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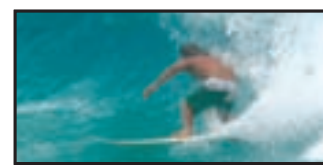
MAY 30, 2008



Cobra Gold
A-3



Art at Home
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Learn to surf
C-1

One of Them



Photos by Christine Cabalo

Marines from Kilo Company, 3rd Battalion, 3rd Marine Regiment, stand in formation at the grave of the first Marine killed in action during World War II, Pfc. Gordon Shive, at the National Memorial Cemetery of the Pacific. The squad of eight visited Shive's grave and the grave of the last Marine killed during the war, who served with Kilo Co. in 1945. Afterward, Marines walked through the Honolulu Memorial, viewing its chapel tower and map galleries.

Kilo Co. honors WWII Marine

Christine Cabalo

Photojournalist

HONOLULU — Paying silent tribute, eight Marines stood vigil May 22 at the graves of the first and last Marines to die during World War II.

Buried at the National Memorial Cemetery of the Pacific, it's a first time visit for seven of the eight-Marine squad. Captain Damon Torres, deputy operations officer, Kilo Company, 3rd Battalion, 3rd Marine Regiment, led the Marines in paying tribute to Pfc. William C. Bates, who died in 1945 serving the same company.

"He died just four months after the war was supposed to be over," Torres said. "He was providing security to Guam, and a lot of what we do now is continuing that tradition. We're providing stability in Iraq."

The captain read aloud a short history about Bates and his service, before taking a few silent moments at his grave. Two Marines from each platoon of the company formed the squad. The Marines then stood at the grave-



An American flag decorates the grave site of Pfc. William C. Patrick Bates, the last Marine who died during World War II.

side of Pfc. Gordon Shive, the first Marine to die during the war. Shive was stationed aboard the USS Arizona when the 1941 Japanese attacks occurred. Their visit came from an invitation from cemetery officials, who recently rediscovered Bates's gravesite was nearby.

One of the employees was doing research totally unrelated to Bates, said Gene Castagnetti, director, National Memorial Cemetery of the Pacific. The director said Duane Vachon, a volunteer clerk, found an article in a December 1995 issue of Veterans of Foreign Wars about the Kilo Co. Marine. It focused on how there were Japanese soldiers hiding in caves, continuing to fight police or other officials despite a peace treaty being formed. The private first class was killed while trying to clear caves in Guam from sheltered soldiers hiding after island hopping campaigns. It captured the imagination of Vachon and Castagnetti, who both lived on the island.

"It was something I could relate to," Castagnetti said.

See HONORS, A-4

VP-47 returns

Golden Swordsmen back home from Iraq deployment

Lance Cpl. Regina A. Ochoa
Community Relations NCO

More than 320 Sailors from Patrol Squadron 47 and Maintenance Detachment Team Alpha, Commander, Patrol and Reconnaissance Wing Two, arrived home from May 17 to Wednesday, finishing a seven-month deployment in support of Operation Iraqi Freedom.

The unit was the first Navy P3 squadron to deploy to a combat zone since the Vietnam War. The VP-47 Golden Swordsmen left Marine Corps Base Hawaii, Kaneohe Bay, Oct. 22, 2007. They were stationed out of Tallil, Iraq, and supported detachments in Qatar and the Horn of Africa.

"The mission of the deployed task group was to provide actionable intelligence to task force and coalition forces in the combat zone in support of Operation Iraqi Freedom," said Cmdr. Steven Barnett, executive officer, VP47.

The squadron flew more than 1,200 missions and logged more than 8,000 hours without missing a single mission, an unheard of 100 percent mission-completion rate.

See VP-47, A-4

Grabbin' Gear



1/3 begins Exercise Mojave Viper

Lance Cpl. Achilles Tsantarliotis
Combat Correspondent

MCAGCC TWENTYNINE PALMS, Calif. — Last fall, 1st Battalion, 3rd Marine Regiment returned home from a successful seven-month deployment in Iraq, supporting Operation Iraqi Freedom by conducting patrols and counterinsurgency operations in the al Anbar province under Regimental Combat Team 2. Not even a year has passed, yet the Lava Dogs are preparing for another deployment with Exercise Mojave Viper.

To guarantee the battalion's combat readiness is maintained, 1/3 returned to 29 Palms, Wednesday, to train collectively one last time before another demanding seven-month deployment. During the combined-arms training evolution, the battalion will participate in the Marine Corps' most comprehensive pre-deployment training, ensuring another successful "pump" supporting OIF.

"The focus of the training is the familiarization of combat [standard operating procedures] and integration of supporting aspects," said Staff Sgt. Andrew Giermann, S-3 training chief, 1/3. "It's how everything falls into place - how everything works together."

The roughly four-week training cycle consists of conventional operations during the first half,

See VIPER, A-4



An Iraqi man speaks with an Iraqi Police Officer May 18 at the Iraqi Police Station in Karma before he is released back to his family. Approximately 40 Iraqis were released after being fully screened and prepped to return home.



Photos by Cpl. Chadwick deBree

Local Iraqis wait outside of the Iraqi Police Station in Karma, Iraq, for their loved ones to return home, May 18. Approximately 40 Iraqis were released by the Iraqi Police and Marines of 2nd Battalion, 3rd Marine Regiment, Regimental Combat Team 1, after being screened and deemed not a threat to peace in the region.

FREE AGAIN

Marines assist Iraqi Police with reintegration

Cpl. Chadwick deBree
Combat Correspondent

KARMA, Iraq — The Karma Iraqi Police Station was bustling with activity. Men lined up inside the station as family members waited outside, waiting for the words they've been waiting to hear, "You are free to go to your families."

Marines with 2nd Battalion, 3rd Marine Regiment, Regimental Combat Team 1, assisted the Iraqi Police release of approximately 40 Iraqis

back to their families and home May 18.

"The significance of their release is that it demonstrates that the area is very secure and that we are working with the locals to return their country back to a state of stability," said Capt. James E. Gallagher, staff judge advocate, 2/3.

The men were released after they were screened by officials and considered not to be a threat to the peace and stability in the area.

"The Iraqi Police demonstrated a lot of initiative in organizing the event and screening the in-

dividuals to determine if they still posed a threat," Gallagher said. "They also have established a parole program to monitor the detainees' reintegration into society."

The Marines assisted with the reintegration into society for the men who were once held at long-term detention facilities.

"I think that the program as a whole demonstrates the Iraqi Police's ability to function on their own," Gallagher said. "That they are capable of doing things on their own."

NEWS BRIEFS

MCMAP Training

Advanced Marine Corps Martial Arts Program Instructor and Instructor Trainer training is held Monday through Friday from 11 a.m. to 1 p.m. Also on Saturday from 8:30 to 10:30 a.m. at Building 223, Regimental Schools MAIC mat room.

For more information call 257-2153 or e-mail Gunnery Sgt. Johnson at eric.n.johnson@usmc.mil.

Marine Corps League

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

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

HR Office Temporary Hours

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

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

BayFest 2008

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

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

Tickets are available at Ticketmaster or your local Information, Tickets and Tours office.

Channel 2 Survey

Combat Camera is conducting a survey to gather information about usage of the Base Commander's Channel, Channel 2. Combat Camera is using the information to improve the service in order to better serve the base community.

For more information, call Gunnery Sgt. Schellenbach at 257-1365, or to take the survey visit <http://ice.disa.mil/svy.cfm?channel2>.

Important Phone Numbers:

On-Base Emergencies	911
Military Police	257-7114
Child Protective Service	832-5300
Fraud, Waste, Abuse & EEO	257-8852
Business Management Hotline	257-3188
Pothole & Streetlight Repair	257-2380
Base Information	449-7110
MCBH Duty Chaplain	257-7700
DEERS	257-2077

Editor's Note:

In the May 16 book review "Endgame, 1945: The Missing Final Chapter of World War II," the Hawaii Marine took editorial liberties with the article, which resulted in a grammatical error.

In the first sentence the subject and verb don't agree. The original sentence should have read "One of the many media criticisms of the Iraq war was that the end of major combat operations was messy, disorganized and poorly planned."

HAWAII MARINE

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Death of the Marksman

New rifle qualification aggregate scoring system elevates mediocre shooters, lowers Corps' standards

Sgt. Ethan Roche
Okinawa Marine

Say goodbye to the Marine Corps marksman. From now on, all Marines will be either sharpshooters or experts.

Those lines may as well be written into the new Marine Corps Combat Marksmanship Program order, which has effectively lowered the Corps' standard for excellence in rifle marksmanship.

That may just be my humble opinion, but I am predicting, and hoping, that once Corps officials run the numbers and analyze the statistical evidence of how many Marines are earning a classification of sharpshooter or expert now compared to before our rifle qualification standards changed, they will come to the same conclusion.

The problem is the new aggregate scoring system combines a shooter's scores from the fundamental marksmanship portion, Table 1, and the combat marksmanship portion, Table 2, and that aggregate score now determines a shooter's badge classification.

The new system eliminates, on the fundamental marksmanship course, the minimum score a shooter must receive to earn a classification above marksman. Shooters used to have to obtain a minimum score of 210 or 220 (out of a possible 250) on the fundamental course to earn a classification of sharpshooter or expert respectively.

Those days are no more. The aggregate score minimums are now 305-350 for expert, 280-304 for sharpshooter, and 250-279

for marksman.

Under the new system, a Marine can leave the fundamental course a marksman, shooting anywhere from 205 to 209, and still elevate his classification straight past sharpshooter to expert by shooting anywhere from a 96 to the maximum score of 100.

I completed my annual rifle qualification a few weeks ago, and I was highly disappointed by the droves of Marines who were giddy over the fact that they were able to make up for a mediocre performance on Table 1 with a decent performance on Table 2.

Two Marines from my office were on the range with me. Both had never qualified above marksman. Both shot below a 210 on the fundamental course. Both left the range sharpshooters.

This type of outcome was rampant across the entire range detail. One Marine on my detail shot a 193 on Table 1, just three points above the minimum score needed to pass the table, and still walked away from Table 2 with a brand new shiny sharpshooter badge.

This amused him, just like it amused all the other Marines who walked away from the range this year with a new notion of what is average, excellent or outstanding

when it comes to a Marine's ability with a rifle.

The fact that Marines are literally laughing at this new system speaks volumes about its impact on our standards.

I collected data on 176 shooters who qualified with the new system on Okinawa. Of those 176 shooters, 93 qualified as experts, 53 qualified sharpshooter and seven qualified marksman. Twenty did not qualify, either because they did not meet minimum standards or because they were dropped from their range details for other reasons such as faulty weapons.

I don't have older data to compare those numbers against, but I'm betting, based on strong anecdotal evidence, that experts were not always in the strong majority, and marksman were not always a virtually nonexistent minority.

The new Marine Corps Combat Marksmanship order articulates the reason behind the implementation of Table 2 into annual qualification training: "Combat ready Marines must be ... highly proficient in the use of firearms. Well-trained Marines have the confidence required to deliver accurate fire under the most adverse battle conditions. The rifle is the primary means by

which Marines accomplish their mission ... The objective of marksmanship training is to develop, sustain, and improve individual combat shooting skills."

I agree 100 percent with all that and am glad the Corps has implemented Table 2 into annual qualification. It is valuable training. What I don't agree with is the way the aggregate scoring system has degraded the distinction of what an expert shooter is by Marine standards.

Under these new standards, the Corps has opened the doors and welcomed everyone to the party: "Chips and dip to the right, sharpshooter and expert badges to the left. Please check any sense of what excellence is at the door."

If the aggregate system is here to stay, it needs to be revised, and the standard needs to be raised. The Table 1 minimum scores for each classification need to come back. That alone might be enough, but we should also consider the fact that a shooter's proficiency with a rifle should be measured consistently.

We used to require 84 percent hits for sharpshooter and 88 percent hits for expert on Table 1. Maybe we need to require the same minimums on both tables. Some Marines might shudder at that elevated standard, which would mean a bad day of combat marksmanship shooting could mean the loss of a higher badge classification. What those Marines should shudder at is right now we have a system that has drastically lowered our standards.

Last time I checked, lowering standards is something Marines don't do.

"Chips and dip to the right, sharpshooter and expert badges to the left. Please check any sense of what excellence is at the door."



Dennis M. Ogawa, professor, University of Hawaii, and Asian Pacific American Heritage Month Luncheon guest speaker, talks with guests about Asian Pacific American Heritage during the luncheon May 21 at Anderson Hall Dining Facility.

DIVERSITY — Is highlighted at Asian Pacific American Heritage Month Luncheon

Cpl. Mark Fayloga
Press Chief

The crowd was mixed. Marines, Sailors, blacks, whites, men, women. They all came together to honor a group of Americans. The diverse attendants came to honor a specific group, but ended up honoring diversity as a whole.

Dozens gathered in attendance for the Asian Pacific American Heritage Month Luncheon at Anderson Hall Dining Facility May 21.

The luncheon featured food by the various Asian Pacific American cultures and also gave guests the opportunity to learn more about Asian Pacific Americans when guest speaker Dennis M. Ogawa,



professor, University of Hawaii, spoke about the varying cultures and diversity of Asian Pacific Americans.

Ogawa spoke about the demographics of the culture in America. About 5.3 percent of the U.S. population are of Asian or Pacific descent, compared to 77 percent of Hawaii's population.

He spoke of the wide array of races in the culture and how early on, racism was a large problem and how now diversity has become Hawaii's biggest attraction.

"There are wonderful beaches outside of Hawaii that are more pristine ... beautiful beaches," Ogawa said. "How can Hawaii compete? Hawaii's ace in the hole is we have the rainbow culture. You see a wonderful mix of people. It's a great place to live because of the cultural diversity."

Weekend weather outlook

Today



Day — Isolated showers after noon. Partly cloudy, with a high near 84. East wind around 11 mph. Chance of precipitation is 20 percent.

Night — Isolated showers. Partly cloudy, with a low around 72. East wind around 13 mph, with gusts as high as 18 mph. Chance of precipitation is 20 percent.

High — 84

Low — 72

Saturday



Day — Isolated showers. Partly cloudy, with a high near 83. East wind around 11 mph. Chance of precipitation is 20 percent.

Night — Isolated showers. Partly cloudy, with a low around 72. East wind between 10 and 13 mph, with gusts as high as 18 mph. Chance of precipitation is 20 percent.

High — 83

Low — 72

Sunday



Day — Isolated showers. Partly cloudy, with a high near 84. East wind around 15 mph, with gusts as high as 22 mph. Chance of precipitation is 20 percent.

Night — Scattered showers. Mostly cloudy, with a low around 71. East wind around 15 mph, with gusts as high as 22 mph. Chance of precipitation is 30 percent.

High — 84

Low — 71



Lance Cpl. Ronald W. Stauffer

CHAI BADAN, Thailand – An AH-1W Cobra releases flares as a counter defensive measure after deploying multiple rockets here, during a Combined Arms Live Fire Exercise and closing ceremony for Exercise Cobra Gold 2008.



Cpl. Eric D. Arndt

U-TAPAO ROYAL THAI AIRFIELD, Thailand – Japan Ground Self Defense Force members escort Japanese role-players to a KC-130J Hercules aircraft during multinational evacuation of noncombatant training here for Exercise Cobra Gold 2008.



Lance Cpl. Brian A. Marion

CAMP FRIENDSHIP, KORAT, Thailand – Royal Thai Army Special Forces Master Sgt. Bunchong Piewbang displays an Asian cobra for U.S. soldiers with 2nd Battalion, 156th Infantry Regiment, Louisiana Army National Guard during jungle survival training here as part of Exercise Cobra Gold 2008, a military training mission hosted by the Kingdom of Thailand with the United States, Singapore, Japan and Indonesia participating.



Cpl. Eric D. Arndt

U-TAPAO ROYAL THAI AIRFIELD, Thailand – An Indonesian and two Thai Marines force down a role-player to protect him during a mock assault on the entry control point during Multinational evacuation of noncombatant training here for Exercise Cobra Gold 2008. This year marks the first time when five nations' services have participated in one noncombatant training event.

Service members have a blast at closing ceremony of Cobra Gold 08

Lance Cpl. Ronald W. Stauffer
MarForPac

As the saying goes, all good things must come to an end, and for the participants of Cobra Gold 2008 who attended the Combined Arms Live Fire Exercise and Closing Ceremony, their time in Thailand ended with a bang.

This year's Cobra Gold closing ceremony didn't follow the usual ceremonial protocol; it included a massive Combined Live Fire Exercise putting the multi-national cohesion on display. Spectators and distinguished visitors watched multiple nations' armed forces flow and work together as one, proving the training was a success.

For the last three weeks Thai, Japanese, Indonesian, Singaporean and U.S. armed forces took part in the 27th annual Cobra Gold Exercise, a regularly scheduled combined, joint multinational exercise focused on maintaining and improving military relationships among the participating nations.

The action during the live-fire exercise was hot both from firepower and the scorching heat of Thailand's weather.

As multiple sorties of fighter jets soared overhead dropping ordnance on their targets,

the distinguishing sound of artillery shells were heard whizzing overhead, crashing into the landscape while mortar fire destroyed its objectives.

Charging forward, light armored vehicles followed by Weapons Company, 2nd Battalion, 4th Marine Regiment, pushed inward, clearing a path with Bangalore torpedoes, long tube-like casings filled with explosives, .50 caliber machine guns and Tube-launched Optically-tracked Wire-guided missile.

"This is my first time [participating in Exercise Cobra Gold] and it was a good exercise," said Lance Cpl. Justin R. Davis, machine-gunner, Weapons Company, 2nd Battalion, 4th Marine Regiment. "They're trained just like we are so there wasn't any big worry about [any mishaps] during the exercise, and we all got to get out there and shoot some rounds."

Davis said it took some time to prepare for the event, which included two days of dry runs, setting sectors of fire and orientation.

"We went through live fire practice at the range and knew what we were getting into," Davis said.

Once a frontline was established, four CH-46E Sea Knight helicopters flew in, supported by two AH-1W Cobras.

The Cobras attacked their targets at a high angle releasing multiple missiles allowing time for the CH-46E Sea Knight helicopters to disperse.

Trudging through muddy grounds in thick, hot humidity, the troops ran, stopping only to remove obstacles in their path with Bangalore torpedoes until they hit the frontline of assault.

"I saw the planes, the helicopters, and it was good," said Lt. Gen. John F. Goodman, commander of U.S. Marine Corps Forces, Pacific. "Got my heart bleeding for [the infantry on the ground] because that's a long way to run on a day like today."

Once the objective target was controlled, a white cluster flare was released to signal the cease-fire and the close of the CALFEX.

"It's good exposure working with another military force, and it's good for the young Marines to build confidence," said Staff Sgt. Isaul M. Montez, platoon sergeant, 2nd Platoon, Fox Company, Battalion Landing Team, 2/4.

Montez said this year's exercise marked his third time training with the Thais, and it's always a great time when he gets to train with other countries.

"We've already been working on for the last

four days training with each other [for the CALFEX] and they're great people to work with," Montez said. "For [the infantry], we hit the ground and start fighting."

Following the CALFEX, the units rushed back for the closing ceremony, which concluded the exercise.

Representing the U.S. armed forces, U.S. Ambassador to Thailand, Eric G. John took his place beside Gen. Ruengroj Mahasaranond, Thai Armed Forces Supreme Commander.

"In the past two weeks I have seen the significance of Cobra Gold 2008," John said. "The work troops have done can help save lives. U.S. and Thai Armed Forces, to demonstrate the U.S. resolve to support security and humanitarian interests of friends and allies, also conducted humanitarian and Civic Assistance Programs during the exercise."

John said the exercise has helped serve as a regional confidence builder, helped with regional stability, improved joint ability and was thankful to the Royal Thai forces.

"Most importantly I would like to salute the service members who made this exercise a success," he said. "While some countries have been at war with each other for years, others have been establishing bonds of friendship that dig deeper than politics."

STORM TRACKS Be prepared for hurricane disasters

Christine Cabalo
Photojournalist

When storms are surging, base safety officials are working to create a safe harbor for all residents during a hurricane.

June marks the start of the hurricane season, and emergency officials are advising Oahu residents to be prepared for storms. Equipping for hurricanes may also help in reducing risks during other natural disasters.

"The biggest thing I tell everyone is to be prepared if help doesn't arrive immediately after the event," said Ray Tanabe, warning coordination meteorologist, National Weather Service. "Have your emergency kit prepared and ready to go, as well as having supplies stocked in case you're on your own."

It's a battle to keep people alert, Tanabe said, and it's easier to be ready before a disaster rather than scrambling for supplies during an emergency. He said families should be prepared with supplies for extended time periods, in case they're unable to immediately return to their homes after a storm. Roads or airports may not bring in supplies during an emergency, he said, so it's not unusual for police to minimize road traveling. First Lt. Tyson Scott, patrol operations officer, Military Police Department, said MPs help in evacuation efforts and controlling crowds in an emergency.

"Our role in a natural disaster is not that different from our daily mission as first responders," Scott said. "Should evacuation be necessary, off duty MPs will be recalled to assist in evacuation and rescue efforts."

The National Weather Service monitors storm activity, and they announce storm alerts in two stages: as watches or warnings. Tanabe said hurricane watches are broadcast when fore-



Cmdr. Grady Tuell

Heavy palm trees sway in this file photo taken of Marine Corps Base Hawaii during Hurricane Iwa. The National Oceanic Atmospheric Administration's ship Fairweather docked at the base, despite the electricity being knocked out. Crew members cooked Thanksgiving dinner for base residents.

casters expect severe weather changes to come within 36 hours. Warnings are issued when those changes are anticipated within 24 hours. Base evacuations are based on these stages, said Jacqueline Freeland, Anti-Terrorism/Force Protection Officer, G-3 Training and Operations, Marine Corps Base Hawaii.

"During those emergencies it's only the areas of the base that are most vulnerable that will be evacuated," she said. "It may vary, and sometimes only some neighborhoods may need to be evacuated due to the danger."

Freeland said she's personally gone through preparing for

hurricanes about to hit when she lived on the East Coast. When Hurricane Hugo was set to hit the North and South Carolina area in 1989, the force protection officer needed to do many of the things she now suggests everyone do in emergencies. Her office is always on the lookout for training volunteers, especially those who have been through hurricanes, to help out during base exercises. Both Freeland and Tanabe said they're always engaged in trying to dispel myths about Hawaii hurricanes.

"Some people think because Iniki and Iwa occurred about ten years part — then hurricanes happen every decade," Tanabe said. "In Hawaii we're surrounded by cooler water that usually discourages larger storms. But storms draw on many other conditions to form, so hurricanes can happen at any time."

Recently conducting emergency training for severe hurricanes, Freeland said base officials are trained to ensure lines of communication and transportation remain open. A "big voice" speaker system, audible in offices and residential areas, is also regularly tested. The force protection officer said in emergencies, safety officers could tap into television feeds to provide information. Those living off base can follow reports on public television stations or even the car radio for updates.

Tanabe said it's important to plan early for several disaster scenarios, especially when family members may not all be at home together. Working out of the Central Pacific Hurricane Center in Honolulu, he said residents should follow what shelters are open if evacuations happen. The center forecasts just three to four storms this year due to mild La Nina weather cycles, but Tanabe said it only takes one storm to cause extensive damage.

"(People should) prepare now for destructive weather," Scott said. "Don't wait until the hurricane is on its way."

Keep a Kit

Hurricane season starts in two weeks and ends in December. People can prepare for storms and other emergencies by gathering supplies. The Central Pacific Hurricane Center recommends you pack provisions for seven days in an emergency kit, in case of evacuation. Items should include:



7 gallons of portable water (1 gallon per person each day for drinking, cooking or personal hygiene)



7 days worth of nonperishable foods and special dietary foods (such as infant formula)



Prescription glasses, contact lenses and or other eyewear

For more information about preparing for disasters in Hawaii, and for a full list of supplies to keep in a disaster preparedness kit download the "Homeowner's Handbook to Prepare for Natural Hazards" at the Web site listed to the left.

It's never too early to get your kit together; June marks the start of hurricane season for 2008.

For a complete checklist go to <http://www.soest.hawaii.edu/seagrant/communication/publications.php>



2 weeks supply of daily prescription medications, such as insulin



Tools, including a can opener, first-aid kit, flashlight, spare bulbs and batteries



Personal hygiene items (waterless cleaner, toothbrush, toothpaste, soap, diapers and toilet paper)

Keep Off the Grass



Cpl. Mark Fayloga

Base residents need to think twice before parking on the grass. Currently, parking on grass on base is a violation of base driving regulations. Changes to the policy are being considered to make violating the policy result in more severe punishment. New punishments may include a higher loss of points against losing your on-base driving privileges and mandatory time in court.



Christine Cabalo

After paying respects to Bates and Shive, the squad of Kilo Company Marines walked through quartz mosaic map galleries May 22 at the Honolulu Memorial. Seven of the Marines said the ceremony at National Memorial Cemetery of the Pacific was their first visit.

HONORS, from A-1

"In '67 to '68, I was at Marine Barracks Guam. Occasionally we'd get calls about possible Japanese soldiers who may have been hiding in the caves."

Now cemetery director, the retired colonel said his unit once had to clear out people living in the wilderness. In nearly inaccessible areas, Castagnetti said his team had to rappel in with helicopters to get in. Some soldiers remained in hiding until as late as 1975. Castagnetti said he wanted to share the connection he felt after his discovery with others, and he eventually contacted officers with Kilo Co., a week before the ceremony.

As "America's Battalion," 3/3 members from Iraq returned to Hawaii in March 2008, and the battalion is scheduled for another seven-month deployment next year. Walking through the cemetery and the adjoining Honolulu Memor-

ial was a quiet change of pace, Torres said. Before standing at the graves, the eight-man squad looked through the cemetery's visitor center. Volunteering for the task, many didn't realize what to expect when they came in.

"It's very well maintained," said Cpl. Hugh List, machine gunner, Kilo Co., 3/3. "It's larger than I thought it would be."

After their silent tribute at the two graves, the squad walked through the Honolulu Memorial at the front of the cemetery. Visiting the memorial's chapel, they also studied its large wall map galleries. The maps, made from a quartz mosaic, show the movement of armed forces through several time periods. Castagnetti said as a former Marine, it gives him great pride to connect with others who've served in the Corps.

"We lose about 1,900 World War II vets a day now," he said. "Today's Marine carries the legacy of all the Marines from the past."

VP-47, from A-1

"The deployment was very successful," Barnett said. "All expectations were exceeded. The team performed at the highest level and was an integral part in supporting the counterinsurgency in Iraq while still providing traditional maritime support in the Arabian Gulf."

The Golden Swordsmen were successful as a unit, reaching a milestone of 200,000 mishap-free flying hours, a feat that took 34 years to accomplish. The squadron also worked regularly with Army, Air Force, Australian, Romanian and Ugandan service members and contractors, as well as other government agency personnel.

The unit's Sailors were also successful personally. More than 420 individual air medals were awarded to aircrews, and more than 40 Sailors enlisted in the sands of Iraq.

The unit's first return flight brought Sailors into Hickam Air Force Base in the early hours of May 17. The main airlift returned Monday, bringing more than 150 Sailors back to the welcoming arms of loved ones and friends at Hangar 104. The final flight on Wednesday brought the unit's remaining Sailors home.

VIPER, from A-1

urban warfare and counterinsurgency training the last half, Giermann said.

Even though this will mark the Lava Dogs' fourth pre-deployment training cycle at Marine Corps Air Ground Combat Center Twentynine Palms, Calif. Giermann insists each and every time is just as important, if not more, than the last, because of the continually evolving nature of urban warfare.

"[The] training will improve the skill of new Marines and update seasoned Marines," he said.

The Marines believe the training is beneficial and will help the overall fluidity of the upcoming deployment, said Cpl. Graham Johnston, machine gun section leader, Charlie Company, 1/3.

"It gives you a good overall understanding of basic combat, fire maneuver, overwhelming firepower," said the 22-year old Bostonian. "Most importantly, it teaches you how they apply to urban warfare in Iraq. They have a good Iraq simulation. It gives [Marines] a good cultural experience — patrolling the streets, marketplaces — and interacting with the people. It does a good job preparing us, and it wouldn't be nearly as smooth if we didn't do it."

For some of the newer Marines who haven't deployed, it's an end to the training they've completed thus far, reminding them of what awaits in the upcoming months.

"I'm worried about the readiness aspect," said Pfc. Nicholas Metzler, machine gunner, Company C, 1/3. "There's always that doubt that you're not going to



The 'extravagant' lodging for the Marines about to train in Exercise Mojave Viper at Camp Wilson, Marine Corps Air Ground Combat Center, Twentynine Palms, Calif. Marines of 1st Battalion, 3rd Marine Regiment spend little time at their quarters, focusing on the pre-deployment training before departing for Operation Iraqi Freedom later this year.

do something right. But, I think with this training and everything we've done so far we'll be able to go to Iraq and get [the mission] done."

Mojave Viper — roughly four weeks of training, countless simulation exercises and a large boost to 1/3's cohesiveness — will likely set them up for another successful, efficient deployment.

"[Mojave Viper] will be rough at first," Metzler said enthusiastically, "But, it's why we do it. We're

Marines, and we're trained for anything."

First Sgt. Timothy Callahan, acting sergeant major, 1/3, said the goal at Mojave Viper is to prime the battalion on every level for a successful deployment.

"It's to prepare us for what lies ahead," he said. "It tests the Marines on everything they learned and makes sure they retained the knowledge. "Without [Mojave Viper] we wouldn't know where we stood."

Standing Tall



Lance Cpl. Regina A. Ochoa

The Chamber of Commerce of Hawaii recognized Sgt. Mitchell J Oshkeshequoam, information security chief, U.S. Marine Corps Forces, Pacific, from Kesena, Wis., as U.S. Marine Corps Noncommissioned Officer of the Year for the State of Hawaii at their 23rd Annual Military Recognition Luncheon at the Hilton Hawaiian Village Beach Resort and Spa May 22. "It's an honor to be recognized by the State of Hawaii," the Menominee Indian said. "I accept the honor with pleasure to represent the Marine Corps and my family, as well as the Menominee Indian Nation."

Marine Corps League looking to reestablish Aloha detachment

Information on the organization and a request to join from a current member

E.L. Haney

Marine Corps League

The Marine Corps League is a Fraternal Service Organization established by an Act of Congress in 1937. Membership is restricted to those who have served honorably in the Marine Corps and to Fleet Marine Force hospital corpsmen. Provision is made for associate membership, which is offered to individuals who, through their support of the Marine Corps and its ideals, have contributed to the furtherance of those ideals.

On Oahu there is a move afoot to reestablish the Aloha Detachment of the Marine Corps League. This movement is spearheaded by John Ah Chick, sergeant major (retired). In order to reestablish the detachment we need 20 new members. Marine Corps League members-at-large can transfer their membership to the detachment and count among the charter membership. Marines (such as myself) who are members of other detachments may transfer but may not be counted among the 20 required for establishment. MARINES, WE NEED YOU!!

At this point I want to put some questions to rest. There are those who believe that the Marine Corps League is comprised of a bunch of old fogies who sit around telling sea-stories. Nothing is further from the truth. The Marine Corps League participates in the Annual Toys for Tots campaign

of the Marine Corps Reserve and has since its inception. The Marine Corps League sponsors the Young Marine program which targets youth from eight to 18 years old.

The Young Marines is a program that combats drug use by providing structure to young men and women so they can more easily resist peer pressure by being the leader rather than the follower. These are just two of the many things in which the Marine Corps League supports.

The League also supports: Marines Helping Marines — a program of assistance to wounded Marines and their families. The Marine Corps League Foundation, a scholarship and other programs benefitting Marine children and grandchildren. Veteran Support - support of veterans in VA Hospitals and the League also provides community services as well as Color Guards and Honor Guards. The League also supports the Marine Corps League Auxiliary which is an organization of ladies related to Marines by blood or marriage.

The Marine Corps League also has a group called the Devil Dogs. This group has a lot of fun meetings where membership is fined for almost everything with all the proceeds going to the National Headquarters where it is donated to a worthy charity annually. Membership in the Devil Dogs is by invitation only and is only offered to those who have been

League members for at least one year.

Given the above, I am quite surprised that more Marines are not joining. Perhaps they just haven't gotten the word yet. This article has been a shameless attempt to recruit members for this new Aloha Detachment of the Marine Corps League.

For more information or to obtain a membership application, contact E. L. (Bill) Haney at 230-9728 or John S. Ah Chick at 227-9115 or 261-9693.



AROUND THE CORPS

VMA-513 provides vital assistance in uncommon mission

News Release
VMA-513

ABOARD THE USS ESSEX, Andaman Sea — The 31st Marine Expeditionary Unit had an immediate need to obtain passports as well as helicopter parts and supplies for possible humanitarian assistance and disaster relief efforts to support the victims of Cyclone Nargis. The problem was the passports were at the American embassy in Bangkok, Thailand, requiring a delivery route of over 900 nautical miles.

Fortunately, an out-of-the-box solution was offered by the 1st Marine Air Wing to deliver the passports as soon as they were completed by the embassy. The AV-8B Harriers of Marine Attack Squadron 513 would be used to make the long-range delivery to the USS Essex Amphibious Ready Group, floating off the coast of Burma.

On May 17, the VMA Marines took a short break from close air support training with the Thai military in support of Exercise Cobra Gold '08 and quickly re-configured their aircraft with baggage pods to carry the urgently needed supplies. The Harriers worked closely with the Marines of Marine Aerial Refueler Squadron 152, another 1st MAW unit, to plan the mission. Two Harrier pilots flew from Korat to Uthaphao, Thailand, to pick up helicopter parts and the passports. The pilots then set course for the USS Essex, a circuitous route which was almost entirely over water and was complicated by the fact that they had to stay completely clear of Burmese airspace. The mission also required quick response from the USS Essex ARG to relocate to a politically suitable recovery location. VMA-513 maintenance Marines and the USS Essex Air Department recovered the AV-8Bs onboard the ship and quickly exchanged parts



Petty Officer 3rd Class Gabriel S. Weber

Crew members of the forward-deployed amphibious assault ship USS Essex push an AV-8B Harrier, assigned to VMA-513 "Nightmares," onto the ship's aircraft elevator.

and documents. The Harriers launched and rendezvoused with VMGR 152's KC-130s still orbiting overhead. In total, the Harrier pilots flew over 1800 nautical miles to the USS Essex and back to Thailand, refueling once on the ship and twice airborne with the help of VMGR 152's KC-130 Hercules planes. Total mission time was 5 hours.

"The mission was so important because if we get the opportunity to actually go into Burma and help the necessary people will now have the tools they need for success," said Maj. Cory Simmons, a pilot with VMA-513. "We did it in a timely fashion due to basing flexibility. We were the only ones with the legs to complete the mission. And as an added benefit, both us and the KC-130s accomplished impor-

tant strategic tanker qualification training."

For those units on the ships, the VMA's efforts were a success as it ensured total mission readiness of MEU and USS Essex Amphibious Ready Group service members.

"The Harriers brought us the necessary parts to bring us one step closer to having all of our helicopters fully operational," said Master Sgt. William Schmidt, a maintenance crew chief with Marine Medium Helicopter Squadron 265.

Commodore, Amphibious Squadron Eleven, Navy Capt. Anthony Pachuta said of the mission, "This was crucial to the Navy/Marine team on being able to execute any mission inside of Burma with the requirement that all Air, LCU and LCAC crews have

passports. The pilots of VMA -513 gave new meaning to the mission of [carrier onboard delivery] and provided if in the future we are tasked to conduct HADR mission into Burma that execution would not have been possible without them being able to fly the passports out to the ESSEX. Success is defined by small victories and this success was a small victory for the Navy/Marine team on the ESX ARG."

The mission completed by the VMA pilots was the first MEU mission in support of Joint Task Force Caring Response. The Harriers were the only aircraft in the Pacific Theatre able to fly from Uthaphao to the USS Essex ARG and deliver supplies. The mission highlights the Harrier's flexibility and versatility.

31st MEU commanding officer, Col John Mayer, said of the mission, "Considering the Burmese government's requirement for everyone to have a passport and our location off the coast of Burma, the Harriers were the only platform in the JTF that could respond quickly, from land base to ship, and over the distance necessary to support the mission. As a MEU commander, I appreciate the flexibility of Short Take Off Vertical Landing aviation."

As the MEU and the USS Essex ARG continue preparations to support Operation Caring Response, Harriers from VMA-513 stand ready to provide whatever unique support is required from an attack aircraft during humanitarian assistance operations.

"This was untraditional tasking ... but it was a good mission," said Lt. Col. Christopher J. Parkhurst, commanding officer, VMA-513. "It was great to contribute to the contingency effort while highlighting the flexibility of Short Take Off Vertical Landing aviation. The MAGTF has always prided itself on its ability to accomplish tasks that no one else can, and this is just one more example of that."

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MAY 30, 2008



The artwork shown here is the "Uwa" by Carl Pao (left), "Untitled" by Katie Kamelamela, and "Hana Noeau" by Maile Andrade, a print collection hanging on one of the walls at the healing center.

Hawaiian art at home

Visitors treated to relaxing massages, beautiful art at Moku Ola Hawaiian Healing Center

**Story and Photos by
Christine Cabalo**

Photojournalist

HONOLULU — A healing spa may not be the standard setting for an art gallery, but visitors to Moku Ola can still enjoy Hawaiian artwork. Former co-partner of the spa, Keola Chan, said he initially started the gallery at the healing center to support Hawaii's artists.

"It's a safe place where artists can hang their art," he said. "It's also a place where people who are relaxing can enjoy the art while they're being massaged."

The gallery is a dynamic space, and new art is scheduled for display every three months. Moku Ola is currently exhibiting art by Hawaiian printmakers, who use blocks of linoleum, metal, or other materials to carve their designs. The blocks are coated with ink and imprinted to various surfaces to create the final product.

Puni Kukahiko, gallery coordinator, said she's been impressed with the quality of work featured. Contributors to this collection are established printmakers as well as student artists from the University of Hawaii and Kamehameha Schools.

"There's no specific conceptual theme, but all the artists are of Hawaiian ancestry," she said. "For this space, we don't set a theme, but a lot of us have the same artistic goals."

"As a community, we have similar interests and passions. A lot of the work deals with Hawaiian identity, and that's something that traverses all types of media."

Visitors to Moku Ola may notice the healing center's floor plan resembles that of a home. Guests are asked to remove their shoes before stepping inside.

A white carpet covers the waiting room floor, which includes a kitchen countertop featuring spa products sold by the center. Artwork can be seen throughout the waiting room, hallways, and inside each massage workroom.

"Moku Ola is a really beautiful and comfortable space," Kukahiko said. "I've enjoyed working in this environment. It's very satisfying — working with other people who have the same vision I do."

"As a Hawaiian, I have a commitment to raising awareness, promoting education, and uplifting the spirit of the other Hawaiians."

Kukahiko said she's especially excited about seeing artwork from student artists and acknowledges their commitment to producing thoughtful work. As a painter and teacher, she said the current exhibit is interesting to her because of the students, who have created prints for the first time. The gallery coordinator said she would love to see more young students who are encouraged to express themselves and their Hawaiian identities through art.

In addition to carrying on traditions, Chan said his support of having artwork at Moku Ola confirms his goal of complete well-being. During the first gallery reception for the art collection, guests were served taro, a low-calorie Hawaiian food, and awa, a traditional drink.

"It's all about health," he said. "When people buy art it's usually just to decorate your space, but art is about healing as well. Art brings up discussion with others and new thoughts; talking takes place, and that's all part of the healing process."

Moku Ola is located in the Koko Marina Shopping Center in Honolulu. The spa is open daily from 9 a.m. to 7 p.m., and admission to the gallery is free. Calls should be placed in advance for reserving spa services

or visiting the gallery. The healing center's spa services include exfoliation and massage.

Visitors may purchase some of the artwork featured in the collection. For more information, call 394-6658 or log on to: www.mokuolahawaii.com.



Mizushima gives a lomilomi massage to Mayu Kimura, a spa customer, at Moku Ola, a Hawaiian healing center.



Aaron Mizushima, manager, Moku Ola, works at the front desk of the healing center in Honolulu. In addition to hanging art by artists of native Hawaiian ancestry, Moku Ola offers spa services such as exfoliation and massage. Artwork from Hawaiian printmakers will be on display at the center until April.

PASS *IN* REVIEW

Your weekly guide to all aspects of entertainment

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

1/4 — No Impact, No Idea

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



2/4 — High And To The Right

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



3/4 — On Target

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

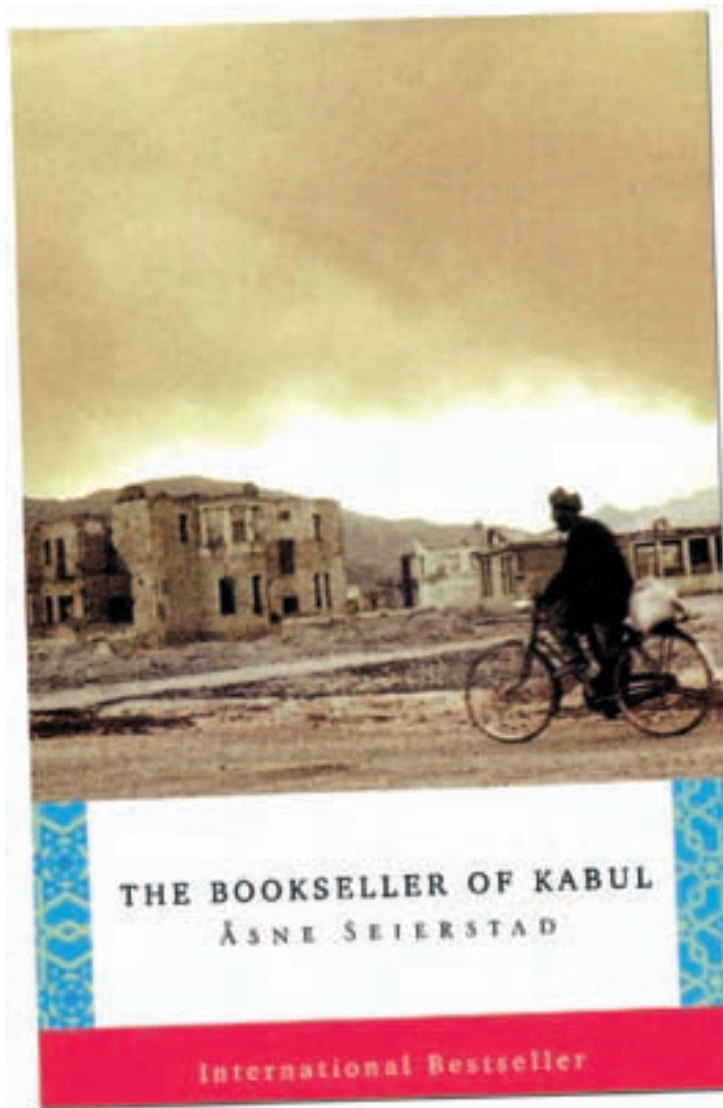


4/4 — Confirmed Kill

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



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



the BOOKSELLER of KABUL

Life is different here

Ray Rippel
Special to the Hawaii Marine

Allow me to introduce Sultan Khan, the titular shopkeeper of Asne Seierstad's profoundly disturbing memoir of life in an Afghan home. As the book opens we observe Khan, a man in excess of 50, negotiating to take an illiterate 16-year-old girl as his second wife. His first wife, whom he married the same year as the young girl was born, has no idea she's about to gain a "sister." His price for the child bride (who will have no say in this transaction) includes 600 pounds of rice and a cow. Sultan Khan, by the way, is one of the good guys.



you gain a critical advantage: the ability to recognize what is out of place and what doesn't belong. There are no shortcuts; the only way to gain this understanding is by frequent interaction and thorough preparation before you deploy.

Unfortunately, our force protection rules make interaction difficult. Couple those rules with an already secretive and wary populace, and it becomes almost impossible. Studying about the country is useful in preparing yourself for deployment, as is formal training from various sources available. I once taught a course full of such information, and I consider it essential. But information isn't the same as experiencing the daily routine of an Afghan family, which is what you'll accomplish by immersing yourself in Seierstad's book.

Seierstad had an astonishing level of access to Sultan Khan and his family. She lived in his home, traveled with him on business, accompanied the women of the household to the market, tagged along with his son on a religious pilgrimage, and experienced the preparations for, and then attended, a traditional Afghan wedding. She also became a confidant to each person in the family; they in turn divulged their most secret thoughts and aspirations.

Her identity as a Western woman made her unusually qualified for this undertaking, as she explains.

See **BOOKSELLER**, B-4



Indiana Jones Whips up matinee thrills

Christine Cabalo
Photojournalist

Indiana Jones finds himself caught up in another adventure, this time hunting for mysterious South American crystal skulls.

On the hunt for Jones, Russian Communist KGB agents believe he can guide them in unlocking the skull's mythical power.

The famous archaeologist matches wits against the KGB with help from new sidekick "Mutt" Williams played by Shia LaBeouf. Karen Allen joins Jones again as Marion Ravenwood, his love interest from "Raiders of the Lost Ark."

Globe-trotting from Nevada to Connecticut to Peru, Indy races to return one of the skulls to the Temple of Akator before the bad guys.

Like previous films and its spin-off television show, Indiana's adventures are powered by the mystique of their location and time period.

Filmmakers set this installment in 1957, heralding a new era in the franchise.

Right at the beginning of the movie, its stylistic touches of the '50s roar with an opening that sets the stage for a thrilling atmosphere. A military convoy in the desert seems likely in any time after the 20th century. When drag racing teens ride up beside the cars, blaring Elvis Presley's "Hound Dog," audiences know Indy is in a new world.

Marshall College's favorite professor of archaeology remains stellar at cracking jokes and his bullwhip. Harrison Ford steps back into the role with ease, letting the punches and heroics fly. This installment sees him literally blasted into the atomic age and facing dangerous perils without

letting doubts about his age slow him down. He may have racked up more years and more mileage, but the adventurer still takes audiences for a wild ride. Seeing Ford play off of actresses Karen Allen and Cate Blanchett is a delight to watch.

Even the archaeologist's new sidekick reflects the times, as the audience first sees LaBeouf speed in with his motorcycle looking like Marlon Brando from "The Wild One." Many may worry about LaBeouf's character greasing up too much screen time, however both the writing and the actor's performance rein him in.

The only scene that stretched credibility was a jungle sequence when his character is tangled in vines, befriended by computer-animated monkeys. Seeing him swing across the Peruvian jungle, with his new primate pals to attack Russian agents, seems too improbable even for this adventure series. If this was a gag reference to Disney's "Tarzan," then it's a poorly written one.

The movie's main misstep is there are no real nail-biting booby traps that left audiences wondering if Jones would make it out. The danger this time comes in trying to survive the terrors of Mother Nature.

The plot is believable; however, the series is known for at least one fantastic sequence that sets its characters scrambling for escape.

See **JONES**, B-4

Better Know A Critic



A good movie should leave people with shorter nails, according to Christine Cabalo. While she's flexible about how the suspense occurs, her favorite genres are adventure, science fiction and fantasy stories. Any movie where great characters deal with the fantastic is okay by her. "It's about character-driven stories with a smashing plot," she said. "Cool adventures with rich personalities always make for good times."

CABALO



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

RIPPEL

Second Opinion

"Indiana Jones and the Kingdom of the Crystal Skull" 3 out of 4 (On Target)



"Indiana Jones and the Kingdom of the Crystal Skull," was entertaining. It wasn't the adventure I remembered as a youth or even as exciting as the amusement park ride, but it was worthwhile. Harrison Ford is old, but so is Indy. Shia LaBeouf is corny, but surprisingly believable, and I hate to admit it — likable as in early '90s late '80s Tom Hanks. And thank goodness for the villainous Cate Blanchett. I think she's attractive enough to turn any patriotic American man into a communist, and she can act. I'm a bit of a paranormal geek and history buff, so I know there's actually a Crystal Skulls' legend, which unfortunately the movie doesn't follow, even remotely. So, beside the Tarzan swinging and ridiculous monster ants, the producers' deciding to stray from the more interesting tale of the Skulls was a disappointment. But, the theatrical options have been limited lately making the fourth installment of our favorite adventurous archeologist a must see.

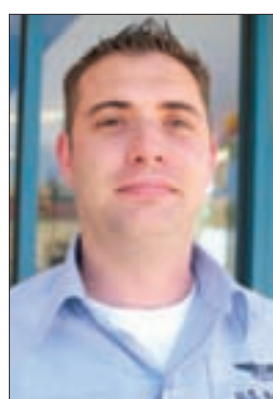
— Sgt. Macario P. Mora Jr.

TALK* STORY

Summer's rolling around the corner, with more time at home or at the beach. Nothing smells like summer like the aroma of a good barbecue or picnic spread. But what to cook for the gang? We wondered what the best eats were, so we asked ...

What's your favorite picnic food?

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



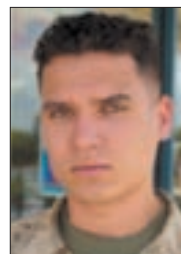
Hot dogs are good. The best are ball-park ones.

— Petty Officer 1st Class Gregory Oppenheim



"Definitely fried chicken. It's what I grew up eating."

— Melissa Greenburg



"Cheeseburgers, because they just taste great."

— Lance Cpl. Cameron Swisher

Desert Diaries

ETT doc saves ANA, Army, Marines in Afghanistan

Lance Cpl. Regina A. Ochoa

Combat Correspondent

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

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

Seaman James Holbrook joined the Navy after finding out his uncle, a Marine who died in Vietnam, was cared for by a Navy corpsman. It was from then on Holbrook knew his calling.

"I decided if he could die with someone by his side, I want to do that job, I want to be that man, so I decided to join the Navy, become a corpsman and serve Marine-side," Holbrook said.

At his first duty station here, Holbrook was selected to deploy with Embedded Training Team 5-2 to Afghanistan in July 2007. To prepare for the deployment, Holbrook and his fellow corpsmen participated in operational emergency medicine school. During their two-week course, they practiced trauma medicine, and even participated in a two-day mass casualty drill, where they had to practice field medicine.

After his medical training, Holbrook joined the rest of the team at Twentynine Palms, Calif., for pre-deployment training. The team arrived in Afghanistan July 17. A few days later, the team broke up into different sections and went to forward operating bases around the country. Holbrook went to FOB California, an area notorious for getting contact from the enemy.

"We were told it was the worst FOB there," Holbrook said. "The first couple nights we were

there, we had no contact, which was nice. It was surprising because they said 'If they're not shooting, something's wrong.'"

Holbrook's first time handling a weapon in combat came when the members of the team, along with a platoon of soldiers, conducted a patrol. Holbrook didn't know they were being shot at until he saw rounds hitting a nearby river, and he started firing back.

"My blood was racing," he said. "My adrenaline was pumping. I couldn't believe what was going on. It was the biggest rush of my life. I'm a smoker, and I smoked a pack in about 10 minutes because I was so riled up."

In the three months at FOB California, Holbrook learned why it had gained the reputation for being the worst in the country. The base took more than 40 attacks during Holbrook's time there. When he wasn't repelling the enemy's assault, he was providing medical care for Afghan locals who brought their injured and sick to him.

"I remember the worst case I had," Holbrook said. "It was a sad reason for someone to be in there. This one kid came in, he couldn't have been any more than one and a half, two years old. What we eventually found out was the dad took his son and threw him in a pot of boiling hot water for chai and took him out and ran him up to us. His flesh was just falling off his arms, legs, and stomach - everywhere. The kid was just losing his mind. I could see some bone in his leg. His whole body was blistering up. He's screaming his head off and the father was just sitting there calm. I was like, 'I can't believe this is happening.' So, I wrapped him up with ace bandages. He was like a little mummy I had in my hands. We had to take them to another hospital. I never got to see the kid again. Hopefully he turned out well, because he was just

hurting so bad."

Holbrook himself needed to be wrapped up on one mission, after a surprise enemy attack led to a three-hour battle. While traveling to a city to conduct cave searches and clearings, the Army and ETT Marine patrol spotted a man on a mountain ridge looking through binoculars.

"All of a sudden, hell broke loose on us," Holbrook said.

More than 60 enemy Afghans started firing on them. Holbrook, who was manning a machine gun in a vehicle turret, heard the call for a corpsman and was on his way out of the vehicle when a round that was bouncing around the turret hit him.

"I was like, 'Did I just get hit?'" Holbrook said. "I'm bleeding, and I'm more pissed off than anything else."

He was wrapped up and immediately grabbed his medical bag to help out the Army medics who were caring for wounded American troops.

After his time at FOB California, Holbrook bounced around to different FOBs. While at one, he did a lot of field surgeries on injured Afghan National Army soldiers. He remembers one soldier who made an impression on him, whom he helped save during an attack.

"He was shot in the face, his jaw was hanging off, and he was still fighting," Holbrook said of the ANA soldier. "It was amazing. He was holding his jaw with one hand and firing his weapon with the other. That was a great ANA soldier."

Holbrook became friends with an ANA soldier whom he conducted house searches with. During one mission, the soldier was hit by a sniper in the back after bending down, giving a way to shoot him under his flak jacket.

"His spine was hanging out, pumping blood into his stomach," he said. "I wrapped him up

and got him on a humvee. I put IVs into his arms. I had to leave him on a bird. He died within four minutes in the air. He had pumped four pints of blood into his stomach. His heart was the size of an acorn. I lost him. He was a good friend."

Even more devastating was the loss of a fellow team member. Holbrook's best friend and fellow corpsman was killed Oct. 2, 2007.

"It was a normal day at [FOB] Michigan," he said of the day. "We were chilling, grilling up some hamburgers, smoking our cigarettes. It was about 10 a.m., and I looked up and saw dust flying. I don't know how to explain it, but I felt something was wrong."

Holbrook went to find out what was wrong, and was only told they had taken two wounded and one killed in action. When he finally caught a convoy out to the area, he was told his best friend was killed in action.

"I couldn't take it," he said. "I ran out the door to the main square and broke down. I started crying. I was losing my mind. He was my best friend. My bud."

Holbrook attended a ramp ceremony for his friend, when the body was put on a plane and sent home. The casket was driven down the main street of the FOB, and every service member present stood at the position of attention, rendering a salute as it drove past.

It was there Holbrook got to say his final goodbyes.

"It was really touching and very hard to take," he said. "I got to walk up to the casket. It was emotional. I got to say goodbye, which was a good thing. The morale in the team was awful after that. No ETT has ever died, and only a few were injured. I couldn't believe it happened. My best friend died. He was gone. It killed us. Trying to do everyday things was hard. Every time we got into contact it was in the back of our minds that we could die. Someone had died, and they were gone. It made me think twice about doing things. We got through it. His memorial was hard to deal with. To this day, we still talk about it. It affected us all."

"It was the biggest rush of my life."

Marine faces separation, injuries, expectation – remains strong, ready for deployment

Lance Cpl. Achilles Tsantarliotis

Combat Correspondent

MCAGCC TWENTYNINE PALMS, Calif. - Theodore grabbed his pool-stick before taking a sip of his increasingly warm beer, and set it down dismissively. He glanced and laughed at his opponent, a fraternity brother and close friend, and continued to bend over, "sighting" in on the cue ball. Theodore lost the game, but it left little impact. He continued laughing with his "brothers," enjoying his beer and relaxing at a nameless bar and grill in Thibodaux, La., also the location of the college he attended, Nicholls State University.

Although he smiled when expected, offered a witty comment when needed and put up the front that he wasn't scared about leaving for boot camp shortly, his mind disagreed. Theodore was essentially on auto-pilot. For him, New Orleans was his home, a familiar place with familiar faces. His friends and family lived there, and although he was enjoying practically the last night he had with his friends, he knew it would be short-lived, and he knew he'd miss them dearly. He, like many others, was about to make a radical change.

Lance Cpl. Theodore Cothran, machine-gunner, Bravo Company, 1st Battalion, 3rd Marine Regiment, knew he was going to be a Marine as soon as he saw his younger brother, Derrick, walk with that all too familiar Marine stride. That stride wasn't only a sign of correct posture and pride; it embodied the Marine Corps image - a distinct sense of discipline and belonging. Cothran was impressed. He went to the recruiter and signed up. To Cothran it felt like he was seizing an unrivaled opportunity, a hardly known sweepstakes with the guarantee you'd be a victor.

"Me and my brother were very close - inseparable," he said, finishing the heavy sentence abruptly, like he was slamming a door shut on an unwanted guest. "We played football together, hung out with each other - we were only a little over a year apart, but we were best friends. When I saw the way he carried himself after bootcamp, I knew what I wanted to do."

On April 15, 2006, during a routine patrol in Iraq, Lance Cpl. Derrick Cothran was killed by an improvised explosive device, marking the day another Marine would make the ultimate sacrifice, simultaneously stealing a brother, a son and a friend from the world.

Derrick's brother had only recently earned the title Marine, and was attending the School of Infantry in April 2006.



Lance Cpl. Achilles Tsantarliotis

Cothran constantly wears his signature smile; he sports his positive attitude like an article of clothing. His outlook helped him through the loss of a brother, being critically injured and spending months recovering and relearning practical uses of his four-fingered hand.

"I was in SOI when my brother died," his voice trailing off, forcing the door of his memory ajar. "It was hard. I knew he died doing what he wanted to, for a country he loved, in a job he cherished."

After nearly two years of endless coping, training, exercises, and typical infantry "games," Cothran's unit was bound for Iraq.

"When I was leaving," the 24-year-old mouthed the words with an obvious sense of clarity and sincerity, "I knew what had to be done. I knew my job and what the mission was. All I could think about was my wife. I love her. Having to leave her all the time sucked - she's the best woman in the world."

Cothran spoke passionately. His love was worn on the never-ending smile he displayed. Even if he wasn't smiling, a look at him told a great deal about himself, that he had lost a loved one, yet remained ticking in a forward motion, like a clock, unaffected by its surroundings.

"The only thing I was worried about," he said, "was making it back to her. She was five-months pregnant with our first daughter. I just knew I had to make it back to her and my daughter, I just had to," his voice trailed off.

With only a month into his deployment, he suddenly shared a common experience with his brother - feeling the impact of an IED.

Cothran did not escape unscathed, the explosive claimed his right index finger and spit shrapnel into his shoulder and other parts of his body.

"I was driving in the middle of nowhere," he explained, "on a desert defensive, slowing insurgent's freedom of movement. As I put a lip in, it just - happened. An IED had gone off and all I can remember is the doors blowing off, slowly crawling out and hearing my friend who was in the turret screaming, 'Cothran help me - I'm dying.' As I crawled out, I knew one of my legs was [hurt], and I saw my right index finger hanging on the other side of my hand."

Cothran's shoulder was also pierced by shrapnel, cleanly, entering his body for only a moment, before exiting. With so many things that could possibly run through his mind, his dearest wife, their child to be, his parents - Cothran thought as he was trained, with a militant precision.

"My first thought after crawling out was, 'It's either an ambush or it was a secondary,'" he recalled calmly, as if he's seen worse or lost more than a finger and some tissue before. "For the first month we were there, nothing had really happened, which surprised us because we heard 2/3 [the unit they relieved] had to fight their way out of the [forward operating base]. And when the IED happened I thought, 'This is it, they're finally attacking us.'"

Cothran's gunner at the time was a fellow SOI classmate and friend. While Cothran had a more devastating outcome, the gunner didn't come out unscathed, the gun brutally rammed into his fragile face, disorienting him as well as hurting him.

"I don't remember much," said Lance Cpl. John Banta, assaultman, Bravo Company, 1/3, gunner of Cothran's devastated vehicle. "I was just worried about [Cothran]. I heard people yelling that he was pretty bad, and I just remember being concerned. We were in the medical center together, and I just kept asking about him, I could hardly move my mouth, but I didn't stop asking about him."

With both of them injured, they continued to worry about their brothers-in-arms, displaying the unbreakable bond and renowned camaraderie for their fellow Marines.

"I eventually made my way back to [Marine Corps Base Hawaii]," Cothran said. "I had to keep stopping along the way for a few days so they could operate on me - they had to keep taking my stitches off and

See COTHRAN, B-5

MOVIE TIME

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

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

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

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

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

Leatherheads (PG13)
Stop Loss (R)
Nim's Island (PG13)
The Ruins (R)
Superhero Movie (PG13)
21 (PG13)
Stop Loss (R)
88 Minutes (R)
Forgetting Sarah Marshall (R)

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

SPOTLIGHT ON BASE

WORD TO PASS

Operation Homefront

Families of deployed Marines and Sailors can enjoy a free Family Pool Party at the K-Bay main pool June 7 from 12 to 3 p.m.

For more information contact your family readiness officer or call Marine Corps Family Team Building at 257-2651.

New Teen Center Hours

The Kaneohe Bay Teen Center will open Saturdays from 12 to 5 p.m. beginning June 14.

For more information call Youth Activities at 254-7610.

USMC Reading List Book Club

Join the USMC Professional Reading List Book Club. The club meets every third week of the month at the base library.

The first meeting took place May 21. The first featured book is "First to Fight" by Victor H. Krulak.

For more information call 254-7624.

College Course Registration

Open to all service members, family members and space available for civilian employees. Monday at the Joint Education Center, both on-site and online courses offered.

The first five week term is July 7 to Aug. 9. The second five week term is Aug. 11 to Sept. 15.

For more information, contact the JEC at 257-2158.

Become a BayFest Emcee

Marine Corps Community Services is looking for this year's BayFest emcee to host

the Main Stage July 4 through 6. To compete for the spot service members must register Online at <http://www.bayfeshawaii.com>, by May 31.

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

For more information, contact MCCS at 254-7679.

Bathtub Regatta

Marine Corps Community Services' Semper Fit Division is hosting the Bathtub Regatta at BayFest July 5 at 1 p.m.

The boat must be propelled by a four-person team and be created originally for the race.

The competition will have two age categories - 8 through 15 and 16 and above. Entries will be accepted through July 1.

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

BayFest Volunteers Needed

Marine Corps Community Services is looking for volunteers for BayFest 2008, July 4 through 6.

Various shifts are available, and all volunteers receive admission to the general BayFest attractions, T-shirt, meal coupon and more.

Interested active duty personnel should call 257-7790, and civilians should call 254-7631, for more information.

PCS Move Workshop

Permanent Change of Station Move Workshop open to active duty Marines and their spouses June 11 at Building 267, Room 5 from 8 a.m. to 12 p.m.

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

ON THE MENU AT ANDERSON HALL

Today

Lunch

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

Dinner

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

Saturday

Dinner

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

Sunday

Dinner

Barbeque beef cubes
Baked turkey and noodles
Steamed rice
Creole green beans
Simmered cabbage
Chicken gravy
Sweet potato pie
Chocolate chip cookies
Yellow cake w/chocolate chip

frosting
Vanilla/chocolate cream pudding
Cherry/orange gelatin

Monday

Lunch

Meat loaf
Pork ham roast
Tossed green rice
Mashed potatoes
Peas & mushrooms
French fried cauliflower
Brown gravy
Boston cream pie
Peanut butter cookies
Peanut butter cake
Peanut butter cream frosting
Vanilla/chocolate cream pudding
Lime/raspberry gelatin

Dinner

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

Tuesday

Lunch

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

Dinner

Baked tuna and noodles
Sweet and sour pork
Pork fried rice
Steamed rice
Simmered broccoli
Simmered pinto beans

Turkey gravy
Chow mein noodles
Desserts: same as lunch

Wednesday

Lunch

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

Dinner

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

Thursday

Lunch

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

Dinner

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

MARINE MAKEPONO HAWAIIAN FOR 'MARINE BARGAINS'

BOOKSELLER from B-2

"I imagine they regarded me as some sort of 'bi-gendered' creature. As a Westerner I could mingle with both men and women. Had I been a man, I would never have been able to live so close to the women of the household without gossip circulating. At the same time there was no obstacle to my being a woman in a man's world. When the feasts were split, men and women in separate rooms, I was the only one able to circulate freely between the groups."

The world she reveals to us is a harsh mixture of the 17th and the 20th centuries. We meet the carpenter, Jalaluddin, hired to do some work for Sultan Khan; he goes to prison for three years for stealing postcards. Then there's Saliqa, beaten

within an inch of her life for sitting on a park bench with a young boy. She gets better treatment than Jamila, who is suspected of having an adulterous relationship. Within 72 hours she dies in an "accident" with an electric fan. Everyone we meet provides a peek behind the tightly drawn curtain of Afghani life.

Pick up Seierstad's book and spend some time in the Khan household. You'll find that life there is unlike anything you could have imagined. But, you'll also discover that despite the extreme differences between their culture and ours, there are some commonalities - shared values from which to build a relationship. You're going to need those relationships, even with middle-aged men who buy 16-year-old wives, if you're going to succeed.

JONES from B-2

Several thrilling chase scenes make up for the absence, and including a funny fight at a '50s malt shop that reminds theatergoers of the last movie with Sean Connery.

While rumors circulate if LaBeouf will take over the series, it's clear from the film's ending Ford still fills the shoes and hat of our main adventurer. Should he agree to another movie, honoring the original five-movie deal filmmakers had

with Paramount Pictures, audiences may still see Indy's heroics again.

Whether a future adventure with Ford is in the cards, audiences should take their hats off to filmmakers for an action-packed effort.

Aviation Celebration



Lance Cpl. Regina A. Ochoa

Captain Matt Carter, wing commander, Commander, Patrol Reconnaissance Wing Two, views historical photos at the Marine Corps Air Facility's first annual celebration of Marine Corps Aviation at the Officers' Club May 22. Officers' Club members from the air wing, and numerous units around base, were present to learn more about, and celebrate, the history of Marine Corps aviation.

CREDO enhances family, spiritual readiness

Anastasia Benson

Featured Contributor

When Chaplain Jeff Benson tells people he works at the CREDO office on base, he often gets blank looks.

“It’s a hidden gem,” said Petty Officer 2nd Class Michael Tolbert, who also works there. “This touches lives in a way that many others (programs) can’t.”

The Chaplain’s Religious Enrichment Development Operation, or CREDO, which is Latin for “I believe,” teaches people how to communicate effectively and work together in a positive manner, usually through weekend retreats and one-day seminars. Many people don’t realize the program exists. Those who do usually refer to the marriage enrichment retreats it sponsors.

“The purpose of CREDO is to enhance the family and spiritual readiness of Sailors and Marines,” Benson said.

The program achieves this through marriage enrichment, personal growth and spiritual growth retreats. New this year is a father-son retreat in June.

“It’s a personal passion of mine to see fathers connecting and leading their sons in healthy ways, especially in light of deployments,” Benson said.

The program’s one-day seminars train leaders to positively motivate people through insights into personality. Additionally, instructors offer team building and warrior-transition training as well as specialized Key Volunteer and Ombudsman sessions. The goal is to promote healthy communication in all areas of life.

“The healthier and [more] stable their home life and personal life are, the more productive [Marines and Sailors] will be,” said Petty Officer 2nd Class Andrea Baggett, who also works in the CREDO office.

Most of their work centers around marriage retreats. These are held eight times a year, Benson said.

“They’re the most popular,” he said. “There’s a lot of stress in a marriage relationship in the military and this is an avenue to do something positive about it.”

Marriage retreats are held Friday evenings through Sunday mornings at various locations around the island. They’re open to all ranks and all faiths. Benson said his material comes from a Christian perspective, but the retreats are not religious in nature. They’re designed to enrich marriages and can be useful in reconnecting couples who are struggling.

“We’ve had people call and they’ll say, ‘This is our last chance,’” Benson said. “Through the weekend they take serious steps and they leave smiling, arm-in-arm.”

Tolbert and Baggett both agree that positive changes come out of the weekend.

“Everybody says, ‘We learned how to speak in a way we never have before,’” Tolbert said. “There is emotional, physical and verbal communication. People say, ‘We’re finally talking in a way we can understand. We’re finally getting it.’”

One person who appreciated a recent marriage retreat is Lt. j.g. Marc Tinaz, former officer in charge of Waterfront Operations at MCB Hawaii.

“It was great; it was absolutely great,” he said.

Tinaz and his wife of 13 years, Cori, decided to go because of

recommendations from previous participants. He said they wanted new ways to improve their communication skills. They did, and gained a better understanding of each other in the process.

“It was really well done,” he said. “Nobody talked shop and that was the best. I liked the atmosphere, the openness of other couples; it was easygoing, no rank structure. The sequence of events was really well done. The chaplain did a great job. It was a great time with a great crew.”

Another man who enjoyed a marriage retreat was Sgt. David Cunningham Jr., a Motor Transportation mechanic with Combat Service Support Group 3 at MCB Hawaii. He and his wife, Jessica, have been married two years and went “just to learn more stuff to better interact with each other, learn more the way of marriage,” he said.

“We learned communication, big time,” he said. “Listening to your significant other and really paying attention to them, knowing how to call a time-out, seeing how you fit and loving them just the same” were some of the techniques Cunningham found useful.

“People actually walk away with tools to make their marriage better,” Baggett explained.

While marriage retreats are for couples, other retreats are geared toward individuals, married or single. The personal growth retreats help people set goals and make life plans.

“They’re designed to put your life in perspective, to take time out of a busy, hectic schedule to evaluate the course your life is going,” Benson said.

He will take participants snorkeling or on hikes as part of the retreat.

“Learning happens in environments outside a class,” he explained.

The program also works with commands to offer professional development training days.

“With these, we’re trying to get leaders to understand their leadership styles and the people working for them,” Benson said. “It’s useful for anyone who works with people.”

Cunningham attended one of these seminars and found it useful.

“It was real good,” he said. “We did the personality [inventory], and we could see how our actions carry along with the way we think. I started thinking about how it might be a better way to approach them [Marines] and get more work out of them.”

Cunningham said that learning to understand personality types could help leaders avoid conflicts or misunderstandings.

“You can help people bring out what they’re trying to say by approaching them differently,” he said. “As a military tool, the leadership class would be recommended. I’d push that as hard as I can to everyone.”

All retreats and seminars are offered at no cost to active duty members. Future marriage enrichment retreats are scheduled for Aug. 15-17 and Sept. 19-21. A personal growth retreat will be held July 11-13, and a professional development day will be June 11.

For more information, call 257-1919 or e-mail michael.tolbert1@navy.mil.



Lance Cpl. Achilles Tsantariotis

Cothran holds the bracelet of his younger brother, Derrick, to commemorate him after he made the ultimate sacrifice in Iraq.

COTHRAN, from B-3

clean my wounds to fight infection. I remember coming off the plane at Hickam Air Force Base and seeing my wife, sergeant major and the regiment colonel waiting for me. All I saw was my wife though since I was still out of it, I just knew she was there – that was all I could think about. When she had heard about me she held her tears, but when she saw me there – she just burst into tears. I was just so emotional, happy to see her, happy that I was alive and well.”

Cothran continued carefully, yet without much effort, to speak of his beloved wife. There was no sense of bitterness of sharing a nearly identical fate with his brother, no remorse, just a glowing attitude of happiness and gratefulness.

“I was upset that I didn’t get to stay with the unit,” he said, “but I was so happy to be with my wife. With everything that happened to my brother, I was grateful — for everything. My wife stayed with me every day, every night — through surgeries, recovery, and rehabilitation.”

Cothran’s wife spoke as if nothing less was expected.

“At first, I didn’t think it was possible,” she said. “I knew he’d be okay when he left because there was no way it could happen to him. Then I got the call [when he was injured]. But, as soon as I heard from [Cothran], I knew it’d be ok.”

Brittany said there were no words to describe how she felt when he got off the aircraft.

“I was very, very grateful,” the joy formed her words as she spoke. “He was pale – and limping like a broken dog but ... the feeling was just something you couldn’t explain. I support him though. Even as he goes back, it’s his job and if that’s what he wants to do then I support him all the way. We’re a military family, and he’s my soul mate, best friend and husband. His life is my life, and I love him.”

Cothran completed an estimated one year recovery in half the time, hurrying the return to his fellow Marines, ready to train and eventually deploy with them again.

“That incident was pretty much an eye-opener at the time,” said Staff Sgt. Joshua Isberner, 2nd platoon sergeant, Alpha Company, 1/3, and section leader during Cothran’s injury. “It made it more real for everyone. [Cothran] was just like any other Marine, always there to work, and he had his ups and down’s like anyone. But, what separated him is he didn’t quit.”

As 1/3 conducts Exercise Mojave Viper, their pre-deployment training before deploying to Iraq later this year, Cothran is ready.

“Losing my finger took a lot of getting used to,” he said. “But it was easy – I just stayed positive. There are Marines who’ve sacrificed much more than me. This is nothing to some of the guys who’ve been injured – or killed over there.”

Looking back on his last day hanging out with his friends prior to recruit training, Cothran said he would’ve enjoyed it more; maybe try to have won that game harder.

“I wish I could’ve made it last longer,” he said. “I enjoy being with my friends, but instead of trying to get them to join with me – I would tell them to stay where they are, and not put themselves through that.”

AROUND THE CORPS

BIGGER BROS'

Marines mentor local kids



Cpl. Ryan Tomlinson
Regimental Combat Team 5

ANBAR PROVINCE, Iraq — It was a special day for Marines with 1st Platoon, Delta Company, 2nd Light Armored Reconnaissance Battalion, Regimental Combat Team 5, who delivered tables to a school outside of Rutbah, Iraq, May 23 with assistance from Naval Mobile Construction Battalion 17.

The project was part of a series of operations conducted by the platoon, which included delivering school supplies, books and equipment to a school they adopted.

"We care about the school and the kids," said Pfc. Bradley R. Clifton, scout, 1st Platoon. "You can't look at any kids in the world and not care about them."

The Platoon has been supplying the school for more than a month, visiting it as much as they can between operations to check on the kids. When the Marines noticed the students were in need of tables and benches, they sprung into action. After making contact with the Seabees aboard Camp Korean Village, they were able to create the tables in less than a week.

"It felt good to help these people out," said Sgt. David A. Wilson, a light armored vehicle commander with 1st Platoon. "It was worth every effort, especially for a school full of kids."

The Marines delivered the tables to the school and were greeted with a warm embrace from the children and supervisors upon ar-



Photos by Cpl. Ryan Tomlinson

Teaching a part of American culture, Lance Cpl. Alex C. Brilla, a light armored vehicle operator with 1st Platoon, Delta Company, 2nd Light Armored Reconnaissance Battalion, Regimental Combat Team 5, high-fives a young Iraqi girl during a school re-supply mission May 23 in western Al Anbar province, Iraq. The platoon has been supplying the school for more than a month with school supplies and visiting it as much as they can.

rival. One by one, the children came out to play, sitting on the new benches with smiling faces. According to the 1st Platoon Marines, seeing the kids' reactions was the greatest part.

"The best part is being able to interact with the children. They don't understand us, and for them to see us smile, they know we are here to help and get to know them," said Lance Cpl. Carlin D. Alexander, scout, 1st Platoon.

As the operation drew to a close, the Marines handed out candy to the kids and gave them a soccer ball, again bringing excitement to the kids' faces.

"As much as we go out on missions, we try to support the local communities," Alexander said. "It's beneficial because these children will grow up someday, and they are going to support us or the [Iraqi Security Forces.]"

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Hawaii MARINE SPORTS

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MAY 30, 2008

Honor Vets in Patriot Walk/Run

Veterans honored
with 5K Walk/Run to
help raise homeless
vets awareness

Kymerly Pine
US VETS

EWA BEACH – This Flag Day, Hawaii residents will come together to honor veterans and active duty military during the U.S. VETS Patriot 5k Walk/Run June 14. The event will take place at 5 p.m., along the beach of Iroquois Point and will raise funds for U.S. VETS-Hawaii, the only program in the state that houses homeless veterans.

Located at Kalaeloa, U.S. VETS is already servicing soldiers who have returned from Iraq and Afghanistan.

It also provides affordable housing for elderly veterans from the Korean and Vietnam War eras. Haseko is one of the event sponsors. The event will continue its theme "No Veteran Left Behind." Participants are encouraged to wear red, white and blue, bring their flags and to walk/run in honor of a veteran or a loved one in the military.

A concert and kids games will occur before and after the event.

"We hope to raise money to continue to provide hot meals, a safe home and job training for former soldiers who have plummeted to homelessness," said Darryl Vincent, a veteran and the Hawaii site director. "We believe that it is a crime for anyone who served our country to be homeless. Our goal is to now serve them when they need our help."

REGISTRATION: Entry fee is \$25 or \$20 for military. Any entries postmarked after June 6 will be \$30. Late entries will be accepted until race morning.

COURSE: 5K (3.1 miles) run. Flat fast run around the Iroquois Point property. Safe, closed to traffic. Finish line at the beach!

AWARDS AND PRIZES: Prizes will be awarded to 1st, 2nd and 3rd overall male and female. First, 2nd and 3rd to age group categories 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59 and 60 and over.

For online sign-up, packet pick-up info and updates on the Walk/Run, log onto: <http://www.pacificsportevents.com>. Residents can also make a donation to U.S. Vets, P.O. Box 75329, Kapolei, HI 96707. To learn more about donation and volunteer opportunities, or for more information about U.S. VETS – Hawaii, call (808) 682-6051 or visit www.usvetsinc.org.

United States VETS – Hawaii first opened its doors in Hawaii in 2002 on the de-commissioned Barbers Point Naval Base now called Kalaeloa. It is the nation's leader in providing services to homeless veterans.

It was the first to bring a VA mental health clinic onto a site; to offer a father's program that reintegrates fathers with their alienated children; and to open programs for women veterans who are suffering from post traumatic stress disorder and sexual trauma. It has 12 sites across the country.

5K Run/Walk

REGISTRATION:

Entry fee is \$25 or \$20 for military. Any entries postmarked after June 6 will be \$30. Late entries will be accepted until race morning.

COURSE:

5K (3.1 miles) run. Flat fast run around the Iroquois Point property. Safe, closed to traffic. Finish line at the beach!

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Gooooaaaaallllllll!!!!



Lance Cpl. Brian A. Marion

Janice Bonarek, goalie, Marine Aircraft Group 24, kicks the ball into the field during an Intramural Soccer League regular season game against Headquarters Battalion at Pop Warner Field. Headquarters won the game, 4-2.

Lance Cpl. Brian A. Marion
Combat Correspondent

Headquarters Battalion defeated Marine Aircraft Group 24, 4-2, during an Intramural Soccer League regular season game Wednesday at Pop Warner Field.

David Cassells, forward, HQBN, scored half of their goals, allowing his team to take the lead in the last few minutes of the first half.

Earlier in the week, both teams practiced and felt confident about

the day's game.

"We practiced yesterday, last week and also had a game last week, and the team is a good group of athletes," said Dutch Schotemeyer, HQBN's coach. "Today's game should be a good challenge for us because [MAG-24] has a solid group on their side."

Although MAG-24 shared a similar practice schedule as Headquarters, Christopher Voss, MAG-24's coach, didn't have an opinion on the opposing team, but he had confidence in his own.

"We haven't played them yet this year, and we haven't been able to scout them either," Voss said. "Most of my team is fairly new this year, but everyone's meshing together pretty well and that will be the key to victory tonight, the teamwork."

Headquarters dominated the first half, keeping the ball in their possession most of the time. They pounded the ball to the net time and again, but quick defense by Janice Bonarek, goalie, MAG-24, kept them off the scoreboard until

later in the half.

Headquarters' pressure slacked a little midway through the half. Marine Aircraft Group 24 took possession and came within scoring distance. Headquarters stepped up the pace defensively, trying to get the ball back to their offense, but it was MAG-24 who scored the game's first goal, a penalty kick, into the bottom right corner of the goal within the first 16 minutes of game play.

Minutes later, MAG-24 repeated

See **SOCCKER, C-4**

Water safety is paramount in Hawaii's oncoming summertime

Lance Cpl. Regina A. Ochoa
Community Relations NCO

With summertime rapidly approaching, children and adults alike are hitting Hawaii's coastlines to enjoy her beautiful beaches. Although beach goers typically wear sunscreen and stay hydrated, they rarely consider the significance of water safety, an important issue to consider before hitting the beaches this summer, whether it's for a day out with the family or surfing with friends.

"The biggest thing to remember is to know your limitations," said Sgt. Jeffery Caraway, Combat Camera safety representative. "I see a

lot of people try things above their skill level. The other major mistake is to go into a situation not knowing just how dangerous the water can be."

Most public beaches post signs that warn visitors what to look out for in the water. A lot of Oahu's beaches have lifeguards posted who should always be consulted before entering the water.

Doing research on a beach is important before spending a day out there, Caraway said. Hawaii-based web sites can help provide important information, like what beaches are dangerous for swimmers, if there are any watches or warnings from the National Weather Service or

hazard forecasts in place. A good source of information is <http://oceansafety.soest.hawaii.edu>. The base marina can also provide information about beaches on base.

"Our own Pyramid Rock is a favorite beach of surfers," Caraway said.

The beach, however, can be hazardous to beginning surfers, as the waves can get up to 20-feet, said Mike Wertz, senior beach manager, Marine Corps Community Services.

Pyramid Rock is just one of the four beaches Marine Corps Base Hawaii has to offer its residents. North Beach joins Pyramid Rock in offer-

See **WATER, C-4**

Fun in the sun *SM&SP offers surf lessons to Marines, Sailors*

Lance Cpl. Brian A. Marion
Combat Correspondent

Ever wonder what it would be like to stand on top of a fiberglass board and ride the waves of Hawaii but don't know how to?

The Single Marine and Sailor Program here is offering surfing lessons for single Marines and Sailors June 15 at White Plains Beach, located on Barber's Point Naval Air Station. The beach features two to four-foot swells for beginner surfers to enjoy.

The price for the lessons is \$15. It includes transportation and seating for the first 25 people from Kahuna's Recreation center or Camp H.M. Smith's recreation center, surf lessons, surfboards and a barbeque at

the end of the lesson.

"We want to show the Marines and Sailors a good time," said Dino Sneed, outdoor activities manager. "They are deserving of it, and they seem to have a good time."

The lessons start off with safety briefs and classes on the fundamentals of surfing, how to paddle, stand on the board and surfing in general.

"Safety is first and foremost in our minds," Sneed said. "The idea is to give them what information they need in order to surf."

After the classes, the surfers head into the water with the instructors and receive a push every now and again to help them out.

See **SURE, C-4**



Sgt. Megan L. Stiner

John Kauffman competes in the first surfing contest of the year aboard MCB Hawaii, Kaneohe Bay, Sept. 25.

All along the ridge



Jackie Finch, child development services, Marine Corps Community Services, walks down a path heading back to the Pali Lookout after visiting the Waimanalo Falls during a Single Marine and Sailor Program scheduled activity.



Photos by Lance Cpl. Brian A. Marion

Scott Cherney, maintenance management office, Headquarters Battalion, 1st Battalion, 12th Marine Regiment, walks down a path overlooking the Pali Highway while heading toward the Waimanalo Falls Saturday. The trail has several scenic views hikers can enjoy.

Marines hike to Waimanalo falls

Lance Cpl. Brian A. Marion
Combat Correspondent

PALI LOOKOUT – Five Marines, Sailors and civilians hiked to the Waimanalo Falls during a scheduled Single Marine and Sailor Program activity here Saturday.

The program, aimed at single service members E-5 and below, is designed to provide a link between the base and local communities, as well as provide an outlet for service members on the weekends.

"We want to give [Marines and Sailors] recreational activities that are drug and alcohol free, and make Hawaii memorable for them," said Marcella T. Cisneros, SM&SP coordinator. "We want to get them out of the barracks and improve their quality of life."

The trail, which branches off the original one leading to the Maunawili Falls, stretches about four miles one way and offers hikers various levels of terrain to negotiate.

The hikers met at Kahuna's Recreation Center and bought a few snacks before heading off base to begin their hike.

"I've always wanted to do hikes out here, but I didn't want to do them alone," said Jackie Finch, child development services, Marine Corps Community Services. "It's a good way to stay in shape and to stay active."

When the small crew arrived at the lookout, they took a few minutes to gaze out across the Windward side of Oahu. Off to the right, the hangars of the base sit on the side of the bay while over on their left Diamond Head marks its spot among the scenery. After taking in the view, the hikers stepped off onto the Pali trail, a gusty wind welcoming them to the first part of their journey.

The trail follows the route of the old Pali Highway, leaving hikers the task of walking on pavement. Slowly, the walkway shrunk as nature takes its course on the pavement, reclaiming the road with different plants until all that's left is a one-person wide pathway leading further away

from modern civilization. Past rock slides litter what's left of the road until the party is forced onto the guardrail to make any progress. Shortly thereafter, they come to an intersection. One path leads below the bridge while the other takes them toward a chain-link fence.

Deciding to go straight ahead, the hikers traveled alongside the Pali Highway with only the chain-link fence separating them from the traffic whizzing by. The hikers filed through the rock-strewn pathway until they came out the other side.

They continued on, making their way uphill using steps created by metal beams placed in the ground. Something babbled ahead of them and the hikers pushed forward to find the source of the noise. Eventually, they came across a small, wooden bridge crossing a narrow gorge where a little waterfall trickled about its merry way, oblivious the spectators around it.

Eventually, they came to another intersection where one way led more than 9 miles to the Maunawili Falls. The hikers decided to turn back and head down the pathway leading underneath the highway and to the Waimanalo Falls.

"I think we should hike to the falls when we are rested," Finch said.

They retraced their route past the waterfall and past the chain fence until they arrived back at the first intersection. They turned down the pathway and quickly came upon a metal ladder and a wooden staircase leading underneath the first of two bridges. The hikers hunched more than Notre Dame's bell ringer as they traversed underneath the first bridge and came out from underneath the second bridge walking normally. More overgrowth lay ahead of them, forcing a few to place their arms in front to clear the way.

They traveled onward making their way across the overgrown pavement until something odd caught their attentions. In the distance off to the left, a dog ran back and forth, from the corner of a bridge, to a muddy pathway and back again.

They strolled up to the wet, furry canine and noticed he was waiting for his owners to come down the path. Another odd thing about him was a green tennis ball lodged in his mouth from his bite. He dropped the ball in front of one of the hikers and began to wag his tail furiously as his ball was thrown downhill. He dashed after it and caught it mid-bounce before skidding to a trot and bringing the ball back for another toss.

Smiles spread across the hikers' faces as they continued to play with the dog as everyone waited for his family to come down.

Eventually his family came down and the hikers resumed their journey to the falls.

After a while, they came to the end of their search. They stepped up a stream, making their way closer and closer to the sound, beckoning them onward.

At last, it came into view. The water raced down three tiers of rock, forming a small pond on each tier before splitting into two creeks to meander on its way. On one side of the falls, thin, pink petals lay strewn across the side of the rock, while the other side had a rope attached so hikers could climb to the next tier and sit down for some rest.

"This is where it's at," Finch said. "It's nice to be able to relax after a small hike."

After a brief respite, the hikers made their way back to the lookout, cherishing the natural-borne air conditioning against their skin and relishing once again at the view.

For some, it was a welcome change in scenery from the usual barracks rooms.

"I liked being able to get out of the barracks and learning more about Hawaii," said Scott Cherney, maintenance management office, Headquarters Battalion, 1st Battalion, 12th Marine Regiment. "I have about seven hikes planned, but I don't have a mode of transportation to get to them."

The hike is one of many Single Marine and Sailor Program scheduled events with the next event being the Shank and Slice Golf Tournament slated for June 12.



(Left) Hikers take a small rest on some rock ledges by the Waimanalo Falls after hiking four miles during a Single Marine and Sailor Program scheduled activity.

(Above) Hikers travel along the trail toward the Waimanalo Falls during an activity scheduled by the Single Marine and Sailor Program Saturday. The trail totaled about eight miles, ranging from paved roads to muddy hills.



Spotlight On Sports

Sports Briefs

SM&SP Surf Lessons

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

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

This event is limited to 25 participants.

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

SM&SP Shank and Slice Golf Tournament

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

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

Register at the Semper Fit Center by June 6.

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

Summer Junior Sailing Lessons

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

Beginner Outrigger Canoe Paddlers Wanted

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

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

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

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

Women's Base Softball Team

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

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

Men's Varsity Softball

Tryouts for the Men's Varsity Softball teams will be held Thursday at Riseley Field from 5 to 7p.m.

For more information, contact Tina Lui at 254-7590.

Youth Gymnastics/Dance Class

Youth of all ages can attend gymnastics and a variety of dance classes Monday through Saturday at Building 1090. Classes are at varying times in the morning, afternoon and evening, so interested parents and youth should stop by Youth Activities for more information. Classes include dance, hula, tumbling and more.

For more information, call 254-7610.

Parents for Fitness

The Parents for Fitness Program is a cooperative babysitting effort available at the Semper Fit Center, here for all active duty service members and their families. The PFFP participants are required to volunteer babysit three times per month and is open for children 6 weeks and older.

For more information, call 664-0184.

Deep-Sea Fishing Charters Offered at Base Marina

Fishermen searching for convenient access to deep-sea charters need look no further than the Base Marina. Bill Collector Fishing Charters offers numerous charter packages accommodating up to six passengers.

Avoiding the traffic and crowd of Oahu's South Shore, Bill Collectors charters fish from the uncrowded waters of Windward Oahu.

For more information or to charter the Bill Collector, contact the Base Marina at 257-7667 or 254-7666.

Campground and Picnic Sites

For picnic and campsites, Marine Corps Base Hawaii offers some of the most scenic beaches on the island.

Three of those beaches, Pyramid Rock, Hale Koa and Fort Hase, are available by reservation from dawn to dusk. Hale Koa Beach is available for overnight camping, but requires a reservation.


For more information, contact 254-7666 for Kaneohe or 477-5143 for Camp H.M. Smith.

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.



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 Tuesdays and Thursdays from 11:30 a.m. to 12:30 p.m. For more information, call 254-7597.

Be cool at the Base Pool!

Spring Hours

Open Swim

Tuesday through Friday 1 to 5 p.m.
Saturday and Sunday Noon to 5 p.m.

Adult Lap Swim

Tuesday through Friday 11 a.m. to 1 p.m.
Saturday and Sunday lanes available Noon to 5 p.m.

Water Aerobics

Tuesday and Thursday 11:30 a.m. to 12:30 p.m.
Saturday 10 to 11 a.m.

The pool is closed on Monday.

Swim lessons are available for infants to adults.

Lessons are open to all active duty, family members and DoD employees.

For more information about hours of operation or times available for lessons, call Dino Leonard a 254-7655.

Youth In-Line Hockey

Registration begins in July

Season runs
Sept. 27 through Nov. 15

Practice starts Sept. 2

For more information, call Youth Sports at 254-7611.



2008 Intramural Softball Standings

TEAM	WINS	LOSSES
1/3	11	0
2-2	6	1
HQBN	6	1
CSSG-3	6	1
Law Dawgs "PMO"	5	2
3rd Radio Bn.	4	2
3rd Marine Reg #2	4	3
HSL-37	3	4
MALS-24 "Rollings"	2	5
MALS-24 "Dyer"	2	5
3rd Marine Reg #1	1	7
VP-4	1	8
MCAF	0	6
1/12	0	6

Standings as of May 26



Standings as of May 23

2008 Intramural Soccer Standings

TEAM	WINS	LOSSES
VPU-2	2	0
CSSG-3	1	0
HQBN	1	1
VP-4	0	0
3rd Radio Bn.	0	1
MALS-24	0	2



Sgt. Megan L. Stiner

John Dela Cruz competes in a surfing contest aboard Marine Corps Base Hawaii, Kaneohe Bay.

SURE, from C-1

"They taught us how to surf out there," said Jessica Hargis, logistics clerk, Marine Corps Air Facility. "They gave us a board and let us go out and surf. The best part was just going out there and surfing."

The lessons last about two hours with the service members enjoying themselves.

"It was great," said Wesley Carey, training clerk, S-3, U.S. Marine Corps Forces, Pacific, Camp Smith. "There wasn't a lot of work involved in the lessons and they let us figure out the right way by ourselves. I finally got the chance to learn how to surf and they gave me the opportunity."

Although beach personnel try to provide everything, they recommend people bring sunscreen, towels, slippers, dry clothes and a bag to put it all in.

"We try to take care of everyone, but take – for instance – sunblock," Sneed said. "We might carry some that someone is allergic to."

The SM&SP hosted a previous surfing lesson May 18 and has various other activities scheduled throughout the year.

According to their brochure, the SM&SP is, "... a highly energetic program designed to address and enhance the quality of life for single Marines and Sailors in a measurable manner. The program accomplishes this through five core components: recreation, health and wellness, life skills, career progression and community involvement."

The attendance of the activities varies from 10 to more than 300 Marines and Sailors based on deployments and personal schedules.

For more information about lessons offered by the SM&SP or other activities throughout the year, contact Marcella Cisneros by phone, 254-7593 or by e-mail, cisnerosm@usmc-mccs.org.

SOCCKER, from C-1

their goal, skittering in another penalty kick, giving them a two-point lead over Headquarters Battalion.

The pace turned later in the half when HQBN slipped in a goal in the 21st minute of the first half. The points continued when Cassells slid a kick underneath Bonarek's defense, and grunted in another, pulling his team ahead of MAG-24, 3-2, going into halftime.

"We had very good distribution of the ball in the first half," Cassells said. "We passed the ball a lot, and that was how I was able to get the last shot of the half, because of the team passing to each other."

The second half saw the intensity of both teams increase, but MAG-24 wasn't able to score another goal.

Although they couldn't score more points, MAG-24's defense held Headquarters' offense at bay until the last few minutes of the game.

A bounding shot into the left side of the goal finished the scoring for HQBN, who were able to hold off MAG-24 until the final whistle blew, winning 4-2.

"Everyone out there played hard and hustled," Schotemeyer said.

Even with the win, Schotemeyer said his team would have to work on soccer fundamentals and passing the ball in order to better themselves for the next game.

"Evidently we need to practice throwing the ball in from the outside," Schotemeyer said. "Our biggest problem though would have to be we are all closing in on the middle and not utilizing the outside areas of the field."

WATER, from C-1

ing surfing for visitors, and both beaches have lifeguards posted. During calmer times, North Beach also gives visitors the chance for swimming and snorkeling. Fort Hase Beach is a good area for fishing, and children can frequently be found in the waters of Hale Koa Beach, Wertz said.

Parents should be wary of water safety while enjoying a day at the beach with their children. Parents are warned that keeping their children within eyesight is important, as well as teaching children how to swim and to be cautious of the water.

"It's important for parents to teach their kids how to swim," Caraway said. "You can enroll them in swimming classes or teach them to swim yourself, whichever is faster. Whether they like to swim or not, it's a smart thing for them to know how to in case of an accident."

Families and adventure seekers should also be aware of bacteria in water that can cause health issues. Leptospirosis is commonly found in fresh water around Hawaii, especially water that is stagnant. The virus can cause meningitis, respiratory difficulty and other problems.

"You usually see signs that mark Leptospirosis by bodies of water," Caraway said. "I swim in them numerous times a month, and they can affect everyone in a different way, but I think the biggest thing is to stay away from the water with any major open wounds."

Whether it's a summertime trip to the beach with the family or a daily surfing adventure, water safety is always important. Although the water is more dangerous in the wintertime, it's important not to forget water safety in the summer, when Hawaii's beaches have more visitors.

HEALTH AND WELLNESS

Bullying: Help your child cope with a school bully

Bullying at school is becoming more common. Some children may be at higher risk than others, the consequences are serious. Take steps to protect your children.

News Release

Mayo Clinic

Bullying was once considered a rite of passage through childhood. Parents sometimes encouraged their children to fight back against the school bully or to work it out amongst themselves.

Today, though, bullying is recognized as a serious problem, not just a harmless playground spat. School bullying is also becoming more common and more severe.

Up to half of school-age children are bullied at some point, according to the federal government's Substance Abuse and Mental Health Services Administration.

And thanks to tech-savvy kids, cyberbullying and other forms of electronic violence and harassment that can be harder to stop are now commonplace.

Researchers now understand more about the deep and long-lasting wounds that bullying can inflict on tender childhood psyches. Unfortunately, some parents and even educators still downplay or fail to recognize bullying. And children often don't tell their parents that they're being bullied because they're ashamed.

They don't want to be labeled as tattletales, and they fear retribution by the bully. To help your child handle school bullying, you must recognize it and learn what to do if your child is being bullied.

How to recognize bullying

Bullying is generally defined as repeated physical, verbal, sexual or psychological attacks or intimidation. Methods of bullying include:

- Hitting, punching and kicking
- Destruction of a child's property
- Teasing
- Name-calling
- Taunting
- Racial slurs
- Spreading malicious rumors
- Exclusion from groups or activities
- E-mail threats
- Harassing phone calls
- Intimidating or threatening Web sites or blogs

Sexual and homophobic bullying also is common among school children now, and may include:

- Unwanted sexual jokes or comments
- Sexual name-calling
- Spreading sexual rumors
- Grabbing or touching students in a sexual manner
- Pulling clothing down or off

Bullying occurs in classrooms, bathrooms, hallways and cafeterias, on playgrounds and school buses, and sometimes on walks to and from school.

And today, bullying occurs increasingly on the Internet. Students can use personal Web pages, e-mail, instant messaging and Internet chat rooms to spread rumors and harmful pictures as well as threats and intimidation.

Who's at risk of bullying

Any child can be bullied. Boys and girls are equally likely to face bullying. Younger children are more likely to be bullied than older children.

Researchers have identified certain traits that may put some children at higher risk of bullying. Bullies commonly look for easy targets, especially children who seem to be passive. These passive targets may include children who:

- Have a noticeable disability
- Are socially isolated or lonely
- Are insecure or unassertive among their peers
- Aren't athletic
- Appear physically weaker than peers
- Cry easily or get upset easily
- Relate better to adults than to peers

On the other hand, in rarer cases bullies may target children who are considered more provocative or aggressive. These may include children who:

- Have trouble concentrating at school
- Are restless or hyperactive
- Are immature
- Have emotional outbursts
- Are considered to have annoying habits
- May be disliked by other children and adults alike
- Are quick-tempered and try to fight back against insults

The consequences of bullying

Bullying by classmates, peers and other children can have major health, social, educational and psychological effects.

Children who are bullied:

- Have higher rates of depression, anxiety, post-traumatic stress disorders, substance abuse and suicide
- Are more likely to carry weapons to school for self-defense
- Miss school more often because they feel unsafe
- Have trouble focusing on schoolwork and lessons because they're consumed by anxiety and fear
- Have lower self-esteem as adults, along with higher rates of depression and other mental disorders in adulthood

May develop problems with anger management or self-destructive behavior

- May develop problems with anger management or self-destructive behavior
- Have unexplained physical ailments, such as headaches and stomachaches

How to help prevent bullying

Don't wait until your child is bullied to talk about it or take action. And don't wait for your child to bring it up. He or she may not. As the parent or responsible adult, you must take the lead in preventing bullying.

Here are some ways to talk about and possibly prevent bullying:

- Ask your child direct questions about teasing at his or her school.
- Talk to your child about what friends he or she has and whether he or she plays alone or eats alone.
- Teach your child about confidence and resilience and how to develop social skills, all of which may make him or her less likely targets for bullies.
- Involve your child in activities that can raise self-esteem, such as sports or music.
- Learn about your child's school policy on bullying and teasing as well as Internet use, and find out what resources are in place for children who are bullied.

Take e-mail and Web page threats seriously and consider reporting them to school officials or police authorities.

What to do if your child faces bullying

If your child is being bullied, assess the situation quickly and calmly, gather information and take action. Children need to know that you take the situation seriously and will help stop bullying.

Here are steps you can take if your child is bullied:

- Encourage your child to talk about the bullying. Listen in a loving manner. Don't let your child see that you're upset, which can make the situation worse.
- Tell your child that he or she isn't to blame for being bullied. Don't assume that your child did something to provoke or aggravate a school bully. A bully often picks on someone for no reason at all.
- Support your child's feelings. Instead of dismissing their concerns or simply telling him or her that it'll work out eventually, express understanding and concern, such as saying, "I understand you're having a rough time. Let's work together to deal with this."
- Ask your child if he or she has ideas about how to stop the bullying.
- Don't encourage retaliation against a bully.
- Teach your child safety skills when bullying occurs. This may include knowing where to turn for immediate help, how to be assertive, using humor to defuse a situation and appropriate diplomacy skills, such as agreeing with taunts that an item of clothing is ugly, for instance.
- Consider professional or school counseling for your child if fear or anxiety becomes overwhelming.
- Gather as much information as possible about the bullying. Ask your child to describe how and when the bullying occurs and who is involved. Ask your child if other children or adults have witnessed any bullying incidents.
- Talk to your child's educators, including teachers and principals. Work together to find real solutions now. Don't contact the bully's parents yourself. Let the school handle that potentially sensitive situation.
- If your child has been physically attacked or is threatened with harm, talk to school officials immediately to help determine if police should be involved.

Teach your child skills to handle bullying

Teach your child how to handle and cope with bullying, with your help. This can also include teaching your child about resilience, or skills to endure difficult times. Here is what you can teach a child who is being bullied:

- Don't react to the bullying. Bullies may give up if they don't get attention.
- Don't fight back.
- Try role-playing or practice what you'll say to a bully, such as, "I want you to stop now."
- Show confidence with your head held high.
- Stick with a friend while on the bus, in the cafeteria, between classes, or while walking to and from school.
- Talk to an adult. Parents, teachers, principals and guidance counselors can help you stop the bullying.
- Try to meet classmates who are friendly and supportive and who will include you in their activities.

You can stop bullying now

Don't expect your child to handle bullying by himself or herself. Early intervention when your child faces bullying can help prevent lasting problems, such as depression, anxiety and low self-esteem.

Don't simply brush off bullying as a rite of passage, and don't leave your child to handle it alone. A black eye or bloody nose may heal quickly, but psychological and emotional wounds from bullying may last a lifetime.



File Photo

AROUND THE CORPS

Chasing the green: Awase Meadows Golf Course hosts best ball tournament

Lance Cpl. Joseph A. Cabrera
Okinawa Marine

CAMP FOSTER, Okinawa – Two teams emerged victorious in the Awase Meadows Golf Course 4-Person Best Ball Tournament May 17, walking away with \$100 gift certificates for each team member.

Though all 26 teams competed in one division during the tournament, winners were named in two categories, handicap and non-handicap.

The handicap category allowed all teams to compete for first based on their tournament performance measured against their own ability vice simply their gross score, according to Steve Nakashima, Awase Meadows Golf Course pro shop manager.

Rod Troxel, Scott Satterlee, Russell Spratt and Chris Howard won the non-handicap category while Mike Carrasquilla, Richard Tarbert, Paul Washam and Jimmy Rogers won first in the handicap category.

The winning non-handicap team's success was due to a combination of low scores and clutch putting, said Howard. "Rod and Russell applied key putts to bring down the score to help us win," he said. Howard and Satterlee were the team's low scorers.

The winning handicap team all shot well, but it was Rogers' exceptional game that stood out, said Washam. Rogers, who normally shoots in the high 90s, shot 88 on game day.

Once the handicaps were factored in, Rogers' score vaulted the team to the top, said Washam.

The tournament also included four "closest to the pin" holes. Chris Howard knocked it closest on the ninth hole, Jimmy Rogers on the 11th, Mike Carrell on the 15th and Sean Laidig on the 18th.

"It was a nice easy stroke and the ball actually went straight for a change," Rogers said of his tee shot on 11.

In the tournament's best ball format, each golfer played his own ball all the way to the hole.

The team's two best scores were used to determine the team's score for the hole, according to Nakashima.



Lance Cpl. Joseph A. Cabrera

Twenty-six teams competed in the Awase Meadows Golf Course 4-Person Best Ball Tournament May 17. Winners in the handicap and non-handicap categories took home \$100 gift certificates for the Awase Meadows pro shop.



Stressed?

Speak with
MCCS Health
Promotion
Program officials
who can help. for
more information,
call 254-7636

