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

1/4 — No Impact, No Idea

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



2/4 — High And To The Right

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



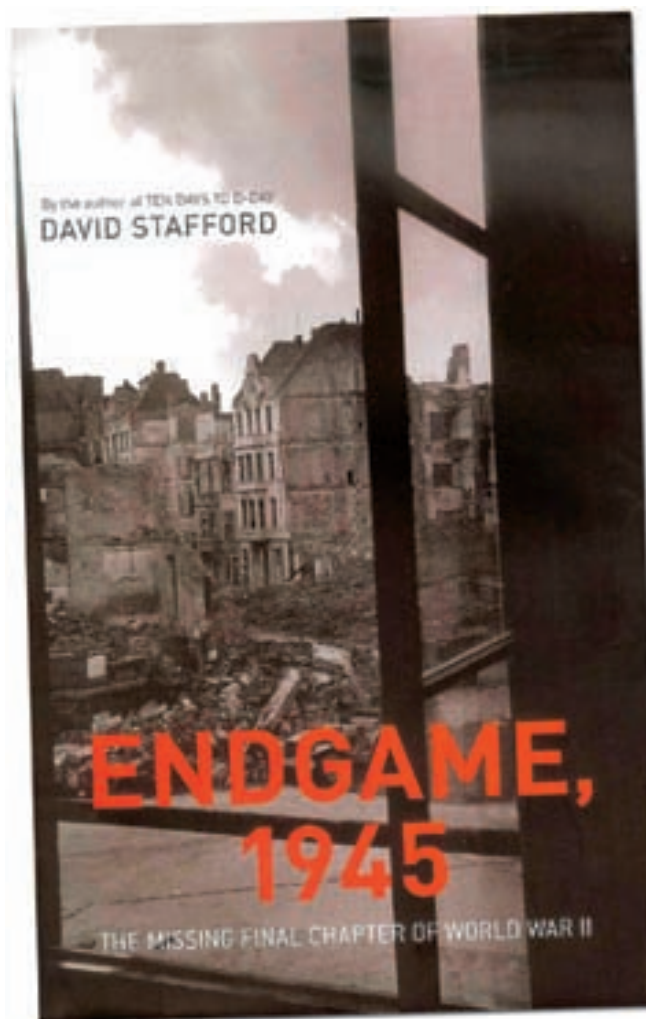
3/4 — On Target

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



4/4 — Confirmed Kill

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



An ugly end to a repugnant reich

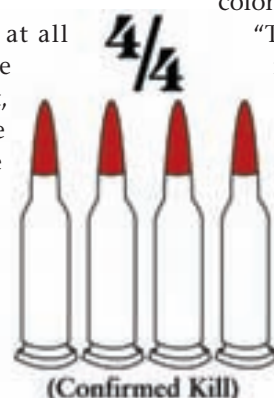
Ray Rippel

Special to the Hawaii Marine

One of the many media criticisms of the Iraq War is the end of major combat operations were messy, disorganized and poorly planned. The garbage frequently offered by the typical television network's in-house "military expert" was a comparison with the end of World War II in Europe. They would stare into the camera with that finely honed faux-gravitas and inform us about how well the end of WWII was planned, and how smoothly it went.

What nonsense.

If you study war at all you know this: at the end of every conflict, wedged between the final stages of the fight and the eventual peace, there is chaos — horrible, catastrophic chaos. If you think the weeks on either side of V-E day were any different, you



of the peace) through the eyes of a British commando, a Scottish-Canadian lieutenant, an American soldier, a BBC war correspondent and a civilian relief worker, among others. There are no maps in this book with sweeping arrows; instead, there are profoundly personal accounts of those who witnessed the brutality that accompanied the demise of the National Socialists.

Much of it is gut-wrenching, but none more so than the liberation of the inhabitants of the concentration camps — large and small. Stafford gives the sergeant's view, not the colonel's.

"The GIs were stunned into silence and disbelief by what they saw. 'We had seen men in battle blown apart, burnt to death and die in many different ways,' recalled one of them, 'but we were never prepared for this.

Several of the dead lay there with their eyes open. It seemed they were looking at us saying, 'what took you so long?' Some of the infantrymen wept. Others began screaming and shouting with rage. 'It's haunted me for thirty six years,' another GI recalled long afterwards. 'I mean, who are they? What's their name? What nationality are they? What is their religious faith? Why are they there?' Cries of 'Let's kill every one of those bastards' and 'Don't take the SS alive' went up. Most of the SS guards had slipped out of the camp the day before, but a few remained. Four emerged from a hiding-place, their hands raised, but an American lieutenant simply herded them into one of the boxcars and emptied his pistol into them."

See *ENDGAME*, B-4

Downey 'Iron Man' soars as ...

Sgt. Macario P. Mora Jr.
Managing Editor

holic and womanizer.

He's got his flaws, and the human quality is what makes his character connect more with the audience than the impossibly perfect Clark Kent or others of his ilk.

Furthermore, the movie was entertaining. It was a perfect way to spend an evening, trapped in a world that finely balanced the possible and impossible. You had your typical graphically enhanced moments, over the top action sequences and a closer than customary, for some, relationship between Starks and his secretary Pepper Potts, but there was so much more.

Modeled after Howard Hughes, a billionaire industrialist in the early part of the last century who had an array of mental health issues, Starks learns the error of his ways when he's captured and forced to build his newest weapons system using his company's (Stark Industries) products, which unbeknownst to him were sold to the evil doers. But instead, as anyone close to the comic book already knows, he builds his first Iron Man suit and escapes, vowing to right his company's wrongs and defend the innocent.

The concept is a bit over the top, but it's a comic book, and to my relief and that of nerds everywhere, it's gratifying to see that producers and directors kept close to the actual storyline and kept their "poetic license" in check.

The movie is entertaining throughout, providing viewers the necessary emotional and sensory stimuli to constitute a good time.

The story isn't Oscar worthy and the graphics aren't extraordinary, though good, but the film provides a hit in the very crowded comic book-movie genre.



(On Target)

The story begins the same. Though, as always with comic book adaptations to film, there are minor modifications and a modernized enemy for the audience to easily identify with.

Anthony Edward "Tony" Stark (Robert Downey Jr.) doesn't have to fend off the Viet Cong but rather terrorists plotting the annihilation of Western civilization in the remote mountains of Afghanistan, and Starks' sidekick, Pepper Potts (Gwyneth Paltrow), is even more gorgeous than anything legendary comic book creator Stan Lee, who also created Spiderman among a plethora of others, could have ever imagined.

"Iron Man" surprised me.

I'm not sure why, perhaps it's the computer generated imagery, which affords the impossible, or Hollywood's inability to come up with new material, but it seems every comic book, no matter how obscure, has been turned into or is in the process of becoming a movie. Thus, making it more and more difficult for moviegoers to determine "Daredevil" from "Spiderman," one being successful and entertaining while the other starred Ben Affleck — enough said. Every film's trailer looks amazing, so to determine the good ones from the bad has become increasingly problematic.

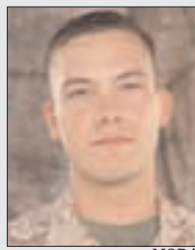
But, "Iron Man" stars Robert Downey Jr. The actor was perfect to fill the role of a womanizing-alcoholic genius turned ironclad crusader. Downey Jr.'s real-life escapades have been well documented giving more credence to his portrayal of the very human Tony Stark.

Not only does the acting set the movie apart from its contemporaries, but so does Iron Man's character.

Stark isn't a mutant or from another planet like Superman, but rather he's just like us.

Granted he's a billionaire and incredibly smart, but he's also a mixed bag of emotions, an alco-

Better Know A Critic



MORA

Sgt. Macario P. Mora Jr. believes "movies are a reprieve from our daily routine." He views movies from two perspectives — as pure entertainment or intellectual stimulant, and believes "a film rarely contains both." As an introvert, one of his favorite pastimes is spending a day at the theater movie-hopping. He believes "Eternal Sunshine of the Spotless Mind" to be the epitome of great film making.

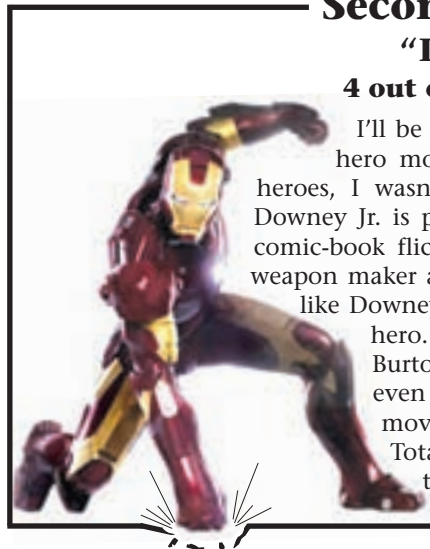


RIPPEL

Ray Rippel first fell in love with books when his stepmother started reading to him as a young child. For him, "Books are amazing things, really. They require no batteries, are completely portable, and, if you let them, can improve your life immeasurably." As a recently retired colonel from the Army Reserve, he enjoys reading everything, but military history, science, travel and horror are his favorites.

Second Opinion "Iron Man"

4 out of 4 (On Target)



I'll be honest, after the recent slew of botched superhero movies that did more to insult than exalt their heroes, I wasn't expecting much from "Iron Man." Robert Downey Jr. is probably the last person I'd expect to see in a comic-book flick, which made him the perfect candidate for weapon maker and ladies man Tony Stark. Stark's flaws (much like Downey's) are what make him an unlikely but likable hero. The movie is on par with comic classics like Tim Burton's "Batman" and the first "X-Men" movie, even rating slightly above the first "Spiderman" movie on my "awesome-superhero-movies" scale. Totally worth \$9 to see, maybe even a second or third time. — Lance Cpl. Regina A. Ochoa

TALK* STORY

Working hard, even in paradise, can take its toll on employees in the Aloha state. May is National Mental Health Month, and people around the country are taking a good look at how they deal with daily pressures. We took a breath, relaxed and asked ...

What do you do to relax?

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



Going to the beach with my wife and child is the best way to relax. Going to barbecues or cookouts with your friends and family is great.

— Lance Cpl. Bryan Stutts



"I work out. Exercising makes me calmer, and I usually go running or take a stretch outside."

— Seaman Terriana Oliver



"It's less stressful for me after I play sports or lift weights. I like playing basketball and hockey."

— Lance Cpl. Blake Kemp

Desert Diaries

Major seeks to improve morale despite difficult circumstances during OIF

Lance Cpl. Regina A. Ochoa

Combat Correspondent

Since 1965, the Marine Corps has effectively preserved its history through the Marine Corps Oral History Branch. The corps-wide program is conducted here by Lt. Col. Tim Crowley, the historical program officer, who documents the accounts of Hawaii's service members. The warriors' stories are collected orally and join the ranks of thousands of Marines and Sailors who've come before them, dating back to the Vietnam War.

"Desert Diaries" tells the personal stories of pride and loyalty, humor and sadness, and the glory and horror of America's wars. The stories are provided by the base historian, and are published to help share our warriors' stories with the public.

Matthew Tracy didn't expect to do any more Marine Corps service than pay back his Reserve Officer Training Corps scholarship.

"I joined because I had to pay back my ROTC scholarship," he said. "I decided to go infantry because it was the most challenging, and have stayed in since then."

As a major, Tracy deployed to Iraq as the commanding officer for Echo Company, 2nd Battalion, 3rd Marine Regiment, in 2005. The company had a difficult deployment, taking more than 48

casualties in their first two months there.

Tracy arrived in Haditha after an al Qaeda massacre of 21 Iraqi police in a soccer stadium, leaving the memory fresh in the minds of the Haditha citizens.

"That was well ingrained in the psyche of the town," Tracy said. "My ability to recruit police officers was greatly hampered because that was greatly ingrained in the minds of people."

Insurgent activity was at a high point, and Tracy and his Marines had to fight their way onto the forward operating base as soon as they arrived in country.

"When I got there, we could hardly get onto the FOB," Tracy said. "I took 15 casualties getting to the FOB, a majority of them coming from [improvised explosive devices.] It was our 'welcome to Haditha, boys. Go slouch in the corner until your pupils dilate again.' It was a 10-minute convoy. The unit we relieved wanted to get out of there so bad. I felt bad for them because they did seven months of hard work, and it looked like it was just so much worse than the day they arrived."

While changing over with the unit they replaced, Tracy remembers one specific incident that showed him what the rest of the deployment would be like for his unit. Early one morning while Tracy was still sleeping, he was awakened by a Marine screaming at the command operat-

ing center watch officer, saying he wasn't going to do something. Tracy overheard a sergeant saying he wouldn't go check out a possible IED, the watch officer should make the new unit do it because he had been hit nine times already.

"I'm like, 'what do I know, nine IEDs might not be that bad,'" Tracy said. "I figured I'd be like that after nine IEDs. We ended up hitting nine in our first few weeks there, and I understood where that sergeant was coming from. We were fighting, and we were fighting hard."

Because of the rough fighting conditions, Tracy tried to make life on the FOB more enjoyable for his Marines, boosting their morale with whatever small things he could to show them what a good job they were doing in country.

"We had to put on all our [personal protective equipment] anytime we wanted to go outside our cans, right?" Tracy said. "Even to use the bathroom. But I, because I lived in this lap of luxury, I had a urinal, but it was clogged, right? But I still used it. I felt so ashamed that I had such a luxury. Right on the wall at eye level was

written 'Enthusiasm is a choice.' Every letter was in a different color of red, white and blue. I looked at that and I was like 'you know what? The urinal prophet was right on.' The worse things got, the more enthusiastic I got."

Tracy extended his enthusiasm and motivation to his Marines, establishing Haditha as "Man Camp."

"No one could call it Haditha, because 'man camp' is exactly like 'band camp,' and it's that much fun. Then I outlawed vegetables. Vegetables were not allowed at 'man camp.' We only ate meat. We ate meat, and we slept just a couple hours 'cause sleep is for (expletive), but apparently there's an order. The [commanding officer] told me we had to sleep. And then we fought, and that was it. Nobody could come to Haditha because it was such a zoo, so nobody came to visit us. Even the CO didn't pop in. I told the boys it was because no one could hack it at 'man camp,' only they could, and they loved it."

Tracy had his Marines working hard despite the fun, having nine maneuver elements doing three patrols a day. Eventually, higher commands intervened to break up the "fun" and slow the pace for the Marines.

"The chaplain had to come in and say we couldn't do it, we couldn't keep that pace. Ask the Marines, they were everywhere and everybody was getting in contact, and we just loved it."

"We were fighting, and we were fighting hard."

WHAT'S IN Lejeune, Lejern and how to say it A NAME?

P.T. Brent

Featured Contributor

The common denominator of all Marine Corps virtues is "respect." Therefore, it would indeed be difficult, if not impossible to find a Marine, past or present, who has earned our respect more than Lt. Gen. John Archer Lejeune (pronounced LeJERN). Every year, Marines worldwide read, as ordered in November of 1921, Lejeune's Birthday Message, which enhances our much-envied November 10 tradition.

The birthday traditions take a distant second place to the fact that the general is credited with single-handedly saving the Corps after World War I. Respect for the general, after his passing, has reached almost religious proportions. A major base in North Carolina, memorial halls at the U.S. Naval Academy in Annapolis, Md., and Marine Corps Base Quantico, Va., as well as a major highway in Florida have all been named in honor of the general and his impressive military record.

"Respect" is the issue down in Pointe Coupee Parish, La., where the citizens, including nearly 200 descendants of the general's family, have for two centuries pronounced the family name Luh-JERN, albeit spelled Lejeune. Today's Lejeune family traces its heritage back to the Jean Baptiste Lejeune family. Louisiana is "gyrene" territory, with six Marine generals hailing from the bayous, including two Commandants, Lejeune, the 13th commandant and Gen. Robert H. Barrow, the 27th commandant.

Family members share the story in a kind and gentle fashion, that when Northerners (aka Yankees) say the name, they change it without regard for the correct pronunciation. With our latest generation of leathernecks, many have lost the correct sound for the name Lejeune.

The Lejeune name is a legacy in this southern parish where the general was born on Jan. 10, 1867. The French heritage, Cajun and Creole accents, and the Napoleonic legal codes all blend to create a chivalrous way of life in southern Louisiana.

Lejeune's descendants such as Jacques LaCour, whose family owns the Old Hickory Plantation where Lejeune was born, as well as the parish administrator, Owen J. "Jimmy" Bello, and the parish historian would like to know how their most famous son's name became so widely misspoken. In the 1960s and '70s, consensus has it that at least half the Marines used the correct LeJERN articulation. Time and inattention in other climes has diminished the proper pronunciation of the general's name.

There is absolute unanimity on the correct pronunciation at his birthplace. One retired Marine told me: "It was like tomato/tomato." He later recanted and assured me that leathernecks pronouncing "LeJERN" are both on target as well as respectful.

So where did it go awry?

It took several generations and some notable sea stories to have our illustrious leatherneck's name so mispronounced. One Marine major's French lady tried convincing her Marine that the French pronounce the name Luh Joon, which means "the young." Clearly, she had not been to Pointe Coupee, La., and learned of the Lejeune (LeJERN) family legacy.

Brian Costello, noted Pointe Coupee historian and the author of "The House of Lejeune," plus 17 other books on this charming area of the old South said, "When we hear Camp Lejeune mispronounced on the television; we cringe!"

Jimmy Bello added, "General Lejeune is the most prominent gentleman this parish has ever raised. We all wish and hope his name will be respected and said correctly. We are in phase one of creating a Lejeune History Center for visitors to Pointe Coupee."

"My dad, a decorated Marine who fought at Iwo Jima, always insisted our family and others pronounce the general's name properly," Jacques LaCour said. "Our recent generation has slacked off on this respect."

A humorous instance of Marines and names was related by the keynote speaker at the Nov. 10, 2006 dedication ceremony for the National Museum of the Marine Corps in Triangle, Va.

Jim Lehrer, the prominent National Public TV journalist and news anchor for the "The NewsHour with Jim Lehrer," told the audience

about his arrival at the train station on the Quantico base for basic officer training. (See Leatherneck, May 2007, for Lehrer interview.)

"The DI told us to answer up, 'Here, sir!' when our name was called, and he got to mine, and he said, 'Le-her-er-er.' And, like some kind of idiot, I blurted out, 'It's pronounced Lehrer, sir!'"

Lehrer went on to note that he then heard the terrifying click, click, click of the leather heels on the wooden deck of the station made by the drill instructor, who marched down and placed his face an inch from the new officer candidate, as he loudly and clearly said, "Candidate, if I say your name is Little Bo Peep, your name is Little Bo Peep!"

That story, now paraphrased and cleaned up a bit, is the way the future 2nd Lt. Lehrer gained a new name.

A few months ago a Lejeune descendant, who is now 2nd Lt. Learlin Lejeune, (pronounced Lur lin LeJERN), an infantry officer, arrived at Quantico. He, too, decided wisely to flow with the misuse of his legendary name rather than correct the noncommissioned officer-in-charge.

Likewise, now Cpl. Jean Lejeune arrived at Marine Corps Recruit Depot Parris Island, S.C., for recruit training and his junior DI demonstrated little interest in bonding with the new recruit by correctly calling him LeJERN. Later, when his brother Shane Lejeune enlisted—he is now serving in Fallujah—he experienced the same communication challenge. Perhaps educating your senior NCOs upon arrival in the Marine Corps isn't the wisest way to strike up a close and intimate rapport with them.

Etymology, the study of the word origins and their usage, offers some interesting comparisons. In English, there are invisible "Rs," i.e., when Lejeune was a colonel, there was an "R" sound in both names—Kernel LeJERN. Thomas Klingler, associate professor and chair of the French and Italian Department, Tulane University, New Orleans, did research for his doctoral dissertation at Pointe Coupee where he worked on a Creole-French dictionary.

On the pronunciation of the Lejeune name, Professor Klingler believes one hypothesis may be that many non-French speaking people had trouble with the "Luh Zhun" sound and over time inserted into common usage the "R" sound, i.e., "Je" has been used as "JER" in southern Louisiana. The Pointe Coupee accents are a mélange of French vocabulary and African grammar.

Marines treasure and respect their history and traditions. The Lejeune family believes that, in time, the general's name will be put back on track.

The Battle of Guadalcanal, in 1942, may not have been a Marine fight had not the 13th commandant pursued amphibious warfare with a passion. Our Marines may have been limited to Navy police details, and the Fleet Marine Force may have never existed. On the Corps' Birthday on the 'Canal, the 1st Marine Division paused to recognize the general's treasured tradition. A few short days later on Nov. 20, 1942, John Archer Lejeune, 75, died and was buried with honors at Virginia's Arlington National Cemetery.

John Archer Lejeune (LeJERN) raised the bar in our Corps from the time he entered the U.S. Naval Academy, graduating in the Class of 1888, to his leadership in World War I and his fight to keep our Corps of Marines prominent in the War Department's long-term planning. The rock-hard fact is — We Marines owe our 13th commandant our honor, courage, commitment and above all RESPECT.

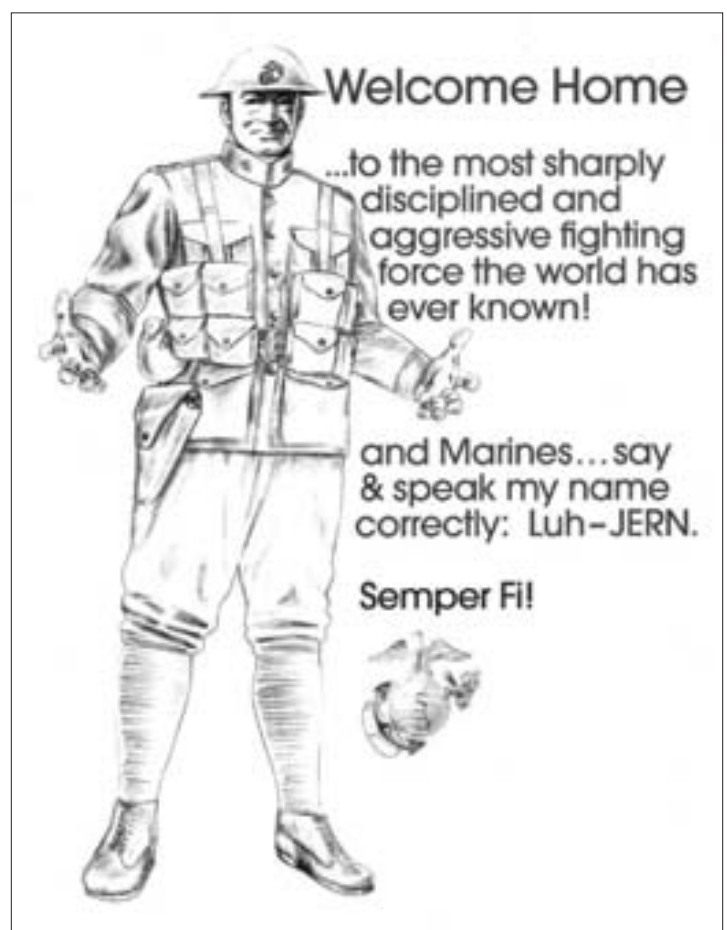


Illustration by Mike Davis

This billboard pronunciation guide, sponsored by the author, greets those traveling on roadways near Marine Corp Base Camp Lejeune.

MOVIE TIME

Prices: Friday and Saturday 7:15 p.m., shows are \$3 for adults and \$1.50 for children. Sunday matinee is shown at 2 p.m. Shows are \$2 for adults and \$1 for children. Evening showings on Sunday and Wednesday are at 6:30 p.m. and late shows are shown Friday and Saturday at 9:45 p.m. Cost is \$2 for adults and \$1.50 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.

"21" (PG13)
 "Shutter" (PG13)
 "Tyler Perry's Meet the Browns" (PG13)
 "Never Back Down" (PG13)
 "Dr. Seuss' Horton Hears a Who" (G)
 "Doomsday" (R)
 "Never Back Down" (PG13)
 "Superhero Movie" (PG13)
 "Drillbit Taylor" (PG13)

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

SPOTLIGHT ON BASE

WORD TO PASS

Become a BayFest Emcee

Marine Corps Community Services is looking for this year's BayFest emcee to host the Main Stage July 4 through 6. To compete for the spot service members must register Online at <http://www.bayfesthawaii.com>, by May 31.

The first 30 entrants will showcase their talent at the K-Bay Theater June 17.

For more information, contact MCCS at 254-7679.

Bathtub Regatta

Marine Corps Community Services' Semper Fit Division is hosting the Bathtub Regatta at BayFest July 5 at 1 p.m. The boat must be propelled by a four-person team and be created originally for the race. The competition will have two age categories – 8 through 15 and 16 and above. Entries are being accepted through July 1.

To sign up or obtain more information, visit <http://www.bayfesthawaii.com> or contact MCCS at 254-7590.

BayFest Volunteers Needed

Marine Corps Community Services is looking for volunteers for BayFest 2008, July 4 through 6. Various shifts are available, and all volunteers receive admission to the general BayFest attractions, T-shirt, meal coupon and more. Interested active duty personnel should call 257-7790, and civilians should call 254-7631, for more information.

Church's Chicken

Marine Corps Community Services welcomes Church's Chicken to Marine Corps Base Hawaii. Estimated date of arrival is May

18. Church's Chicken will replace Sbarro in the Mokapu Mall Food Court. To prepare for Church's Chicken opening, Sbarro's last day of business will be Sunday.

For more information, contact Normand Cote at 254-7639.

Concert Under the Stars

Lanikai Elementary School will host "Concert Under the Stars" May 24 at Lanikai Elementary from 5 to 10 p.m. Tickets are \$12 for adults and \$7 per child and may be purchased at the school office.

For more information, contact Trudy Lovejoy at 263-0602.

L.I.N.K.S. Training

Marine Corps 101 for spouses at Building 244 Tuesday and Wednesday from 9 a.m. to 12:30 p.m. Open to all Marine Corps and Navy spouses. For more information, contact Staci Holt at 257-2368.

Movie Under The Stars

"Alvin and The Chipmunks" will be shown at Dewey Square Friday. The movie is to begin at sunset; arrive early for Karaoke at 5 p.m.

Open to all Forest City residents at Kaneohe, Camp Smith and Manana.

For more information contact Sala Viliamu at 839-8704.

PCS Move Workshop

Permanent Change of Station Move Workshop open to active duty Marines and their spouses June 11 at Building 267, Room 5 from 8 a.m. to 12 p.m. For more information contact Marine and Family Services at 257-7790.

ON THE MENU

AT ANDERSON HALL

Today

Lunch

Veal parmesan
Spaghetti w/meat sauce
Beef ravioli
Grilled Italian sausage
Mixed vegetables
Simmered asparagus
Lemon chiffon pie
Chocolate chip cookies
Marble cake w/chocolate frosting
Vanilla/chocolate cream pudding
Lime/raspberry gelatin

Dinner

Cantonese spare ribs
Beef pot pie
Mashed potatoes
Buttered egg noodles
Calico corn
Simmered broccoli
Savory bread dressing
Turkey gravy
Cranberry sauce
Desserts: same as lunch

Saturday

Dinner

Szechwan chicken
Tempura shrimp
Pork fried rice
Noodles Jefferson
Vegetable stir fry
Simmered broccoli
Chinese egg rolls
Sweet and sour sauce
Cherry pie
Ginger molasses cookies
Spice cake w/butter cream frosting
Vanilla/chocolate cream pudding
Strawberry/lemon gelatin

Sunday

Dinner

Barbeque beef cubes
Baked turkey and noodles
Steamed rice
Creole green beans
Simmered cabbage
Chicken gravy
Sweet potato pie
Chocolate chip cookies
Yellow cake w/chocolate chip frosting
Vanilla/chocolate cream pudding
Cherry/orange gelatin

Monday

Lunch

Meat loaf
Pork ham roast
Tossed green rice

Mashed potatoes
Peas & mushrooms
French fried cauliflower
Brown gravy
Boston cream pie
Peanut butter cookies
Peanut butter cake
Peanut butter cream frosting
Vanilla/chocolate cream pudding
Lime/raspberry gelatin

Dinner

Beef brogul
Baked cajun salmon steaks
Potatoes o'brian
Noodles jefferson
Club spinach
Mixed vegetables
Brown gravy
Desserts: same as lunch

Tuesday

Lunch

Simmered corn beef w/apple glaze
Honey glazed Cornish hens
Parsley buttered potatoes
Rice pilaf
Fried cabbage w/bacon
Simmered carrots
Chicken gravy
Mustard sauce
Blueberry pie
Oatmeal cookies
Strawberry shortcake
Vanilla/chocolate cream pudding
Cherry/strawberry parfait

Dinner

Baked tuna and noodles
Sweet and sour pork
Pork fried rice
Steamed rice
Simmered broccoli
Simmered pinto beans
Turkey gravy
Chow mein noodles
Desserts: same as lunch

Wednesday

Lunch

Five spice chicken
Beef yakisoba
Shrimp fried rice
Vegetable stir fry
Corn o'brien
Banana cream pie
Oatmeal chocolate chip cookies
Carrot cake w/cream cheese

frosting
Vanilla/chocolate cream pudding
Lime/raspberry gelatin

Dinner

Steak smothered w/onions
Baked mahi mahi
Mashed potatoes
Baked macaroni and cheese
Southern style green beans
Fried okra
Brown gravy
Desserts: same as lunch

Thursday

Lunch

Turkey a la king
Beef stroganoff
Steamed rice
Boiled egg noodles
Peas & carrots
Simmered mixed vegetables
Turkey gravy
Peach pie
Cheese cake w/blueberry top
Chewy nut bars
White cake
Mocha cream frosting
Chocolate/vanilla cream pudding
Orange/strawberry gelatin

Dinner

Braised liver w/onions
Honey ginger chicken
Chili macaroni
Grilled cheese sandwich
Rice pilaf
Boiled egg noodles
Lyonnaise carrots
Club spinach
Chicken gravy
Desserts: same as lunch



ENDGAME, from B-2

If that strikes you as inhumane, note this: at the same time the lieutenant was dispensing rough justice, tens of thousands of German soldiers and civilians were moving west – fleeing for their lives – to surrender to the British and American forces. They were avoiding the Soviet army, whose reputation preceded it.

The stories of the plunder, the widespread raping of women, regardless of age, and the mass executions the Soviet Army perpetrated were burning across central Europe like a wildfire. It's an amazing thought: 44 years before the fall of the Berlin Wall, Germans were already moving west away from communist oppression.

The Europe that Stafford escorts us through is an awful and anarchic place. The allies liberate or occupy towns and discover the utter devastation wreaked by bombing and artillery. Pockets of fanatical SS troops are wiped out if they continue to fight.

Concentration camps burst like a diseased cyst in a convulsion of violence as the weakest died; the kapos, informers and collaborators are tortured and killed by their former captives, and the survivors wandered about looking for food and shelter.

The Germans either play the victim (more than one Allied soldier comments on how hard it is to find a single Nazi in Germany), or decide on an easy death.

In one town, cyanide pills are passed out by the Hitler youth after a symphonic concert.

Despite of all this, perhaps the predominant emotion one experiences while reading this book is wonder, because, of course, we know many things the men and women of 1945 didn't. We know that Germany will rebuild, reject its past and become one of our closest allies. We know that today you're more likely to find an American college student in Italy than a fascist. And we know that just 63 years later it's hard to find any evidence of the war, outside of the cemeteries and museums.

There's a danger in restoration, though. The risk is that when we fix the cities we forget the lesson. Stafford's book reminds us that evil does exist in this world, that the longer one waits to confront it the more sacrifice is required, and that the consequences, even in victory, can be devastating.

View from the top



Participants in a Marine and Family Services Island Tour pose for a photograph at Pali Lookout Friday. The lookout was one of many stops on the tour which showcased popular attractions and locations on island.

Lance Cpl. Alesha R. Guard

The Untouchables

PART II

A year had passed when Tim Jeffers finally caught up with his old platoon. He had spent the time rehabilitating and rebuilding his life. His friends were training to go back to Iraq.

Sgt. Ethan Roche

Okinawa Marine

"I just remember screaming and swearing a lot."

That's how Tim Jeffers recalls May 18, 2006 – the day an improvised explosive device claimed both his legs, one eye, nearly half his skull and his right ring finger.

Everything is dark for about a month after that – the frozen time when his world was eclipsed by coma – before he woke up at Bethesda Naval Medical Center in Maryland.

"I just remember waking up with my dad's ugly face looking over me," Jeffers says in his usual jocular tone. Bethesda was the third or fourth stop on his trip from that roadside in Anbar. There was the first stop at the field hospital at Al Asad, where, a lieutenant from his company tells him, he "got a little mouthy."

He probably spent some time at the largest American hospital in Iraq at Balad Air Base before he left the country four days after he was hit, but Jeffers can't be sure.

He was flown to Landstuhl Regional Medical Center in Germany – the standard go-between for wounded service members from Iraq to the U.S. – where Cpl. Chris Jeffers, a motor transport operator stationed on Camp Kinser at the time, was sent to be with his brother and take him home. Chris was dispatched there, Tim says, by order of then Commandant of the Marine Corps Gen. Michael W. Hagee.

"General Hagee asked if there was anything he could do," Tim said. "And my dad said, 'Send Chris to be with him.'" After Tim awoke at Bethesda, he was there for about two weeks before he moved to the Veterans Affairs Hospital in Palo Alto, Calif., one of the country's premiere providers of the Polytrauma care required by people like Tim who have suffered multiple traumatic injuries.

He spent eight months in Palo Alto undergoing full-time rehabilitation. Every Monday through Friday, his days were packed. He underwent speech therapy and worked with a neuropsychologist to reacquire some of the cognitive skills he lost from his traumatic brain injury. He worked with occupational therapists to overcome the moderate paralysis he suffered in his right arm. He went through sight rehabilitation to adjust to the loss of depth perception that comes with having only one eye. And then there was the physical therapy and prosthetics training, which Tim did twice daily.

"I was the one in the worst condition at Palo Alto," Tim said. "It was kind of depressing to see other patients coming in the door and then having to watch them go right back out a few weeks later. It sucked because I was there forever."

But forever at Palo Alto came to end, and Tim was transferred to the Marines' Wounded Warrior Battalion-West at Balboa Naval Medical Center in San Diego, one of the top prosthetics training facilities in southern California. Tim was happy to be with a Marine unit again.

There were formations and field days and cammies – not that he necessarily missed those things. It was the Marines he missed – the people.

Tim was exempted from most of the regimentation and formalities at Balboa, which were aimed primarily at the Marines who would return to duty.

"It's not the same as the fleet because the primary mission is rehab," Tim said, describing life at Balboa. "But a lot of Marines there aren't getting out; they're going back to the fleet. The environment is intended to set everyone up for success."

Tim was on his way to a medical retirement, and he assumed a quiet, comfortable role in his new unit.

"If you're a (noncommissioned officer), you act like an NCO out there. I was just Cpl.



Photos by Sgt. Ethan Roche

Medically-retired Corporal Tim Jeffers abandoned his wheelchair to go jet skiing with his friends at Okuma Recreation Facility March 29. Jeffers reunited last month with a handful of close friends from 2nd Platoon, Motor Transportation Company, Combat Logistics Battalion 4, whom he served with in Iraq in 2006.

"I wanted to cry when I first saw him. I'd never seen anybody who'd been wounded like that before."

— Jason O'Hearn

Jeffers, the funny crippled corporal," he quipped.

While Tim was adjusting to life with his new unit at Balboa and preparing to leave active duty, his old unit was starting another deployment training cycle and preparing to leave for Iraq.

One Year Later

It was Iraq that fractured 2nd Platoon's family, and it was Iraq that brought them back together.

Okinawa units deploying to Iraq have to travel to California or Arizona for desert training. That's how Combat Logistics Battalion 4 came to be in the Mojave Desert almost one year from the day Jeffers was wounded. The unit deployed to Marine Corps Air Ground Combat Center Twenty-nine Palms, Calif., about a three-hour drive north from Balboa.

Tim's 2nd Platoon brothers saw an opportunity to reunite with their friend. They piled in a van and made the trip to San Diego. It had been a yearlong fight for Tim – the wounds, the pain and suffering, the emotional turmoil, the struggle to retake control of his life. The Marines were nervous. What would Tim be like? How would he act? Would he still be Tim?

Corporal Carl Drexler remembers waiting anxiously at the medical center to meet his friend. Tim saw Drexler first and called to him from a distance. For a moment, Drexler didn't recognize the Marine he described as his "smoke break buddy" in Iraq.

"It was kind of hard to see him in that condition," Drexler said. "It kind of took me back to the day it happened for a second. The last time I saw him, we

were just smoking like it's cool before a convoy."

Drexler stood frozen as the other Marines flocked to Tim, exchanging handshakes and hugs. It was a moment before Drexler could see the friend he remembered.

"Once I saw he was the same old Jeffers, I was just glad he was still the great person I remembered," Drexler said.

All the Marines had shared the same human hope in those anxious moments – that the way things were might still be within reach. As if anyone remains unchanged by a year's passing. As if anyone is unchanged by the brutal lessons of combat.

"We were all remembering what he was like and thinking, 'I hope he's the same person,'" said Cpl. Jason O'Hearn. "I wanted to cry when I first saw him. I'd never seen anybody who'd been wounded like that before."

But on the other side of the Marines' anxiety and nervousness was a glowing Tim. The man who had been through hell and back had emerged with all the virtues and warmth of character that made his friends love him. Tim was still Tim.

"He's still a wisecracker, the same joker as before," O'Hearn said. "He's still the same old Tim – my brother – just a little bit smaller."

Without saying anything, Tim taught his friends a lesson that day – about looking forward, about being thankful for friends, for family, for life. And Tim felt, at the same time, the healing power of getting back some of that which was lost.

The friends and memories, the handshakes and hugs, the smiles and laughter – those things had emerged unscathed from that violent flash in Anbar.

Those things were still untouchable.

Read the conclusion of "The Untouchables" in next week's Hawaii Marine.



Sergeant Joseph Tocci carries medically-retired Corporal Tim Jeffers up the beach after jet skiing at Okuma Recreation Facility March 29. Jeffers, who was severely wounded by an improvised explosive device in Iraq in May 2006, reunited March 20 with a handful of close friends from 2nd Platoon, Motor Transportation Company, Combat Logistics Battalion 4, whom he served with in Iraq.

AROUND THE CORPS

FRIENDSHIP DAY 2008

MCAS Iwakuni opens gates to more than 200,000

Lance Cpl. Noah S. Leffler
Iwakuni Approach Staff

MARINE CORPS AIR STATION IWAKUNI, Japan

— The morning began gloomily enough as overcast skies cast an ominous shadow over the flight line. It seemed Iwakuni's April showers had decided to stick around an extra week, threatening to put a damper on the open house annually welcoming hundreds of thousands of guests aboard the air station.

The ceremonial ribbon was cut and gates opened at 8 a.m., however, and to the surprise of many, the large crowd came pouring in. Some were literally running, their shoes pounding the puddled pavement as they anxiously sought to claim a spot to witness the air show or to get in line at one of the numerous vendors or aircraft on display. It was a day of food, fun and flights as more than 200,000 visitors swarmed the air station for the 35th annual Friendship Day May 5.

The highlight of the event was the air show, which featured sound-barrier-shattering fly-bys and demonstrations courtesy of Japan Air Self-Defense Force US-2s, F-2s and F-4s, a U.S. Pacific Air Force F-16 and one of the air station's own F-18s. Team Deepblues' EXTRA and Sughoi single-prop planes wowed onlookers with their aerial acrobatics, and the E-Team skydivers' high flying routine amazed young and old alike.

"Every year I come here by bus to see the show," said

Kelly Keiko, an Okayama resident and longtime Friendship Day attendee. "The American people are very happy and the Japanese people are very happy. It's a good dynamic."

The apron line featured a diverse offering of American and Japanese military jets and helicopters. Oohs, ahs, and the click of camera shutters could be heard as spectators climbed aboard many of the aircraft and posed for pictures with the aircrews. Attractions off the flight line included a car show at Crossroads Mall, the Rolling Thunder motorcycle procession and several Ultraman performances at the Sakura Theater. Those seeking snacks and souvenirs didn't come away empty-handed; a sea of tents offered t-shirts, trinkets and everything from Japanese okonomiyaki to American-style steaks.

Seaman Leticia Sotelo, a hospital corpsman at the Robert M. Casey Medical and Dental Clinic, spent the day grilling and fundraising with co-workers from the 11th Dental Company, and said she felt Friendship Day couldn't have gone any better.

"It was definitely a success," Sotelo said. "We sold out of food and I personally got to interact with the locals."



Lance Cpl. Noah S. Leffler

A member of the E Team Sky Divers comes in for a landing at the flight line during Friendship Day 2008.



Lance Cpl. Chris Dobbs

Friendship Day attendees look up at a Japanese Air Self-Defense Force F-4 Phantom II aircraft during Friendship Day at Marine Corps Air Station Iwakuni May 5.

Hawaii MARINE SPORTS

HAWAII MARINE C SECTION

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MAY 16, 2008



Photos by Lance Cpl. Alesha R. Guard

Anastasia Benson, water aerobics instructor, (far right in green), leads the May 8 water aerobics class through warm-up exercises. The class is a full-body toning and cardio workout designed to challenge participants of all fitness levels. Students practice several types of exercises, such as reverse crunches. Classes are conducted Tuesday, Thursday and Saturday.

Water aerobics

Not exactly your mother's jazzercise class

Lance Cpl. Alesha R. Guard
Combat Correspondent

Throughout the lunch hour, the base streets are filled with runners, trying to hang with the Hawaiian heat. As some choose to hit the roads for a mid-day workout, others hit the pool to cool off. While both are trying to burn off some steam during their lunch break, the swimmers don't seem to notice the heat as much.

The water aerobics class is back in session at the Base Pool Tuesday, Thursday and Saturday after taking a break during the chillier winter season.

"I came to the class for exercise and socializing," said Dasha Trent, class participant. "It's a very comprehensive workout and is a lot harder than you might think. And through it, I've been able to meet new friends."

Anastasia Benson, water aerobics instructor, said the class is a full-body toning and cardio workout.

"Although the workout will always focus on abs, arms and legs, each class is never the same because she is always teaching us something new," Trent said.

Benson said she tries to challenge the class with new exercises and introduces the swimming exercise tools available, so participants can learn how to use them.

"She always switches up the exercises, so the class is never boring or monotonous," said Diane Richey, class participant. "She even added aqua kickboxing to the class."

The class begins with a warm-up in the shallow end to get the

blood flowing. Participants follow Benson's lead, jogging through the water with high knees and arm punches to the sky.

Depending on what she feels like using, Benson then gets out the bells, fins, mini-basketballs or a variety of aqua tools to use in the shallow end.

"The bells are a hand-held multi-directional resistance tool that works your core, arms and shoulders," Benson said. "No matter which way you move your arms, the water creates drag on the bell, making it more difficult to move your arms. The styrofoam dumbbells work very similarly in that it creates drag, making it difficult to move in the water."

To work on cardio and toning the class participant's legs, Benson just might have everyone put on "fins." Like bells, the fins create multi-directional resistance on the legs when strapped to ankles. The fins can also be strapped to wrists to create a similar effect on arms.

"I like exercising outside while getting my cardio and muscle toning in during one workout," Richey said, who used the bells during her Thursday workout.

The second half of class is spent in the deep end. Swimmers strap on a floatation belt or grab a 'noodle' before heading to the deeper water for some muscle toning.

"The floatation belt, as well as the noodles, helps keep participants upright and able to focus on the exercise we're doing without worrying about floating alone," Benson said. "So even

Class Schedule

Tuesday
11:30 a.m. - 12:30 p.m.
Instructor: Anastasia Benson

Thursday
11:30 a.m. - 12:30 p.m.
Instructor: Anastasia Benson

Saturday
10:00 a.m. - 11:00 p.m.
Instructor: Wendi Spagu



Base patrons cool down and tone up during the water aerobics class May 8. The class is held Tuesday and Thursday from 11:30 a.m. to 12:30 p.m., and Saturday from 10 to 11 a.m.

See **AEROBICS**, C-5

Pitcher serves up All-Star play

Christine Cabalo
Photojournalist

Thrown a few curveballs in life, Dustin Crabtree didn't plan on a career in the Marine Corps as a child.

The 23-year-old generator mechanic said his first love was baseball. Dedication to the game earned Crabtree and 3rd Radio Battalion the win in the 2008 Intramural Baseball Championship. It's also brought him to pitch on the base all-star team against college teams throughout the summer.

"I was practically born with a baseball in my hand," Crabtree said. "My dad loves the game, and all he talked about was baseball. It's his whole life too, and I can remember never sitting around the house because I'd be with my dad outside throwing balls."

Under the guidance of his coaches and father, Crabtree spent much of his childhood growing up in Winchester, Tenn., playing ball. The pitcher said his father was a pick for the Cincinnati Reds as a second baseman before injuring his arm. The 23-year-old said his childhood goal was making the major league. He said with his hard work to remain fit, it's sad to see famous

players recently called out during congressional hearings for steroid use.

Following a drug-free philosophy and keeping his arm healthy, he originally played shortstop. Once he entered the college league, he became a pitcher. Crabtree said he loved being on the diamond, and he just wanted play hard. He conditioned his arms and legs to keep up his stamina level, making it difficult for his opponents to pin down.

"When I first got my driver's license — my coach got me some keys to the baseball field," he said. "So I'd drive over to the field and play every day. I'd practice for four hours a day, and I think working so hard made (my dad) proud."

At Volunteer State Community College, Crabtree impressed coaches with his arm strength. It made them suggest he take up pitching, where the Marine said he really found his stride. He could clock throws at 97 mph, and even today Crabtree said his speed is still in the 90 mph range. His lightning-fast accuracy made scouts for the Chicago White Sox take notice, and the pitcher got drafted to play in the rookie league.

See **PITCHER**, C-5

Just before paddling out



Beach users should always enter the water in pairs or groups, said Dino Leonard, assistant manager, Base Water Safety. If beach users run into trouble when no lifeguard is on duty, emergency call phones are located at each beach with a direct line to the Military Police Department. See full story on C-4.

Christine Cabalo



Two triathletes peddle through a sharp turn, directed by MAG-24 service members. The Marines and Sailors were posted on base throughout the course, giving direction, stopping traffic and cheering on the racers.



The first swimmer to finish the 500-meter swim leaps out of the bay after gliding through the water Saturday. The 500-meter swim in Kaneohe Bay constituted the first portion of the three-part race.

Swim, bike, run

Military, civilian triathletes accept challenge

Lance Cpl. Alesha R. Guard

Combat Correspondent

To bring back the excitement. To be a role model for my daughter. To feed my addiction. To surpass my limits. To have fun with my friends. To stay young and fit. This is what athletes say motivates them to push through the pain, keep their enthusiasm and dare to dream of one day calling themselves a triathlete.

Marine Aircraft Group 24's Sprint Triathlon kicked off early Saturday morning with roughly 300 competitors ranging from seasoned vets to competitive family members.

The triathlon began with a 500-meter swim, followed by an 11.1-mile bike ride, and finished with a 3.5-mile run. Each portion of the race started and ended at Kaneohe Bay at the Base Marina, allowing friends and family to cheer on the competitors throughout the course and transition area.

"I love the challenge and trying to surpass my limits," said Eduardo Sa, winner of the sprint triathlon's men's division. A Brazilian native, Sa has been competing in triathlons the past 23 years.

"You have to race the course, not the other racers," said Sa, very humble of his first-place win. The Hawaiian resident said he trains about 15 hours a week, doing a variety of exercises ranging from yoga



During the bike-to-run transition station, Rich Daly, (running with red stroller), picked up his daughter for a ride during the run portion of the race Saturday. His wife, Lynne, participated in the triathlon as well. The child accompanies her parents on their daily runs and puts in about 40 miles a week between both parents.

to strength training.

Flying through the finish line with a smile, Nalani Quin, Hawaiian resident, came in first for the women's division.

"Competing isn't what it's all about for me - I just enjoy participating in the race," Quin said, equally as humble of her win. "It's just something fun to do."

The MAG-24 Sprint Triathlon was Quin's seventh race in the grueling tri-sport. Quin began competing in triathlons about two years ago after taking a college class on the sport. She said she has been addicted ever since.

While some athletes are less con-

cerned about the other participants and more focused on using the races to test themselves, others thrive on the competition the triathlon offers.

"I like racing with the adults because it gives us a challenge," said Devin Rettke, of himself and two friends who train for triathlons together. Rettke, a 13-year-old student at Holy Family Catholic Academy, became interested in triathlons after hearing about a race that supported diabetes. A diabetic himself, he began training for the demanding sport, and has now completed about 20 triathlons.

The competition draws together friends and families through the

devotion of training and fun of competition.

"I enjoy staying in shape and staying young," said Rich Daly, who trains for triathlons with his wife, Lynne. Rich and Lynne take their 10-month-old daughter Katelyn out on their daily runs in her racing stroller.

"Katelyn has done about 10 races, but this is her first triathlon," Rich Daly said. "Between the both of us, she puts in about 40 miles a week."

The race is open to the public in hopes of creating friendships between base service members and the Hawaiian community, said Lonnie Foster, assistant military lia-

son for the race.

"I think races like this helps the Marines, Sailors, and base patrons build a stronger relationship with the people of Hawaii . . . No matter where you go on this island, on or off base, you can't help but feel the Aloha spirit," Foster said. "By hosting a race for the public, we share our own culture that is unique to the Marines and other military members on this beautiful base."

The first MAG-24 Sprint Triathlon was held in 1992, drawing athletes to the beautiful scenic course winding through base. The race draws even more interested triathletes with an inexpensive fee and top-notch safety precautions. About 150 volunteers were posted throughout the course to direct participants, stop traffic and cheer on the competition.

"Today's race was very well organized," Rich Daly said.

The race continues to grow annually and keeps participants returning each year, eager for competition, Foster said.

"I love the competition and excitement of the race - it brings me back to my college days," said Lynne Daly, a former soccer player at State University of New York Oswego. "Competing in races like this helps keep me in shape by giving me something to look forward to."



Participants in the MAG-24 Sprint Triathlon get lightly sprayed by two hoses as they emerge from the water Saturday. A 500-meter swim, the first portion of the triathlon, began and ended at Kaneohe Bay.

Photos by Lance Cpl. Alesha R. Guard

SPOTLIGHT ON SPORTS

— SPORTS BRIEFS —

Lane Changes at Base Pool

Due to a special event, the Base Pool at Kaneohe Bay will have a limited number of lanes available for lap swim from 11:00 a.m. to 1:00 p.m. on May 23, May 30, and June 3. Thank you for your understanding.

For more information, call 254-7655.

SM&SP O-Course Challenge

The Single Marine and Sailor Program is hosting an obstacle course challenge at Landing Zone Boondocker Saturday at 8 a.m.

The challenge is open to all active duty with a \$10 entry fee for teams of four. Today is the last chance to register. Register at the Semper Fit Center on base.

For more information, call Marcella Cisneros at 254-7593.

SM&SP Surf Lessons

The Single Marine and Sailor Program is hosting two surf lessons at White Plains Beach. Join in Sunday from 10:30 a.m. to 3 p.m. or June 15 from 10:30 a.m. to 3 p.m.

This event is open to all single Marines and Sailors E-5 and below. A \$15 fee includes transportation, surf lesson and board rental are included.

This event is limited to 25 participants.

For more information, call Marcella Cisneros at 254-7593.

Spring Swim Lessons

Spring swim lessons begin May 20 at the main pool on base. Lessons are open to the Marine Corps Base community with water safety instruction for all ages.

For more information, call Kari Hemund at 254-7655.

101 Days of Summer Fun Run/Walk

Marine Corps Community Services is hosting a kickoff fun run/walk at Nuupia Ponds Wednesday at 7:30 a.m. The run starts at the Lodge at K-Bay. The cost is \$2 per person or \$20 for a unit formation of up to 20 Marines/Sailors.

The event is open to all active duty, family members and DoD civilians.

For more information, call Dan Dufrene at 254-7636 or Quentin Redmon at 257-8377.

SM&SP Pali Ridge to Waimanalo Hike

The Single Marine and Sailor Program is hosting a hike from Pali Ridge to Waimanalo May 24 from 9 a.m. to 1 p.m. This event is open to all single Marines and Sailors E-5 and below.

Transportation departs from Camp H.M. Smith recreation center at 9 a.m. and Kahuna's parking lot at 9:45 a.m.

Sign up is at the Single Marine and Sailor Program office.

For more information, call Marcella Cisneros at 254-7593.

SM&SP Shank and Slice Golf Tournament

The Single Marine and Sailor Program is hosting a shank and slice golf tournament at the Klipper Golf Course June 12 at noon.

This event is open to all single Marines and Sailors E-5 and below and sponsored guests with cost at \$30 for E-5 and below and \$36 for E-6 and above.

Register at the Semper Fit Center by June 6.

For more information, call Marcella Cisneros at 254-7593.

Summer Junior Sailing Lessons

Feel the thrill of being the captain of your own sailboat. Children ages 8 to 18 can enroll now to learn how to sail. Lessons start June 6 and will continue every two weeks until August. For more information, call the Base Marina at 254-7667.

Beginner Outrigger Canoe Paddlers Wanted

Windward Kai Canoe Club in Kailua recently provided beginner outrigger canoe paddling classes for Marines from Marine Corps Base Hawaii.

Several Marines are now training for the summer racing season. WKCC practices at Kailua Beach and welcomes active duty and family members (18 and older) to participate in this Hawaiian sport and culture.

The club is especially seeking to field a beginner women's crew to race this summer. No experience is necessary and all training and equipment are provided.

For more information, call Derrel at 383-0400 or Greg at 255-9977.

Women's Base Softball Team

The women's base softball team is looking for players. Anyone interested can attend their practice every Thursday from 6 to 8 p.m. at the Annex Softball field.

For more information, contact Meghan Brophy at 254-7590.

Goju-Kan Karate

Aspiring martial artists can participate in Goju-kan Karate Monday, Wednesday and Friday at 5:30 p.m. at Building 1090's multi-purpose room (the old Base Chapel).

For more information or to sign up at Youth Activities, call 254-7610.

Commander's Cup Bowling League 2008

Monday 6:00 pm

K-Bay Lanes

Lanes 1 - 16

Thanks for bowling with us! We hope to see you next season!

ABC/WIBC Sanction: Lane Certification: 01784 Association LABS Codes: ABC: WIBC:

Team Standings

Place	Team Name	Points Won	Points Lost	Team Avg.	Pin plus	Place	Team Name	Points Won	Points Lost	Team Avg.	Pin plus
1	BANNED	68%	35%	628	139 57786	9	Balls of Fury	52%	51%	623	139 58839
2	Silver Bullets	61	43	598	160 58586	10	Effin' H	51	53	509	230 58077
3	Pin Wetters	59	45	637	129 59965	11	High Rollers	49	55	567	184 56975
4	Flaming Hookers	59	45	634	131 59066	12	The Blue Ballers	48%	55%	584	171 56341
5	The Happy Team	57	47	531	213 58047	13	Big Ern's Kids	47	57	571	181 53421
6	Chix with Balls	56%	47%	511	230 58930	14	Bowling Diva's	44%	59%	500	239 58000
7	4th Force Recon	56	48	594	164 58577	15	Wang Team	44%	59%	556	193 53508
8	Team Ramrod	54	50	562	189 57514	16	The Untouchables	12	92	456	274 15622

Results of Last Week's Bowling.....

Lanes	Team Name	-1-	-2-	-3-	Total	HDICP	Last Wk	Team Name	-1-	-2-	-3-	Total	HDICP	Last Wk
1-2	The Happy Team	691	734	712	2137		4	Balls of Fury	686	686	678	2050		0
3-4	4th Force Recon	815	774	801	2390		4	The Blue Ballers	0	0	0	0		0
5-6	Effin' H	826	761	741	2328		4	Big Ern's Kids	0	0	0	0		0
7-8	High Rollers	690	790	774	2262		4	Bowling Diva's	690	723	758	2171		0
9-10	Wang Team	750	692	761	2203		3	The Untouchables	0	0	0	0		0
11-12	BANNED	703	714	726	2143		1%	Silver Bullets	703	693	767	2153		2%
13-14	Flaming Hookers	753	719	792	2264		3	Chix with Balls	673	735	722	2130		1
15-16	Pin Wetters	759	753	697	2209		4	Team Ramrod	651	729	678	2058		0

Season High Scores

Team Scratch Series	Team Scratch Game	Team Handicap Serie	Team Handicap Gam
2153 Balls of Fury	775 BANNED	2515 The Blue Ballers	894 Pin Wetters
Bowlers must have a minimum of 52 games to be eligible for any league award.			
Scratch Series	Scratch Game	Handicap Series	Handicap Game
Men 687 Mark Gleason	290 M Gonsalves	755 Chris Ruddell	288 Jared Rigby
Women 563 Val Benedict	212 Kumi Martin	680 Carey Berky	260 S Delaney

Individual High Averages

Men 203.70 Mark Gleason
Women 164.60 Val Benedict

Most Improved Average

Men 112 to 133.95 = +21.95 N Schoenhoefer	Women 112 to 128.84 = +16.84 Sue Emery
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The next season begins June 2 and ends Dec. 22. The awards banquet will be held Jan 5, 2009. For more information, please call Deborah Bruns at 254-7664.

Leader of the pack



Nalani Quin, Hawaii resident, won the women's division in the MAG-24 triathlon Saturday. Quin began competing in triathlons about two years ago after taking a college course on the sport. She said she has been addicted ever since.

Lance Cpl. Alesha R. Guard



Photos by Christine Cabalo

Daniel Mench, senior ocean lifeguard, Base Water Safety, keeps a careful watch over surfers and beach users at Pyramid Rock May 5. Mench said the beach has particularly strong currents, and his fellow lifeguards are trained for rescues in powerful surf.



Beach users should always enter the water in pairs or groups, said Dino Leonard, assistant manager, Base Water Safety. If beach users run into trouble when no lifeguard is on duty, emergency call phones are located at each beach with a direct line to the Military Police Department.

Secure Surf *Know your turf*

Christine Cabalo

Photojournalist

A day at the beach is still work for Ian Macdonald, senior ocean lifeguard, Base Water Safety.

Patrolling the sandy sanctuaries, Macdonald and his fellow lifeguards are the people to see for the surf scoop. Base beaches remain a safe Oahu retreat as the lifeguards and the Military Police Department monitor base shores.

"There are regular lifeguards at North Beach and at Pyramid Rock," Macdonald said. "We make contact with everyone who comes to the beach, and we'll warn them about conditions as well as regulations."

Each beach has several signs set up for water users to see who has access and what weather conditions are like. Active duty service members, Department of Defense civilian employees and their families have access to the base beaches.

Military identification holders older than 18 may invite up to three guests and must supervise them during their visit. All beach users must use the buddy system and not enter the water alone.

"We have several high profile beaches at the base," said Dino Leonard, assistant manager, Base Water Safety. "North Beach is especially unique. When waves at the North Shore reach as high as 15 feet, our North Beach may be twice as big because it draws from northern and eastern swells."

Leonard said the current safety system focuses on preventative measures, with lifeguards at each site to help surfers and other water users. Daniel Mench, senior ocean lifeguard, Base Water Safety, said lifeguards train in rescuing beachgoers with a surfboard and a newly acquired jet ski.

Ocean currents at North Beach and Pyramid Rock can be strong, he said. The new safety policy based on prevention has kept the beaches free from accidental deaths since the 1990s.

The assistant manager said lifeguards are also the people to talk to if beachgoers see any fights or people trespassing at the beach. He said lifeguards don't get into breaking up fights at the beach, unless it's a physical fight or if they're alerted that something is wrong.

"They may not realize what's going on from the tower or if they're further out on the beach," Leonard said. "If

we do get complaints, we'll call the MPD. We partner with them to make sure it's a safe environment for everyone to enjoy."

First Lt. Tyson Scott, patrol operations, MPD, said during heavy traffic times, his office checks beachgoers for proper identification. Having beaches nearby for base workers and residents is a definite perk, he said, and he's eager to ensure access remains safe. His office gets few complaints since punishments can be severe.

"Those we find who aren't allowed to use the beach can be charged for trespassing," Scott said. "They may receive a federal citation, which could include a fine or a

court appearance."

If anyone runs into trouble when no lifeguard is on duty, emergency phones are open at each beach with a direct line to MPD. Leonard, who gives a safety talk to units about using the beach, said conditions could change rapidly during the day.

The assistant manager said he strives to ensure the beaches are safe places for people to access. He always asks everyone to speak with a lifeguard before heading into the water.

"The beach is their office," Leonard said. "They're able to educate people about conditions or rules to prevent an accident."



Beach lifeguards use rescue equipment like this surfboard and new power jet ski for water rescues.

A guide to using base beaches

Lifeguards are on duty at the base's main beaches during weekdays from 11:30 a.m. to 6 p.m. and on weekends or holidays from 8 a.m. to 6 p.m., according to Chapter 11 of Base Order P5500.15B and Base Water Safety policies:

- ◆ People with DoD decals, including reservists or national guard members, have access to K-Bay Beaches. Those who are 18 or older with military ID may sponsor up to three guests. Sponsors are required to stay with their guests while visiting the beach.

- ◆ Children under 9 may not be left unattended at the beach or use the beaches alone.

- ◆ Pets on leashes are permitted at the beach except from 10 a.m. to 3 p.m. daily.

- ◆ Storing or consuming alcohol is only allowed at pavilions near Pyramid Rock, Hale Koa and Fort Hase beaches. No glass or open containers should be consumed on the beach.

- ◆ Beach users should swim or enter the ocean in pairs, using the buddy system.

- ◆ All beaches and their neighboring waters are open 24 hours a day except when conditions are hazardous. Warning flags and signs show beach patrons if the water is closed, as well as potential types of danger in the water: jellyfish, strong current or dangerous shore break.

For more information about beach conditions, call the Beach Status Information Hotline at 257-1823.



Christine Cabalo

Showing his handling technique, Dustin Crabtree, pitcher, 3rd Radio Battalion, smiles while holding his practice ball outside of his office building where he practices in his spare time. Crabtree said he's had help from fellow colleagues in practicing when he's not busy repairing vehicles as a generator mechanic.

PITCHER, from C-1

Anticipating two more years of college ball and a chance at a higher level of play, the pitcher said no to the scouts. Crabtree said he wasn't able to gain admission to another college, and he eventually joined the Marine Corps after becoming inspired by a close friend who returned from duty in Iraq. The pitcher said he wasn't aware the Corps had a baseball program until he decided to play for his unit's team in January 2008.

"He's very competitive," said E.J. Veliz, coach, 3rd Radio Battalion. "He knows he throws hard, and he always sets a higher goal for himself besides trying to win. He'll try to pitch all no-hitters and go for the perfect game."

The team didn't practice together during the season, but Veliz said beforehand he and the pitcher did a few long tosses. Out of the 16 games the team played, the coach said Crabtree played without relief in more than 10. During the championship finales, Crabtree said several games happened back-to-back without a chance for a

rest. His arm ached, but it didn't stop the team from winning the title against the Combat Service Support Group 3's Outlaws. The Outlaws coach said he watched out for the pitcher's tricky curveballs that suddenly seemed to change speed or direction.

"Sometimes you just had to close your eyes and hit," said Benjamin Chester, coach, Combat Service Support Group 3. "With that much control over the ball, it's not something you're used to seeing every day."

Together Chester, Veliz and Crabtree take on the new challenge of playing against local civilian teams, including some college players. Chester said he definitely thinks Crabtree will have the number one starting position for pitching in the base all-star team.

"It's definitely better to be with him than against him," the Outlaws coach said. "The Outlaws took the hard road to the championship, and we kept strong. We're happy with what we've accomplished, and our hats are off to Crabtree because he can throw some heat."

AEROBICS, from C-1

if you're not a strong swimmer, the class can accommodate your swim level and swim needs. Whether you're pregnant, recovering from an injury or whichever, I can work with you so you can participate in the class."

The class is ideal for those who have a joint or bone related injury to work through and strengthen muscles while healing, Benson said.

"Those recovering from an injury can still get cardio and muscle conditioning in during the water aerobics class without causing further injury," said Kari Hemund, Base Pool manger. "All participants can benefit from a pool workout without as much strain and impact."

From treading water to reverse crunches, the exercises Benson continues to introduce to the class are endless.

"The deep water exercises are very challenging," Trent said. "Treading water in the deep end is really tough."

Before class is dismissed, Benson stretches out with the class. Benson knows the benefits and importance of stretching as seen from her yogilates class at the Semper Fit Center.

"I love giving people a good workout and knowing they got their money's worth," Benson said. "It's really rewarding to see results in others. And I like the way I feel when we're done. Where's a better place to be than outside in Hawaii?"

Those interested in taking the aqua class can try their first class for free on Tuesday and Thursday with Benson, or Saturday with Wendi Spagu, water aerobics instructor. Each class is \$2 or one 'ticket', and is always free for active duty service members. Tickets can be bought at the pool or Semper Fit Center for \$2 each or 10 for \$15. For more information on the water aerobics class, contact the Base Pool at 254-7655.



Lance Cpl. Alesha R. Guard

Floatation belts are worn by water aerobics participants and Anastasia Benson, water aerobics instructor, (top left in green), during the May 8 class. The water aerobics class is back in session at the Base Pool, Tuesday, Thursday and Saturday.

AROUND THE CORPS

Amateur body builder maintains power in Iraq

Cpl. Ryan Tomlinson
Regimental Combat Team 5

KOREAN VILLAGE, Iraq — Inside the gym here, weights bang and thud as Lance Cpl. Christopher J. Talbot, scout, Charlie Company, 2nd Light Armored Reconnaissance Battalion, Regimental Combat Team 5, works on sculpting his body.

Talbot, an amateur body builder, believes that weight training improves his discipline and determination with every repetition.

"Lifting weights made me more disciplined in what I do as a person and a Marine," said Talbot, 23. "It helps me remember that you need to be disciplined in everything you do."

The native of Torrington, Conn., began working out at the age of 10 when his mom decided to attend aerobics classes at the local YMCA. While his mother was engaged in her workouts, he took the opportunity to achieve what would become his lifelong goal.

"I was big into athletics, and I always wanted to become stronger to give myself the edge," said Talbot. "I also did it for myself because it made me feel great."

Once Talbot was in the ninth grade, he began working out every single day to mold himself into a body builder. He graduated high school early and moved to Florida with hopes of becoming a police officer in 2003, where his life would change forever.

"I was working out at a

gym in Florida and a man by the name of Danny talked to me about competing at the regional amateur's bodybuilding contest," he said. "He became my trainer during the longest nine weeks of my life."

Talbot spent nine weeks eating a strict diet to bring out his physique for the competition. Everyday he would eat the same rations of high protein and carbohydrates while blowing through a whirlwind of extreme workout routines ranging from four to five hours in the weight room.

His hard work paid off as he placed second in the competition. He qualified for nationals in amateur body building, but instead of proceeding to nationals he embarked on a different journey by enlisting in the U.S. Marine Corps.

"When the police department put me on a waiting list, I wanted a challenge and to still serve my country," Talbot said. "I have always liked



Cpl. Ryan Tomlinson

Maintaining his arm strength and definition, Lance Cpl. Christopher J. Talbot, a scout with Charlie Company, 2nd Light Armored Reconnaissance Battalion, Regimental Combat Team 5, curls a 50-pound dumbbell during one of his weight lifting sessions at Camp Korean Village, Iraq, May 6. Once Talbot was in the ninth grade, he began working out every single day to mold himself into a body builder and hopes to one day become a professional body builder.

helping people and making a difference so I decided to be part of the best at it."

After serving two years with security forces in Rota,

Spain, he is on his first tour in Iraq. Although he is engaging in operations with his company and often away from the weight room, Talbot main-

tains his work out schedule. Talbot has a set of weights he takes with him when he is out on an operation.

"My head always tends to

clear when I am lifting because all of my energy is centered on what I am doing at that time," said Talbot. "The Marine Corps has made me a stronger person and even more determined to maintain my physique."

When Talbot is not on an operation, he can usually be found in the gym and openly invites anyone who wants to join him.

Talbot is very experienced and motivated in everything he does," said 1st Lt. Casey L. Ward, 26, executive officer of Charlie Company from Odenton, Md. "He leads Marines with an example that if you want something bad enough, you could get it."

He added the workouts with Talbot are very challenging and keeps him driving down the right path of physical training.

Talbot plans on leaving the Marine Corps someday to join the Brevard County Police Department in Florida and to pursue becoming a professional bodybuilder.