

Hawaii Marine

2/3 sailor, 3 Marines killed in Afghanistan

Press Release
Marine Corps Base Hawaii

One sailor stationed here died Aug. 5, and three Marines stationed here died Aug. 6 while supporting combat operations in Farah Province, Afghanistan, during Operation Enduring Freedom.

Petty Officer 3rd Class Anthony Christian Garcia, 21, of Tyndall, Fla., was a hospital corpsman assigned to 2nd Battalion, 3rd Marine Regiment. He died Aug. 5. He joined the Navy in July 2006, and reported to Hawaii February 2009. His awards include

the Purple Heart Medal, National Defense Service Medal, Sea Service Deployment Ribbon, Afghanistan Campaign Medal, and the Global War on Terrorism Service medal.

Sgt. Jay M. Hoskins, and Lance Corporals James D. Argentine and Travis T. Babine died Aug. 6. They were riflemen assigned to 2nd Battalion, 3rd Marine Regiment.

Hoskins, 24, of Paris, Texas, joined the Marine Corps in August 2003 and reported to Hawaii January 2009.

His awards include the Purple Heart Medal, Navy and Marine

Corps Achievement Medal, two Combat Action Ribbons, Navy Unit Commendation, Good Conduct Medal, National Defense Service Medal, two Afghanistan Campaign Medals, Iraq Campaign Medal, Global War on Terrorism Service Medal and two Sea Service Deployment Ribbons.

Argentine, 23, of Farmingdale, N.Y., joined the Marine Corps in October 2006 and reported to Hawaii January 2007.

He previously deployed with 2/3 from January to August 2008. His awards include the Purple Heart

Medal, National Defense Service Medal, Afghanistan Campaign Medal, Iraq Campaign Medal, Global War on Terrorism Service Medal and Sea Service Deployment Ribbon.

Babine, 20, of San Antonio, joined the Marine Corps in June 2007 and reported to Hawaii August 2008.

His awards include a Purple Heart Medal, National Defense Service Medal, Afghanistan Campaign Medal, Global War on Terrorism Service Medal and Sea Service Deployment ribbon.

CFT will be scored, taken once a year

CFT, PFT required annually

Sgt. Michael S. Cifuentes
Headquarters Marine Corps

ARLINGTON, Va. — Effective immediately, Marines will now run the Combat Fitness Test for score.

Gen. James T. Conway, Commandant of the Marine Corps, recently approved a scoring system for the CFT and a new schedule of CFT's and Physical Fitness Tests — one CFT and one PFT a year.

The Marine Corps Physical Fitness Program order, MCO 6100.13 W/ CH 1, has been changed with the new CFT instruction and scoring system. Marine Corps Training and Education Command also provides CFT standards, guidance and other information on their Web site, <http://www.tecom.usmc.mil/cft/cft.htm>.

During the initial phase-in period, the CFT was pass/fail. There are now three new passing classes based on a 300-point scoring system. Similar to the PFT, the CFT is on a 1st, 2nd, 3rd class and fail system, under appropriate age and gender classifications.

"It was [the commandant's] original intent that the CFT be pass/fail during the initial phase-in period, with migration to a scored system after a period of time," explained Mr. Brian McGuire, TECOM's physical readiness programs officer. "Of all the input we've received from Marines about the CFT, there was a consensus that the CFT should be a scored event. This isn't surprising knowing the competitive nature of Marines."

Necessity for the CFT is partly based on a realization that combat-related demands include a variety of movements and task done at high intensity.

"Generally speaking, the CFT places a greater premium on a Marine's anaerobic capacity and functional core strength in comparison to the PFT," McGuire said.

McGuire added that the CFT will factor into a Marine's composite score and be reflected on the fitness report. The composite score conversion table, developed by Manpower and Reserve Affairs (M&R) can be found on the TECOM Web site.

A VISIT TO REMEMBER



Sgt. Sara A. Taylor

A student from Hawaii Seminar Kokusai Gakuin school, a Japanese language school which was created in 1907, watches with fellow classmates as Marines from Aircraft Rescue Fire Fighting demonstrate how they can put out a fire while driving a firetruck. The students also watched a working dog demonstration at Military Police Department and dined at Anderson Hall Dining Facility.

Filter this! Filter to rock out at BayFest Today

Lance Cpl. Alesha R. Guard
Combat Correspondent

"So pray for the soldiers of misfortune, the soldiers of distortion; hold a parade again. I'd like to wake up in a dream, where they don't scream; without misery."

Songs like "Soldiers of Misfortune" will soon be blasting through the loud speakers of BayFest during a live performance by rock band Filter at Marine Corps Base Hawaii today.

"We're really looking forward to the show, playing in front of the fans, and meeting the troops," said Richard Patrick, lead vocalist, guitarist and creator of Filter.

After receiving significant feedback from Internet polls asking what their fans in Hawaii want to hear, Patrick said the band will be playing a perfect selection of songs from each of their records.

"Each performance depends on how the audience feels, so we customize the set to the

“ We think it's important some rock music gets to the guys in uniform. We want them to know that they are not forgotten, and we appreciate all their sacrifices.”

— Richard Patrick

fans," Patrick said. "We're going to give them what they've been asking for — all the hits."

Although BayFest marks the band's first performance on MCB Hawaii, performing for service members is nothing new to Filter, who travels to Iraq each year.

"We think it's important some rock music gets to the guys in uniform," Patrick said. "We

want them to know that they are not forgotten, and we appreciate all their sacrifices."

The current war was made especially real to Patrick when his friend, Army Sgt. Justin Eyerly, the creator of Filter's first fan Web site, died in combat on June 4, 2004, in Baghdad. Dedicated to Eyerly, the band's fourth album "Anthems for the Damned," includes "Soldiers of misfortune," which is about Eyerly making the ultimate sacrifice for his country, Patrick said.

"Being lyricists is an amazing therapy against one's own sanity," Patrick said. "Songs are my perception of what we're doing as humans or when something hurts."

Patrick said his current band members are the most talented musicians Filter has had yet. Accompanying him on stage Friday will be Mitchell Marlow on guitar, John Spiker on the base and Mike Fineo on percussion and drums.

"We really love what we do, and it's going to be an honor coming and playing in the beautiful state of Hawaii," Patrick said.



Official USMC Photo

Lance Cpl. Tim D. Dueker, motor transport operator, Truck Company, Marine Expeditionary Force Headquarters Group, I MEF (Forward), keeps a calm face during the ammunition-can press portion of the Combat Fitness Test Oct. 9, 2008. Dueker and the other Marines in the company were the first group in the forward deployed MHC element to take the test for an official score during the CFT's initial phase-in period. The CFT events combine muscle, agility and endurance to measure anaerobic fitness. Anaerobic exercise reflects conditions in combat, where there are brief moments of high-intensity output, and aerobic is more about a sustained steady pace.

BAYFEST

The festivities kick off today, and there's plenty to be excited about. From the bands and the rides, to the food and the fireworks, get ahead of the crowd with our guide to the 20th Annual BayFest starting on C4.



Sgt. Macario P. Mora Jr.

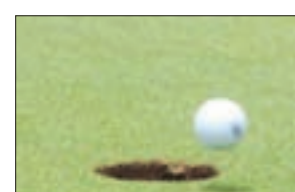
Inside today's Hawaii Marine



Contemporary Art
The Contemporary Museum offers art for all ages, **C1**

Hole in One

Local football players from the 1950s reunite for a round of golf and fun, **B1**



Weekend Forecast

Today	Scattered Showers High — 85 Low — 75
Saturday	Scattered Showers High — 85 Low — 73
Sunday	Scattered Showers High — 84 Low — 74

NEWS BRIEFS

20th Annual BayFest

The 20th BayFest is being held at Hangar 101 today through Sunday. The headlining entertainment will be Filter on Friday, Black Eyed Peas on Saturday and Katchafire & Fiji on Sunday.

There will be Carnival midway, fireworks, military static displays, Island Lifestyle Expo available all three nights. Doors open at 5 p.m.

Tickets available at both Information, Tickets & Tours offices. This event is open to the public.

For more information, contact Marine Corps Community Services Marketing at 254-7679.

Proctored Exams

The Join Education Center, building 220, will hold proctored exams Tuesday at 7:45 and 10 a.m.

The exams are required by certain institutions of higher learning and will be given in paper or computer format. Students must make an appointment in advance.

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

Resume Workshop

A resume workshop will be held in the Combat Camera building, 267, in classroom 2 Tuesday from 9 to 11 a.m.

There will be a series of instructions for creating or developing a proper resume to aid in marketing the jobseeker for an interview.

Reservations are required.

For more information, contact Marine and Family Services at 257-7787.

Federal Application Workshop

A federal application workshop will be held in the Combat Camera building, 267, in classroom 2 Wednesday from 9 to 11 a.m.

There will be a series of instructions for completion of the federal employment application. The application is mandatory for anyone seeking employment by the federal government.

Reservations are required.

For more information, contact Marine and Family Services at 257-7787.

Financial Planning for Deployment

Beyond the Brief: Financial Planning for Deployment is a class being held in the conference room of building 244 Wednesday from 11 a.m. to 12:30 p.m.

The class will teach soon to be deploying service members how to plan for financial emergencies, obtain legal information in regard to finances and how to receive military specific financial planning support.

Childcare reimbursement will be available.

For more information, contact Readiness and Deployment Support at 257-2650.

Important Phone Numbers:

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

Hawaii Marine

www.mcbh.usmc.mil

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FROM THE BASE INSPECTOR

Marine Corps Base Hawaii's Base Dog Park Closed

Base Inspector

Marine Corps Base Hawaii

As many of Marine Corps Base Hawaii tenants know, and some of you may not, the Base Inspectors Office regrettably announces the closing of the Marine Corps Base Hawaii - Base Dog Park.

Due to a lack of funding in facility maintenance and supplies, the decision was passed down to terminate the program. Below lists alternate locations and descriptions for K-9 activities and fun in the neighboring communities of Oahu.

Ala Wai K9 Playground - Waikiki's only off-leash dog

park. Location: At the Oceanside end of University Ave, at the Ala Wai canal.

- Bark Park - Trees, bags, benches, water, and trash. Location: Diamond Head Road and 18th Ave. Next to Diamond Head Memorial Park.

- Hawaii Kai Dog Park - Separate fenced off areas for 19 pounds and under and 20 pounds and over. Location: Keahole Street at the end of the Hawaii Kai Park & Ride (across the street from Hawaii Kai Towne Center)

- McInerney Dog Park - One-third acre of grass, trees, bags, restrooms, benches, and tropical foliage. Location: located at the

Hawaiian Humane Society.

The grounds are encircled by a redwood fence, ensuring the safety of dogs and allowing them to enjoy being off leash.

Dogs can sniff the plants, play in the waterfall, run on the grass, and socialize with canine friends.

People are invited to relax in the gardens, enjoy a picnic at one of the tables, and stroll through the grounds.

Weekdays: noon to 8 p.m. Weekends and Holidays: 10 a.m. to 4 p.m.

Mililani Bark Park - Large fenced in area, trees, and benches. Mililani, Hawaii Location: Located in Mililani Mauka,

behind McDonald's, Shares same parking lot as Park-&-Ride.

- Moanalua Dog Park (Ilio Hauoli Paka) - City-sponsored (off-leash) park. Location: Moanalua Road, beneath Puuloa Road overpass.

- Windward Dog Park - Soon to be opened.

These locations are easily accessible and open for all to enjoy.

For more information on dog fun activities in Hawaii, a great website to visit is www.ecoanimal.com/dogfun/.

Thank you for your interest and participation in keeping MCB Hawaii's Dog Park open for as long as it could be.

Life, liberty and the pursuit of unbiased treatment



Kristen Wong

Master Sgt. Stephen Jeremiah Jr., band master, U.S. Marine Corps Forces, Pacific, waits to give input into a conversation about discrimination at the Senior Leader Workshop Aug. 5.

MCB Hawaii holds first senior leader equal opportunity workshop

Kristen Wong

Photojournalist

In early August, hands shot up like wild flames, voices were raised and feelings were hurt. Eligible officers and enlisted personnel from multiple military bases, including Marine Corps Base Hawaii, argued, protested and reconciled.

More than 30 service members attended the base's first Senior Leader Workshop Aug. 4 - 6, sponsored by the office of the base equal opportunity advisor.

High-ranking officers, and enlisted Navy and Marine Corps personnel were encouraged to attend the workshop, where they learned about handling issues with regard to race, gender and religious discrimination in the military.

The workshop also teaches the leaders to consider how they treat their junior personnel from day-to-day.

"It would benefit [leaders] because they would know what I know," said Master Sgt.

Gloria Mason, equal opportunity advisor, MCB Hawaii. "They would know how to deal with discrimination problems when they come up in their particular commands."

The course, facilitated by seven equal opportunity advisors from various installations such as Marine Corps Base Camp Pendleton, Calif., and Marine Corps Air Station Yuma, Ariz., included slide presentations, interactive activities and guest speakers.

From the very first day, Mason laid out specific rules for the leaders. Class started promptly at 8 a.m., cell phones were turned off, and detailed schedules would not be given out, lest attendees attempt to prepare themselves for what was to come.

Attendees were also asked to wear business casual attire in order to put people more at ease in their environment, according to facilitator Master Gunnery Sgt. Larry Murphy, equal opportunity advisor, U.S. Marine Corps Forces, Pacific. But all was not at ease.

See LEADERSHIP, A-7

Eyes on Online: Keep info safe when using Internet

Watching over Wi-Fi

Christine Cabalo

Photojournalist

Internet users connecting to wireless or Wi-Fi hotspots could be easy targets for criminals if they aren't keeping up proper security measures.

Credit card information, social security numbers or other personal information

could be leaked if users don't properly safeguard themselves at all times. Hackers can uncover the information through a number of techniques, said Staff Sgt. Jarrod Holmes, information assurance manager, Computer Systems Directorate.

"Even for your own personal computers [at home],

ensuring you have the current safety patches and a good anti-virus program reduces risk," he said. "If you avoid downloading unnecessary programs, it reduces the chance. If you do need to download something, before you open the file, do a scan."

All service members and

See WI-FI, A-7

Change of Command



Cpl. Achilles Tsantariotis

Sgt. Maj. James Roberts, Headquarters and Service Battalion sergeant major, U.S. Marine Corps Forces, Pacific, receives the battalion colors from the inbound commanding officer Col. Al Thoma at Bordelon Field Aug. 7.

Get more than food at the chow hall

Severe Weather Rally Point beefed up to withstand dangerous weather

Lance Cpl. Colby W. Brown

Combat Correspondent

It's getting windier outside, the rain is coming down hard, and the streets are starting to flood. The last thing on your mind is what the chow hall has on the menu and how long the line will be, but Anderson Hall will be one of the safest places to go when dangerous incimate weather hits the island.

Chow hall renovations have begun to bring the old building up to speed by replacing the windows, doors, paint making it better suited to be a severe weather rally point.

"The main focus of the renovations is to make sure the outside of the building will be able to withstand dangerous weather," said Staff Sgt. Oneal Paguada, responsible officer, Anderson Hall.

It has been more than 30 years since Anderson Hall has had a major reconstruction project like this one.

Five years ago, operation and cosmetic maintenance replaced all the major equipment used to prepare and cook food.

The reconstruction project will install ballistic windows, new doors and new roofing to aid the hall in being more resilient to damage caused by dangerous weather.

"The materials used totally rate above what was here," said Troy Adams, safety officer and supervisor, Nan Inc. "We're replacing 60-year-old windows with modern technology."

Almost 5 million dollars will be put into ensuring the chow hall will have what it needs to keep service members and families on base safe when incimate weather hits the island.

Each day, depending on the allotted project, there are four to 20 construction workers on the job site.

The workers come from both Su-Mo Builders Inc. and Nan Inc., both local companies, which are in a joint venture to complete the project.

"The dining facility staff and Su-Mo Builders have been great to work with," Adams said. "Both are very patient and professional which makes this project run smoothly."

The renovations started July sixth and are estimated to be completed in late October.

The building will also be more environmentally friendly when the renovations are completed.

"These renovations will help the facility be more green because the windows will help keep the heat out and the cold in," Adams said.

Lead paint and asbestos was removed during the demolition phase of the project aiding in making the chow hall safer for Marines and sailors in everyday use.

"Basically this project is making the facility safer when bad weathers hits and making it look nicer for the patrons who use the facility," Paguada said.

The renovations have just completed the demolition phase of the project and are moving to replace the roof.

"No matter what, the chow hall will be open, we are just strengthening and beautifying the building as we feed Marines," Paguada said.

“The main focus of the renovations is to make sure the outside of the building will be able to withstand dangerous weather.”

— Staff Sgt. Oneal Paguada

AROUND THE CORPS

Your weekly guide to what's happening around the Corps

East Coast



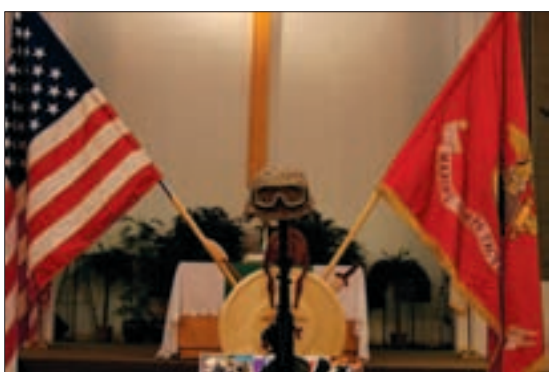
Lance Cpl. Dwight A. Henderson

8th Engineer Support Battalion bridges the gap

CAMP LEJEUNE, N.C. — Working as one, the Marines hoisted the long, heavy support beam and braced the metal bar against their chests as they moved in unison toward the partially-completed bridge. Pressing the beam against two truss panels, other Marines moved in quickly with bolts, nuts and sledge hammers to quickly attach the beam to the bridge.

See <http://www.marines.mil>

West Coast



Cpl. Nicole A. LaVine

MCTOG mourns loss of comms chief

MARINE CORPS AIR GROUND COMBAT CENTER TWENTYNINE PALMS, Calif. — The Marines of the Marine Corps Tactics and Operations Group aboard the Combat Center joined the loved ones of a fallen Marine to honor his life and service at the Protestant Chapel July 31.

See <http://www.marines.mil>

Overseas



Lance Cpl. Abigail M. Wharton

Tale of the Gaikokujin: Annual festival on Okinawa

OKINAWA, Japan — "Look at the gaijin" the Japanese whispered up and down Kokusai Street in Naha.

Their comments came as three Okinawan-American children from the Yuidaiko eisa group were seen preparing for their turn to perform at the 15th annual 10,000 Eisa Festival.

The 10,000 Eisa Festival is the largest eisa festival on Okinawa and attracts eisa groups from all over the island.

Groups perform before a crowd of thousands that arrive for the annual festivities, which is held on the first Sunday of August.

See <https://www.marines.mil>



This week's top story



Lance Cpl. M.C. Nerl

The Helmets to Hardhats program is designed to help transitioning service members find careers in the construction industry.

Helmets to Hardhats opens service members' eyes

Cpl. Monica C. Erickson

Marine Corps Air Ground Combat Center Twentynine Palms

MARINE CORPS AIR GROUND COMBAT CENTER TWENTYNINE PALMS, Calif. — With Marines and sailors constantly conducting pre-deployment training in the harsh desert landscape aboard the Combat Center, they may not have time to research what resources are available to help them find the perfect career outside the Marine Corps.

The Helmets to Hardhats program gives transitioning service members an opportunity to find careers by introducing them to building and construction businesses throughout the United States and helping

them find jobs that are right for them.

Dan Lozano, the national field coordinator for Helmets to Hardhats, said the program is similar to an online job search, but "gives a little something more than expected."

"Let's say a Marine is interested in a job posted on our site and forwards his profile to apply for the job," said Lozano, a retired gunnery sergeant and San Clemente, Calif., native. "Instead of his application getting shoved into a different computer and him having to wait until he is on his death bed for a response, his application will go to an actual human being who will take him step-by-step throughout the rest of the application process to ensure they get a response from the employer."

See <http://www.marines.mil>

Top story from the front



Lance Cpl. Daniel A. Flynn

Marines with the Police Mentoring Team here speak with the Afghan National Police before stepping off on a patrol Aug. 3, to show the people here that the ANP are taking charge of the security in the area.

Marines train, mentor Afghan police in south Helmand

Lance Cpl. Daniel A. Flynn

Regimental Combat Team 3

GARMSIR DISTRICT, HELMAND PROVINCE, Afghanistan — How many Marines does it take to turn men who know little about law enforcement into a well-disciplined unit with the ability and knowledge to deal with anything that might come their way?

In Garmsir District, the answer would be 20 field-military policemen with Military Police Company, 5th Battalion, 10th Marine Regiment.

These Marines who make up this Police Mentoring Team have been working side by side with the Afghan National Police since April this year.

The PMT operates within Regimental Combat Team 3's area

of responsibility and in conjunction with 2nd Battalion, 8th Marine Regiment. As this ANP force continues to improve, it will have a direct impact on the partnered security efforts between 2/8 and the Afghan national security forces.

"It has been a fun and rewarding experience," said Cpl. Mark L. Swindall, a squad leader with the PMT at the police headquarters here. "It has been pretty amazing watching these men go from knowing almost nothing about being policemen to being able to conduct patrols, cordon and knocks and working as a disciplined unit."

The Marines started out by putting the Afghan policemen through a two-month training course designed to teach them basic law enforcement knowledge.

See <http://www.marines.mil>

“Go Hard, or Go Home”



Lance Cpl. Cobbie Campbell, infantryman, S-4, 3rd Marine Regiment, executes an elbow strike during the final drill of gray belt training at the base Marine Corps Martial Arts Program gym Aug. 3.

Photos by Lance Cpl. Alesha R. Guard

MCB Hawaii MCMAP facility, instructors open their doors for service members



(Above) Lance Cpl. Joseph Patishnock, martial arts instructor, School of Infantry, 3rd Marine Regiment, demonstrates a front kick to students during gray belt training at the base MCMAP gym Aug. 3. (Right) Marines practice their forward shoulder rolls as they workout together during gray belt training.



Lance Cpl. Alesha R. Guard
Combat Correspondent

“Go hard, or go home.”

Above the door of the base Marine Corps Martial Arts Program gym, the motto warns Marines they better be ready to train before entering.

Housing a wide variety of workout equipment such as wrestling mats, punching bags, cow bells, weights, body hardening poles, gymnastics rings and a climbing peg board, the base MCMAP gym provides a safe environment for all Marines to improve their combat fighting skills.

“This is probably one of the nicest MCMAP gyms in the Marine Corps right now,” said Sgt. Nicholas Carson, martial arts instructor, School of Infantry, 3rd Marine Regiment. “A fully equipped gym with enough gear to train 20 people at time is a rare commodity. It’s unfortunate that not many Marines take advantage of it.”

Located on the second deck of building 222, the gym is open Monday through Friday, 7 a.m. – 3 p.m. when no classes are in session, and 11:30 a.m. – 1 p.m. when classes are in session.

When not instructing a class, MCMAP instructors are available throughout the day to help Marines who are looking to improve their combat conditioning.

Whether wanting to work toward getting their next MCMAP belt or Instructor Trainer recertification, Carson said the time Marines spend working on their MCMAP skills can be logged by an instructor.

“Unfortunately, MCMAP belts are seen as a uniform accessory to a lot of people,” Carson said. “It goes against the principles of being known as America’s finest fighting force. It’s disheartening to see how many Marines neglect that part of Marine training. Here, we strengthen the body, we sharpen the mind and we toughen the spirit.”

He said he challenges any Marine to come to the gym and test their true fighting skills by sparring against a Marine who is proficient in MCMAP.

“Whether you have a tan, gray or green belt, you can be a deadly fighter if you truly master the belt,” Carson said. “Too many Marines don’t realize MCMAP teaches physical and mental character discipline, making a better combat leader and technical and tactical combat war fighters.”

Marine Corps Martial Arts, like any skill, is perishable if its not practiced, said Patishnock.

It’s important for Marines to practice their MCMAP so they don’t forget the techniques, because you are only as good as the repetitions you put in, he said.

“I’m a big fan of MCMAP – I think it builds good moral character in Marines,” said 2nd Lt. Raymond Takar, platoon commander, S-6, 3rd Marine Regiment. “As an instructor, I enjoy making them better ... As leaders we make them better physically and better as people as well.”

While the instructors encourage Marines to strive for their next belt, they are also willing and motivated to help service members improve their jujitsu, kickboxing and other fighting techniques while using the gym, Carson said.

“The type of physical training we do here is combat conditioning,” said Lance Cpl. Joseph Patishnock, martial arts instructor, School of Infantry, 3rd Marine Regiment. “As instructors we like to focus on full body fitness. Weight lifting is more cosmetic where as combat conditioning is more functional.”

Carson hopes more Marines will take advantage of the training and equipment available to them through the MCMAP gym and instructors.

“If Marines come to the gym to workout, they better put out and take it seriously,” Patishnock said. “We’ve asked people to leave because they weren’t putting out. This isn’t ‘just another gym’ - it takes dedication and discipline to come here.”



Pfc. Christopher Moss, infantryman, S-4, 3rd Marine Regiment, executes a vertical knee strike during gray belt training at the base MCMAP gym Aug. 3.

“What it’s like in Afghanistan”



Photos by Lance Cpl. Colby W. Brown

A Marine from Charlie Company, 1st Battalion, 3rd Marine Regiment, gets the direction of fire from a fellow Marine during Improvised Explosive Device Defeat training Aug. 10-13 at Marine Corps Training Area Bellows.



A Marine from Charlie Company, 1st Battalion, 3rd Marine Regiment, steps over a simulated IED during training at MCTAB Aug. 10-13.

Watch *your* Step



During training the Marines simulated exactly what it would be like during a real IED attack. If a Marine was hit, they acted injured accordingly.

Lance Cpl. Colby W. Brown
Combat Correspondent

MARINE CORPS TRAINING AREA BELLOWS - What could help a Marine know what to expect from an improvised explosive device attack — give them the experience to know the right process to go through? The training would have to be realistic and mimic the tactics used by insurgents, which is what Marines from 1st Battalion, 3rd Marine Regiment, completed.

They not only participated but also enjoyed the IED defeat training held Aug. 10-13 at Marine Corps Training Area Bellows, which gave insight about IED attacks.

“During this training we are trying to get small unit leaders to realize how chaotic an IED attack can be — what it’s like in Afghanistan,” said Leo Rivera, site lead, Engineer Center of Excellence, Marine Corps Engineer School.

The training consisted of mounted patrols, dismounted patrols and nine hours of classroom time.

While on the patrols, scenarios were presented to the Marines that mimicked the type of IED attacks they can expect while on deployment. Squad- and platoon-sized patrols keep scenarios small so Marines can get the same training value and learn more from every scenario they complete.

“Mentally figuring out what works and what doesn’t work is the main focus of this training,” said 2nd Lt. Victor Philip Barnes, 1st Platoon commander, Charlie Company, 1/3. “If a Marine locates an IED, this training sends them through the process of what to do and how to notify higher. It lets the Marines think about how the attack would affect our mission.”

On the patrols there are different types of obstacles the Marines encountered, including IEDs, secondary IEDs, snipers, suicide bombers, mortar fire, machine gun emplacements and role players.

Each scenario is different from the last with a different combination of obstacles that can be encountered. This is so the Marines won’t know what is coming and treat each patrol like the first.

“This training teaches us that the enemy is capable of anything,” said Cpl. Jonathon Letner, squad leader, 1st Squad, 1st Platoon, Charlie Company, 1/3. “Classes can show you on paper and tell you what to expect, but this training puts the paper in person and lets us be hands on instead sitting in the classroom.”

All the instructors are prior military, some with retired ranks including Staff Sergeant to Sergeant Major to Chief Warrant Officer to Major.

They use their experiences while in the military and recent accounts of the tactic used by insurgents to make the training as realistic as possible.

“The training already shows its success in the real world,” said Pete Archer, instructor, Engineer Center of Excellence, Marine Corps Engineer School. “Units who have had this training take fewer hits than the units who haven’t. We standardizing the training so everyone is on the same sheet of music, and opens their eyes to things they wouldn’t see before and help improve their observation skills.”

Jobs the instructors had while in the military include infantry, explosive ordnance disposal technician and combat engineers. Each instructor adds their own personal touch to make this training effective as possible.

“Most of us are combat vets and we take this job seriously,” Rivera said. “We have all lost someone, so we put in 14 hour days and try our hardest to make this training effective for the Marines who participate because doing this for fellow Marines is important to us.”



Marines from Charlie Company, 1st Battalion, 3rd Marine Regiment, get briefed after a simulated IED attack.

LEADERSHIP, from A-2

No sooner had the first activity ended before many attendees began to feel shock and anger toward their instructors.

"Usually the first hours of the first training day are very difficult for folks to understand," Murphy said. "When they come to training like this they're so set in their ways. They have certain values that they protect."

Don't expect any of the attendees to divulge what went on — attendees are keeping the details confidential for future attendees to experience on their own.

"Here there are literally no rules," said Master Sgt. Stephen Jeremiah, band master, MarForPac, Band. "If you feel like having an emotional outburst you can. If you have an idea to escort somebody to the door politely if you don't agree with them, that's okay, whereas in the military department there's a right way to go about that and this is unlike a normal working environment for most of us."

Some attendees felt they benefited from the first day of the workshop. Master Gunnery Sgt. Dean Lazarou, aviation supply specialist, Marine Aviation Logistics Squadron 24, found the activity useful.

"Having to express yourself without usually utilizing most of your tools that you're given ... speech or hand gestures, you understand how other people feel without being able to be seen," Lazarou said.

First Sgt. Kindayl Lake, company first sergeant, Service Company, Combat Logistics Regiment 37, in Okinawa, Japan, said he considered the first day of activities an "eye-opener." He said it gave them a chance to meet other leaders and get to know their various perspectives.

"I'm looking forward to the rest of the week to see the outcome," Lake said.

Navy Lt. Amy Munselle, equal opportunity representative for 21st Dental Company, MCB Hawaii, said she found the first day's exercise "very enlightening," and that through the training, the facilitators encouraged people to think about daily issues involving discrimination.

"I sensed initially [the facilitators] were trying to kind of 'stir the pot,'" Munselle said. "But reactions were very genuine."

The second day began much the same way — with heightened emotion and a lot of feedback.

"This is vastly different from normally presentations you would normally get in the Navy," said Chief Petty Officer Gary Burris, clinic manager, 21st Dental Company, MCB Hawaii. "The instructors are engaging. They engage you with some very real scenarios that you encounter everyday."

First Sgt. Chester Wilson, first sergeant, Combat Logistics

Battalion 3, said he wanted to take the course because there is a lack of leadership courses, and he wanted to take advantage of every one available. He said all ranks should take courses like the Senior Leader Course.

"I had a great time in class," Wilson said. "I learned a lot. As leaders, if we allow ourselves to be a little bit more transparent and more approachable, and give ourselves the opportunity of being exposed to this stuff more so, we can better the Marine Corps, we can better ourselves and prepare ourselves even more so for civilian life."

Master Chief Petty Officer Richard Dew, command master chief, 3rd Dental Battalion, U.S. Naval Dental Center Okinawa, Japan, said he felt the course should be offered to service members long before they become leaders.

"I think this is something that should be instilled from the moment you come into the military," Dew said. "It needs to be continued throughout your career because the diversity of the military is ... so great that you have to understand other people. If you don't understand other people and their culture and their mannerisms, there's no way you can succeed in today's military. You just can't do it."

By the third day, the leaders were like old friends, smiling and laughing with each other as they accepted their graduation certificates and shared what they learned.

"The many ideas and solutions that spawned through the discussions and period of instructions were beneficial in all levels of leadership," said Master Gunnery Sgt. Eric Bartolome, career planner, MCB Hawaii. "[The ideas and solutions] will contribute to the success of mission readiness and identify current potential problems that directly relate to equal opportunity."

According to Marine Corps Order 5354.1D, if necessary, equal opportunity advisors can conduct an equal opportunity leadership training course, customizing it for the unit enrolled in the course.

The course materials are derived from the Defense Equal Opportunity Management Institute, located at Patrick Air Force Base, in Florida. Mason said she presently does not have a set date for any future senior leader courses until she sees the results of the current course.

"It's definitely not a power-point class," said Master Sgt. Darryl Bryan, quality assurance chief, MALS-24.

For senior leaders interested in taking more equal opportunity courses, Mason said there are upcoming weeklong Leadership Team Awareness Seminars at DEOMI which are open to eligible senior leaders and civilians. For more information on seminar eligibility and equal opportunity, visit <http://www.deomi.org>, or call Mason at 257-7720.

GET SOME



Sgt. Timothy Brumley

Sgt. Zachary Ritter test fires .50 mm machine gun in a CH-53D Sea Stallion helicopter, assigned to Marine Heavy Helicopter Squadron 362, during a nighttime flight in Helmand, Afghanistan, Aug. 3. The unit is currently deployed to Afghanistan in support of the International Security Assistance Force.

WI-FI, from A-2

federal employees can download a free copy of Norton Anti-Virus software, Holmes said, which can be freely updated each year. Other free scans are available, including ShieldsUp!, which checks a computer's vulnerabilities.

Marine Corps Base Hawaii computer users have several access points on Oahu in addition to spots at Honolulu International Airport and areas of Waikiki. Users can log in at Kahuna's Enlisted Club as well as five Kailua hotspots sponsored by the Kaneohe Ranch Company and the Honolulu Mayor's office. Both networks have some built-in security, and mobile Internet surfers can follow several safety strategies.

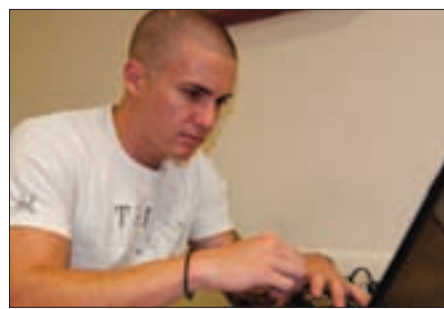
For those logging in at the E-Club and Kahuna's Recreation Center, security begins before they connect, said Jim Hamachek, general manager, E-Club.

"A staffer physically checks each laptop for up to date anti-virus," he said. "If it's not, they'll need to update before they can log on."

The club supports approximately 25 users a week, Hamachek said. Offered on base for more than three years, users are allowed to surf freely. The E-Club general manager said so far there have been no complaints about the hotspot.

Even newer free Wi-Fi access points have become available, as five more free hotspots came online May 2009 in Kailua. The hotspots are the latest of approximately 100 Wi-Fi access points run by the Honolulu city government and Kokua Wireless, said Aryn Makaoka, Kokua Wireless representative, Tri-net Solutions. With an average of 30 wireless Internet users daily in Kailua, Makaoka said officials try to balance accessibility with some security.

Internet users on this Wi-Fi network are restricted from downloading media files or viewing adult Web sites with the



Christine Cabalo

Petty Officer 2nd Class Peter Dracopoulos, air traffic controller, Marine Corps Air Station Hawaii, logs into the wireless Internet or Wi-Fi spot inside Kahuna's Recreation Center Tuesday. When he lived on base, Dracopoulos said he logged on the hotspot every day. He said he logs in to check his e-mail and uses other measures to protect his personal information while logged on.

service. Users also must log in every thirty minutes, as safeguard against illegal downloading. The service also uses extensive filters from a free service called OpenDNS, Makaoka said. It prohibits users from sending excessive junk mail or spam, in addition to criminals attempting to find personal information or phishing.

"Treat it as you would all public Wi-Fi spots," he said. "Be sure you have regular anti-virus updates and a good firewall enabled. ZoneAlarm has a free firewall install."

With some security measures in place for free Wi-Fi providers, Holmes said it's still up to users when traveling or at home to secure their computers. He said Mac computers are just as likely as PCs to have viruses, with mobile Internet phones less likely to be vulnerable because they download fewer files. He said Internet phone users have less of a risk, unless the phone is customized or "jailbroken" for downloading unofficial content.

The information assurance manager

said criminals generally look for personal identifying information useful for scams: social security numbers, names, addresses, passwords and other banking information. Holmes said he's been especially careful due to past experiences.

"Two years ago I was home on leave and found out someone had taken my information," he said. "My mother works at the bank, and I learned someone had bought a \$3,000 Mac in my name. I was able to go to the bank to dispute it, and then go to the creditors to get the charge disputed."

Calling banks directly to dispute charges, as well as checking credit reports at least twice a year helps guard against thieves, Holmes said. From his dispute, he said if people do find themselves victims of hacking, keep documented proof the charges were illegal. He said this includes receipts showing purchased items weren't shipped to your home or other forms of proof users weren't home when the purchases were made.

With proper safety measures, Holmes said people could easily reduce their risks and still enjoy using the Internet on the go.

"If you're connected, anywhere, and you see something you don't recognize or are asked to install a program, don't," he said. "Just choose 'No' right away."

For additional help in securing computers, download a free copy of Norton Anti-Virus software from their Navy Marine Corps Intranet enabled computers by logging in to <https://www.homeport.navy.mil> and burning a CD copy for home use.

For free basic computer firewalls with ZoneAlarm, visit: <http://www.zonealarm.com>.

To run a computer scan using ShieldsUp!, log on to: <https://www.grc.com/x/ne.dll?bh0bkyd2>.

Sports & Health

Like being back on the gridiron



Lance Cpl. Cassandra Flowers

(Left to right) Ben Ramos, Gabe Dio, George Dio and Frank Abreu watch their fellow teammates tee off during the Interscholastic League of Honolulu 50th Football Reunion Golf Tournament Monday. The tournament was held at the Klipper Golf Course aboard Marine Corps Base Hawaii.

Klipper Golf Course hosts football reunion golf tournament

Lance Cpl. Cassandra Flowers
Combat Correspondent

Hawaiian athletes, some grayer and not as brawny as they once were, gathered at the Klipper Golf Course aboard Marine Corps Base Hawaii for the Interscholastic 50th Football Reunion Golf Tournament Monday.

The tournament was held to promote a sense of fellowship and camaraderie for Hawaiian high school football players from the 1950's. Although the tournament was held to celebrate the good old days of football, other athletes from the same era were welcome to participate in the event.

Bobby Schmit, tournament coordinator, said the event started with a few of his closest friends from the football days talking about getting the "old football gang" back together. The book "Honolulu Stadium: Where Hawaii Played," by Arthur Suehiro, who also was apart of the gang, helped spark the interest of getting the team

back together. They decided a good way to get everyone together would be to organize a golf tournament in honor of their gridiron days.

"Football was really all we had back then — besides going to the movies," Schmit said. "Us Hawaiians, we're big guys and to us football was everything. I know it means a lot to these guys to get back together and reminisce."

As the men made their way over to the registration table, they quickly began greeting one another and sparking up conversation and old memories. Many of the men sat together on the outside patio of Samuel Adams Grill and ate bag lunches before the tournament kicked off.

Around noon, approximately 96 participants loaded up in their carts and headed out to their first hole. The tournament was set up as a 3-person scramble, using the best ball method of scoring. Each player teed off from the hole, and the team agreed on the best shot from the three teed shots. Then all three players played from the designated spot. This method continued until the

ball was holed.

One player was on top of his game during the tournament, and made an eagle and a birdie during the course of the game.

"Making those two shots made my day," said Eugene Soquena, participant and ILH athlete. "I've done it before but wasn't expecting it today. I'm a happy guy today."

Along with Soquena, many players said they were happy with their golf game during the tournament and really enjoyed the company of their fellow athletes.

"We're just here having a few laughs enjoying the company and playing some golf," said Daniel Luke, participant. Luke played football in the 1970's.

"We hope the event encouraged fellowship, simulated old memories and renewed the common bond of playing football and other sports in the Old Stadium on King Street," said Maylene Enoka, event coordinator. "It's a wonderful [way] to recall the good old days."

CLB-3 defeats MCAS in Intramural game

Lance Cpl. Kevin M. Beebe Jr.
Combat Correspondent

Combat Logistics Battalion 3 defeated Marine Corps Air Station 68-52 in a Intramural Summer Basketball League game Tuesday at the Semper Fit gym on Marine Corps Base Hawaii.

The players of CLB-3 held control of the game for all 40 minutes of play, and were able to easily move the ball up and down the court with ease.

"We just try to get the easy buckets," said Mack Talley, CLB-3 guard.

And that's just what they did. Combat Logistics Battalion 3 ran the floor on fast breaks and hustled to grab rebounds. Their run and gun offense is something CLB-3 tries to stay away from, but it got the job done.

"We want to be able to control the tempo of the game," Talley said. After grabbing the lead early on in the game, CLB-3 never let up. Even though it's only their fourth game of the season, they seemed to be in mid-season form.

"We haven't played together a lot but were starting to get used to each other," Talley said. "Some of us have played together before, but we want to get to the point where we find our rhythm as a team and use every player." Talley says the team still has a few

kinks they need work out of their game that will all come together as season moves on.

"We committed a lot of unforced turnovers tonight," Talley said. "But, we are using the regular season mostly for practice so when the playoffs come around we're at the top of our game."

"It's hard for us to practice because a lot of us are fapped out to different units but we try to play at lunch everyday and that's kind of a practice for us," Talley said.

With Tuesday's win, CLB-3's record is now 2-1 after having to forfeit one of their games.

As for MCAS, the beginning of their season has not gone so well with a record of 0-2 to start off the season.

"We just show up and play," said Brad Rosati, MCAS forward. "Just out here having fun."

There is still time for all the teams participating in the league to improve. Regular season games are scheduled to run until the end of September and playoffs are slated for the beginning of October.

The next Summer Intramural Basketball League games are scheduled for Monday, starting at 6:30 p.m. For more information about Summer Intramural Basketball League, contact Joe Au at 257-7591.



Lance Cpl. Kevin M. Beebe Jr.

Mack Talley, Combat Logistics Battalion 3 guard, attempts a foul shot during an Intramural Summer Basketball League game Tuesday at the Semper Fit gym. Combat Logistics Battalion 3 held the lead the entire game with the final score 68-52.

KEIKI AND ME



Lance Cpl. Cassandra Flowers

Ryan Lang, 2, gives her mom, Nicole Lang, an extra workout at the Keiki and Me class Monday morning. The ladies worked their triceps by using one of the ledges for dips at the skate park aboard Marine Corps Base Hawaii.

Get a workout, without a babysitter

Lance Cpl. Cassandra Flowers
Combat Correspondent

Ryan Lang, 2, made her way out of the car and tried her best to keep up with her mom, Nicole Lang, as they walked from the playground parking lot over to the skate park aboard Marine Corps Base Hawaii. Ryan took off running and raced up nearby bleachers; it wasn't long until her mother ran over and scooped Ryan up before falling off the high ledge.

This was just the start to Nicole's daily mom duties, but also a light warm up which got her heart beating before the hour-long Keiki and Me class Monday morning.

Keiki and Me is a group exercise class offered by Semper Fit Monday and Friday mornings at 8:45 a.m., and costs \$1 each session.

"The nice thing about this class is that it's outside and the kids have free reign to play and we can still keep an eye on them while getting in a good workout," Berger said.

Berger, who even brings her own son Jonah, 3, to the class, said she encourages women who still have younger babies to participate in the class as well. She said incorporating

See KEIKI, B-3

All-Marine Marathon Team seeks athletes

Press Release

Marine Corps Community Services

The All-Marine Marathon Team will compete at the Armed Forces Marathon Championship Oct. 21 - 26 in Washington, D.C. The event is held in conjunction with the annual Marine Corps Marathon. The Armed Forces Marathon Championship is the premier inter-service marathon competition.

The All-Marine Marathon Team will be chosen by application. Marines interested must submit application to Headquarters Marine Corps no later than Sept. 18. Applications must include all competition results from the past two years, including time, place, finishing place and the name of the event. Team selections will be based on the most competitive and recent times.

Applications can be found at <http://www.usmc-mccs.org/sports>. Applications must contain a command endorsement. Marines stationed at a command with a local Marine Corps Community Services Semper Fit Center must submit their application through the athletic director for endorsement. Marine Corps Base Hawaii's Semper Fit athletic director is Wayne Yamada who can be contacted at 254-7633.

For more information, contact Yamada or visit the MCCS Sports Web site.

'Water Babies' swim on



Photos by Christine Cabalo

Learning to float and move on her own, 2-year-old Avery Frank swims with her mother Bonnie Frank during Wednesday's "Water Babies" class at the Base Pool of Marine Corps Base Hawaii. During the open swim session, Avery Frank wore a belted child's personal flotation device as she practiced carefully entering the water.

SPLISH SPLASH

Infant class teaches water safety



During the class, children waded to the shallow end of the Base Pool to begin swimming to their parents. Children are instructed to enter the water when their parents give them permission and not to jump in.

Christine Cabalo
Photjournalist

Children can float to the top of the class with "Water Babies," a program teaching water safety for younger swimmers at Marine Corps Base Hawaii.

Parents and guardians learn alongside their babies in a two-week course designed for children 6 to 36 months old. Together, children and adults learn how to be safe in the water at the Base Pool, said Kari Hemund, manager, Marine Corps Community Services Aquatics.

"It's a water adjustment course," she said. "Children are introduced to the water and learn to be comfortable in it. They do things like blowing bubbles and moving around their arms and feet in the water."

Once children reach 6 months old, Hemund said they have the cognitive abilities to begin lessons and are better able to follow instructions from adults. She said the lessons can help children learn to be more responsible around the water and know what to do to stay afloat.

"It's helping them become safe and comfortable with the water," she said. "Sometimes at around that age children develop a fear of the water. Parents tell their children don't go into the water and to stay away from strangers. We're hoping to find them at a young age to instill good safety skills."

Looking for a way to introduce her child to swimming, Tina Lui, varsity sports coordinator, Semper Fit Center, said she was eager to enroll her son. Her son Christian enjoys seeing the ocean whenever he's at the beach, and Lui said teaching him to adapt to the water in a safe environment was important to her. "I was surprised we learned water

safety tips for both parents and children," Lui said. "During the class your children learn these exercises, and you learn the commands to give them. Teaching children how to approach the water was great. Kari let them know when it's okay to be in the water."

Sometimes she and her husband would have classes with their son, when they began their first classes in May. Lui said she was surprised to see her 20-month-old son easily respond to her instructions.

"Now whenever we go to the sandbar, I can take him," she said. "He has his little life vest on, and I can give him commands he does easily. He even does them in the tub, and asks me to put pool toys in the water for him."

During lessons, Hemund said the children learn many techniques to keep them calm. One of them is monkey walks, where babies do a hand-to-hand motion at the edge of the pool to as a way to safely move around.

What Lui said she appreciated the most was how instructors could teach her son to float on his back and be comfortable with fun activities. She said singing to the children as they moved around, and doing treasure hunts for float toys on the bottom of the pool was helpful.

"I'm really glad we took the class, and the friendly staff at the pool taught him to be safer in the water," she said. "Children without lessons could jump in the pool any time. Now he responds to my instructions. So, he knows when to safely approach the water with Mom and Dad, and he's not scared but comfortable in it."

For more information and to sign up for classes, log on to the Aquatics Web site at: <http://www.mccshawaii.com/aquatics.htm>.



Practicing properly entering and exiting the water, 2-year-old Wyatt Penfold climbs out of the Base Pool Wednesday at Marine Corps Base Hawaii. During the "Water Babies" class, children can learn how to blow bubbles in the water, maneuver alongside the pool ledge and float on their back.



Making a splash, Wyatt Penfold swims to his mother Stephanie Penfold during the "Water Babies" class. The program is a two-week course, with classes held for 30 minutes daily. Water safety tips are taught to both children and their accompanying parents or guardians. Instructors use songs and activities to help the children adjust to being in the water.



Di Rodin, director, Dance Movement Academy and K-Bay Gymnastics, helps Katie Langlais, 7-year-old student, correct her form as she holds herself up on the uneven bars, Tuesday.

Katie Langlais folds her body in half with ease while stretching her limbs before the Kinderym and Level One Gymnastics.



Photos by Lance Cpl. Alesha R. Guard

Twist Tumble and Roll



Students reach for their toes as they stretch out before an active workout of jumping, tumbling and flipping during Kinderym and Level One Gymnastics class at Dance Movement Academy and K-Bay Gymnastics, Tuesday.

Classes build foundations for young athletes

Lance Cpl. Alesha R. Guard
Combat Correspondent

A small group of children laugh and talk with each other, peaking over the small gate of Dance Movement Academy and K-Bay Gymnastics into a world of brightly colored cylinders, mats and parallel bars, Tuesday.

Dawning pastel pink and blue leotards, the children are part of Kinderym and Level 1 Gymnastics which offers beginner level instruction for young athletes who have basic or no experience in the sport.

"The curriculum is focused on helping the students become better overall gymnasts," said Di Rodin, director, Dance Movement Academy. "Each day this class covers flexibility, strength, cardio, conditioning and two events. The events include floor, balance beam, bars, vault and trampoline."

Throughout the class the children, ages 4 to 12, learn the basic drills and form of gymnastics, constantly using their own body weight to pull and push themselves through the movement as their coaches lead them step-by-step.

"The purpose of this sport is to apply all parts of the body to move as one," Rodin said. "Strength, flexibility and cardio all works together - you can't have one without the other."

As the children take on each exercise, Rodin is right there, coaching them and encouraging them to give it there all - to stretch further and jump higher.

"She's really nice," said Ceara Hunsucker, six-year-old student. "She made it easier to do the backward roll and flip-overs on the bar."

The children listen carefully to Rodin's instruction during each drill, eager to perfect the move.

"Every time they get a trick, it boosts their confidence so they want to continue improving," Rodin said. "It's so

exciting to see them improving."

Renee Miller, mother of student Lilly Miller, said she has seen a big change in her daughter since attending the class.

"She's not quite as shy - she likes talking with the other kids," Renee Miller said. "I think it's important to emphasize what they can do rather than what they look like."

Because gymnastics develops and strengthens an athletes' entire body, Rodin said beginning gymnastics at a young age will give the children an advantage when playing other sports.

"They're more flexible at this age so it's better to start them earlier," said Carol Hunsucker, Ceara Hunsucker's mother. "Also, I think it's easier for them to learn when they're younger."

Hunsucker said her daughter, like Lilly Miller, has gained a great deal of confidence in herself through Rodin's coaching while attending the beginning level gymnastics class.

"She's also learned to follow directions better and has much more discipline since starting the class," Hunsucker said.

As the children tumble and roll around the gym, their smiles light up the room while they look back at their parents sitting behind the gate, checking for approval. The mothers and fathers cheer and clap as the young gymnasts hold their heads high, proud of each step which takes them closer to becoming proficient gymnasts.

Rodin said once the students have the basics of Level One and Kinderym gymnastics down, they can then gradually incorporate speed of movement into the next level classes.

For more information on the Dance Movement Academy and K-Bay Gymnastics school, call 254-7648 or visit <http://www.dancemovementacademy.com>. Office hours are Monday, Wednesday and Friday, 9 to 11 a.m. and 4 to 6 p.m.

See KEIKI, B-3

any type of strollers into the hour-long workout isn't difficult at all.

Katie Elliot, participant, brought her 8-month-old son Thatcher to the class. Thatcher watched the women workout as he rolled on his beach blanket and played with his toys.

"It's great to not have to worry about who is going to watch your kids while you get your workout in," said Tanika Campbell, who brought her son T.J., 23-months-old, to class.

As the class started, Berger led the women through a short warm-up to get their muscles loose and then took them on a quick jog around the skate park. Many of the children joined in, running side-by-side with their moms.

After getting in some good cardio, Berger brought out the resistance bands for strength training. Instead of using free weights and bulky equipment, Berger takes advantage of smaller equipment and the surrounding area by using the ledges of the skate ramps for tricep dips and deep leg squats.

"I also really like to help the ladies with their core strengthen-

ing," Berger said. "Most of these women have all had babies and the belly weakens from pregnancy which cause the [abdominal muscles] to separate. Core strengthening and using your own body weight as resistance is what builds those muscles back up. You won't see us doing a million crunches out here."

With knowledge on how to help women get the results they desire after pregnancy, Berger also opens the class to women who are pregnant and have their doctor's approval to exercise. Nicole Lang and Catherine Beaudette are two weekly regulars who don't let their pregnancy stop them from getting in a good workout.

Ending class with core strengthening and light stretching, the women gather up their things and tell their children it's time to go. In one hour, they managed to get in a good workout while their children had playtime at the park.

Participants should bring a towel, water bottle and dress comfortably. Children of all ages may attend, but parents should be sure to bring toys to keep their child entertained while they get in their workout. For more information call 254-7597.



Lance Cpl. Cassandra Flowers

Katie Elliot works her core muscles by holding a plank position above her son, Thatcher, at the Keiki and Me group fitness class Monday. Keiki and Me is an outdoor class sponsored by the Semper Fit Center.

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.

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.



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 Summer Basketball League

Schedule

6:30 p.m.	Aug. 17	VP-9 ANT vs. VPU-2
7:30 p.m.		MALS-24 vs. VP-9
8:30 p.m.		MCAS vs. HQBN
6:30 p.m.	Aug. 18	MarForPac vs. 1/12
7:30 p.m.		CPRW-2 vs. CISD
8:30 p.m.		VP-47 vs. VP-4
6:30 p.m.	Aug. 19	MarForPac vs. HQBN
7:30 p.m.		HSL-37 vs. CLB-3
8:30 p.m.		MALS-24 vs. CISD
6:30 p.m.	Aug. 21	MCAS vs. VP-4
7:30 p.m.		1/12 vs. VP-9
8:30 p.m.		Klipper Golf vs. VPU-2
6:30 p.m.	Aug. 22	CPRW-2 vs. SNCOA
7:30 p.m.		VP-9 ANT vs. VP-47
8:30 p.m.		HSL-37 vs. VP-4

Standings

TEAM	WINS	LOSSES
VP-47	5	0
VP-4	5	0
SNCOA	5	1
1/12	4	1
CPRW-2	4	1
CISD	4	1
MALS-24	3	2
MarForPac	3	2
HSL-37	3	3
CLB-3	3	3
VP-9	2	3
VPU-2	1	4
VP-9 ANT	0	2
MCAS	0	4
HQBN	0	5
Klipper Golf	0	6

Current as of Tuesday

Intraumural Softball League

There will be a coaches organizational meeting for the Intramural Softball League season Sept. 8 at 2 p.m. at the Semper Fit Center's Basketball Gym.

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

All-Marine Women's Softball Team Trial Camp

Semper Fit is seeking participants for the All-Marine Women's Softball Team Trial Camp from Aug. 28 to Sept. 18 at Marine Corps Air Station Cherry Point, N.C. Female Marines interested in competing must submit an application no later than Aug. 21. Resume forms are available online or by contacting Tina Lui at 254-7590.

101 Days of Summer Unit Standings

Small Unit Division

(299 or less personnel)

MCAS	1670 points
HSL-37	930 points
VP-47	900 points
VP-9	620 points
3rd Radio Bn	450 points
CPRW-2	335 points
21st Dental	300 points

Large Unit Division

(300 or more personnel)

1/12	1520 points
MALS-24	1010 points
HQBN	690 points
CLB-3	480 points
Camp Smith	315 points

Winning unit in each division receives \$750 into their unit fund.

Second place unit in each division receives \$500 into their unit fund.

Go out and support your unit!

BayFest Competitions!



Cpl. Regina A. Ochoa

Bathtub Regatta
 Build your own boat to compete in the BayFest Bathtub Regatta on Sunday at 1:30 p.m. Come out to the Waterfront to see who sinks or swims in this fun competition.

BayFest BodySearch

Seeking men and women to showcase their personal fitness achievement on Saturday at 3:30 p.m. Come out and cheer for your favorite BayFest BodySearch contestant at the Fest Tent.



Not the average museum



The Contemporary Museum boasts great art exhibits, elaborate architecture and acres of maintained gardens to ensure all patrons can find something to enjoy during their visit.

One of a kind Contemporary Museum

Story and Photos by
Cpl. Achilles Tsantarliotis
U.S. Marine Corps Forces, Pacific

The Contemporary Museum now offers free military-affiliated admittance at its summit location overlooking Honolulu.

The free admittance, funded by BAE Systems and Boutiki, applies to all Department of Defense employees and family members. The museum initiated its military-friendly policy to help raise morale and expand service members' list of activities in Hawaii.

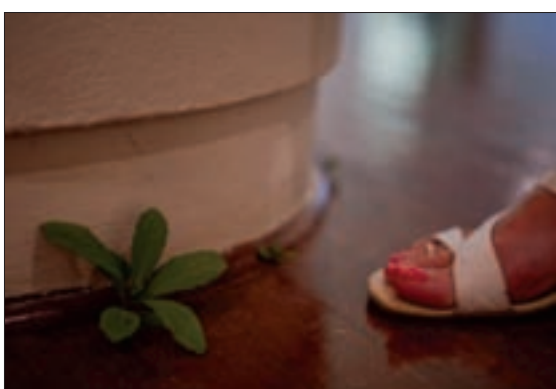
The museum rests on several acres of hill-top property with clear views of Diamond Head and downtown Honolulu. In addition to its equally artistic gardens, the estate offers an exhibit alternating between local and international artwork every couple months.

The elaborate building the museum resides in was originally constructed as an affluent residence in a secluded environment adding to the artistic environment and sustaining its appeal to visitors.

While the museum naturally avoids "traditional" pieces, the combined offering of a historic Kama-aina site, elaborate architecture, and acres of maintained gardens ensures nearly anyone can find something to enjoy there.

"It's a great place for families," said Charlie Aldinger, Director of Museum of Advancement, TCM. "If the exhibit doesn't seem [compelling,] there's plenty else for them to enjoy."

Complementing the exhibit is an outdoor café where patrons can enjoy a beverage or snack on the patio surrounded by murals and paintings left by resident artists.



A woman shows off a plant growing between the woodwork on the floors of the Contemporary Museum. There are many plants and flowers growing throughout the museum and add to its uniqueness.

The museum also features an array of trails interweaving the area, scattered with subtle artwork and potential picnic sites.

Despite a lack of contemporary museums in Hawaii, TCM remains a rare entity, even throughout the contiguous states, by fusing two seemingly conflicting aesthetics of new-age and nature.

"I think the two 'opposites' attract," she said. "It's a three-way offering of architecture, interesting art, and gorgeous landscaping."

Contemporary art usually invokes the thought of an industrial or neutral-themed location – not immersed in a natural backdrop away from the city, Aldinger said.

"Normally a contemporary museum is surrounded by concrete – typically in a downtown or warehouse setting," she added. "It's rare to find a [contemporary] museum in a historic, Kama-aina, residential estate."

"We take it out of the sterile environment to a historically rich and scenic environment," Aldinger said.

The museum also offers on-site catering for business meetings or family picnics, and children's art-classes, Aldinger explained.

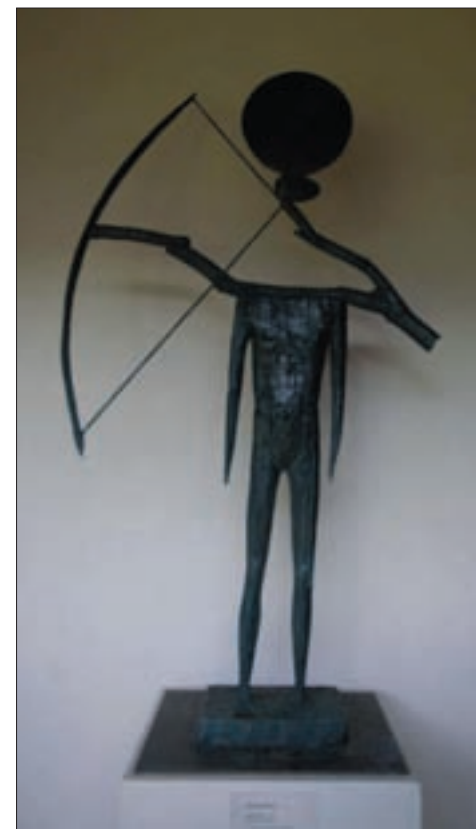
"There's no time limit," she added. "People often come – check out the exhibit and then spend the day lounging throughout the grounds. It's a great place to propose at."

People interested in visiting within the upcoming months can expect to see the newly renovated exhibit featuring Japanese artist Yoshihiro Suda. Suda is known for his fragile and subtle installations of hand-carved and painted, minimalist plant life.

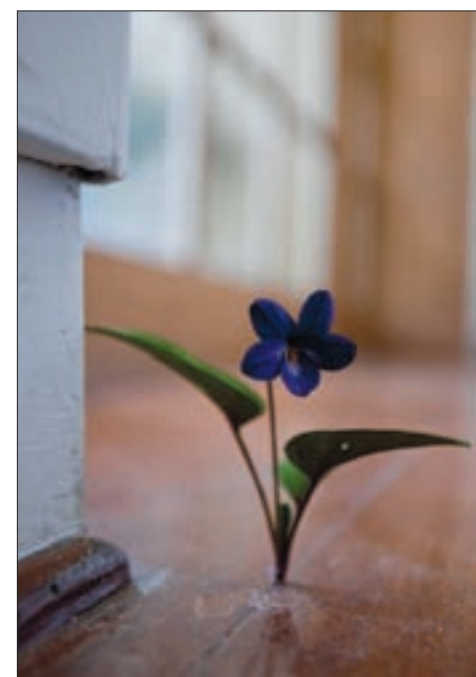
Although the \$8 fee regular visitors normally pay in admission may not be a huge giveaway, Aldinger said with the current economy and unassuming museum location – there's no reason to miss out.

"Even if you don't know too much about contemporary art, or art altogether, there are tours available and what we have here – no one else has on the island," said Milton Wilson, a TCM volunteer and former Head of Chemistry for General Aero Company.

The Contemporary Museum is located at 2411 Makiki Heights Dr., Honolulu, and can be reached at 526-1322.



The Contemporary Museum hosts different mediums of art, most far from traditional.



A flower peeks out of the floors in the Contemporary Museum.

The Contemporary Museum offers everything from art exhibits, grounds to lounge in, beautiful architecture and even a cafe to relax in. The museum is currently open to anyone with a military affiliation for free.



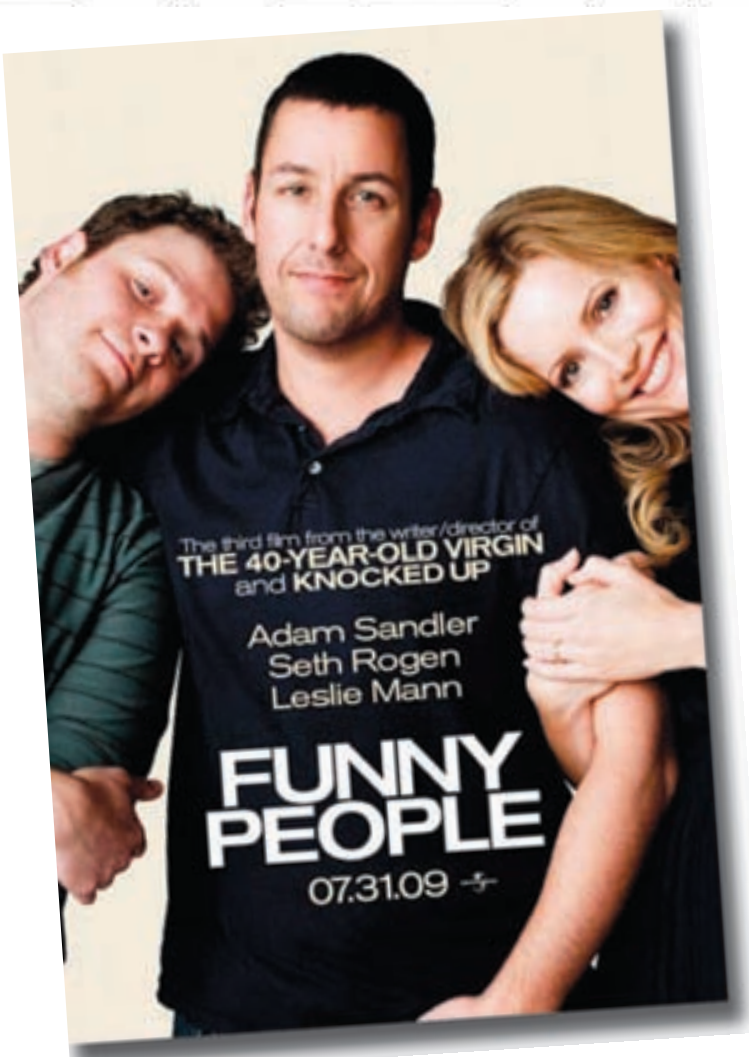
Various types of art fill the Contemporary Museum in Honolulu. The museum costs \$8 for regular admission, and is currently free for those affiliated with the military.

PASS IN REVIEW



Your weekly guide to all aspects of entertainment

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



Not a real American hero movie

Lance Cpl. Colby W. Brown
Combat Correspondent

Deep in the Sahara Desert there is a secret base and in that secret base there is secret training for secret missions that use secret weapons, secret gear and secret operatives. That would be an awesome idea if you were in the second grade and had a buddy over to play G.I. Joes in the backyard. Maybe even a great idea for a blockbuster movie, but when you combine both of those the end product may turn out to be cliché.

In "G.I. Joe: Rise of the Cobra" the special effects were great, attractive women and the heroes save the day, the only problem with it was the complete corniness of the movie. It was corny in the sense the writers were trying to per-

sonify toys. If you can dream back to when you were a kid and remember how your imagination stole away whole days of the summer visualizing the explosions caused by little plastic men, then this movie will entertain you.

For those of you who didn't play G.I. Joes as a kid you may ask yourself, as you walk out of the theater, if you just watched a children's movie.

It included all the things needed for a good summer blockbuster but lacked an intriguing plot. This can't be blamed on the writers because the whole story of G.I. Joe came from a toy. But when spending millions of dollars you might try to deepen the story, so it goes further than the imagina-

tion of a child.

There are tons of eye-catching scenes and plenty of action, but there is nowhere for relationships to build. When the guy saves the girl there wasn't any growth — he just saved her.

But enough of the story bashing — the action scenes in this movie captured what you imagined as a child and put it on the big screen. As far as action, having submarine fights, samurai sword fights, gunfights, catfights, car chases and many others this movie doesn't disappoint.

The plot is easy to understand because it is one sentence: The good guys fight the bad guys and some people fall in love. That doesn't spoil the movie if your worried, it's just the basis of what the movie is about.

If you want to go to the movie theater and veg out watching nothing but action, this movie maybe for you. It has its lulls in the fighting, but only long enough for you to go to the bathroom or get more candy. It is a great action movie but stops being great when you try to call it anything other than action.

The movie has no value as far as the story goes — it's generic and bland. The only thing that kept me in the movie were the explosions. So, if your looking for a movie that has more to offer than just a couple scenes of action, I would suggest seeing another movie.

2/4



(High and to the Right)

1/4 — No Impact, No Idea

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



2/4 — High And To The Right

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



3/4 — On Target

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



4/4 — Confirmed Kill

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



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

Better Know A Critic



BROWN

Lance Cpl. Colby W. Brown thinks a good movie is one that isn't just a story but an adventure you can lose yourself in. He believes that a movie should make you think about what you viewed and also be entertained by it. Brown's favorite movies include "Ferris Bueller's Day Off," "Requiem for a Dream," "Fear and Loathing in Las Vegas" and "Dirty Harry."



FLOWERS

Lance Cpl. Cassandra Flowers feels a good movie should make you forget about everything that's going on in the outside world. Her favorite movies are always comedies. Whether a movie makes you laugh, cry, or scared to go to bed at night, if it takes you away from reality for those few hours then it's good to go in her eyes.

Second Opinion

"G.I. Joe: The Rise of the Cobra" 1 out of 4 (No Impact, No Idea)



From the previews, the movie seemed like it was going to be action packed with realistic scenarios, but it wasn't. The start of the movie was good, but it soon started to fall apart and become very unrealistic. As I thought it would be a guy movie, it turned out to be much more like "Agent Cody Banks" or an adult "Spy Kids." As bad of a movie as it was, it was very fun to see the many cameos that were incorporated in the film. The movie wasn't all bad, even though I think I may have done a better job if I made the movie with the action figures myself.

— Jesse McAlexander

Not so 'Funny People'

Lance Cpl. Cassandra Flowers
Combat Correspondent

"Funny People" was jam-packed with a whole lot of funny people but for some reason the outcome of the movie wasn't very funny. I went to see the movie for a few good laughs after being dragged to "G.I. Joe" the weekend before.

Unfortunately I left the theater surprisingly disappointed.

With a title like "Funny People," I didn't think the movie would have had such a downer plot. Don't get me wrong — I appreciate the depth and actual meaning of the film. It was a ridiculous non-stop college drunk fest, but come on — make me laugh, Adam Sandler!

The movie starts when George Simmons, a celebrity comedian played by Sandler, finds out he has a rare disease, and there is only a small chance he can survive by using experimental medicine. He pretty much gives up on life until he runs into Ira Wright.

Ira (Seth Rogen) is trying to make it in the tough world of comedy, and George can't stand to be alone. George hires him to be his "assistant," which meant taking his phone calls, writing comedy material, and of course, talking him to sleep. Without admitting it, the two become close friends. Ira gets better at his own

comedy routine, and George starts to re-evaluate his life, and brings his close friends and family back into his life.

Good movie, right? That's when things got confusing; almost like "two movies in one" confusing. Laura (Leslie Mann) George's ex-fiancée is brought into the picture. Surprise surprise the two are still in love and all the magic comes back when they look deep into each other's eyes. The problem is Laura has moved on and has a family of her own.

Instead of just keeping Laura as the love interest, the director decided to bring her whole family and life story into the picture. This is where I was hoping the movie wasn't going to go.

Laura's family and love triangle were brought into the movie. I mean who was the movie about? Dying George or Laura's messed up marriage? This chunk of the movie caused the overall film to drag on forever and ever ... and it wasn't even laugh-out-loud funny!

Finally, there is a wrap up of all the chaos and the ending credits do come to the screen — I promise. There were some good laughs along the way of this one, but most were during the actual stand-up comedy segments.

I had a lot higher expectations, but I guess overall it wasn't an awful movie but it's certainly not a great one. This is disappointing because in my eyes, Sandler is a classic comedian and Rogen is a great entertainer ... both let me down.

2/4



(High and to the Right)

TALK* STORY

August-born actor Chris Pine (Aug. 26, 1980) starred as a young Captain Kirk in the most recent movie in the long line of spin-off shows and movies which spawned from the popular television show of the 1960s.

What is your favorite television show and why?



'Family Guy.' It lifts morale. My girlfriend thinks I'm similar to Peter Griffin. My favorite character is Stewie. He's clever.

— Lance Cpl. Anthony Vasosaust



"Sons of Anarchy," because I like motorcycles, and own and ride motorcycles. I'm part of a motorcycle club as well. The show has good action and good drama."

— J.P. Otomo

"Sponge Bob Squarepants" because it's funny and kind of gross."

— John Helman



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

Comic relief

MCB Hawaii corporal performs at local comedy club

Lance Cpl. Kevin M. Beebe Jr.
Combat Correspondent

When Cpl. Roberto Ramos stepped up to the microphone at the Emcee Maniac competition at Kahuna's Bar and Grill July 30, he didn't know what to expect.

After finding out about the competition through his unit, Ramos thought he should give it a try and see what happens.

"It was my first time ever getting on stage in front of people," Ramos said. "I was so nervous, but I loved it."

Ramos, cryptological linguist, Third Radio Battalion, and many other contestants competed for a chance to be this year's emcee for BayFest 2009.

Going into the night, the 24-year-old Palmdale, Calif., native didn't really have any idea what he was going to say. So right before going on stage he thought of a few stories he could tell the audience and piled them all together.

"The best part about being up in front of everyone is the adrenaline rush," Ramos said.

The stories Ramos used revolved a lot around his Mexican-American ethnicity. "I just talked about me, and my experiences and my family," Ramos said. "My biggest influence is my father. My father is hilarious.

"My comedy is mostly improv. I just get up there and talk about my experiences and when I started to stray away from that I didn't get as good of a response," Ramos said. "After my performance, people kept congratulating me on how well I did but I didn't think much of it."

At the end of the night the winners were announced and Ramos was surprised his name was not called.

But, he didn't walk away



Michelle Asato

Cpl. Roberto Ramos performs at the Emcee Maniac competition July 30 at Kahuna's Bar and Grill. He didn't win the competition, but was offered the opportunity to perform at Sharkey's Comedy Club in Waikiki, where he now performs weekly.

empty handed.

"The host for the competition came up to me at the end of the event and told me he owned a comedy club and would like me to perform there," Ramos said. "He said I was the funniest one in the competition by far."

Ramos performed at Sharkey's Comedy Club in Waikiki Saturday performing a short five-minute set as part of the open microphone night. Even though the name implies a walk-on show, you still have to be invited to perform, Ramos said.

Everyone at the club must have enjoyed his performance because Ramos received an invite to perform weekly.

"It's just a five-minute set every Saturday after the main acts perform for now," Ramos said. "I'm getting out [of the Marine Corps] in about four months so we'll see if it takes

me anywhere."

After parting ways with the Corps, Ramos plans to attend film school at the University of Southern California, where he wants to become what he describes as, "a triple threat" in the industry. He wants to write, direct and promote.

"This whole experience has been a good stepping stone," Ramos said. "Obviously the Marine Corps but also this whole comedy thing. I honestly never thought I would be doing something like this."

Now that Ramos has a set gig, he pays more attention to the funny things that happen to him and stories that he thinks of.

"Jokes will pop in my head and I'll type it into my phone and once I do that I tend to remember it."

Ramos said hopes to find somewhere to continue his comedic performances while he attends school.

"This is definitely a different experience that I really enjoy so I can't wait to see what comes of it."

Local youths compete, place in figure skating competition



Photo Courtesy of Kasandra Shriver

Azaria "AJ" Spindler, 13, took second place in her age division for "Freestyle 1." "It was very fun, I really liked it," Spindler said. "It wasn't that stressful but it did require a lot of work." Spindler and Aspen Watkins competed with their team "Tropical Blades," at the 2009 Ice Skating Institute World Recreational Team Championships in July.

Kristen Wong
Photojournalist

PEARL CITY, Hawaii — The wide stretch of icy ground lay before the young girl as she raised her arms in a ready position. As the gentle sound of Lee Ann Womack's voice singing "I Hope You Dance," echoed around her, 11-year-old Aspen Watkins, her eyelids draped in purple shadow, slid across the ice with ease.

"I cried," said Monae Watkins, her mother, who was able to watch her daughter compete in the 2009 Ice Skating Institute World Recreational Team Championships in late July. "It was absolutely beautiful. The competition that she was up against was incredible. It made it even more incredible to see where she is as opposed to where

she was a year ago."

Also skating in the competition was Azaria "AJ" Spindler, Aspen Watkins' teammate. Spindler, who skated to the song "River Flows In You" by Yiruma for one performance, said she had a lot of fun at the competition.

"[Spindler was] surprisingly calm," said her mother, Kasandra Shriver. "She didn't seem nervous at all. I was more nervous than she was."

Aspen Watkins and Spindler took third place with their Hawaii team, named the Tropical Blades. The competition, which took place at Sharks Ice at San Jose, Calif., featured approximately 1,300 competitors from various countries, in various divisions.

Aspen Watkins said during the first performance she was shaking and nervous because there were technical difficulties with the music.

"But then the other times afterwards it was like a breeze," Watkins said with a smile and laugh.

The Pearl City resident took first place in her age division in the "Character Spotlight Freestyle 1" category, second place in "Freestyle 1" and "Solo Compulsory Freestyle 1," and third place in "Artistic Freestyle 1." Spindler, a 13-year-old attending Kailua Intermediate School, won second place in her age division for "Freestyle 1."

Both girls, whose fathers are service members in the Navy and Marine Corps, found a love for figure skating not too long ago.

Watkins, who has been skating for almost a year, said she became interested in figure skating when she read a book from the "American Girl" series. Her inspiration was the character named Mia, who figure skates.

"I thought that figure skating would be a cool sport," Aspen Watkins said. "So I begged my parents, and they let me try it."

Aspen Watkins got her first taste of figure skating when her father, a Marine, was stationed in Okinawa, Japan. She said at first she had trouble balancing, but within a few weeks she became accustomed to skating.

Eventually Aspen Watkins began to take private lessons with a coach, and competed in March's Skate Aloha and the Hawaiian Open in July.

When she's not preparing for a competition, Aspen Watkins spends five hours a Saturday at practice. To prepare for a competition, she practices six times a week. Robyn Conboy, an figure skating instructor at Ice Palace Hawaii, is the head coach of Tropical Blades and Aspen Watkins' private coach. She said Aspen Watkins is usually the last one left practicing just before the ice resurfacers enter the rink.

"Aspen's a very hard worker, and she loves to skate," Conboy said. "You [have got to] love the sport. You [have got to] love skating before you do well. It's got to come from the heart."

Spindler, who has been figure skating for a year-and-a-half, said she currently practices three times a week from 45 minutes to an hour each session. If there is a competition, she practices longer.

"I really like to go to Ice Palace a lot and just skate around," Spindler said. "I just joined because I would watch skaters on TV and say 'ooh, I want to be like that,' and now I'm here."

Figure skating moves can be complicated, and vary in style. Aspen Watkins said it took her three months to master the "waltz jump," an axel jump in figure skating involving a half-rotation. Spindler is currently learning how to do a "salchow jump," a move which includes three turns followed by a jump. She's looking forward to learning axel jumps when she progresses in level, but until then she favors a move called a "toe loop," which she called "the closest thing that I can do that's an axel."

Though both Spindler and Watkins' fathers were not able to be at the actual competition itself, they watched it on video instead, and both were extremely proud. Navy Cmdr. Jack Shriver, special operations officer, Commander, Submarine Force U.S. Pacific Fleet, whose wife also skated competitively as a young girl, said he thought skating was in his daughter's genes.

"She's done so well, and she's so graceful," Jack Shriver said.

Maj. David Watkins, aviation support plans officer, Aviation Logistics Division, U.S. Marine Corps Forces, Pacific, said the family is planning to move to Colorado when he retires, where the training facility for the Olympics is located.

"I'm proud of her because she's worked so hard this past year," David Watkins said. "She's accomplished a lot in one year with her skating."

“
You have got to love the sport. You have got to love skating before you do well. It's got to come from the heart.”

-Robyn Conboy



Photo Courtesy of Maj. David Watkins

"The first time I was shaking on the ice," said Aspen Watkins, 11. "I got kind of nervous [because] my music got screwed up ... but then the other times afterwards it was like a breeze; it wasn't hard. I wasn't nervous; I was more calm." Watkins, pictured above, skated to "I Hope You Dance" by Lee Ann Womack, for one of her performances at the 2009 Ice Skating Institute World Recreational Team Championships in July.

The team continues to keep busy preparing for upcoming events throughout the year, including a Christmas figure skating show in December and a spring show in May. As far as competitions go, Conboy said the team usually competes in Ice Palace Hawaii's regular competitions in March and July, and are currently raising funds for the next ISI World Recreational Team Championships, to be held in Boston.

Though only time will tell what the future holds, Aspen Watkins said she aspires to skate in the Olympics. Although Spindler said she wants to be a surgeon, she has no intention of quitting skating.

"I'm gonna skate as long as I can," Spindler said.

For the families



Kristen Wong

Amanda Sordelet, family readiness assistant for 1st Battalion, 12th Marine Regiment, attended the grand opening of the 1/12 Family Readiness Center Aug. 7. Her daughter, 17-month-old Kira, played with balloons and toys at the center. Service members and spouses held its grand opening Aug. 7, with refreshments. "When a service member goes on deployment, they [will] know their family's taken care of," said ret. Master Sgt. Christopher Scott, family readiness officer for 1/12. The second family readiness center on Marine Corps Base Hawaii, the will be open for selected hours. Military spouses can make use of the center which includes a television, toys to entertain children, family informational brochures, a laptop computer and printer. For more information, call the center at 257-2297.



Sgt. Sara A. Taylor

Schedule of Events

Friday

- 5 - 8 p.m. – Military Static Display
JN Automotive New Car Show
Island Lifestyle Expo
- 5 p.m. – Midnight – E. K. Fernandez carnival rides, games and food
- 6 p.m. – Marine Forces Pacific Band – Main Stage
- 7 p.m. – Go Jimmy Go – Main Stage
- 8:30 p.m. – Filter – Main Stage
- 10 p.m. – Fireworks by Grucci – Waterfront
- 10:30 p.m. – Fest Tent Party with DJ Victor Effler – Fest Tent

Saturday

- Noon – 6 p.m. – All Hawaii Cruise' and Marimed Foundation
Coconut Island Boat Rides – Waterfront
- Noon – 8p.m. – Military Static Display
JN Automotive New Car Show
Island Lifestyle Expo
- Noon – Midnight – E. K. Fernandez carnival rides, games and food
- 4 p.m. – Concert gates open
- 5 p.m. – Marines Forces Pacific Band – Main Stage
- 6:30 p.m. – Bubba Gump Shrimp Eating Contest – Fest Tent
- 8:30 p.m. – Mike Corrado Band – Main Stage
- 9:45 p.m. – The Black Eyed Peas – Main Stage
- 10 p.m. – Fest Tent Party with DJ Victor Effler – Fest Tent

Sunday

- Noon – 4 p.m. – Operation Homefront
- Noon – 6 p.m. – All Hawaii Cruises' and Marimed Foundation
Coconut Island Boat Rides – Waterfront
- Noon – 8 p.m. – Military Static Display
JN Automotive New Car Show
Island Lifestyle Expo
- Noon – 9 p.m. – E. K. Fernandez carnival rides, games and food
- 1:30 p.m. – Bathtub Regatta – Waterfront
- 3:30 p.m. – GNC BodySearch Fitness Competition – Main Stage
- 5 p.m. – Ten Feet – Main Stage
- 6 & 8 p.m. – 360 Band – Fest Tent
- 6:30 p.m. – Fiji – Main Stage
- 8:30 p.m. – Katchafire – Main Stage
- 9:30 p.m. – Fireworks by Grucci – Waterfront

BayFest Competitions

Bubba Gump Shrimp Eating Contest

Saturday, 6:30 p.m.

Ten contestants will race to eat up to three pounds of peel 'n' eat shrimp for a chance to win prizes and walk away with full stomachs.

The contest is free and open to the public. Those interested can sign up on site at the Fest Tent beginning at 6 p.m.

For more information, please call 254-7591.

Bathtub Regatta

Sunday, 1:30 p.m.

Float your own boat in the Bathtub Regatta! The race is free for all military, civilians and corporate teams who have created a homemade boat and are willing to put their crafts to the test.

Boats must be self-propelled by four-person teams and created just for the race.

Numerous prizes will be awarded. For more information, call 254-7590.

GNC BodySearch Fitness Competition

Sunday, 3:30 p.m.

It's the survival of the fittest AND the finest at the 2009 GNC BayFest BodySearch Fitness Competition.

Watch these slim, trim and muscle-brimmed men and women strut their stuff and select the best.

If you think you have the brawn and beauty of a BodySearch contender, call 254-7597 for details.



How to get to BayFest



Where to park



Shuttle Van and Bus Schedules and Routes



RED ROUTE

- Pickup at **Hangar 101**.
- 1st Stop:** Left turn into Commissary/Chapel parking lot.
- 2nd Stop:** Bldg. 1090, Annex parking lot.
- 3rd Stop:** Corner of Mokapu Blvd. and Faleafine Pl.
- 4th Stop:** Corner of Harris Avenue and Irwin Street.
- 5th Stop:** Corner of Middaugh Street and Campion Drive.
- 6th Stop:** Corner of Daly Road and Bordeleau Loop.
- 7th Stop:** ASP lot (Corner of Daly Road and Dias Place).
- 8th Stop:** Corner of Daly Road and Pond Drive.
- 9th Stop:** Corner of Bancroft Drive and Lawrence Road.
- 10th Stop:** Corner of Lawrence Road and Harris Avenue.
- 11th Stop:** Corner of Lawrence Road and Bancroft Drive.
- 12th Stop:** Corner of South Lawrence Road and Lawrence Road.
- 13th Stop:** Corner of Lawrence Road and McLennan Drive.
- Return to **Bayfest**.

GREEN ROUTE

- Pickup at **Hangar 101**.
- 1st Stop:** Corner of Yarnell Road and Reed Road.
- 2nd Stop:** Officer's Club parking lot.
- 3rd Stop:** Upper Staff NCO Club parking lot.
- 4th Stop:** Corner of Manning Street and Arnado Street.
- 5th Stop:** Left turn into parking lot at base housing office.
- Return to **Bayfest**.



Volunteer Opportunities

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.

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

Ho'omaluhia Botanical Garden Nursery Aid

A peaceful refuge needs your help! Ho'omaluhia Botanical Garden is looking for volunteers that are highly motivated and have a desire to help in our Botanical Garden.

Nursery aids are responsible for fertilizing, pruning, watering, trimming, shrubs, ground covers and other botanical specimens.

Other duties include weeding, raking leaves, and

mulching around trees and pathways.

Interested parties need to fill out a Honolulu Botanical Garden volunteer application and come in for an interview.

Volunteers are needed Monday through Friday from 8 a.m. to 11:00 a.m.

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.

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.

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

Word to Pass

Aboard MCB Hawaii

Budget for Baby Class

1st and 3rd Mondays

The Navy-Marine Corps Relief Society offers a free class in Building 4016 from 9 a.m. to 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.

Test of Adult Basic Education

Aug. 19

This test is designed to measure basic academic skills commonly required for adult education programs. It will be in Building 220, Classroom A at 7:45 a.m.

It is open to active duty, family members and Department of Defense civilians.

For more information, call 257-2158.

Community Events

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.

Center Court from 10 a.m. to 3 p.m. Get energy saving tips from experts, learn about Hawaii's clean energy future plans, enjoy Hawaiian entertainment and test your energy IQ to win prizes.

Admission is free. For more information, contact the Hawaiian Electric Company at 543-7511.

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 per-

formance on the 1922 Robert Morton theatre organ. There is a fee for admission. To book a tour or for information, please call 528-0506.

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 Sept. 12.

The museum is located at 553 South King St., Honolulu, HI 96813.

For more information, call 531-0481.

Live Energy Lite Event

Oct. 3

Kick off National Energy Awareness Month at Pearlridge Center's Uptown

At Anderson Hall Dining Facility

Today

Dinner

Minestrone Soup
Chicken Noodle Soup
Sauerbraten
Baked Stuffed Fish
Scalloped Potatoes
Noodles Jefferson
Simmered Green Beans
Creole Summer Squash
Cream Gravy
Tater Sauce

Beef Cordon Bleu

Tropical Pork Chops

Boiled Egg Noodles

Orange Rice

Club Spinach

Cauliflower Au Gratin

Brown Gravy

Cherry Pie

Lemon Cookies

Devils Food Cake

Banana Bread

Raspberry Gelatin

Lemon Gelatin

Vanilla Cream Pudding

Chocolate Cream Pudding

Rice Pilaf

Southern Style Green Beans

Simmered Mixed Vegetables

Cream Gravy

Tater Sauce

Wednesday

Dinner

Manhattan Clam Chowder

Split Pea & Ham Soup

Savory Baked Chicken

Beef Pot Pie

Boiled Egg Noodles

Parsley Buttered Potatoes

Creole Summer Squash

Simmered Peas

Chicken Gravy

Thursday

Dinner

Tomato Soup

Chicken and Rice Soup

Orange & Rosemary Honey

Glazed Chicken Breast

Simmered Corned Beef

Islanders Rice

Parsley Buttered Potatoes

Glazed Carrots

Fried Cabbage w/bacon

Mustard Sauce

Chicken Gravy

Vanilla Cream Pudding

Chocolate Cream Pudding

Saturday

Dinner

Cream of Chicken Soup

Beef Barley Soup

Beef Stew

Pork Chops Mexicana

Buttered Egg Noodles

Spanish Rice

Mexican Corn

Simmered Peas

Brown Gravy

Lemon Meringue Pie

Oatmeal Chocolate Chip

Cookies

Marble Cake

Butter Cream Frosting

Monday

Dinner

Beef Noodle Soup

Cream of Broccoli Soup

Honey Ginger Chicken

Hungarian Goulash

Wild Rice

Simmered Green Beans

Simmered Corn

Chicken Gravy

Tuesday

Dinner

Cream of Mushroom Soup

Bean with Bacon Soup

Swiss Steak w/Tomato Sauce

Lemon Baked Fish Fillets

Lyonnaise Potatoes

Sunday

Dinner

Cream of Potato Chowder

Vegetable Soup

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.

"The Proposal"

Today at 7:15 p.m.

"Transformers: Revenge of the Fallen"

Today at 9:45 p.m.

"My Sister's Keeper"

Saturday at 7:15 p.m.

"Year One"

Saturday at 9:15 p.m.

"Ice Age: Dawn of the Dinosaur"

Sunday at 2 p.m.

"Transformers: Revenge of the Fallen"

Sunday at 6:30 p.m.

"The Proposal"

Wednesday at 6:30 p.m.

"Transformers: Revenge of the Fallen"

Friday at 7:15 p.m.

"Public Enemies"

Friday at 9:45 p.m.

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

Mokapu Beat

What's happening at Mokapu Elementary School

Important Numbers

Mokapu Elementary School Office: 254-7964
Mokapu Elementary School Fax: 254-7969
Office Hours: 7:30 a.m. to 4:30 p.m.
Health Aide: 254-7968
Absentee Line: 254-7968
Student Support Coordinator: 254-7979

Meal Information

Mokapu uses a computerized meal system, a school picture/bar code ID. The cafeteria will not accept cash-in-line transactions. Money must be deposited into your child's account. Students must have money put into their account by the first day of school to purchase lunch.

Deposits can be made by cash or check in the office. Checks should be made payable to the Department of Education.

Free and reduced meal applications will be available for you to fill out and turn back into your child's teacher. They will also be available for pick up in the office. One application can be used for all children at all DOE schools.

- Breakfast is served from 7:15 to 7:45 a.m. The cost is 35 cents, or 20 cents for those who qualify for free/reduced meals. A second breakfast is \$1.50. Adult breakfasts cost \$1.90.

- Lunch costs \$1.25, or 20 cents for those who qualify for free or reduced meals. A second entrée is \$1.25, and an entire second lunch is \$4. Adult lunches cost \$4.40.

- Lunch schedule is as follows: Kindergarten and grade 2: 10:30 - 11 a.m. Grades 1 and 5:

11:10 - 11:40 a.m. Grades 3, 4 and 6: 11:50 - 12:20 a.m.

Mokapu is a peanut/peanut butter free school. No peanut products are allowed at school.

Early Release Wednesdays

Wednesdays are early release days. Children will be dismissed from school at 12:30 p.m. every Wednesday.

A new bus application booklet is available at the school office. Payments are calculated on a 185-instructional-day school year. Three payment options are available. To be eligible for bus transportation, students must reside 1.5 miles or more from the school. Once you have turned into the office the completed application, you may check on your child's application with the office or by logging onto <http://iportal.k12.hi.us/SBT/home>. The No Pass, No Ride policy will be in effect.

Traffic Procedures

Morning Drop-Off (7:30 - 7:50 a.m.) Drivers may drop off students in front of or on the side of the school at the yellow curbs only. Vehicles must keep moving all the way forward before allowing children to exit. Students must exit the vehicle from the curb side only for safety. Students should not arrive at school before 7:40 a.m. Upon arrival, children in grades 1-6 are to report directly to the morning lineup near their building. Children eating breakfast must remain in the

cafeteria until the 7:50 a.m. bell rings.

Afternoon Pick-Up (Mon.,Tues.,Thurs. and Fri. 2:10 p.m., Wed. 12:30 p.m.) The front of the school will not be open for pick-up until the school buses have arrived and are in place. Parking is prohibited in front of the school and prohibited by red curbs at all times. If asked to move your vehicle, please do so promptly. This is a safety request and will be monitored closely. Parking is available next to 3rd Marine Regiment. Do not block driveways. Make a right turn only when exiting.

Family Math Night

Join us for the Amazing Math Race Family Math Night for grades 1-2 on Aug. 26, from 5:30-7 p.m. in the school cafeteria. Enjoy family fun through hands-on math activities and games. A dinner & light refreshments are included! Participating families will receive free giveaways. Hop Down Under to the Outback, trek across the Great Wall, dance with the leprechauns, and grab your binoculars on your safari across Kenya. Bring the whole family and have fun while racing through country-themed math activities and games. A Math Night coupon will be given to students, redeemable for "No Homework" or extra credit in their homeroom (subject to individual teacher's grading policy.)

For more information, contact Resha Ramolete at 254-7964 x270, or email her at resha_ramolete@notes.k12.hi.us.

Give back, spouses!

If you are a spouse of an enlisted service member on base and would like to give back some of your time to the base community, here is your chance.

The All-Enlisted Spouses Thrift Store, located in Building 212 (Pless Hall) needs volunteers.

Thrift Store hours are 9 a.m. - 1:30 p.m., Monday through Friday, closed Wednesdays.

Call 254-0841 or email mcbhaesc@yahoo.com for more details.