

Hawaii Marine

final FLIGHT



Lance Cpl. Cassandra Yoho
A Navy P-3 Orion aircraft scatters the ashes of Lt. Cmdr. Matthew Thompson.

Family, friends say goodbye to Navy pilot Hawaiian way

Lance Cpl. Cassandra Yoho
Combat Correspondent

KAILUA BEACH PARK, Hawaii — Danika Thompson described her husband as someone who wouldn't let an illness stop him from living his life ... He often told his family the cancer wouldn't control his life — only the time he would live.

Family and friends gathered to celebrate the life of late Navy Lt. Cmdr. Matthew Thompson at Kailua Beach Park Saturday.

Matthew Thompson suffered with pancreatic cancer for approximately one year and passed away Feb. 18 at the age of 35. Danika Thompson, his wife, said it was his final wish to have family and friends celebrate his life and say their final goodbyes at his favorite beach.

Before his passing, Matthew Thompson was stationed at Marine Corps Base Hawaii from November 2005 to November 2007, and assigned to Special Patrol Squadron 2 as a pilot. After leaving MCB Hawaii, Matthew Thompson received orders to Corpus Christi, Texas, where he started feeling discomfort in his back and experienced trouble sleeping.

Danika Thompson said doctors found the source of the problem to be in Matthew Thompson's pancreas and

See THOMPSON, A-7

Off the hook



Photos by Lance Cpl. Kevin M. Beebe Jr.

Doctors hold open the mouth of an endangered monk seal during surgery to remove a fishing hook from its throat Tuesday on Marine Corps Base Hawaii. "If the hook did cause an infection the seal would have a very slim chance of survival," said Dr. Robert Braun.

Endangered monk seal has hook removed during surgery

Lance Cpl. Kevin M. Beebe Jr.
Combat Correspondent

A one year-old female Hawaiian monk seal had a fish-hook removed from her esophagus by a team of skilled veterinarians Tuesday at a facility on base.

The monk seal (a highly endangered species) was found on the big island of Hawaii with fishing line tangled around her neck and going into her mouth.

After evaluating the seal's mouth at the site where she was found, there was no hook visible. The seal was then collected and brought to National Energy Laboratory Hawaii, in Kona, where she was x-rayed.

After the doctors found the location of the hook, the Coast Guard transferred the seal to the Waikiki Aquarium with help from volunteers.

The University of Hawaii Marine Mammal Research Program provided the facilities for the surgery under an agreement with the Office of Naval Research.

The facility on base used for the surgery was designed for the Navy dolphin program. "It's a great facility because of the size and equipment, but most importantly it has only been used for marine life," said Dr. Robert Braun, contract veterinarian for National Oceanic and Atmospheric Administration Fisheries. This significantly reduces the chance of infection in the operating room that could be carried by land animals such as cats and dogs.



Before the successful surgery, Braun said, "The hook was in a very, very difficult location, surrounded by a bunch of very important structures."

The team of doctors who performed the procedure consisted of Braun; Dr. Marty Haulena, an anesthesiologist from Vancouver; and Dr. Greg Levine, a contract veterinarian for NOAA.

See SEAL, A-7

Return of the Beach

Marine and city officials re-open MCTAB beach to public Friday

Lance Cpl. Cassandra Yoho
Combat Correspondent

Marine and city officials announced the re-opening of Bellows Beach for the Independence Day weekend after closing the beach during the month of June due to illegal drug activity, fights, and environmentally unsafe practices.

The beach is slated to re-open July 3. In a June 19 press release, Mayor Mufi Hannemann said Marine and city officials feel they can trust the public to maintain the beauty of the beach and uphold safety.

"We're very pleased to continue to make this wonderful beach park available for public recreation and enjoyment," Hannemann said. "We trust that the public knows how important it is to keep the area safe and clean."

While it was closed, the Marine Corps installed new barriers and signs listing park rules and regulations.

The following are prohibited: alcoholic beverages, selling of any merchandise, open fires, dogs or other animals, camping other than by permit, vehicles on the beach and dumping of any kind. Also, no one can enter Bellows Beach between the hours of 8 p.m. and 6 a.m.

Patrons wishing to camp at the beach can only do so with a camping permit, which must be secured from the City of Honolulu. The beach park will issue no more than 50 camping permits each weekend with a maximum of 10 campers per permit. Campers must park in the two designated parking lots, and display their parking passes which will be issued when picking up a camping permit.

Marine and city officials said the new rules should help maintain Bellows Beach's natural beauty and also keep the beach safe for public use.

HELP WANTED Base opens annual job fair to general public for first time ever; more than 1,400 military, civilian career seekers attend event

Kristen Wong
Photojournalist

Flowing through job displays like salmon during spawning season, approximately 1,428 civilians and service members exchanged business cards, resumes and hopeful smiles with 39 companies at Kahuna's Community Ballroom Friday.

The annual Marine Corps Base Hawaii Job Fair, hosted by Marine Corps Community Services and the Joint Employment Management System, opened its doors to the general Hawaii population for the first time this year.

This was due to a high volume of roughly 170 MCCS job openings, according to Ric Paguio, manager, Family Member Employment Assistance Program, Marine and Family Services. Paguio's office was in charge of coordinating the fair.

"[The companies] said the lines kept flowing," Paguio said. "We got an interesting mix of candidates."

He said the lines appeared to be the longest for security companies such as Doyon Securities. Paguio said one security company, for instance, had

established a new set of requirements demanding 40 additional officers.

"Our security is growing and growing as far as what we're protecting and where," Paguio said.

Despite a large need from some companies, others were actually hiring very few individuals, like Hawthorne Pacific Power Systems, which had only one position available.

"Hopefully more will open up as the economy improves," said Clifford Yuen, engine sales manager, Hawthorne Pacific Power Systems.

Paguio said some companies who usually attend did not participate this year because they were not hiring at all.

The wide range of job hunters far exceeded the number of companies at the job fair. Attendees from various walks of life came to the fair for different reasons, whether simply exploring options or actively looking for a position.

Some attendees are looking to fill time between jobs, like Freddie Pagala, who caught a plane from his native Hilo, Hawaii, to attend the job fair.

See JOBFair, A-5



Sgt. Mark Fayloga

More than 1,400 civilian and military personnel attended the annual Marine Corps Base Hawaii job fair in the Kahuna's Ballroom Friday. This year marked the first time the fair was open to the general public. The job event was sponsored by Marine Corps Community Services and Joint Employment Management System.

Happy trails

Sgt. Maj. Evans McBride gives his retirement speech June 19 on the flightline. McBride was the Marine Corps Forces, Pacific sergeant major since December 2006. He served there as his last duty station after 32 years of service before relinquishing command to Sgt. Maj. James Furtrell. McBride struggled to hold back tears during his retirement ceremony as he looked back on his successes and struggles, thanking his wife, Pinky, for all her support, and thanking all the Marines for their participation.



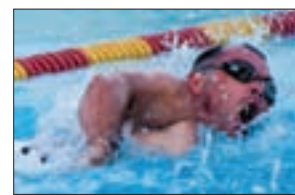
Lance Cpl. Achilles Tsantariotis

Inside today's Hawaii Marine



Paint the Town ...
Spend a day coloring in your friends at the base paintball range, **C1**

Making a Splash
Service members dive into fun during a 101 Days of Summer Swim Meet at the base pool, **B1**



Weekend Forecast

Today	Partly Cloudy High — 88 Low — 77
Saturday	Partly Cloudy High — 89 Low — 77
Sunday	Partly Cloudy High — 87 Low — 75

NEWS BRIEFS

Women Marines Association

The local chapter of the Women Marines Association is seeking women who have served and carried the colors of the Corps with honor and courage.

The Aloha Chapter will be hosting an open house Saturday from 1 to 5 p.m. at 1595 Uluhoa Place, Kailua, Hi. All women Marines, former and present, are invited to join in the meeting.

For more information, contact retired Col. Catkin Burton at (571) 330-6568 or Aloha.WMA@gmail.com.

Test of Adult Basic Education

The next TABE will be held July 1 at building 220, Classroom A at 7:45 a.m.

The test is designed to measure basic academic skills commonly required for adult education programs, and measures reading comprehension, language, spelling and math skills.

The test is open to active duty service members, family members and Department of Defense civilians.

For more information, call Maria Fullenwider at 257-2158.

Practice AFCT and GED Tests

Take practice exams of either the Armed Forces Classification Test or the General Education Development exam July 2 at building 220, Classroom A at 7:45 a.m.

The exams are open to active duty, reserves, family members and Department of Defense civilians.

Both practice tests will help test takers pinpoint exactly which academic areas need the most attention.

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

New Arrivals Orientation

The next NAO will be at the Base Theater July 1 from 7:15 a.m. to noon.

All newly assigned active duty personnel are required to attend this brief. The NAO provides important information about Marine Corps Base Hawaii policies, services and programs. Family members and new MCB Hawaii civilians are also invited.

The brief has open seating and no reservations are required. The next brief will be Aug. 6.

For more information, contact Marine and Family Services at 257-7790.

Anderson Dining Facility Renovations

Due to renovations at the Anderson Dining Facility, the main dining area will close on July 6 and 7. A modified menu will be served in the Fast Food Dining area.

Hours of operation are as follows:

Monday, July 6

Breakfast Brunch 8 - 11 a.m.

Dinner Brunch 3 - 5 p.m.

Tuesday, July 7

Breakfast 5:30 - 7:30 a.m.

Lunch 10:30 a.m. - 1 p.m.

Dinner 4 - 6 p.m.

For more information, contact Staff Sgt. Jania Tung at 257-1312.

Important Phone Numbers:

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

Hawaii Marine

www.mcbh.usmc.mil

Commanding Officer	Col. Robert Rice
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Public Affairs Chief	Gunnery Sgt. Arsenio R. Cortez
Editor	Sgt. Brian A. Tuthill
Editor	Sgt. Mark Fayloga
Press Chief	Cpl. Regina A. Ochoa
Photojournalist	Christine Cabalo
Photojournalist	Kristen Wong
Combat Correspondent	Lance Cpl. Brian A. Marion
Combat Correspondent	Lance Cpl. Alesha R. Guard
Combat Correspondent	Lance Cpl. Daniel H. Woodall
Combat Correspondent	Lance Cpl. Cassandra Yoho
Combat Correspondent	Lance Cpl. Kevin M. Beebe Jr.
Combat Correspondent	Lance Cpl. Colby W. Brown

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HAWAII MARINE, Box 63062, Building 216,
MCB HAWAII, KANEHOE BAY, HAWAII 96863
E-MAIL: HMEDITOR@HAWAIIAMARINE.COM
FAX: 257-2511, PHONE: 257-8837

Bayfest 2009 acts announced

Press Release

Marine Corps Community Services

Now celebrating its 20th year as Oahu's premier summer family festival, BayFest continues the tradition of bringing in a variety of mainland music acts Aug. 14-16 at Marine Corps Base Hawaii.

This year's headlining acts have been announced, and include Filter and The Black Eyed Peas.

Mike Corrado will be opening for alternative rock band Filter Aug. 14, following a performance by the U.S. Marine Corps Forces, Pacific, Band. BayFest's biggest headliner act-to-date, The Black Eyed Peas, will perform Aug. 15. The headlining acts will

take the stage at 8:30 p.m. on their respective nights.

Originally dubbed as the "Windward Family Festival" in 1990, BayFest began as a community relations event to thank the military for their services, as well as to welcome the local community onto the installation to learn about the lifestyle of being a Marine. The festival has continued throughout the years, and celebrates its 20th anniversary at MCB Hawaii this summer.

Military static equipment displays, carnival rides and games, sports, contests and food complete the event schedule, making BayFest a fun event for visitors of all ages.

Bayfest 2009 will also feature nightly

Grucci fireworks, EK Fernandez carnival rides, Coconut Island boat rides, contest and family entertainment. Gates open at 5 p.m. Aug. 14 and noon on Aug. 15 - 16.

BayFest is open to the general public and organized by Marine Corps Community Services. Tickets are scheduled to go on sale Saturday through Ticketmaster and <http://www.bayfesthawaii.com>, and are expected to sell out. Tickets purchased in advance are \$45 each concert, and the gate price will increase to \$55. General grounds admission is an additional \$5. Children 5 years and younger can attend the events for free.

For more information about Bayfest 2009, call the Bayfest hotline at 254-7679.

'One helluva guy'

Sgt. Juan D. Alfonso

U.S. Marine Corps Forces, Pacific

Retired lieutenant colonel remembered in ceremony on Big Island

HILO, Hawaii — There are few times in life we meet someone who truly inspires us to be better. They're the different ones. Men and women who live their lives on their own terms; brash and stubborn, but wise and interesting.

On June 11, I walked through the house of such a man. I met his wife, and his friends. I saw how he lived. I felt changed and

Commentary inspired to be better, not just as a Marine but on a much deeper and rarer level—as a man. My only regret was It was too late to meet him.

Retired Lt. Col. Jack Lewis died May 24 in his home after battling lung cancer. But as expected from an old jarhead, he was stubborn to the end and passed on his terms, joking until the end came.

"His friends used to call him and I told him 'you know they're praying for you,'" said his loving wife, Stephanie Lewis. "He'd just look at me and say, 'well, tell them to cut it out.'"

He was 84 years old. His life was far from average, even by the Corps' standards.

Born in Iowa Nov. 19, 1924, (Lewis' family moved to Florida when he was 2) and began his profession as a self-proclaimed "amateur juvenile delinquent." By the time he was 12, he got himself into enough trouble for a judge to "suggest" he leave the state. He began to move around the country and published his first short story, "The Cherokee Kid's Last Stand," at 14.

He was a man of many careers. Dec. 13, 1942, he enlisted in the Marine Corps at 18, serving during the tail end of World War II.

"He was a maverick, very ambitious, always looking for something new, and total Marine Corps," said Ralph Austin, in a Los Angeles Times article. Austin is a retired master sergeant who served with Lewis.

After the war, Lewis attended

the University of Iowa where he earned a degree in journalism. He returned to the Marine Corps in 1945 as a second lieutenant in the reserves.

Lewis began his screenwriting career in 1950, writing several Westerns but soon decided to return to active duty to serve in the Korean War with 1st Marine Aircraft Wing. Lewis served as a public information officer and combat correspondent. He earned a Bronze Star Medal during his second tour for racing past his fellow Marines without

concern for his wellbeing to ensure he could film a close-up view of Marine aircraft bombing enemy positions.

After the war, Lewis returned to Pendleton and was later reassigned to, what was at the time, Naval Air Station Kaneohe Bay, where he served as a public information officer.

His PIO duties led to working as a technical advisor to Director John Ford's "Mr. Roberts." Jack, being Jack, began his career as a stuntman while on set after volunteering to drive a motorcycle

off a pier. He later appeared in another Ford film, "Sergeant Rutledge."

Despite his love for the Corps, Lewis left as a captain in 1958 to pursue his career as a writer. In 1960 he opened a publishing company manufacturing outdoor magazines. He ran the company for 37 years, hiring mostly retired Marines on the condition they become U.S. Marine Corps Combat Correspondent's Association members.

He divided his time between writing screen plays, writing for "Gun World" magazine, in addition to several other magazines, stunt work and finally publishing his first novel in 1966, "Tell it to the Marines."

It was from his first novel I began to get a feel for his personality. The first words in his novel "Any similarity to persons, places, or incidents is highly plausible; only the names have been changed to avoid court-martial."

Despite his retirement in 1964, Lewis returned to active duty under special orders in 1969 as a major with III Amphibious Corps in Vietnam according to his biography on the USMCCCA Web-site. He continued to write until the end of his days.

After 84 years, Lewis accomplished far too much in one lifetime to fit in one story, no matter how long. His books alone are a testament to that fact. He described himself as a fighter, drinker, stuntman and writer. He fathered five children and lived to see eight of his grandchildren. Throughout his life he made many lasting contributions to the USMCCCA, serving as its president and financial backer during harder times.

He retired to Hilo, Hawaii, where he continued to write, found a new love and lived the rest of his days in a small light-green house, most of which hangs off the side of a small cliff,

See LEWIS, A-5

Changes of command on base

Marine Aviation Logistics Squadron 24



Lt. Col. Matthew R. Thomas (left) relinquished command of Marine Aviation Logistics Squadron 24 to Lt. Col. Brian W. Haviland (right) Thursday during a change of command ceremony at Carl Field between Hangars 102 and 103. Haviland joins the MALS-24 family after serving at Naval Inventory Control Point, Philadelphia.



3rd Radio Battalion



Lt. Col. John P. Christopher (left) is slated to relinquish command of 3rd Radio Battalion to Lt. Col. W.P. "Beau" McClane at a change of command ceremony today at the Pacific War Memorial at 10 a.m. McClane joins the 3rd Radio Bn. family after serving at U.S. Central Command as the C4I Operational Requirements Branch Chief, J2 Operations Division.





Lance Cpl. Danny H. Woodall

Gunnery Sgt. James Leandro, platoon sergeant for 2nd Platoon and primary jump master, leaps out of the back of a KC-130 Hercules aircraft over the waters of Marine Corps Training Area Bellows. "As a platoon, our focus is to conduct aggressive, real-world training," Leandro said. "While this method of insert may rarely be used, it helps the platoon maintain their focus and keeps their blood pumping."

RECON'S LAST LEAP

Month-long training comes to an end

Lance Cpl. Danny H. Woodall
Combat Correspondent

Approximately 40 Force Reconnaissance Marines from MCB Camp Pendleton, Calif., completed a one-month amphibious training package Wednesday on Marine Corps Base Hawaii and Marine Corps Training Area Bellows.

The Marines, who are composed of two platoons from 1st Reconnaissance Battalion, I Marine Expeditionary Force, began a series of training events in the first week of June to prepare for a deployment with the 15th Marine Expeditionary Unit in early 2010. Their training included several different amphibious insertion methods, as well as both land and water navigational missions.

Wednesday's training, which is the culmination of the Recon. Company's Hawaiian training, was to help acclimatize the Marines for training in a tropical environment, said Capt. Alexander Martin, 2nd Platoon commander, Force Reconnaissance Company, 1st Recon. Battalion. Another benefit of training in Hawaii is in removing the Marines from their usual training in areas they are already accustomed to, he said.

"Separating the Marines from their usual lifestyles greatly increases unit cohesion and makes them function like a family," Martin said. "Even though some of the insertion methods are rarely used, we still want to be prepared and also to build our training capabilities for operations during the upcoming deployment with 15th MEU."

For their last training event, held on Wednesday, the Marines from 2nd Platoon, Force Recon. Company, practiced inserting combat rubber raiding crafts, known as zodiacs, into an aqueous environment via a KC-130 Hercules aircraft. Divided into four groups, the platoon dropped four zodiacs attached to parachutes into the waters near Bellows beach.

While the Marines were waiting in the aircraft, Gunnery Sgt. James Leandro, platoon sergeant, 2nd platoon and primary jump master for Wednesday's training event, gave last-minute words of encouragement and safety reminders.

"As a platoon, our focus is to conduct aggressive, real-world training," Leandro said. "While this method of insert may rarely be used, it helps the platoon maintain their focus and keeps their blood pumping."

Once the zodiacs were deployed, the Marines leapt out the back of the plane using a static line method of parachuting in which a parachute opens as soon as the jumper clears the aircraft. When they had landed, the Marines swam to the zodiacs' positions, climbed aboard and navigated back to MCB Hawaii.

The more diversified the Marines' training, the more options the platoons have, Martin said. After completing one month of zodiac and troop insertion training, the Recon Marines are scheduled to return to Camp Pendleton next week.

"This is the culminating event for us," Martin said. "While sparingly used, we still want to give as many options to the 15th MEU as possible. A lot of these Marines have been deployed and are used to the climates of Iraq and Afghanistan," Martin said. "These training events bring them back to the fundamentals of amphibious combat."



Sgt. Mark Fayloga

Seaman Dave Everett, a corpsman with 1st Reconnaissance Battalion, I Marine Expeditionary Force, dives into the water during the training.



Lance Cpl. Danny H. Woodall

Marines from 2nd Platoon, Force Reconnaissance Company from Camp Pendleton prepare to board a KC-130 Hercules aircraft en route to Marine Corps Training Area Bellows from Carl Field during a training exercise Wednesday. The Marines trained in Hawaii through the month of June as part of a tropical, amphibious training package.



Sgt. Mark Fayloga

Marines from Force Reconnaissance Company prepare zodiacs at Marine Corps Training Area Bellows for a training exercise Wednesday. The exercise at Bellows was their final training session before departing back to California.



Sgt. Mark Fayloga

Everett makes his way into a zodiac. Unfortunately once he got in, it was discovered the vessel had no fuel. Everett and his boatmates had to paddle the majority of the way into shore before fellow Recon Marines supplied them with fuel.

AROUND THE CORPS

Your weekly guide to what's happening around the Corps

East Coast



Lance Cpl. John Faria

Marine donates bone marrow

MARINE CORPS BASE CAMP LEJEUNE, N.C. — How far would you go to save the life of someone you've never even met?

That's the question Cpl. Brandon Benjamin, a military policeman in the Marine Corps Reserve, faced when he was called up for active duty and a second deployment to Iraq.

When Benjamin volunteered to be listed on the C.W. Bill Young Department of Defense Marrow Donor Program back in 2004, he never dreamed he'd be confirmed as a match with a terminally-ill patient right as he was preparing to leave for a combat zone.

He didn't let that stop him from giving up part of himself.

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

West Coast



Cpl. Corey A. Blodgett

2/7 Scout Snipers take a 'little' hike

MOUNT SAN JACINTO STATE PARK, PALM SPRINGS, Calif. — Seven Marines and a sailor from Scout Sniper Platoon, Weapons Company, 2nd Battalion, 7th Marine Regiment, passed a lot of hikers and weekend warriors June 12 on their way to San Jacinto Peak nearly 11,000 feet above Palms Springs, Calif.

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

Overseas



Staff Sgt. Andrew W. Miller

Iwakuni troops train in land of midnight sun

EIELSON AIR FORCE BASE, Alaska — Exercise Northern Edge 2009 officially kicked off June 15 at numerous locations throughout Alaska, the land of the midnight sun.

Participants from all branches of the military are training together in order to hone their tactics, techniques and procedures associated with defensive counter-air, close-air support, air interdiction of marine targets and personnel recovery missions.

Marine Corps Air Station Iwakuni is supporting the evolution at Eielson Air Force Base with various components of personnel including Marines and sailors with Marine Aircraft Group 12.

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



"Am I BUSY??!!!...,
HA!, Take a look
around, EINSTEIN!!



-AHHH, THE DAILY BUTT KICKING CONTEST-

sempertoons.com
cafepress.com/sempertoons
myspace.com/sempertoon



Tiffany Thomes

Mimi Martin, a military widow, touches her husband's name during a recent visit to his final resting place. Her husband, Sgt. Shawn P. Martin, an explosive ordnance disposal technician, was killed in action June 20, 2007. As the two-year mark of her husband's death approaches, Martin carries on her husband's legacy daily as the spokeswoman for the New York State Fallen Stars Memorial Project.

This week's top story

Unifying this generation of military widows

Cpl. Scott Schmidt
Headquarters Marine Corps

ARLINGTON, Va. — It can be difficult to comprehend the sacrifice a spouse makes when their loved one falls in battle, but for the military widows behind the American Widow Project it is an experience they live each day.

Taryn Davis, founder and president of the AWP, and vice president Nicole Hart have dedicated the last two years to

supporting hundreds of their fellow military widows through personal connections and outreach, including a recent 14-day trip of the east coast.

The two traveled from their homes in Texas to the nation's capital and met with the Tragedy Assistance Program for Survivors, participated in the National Memorial Day Parade and visited with widows in Fort Bragg, N.C., Fort Drum, N.Y., and Louisiana.

During their stop in New York, they met with Mimi Martin, the 31-year-old widow of Sgt. Shawn P. Martin, an explosives ordnance disposal technician who was killed June 20, 2007. The couple had been married for five years.

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

Top story from the front



Cpl. Meg Murray

Lt. Gen. Dennis J. Hejlik (left), the commanding general of II Marine Expeditionary Force, is greeted by Maj. Gen. R.T. Tryon, the commanding general of Multi National Force - West, upon his arrival to Al Asad Air Base, Iraq, June 16.

II MEF commanding general visits Marines in Iraq

Cpl. Meg Murray
Multi National Force - West

AL ASAD AIR BASE, Iraq — The commanding general of II Marine Expeditionary Force traveled from Camp Lejeune, N.C., to visit Marines and sailors of Multi National Force - West in Al Anbar province, Iraq, June 16-18.

Lt. Gen. Dennis J. Hejlik began speaking with service members and leaders of MNF-W immediately upon arrival, first meeting with Maj. Gen. R.T. Tryon, the commanding general of MNF-W, and the command's senior leaders.

Though he spoke with many high-ranking leaders, Hejlik made a point to spend much of his time speaking with younger

Marines, giving them updates about their fellow service members in the U.S. and Afghanistan, and fielding their questions.

Hejlik originally planned to pay a visit to Marines in Camp Ramadi and Camp Al Taqaddum, but due to a severe sandstorm, he was unable to travel out of the immediate area. However, Hejlik made the best of his time aboard Al Asad.

He visited Marines and sailors with 2nd Marine Aircraft Wing (Forward), II MEF Headquarters Group (Fwd), Regimental Combat Team 8 and the MNF-W Command Element. After seeing what these service members have accomplished since they began their time in Iraq, Hejlik said he was impressed.

"I'm proud of you," he said. "I come out here, and I'm humbled by what I see."

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



Sgt. Juan D. Alfonso

Jack Paxton says a few words for his old friend retired Lt. Col. Jack Lewis June 11 at the Star of the Sea Church in Hilo, Hawaii. Lewis died May 24 in his home in Hilo after a battle with lung cancer. Lewis is survived by his wife Stephanie Lewis, five children and eight grandchildren. Paxton is the U.S. Marine Corps Combat Correspondent's Association executive director.

LEWIS, from A-1

facing the ocean. It was there he tied the knot with his wife Stephanie, a month before he passed.

As I said, I never had the opportunity to meet him, but I hope I can give an idea of what he meant to the people who did. I arrived at the Star of the Sea Church, a small but colorful building, with Gunnery Sgt. Arsenio Cortez, Marine Corps Base Hawaii public affairs chief, and Jack Paxton, USMCCCA's executive director and Lewis' friend.

I met his wife, who seemed to handle his death well, but her eyes were much sadder than her words. I met his friends, whose names I can't recall, but their personalities gave me an idea of the company Lewis liked to keep and the kind of man he was.

There were three of them, older men. The moment they saw me they started giving me a hard time, the same way most service members do to see if you can "hack it." Rough guys, but the kind you could count on if you needed them.

Asking them about Lewis just turned into telling old stories about "Jack" always ending with "He was one helluva guy." These men were too strong, too proud to cry or say they'd miss him. They mourned him the same way he would have mourned them, telling stories while having a beer with the guys.

Those were the people Lewis called his friends.

During his eulogy, the smiling faces turned tearful, some unable to stay in the room where a photo of Lewis in his uniform and another riding a stunt horse he had trained were displayed next to his urn. The same room where Cortez presented Mrs. Lewis the colors Lewis had fought for on numerous occasions.

As Jack would have wanted, the funeral ended with a party, his friends and family celebrating his long life.

My companions and I didn't stay. We went to his home. It was a small house, with an incredible view of volcanic rocks and the ocean so close it splashes against the southern end during a storm.

The walls were covered in old movie posters, mostly westerns. I could only assume he had a hand in each of them. There were stacks upon stacks of books he had written, but everything was neat and organized, as you'd expect from an old jarhead — he was squared away.

There was a small room with a bed — a guest room — but there was hardly anything in it. Just the same photo his wife provided for his funeral, his discharge papers and his commission as an officer in the Marine Corps Reserve.

The room he slept in was much the same, except the only thing I could find

of his Marine days was a wooden placard on his night stand with his name, rank and Marine Corps Reserve engraved.

The time had come to leave, but before I walked out I picked up a yellow book covered in plastic wrapping with several paper clips separating numerous pages into groups. On the cover was an illustration of a Marine officer with his hat tilted, cigarette in his mouth and two Asian women hanging all over him. It was "Tell it to the Marines," his first novel. I wanted to read it right then and there. I wanted to know a little more about him. I figured I could buy it once I got home.

Just as I was about to put it down, Ace, one Lewis' friends, said, "take it." I was shocked. It obviously wasn't just another copy of the book, it was Lewis' copy. Just when I was about to ask if he was sure about it, Ace smiled and said, "He would have wanted you to have it." I like to think he meant he would have wanted a Marine to have it.

As I left his home I thought about what I'd seen, the people I'd met and the things they said. I tried to sum up the experience on my trip back to Oahu, Paxton telling me old sea stories along the way, I felt humbled by the experience and could only echo the same words I had heard all day, "He was one helluva guy."

JOBFAIR, from A-1

Pagala, who works in construction, said he is looking for another job while he waits for his next project on the big island of Hawaii.

"I have a pretty broad range of skills from retail to management, so there's got to be something here," Pagala said. "I've got 30 copies of my resume and I'm hoping to at least hand out most of [them]."

Civilians were not alone in their quest for a job. A number of active duty service members could also be found in the crowd.

Sgt. Mary Vilfranc, aviation specialist, Marine Aviation Logistics Squadron 24, said she is preparing for a career in the FBI, and is currently attending Chaminade University for a degree in Criminal Justice Administration while working on her resume.

So what do employers look for in a job candidate?

Aside from logistical qualifications, many employers look at personality traits of individuals as well.

"[An ideal employee is] someone who understands and is excited about the mission [of the job]," said Lori Lefor, monitor, MCCS Family Child Care.

Other employers look for specific characteristics of an individual when hiring.

Julie Kusuda, police officer and recruiter for the Honolulu Police Department, said HPD looks for people who exemplify the department's motto: "Integrity, respect and fairness."

"As long as you've shown you live within these type of qualities that's a step in the right direction," Kusuda said.

Jonathan Tan, operation associate, Ventura Technology, said he looks for an individual who is able to work with a team and "strives for excellence."

When it comes to searching for a job, applying and ultimately being hired, individuals use multiple strategies.

Chris Warner, of Kailua, said he has been conducting his job search through Web sites such as Hawaii Jobs on Demand and Career Builder.

Daryl Laninga, a retired Marine major attending the job fair said individuals who are looking for a job should consider networking.

"Networking allows you to find out what's not obvious. Plus you establish personal friendships," Laninga said.

Don Shore, director of associate development, Re/Max Honolulu, said people should focus on finding a career rather than a job. He said for example his career as a real estate agent enabled him to find a real estate position in a completely new and different city.

"Jobs are dispensable," Shore said. "Careers are your own private property."

When looking for a job, Tan said people should be mindful of their choice.

"It's a two-way street," Tan said. "Candidates should look for something that's good for them. People get caught up looking for a job [so] they take any job. You have to look for something that fits."

Individuals looking for experience may also want to consider volunteer options. Kusuda said HPD is looking for volunteers to work with traffic enforcement, camera monitoring in Chinatown and Crime Stoppers.

"There's something out there for everyone," Lefor said. "Just keep trying."

The JEMS Web site provides job listings for military personnel and Department of Defense civilians. They also hold a massive job fair at Naval Station Pearl Harbor each year. For more information about JEMS, visit <http://www.jemsjobs.com>. For more information about current job openings at MCCS, visit <http://www.mccshawaii.com> or call 254-7619.

Kailua residents spark interest in saving fireworks

Committee raises \$45,000 to save 60 year tradition; still need more

Lance Cpl. Kevin M. Beebe Jr.

Combat Correspondent

After 60 years of tradition, it appears the Kailua Fourth of July Fireworks have had their last bang.

In March, the Kailua Chamber of Commerce decided not to hold the annual fireworks, decision that has been unpopular with residents on the Windward side of Oahu.

After hearing the news, a group of five Kailua residents formed the Save Kailua Fireworks committee June 12 in an attempt to raise money for a fireworks display. The committee has already raised \$45,000 toward their goal.

"We have received an incredible response so far," said Brook Gramann, Save Kailua Fireworks member. "It's been incredible. We have people donating anywhere from five dollars to 500 dollars."

It's not just local people and businesses who are donating.

"We are receiving donations from all over the U.S. and all over the world," Gramann said.

Donations have come in from places like New York City, Japan, and Germany.

One company, Long Stay Services even donated \$15,000.

"That donation came in when we really needed it the most," Gramann said.

Over 20 different businesses have donated to help support the local community's tradition.

Hideo Mita, Long Stay Services president, said, "We donated the money because it was a good opportunity to network with the Kailua community."

Castle Medical Center, Kailua, also donated a great deal of money to help save the show.

"Castle Medical Center is happy to continue its support of Kailua's Fourth of July display of fireworks," said Kevin Roberts, president and CEO of Castle Medical Center.

Although donations are going well, the committee is still about \$7,000 short of reaching its goal. It will cost \$42,000 to fund a fireworks show, Gramann said, and an additional \$10,000 to supply special duty police officers, provide road signs to direct traffic and designate parking, and to place banners and poster throughout Kailua.

"As of right now, the fireworks look like they will take place," Gramann said.

The few members of the committee have decided since they are so close to reaching their goal, whatever amount they are short the committee will pay for out of their pockets.

If more money than what is required is raised, the committee will extend the length of the show. Right now the show is scheduled to be 12 to 15 minutes long.

The show is slated to take place at 8 p.m. above Kailua bay where the fireworks will be launched from a barge out in the water.

The fourth of July fireworks have only been cancelled once in the last 60 years. That was in 2002 when the barge sank.

If you are interested in donating to Save Kailua Fireworks you can visit their website at <http://www.savekailuafireworks.com>.

Coming Storm



Sgt. Mark Fayloga

Hurricane season lasts from June 1 to November 30 in Hawaii and emergency officials said Oahu residents should be prepared. High winds and surf can strike at Marine Corps Base Hawaii, causing power outages and loss of other utilities. Stocking up on canned goods, non-perishable items and medical supplies before a storm comes is recommended, said Steve Longwell, deputy director, Base Safety Center.

How to prepare for island hurricanes, power outages

Christine Cabalo

Photojournalist

Hurricane storms could leave Oahu residents without electricity, but not powerless if properly prepared.

Hawaii's hurricane season lasts from June 1 to November 30, when intense storms, which could cause power outages, are most likely. Residents and workers aboard Marine Corps Base Hawaii can take measures now to ensure their safety, said Steve Longwell, deputy director, Base Safety Center. He warns that waiting to buy supplies after a hurricane strikes could be a disaster, especially if power is down and stores are crowded.

"You need to stock up on batteries for portable radios and have spares for flashlights," he said. "Keep them strategically in the home where they're easy to get to."

Longwell was on Oahu for both the October 2006 Hawaii earthquake, which left residents without power for more than 12 hours, and the December 2008 power outage. Since these events, he's invested in a generator for his home and regularly tests it to make sure it works.

For those who don't want to take on that expense, Longwell said finding a way to power emergency devices like radios doesn't necessarily

require expensive equipment. Radios inside cars can be used in an emergency, he said, but drivers should keep their gas tanks at least three-fourths full in case they need to move quickly. Car batteries have other uses as well, Longwell said.

"Something else useful are portable inverters that plug into a car's cigarette lighter," the deputy director said. "You can recharge your batteries and power other small electrical devices."

In emergency situations, Shelly Ichishita, public information officer, Hawaii State Civil Defense, said it's important to remember additional health needs for yourself and family. She said those with special medical needs, including diabetics and dialysis patients, should prepare in advance for power outages. For example, she said dialysis patients could prepare to eat a modified diet, which helps extend the time between treatments.

Without electricity, both medical needs and access to other public utilities could be at risk. During storms, Ichishita said people should limit water use, especially during a blackout. The water pumps use electricity, she said, and emergency generators may not be enough to handle spikes in activity. Potable water can be stored inside a home refrigerator for safekeeping if the electricity and

water is out for several days.

"Without power, you need to conserve water in the event of a water shortage," Ichishita said. "There should be one gallon of water per person per day. People should also have five to seven days of food supplies, as keeping their refrigerators closed will work for 48 hours."

In May 2009, Central Pacific Hurricane Center forecasted an average of four to five tropical cyclones forming in the region, which have the potential to turn into hurricanes this year. Hurricane winds start at 74 mph, and Ichishita said damage could be even worse for the Windward Oahu area because of mountain rock fall.

Although there are emergency generators on base, Longwell said base residents and workers should prepare for the worst if there is no electricity. Without access to electronic databases, people will need cash and several copies of important vital documents, like insurance policies, in case of disaster. Many will need to weather the storm or be prepared to swiftly leave, the deputy director said.

"There's no exiting the state by driving away," Longwell said. "If people need to leave, they need to have everything needed for a plane ride. A lot of people will have to weather the storm out."

Safety in the Storm

Hurricane season in Hawaii lasts from June 1 to November 30. The Hawaii Civil Defense Agency suggests several measures to take before disaster strikes:

- Prepare a home survival kit ready for use in emergencies, which should include a portable radio, toiletry items, matches and other necessities.

- Keep a full first aid kit, with fresh supplies and prescriptions. Those include extra contact lenses, spare glasses and medication.

- Stock nonperishable food items for at least a five to seven day supply for the entire household. Include pets if they are riding out the storm with you.

- Have an emergency plan in place for you and your family. Have an out-of-state friend or relative your family can contact for support or to check in if you are separated. Plan in advance where to meet.

- Keep important papers and valuables in waterproof containers that are easily portable if you need to take them with you.

- If you own a car, be sure it is at least three-fourths full of gas in case you need to evacuate by car.

Base workers stay safe with VPP training

Lance Cpl. Colby W. Brown
Combat Correspondent

Civilian supervisors, managers and employees on base participated in Voluntary Protection Program training held at the base theater Tuesday and Wednesday.

The program is a cooperative effort with Occupational Safety and Health Administration that recognizes businesses and worksites that show excellence in occupational safety and health.

"This training is to re-energize all the new managers and supervisors and get everyone on the same page with the program," said Steve Longwell, base safety deputy director.

The program helps promote a safe working environment by setting performance-based criteria for safety and health systems at a business and then assesses applicants against these criteria.

Occupational Safety and Health Administration's verification includes an application review and a rigorous onsite evaluation by a team of OSHA safety and health experts. Upon passing the evaluation, businesses are awarded with "star status".

According to the OSHA Web site, pro-

ductivity of businesses which implement VPP rise due to safer working environments and decreases in on-the-job injuries.

"[The Voluntary Protection Program will] minimize accidents or mishaps benefiting the base by hopefully reducing lost work days due to an employee being injured from an accident or mishap on the job," Longwell said.

There are many civilians who work on base with Marines stationed at Marine Corps Base Hawaii, so VPP can benefit the base's Marines as well.

"Even though it is geared for the civilian work force, Marines who work side-by-side with civilians will benefit from a safer working environment as well," Longwell said. "The program will change the atmosphere in the civilian work force in a positive way in regards to safety."

The program is designed to make the workplace safer by promoting employees to take responsibility for the safety of the workspace around them.

"The program is a friendly reminder that safety is a part of the job," Longwell said.

The Base Safety Center started implementing the program last year.

Since there has been a big turn over of civilian workers, there are many new

managers, supervisors and employees. This training will help new employees understand VPP, Longwell said.

"Occupational Safety and Health Administration normally comes for annual inspections but once star status is awarded OSHA does not come on base for inspections," said Clayton Lihilihi, safety specialist, Base Safety Center. "With star status, the business sends in reports they conduct themselves to OSHA."

Although this program frees businesses and organizations from annual inspections, the focus of VPP is getting employees home safely every day.

Longwell plans for MCB Hawaii to be awarded star status next year after the onsite evaluation is conducted and the base passes the inspection.

Marine Corps Logistics Base Bartsow, Calif., is the only other Marine Corps base to be awarded star status. On Oahu, Naval Station Pearl Harbor is currently the only military installation to be awarded star status.

"Obtaining the star status will validate the type of professional workers we have here and how they do their jobs safely," Lihilihi said.

SEAL, from A-1

"Anesthesia in seals is very difficult," Braun said.

Seals have what's called a dive reflex. They think they're taking a deep dive and their breathing and their heart rate will slow down. "That's why we brought in Dr. Haulena. He truly is one of the best in the world."

Haulena has been in anesthesia for 15 years and has done three to four thousand anesthetic procedures on a multitude of seal species.

"The hook was in a very, very difficult location, surrounded by a bunch of very important structures," Braun said. "The biggest complication that could have occurred is if the hook were to break through a major artery, vein, or nerve and cause an infection."

If the hook did cause an infection the seal would have a very slim chance of survival.

The seal is expected to make a full recovery and be returned to her natural habitat

after she is observed for a few days. Doctors need to ensure she is eating and is healthy enough for the return.

"She is a very special seal," Braun said, "there are only about 1,100 seals left in the world of this species."

It's not uncommon for seals to get fishing hooks stuck in their mouths.

David Schofield, a volunteer who helped with transportation of the seal, said there are about eight to 12 incidents a year.

"Marine Corps Base Hawaii and the United States Coast Guard have been a really important part in monk seal conservation and recovery," Schofield said.

To help prevent this type of accident, fishermen should be aware of their surroundings and if they see a seal, try to keep their lines away from them. They should also use barbless hooks. Fishermen can receive free barbless hooks by calling Kurt Kawaamoto at 983-5300.

THOMPSON, from A-1

after a small surgical procedure the Navy pilot would be "good to go."

Unfortunately, tests soon revealed Matthew Thompson was not healed. Cancer was discovered and treatment needed to be started, while still in early stages.

Matthew Thompson responded well to treatment. During the summer of 2008 he went back to work, and managed to help earn his team first place in the 2008 Navy Regatta at Corpus Christi. He also continued to work toward his master's degree while going through treatment. After working for a few months, the sailor took some time off to vacation in California.

While vacationing, Matthew Thompson began suffering from back pain again ... the cancer struck back. The Navy pilot relapsed while on vacation. He was too ill to return back to Texas and went into hospice care in December 2008.

Matthew Thompson's final days were spent in the mountains of California, where he would relax with family and soon lay to rest Feb. 18.

Danika Thompson said sharing her last days with her husband were some of the most magical and peaceful days of her life.

"He was positive until the day he left us," Danika Thompson said. "It was the most extraordinary thing — to see death through his eyes."

Celebrating the life of a man who never let cancer stop him, family and friends gathered under a shaded tree at Kailua Beach Park. Danika Thompson, along with daughter, Sydney Thompson and son, David Thompson, each greeted attendees with a

small smile, hug and traditional Hawaiian lei.

Attendees walked down to the shoreline and the ceremony started with Aunani, a Hawaiian Spiritualist, singing a Hawaiian chant of welcoming. During this prayer, she explained to the small crowd the day was not to be looked at as a sad time, but a day of remembrance. During the blessing, she reminded the group the light sprinkle of rain in the air was a positive sign of cleansing and closure to Thompson's passing.

While wiping tears from their eyes, family and friends listened intently to Aunani who encouraged them to allow themselves to be emotional and vulnerable as they said their final farewells.

Toward the end of the blessing, the crowd turned their attention to the sky as a Navy P-3 Orion aircraft, the aircraft Matthew Thompson flew while in the Navy, flew above the shoreline. Aunani encouraged attendees to say their final goodbyes to Thompson as his remains were scattered into the clear ocean waters from the plane.

During the final farewell, Danika Thompson said she thought of all the wonderful times she had with her husband of seven years.

"Our relationship was more than a marriage," Danika Thompson said. "What we had was a never ending adventure, and it was a journey that never got old. We always told people it's like we're interconnected."

The Thompson family said they were always up for something new and enjoyed hiking and the outdoors, but most of all, the beach.

After the plane cleared the coastline, Lt. Cmdr. Andrew Loth, casualty assistance officer,



Lance Cpl. Cassandra Yoho

Danika Thompson, wife, Sydney Thompson, daughter, and David Thompson consoles each other after their husband and father Lt. Cmdr. Matthew Thompson's remains were scattered into the waters of Kailua Beach Park Saturday.

VPU-2, read the exact blessing Navy Lt. Alan Rodgers, chaplain from Commander Patrol and Reconnaissance Wing 2, recited in the plane as the remains of Thompson were released into the ocean. Loth sounded attention as Taps played in honor of the sailor.

Loth said he was happy to be a part of the ceremony because he had a close friendship with Thompson. They often flew and deployed together.

"He loved life and his family," Loth said. "He was a hard worker and loved to fly. His positive attitude was so contagious. If Matt was

around it was always a good time."

Reminded by Aunani to remember all the good times they shared with Thompson, family and friends threw flowers into the ocean from the shoreline and said their final goodbyes. The crowd walked back up the beach and the rain began to pour down harder. Family members said they took the rain as a sign from their deceased loved one that everything is going to be okay.

"The ceremony was perfect," Danika Thompson said. "We did it the Hawaiian way and that is the way Matt would have wanted it, he loved the beach."

Danika Thompson said her husband originally wanted his remains to be on a canoe with his loved ones out in the open water saying goodbye. She said once she realized how many people were attending the ceremony she knew it wouldn't be practical.

Matthew Thompson's previous squadron, Patrol Squadron 2, Marine Corps Base Hawaii, suggested the scattering of the pilot's remains and volunteered their time for the ceremony. She said she knew her husband would love the idea of his last moments flying in a Navy P-3 aircraft.

"Everything was absolutely beautiful," Sydney Thompson said. "The passage of the plane was beyond anything we could have ever executed ourselves."

Goodbyes were said and tears slowly became smiles as attendees celebrated the life of Matthew Thompson and shared happy memories at a local restaurant. Family members described the ceremony as a beautiful ending to a beautiful life.

Command Air Patrol cadets celebrate their Hawaii Wing Summer Encampment 2009 graduation at Dewey Square parade field, Sunday.



Civil Air Patrol Cadets train aboard MCB Hawaii

Lance Cpl. Alesha R. Guard

Combat Correspondent

Semper Vigilans.

"Civil Air Patrol motto: Always Vigilant," Cadet Cade Betancourt silently reads to himself after finishing his final exam. Left hand resting on his left knee, his right hand holds a small booklet eye level as if not to distort his perfect posture. His CAP book of knowledge entitled "Hawaii Wing Summer Encampment 2009 Standard Operating Procedure," has lived in his cargo pocket the past week.

Betancourt was among more than 20 cadets from around the Hawaiian islands to graduate Civil Air Patrol's Hawaii Wing Summer Encampment at the base parade field Sunday.

The week-long encampment aboard Marine Corps Base Hawaii is standardization training designed to prepare 12- to 18-year-old volunteer cadets for real-world operations in Civil Air Patrol, the civilian auxiliary of the United States Air Force.

"Civil Air Patrol conducts 95 percent of all missing aircraft searches in the U.S. and Alaska," said CAP Lt. Nathan Stickel, Hawaii Wing. "In Hawaii, our main mission is giving the coastal tsunami warning alert. Once trained, the cadets can take part in those real-life missions."

Stickel said the encampment not only prepares the cadets for various emergency missions through air patrol field exercises and written examinations, but instills CAP corps values and discipline within the cadets through drill and physical training.

"Marine Corps Base Hawaii is a great facility with great training areas," said CAP 2nd Lt. Cadet Jonathan Lomborg. "Training here was a great opportunity for the cadets to

train in a military environment and experience the military life first hand."

While aboard base, the cadets had the opportunity to train in the combat convoy simulator, Humvee Egress Assistance Trainer, gas chamber and Leadership Reaction Course.

Cadet Ariana Yanagihara said one of her most memorable training exercises was the Leadership Reaction Course. She said having to solve the various puzzles within the course helped her flight platoon learn how to work together and grow as a team.

"It was pretty cool getting to train on a Marine Corps base because we had to present ourselves well, walk in a military manner and wear military uniforms," Yanagihara said.

Through hands on training exercises and classes, cadets of all ranks continually learn and pass on CAP's corps values, said CAP Sgt. Celina Bekins, secondary flight sergeant, Bravo Flight. Values can't be taught, but rather, they must be learned, she said.

"Integrity, volunteer services, excellence and respect are our corps values, which are all valuable life skills," Bekins said. "Even successful adults have told me they wished they had something like CAP growing up to teach them what they know now. Getting the right education and discipline growing up can set you up for success in the future."

Watching the cadets stand at attention during their graduation, Army Specialist Vienice Styles said she couldn't get over her son's transformation.

"He looks proud of his uniform," Styles said of her son, Cadet Chance "He seems much more disciplined and more focused. I'm very proud of him."



Command Air Patrol Cadet Capt. Michael Lieu calls, "Dress right dress," during CAP Hawaii Wing Summer Encampment 2009 drill practice aboard Marine Corps Base Hawaii June 16.



Cadet Ariana Yanagihara finishes her Command Air Patrol Hawaii Wing Summer Encampment 2009 final exam aboard Marine Corps Base Hawaii, June 19.



Command Air Patrol Cadet Capt. Michael Lieu checks his cadets' cover and alignment during CAP Hawaii Wing Summer Encampment 2009 drill practice aboard Marine Corps Base Hawaii June 16.

Sports & Health

Talking the field

Teams prepare for upcoming football season

Lance Cpl. Colby W. Brown
Combat Correspondent

Teams from the Intramural Football League are hitting the field to practice in preparation of this year's season, which starts with the first regular season game Sept. 9.

The Marine Aircraft Group 24 Bandits were among the first to start practice almost four weeks ago.

"We're out here early because we want to win," said Tray Gamble, offensive coach, MAG-24 Bandits.

For MAG-24's coach, having preseason practices can be a way to see what their players will give to the team.

"It's motivating to see these guys' dedication to come from a full workday and sacrifice that extra time," Gamble said.

Putting in the extra time to coach is not a sacrifice for Gamble.

"I love football. Whether it be now or later in life, I love the game," he said. "I love teaching football."

Right now, their practices consist of agility-oriented drills to help players work their bodies back into football shape and to help new players hone their skills for the upcoming season.

"Practice allows individuals who have never been involved in organized sports to test themselves and for the people who have, to gain that muscle memory," Gamble said.

Preseason practice also gives teams a chance to meet other players and become used to playing football together.

"There's a lot of new guys, so

it makes it hard, but they have a lot of raw talent to work with," said Steve "Doc" Hirschert, running back, MAG-24 Bandits.

Starting practice early in the season gives MAG-24 an advantage over other teams.

"Get a lil' conditioning and get ahead of the game," Gamble said.

Playing football is also a way for players to blow off steam and have a good time.

"It gives you the opportunity to let loose a little — have fun," Gamble said.

Many teams in the Intramural Football League are still looking for players.

"We are still open for people to join the team," Gamble said. "Everybody can come out and give it a shot."

- For people interested in playing, requirements to be on a team a person needs to be an active duty service member stationed on Marine Corps Base Hawaii.

- Four teams. Check with your unit to join.

- Six regular season games. First game, start of season, Sept. 9.

- Teams are scheduled to receive pads the second week of August, practices have already started.

The Bandits plans to close their tryouts late this summer.

The first week of August will be the cutoff date for tryouts except for case-by-case situations. For example, if a player is injured or if a player is arriving from a permanent change of station he will still be able to

See FOOTBALL, B-5



Brandon Rogers, defensive back, Marine Aviation Group 24 Bandits, attempts to intercept the ball against Chris Venegas, defensive end, MAG-24, at a preseason practice. The Bandits were one of the first teams to begin practicing about a month ago in preparation for this year's Intramural Football League season, starting with the first regular season game Sept. 9.



Olatinji Cunningham, defensive back, Marine Aviation Group 24 Bandits, bumps Ricardo Rivera, defensive back, MAG-24, at the line to stop him from going out for a pass.

Local Pop Warner football team seeks players

Lance Cpl. Danny H. Woodall
Combat Correspondent

The Kailua Mustangs Football and Cheer Association is looking for Marine Corps Base Hawaii participants to play on three Oahu Pop Warner Football League teams in varying age and weight divisions.

The co-ed, tackle program is looking for children between the ages of 9 and 15, who weigh no less than 75 pounds and no more than 160. The Kailua Mustangs are accepting registration forms until Aug 1.

The three divisions — Pee wee, Junior Midget and Midget — each have their own weight and age eligibility requirements.

- The Pee wee division is for kids from 9 to 11 years old who weigh 75-120 pounds.

See MUSTANGS, B-3



Chris Kendall, forward, Combat Logistics Battalion 3 Warriors, passes the ball to the middle of the field in attempt to score in an Intramural Soccer League regular season game Tuesday. Patrol Squadron 9 Golden Eagles came out on top, 4-2.

Aggressive futbol

CLB-3, VP-9 fight for the top

Lance Cpl. Colby W. Brown
Combat Correspondent

Patrol Squadron 9 Golden Eagles and Combat Logistics Team 3 Warriors played an aggressive regular season Intramural Soccer League game Tuesday night at Pop Warner field on base.

The Golden Eagles came out on top, 4-2, against the undefeated Warriors.

"If we keep playing like we did tonight there will be some good games in the playoffs," said Tony Levine, head coach, Golden Eagles.

The players hit the ground running at the sound of the starting whistle.

The Warriors started off aggressively trying to control the ball, but VP-9 stole it and kept control on Warriors' side of field.

The Golden Eagles kept the ball moving back and forth across field, testing

Warriors' defense which stood up against the onslaught.

In answer to Golden Eagles' aggressive offense, the Warriors punched the ball down across field putting it near goal with two shots going high of the goal.

The Golden Eagles aggressiveness was not dampened. Scoring the first goal of the game, Kale Droucher, forward, Golden Eagles, kicked in a high-flying, mid-air shot, assisted by Mike Garcia, forward, Golden Eagles.

The Warriors stayed determined coming back down field with another shot at the goal that went wide.

Back in the Golden Eagles' possession, the ball headed down field and VP-9 had their chance to score again but Warriors' goalkeeper made a sliding grab

See FUTBOL, B-3



Photos by Kristen Wong

Christian Elliott, 9, plays defense in a variation of kickball at Pop Warner Field on Marine Corps Base Hawaii before the opposing team [background] can complete anymore "home runs." The game was played June 17 during The Semper Fit Center's Kid Fit program on base.

KID FIT

Semper Fit offers fitness program for children

Kristen Wong
Photojournalist

"Pris-on-ner! Pris-on-er!" chanted approximately 20 Kid Fit participants, requesting their favorite game in the Semper Fit Center gymnasium June 17 on Marine Corps Base Hawaii. The chants became groans as Mike Li, assistant manager, Semper Fit, announced the group would be playing "Clean up your yard" instead.

"Prisoner" and "Clean up your yard" are just a few of the various activities offered at Semper Fit's Kid Fit program. Kid Fit is offered three times a year to children of active duty service members and Department of Defense civilians, ages 6 to 12.

From Monday through Friday, 8:30 to 11 a.m., Kid Fit promotes fitness through games, aerobics and other activities both in and outside of the Semper Fit Center on base.

"Exercise can be play," said Abi Bolthouse, assistant manager, Semper Fit. "If adults treat exercise as play [like Kid Fit does] it can be more fun."

Bolthouse, who is currently assisting Li with the program, said Kid Fit helps children with multiple health concerns such as maintaining a healthy weight, heart and mind.

"People don't realize exercise does help children learn better," Bolthouse said. "It helps them to process information."

Kid Fit sessions are offered during the winter, spring and summer. The length of each session varies depending on the duration of the school vacation.

This year, both summer sessions are two weeks long. In June, the children were split up into two groups, one group attending Mondays and Wednesdays, the other attending Tuesdays and Thursdays, and both attending on Fridays. Li said some children have been known to come for the entire session, though the price may vary and is at the manager's discretion.

Army Lt. Col. Bruce Estok, engineer, U.S. Army Pacific, enrolled his son and daughter in their third Kid Fit session and said he wants his children to be educated in healthy habits and encourage them to be active. Estok said the program gives

See KID, B-5



Photos by Lance Cpl. Alesha R. Guard

Marines and sailors compete in the 101 Days of Summer swim meet at the base pool June 19. Hosted by Marine Corps Community Services and the Substance Abuse Counseling, the purpose of the meet was to provide a fun activity to service members as a healthy alternative to drug and alcohol abuse.



Michael Drivere stretches before the final heat of the 50-meter individual swim during the 101 Days of Summer swim meet at the base pool June 19. Drivere swiftly glided through the water, earning third place overall.



Emma Wood begins her leg of the breaststroke relay during the "101 Days of Summer" swim meet at the base pool June 19. "It was a great day to get the units together," Wood said after the meet.

Swimmers

Take your marks



Eric Franklin gasps for air as he tears through the water during the 50-meter freestyle. Marines and sailors came together at the base pool for a little competition during the 101 Days of Summer swim meet June 19.

101 Days of Summer hosts swim meet

Lance Cpl. Alesha R. Guard
Combat Correspondent

"Are we judged on how well we can swim each stroke?" a Marine asked.

Dan Dufrene laughed, saying, "No, just do your best to try and make it to the other end."

Marines and sailors of all swimming abilities dove head first into the chilly waters of the base pool to compete in the 101 Days of Summer swim meet June 19.

Sponsored by the Semper Fit Center, the meet was hosted by the Marine Corps Community Services and the Substance Abuse Counseling Center.

Dufrene, the MCCS health promotion coordinator, explained 101 Days is a summer-long program targeted at attracting Marines and sailors to its various competitions, providing leisure activities as a healthy alternative to drug and alcohol abuse.

"Events like this give the Marines and

sailors a more positive opportunity to have fun together on their free time," Dufrene said. "We don't emphasize who wins, but who participates."

As the swimmers stretched before toeing the pool's edge, they laughed and teased each other as they compared their cheesy Hawaiian swim trunks, whose vibrant pineapples and palm trees comically contrasted with the skulls and cross rifles of their "moto" tattoos.

The crowd of swimmers began cheering as the meet kicked off with the 50-meter backstroke, followed by the 200-meter individual medley and the 50-meter breaststroke, butterfly and freestyle.

"It was a great day to get the units together," said Emma Wood, competitor in the 50-meter butterfly and breaststroke. "A lot of Marines stepped up in the different events throughout the meet."

Wood explained the Marines showed

great enthusiasm by jumping at each opportunity to participate in the events.

Anna McKinney agreed saying anytime an event had an extra lane open, she and her teammates encouraged each other to jump in and "get some."

Like many competitors, Wood's first-ever attempt at swimming the butterfly began when the gun sounded Friday morning. Wood picked up the stroke quickly though, and beat out her competitors for third place.

The second half of the meet brought the crowd to their feet. Circling the pool's edge, the swimmers cheered on their teammates in the four-man teamed 200-meter relays.

"All you have to do is try," McKinney shouted to her teammates as she encouraged them to compete with her in a medley relay.

"Some of my Marines surprised me in their performance; they were intense competitors," McKinney said.

"There was some great esprit de corps shown today by the Marines and Sailors," Dufrene said. "Its always good to see them having fun."

After the last relay, the top three finishers of each race were awarded a medal during the awards ceremony. Whether gold, silver, or bronze, each swimmer proudly displayed their medal, earning them points toward the "101 Days" competition.

"It was a lot of fun watching you all out there drownin'," said Jonathan Barkley, alcohol abuse prevention specialist for MCB Hawaii and Camp H.M. Smith, teasing the Marines and Sailors after the meet. "I liked watching the Marines and sailors' camaraderie and level of participation. I think we all had a really great time today."

The next 101 Days of Summer event is the Patrol Squadron 47 5K run, scheduled for July 4. Those interested in participating can contact Dan Dufrene at 254-7636.



Swimmers soar through the air before splashing into the base pool during the 101 Days of Summer swim meet at the base pool June 19. "Events like this give the Marines and sailors a more positive opportunity to have fun together on their free time," Dufrene said. "We don't emphasize who wins, but who participates."

Health and Wellness

WHO issues pandemic alert for H1N1

Press Release
U.S. Pacific Command

According to the World Health Organization, as of June 10 there have been nearly 28,000 cases of H1N1 Influenza identified in humans worldwide. The WHO has officially gone to a Phase 6 Pandemic Alert level in regards to the H1N1 outbreak. The WHO pandemic phase designation is based on geographic spread of the influenza virus, not on the severity of the illness.

A "pandemic" is defined as a worldwide epidemic. A WHO Phase 6 means the virus is spreading across the globe. WHO phases do not predict the severity of the virus.

Designation of this phase denotes a global outbreak is underway. Phase 6 is intended to be viewed as an alert to those nations not yet affected by the spread of the virus. This is a public health emergency with the U.S. Department of Health and Human Services and Centers, and Centers for Disease Control and Prevention as the lead federal agencies.

The DOD Pandemic Influenza

Watchboard Web site provides a wealth of information regarding detection, surveillance and preventive measures associated with H1N1 Influenza. Visit the Web site at <http://fhp.osd.mil/aiWatchboard>.

The Federal Government is mounting an aggressive response to this outbreak. The Department of Health and Human Services is the lead federal agency within the U.S. for preparedness and response to this health emergency.

The Department of Defense is monitoring this public health emergency very closely. DoD laboratories are working in close cooperation with the CDC and the WHO in analyzing potential cases.

There are no indications of any impact from the pandemic to military operations.

The DoD will continue to preserve combat capabilities and readiness, save lives, and reduce human suffering for all service members, DoD civilians and their families.

The DoD is monitoring the health of the force to ensure we're taking the necessary precautions to educate and safeguard military and civilian personnel, as well as

family members. The DoD's worldwide medical surveillance capability is on full alert to detect further outbreaks of illness.

In the event this should become a greater health crisis, the DoD has contingency plans to ensure we can preserve the fighting strength of the military.

The DoD has contingency plans for coordinating with various government agencies to ensure we mitigate the impact on basic services for our citizens. Medical subject matter experts from the DoD will assist the interagency working group developing a Federal H1N1 Flu response plan.

Influenza is always serious - each year, in the United States, seasonal influenza results, on average, in an estimated 36,000 dying from flu-related causes.

The Public Health Emergency declared by the U.S. Department of Health and Human Services on April 26 remains in effect. The formal declaration of a PHE is a tool that facilitates HHS' preparation and mobilization for disasters and emergencies. The pandemic alert level has been raised to level six according to the World Health Organization.

H1N1 Statistics (Confirmed Cases)

Location	Cases	Deaths
U.S.	13,217	27
World Countries	19,273	117
Army	140	0
Navy	261	0
Marine Corps	78	0
Air Force	107	0
Coast Guard	3	0
U.S. PACOM		
Army	11	0
Navy	8	0
Marine Corps	1	0
Air Force	1	0
Coast Guard	6	0

Helpful Web sites

Centers for Disease Control: <http://www.cdc.gov>
World Health Organization: <http://www.who.int/en>
U.S. Government: <http://www.pandemicflu.gov>
Hawaii Department of Health: <http://hawaii.gov/health/about/H1N1.html>

Nestle issues recall of Toll House cookie dough

Press Release

U.S. Food and Drug Administration

The U.S. Food and Drug Administration warns consumers not to eat Nestle Toll House prepackaged, refrigerated cookie dough. Nestle voluntarily recalls all varieties of prepackaged, refrigerated Toll House Cookie Dough.

The FDA and the Centers for Disease Control and Prevention are warning consumers not to eat any varieties of prepackaged Nestle Toll House refrigerated cookie dough due to the risk of contamination with E. coli O157:H7 (a bacterium that causes food-borne illness).

The FDA advises consumers who have any prepackaged, refrigerated Nestle Toll House cookie dough products in their home to throw them away. Cooking the dough is not recommended because consumers might get the bacteria on their hands and on other cooking surfaces.

Retailers, restaurateurs and personnel at other food-service operations should not sell or serve any Nestle Toll House prepackaged, refrigerated cookie dough products subject to the recall.

Nestle USA, which manufactures and markets the Toll House cookie dough, is fully cooperating with the ongoing investigation by the FDA and CDC. The warning is based on an ongoing epidemiological study conducted by



File Photo

the CDC and several state and local health departments. Since March there have been 66 reports of illness across 28 states.

Twenty-five persons were hospitalized; seven with a severe complications. No deaths have been reported.

E. coli O157:H7 causes abdominal cramping, vomiting and a diarrheal illness, often with bloody stools. Most healthy adults can recover completely within a week.

Young children and the elderly are at highest risk for developing complications,

which can lead to serious kidney damage and even death.

Individuals who have recently eaten prepackaged, refrigerated Toll House cookie dough and have experienced any of these symptoms should contact their doctor or health care provider immediately.

Any such illnesses should be reported to state or local health authorities.

The FDA reminds consumers they should not eat raw food products that are intended for cooking or baking before consumption.

Consumers should use safe food-handling practices when preparing such products, including following package directions for cooking at proper temperatures; washing hands, surfaces, and utensils after contact with these types of products; avoiding cross contamination; and refrigerating products properly.

For more information on safe food handling practices, visit the FDA's Web site at <http://www.fda.gov>.

Consumers who have additional questions about these products should contact Nestle consumer services at 1-800-559-5025 and/or visit their Web site at <http://www.verybestbaking.com>.

For a complete listing of the recalled products go to: <http://www.nestleusa.com/PubNews/PressReleaseLibraryDetails.aspx?id=133CC131-A79F-4E84-9C43-C9F99FE5BC99>.

MUSTANGS, from B-1

- The Junior Midget division is for kids 10 to 12 years old who weigh 85-135 pounds.

- The Midget division is for kids from 11 to 14 years old weighing 105-160 pounds.

Children who are one year older than a particular divisional age limit can still play in the younger division if they are at least 20 pounds less than the maximum weight limit. For example, a 15-year-old player who weighs 115 pounds is eligible to play in the Midget division.

All of the football practices and home games will be at the Kailua Recreational Center Field, said Wayne Cazimero, president, Kailua Mustangs Football and Cheer Association. Currently, there are only about eight children from MCB Hawaii on their teams, but the Mustangs are looking for more, he said.

"Having military kids on our teams will benefit the Kailua Association very much," Cazimero said. "There are a lot of good players in the military, and we would love to have them get together with local players to bond as one and make our association stronger."

Practices are slated to begin Aug. 1 while the regular season is scheduled to begin on Aug. 29 and end in late October. Following the completion of the regular season, teams who make the playoffs will hold their games at Aloha Stadium. Also, during their regular season, the Mustangs in the Midget division will travel to San Diego to play in Junior Seau Sun Bowl game against a team from the mainland.

The cost for registration, complete equipment, weigh-in clothing and insurance is \$350 per participant or \$300 for additional siblings of participants who wish to play.

"We are looking forward to a great year, and hopefully we can have some of the military kids come out and help us make it to the playoffs," Cazimero said. "Also, a lot of youth players who are playing for us now have military kids for friends, and we are trying to get them to come out and play for us to be with their friends, and to make new ones."

For more information regarding the Kailua Mustangs Football and Cheer Association and how to register, contact Cazimero at either 542-5704 or 351-1660, or e-mail him at mcazimero@hawaii.rr.com.



Lance Cpl. Colby W. Brown

Chris Kendall, forward, Combat Logistics Battalion 3 Warriors, watches as a Patrol Squadron 9 Golden Eagles, defender clears the ball in an Intramural Soccer League regular season game Tuesday. The Golden Eagles came out on top, 4-2, over the Warriors.

FUTBOL, from B-1

and saved the goal.

Being down by one and having referees call end of the half early, the Warriors started getting frustrated on the field and a player from the Warriors was given a warning for swearing on field.

The referee's call did not distract Eric Evers, forward, Golden Eagles, as he went down field and scored with an assist off of a long pass by Davidson Taveras, mid fielder, Golden Eagles.

At the half the score was 2-0, Golden Eagles.

As Levine addressed his team during halftime the only thing said was, "I've got nothin'. Y'all are doin great out there!"

On the other side of the field the situation was different.

"We're down, so what?" said Mario Virgen, head coach, Warriors. "The game can change like that (snapping). Play hard like I know you can."

The second half was much like the first with a non-stop pace which kept the ball rolling both ways.

The Golden Eagles scored again with a shot by Eric Evers, forward, Golden Eagles, who put the ball in goal while the

Warriors' goalkeeper was recovering from blocking a shot seconds before.

The Warriors had enough, brought the ball back down the field and slammed the ball into the back of the Golden Eagles' net. The goal was made by Rob Escobar, forward, CLB-3, who rebounded the ball as it bounced off a goal post and shot it into the goal.

The Golden Eagles continued to stall time, slowly getting the ball when kicked and walking to the center of the field when scored on.

But the Warriors kept their, pace scoring again when Chris Kendall, forward, Warriors, wove through Golden Eagles' defenders and slipped the ball past the goalkeeper.

The Golden Eagles were not done. They took the ball back down the field and Brandon White, forward, Golden Eagles, scored their last goal.

The Warriors tried to push the ball back down field and to make up for the first half but could not make the push as the referee blew the final whistle.

"A loss is better now than in the playoffs," Virgen said. "In the playoffs we'd be going home."



Photo Courtesy of the Kailua Mustangs Football and Cheer Association

Members of the 2008 Peewee division Kailua Mustangs, who play in the Oahu Pop Warner Football League, are shown after a regular season game at Kailua Recreational Center Field. The Mustangs are looking for Marine Corps Base Hawaii participants to register for three of their teams in the 2009 season before the registration deadline, which is August 1.

Spotlight On Sports

Sports Briefs

Water Sports at Base Marina

Enjoy kayaking, canoe paddling, surfing or stand-up paddling with equipment rented from the Base Marina! Arrangements can be made to use the equipment at the Marina, base beaches or in areas outside of Marine Corps Base Hawaii. For more information, call 254-7666.

Parents for Fitness

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

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

For more information, call Allison at 744-5977 or MCBHcoop@hotmail.com.

Paintball Hawaii

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

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

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

K-Bay Lanes

Knock 'em down at the bowling alley or enjoy some knock-out food at the bowling alley's cafe. The base bowling alley has new hours:

Monday-Tuesday: 5 - 9 p.m.

Wednesday-Thursday: 11 a.m. - 10 p.m.

Friday: 11 a.m. - 1 a.m.

Saturday: 11:30 a.m. - 1 a.m.

Sunday and Holidays: 1:30 p.m. - 9 p.m.

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

Personal Trainers Available at Semper Fit

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

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

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

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

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

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

Fishing Charters Available at MCB Hawaii

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

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

Semper Fit Offers New Array of Aerobics

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

Okinawa Kenpo Karate

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

Adults and children are welcome.

Costs for classes are \$35 for adults, \$25 for children, and \$20 for additional family members. For information, call MCCS Youth Activities at 254-7610.

Commander's Fitness Series

To register for events in the Commander's Fitness Series visit the Semper Fit Center or go online to <http://www.mccshawaii.com/cgfit.htm>.

For more information about the events, call Tina Lui at 254-7590.

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

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

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

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

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

An amphibious assault is coming to Kaneohe Bay. As they

are trained to do, the Marines and sailors aboard MCB Hawaii will be passionately hitting the surf and the turf around the Marine Corps Air Station. This is not a training exercise, it's for real. It is the HSL-37 "Easyriders" Splash & Dash Biathlon.

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

MCAS Tradewind Triathlon Sat., Nov. 1

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

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

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

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

Need a flexible workout?

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

Semper Fit Group classes

Cardio Kick

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

Boot Camp

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

Cardio Challenge

This class will help revitalize you for the rest of the day. All levels are welcome. You raise your heart rate and increase your endorphines.

Early Risers

Here is a class for the early birds! Sign your unit up for unit physical training sessions led by one of the Semper Fit instructors. The sessions will include cardio training and muscle endurance exercises to jump start your metabolism for the day.

Cycling

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

High Intensity Circuit Training

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

Gut Cut

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

Pilates

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

Muscle Conditioning

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

Step

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

Step and Tone

The best of both worlds in one class! A great Step class and some resistance training in an hour and 15 minutes. Get your heart pumping with an upbeat step session that will tone your muscles.

Step Challenge

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

Stretch and Strength

Strong muscles need stretching attention. This class uses body weight strengthening exercises and focuses on stretching muscles to maintain optimal range of motion.

Water Aerobics

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

PiYo

If pilates and yoga were mixed together, this is what you would get. This class will help develop strength, flexibility and balance to sculpt long, lean muscles. With pilates, yoga and a combo of upbeat moves, this mat class will get your blood flowing while re-shaping you from head to toe.

Speed and Agility

Swifter, higher, stronger! Train like an athlete! This class focuses on developing strength, power, balance and agility while maintaining flexibility. Dynamics of this class include plyometric-type exercises designed to produce fast, powerful movements, and improve functions of the nervous system while increasing foot speed.

Zumba

This is a Latin inspired, dance-fitness class incorporating international music and dance movements. It includes a combination of fast and slow rhythms, that tone and sculpt. The class integrates aerobic, interval and resistance training. Dancers and non-dancers will have a blast while getting an incredible workout!

For more information on group classes call 254-7597

Hours of operation:

Monday-Friday, 4:30 a.m. - 10:30 p.m.

Saturday, 7 a.m. - 10 p.m.

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



Cover the world in paint!

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

For more information, call 265-4283

Intramural Sports Updates

2009 Intramural Soccer League

TEAM	Standings			
	WINS	LOSSES	TIES	POINTS
CLB-3	8	1	0	16
HQBN	6	1	2	14
VP-47	4	3	2	10
HSL-37	4	4	2	10
VP-9	4	4	2	10
MALS-24	2	6	2	6
MCAS	0	9	0	0

Current as of June 23

Schedule

June 30

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

July 2

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

Playoffs start July 9

All teams make the playoffs

It will be single elimination

**Come out to support your team
in the playoff games!**

2009 Intramural Spring Softball League

Standings

TEAM	WINS	LOSSES
ASP - HQBN	12	0
HMH-463	12	1
Jokers - VP-2	10	3
1/12	8	5
1/3 Weapons	8	5
Irish Pub HMH-363	8	6
PMO	7	8
3rd Marines	6	8
VP-47	5	7
CLB-3	7	9
HSL-37	6	9
VP-9	5	9
MALS-24	3	12
MCAS	3	12

Current as of June 23

Playoffs start June 29 - July 10 or until tournament is done. All teams make the playoffs. This is a double elimination tournament.

**Remember
to
Recycle!**

**Think before you throw
it away! You may be
able to recycle it.**

**Recycle glass, plastic,
white paper, newspaper,
cardboard and aluminum.**

FOOTBALL, from B-1

join the team, Gamble said.

Each team is only issued out a certain amount of gear at the beginning of the season. Therefore, people who are interested in playing should start attending practices as soon as possible in order for coaches to have a better idea of who wants to play, and what gear the team will need.

"You come, you train, and you earn your pads," said Mikel Scott, offensive coach, MAG-24.

The Intramural Football League gives the players opportunities to show unit pride out on the field.

"It gives you an opportunity to represent your unit in a positive way," Gamble said.

For MAG-24, this year's season looks to be a

promising one.

"We're twice as good as last year," Hirschert said. "I don't want to lose a single game."

The biggest competition MAG-24 will have is the Camp H.M. Smith Mountain Raiders, the reigning champions from last year's playoffs.

"From what everybody's telling me, Camp Smith is the team to beat," Gamble said.

Hirschert is not as concerned with the reigning champs.

"Camp Smith, come get some," Hirschert said. "I'll be number 5 so come get some,"

Every team seeks to win the championship, but since MAG-24 were league champions in '07 and lost the championship in '08, MAG-24 has their eyes set to comeback from a losing season and end up on top.

"I'm looking forward to bringing the championship back to MAG-24," Gamble said.

KID, from B-1

children the opportunity to meet other children and make friends.

Children who have previously participated in Kid Fit may have a slightly different experience if they go a second time.

While Li's session focused more on sports like kickball, Bolthouse plans to include Zumba [an aerobics workout] as well as yoga, in the upcoming July session, tailoring each activity toward children.

Li and Bolthouse said the most popular games at Kid Fit are dodgeball and relay races.

"I like the relay races [because you have to work as a team]," said Sierra Tontini, 10. "[Kid Fit] teaches kids how to stay healthy."

Participants Abbie and Sam Vanskike both said they like to play dodgeball.

"I think the instructors are really nice and they always have fun games for us to play," Abbie Vanskike, 10, said.

Michelle Elliott, of Kailua, enrolled her children in Kid Fit so she could have time to workout and also inspire fitness in her children. Christian and Renee Elliott said Kid Fit is fun and they especially like playing "Prisoner."

"It's like P.E. and recess all rolled into one," said Anastasia Benson, fitness instructor, Semper Fit. She said her sons have already participated in Kid Fit at least four times. "They always come home sweaty. I love it."

Benson's son, Aidan, shares his mother's



Kristen Wong

Kai Newall, 9, Christian Elliott, 9, Connor Estok, 7, and Sam Vanskike, 10, are determined to beat the girls in a tug of war game June 17. The game was part of the Kid Fit program at Marine Corps Base Hawaii held by the Semper Fit Center.

positive attitude about the program.

"It's fun to go to and [it has] a lot of activities to do," said Aidan Benson, 11. "You won't just be bored at home."

The next session of Kid Fit is scheduled from July 13 to 24. Parents interested in registering their children for Kid Fit must come to the center and fill out a form.

If there is space available, children can register up to the actual starting date of the program, though Li said the spaces fill quickly.

The cost for the program is \$45, and \$35 for additional children of the same family.

For more information about Kid Fit call 254-7597.

Hawaii Marine
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Spray 'em



Photos by Lance Cpl. Alesha R. Guard

Brian Tuthill, Public Affairs Office, Headquarters Battalion, hides in Paintball Hawaii's "Combat Town," patiently waiting for an attacker to spray with paintballs Sunday. Paintball Hawaii, located on Marine Corps Base Hawaii, offers paintball and airsoft to all Department of Defense personnel and their guests.



Colby W. Brown hides from defenders in thick brush near Paintball Hawaii's "Combat Town" while playing "Attack and Defend" aboard Marine Corps Base Hawaii Sunday.

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



Danny H. Woodall locates, closes with, and prepares to destroy an opposing team member on the MCB Hawaii Paintball Hawaii speedball field Sunday.

808 Paintball Hawaii Adventures

Lance Cpl. Alesha R. Guard
Combat Correspondent

Roland Manahan loves paintball and has been playing for more than 20 years. In 2002, when the owners of Paintball Hawaii announced they were leaving the business, the retired sailor saw an opportunity he couldn't let pass him by.

Roland and his wife Rachelle have been running the fields of Paintball Hawaii aboard Marine Corps Base Hawaii ever since, happily serving Department of Defense personnel and their guests to an unforgettable experience.

"I think it's a great team building activity where you can enjoy the outdoors and get some exercise," Rachelle said.

The two playing fields of Paintball Hawaii provide great grounds for both large and small team matches, said Brandon Adams, Paintball Hawaii referee, whose been enjoying playing for more than three years.

"I think people like it here because there's a lot more bunkers on our speedball field which makes the games last longer," Adams said.

Instead of a few large air-filled balloon bunkers like other venues, the Paintball Hawaii speedball field is a maze of numerous tall and short plastic walls and cylinders.

"I prefer the speedball field to ["Combat Town"] because it's more strategic maneuvers at a faster pace," said Jason Fields, Paintball Hawaii referee

See PAINT, C-4

PASS IN REVIEW

Your weekly guide to all aspects of entertainment

Welcome to the Pass In Review, your number one source for cinema, music, video game 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.



'Year One' has just one laugh

Lance Cpl. Danny H. Woodall
Photojournalist

Outmatched by blockbuster action/adventure flicks, summer comedies have to offer something different to moviegoers in order to draw a crowd by either introducing audiences to fresh characters or by being outrageously crude and shocking, such as "The Hangover."

"Year One" does neither. Instead, it regurgitates generic jokes and utilizes over-played characters which audiences have seen in countless other forgettable comedies. As seen in a series of outtakes in the ending credits, director Harold Ramis and his cast seemed to be enjoying themselves while making the movie, but watching it wasn't nearly as enjoyable.

Perhaps there was a collective feeling of soon-to-be-Monday apprehension during the packed Sunday afternoon showing of "Year One," but the audience was quieter than they should have been when watching a summer comedy. I frequently felt required to laugh at certain points during the film, but it seemed forced, which is exactly what the movie played out to be: a series of forced jokes.



(High and to the Right)

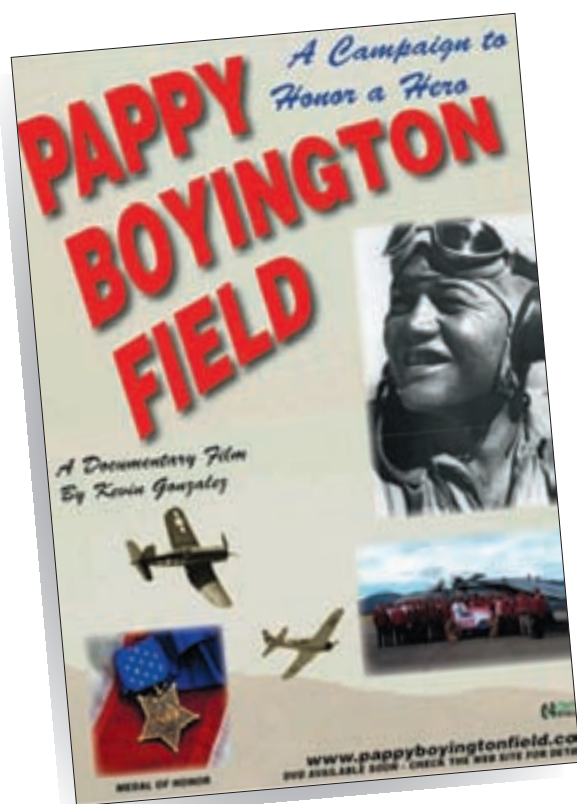
ful with women. The story unfolds after Zed eats fruit from a forbidden tree and is subsequently banished from the group after accidentally setting the village on fire. Searching for a fresh start, Oh decides to follow, and the duo sets off on an adventure which inexplicably spans several thousand years of humanity's cultural evolution.

The film's dialogue is a mixture of modern colloquialisms and biblical speech, which is only funny for the first half-hour. "Year One" borrows a lot from the Old Testament.

Zed and Oh encounter many biblical characters including Cain, Abel and Abraham on their way to the ancient city of Sodom in an attempt to rescue two captured damsels from their old tribe. Due to the inclusion of several characters over a long period of time, "Year One" seems more like a series of skits weakly strung together, or in some cases, not at all.

Cera plays the same character in "Year One" as he has in every one of his films as well as the short-running, albeit brilliant television series "Arrested Development." He is neurotic, socially awkward and insecure, while Black is portly, abrasive, and hopelessly dimwitted. As in all buddy-comedies, there are a lot of comedic possibilities in the juxtaposition of two such opposite personalities, but "Year One" misses a lot of chances. Rather than playing off of their differences, the movie relies heavily on supporting characters who help with transitioning the plot but don't deliver laughs.

Ultimately, the movie feels like a mediocre tribute to Mel Brooks' "History of the World, Part I." "Year One" has its moments, but it would have been a lot funnier if the best parts were condensed into a ten-minute Internet sketch.



'Pappy' flies into hearts with new documentary

Lance Cpl. Bryan G. Carfrey
Special to Hawaii Marine

He had little trouble shooting down 28 Japanese aircraft, he had little problem leading his squadron to 97 confirmed kills over a three month period in 1943-1944, he had little issues with accepting a Medal of Honor and a Navy Cross, but he had a hard time winning the hearts and minds from his hometown.

Col. Gregory "Pappy" Boyington was one of the most decorated and prestigious fighter pilots in the world during WWII.

Boyington, born and raised in Coeur D'Alene, Idaho, was awarded the Medal of Honor and the Navy Cross for his actions in the Solomon Islands from Sept. 12, 1943, through Jan. 3, 1944, as commanding officer of Marine Fighting Squadron 214.

The aerial battles going on over the Solomon Islands, a group of islands east of New Guinea, played a major role in the war in the Pacific. The Japanese had seized control of much of the region. Boyington's squadron played a big factor taking it back.

The story reached first time film maker and former Marine Kevin E. Gonzalez. In turn, he made the documentary "Pappy Boyington Field."

The film documents the struggle of getting a local airport in Coeur D'Alene named after the war hero. After all, he was awarded the Medal of Honor and a Navy Cross ... should be a simple task right? Not so fast.

As the film shows, plenty of hurdles and resistance were in the path for the Marine Corps League's Pappy Boyington Detachment, who led the charge in this mission.

The documentary opens with a segment entitled "War in the Pacific," and has four vignettes of WWII Marines

recounting their experiences; a Marine who was part of the landing force at Iwo Jima, a Marine who was injured during a Kamikaze plane attack, a Marine who was part of the Guadalcanal campaign, and a Marine who was captured by the Japanese and held in a prisoner of war camp for over three years. The scene brings the audience immediately into the WWII era.

It consists of interviews with many former Marines from the WWII time frame as well as Boyington's family members including his son, a retired colonel from the Air Force, and his grandson, currently serving in the Marine Corps.

The film also includes some good archived video from the war and an interview with actor Robert Conrad who played Boyington in a popular 1970's television series titled "Baa Baa Black Sheep." The television show was based on and named after Boyington's best-selling book written in 1958.

The film documents some of Boyington's struggles as well, like eventually being shot down and captured in January 1944 by the Japanese and being held as a prisoner of war for the duration of WWII.

It's about half way through the 65-minute film the reasons for the hesitancy to name this airport after him is mentioned. To know these reasons watch the documentary.

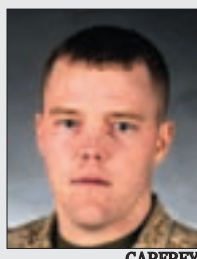
The film is one in which all Marines should find time to watch. It's an interesting story of a Marine Corps hero, rich in history and tradition.

Editor's Note: There will be a special presentation of "Pappy Boyington Field," Monday at 6:30 p.m. at the Base Theater.



(Confirmed Kill)

Better Know A Critic



CARFREY

Lance Cpl. Bryan Carfrey view documentaries with a different eye and mindset than a feature film. He looks to be both entertained and educated when watching a documentary. Watching a feature film, he expects to be entertained and hopes to be educated. His favorite documentaries would have to be Baseball and Civil War both by Ken Burns and my favorite films would be "Major League" and "The Departed."



WOODALL

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

Quick Hit "The Sims 3"

3 out of 4 (On Target)

Brush up on your Simlish, with the latest in the Sims series from EA Games. The new game is faster and offers even more options to play with your virtual characters. Players have even more godlike control over their creations, allowing Sims to seamlessly go "into town" for work, school and interacting with others. Richer graphic controls allow you more choices over hair and skin color for your characters. The game also sports a new system using traits to customize their personalities. Despite having slightly repetitive themes, the game appeals with a lot of customization. Will your Sims find fortune, true love or despair? You decide.



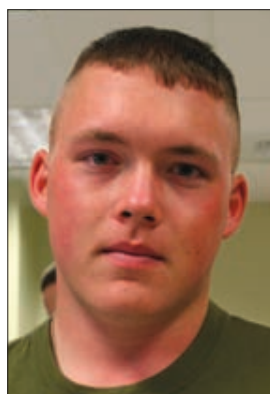
Christine Cabalo

TALK*STORY

Researchers have discovered many people like getting up early in the morning because of their genes.

What is your first thought when you wake up in the morning?

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



"Not again."

— Pfc. Shawn Walker



"I'm hungry and I have to go to the bathroom ... unless I have a good dream."

— Pfc. Raymond Cintrom

"Another day, another dollar."

— Lance Cpl. Robert Radecki



1/3's single Marines deal in for Monte Carlo Night Kahuna's

Lance Cpl. Kevin M. Beebe

Combat Correspondent

Marines from 1st Battalion, 3rd Marine Regiment, hosted a Single Marine Monte Carlo Night, Friday at Kahuna's Bar and Grill.

The event was held to welcome the Marines back from Iraq, said Matthew Wilson, family readiness officer, 1/3.

The battalion returned from a seven-month deployment to Iraq in March. Due to leave and post-deployment training, 1/3 is just now able to host an event for the Marines.

"We wanted to do something special," Wilson said. "It's all about helping the single Marines."

The old Marine Corps family readiness plan used to focus only on Marines with spouses and children, Wilson said.

"The new family readiness plan is about the whole Marine Corps family. Whether that's the Marine Corps you enlisted into, were born into or married into," Wilson said.

Monte Carlo Night was targeted to reach Marines that don't have family on base.

"We had a family day when the Marines first returned from deployment, but it's hard for the younger junior Marines to have fun and enjoy it," Wilson said.

Wilson said they try to do what they can to help those Marines out, and a casino night seemed like it would be fun for them.

"We received a lot of extra money from Headquarter Marine Corps, and they said to take care of our people, and we thought we could do something special for the single Marines," Wilson said.

The event was open to single Marines, E-5 and below, from the battalion.

Wilson said when Marines return from a deployment there's not much for single Marines to take part in, so this is a great oppor-

tunity to help them.

The event boasted a barbeque, live band, inflatable obstacle course, and casino using fake money and poker chips. There were also ticket raffles throughout the event and a visit from waitresses from a local Hooter's restaurant.

Some of the prizes given out for the raffle were T-shirts, a DVD player, and dinner for 12 at Hooter's.

"The casino was a big success," Wilson said. "It started off slow but the Marines really seem to be enjoying it."

"The food was awesome," said Lance Cpl. Michael Wagner, assaultman, 1/3.

Wagner also said he would like to have events like this more often. "It's a positive place for us to have fun," he said.

Wagner said it gives the junior Marines an opportunity to interact in a relaxed environment with their noncommissioned officers.

The only suggestions Wagner had about the event was he would like it to start earlier and to have one every Friday.

Wilson said the Marines training schedule is so rigorous it's hard to plan events.

"We try to do as much as we can," Wilson said, "We have barbeques and team building exercises, but the operational tempo doesn't allow us to get out and do a lot of things."

Right now there are tentative plans for an event to be held before the Marines leave for Afghanistan in the fall.

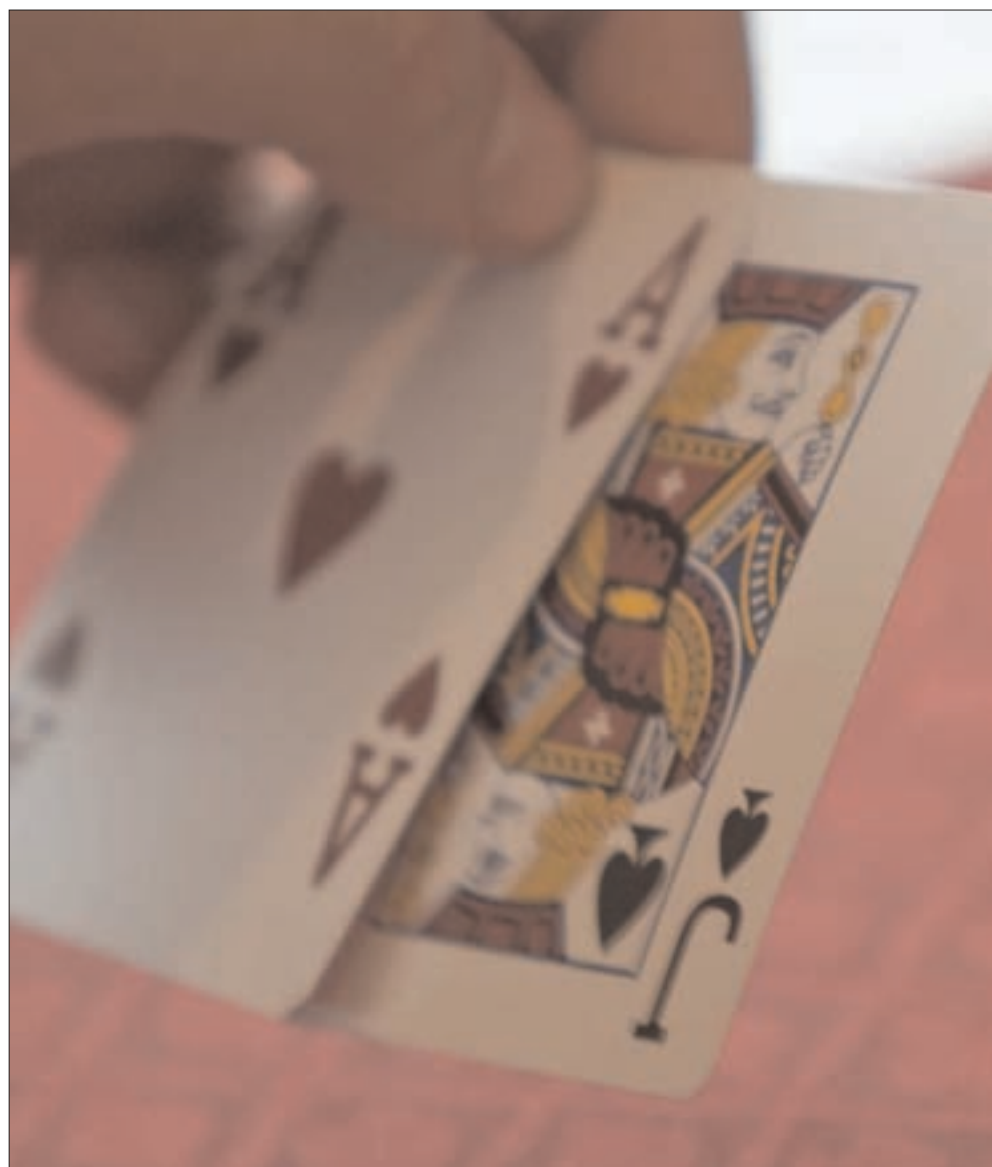
"All of these things wouldn't be possible without the support of [Lt. Col. Matt Baker, Commanding Officer, 1/3 and Sgt. Maj. Dwight Jones, Battalion Sergeant Major, 1/3]," Wilson said.

"They really pulled out all the stops financially to make sure we put on something good for the single Marines, and without them it wouldn't be possible for us to do this."



Photos by Lance Cpl. Kevin M. Beebe

Lance Cpl. Kelly Clifton, rifleman, Bravo Company, 1st Battalion, 3rd Marine Regiment, decides how to play his cards at a black jack table June 19 during Monte Carlo Night at Kahuna's Bar and Grill. The event was held for single Marines E-5 and below from 1/3.



Blackjack was one of the games offered at 1/3's Monte Carlo Night for their single Marines.



Sherry Eatmon, singer, Mo'o Soul, provides live music for the single Marines of 1/3 during Monte Carlo Night at Kahuna's Bar and Grill.

L.I.N.K.S. course empowers spouses for life in the Corps



Kristen Wong

Samantha Peschka, a native of Vancouver, Wash., and a L.I.N.K.S. mentor, teaches attendees at a L.I.N.K.S. course in January. Many guest speakers like Peschka are featured during the two-day class at Marine Corps Family Team Building's conference room.

Kristen Wong

Photojournalist

The Lifestyles, Insights, Networking, Knowledge and Skills course, part of the Marine Corps Family Team Building program, graduated four recently-married spouses Wednesday evening.

Tiffany Ball, Firda Paredes, Sara Marshall and Tiffany Tuthill took part in the two-day (three hours each day) L.I.N.K.S. course which teaches spouses how to better handle military life, from learning acronyms to facing deployment.

L.I.N.K.S. is open to military spouses and active duty service members free of charge.

Staci Holt, a L.I.N.K.S. trainer, facilitates the course, which includes a number of guest speakers and multiple handouts.

Each participant receives a special L.I.N.K.S. binder filled with information about the United States Marine Corps and Navy, students also received a tote bag with educational

books, pamphlets and a DVD.

Guest speakers at the course included chaplains, career retention specialists and other spouses. Classes also include information about different aspects of Marine Corps culture, including acronyms, history, hierarchy and etiquette.

Active duty service members and military spouses are not the only ones learning from these courses.

All unit family readiness officers at Marine Corps Base Hawaii are required to complete a L.I.N.K.S. course.

June's class concluded with a graduation ceremony and remarks from Col. Robert Rice, base commander, MCB Hawaii, who presented the certificates of completion to each student. Rice spoke highly of the course, encouraging spouses to return for a second course if they are still affiliated with the military five years from now, because the course is always changing.

For more information on L.I.N.K.S., contact Holt at 257-2368.

LINK UP TODAY!

Contact Staci Holt today and reserve your seat for July's L.I.N.K.S. class!

Call 257-2368 for details.

Father's Day Fishing



Photos by Lance Cpl. Cassandra Yoho

Jerry Shepard, a fishing participant, teaches Ramon Salazar, 3, how to wait for the right time to lift his can fishing pole out of the water to catch his fish at the fresh water pond at the Ho'omaluhia Botanical Garden in Kaneohe Sunday.



Denise Zagorski, who brought her kids to 3rd Battalion, 3rd Marine Regiment's fishing trip, catches her first fish of the day and yells for help for one of the nearby Marines. Zagorski has never gone fishing and said she was not interested in touching the fish.

3/3 families come together for fishing trip

Lance Cpl. Cassandra Yoho

Combat Correspondent

Rain clouds and showers didn't stop the families of deployed Marines from 3rd Battalion, 3rd Marine Regiment, from coming out for an afternoon of fishing. Fishermen grabbed their bamboo poles and made their way through the Ho'omaluhia Botanical Gardens to a fresh water pond Sunday.

Families were given the opportunity to fish from 10 a.m. to 2 p.m. With most of 3/3's father's deployed, mothers stepped up to the plate this Father's Day and make their children's fishing experience a fun one. Some were a little hesitant about getting too close to the fresh water fish they were catching.

"Someone help me!" yelled Zagorski, who attended the event with her children, as the fish she caught hung from her cane pole. "I'm not touching this fish!"

Luckily Marines from 3/3's Remain Behind Element were at the event to assist family members with baiting the hooks and releasing the fish.

"This is my first time fishing," said Denise Zagorski. "I'm happy to do it for the kids though — anything for them. I know they are really enjoying it."

It was many of the youngsters' first fishing experience and they described it as a fun one. Many of the young fishermen caught multiple fish during the short time they were at the pond.

"I caught this many fish," said Ramon Salazar, as he held up three fingers. The 3-year-old yelled with excitement as he caught his third fish.

After catching fish kids were quick to re-bait their hooks and get their poles back in the water hoping to catch another.

Stefan Zagorski, 7, said he was getting frustrated because the fish kept stealing his bait, and he couldn't pull his bamboo pole quick enough to catch another fish.

A Marine, eager to help the little boy, took his cane and tried to snatch the fish.

"Get him! Get him! I want to catch that one!" shouted Stefan Zagorski, to the Marine who tried his best to catch the fish from the very edge of the pond.

The 7-year-old jumped up and down with excitement, hoping the Marine can catch the fish. Unfortunately the fish got away, but Stefan Zagorski didn't let the quick, bait-stealing fish get him down. He was determined to catch another before the end of the day.

Weather conditions aside, 3/3 families said they were happy they came out for the fishing trip. It was enjoyable to get out of the house and have some outdoor fun.

Newt Samson, 3/3's family readiness officer, said he decided to organize the free event as a way for families to celebrate Father's Day.

"Even though the guys are deployed, I think it's still important for the families to have something to do to celebrate the holiday," Samson said. "It also gives families time to mingle together and network with one another."

At the end of the event, families packed up their fishing gear and walked back through the gardens. Some family members said they were happy to leave with new memories and a good first time fishing experience.



Ramon Salazar, 3, catches his third fish of the day during 3rd Battalion, 3rd Marine Regiment's fishing trip at the Ho'omaluhia Botanical Garden in Kaneohe Sunday. The free fishing event allowed family members of deployed 3/3 Marines to celebrate Father's Day even with their loved ones deployed.



Photos by Lance Cpl. Alesha R. Guard

Colby W. Brown provides cover fire from a concealed position Saturday at Paintball Hawaii.



Colby W. Brown and Kevin M. Beebe get to their feet and race their opponents back to their paintball guns after starting the match centerfield, back-to-back and unarmed.



Daniel H. Woodall winces as he is attacked from his unguarded flank in "Combat Town."

PAINTBALL from C-1

and paintball player for more than 11 years. "It's a great stress reliever and a great [workout]."

Because of the many bunkers, players can sprint around the field for over 10 minutes before all the players are shot, Adams said. The longer games allows time teammates to develop tactical game plans.

"It's an adrenaline rush exchanging fire with the other players," said Peter Hachida, Paintball Hawaii referee, whose been enjoying playing for more than three years.

Across from the speedball field, hidden among tall grasses and trees, lays the close quarters field which players call "Combat Town."

"I think paintballers really enjoy the close quarters of Combat Town," Hachida said. "Players can open and close its doors so you never know what's coming around the corner. It's a lot of suspense."

Made of walk-in metal storage containers, the hidden bunker-house provides a setting where cover and concealment is key. Players inside the house can peak out windows and open or close the doors as they watch for attackers circling in the grass outside.

Combat Town provides a great environment to play "attack and defend," Adams said. While one team is

secluded to staying inside the house, left only to defend against the attackers, the second team begins outside in the tall grass and can disperse themselves freely on the field.

Whether attacking or defending, Adams said playing on either paintball field helps promote communication between teammates.

"Paintball is definitely a team sport which works a lot better when you work together as a team," Adams said. "Once communication starts flowing, everyone on the team begins talking more and helping each other out. It also helps you to start building trust and confidence in each other."

To help build camaraderie, the paintball fields are often used by patrons as a teambuilding exercise, Rachele said.

"We do a lot of unit barbecues, PT training, corporate events and birthday parties," Rachele said. "We enjoy being able to support the military families and providing them something fun to do."

Paintball Hawaii provides the picnic tables, awnings and fun — all you have to bring is the grill.

For more information on Paintball Hawaii, visit <http://www.paintballhawaii.com>.

More support for EFMP-enrolled families

Christine Cabalo

Photojournalist

Families with special health needs have more options with an update of the Marine Corps policies for the Exceptional Family Member Program.

Among several planned changes, the update states families have the option of applying to stay where they have assured access to needed health or educational facilities while their sponsored service member leaves for another duty station.

"A sponsor can opt to take a bachelor geographic assignment and leave the family in their current area," said Roberto Katekara, EFMP manager, Marine Corps Community Services. "In other words, [they could] stay here in Hawaii but offer the opportunity for the sponsor to move to the mainland. It keeps the family here to continue their educational or health services."

A request for this must be made through Headquarters Marine Corps, but the EFMP office can assist families in the application process. If approved, the process also calls for service members to submit an official written waiver request to retain their basic housing allowance.

The policy change also notes Marines and sailors must have issued orders for permanently changing stations before applying through their EFMP office about a request for their family to have a continuation on location. No requests can be made before the orders are issued.

Family members with severe physical or mental conditions are the focus for

this policy, Katekara said, as it does not apply for those who will have access to similar health facilities at their new duty station.

Educational and health services covered in the policy include specialized medical treatments such as surgeries for life-threatening diseases, where a move would stop needed services or care. The update also calls for consideration of the



needs for exceptional family members, offering assignments in locations with nearby facilities.

"[The policy] gives them an option," he said. "It helps the stability of the family."

Katekara said the policy update is one of several changes families can anticipate to see, as a new fully updated

Marine Corps Order for the program is expected. The last update to the order was in 1997.

The EFMP changes will hopefully offer more support for the families of Marines and sailors, said Valerie Morris, a parent whose family is enrolled in the EFMP at Marine Corps Base Hawaii.

"I think it will allow families who need, but don't take advantage of the services to do so," she said. "Some worry they won't receive certain orders, but it won't put a restriction on their career."

Morris first found out about EFMP when she and her husband learned about it while he was stationed at Marine Corps Base Quantico, Va., in 2007.

Initially, the program helped her find needed resources as her family moved to MCB Hawaii, especially for her son who was diagnosed with an autism spectrum disorder.

An attendant of the EFMP support group meetings offered at MCB Hawaii, Morris said parents must be informed about all of their options for care. She said she's especially thankful for the care available for her son and her twin daughters who benefit from the program.

"Here in Hawaii we're fortunate," she said. "We have access to therapists, but I know it's difficult for those who don't have enough access to therapists or don't have the home care they need."

For more information about the Exceptional Family Member Program, call 257-7782 or log on to <http://www.mccshawaii.com/efmp.htm>.

EFMP enrollment a must

Quantico Marine shares her story enrolling daughter in EFMP

Sgt. LaToya T. Graddy

Combat Correspondent

MARINE CORPS BASE QUANTICO, Va. — In October 1999, my daughter was 3-months-old and I was a first-time parent. One evening while I was playing with her, she started to grasp for air. I didn't know what was going on — she had not been eating, nor had she put anything in her mouth.

I picked up the phone and called the duty nurse — the number they tell you to call for medical advice. She didn't answer the phone.

I called 911. It took too long to get a response (or maybe I was being impatient).

Finally, I called a friend and told her to meet me at the hospital. My friend told me to calm down and explain what was wrong, so I did.

She told me my daughter was having an asthma attack. It turned out my friend was also asthmatic, as well as her siblings and three of her four children. She gave me instructions to help control her breathing enough to get her to the hospital.

After several emergency room visits, I alerted my command, and the unit sergeant major asked my section, "Is Graddy a member of the Exceptional Family Member Program?" Nobody in my shop knew about the program, so the sergeant major directed that all individuals "get smart" about EFMP.

EFMP's primary mission is

to ensure the special needs of a family member can be met at a new duty station, said Jannie Gooden, EFMP assistant coordinator here.

Most people assume a family member must have a mental illness or have a visible medical condition to be placed on the program, but that is not the case. Because of my daughter's asthma, I have been part of the program for the past six years.

When assigning service members to new duty stations, Marine Corps monitors pinpoint assignment locations where exceptional family members' special needs can be met. The monitor will then place the service member in those areas.

Service members must ensure EFMP enrollment is up-to-date to ensure the monitors have the most accurate information.

"Enrollment in EFMP is mandatory upon identification of a special need," said Gooden.

In order to be assigned to EFMP, service members must complete the Exceptional Family Member Medical and Educational Summary, or Department of Defense forms 2792 and 2792-1. Individuals can go to their unit EFMP representative for assistance with the enrollment process and referrals to the EFMP coordinator.

Unit representatives also acts as liaisons between enrolled EFMP service members and the EFMP coordina-

tor.

Once a service member is enrolled in EFMP, he or she will be assigned to one of the four EFMP categories, which are as follows:

Category I -- The exceptional family member's special needs do not limit duty assignment for the service member.

Category II -- The service member must have pinpoint assignment overseas and within the continental United States.

Category III -- The service member cannot have any overseas assignments.

Category IV -- The service member must be assigned to duty stations near major medical areas with the U.S.

"EFMP is a great program, and along with my command's support, it is making things go a lot smoother with my daughter," said Gunnery Sgt. Richard Prather, Marine Security Guard Battalion operations chief.

"There are programs out there like EDIS (Early Intervention and Development Services) and ECHO, which can assist families with care and help," said Prather. "You just have to be proactive and look for them. I do because my daughter's life depends on it."

According to the Military Homefront Web site, there are two functions of EFMP, a personnel function and a family support function.

The EFMP personnel function is:

- Mandatory for all active

duty service members

- Standard across all services
- Identifies family members with special medical or educational needs

- Documents the services required

- Considers those needs during the personnel assignment process, especially when approving family members for accompanied travel to overseas locations

- Involves the personnel and medical commands and the Department of Defense educational system overseas

The EFMP family support function

- Not mandatory

- Differs from service to service

Service members who receive permanent change of duty station orders must check out with their current EFMP coordinator to ensure that all records are forwarded to their new EFMP coordinator.

This eliminates possible delays in medical services, housing placement, or special services needed for exceptional family members.

For more guidance on EFMP, refer to Secretary of the Navy Instruction 1745.5A, Bureau of Medicine and Surgery Instruction 1300.2, and Marine Corps Order P1754.4A or contact the Marine Corps Base Hawaii EFMP office at 257-7782.

For more information on EFMP or to download DD 2792 and DD 2792-1, visit <http://www.efmconnections.org>.

MOVIE TIMES

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

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

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

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

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

"Star Trek"
 "The Soloist"
 "Obsessed"
 "Ghosts of Girlfriends Past"
 "Battle for Terra"
 "The Soloist"
 "Crank: High Voltage"

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

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

Volunteer Opportunities

Reaching out to help one another

Volunteers Needed for Community Project

Volunteers are needed to help at Our Lady of Mount Carmel Catholic Church Saturday from 8:30 a.m. to 2 p.m. with installation of donated pews, trim trees, and other repair projects on the property. Some skill with tools is a plus but there are many jobs to do.

Refreshments and lunch will be served.

The church is located in Waikane. Call Art Machado at 845-4111 or 351-5198; or Father Paulo at 239-9269.

All Enlisted Spouses Club Thrift Shop

The All Enlisted Spouses Club Thrift Shop, located in Building 212 (Pless Hall), is in need of volunteers to assist with thrift shop-related tasks such as sorting and hanging clothing items, cleaning, gardening and other tasks.

Thrift Store hours are 9 a.m. -

1:30 p.m. Monday through Friday except Wednesdays (store is closed) and on the first Saturday each month from 10 a.m. - 2 p.m. for Bag Sale days.

Please call 254-0841 or email mcbhaesc@yahoo.com for more information.

Volunteers may be active duty or reserve military members, spouses of any military ranks, dependents, retirees and spouses, or civilians who have base access. All volunteers must be 18 or over.

Junior Achievement Volunteers Needed

The 5th grade classes at Mokapu Elementary are looking for one or more volunteers with a business or economics background to help teach Junior Achievement lessons. The lessons are spread into five sessions and cover various aspects of economics.

Teaching materials and kits are provided and no teaching experience is necessary. The lessons should

be taught to three classes and last 30-45 minutes each Monday and Tuesday afternoon.

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

Tour Guides Needed on Coconut Island

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

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

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

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

For more information about the opportunities, call the education staff at 236-7415.

Word to Pass

Aboard MCB Hawaii

No Bag Sale for July July 4

The All Enlisted Spouses Club Thrift Store will not hold a Bag Sale for the month of July in observance of Independence Day.

The next Bag Sale will be Saturday, Aug. 1. The Thrift Store can be reached at 254-0841.

Independence Day Barbeque at Officer's Club July 2

Join the Officers and Staff NCOs of HQBN to celebrate Independence Day. The pool will be open with live music from Cocohead.

Open to E-6 and above and their families and guests.

Call Don Figueira at 254-7650 for details.

Building Healthy Relationships July 2 - 30

This is an ongoing eight-session educational program through Marine and Family Services for active duty service members and their families with emphasis on communications issues, particular to married personnel.

The group is available in the morning or afternoon from either 9 -

11 a.m. or 1 - 3 p.m.

Participants receive a certificate of completion at the end of course. Classes meet every Thursday. Orientation is at 8 a.m. every Tuesday in Building 216.

Call Counseling Services, 257-7780 or 7781 with questions.

Budget for Baby Class 1st and 3rd Mondays

The Navy-Marine Corps Relief Society offers a free class every first and third Monday each month in Building 4016 from 9 a.m. - 1 p.m. for expecting parents.

This free class will provide information on budgeting for a new baby, common baby expenses, visiting nurse program and more.

For more information, please call 257-1972.

FBI Recruitment Presentation July 6

If you're interested in joining the FBI, come to the Combat Camera classrooms in Building 267 from 1000-noon. The presentation is open to all interested parties considering a career with the FBI.

Call Marine and Family Services at 257-7787/7790 for more information. Reservations are required.

At Anderson Hall Dining Facility

On The Menu

Today

Lunch

Minestrone soup
Chicken noodle soup
Chinese five spice chicken
Beef yakisoba
Shrimp fried rice
Vegetable stir fry
Corn O'brien
Chinese egg rolls
Sweet and sour sauce
Chow mein noodles

Dinner

Minestrone soup
Chicken noodle soup
Roast pork loin

Chicken tetrazzini
Mashed potatoes
Wild rice
Simmered broccoli
Simmered corn

Saturday

Dinner

Cream of chicken soup
Beef barley soup
Cornish hens
Shrimp jambalaya
Candied sweet potatoes w/marshmallows
Herbed broccoli

Sunday

Dinner

Cream of potato chowder
Vegetable soup
Yankee pot roast
Chicken breasts in orange sauce
Mashed potatoes
Boiled egg noodles
Simmered mixed vegetables

Simmered pinto beans

Monday

Lunch

Beef noodle soup
Cream of broccoli soup
Steak ranchero
Creole pork chops
Lyonnais potatoes
Southwestern rice
Mexican corn
Simmered peas and carrots

Dinner

Beef noodle soup
Cream of broccoli soup
Russian turkey stew
Baked fish w/garlic butter
Steamed rice
Simmered corn
Brussels sprout parmesan
Cream gravy
Tater sauce

Tuesday

Lunch

Cream of mushroom soup
Bean with bacon soup
Beef sukiyaki
Bombay chicken breast
Steamed rice
Fried cabbage
Simmered carrots
Egg foo young
Chow mein noodles
Chinese egg rolls

Dinner

Cream of mushroom soup
Bean with bacon soup
Creole macaroni
Jerked roast turkey
Mashed potatoes
Grilled cheese sandwich
Simmered green beans

Cauliflower au gratin
Corn bread dressing

Wednesday

Lunch

Manhattan clam chowder
Split pea and ham soup
Sweet and sour spareribs
Country style steak
Red beans and rice
Mashed potatoes
Club spinach
Simmered corn

Dinner

Manhattan clam chowder
Split pea & ham soup
Baked chicken
Beef pot pie
Boiled egg noodles
Parsley buttered potatoes

Creole summer squash
Simmered peas

Thursday

Lunch

Tomato soup
Chicken and rice soup
Dijon baked pork chops
Beef Stroganoff
Buttered egg noodles
Oven glo potatoes
Simmered carrots
Italian mixed vegetables

Dinner

Tomato soup
Chicken and rice soup
Orange & rosemary honey glazed chicken breast
Simmered corned beef
Islanders rice

*Assorted desserts will be served at each meal

Community Events

Kailua Independence Day Parade *July 4*

Kailua will celebrate Independence Day with a parade and fireworks display.

The parade begins at 10 a.m. starting at Kainalu Elementary School and continues on Kainalu to Kailua District Park.

The parade will feature marching bands, veterans from the armed forces, clowns and additional activities.

'West Side Story' Auditions *July 5-7*

Windward Community College's Paliku Theater is holding auditions for their production of "West Side Story." Dance auditions are Sunday, July 5, at 2 p.m.; and Monday, July 6, at 6 p.m.

Non-dancing roles auditions will be held Tuesday, July 7, at 6 p.m.

Rehearsals begin July 27 and performances are from late September through mid October.

E-mail palikutheater@gmail.com for more information.

Storytelling at Kaimuki Public Library *July 19*

Listen to award-winning Georgia storyteller Linda Martin as she reads "Around the World with Porquoi Tales" at the Kaimuki Public Library at 1 p.m.

Martin is a school librarian and teacher who was selected as the 2007 Georgia School Librarian of the Year, and a recipient of the Bechtel Fellowship from the American Library Association's Library Services for Children.

This storytelling events is suitable for ages 5 and older.

Ukulele Festival *July 19*

The annual Ukulele Festival on July 19 at Kapiolani Park brings together ukulele artists from around the world and an ukulele band of more than 800 children.

There will be food, booths, ukulele displays and other activities.

There will also be ukulele giveaways and other prizes. There will be free parking and shuttle services at Kapiolani Community College.

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

Storytelling at Kaimuki Public Library *July 26*

Bring the kids to the Kaimuki Public Library at 1 p.m. to hear Emmy award-winner and author Jim May read his original short story, "A Bell for Shorty." May won the prestigious Chicago Emmy Award for his 1989 performance reading his book on television.

This storytelling events is suitable for ages 5 and older.

Arboretum Tours *Tuesdays and Saturdays*

Enjoy the sights and sounds of the Lyon Arboretum, University of Hawaii. Knowledgeable guides will share highlights of the Arboretum collections. Tours are Tuesday 10 - 11:30 a.m. and Saturday 1 - 2:30 p.m.

Registration is required and a tour donation of \$2.50 is requested.

Call 988-0456 for more information.

Cambodian Ikats Exhibit *April 30-July 26*

Cambodian pidan, silk textiles illustrated with narrative themes are on display at the Honolulu Academy of Art April 30-July 26.

Very little is known about the traditional function of pidan, but their "descendants" are the "elephant and temple" cloths.

Cambodians hang pidan on festive occasions, such as the completion of a house.

These antique pidan use iconographic images representing principal themes in Theravada Buddhist belief.

There is an admission fee with senior and military rates available and children under 12 are free.

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

Guided Tours of the Hawaii Theatre *Tuesdays*

The one-hour tour offers a unique insight into the history, art, architecture and restoration of the beautiful Hawaii Theatre in Chinatown, including a performance on the 1922 Robert Morton theatre organ. There is a fee for admission. To book a tour or for information please call 528-0506.

Free Lauhala Weaving Class *First Saturdays, 10 a.m. - 2 p.m.*

Learn to weave lauhala leaves from the Lauhala Weaving Hui members who gather to weave and share information with each other. Visitors are welcome to observe and ask questions about this important Polynesian craft.

Weaving the leaves creates a strong, durable mat similar to wicker and has been used by Polynesians for centuries.

Classes are held at the 553 South King St. in Honolulu.

More information is available at <http://www.missionhouses.org>.

Call 531-0481 ext. 714 for more information.

Mission Houses Museum *Through Sept. 12*

The Mission Houses Museum is showing Alphabet Soup: Literacy, Language & Learning, a special exhibition in the Chamberlain House. Galleries are open through September 12.

Its three restored houses and research library provide a unique glimpse into 19th-century Hawaii. The museum is located at 553 South King St., Honolulu, HI 96813.

For more information, call 531-0481.

MarForPac Band Performance Tonight

The U.S. Marine Corps Forces, Pacific Band is performing on June 26 at the Hale Koa Luau Garden.

The free concert starts at 6:30 p.m. and is open to the public.

The band will perform with the Windward Choral Society.

