

Hawaii Marine

Food, family, fun

BayFest brings thousands of service members and locals together for its 20th anniversary

Lance Cpl. Alesha R. Guard
Combat Correspondent

This weekend marked the 20th anniversary of Marine Corps Base Hawaii holding the highly anticipated community celebration – BayFest.

Drawing more than 31,000 visitors to MCB Hawaii for food, fun and music, the three-day event proved to be largely successful once again.

"We came for the rides for the kids," said Heather Koziel, who brought her 3-year-old son to BayFest. "BayFest is family-friendly and safe, and has activities for all ages which is great so there's a lot to do for everyone. It's a great way to get both families and single [service members] out together to have fun."

Accompanying the rides and carnival-food stands, a static display of military helicopters, humvees and weapons decorated the grounds, giving attendees a chance to get an up-close look.

"I got to look inside the military helicopters, and the Marines told me all about the missiles," said Tyler Yamashiro, 7th grader at Hawaii Baptist Academy.

Across from the static display stood the concert stage – BayFest's biggest attraction, each year drawing fans to the headliners and local bands. This year BayFest hosted the rock band Filter, country band the Mike Corrado Band, a rock-cover band from U.S. Marine Corps Forces Pacific, Band, and the hip-hop sensation the Black Eyed Peas. Their performance Saturday marked Black Eyed Peas' first time back in Hawaii since the release of their most recent album "Elephunk."

"We want to support the people who support us and entertain them and their families," said Apl.de.ap, a performer with the Black Eyed Peas.

The band said they were very happy to be back in the Aloha state with the Energy Never Dies Tour, as were thousands of fans who lined

See BAYFEST, A-4



Lance Cpl. Kevin M. Beebe Jr.

Children weren't the only ones enjoying the rides at BayFest. The three-day event boasted a wide variety of family entertainment including contests, rides, live music and food.

Greetings from the Front



AP Photo by Julie Jacobson

Lance Cpl. Sean McMullen of Colorado Springs, Colo., Golf Company, 2nd Battalion, 3rd Marine Regiment, talks to his girlfriend on a satellite phone under the moonlight from combat outpost ANP Hill Sunday, Aug. 9, near the city of Now Zad in the Helmand Province of Afghanistan.

2/3 Marine killed in Afghanistan

Press Release
Marine Corps Base Hawaii

A Marine stationed here died Aug. 14 while supporting combat operations in Helmand province, Afghanistan, during Operation Enduring Freedom.

Lance Cpl. Joshua M. Bernard, 21, of New Portland, Maine, was a rifleman assigned to 2nd Battalion, 3rd Marine Regiment, 3rd Marine Division, III Marine

Expeditionary Force, Marine Corps Base Hawaii, Kaneohe Bay, and deployed to Afghanistan in May.

Bernard joined the Marine Corps in November 2006 and reported to 2/3 in May 2007. He previously deployed to Iraq with 2/3 in January 2008.

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

Shrinking the carbon footprint

Corps' new policy orders shutdown of computers at close of business

Kristen Wong
Photojournalist

As Marine Corps Base Hawaii's Finance Office closes up shop for the evening, its designated duty officer double checks that each of the 28 computers in the office have been properly powered down. The Marine also arrives earlier before the others at 6 a.m. to ensure each computer is turned on. If the computers are not turned on early, the Marines would have to wait 15 to 20 minutes for their machine to be ready for use, according to Staff Sgt. Devon Cassells, pay auditor, Finance Office.

The Finance Office is just one of the many departments on MCB

Hawaii adjusting to the recent Marine Administration Message ordering the shutdown of all computers at the close of business each day.

Through plastic bag bans, photovoltaic roofing, light fixture replacements and recycling bins, the base has taken many steps to be increasingly environmentally friendly. This summer is no exception.

As of July 27, MarAdmin 0438/09 announced the Marine Corps' new policy in an effort to save energy as well as money. According to the message, all Marine Corps personnel are asked to completely shut down their Navy Marine Corps Intranet or non-NMCI computer workstations, laptops as well as

other electrical devices defined in the MarAdmin. These other devices, referred to as "peripherals and reproduction equipment," include fax machines and printers should be shut down at the close of business as well.

The message, which came from Brig. Gen. George Allen, the director of Command Control Communications, and Computers, Headquarters, U.S. Marine Corps, estimated a possible annual savings of approximately \$20 for each machine.

According to Merlinda Bertubin, energy program analyst, Facilities Department, MCB Hawaii's electric-

See ENERGY, A-7

The Angels have landed: HMH-362 returns to K-Bay

'Ugly Angels' fly home

Christine Cabalo
Photojournalist

Flying from Iraq then to Afghanistan, the last stop for the "Ugly Angels" of Marine Heavy Helicopter Squadron 362 was Hangar 105 at Marine Corps Base Hawaii.

More than 100 sailors and Marines arrived safely Thursday to crowds of loved ones who came to welcome them home from their six-month deployment. The roar of airplane engines didn't overpower the hangar full of family and friends cheering the squadron's arrival. Base officials, including Col. Robert Rice, commanding officer, Marine Corps Base Hawaii, were there to greet and shake the hands of those returning.

Some loved ones did a little flying of their own to make it to the squadron's homecoming. Missy Potter flew from Wichita Falls, Texas, with a few friends of the family to see her son return from his deployment.

"It's been a challenge because my son was deployed, and my husband is in Afghanistan," she said. "He actually saw my husband while he was out there, too."

She baked her son a gooey butter cake with cream cheese and three sticks of butter, Potter said the dessert is her son's favorite cake since childhood. Next to sleeping in, Potter said the cake was what her son missed the most.

Many, including Potter, made signs for their loved ones coming home. Some had their banners tacked around the hangar, while others chose to hold the signs up while the squadron members met up with their families and friends.

Having a large cardboard homecoming sign with a good punch line was crucial, said Gary Vroenen. Made for his wife, who is a doctor with the squadron, it read, "Love sick. Need my DR."

Vroenen, a retired sailor, said it's been the first full deployment they've been separated. He said the separation felt like he's missing a piece of himself for the last six months without his wife with him to smile or laugh.

"I know if I didn't show up with a sign that would make my wife laugh and giggle, she'd be disappointed," he said. "I wanted something that made her laugh, the first thing she saw coming off the plane."

The first thing Lyndsey Connors

See ANGELS, A-6



Christine Cabalo

Stepping off the plane, sailors and Marines from Marine Heavy Helicopter Squadron 362 look for loved ones waiting for them Tuesday at Hangar 105. Service members from the nicknamed "Ugly Angels" squadron are scheduled for firefighting training in October after post-deployment breaks.

BAYFEST

The festivities kicked off this past weekend, and there was plenty to be excited about. From the bands and the rides, to the food and the fireworks, take a look at this year's 20th Annual BayFest in this week's Hawaii Marine.



Sgt. Macario P. Mora Jr.

Inside today's Hawaii Marine



Polynesian Culture
The Polynesian Culture center opens up a new night time show after 14 years, C1

Speed, Agility
The Semper Fit Center offers its newest class Thursdays to help boost athletic prowess, B1



Weekend Forecast

Today	Scattered Showers High — 83 Low — 73
Saturday	Scattered Showers High — 83 Low — 73
Sunday	Scattered Showers High — 83 Low — 73

NEWS BRIEFS

Casualty Notification Workshop

There will be a workshop, Beyond the Brief: Casualty Notification, to educate and reassure spouses they will be taken care of in every way possible should the need arise for a CACO visit.

The brief will be held in building 224 from 11 a.m. to 12:30 p.m. Wednesday.

Childcare reimbursement is available.

For more information, contact the Readiness and Deployment Support at 257-2650/2658

Combat Stress Workshop

There will be a workshop, Beyond the Brief: Effects of Combat Stress on Marine and Families, to educate on the difference between Combat Operational Stress and Post Deployment Stress.

The brief will be held at the building 244 conference room from 11 a.m. to 12:30 p.m. on Sept. 2.

Learn about signs and symptoms of combat related stress, how to recognize effects of PTSD on families, and learn ways to cope with stress associated with combat.

Childcare reimbursement is available.

For more information, contact the Readiness and Deployment Support at 257-2650/2658.

Recreational Firing Series

The Range Training Facilities at MCB Hawaii will begin a recreational firing series on Sept. 11 to promote marksmanship proficiency and firearm safety.

The recreational firing will begin Sept. 11 from 1 to 3:30 p.m. and will be open to Pistol open to all pistols/ revolvers, .45 cal and below at MCB Hawaii K-Bay Range Training Facility in the Ulupau crater.

This event is open to military members (Active, Reserve, Retired) and their guests (limit 2), as well as Local, State and Federal Law Enforcement Personnel. Minimum age to participate is 14; 14-18 require adult supervision. Recfire is limited to 24 total participants, on a first come, first served basis.

Allowed Weapons: All pistols/ revolvers, .45 cal and below. They must be registered, and will be inspected prior to shooting. Active Duty/Reserve may shoot T/O weapon, providing pre-requisites are confirmed (i.e. LTI/PFI, letter from commander, etc.). Refer to BASEO 5500.15b

Allowed Ammunition: Commercial ammunition is not authorized for use in Government, T/O weapons. Ammo will be inspected prior to shooting and cannot contain tracers due to potential for fire hazard, and frangible jackets that may be a ricochet hazard.

There will be nothing available for purchase at the Range; you must supply your own ammunition, eye/ear protection is mandatory, custom targetry, lubricant, etc. Standard targets are supplied.

All firearms and ammunition are subject to inspection and the range safety officer-in-charge reserves the right to intervene and if necessary, terminate an individual's participation or the entire activity when safe operation of the range is in jeopardy.

Visit Range Control at K-bay RTF or MCB Hawaii O&T for a complete listing of Recfire regulations.

For more information, contact Rob Mango at 257-8874.

Important Phone Numbers:

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

Hawaii Marine

www.mcbh.usmc.mil

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Not VP-47's first rodeo



Photos by Petty Officer 2nd Class Meagen E. Klein

Sailors from Patrol Squadron 47 apply barriers to contain a simulated fuel spill during a flight line rodeo. Other drills ran during the rodeo include a man down drill, missing tool drill and a battery spill drill.

Sailors participate in quarterly Flightline Rodeo

Lance Cpl. Cassandra Flowers
Combat Correspondent

Patrol Squadron 47 grabbed their personal protective equipment and headed out to the flightline here at Marine Corps Base Hawaii to conduct the quarterly Flightline Rodeo Monday morning.

Flightline Rodeo is training the VP-47 sailors conduct every quarter to help refresh sailors on what to do during harmful aviation situations and potential flightline mishaps.

"We want to provide quality training for our command, and it's important the sailors know how to handle certain situation," said Lt. Cmdr. Marc Christino, maintenance officer, VP-47. "We have four different stations; the fuel spill; lost tool; man down and battery spill and containment."

At the fuel spill station, a scenario was set up where sailors had to prevent the fuel spill from spreading across the flightline and clean it up as quickly as possible using specifically designed sponges. Sailors also had to be cautious of where they were stepping to ensure personal safety.

The lost tool scenario took place on a Navy P-3 Orion. Teams entered the aircraft and had to find the missing tool by going about the right procedure. The purpose was for the teams to assign a team leader and then carry on with the mission.

CPR was the most important procedure at the man down station. Sailors properly went through the necessary steps of performing CPR on a fellow service member.

Battery spill and containment was much like the fuel spill station. Sailors properly cleaned up the harmful spill and dispose of the used material.

The sailors were divided into four separate groups, with each group at one of the four situations. At each station sailors broke down into teams of eight. This allowed everyone to get involved with the training.

Christino said it's especially important to get the entire command working together and to ensure everyone is getting a

hands-on experience.

"We really want to make sure our communication is improving also," Christino said. "It's very important for the exact situation to be reported up the chain of command. We are testing the sailors' ability to do this by having them call our duty desk. After receiving information, the duty desk calls me to notify me of what information they received. This informs us of any miscommunications."

Navy Lt. Aaron Roberts, quality assurance officer, VP-47, said overall he was very impressed with the amount of teamwork he saw going on during the day, especially because until February the command's maintenance department used to work in a different hangar. This separation caused a split in the command. He said it was great to see everyone from administration to aircrew personnel back working together.

As sailors rotated through the four stations, QA officers graded them on their performance. Each team started with 100 points, and if they did something incorrectly or forgot to do something points were deducted. "This type of training really helps improve our overall performance, and we plan to reward the winning team with 24-hour special liberty," Christino said.

Many sailors said it was great motivation knowing they were working for a day off, but it was also good to work with men and women they don't normally get training with.

"Right now is a really important time to get in some good training," Christino said. "We're getting ready to deploy in November, and it's important that everyone in the squadron is ready to go out and do good work."

Along with a slated deployment, VP-47 also has a weeklong Naval Air Command inspection coming up within the next few months and so this of training will help get the squadron ready for inspection.

"We never want to be cramming for an inspection," Christino said. "We want to know that we're doing the right thing every day and building teamwork for future evolution and deployment."



Petty Officer 2nd Class Kelsy Clark (left) instructs Yeoman Seaman Apprentice Velinda Jennings how to operate an Automated External Defibrillator, or AED, during a man down drill. The drill was conducted during a flight line rodeo, in preparation for Patrol Squadron Four Seven's upcoming annual maintenance inspection.



Petty Officer 3rd Class Danielle Long, attached to Patrol Squadron 47, listens for signs of life from Aviation Maintenance Administrationman 3rd Class Christopher Erickson during a man down drill.

Quick hire of military spouses starts in September

Gerry J. Gilmore
American Forces Press Service

WASHINGTON – Under a personnel rule that takes effect next month, some military spouses could be quickly hired for federal jobs without going through the usual competitive process.

The new hiring authority takes effect Sept. 11. The Office of Personal Management issued the authority's final regulatory guidelines Aug. 12.

The guidelines are posted in the Federal Register under the title: "Noncompetitive Appointment of Certain Military

Spouses."

The intended effect of the rule, according to documents listed in the Federal Register, "is to facilitate the entry of military spouses into the federal civil service as part of an effort to recruit and retain skilled and experienced members of the armed forces and to recognize and honor the service of members injured, disabled, or killed in connection with their service."

"Military spouse employment is a key to the quality of life of our military families," Kathleen Ott, director of talent acquisition, development and

management in the Office of the Deputy Undersecretary of Defense for Civilian Personnel Policy, said yesterday during an interview with Pentagon Channel and American Forces Press Service reporters.

The availability of jobs for military spouses contributes to the sustainability of the all-volunteer force, Ott said, citing a recent survey in which employed military spouses reported that their work income constitutes about 48 percent of total family income.

"But, it's really hard to keep a job if you have to move from station to station," Ott said.

Federal employment, she said, offers military spouses a portable career with transferable benefits and worldwide presence.

"We thought, in order to help our military spouses continue their employment, it would be a good thing for us to facilitate their entry into the federal government," she said.

Eligible individuals, Ott said, include spouses of active-duty servicemembers who have been called on to relocate.

This includes spouses of Guardsmen or reservists who've

See HIRE, A-7

AROUND THE CORPS

Your weekly guide to what's happening around the Corps

East Coast



Lance Cpl. Dwight A. Henderson

Operation Homelink returns to Camp Lejeune

CAMP LEJEUNE, N.C. — Communicating with a loved one deployed overseas can be difficult, especially when those left behind do not have constant access to a computer. One non-profit organization identified this problem, and sprang into action to help those serving their country.

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

West Coast



Cpl. Nicole A. LaVine

More aviation improves enhanced Mojave Viper

MARINE CORPS AIR GROUND COMBAT CENTER TWENTYNINE PALMS, Calif. — The Combat Center has added crucial increases of aviation elements to add more realism to its Enhanced Mojave Viper ground training beginning Aug. 10.

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

Overseas



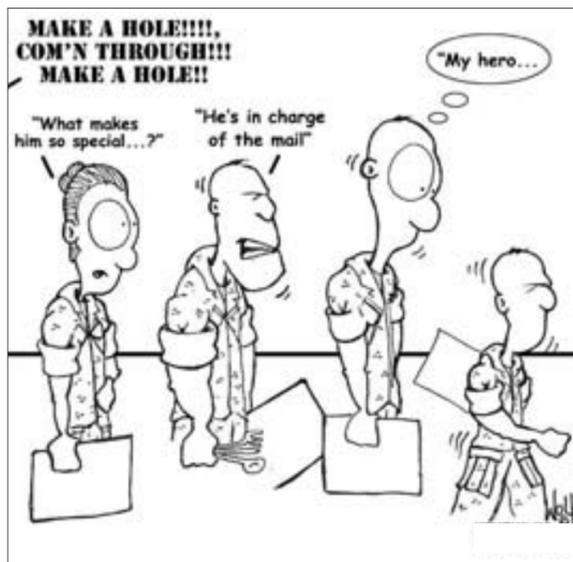
Lance Cpl. J. Nava

Engineer on Okinawa receives Bronze Star with V for heroic actions

CAMP HANSEN, OKINAWA, Japan — Staff Sgt. Hector Lazo, a combat engineer with 3rd Combat Assault Battalion, 3rd Marine Division, was presented the Bronze Star with combat distinguishing device, Aug. 3.

Lazo received the award for actions performed while deployed to the Garmsir District, Helmand province, Afghanistan, with Battalion Landing Team, 1st Battalion, 6th Marines, 24th Marine Expeditionary Unit.

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



This week's top story



Lance Cpl. Jason Hernandez

Marathon participants pass the seven-mile mark during a half marathon aboard al Asad Air Base, Iraq, Aug. 15. The half marathon was held in memory of Maj. Megan M. McClung, who was the first female Marine officer to give her life in support of Operation Iraqi Freedom.

Deployed service members run to remember

Lance Cpl. Jason Hernandez
Multi National Force - West

AL ASAD AIR BASE, Iraq — United States service members and civilians aboard al Asad Air Base, Iraq, ran a half marathon in memory of Maj. Megan M. McClung, Aug. 15.

More than 200 participants began running the 13.1 miles just before dawn.

"This is my first marathon," said Sgt. Stevie C. Hagler, the noncommissioned officer-in-charge of the II Marine

Expeditionary Force Headquarters Group (Forward) Transition Team Supply office. "I figured, why wouldn't I run for a cause as important as this?"

McClung, who served as a public affairs officer, was 34 years old when a roadside bomb took her life Dec. 6, 2006. She was the first female officer to lose her life in support of Operation Iraqi Freedom.

She was also known for her running prowess and her efforts to organize Marine Corps marathons for forward deployed service members.

"It's important to remember the fallen," said Cpl. Stephen R. Addis, a supply administrative clerk with II MHG (Fwd) TT Supply.

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

Top story from the front



1st Lt. Kurt Stahl

Afghanistan-Marines with Echo Company, 2nd Battalion, 8th Marine Regiment, load IED-making materials found in a nearby compound into a mine-resistant, ambush-protected vehicle here Aug. 10.

2/8 Marines discover, seize insurgent cache

1st Lt. Kurt Stahl
Regimental Combat Team 3

HELMAND PROVINCE, Afghanistan — Marines with Company E, 2nd Battalion, 8th Marine Regiment discovered a cache of IED-making materials in an insurgent compound here Aug. 10.

The cache, found by a patrol and seized by the company's explosive ordnance disposal technicians, included 150 pounds of ammonium nitrate and several other components used to make IEDs in this area. This was the first time Co. E has uncovered an insurgent cache of any type in this area.

The patrol kicked off just after daybreak in order to investigate a compound that Taliban militants had been using to launch direct-fire attacks on Marines in recent days. A report from a local Afghan spurred the mission.

When the Marines reached the objective, they called their combat operations center, about two kilometers away, to request the expertise of the EOD team attached to the company.

"We expected to find weapons since there had been so much enemy fire from the compound in the past," said platoon sergeant Staff Sgt. Timothy Funke. "It is always good to find materials that can be used against our Marines before they are employed."

The Marines also found well-defined fighting positions within the compound and rounds typically used by the insurgents in the area.

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

2009 BayFest

BAYFEST, from A-1

the streets of MCB Hawaii with bumper-to-bumper traffic. According to media reports, many concert-goers in traffic didn't reach the venue in time to hear the Black Eyed Peas, but nearly 15,000 fans filled the concert area to hear the band, as they put it, "rock out."

"We're here to focus on the positive and provide an escape for ones who are experiencing loss," said Fergie, a singer for the Black Eyed Peas.

Jamie Swoish and her sister, Kailani, jumped up and down before the show – ecstatic – standing in the first row, center stage, of the large crowd Saturday night.

"This is our first concert," said Jamie Swoish, 8th grader at Le Jardin Academy. "Black Eyed Peas is great to dance to and their music has great versatility. We've been looking forward to them coming to Hawaii for a long time."

The girls, along with the thousands of fans, danced the night away to all of the bands' hits as well as a tribute to the late Michael Jackson.

"No one plays music like them – it's Fergalicious," Kailani Swoish said.

While the Black Eyed Peas brought pop to the center stage, various local bands brought the Hawaiian spirit Sunday, filling the fairgrounds with the sounds of Aloha.

"Ten Feet brought me and my family to BayFest today," said Kainoa Kaehu, Kailua resident, as he danced to the local band's contemporary Hawaiian music Sunday evening. "It's a great

family activity and a good way to bring the community together for an event to support our troops. Marine Corps Base Hawaii is a great place to hold community events because it's a beautiful and safe environment."

Throughout BayFest weekend, more than 750 volunteers from the base and local community sacrificed their free time to help make the fun-filled event possible.

From directing traffic to hosting the carnival games, volunteers kept the attendees safe and helped the events run smoothly.

"I volunteered at BayFest to help support the community event," said Cpl. Kyle Francis, legal chief, 1st Battalion, 3rd Marine Regiment. "I wanted to show my appreciation for all the time and effort that went into the event."

Francis volunteered his free time for eight hours each day over the weekend at the food and beverage tent, working more than 24 hours at BayFest.

"I'm tired, but I'm proud of volunteering my time in support of the event."

Adrienne Vincent, 5th grade teacher, Mokapu Elementary School, also volunteered at BayFest, working the Block Buster carnival game.

"Living in Kailua my whole life, the Marine base has always been a positive part of my life," Vincent said. "It's good to be out in the community, interacting with the people of Hawaii and seeing them have fun."



Sgt. Mark Fayloga

Carnival rides lit up the night sky at this year's 20th Annual BayFest event. More than 31,000 people from throughout Oahu and the base community attended BayFest to celebrate three days of rides, food and music. The Black Eyed Peas headlined the event Saturday drawing in approximately 15,000 people to listen to the chart topping band. Rock band Filter opened up the festivities Friday and a variety of local acts closed out BayFest on Sunday.



Lance Cpl. Cassandra Flowers

Family and friends played a variety of games at this year's Bayfest here at Marine Corps Base Hawaii. Festivities went from Aug. 14 through Sunday.



Sgt. Macario P. Mora Jr.

BayFest attendees watch as their loved ones catch a ride on one of the many attractions at the 20th Annual BayFest event Aug. 14. Thousands of base and Oahu residents came to BayFest to enjoy the festivities, which included carnival rides.



Lance Cpl. Alesha R. Guard

Children play together on a brightly-colored spinning cylinder in the Traffic Jam House at BayFest, Saturday.



Lance Cpl. Colby W. Brown

A mother and her child enjoy themselves as they bump other BayFest patrons while riding the Bumper Cars ride during the 20th Annual BayFest Saturday.

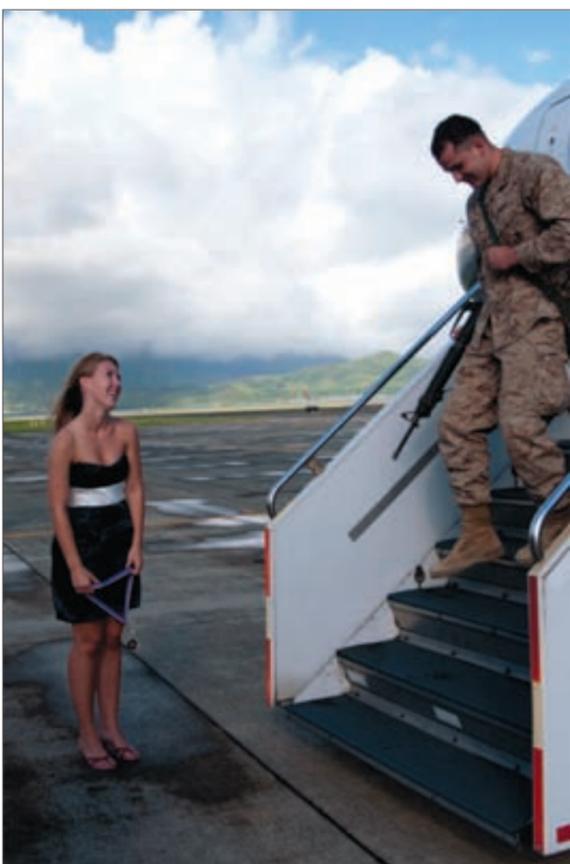
"Living in Kailua my whole life, the Marine base has always been a positive part of my life. It's good to be out in the community, interacting with the people of Hawaii and seeing them have fun." — *Adrienne Vincent, Mokapu Elementary school teacher*



Sgt. Mark Fayloga

Lance Cpl. Kris Miller and his wife MJ watch fireworks from Kansas Tower during the 20th Annual BayFest aboard Marine Corps Base Hawaii, Kaneohe Bay Saturday.

Health AND Wellness



Christine Cabalo

Winning a raffle for the first spouse to meet their loved ones, Lyndsey Connors holds a coin lei for her returning husband with Marine Heavy Helicopter Squadron 362. Homecoming coordinators also raffled off door prizes and provided free food for waiting families.



Photos by Lance Cpl. Kevin M. Beebe Jr.

Marines, sailors and civilians aboard Marine Corps Base Hawaii take part in the Health and Wellness Fair Wednesday at the Semper Fit Gym. The fair was held to raise awareness about different health concerns and to demonstrate different ways to stay fit.



ANGELS, from A-1

said she hoped her husband would see would be her holding out a coin lei for him. She had the winning ticket of the "First Kiss" raffle, which allowed her husband be the first off the plane to greet her.

"I'm very nervous," she said. "But it'll be good. I'll just tell him to walk faster and come over here. I'm extremely excited I could do this."

Some family members sneakily surprised returning sailors and Marines. Shocked to see his family, Lance Cpl. Jonathan Vie, helicopter mechanic, HMH-362, said he was happy to see his mother at the hangar. She flew in from Phoenix to see him, bringing a homecoming sign made with a photo he and his family took last year.

"I was completely surprised," he said. "I had no idea she was coming today."

With Vie coming back safely, the mother and son said they planned to just relax. Eager to enjoy his time off as a family, Vie said he'd like to go see a new movie and take his mom to one of the local shrimp shacks.

After spending time off with their loved ones and families, members of the squadron will eventually begin post-deployment training, said Maj. Richard Matyskiela, executive officer, HMH-362. Among the currently scheduled plans for the unit include fire-fighting training with water buckets in October, the executive officer said.

"It's good to welcome home all the Ugly Angels," he said. "They can take satisfaction in a job well done."



Cpl. Stephanie Rodriguez, operations noncommissioned officer, Marine Corps Air Station, receives a massage at the Health and Wellness Fair held at the Semper Fit Gym Wednesday.



Noel Famy, owner of Crossfit Ewa Beach, puts Lance Cpl. Christopher Brennan, field artillery cannoneer, Alpha Battery, 1st Battalion, 12th Marine Regiment, through a ten-minute workout demonstration Wednesday at the Semper Fit Gym on Marine Corps Base Hawaii.



Vanessa Donaldson, independent marketing executive, Melaleuca, sets up her table full of all organic products Wednesday for the Health and Wellness Fair at the Semper Fit Gym.

BEFORE YOU TAKE IT OFF, THINK ABOUT HOW WELL IT FITS.

U.S. MARINES

The uniform represents more than 221 years of history and tradition. It's the identity worn by the courageous and tenacious since the Revolutionary War. Earned through discipline, hard work and dedication. Respected by all. Keep your uniform on and continue making history. One year. One service. Remember about the many benefits and opportunities with the Marine Corps Reserve or call 1.800.MARINES or visit MARINES.COM.

ONCE A MARINE. ALWAYS A MARINE.

MARINE RESERVE

ENERGY, from A-1

ity bill from August 2008 to July 2009 totaled approximately \$20.12 million. For MCB Hawaii, which uses approximately 3,500 computers throughout the base, the annual estimated savings could potentially result in savings of \$70,000 a year.

"This is just a small piece in the overall puzzle to make the base more sustainable," said Col. Robert Rice, commanding officer, MCB Hawaii.

So far, it seems to be well received, at least by several of the departments on base. Installation Personnel Administration Center, for instance, can use more than 100 computers a week, based on staffing.

Chief Warrant Officer 3 Randall Martinez, officer in charge, Operations Branch, IPAC, said although his staff spends seven of their 10-hour-work day on the computer, the new MarAdmin doesn't affect them negatively.

"Business will continue to march in the normal fashion," Martinez said. "However, what it could do is save some time if the software pushes are done before we get to work. This will alleviate wasted time on waiting for computers to finish with updates and boot up."

Eddie Swain, account manager, NMCI, said shutting down the computers will not only save electricity, but benefit the computer's rebooting performance as well.

However, some may question when computers could receive normal software updates, which would normally self-install overnight?

According to the MarAdmin, NMCI has the capability of turning NMCI computers on and off for software updates between the hours of 3 and 5 a.m.

Even heavy users on base like the 3rd Marine Regiment, who have more than 500 computers in their offices on base alone, are powering down as many as they can, according to Maj. Matthew McBroom, communications officer, 3rd Marine Regiment.

Not every computer can be shut down in the evening because McBroom said there are always people working at the regiment's building, and for some computers there is no end to the day.

"I would say the only challenge left is it's going to take up a few extra minutes to boot up every morning," McBroom said. "Go get a cup of coffee. You'll be fine."

HIRE, from A-2

been called up for more than 180 days of active service other than training. Eligible spouses must be moving to another duty station accompanied by their servicemember husband or wife.

Spouses of former servicemembers listed as 100-percent disabled and separated or retired, as well as widows or widowers of servicemembers who died on active duty and who have not remarried also are eligible.

The new hiring authority does not constitute a hiring preference for eligible military spouses, according to OPM.

"This authority is a noncompetitive hiring mechanism; it does not establish or constitute a hiring preference for eligible spouses, nor does it create an entitlement to a federal job for an eligible spouse," according to regulatory documents listed in the Federal Register.

Applicants still must meet specific job-qualification criteria listed for individual positions, according to OPM documents.

"This is not a preference. We firmly believe that our spouses can compete on their own merits," Ott said, noting that

the new hiring rules provide military spouses with "a streamlined, facilitated means of obtaining federal employment."

Use of the new hiring authority "is completely at the discretion of hiring agencies," according to OPM documents, and "it is one of many hiring tools agencies may use to recruit needed individuals."

Spouses who complete three years of continuous satisfactory service will be converted from a career-conditional appointment to career appointment, Ott said.

Personnel officials do not anticipate that the new military-spouse hiring authority would adversely affect the hiring of military veterans into the federal government, Ott said.

Military spouses can find out about federal job opportunities through OPM's USAJobs Web site, Ott said.

The new hiring authority "sends a very important message to our military families that their sacrifice is recognized by the federal government, and that they recognize that having a career opportunity is really critical for their family's well being," said Barbara

Thompson, director of the Pentagon's Office of Family Policy/Children and Youth.

More than 77 percent of military spouses have indicated in surveys that they are interested in establishing careers, Thompson said.

Other data, she added, indicates that military spouses are, overall, more highly educated than their civilian counterparts.

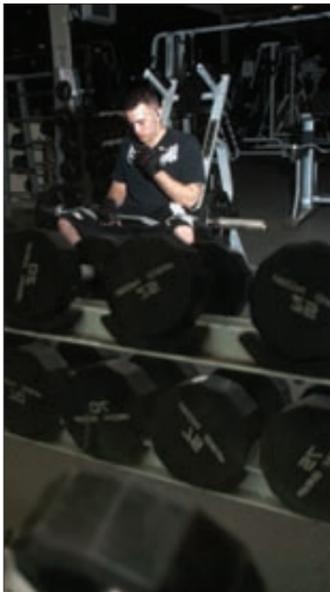
"I think it's a win-win situation that the federal government is accessing a pool of spouses who have the same levels of commitment and caring and service to the nation," Thompson said.

The department's Military Spouse Career Advancement Account, also known as MyCAA, provides employment, career, education/training, counseling and financial assistance for spouses of active-duty military and activated Guard and reserve members worldwide, she said.

President George W. Bush issued an executive order establishing guidelines for the hiring authority in September 2008, but implementation of the order was delayed while it was reviewed by the Obama administration.

Sports & Health

Boots+utes welcome



Lance Cpl. Alesha R. Guard

Michael Diaz, cook, Anderson Dining Facility, curls barbells during a morning workout at 3rd Marine Regiment Satellite Gym, Tuesday. The Satellite Gym has long hours and a boots-and-utility friendly policy.

Satellite Gym offers alternative PT during lunch, after work

Lance Cpl. Alesha R. Guard

Combat Correspondent

Marines training for the combat fitness test or looking to get in a quick workout during the work day need to look no further than 3rd Marine Regiment's Satellite Gym.

With its long hours, boots-and-utility-friendly policy and central location, Satellite Gym is a great alternative workout area for Marines looking to get their 'swole on.

Currently, the gym is open for all base personnel Monday through Friday from 5 a.m. to midnight, and is closed on the weekend.

"Sometimes you might miss a workout if you have to work late or if you're a shift worker because other gyms close earlier," said Timothy Blossom, infantryman, Alpha Company, 1st Battalion, 3rd Marine Regiment. "So it's nice that they have late hours for those Marines who have odd hours during the week."

The gym offers a variety of equipment such as free weights and machines, pull-up bars, medicine balls, a stretching area, bikes, treadmills and ellipticals.

Blossom said although the Satellite Gym is smaller than the Semper Fit Center, it has everything he needs to get a good workout in.

Plus, he added, Satellite Gym welcomes both boots and uts as well as rainbow physical training gear.

"It's really convenient being able to come and workout in boots and uts here," said Christopher Dunlap, infantryman, Alpha Company, 1/3. "It's a good atmosphere and it's not too big."

Because the gym allows boots and uts, Michael Diaz, cook, Anderson Dining Facility, said he's able to come to the gym in the mornings and at lunch for workouts each week.

"You can have a quick workout during your chow time and get what you need done," Diaz said.

On the corner of Craig and Selden St., the gym sits across from Anderson Dining Facility, making it the perfect central location for base personnel.

"Because of its location, it's easy for the majority of junior Marines to walk to," said Michael Montemayor, platoon sergeant, Satellite Gym. "Its location is especially great for Wounded Warriors since it's right across from their barracks."

Whether you want to improve your boots and uts run or fit in a quick workout, the Satellite Gym is ready for the challenge.

Need for speed



Christine Cabalo

Sidestepping traffic cones and moving through agility ladders, the "Speed and Agility" class members race to finish the obstacles. At the very end of the short course, the class must jump up and down on a padded platform. The class also used kettle-bell weights, medicine balls and resistance bands for their workout.

Speed and Agility class boosts skills

Christine Cabalo

Photojournalist

Gym users can jump on the fast track for better coordination and quickness with one of Semper Fit Center's newest classes, Speed and Agility.

Class participants train to increase their dexterity and accuracy during the hourlong session, said Dejuan Hathaway, personal trainer and class instructor, Semper Fit Center. Held each Thursday, Hathaway said the class is divided into four sections of 15-minute exercises.

"For me it's fun because it's just a different perspective on fitness," he said. "There's something different to do every week to work on balance and body coordination."

Sessions begin with Hathaway leading his class of approximately 10 to 20 gym users in a

line around the Semper Fit Center basketball court. The group does dynamic stretches as they as move around the court, continually changing positions to loosen their muscles. Hathaway said he does a variety of warm-ups to do more than keep his class on their toes, but to help them gain better balance.

Regularly attending the class since it started in June, Jaime Ty said even the constant speed of warming up is great. Ty, who does mixed martial arts in his spare time, said the class is great to keep fit while having a good cardio workout.

"You do different exercises each time," he said. "The overall high pace is great. You're just always pushing yourself in the class."

After doing dynamic stretches, Hathaway then walks his class through six exercise stations designed to improve their coordination

and explosive movement requiring power. The plyometric exercises help train muscles for fast, powerful movement, he said.

Several different types of equipment are used to train muscles to be quicker and more accurate. One station has gym users jump on top of a platform, slam down a medicine ball and then pick it up to repeat the exercise on a higher platform. At another station, class participants use two 26-pound kettle-bell weights as they do lunges on the center's basketball court bleachers.

"We have all types of people come to the class," Ty said. "There's even a mixed martial arts and [Ultimate Fighting Championship] fighter in our class."

Hearing about the class from a friend, mixed

See SPEED, B-3

101 Days of Summer Unit Standings

Small Unit Division

(299 or less personnel)

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

Large Unit Division

(300 or more personnel)

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

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

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

Go out and support your unit!

Marine athletes honored, inducted into Hall of Fame

Lance Cpl. Lucas G. Lowe

Marine Corps Base Quantico

MARINE CORPS BASE QUANTICO, Va. — Four former Marines and two current Marines were officially inducted into the Marine Corps Sports Hall of Fame during a ceremony Friday at the Clubs at Quantico.

Commandant of the Marine Corps Gen. James T. Conway and Sgt. Maj. of the Marine Corps Carlton W. Kent presented awards to retired Lt. Gen. Ernie Cheatham and former Marine Joseph "Jo-Jo" White. Two posthumous awards recognized former Marine officer Andy Phillip and Sgt. Maj. Morris Fisher.

Cheatham's career as a football player included six games in the National Football League playing for the Baltimore Colts and the Pittsburgh Steelers. He went on to command 2nd Battalion, 5th Marine Regiment, 1st Marine Division, during the Vietnam War.

"The two great loves of my life have been the Marine Corps and athletics," said Cheatham after receiving his award. "I'm grateful that my first love, the Marine Corps, is honoring my second love, athletics."

White grew up in St. Louis, and Conway, who grew up in Walnut Ridge, Ark., remember playing high school basketball against each other in their youth.

"I even managed to hold him a couple of times," joked Conway before handing White a commemorative plaque honoring his achievements as a member of the 1968 Olympic Gold Medal basketball team and seven-time National Basketball Association all-star.

White enlisted in the Marine Corps in 1969 and served six months on active status before switching to the reserve component where he stayed until 1972.

Representatives of Phillip, a three-time collegiate basketball All-American, and Fisher, a five-time Olympic rifle gold medalist, received their awards on their behalf.

The Marine Male and Female Athlete of the Year awards were also given.

Sgt. Lisa Rosborough, the public affairs chief for Marine Aircraft Group 41 based in Fort Worth, Texas, was named

See ATHLETES, B-3

Rub-a-dub-dub



The crew of the "USS Hawaii" prepares for the start of the first heat at the 10th Annual Bathtub Regatta Sunday at the BayFest waterfront. The boat lost their heat to "Water Wings" who won the championship.

take to the sea at the Bathtub Regatta '09

Story and Photos by
Lance Cpl. Kevin M. Beebe Jr.
Combat Correspondent



The "USS Cheez Whiz" paddles the final stretch of the racecourse during the Bathtub Regatta Sunday. The three blind mice and the farmer's wife manned the boat.



The boat "Powder Puffs" battle for the lead position during the heat 3 of the Bathtub Regatta Sunday. The Powder Puffs won their heat but lost in the championship race.



During the championship heat of the Bathtub Regatta, the "Master Boaters" peddled in the opposite direction of the regatta, causing a pile up at the second turn of the race.

The 10th annual Bathtub Regatta was held Sunday during BayFest at the Marine Corps Base Hawaii waterfront.

The rules for the regatta are simple—make a vessel out of whatever materials you can find and race your hand-crafted boat around Kaneohe Bay.

Winners from each of the first four heats participated in one final go around to determine the winner of Bathtub Regatta.

There were 16 boats that participated in the event and the styles of the boats came in all different shapes and sizes.

There are many winners for the event, so boats don't have to be the fastest to be called a winner. Boats don't even have to float to become a winner because one of the awards given out was the First to Sink Award.

That particular award went to the boat BCM-3. BCM-3 is a Navy term that means "lack of knowledge," which Ron Johnson, productions control chief, Marine Aviation Logistics Squadron 24, and crew member of BCM-3, says is a fitting name because the builders had little idea of how to build their boat.

Their boat sank after making it about 10 feet from the shoreline during the first heat.

"We wanted something that didn't cost a lot of money or take time to build," Johnson said. "We just wanted to have a lot of fun."

There was only one other boat that sank during the event and that was "boat #17," which started taking on water at the first turn of the course.

The title of Bathtub Regatta Champions went to the crewmembers of the boat "Water Wings," who beat out the boats "Powder Puffs," "Wet Dreams," and "Master Boaters."

During the championship heat the competition was stiff. Every boat reached the first turn at the same time and caused a mass pile up where three of the teams had to fight for the lead position.

But, the pile-ups didn't stop there. The boat "Master Boaters" had no intention of winning the championship heat. Instead they decided to paddle their boat in the opposite direction of the other racers causing head on collisions at the second turn.

With the finish line in sight, every crew did their best to break free. Water Wings was the team to get free and a clear shot at finish line. While the other teams continued to fight to get back in the race, Water Wings coasted across the finish line.

"It was good to win again," said Kristian Poland, Water Wings crewmember. "We won two years ago but last year our boat sank."

Water Wings used the same boat that sank last year with a few modifications to help the boat stay afloat for this year's contest.

"We put the boat in the water once before today but we pretty used the first heat as our test run," Poland said.



"Water Wings" paddles to victory during the Bathtub Regatta Sunday. Water Wings defeated the winners from the other three heats to take the championship.



"Powder Puffs" and "Wet Dreams" battle for second place during the championship heat of the Bathtub Regatta Sunday. This was 10th year of the Bathtub Regatta.

Intramural Sports Updates

2009 Intramural Summer Basketball League

Schedule

6:30 p.m.	Aug. 21	MCAS vs. VP-4
7:30 p.m.		1/12 vs. VP-9
8:30 p.m.		Klipper Golf vs. VPU-2
6:30 p.m.	Aug. 24	CPRW-2 vs. SNCOA
7:30 p.m.		VP-9 ANT vs. VP-47
8:30 p.m.		HSL-37 vs. VP-4
6:30 p.m.	Aug. 25	VP-9 vs. CISD
7:30 p.m.		MCAS vs. VP-9-ANT
8:30 p.m.		MarForPac vs. CLB-3
6:30 p.m.	Aug. 26	CPRW-2 vs. VPU-2
7:30 p.m.		HQBN vs. 1/12
8:30 p.m.		Klipper Golf vs. VP-47
6:30 p.m.	Aug. 28	MALS-24 vs. SNCOA
7:30 p.m.		HQBN vs. CLB-3
8:30 p.m.		HSL-37 vs. VP-9 ANT

SPEED, from B-1

martial arts fighter Scott Junk said the weekly class is great for training and is in a league of its own for gaining speedy dexterity. He said it's unlike any other training he's had to improve his own explosive movements, needed to take down his opponents in the ring.

"[Hathaway] is ahead of the game of others who've studied strength and conditioning," he said. "Even if you're not fighting [in a match], anything you do will only get better if you take this class."

Once Junk and others in the class finished the plyometric flexibility exercises, they moved onto speed and agility drills. In one drill, gym users needed to quickly move through agility ladders, traffic cones and jump onto a padded platform. Set up like an obstacle course, Hathaway said these drills

help gym users learn how their bodies react to stress and how to gain speed.

He ends the class with several sprinting drills, having gym users race from their own best times and against each other. Hathaway, formerly an athletic assistant trainer with the University of Hawaii, said many enjoy doing his class because it uses different types of gym equipment in a unique way.

"[The class] helps a lot and you notice where you move, so you can better prevent injuries," he said. "You can utilize those skills whether you're an ultimate fighter, in football or out in the field."

The Speed and Agility class is held every Thursday from 11:30 a.m. to 12:30 p.m. in the Semper Fit Center basketball court. The class is free to active duty service members and costs \$2 per session for civilians. Discounts are available. For more information about the class, call 254-7597.

Standings

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

Current as of Tuesday

ATHLETES, from B-1

Marine Female Athlete of the Year. Rosborough competed in the USA Track and Field Southwestern Association Masters and Texas State Masters championships, winning the 100- and 200-meter events in each meet. She was a member of the North Central America and Caribbean World Team's 400-meter relay squad last year and was ranked 37th among the world's top master-level sprinters in the 35 to 39 age group.

Lance Cpl. Ryan McLellan, a maintenance

management specialist with 1st Marine Air Wing in Okinawa, Japan, was named Marine Male Athlete of the Year. McLellan helped 1st MAW win a gold medal in the Far East Regional Basketball Championship and was a starter for the All-Marine Basketball Team where he led the 2008 Armed Forces Basketball Championship in scores.

He competed in the Conseil International du Sport Militaire World Military Basketball Championship in San Antonio, where his team captured the gold medal for the first time in 20 years.



Spotlight On Sports

Sports Briefs

Water Sports at Base Marina

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

Parents for Fitness

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

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

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

Paintball Hawaii

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

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

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

K-Bay Lanes

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

Monday-Tuesday: 5 - 9 p.m.

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

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

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

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

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

Personal Trainers Available at Semper Fit

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

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

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

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

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

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

Fishing Charters Available at MCB Hawaii

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

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

Semper Fit Offers New Array of Aerobics

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

Okinawa Kenpo Karate

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

Adults and children are welcome.

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

Commander's Fitness Series

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

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

Headquarters and Service Battalion's Camp Smith 5k Grueler

Wed., Sept. 16

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

HSL-37 Splash & Dash Biathlon

Sat., Oct. 17

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

The race begins with a 500-meter open water swim, then

grab your running shoes and head around the flight line for the 5-kilometer foot race.

MCAS Tradewind Triathlon

Sat., Nov. 1

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

3rd Radio Bn. Jingle Bell Jog

Sat., Dec. 5

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

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

Need a flexible workout?

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

Semper Fit Group classes

Cardio Kick

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

Boot Camp

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

Cardio Challenge

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

Early Risers

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

Cycling

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

High Intensity Circuit Training

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

Gut Cut

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

Pilates

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

Muscle Conditioning

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

Step

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

Step and Tone

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

Step Challenge

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

Stretch and Strength

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

Water Aerobics

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

PiYo

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

Speed and Agility

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

Zumba

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

For more information on group classes call 254-7597

Hours of operation:

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

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

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



Cover the world in paint!

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

For more information, call 265-4283

The search for Mr. and Ms. BayFest



Competitors of the GNC BodySearch Competition line up on stage as a preview for the crowd before the actual competition started at the 20th Annual BayFest Sunday.

Competitors strut their stuff in the GNC BodySearch Competition

Lance Cpl. Colby W. Brown
Combat Correspondent

Muscles were rippling and skin was aglow at the GNC BodySearch Competition during BayFest Sunday.

The competition gathered beauty, muscle and the best tans to find the crème de la crème, French for best of the best, through out Oahu.

The winners this year are Heather Hernandez, Ms. BayFest 2009, and Kevin Sperling, Mr. BayFest 2009.

"Physical fitness is a tribute of any leader — taking care of your body and self," said John O'Malley, president and owner, Planet Sun, and BodySearch judge. "The sacrifice, commitment and discipline it takes to be successful in a dieting and fitness regime is critical to good health, and directly correlates to being a leader."

Competitors were judged on personality, physique, interviewing skills and how they impacted the crowd, making the competition more than a beauty pageant.

"This competition is not just a physical contest," O'Malley said. "It is a contest of poise and character — an overall body search."

There were 14 competitors this year with six females and eight males. Participants had to be at least 18 years old, wear full-cut swimwear and have a body that could rival a Titan's.

The crowd grew as BayFest patrons passed the stage; eyes were caught by the gleam of oily skin and attractive physique. Wonder and awe could be felt in the crowd as competitors walked the stage.

"I enjoy living a healthy lifestyle because it gives me energy and stamina to go through each day," Hernandez, said. "I came out here to see what I could do. I am a part-time model, so I just wanted to see what I could accomplish."

The competitors implement many different strategies and workout regimes to stay in shape and stay healthy. One competitor was a Marine from here, and he said he uses the

Marine Corps Martial Arts Program to stay in shape.

"Being in one of these competitions is on my things to do before I die list," said James Cabarrus, GNC Body Search competitor. "I thought I would come out, compete and see how MCMAP would compare with all the other workout regimes people use."

Although he didn't place, Cabarrus said it was a great experience.

There were prizes given out to the third, second and first male and female competitors in the competition.

David Baptista, the 3rd place male, won \$250, a \$25 GNC Gift Card, a GNC gift bag with supplements and GNC T-Shirt, and a Planet Sun gift bag.

Donna Marie Anderson, the 3rd place female, won \$250, a \$25 GNC gift card, a GNC gift bag with supplements and GNC T-Shirt, a Planet Sun gift bag, and a \$150 Gift Certificate to Silpada Designs Jewelry.

Rey Ronquilio, the 2nd place male, won \$500, a \$50 GNC gift card, a GNC gift bag with supplements and GNC T-Shirt, a \$50 gift bag from Planet Sun, and a two night stay at the Pagoda Hotel.

Uilani Laboy, the 2nd place female, won \$500, a \$50 GNC gift card, a GNC gift bag with supplements and GNC T-Shirt, a \$50 gift bag from Planet Sun, and a \$150 Gift Certificate to Silpada Designs Jewelry.

Sperling won \$750, a \$100 GNC gift card, a GNC gift bag with supplements and GNC T-Shirt, a Planet Sun beach umbrella, a Planet Sun skin care package, and a two night for two people at the Pacific Beach Hotel.

Hernandez won \$750, a \$100 GNC gift card, a GNC gift bag with supplements and GNC T-Shirt, a Planet Sun beach umbrella, a Planet Sun skin care package, and a \$200 gift certificate to Silpada designs jewelry.

For information about next year's competition and registration, contact Jon Shiota at 254-7597.



This competition is not just a physical contest. It is a contest of poise and character — an overall body search.

— John O'Malley



Photos by Lance Cpl. Colby W. Brown

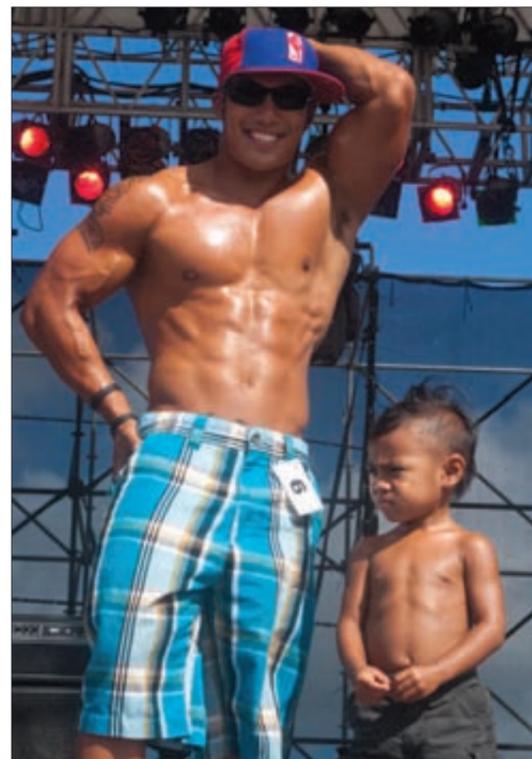
Heather Hernandez, female first place winner, and Kevin Sperling, male first place winner, raise their hands in appreciation after they were announced as this year's winners at the GNC BodySearch Competition on the main stage of BayFest Sunday. They were named "Mr. and Ms. BayFest."



Heather Hernandez, first place winner, answers a question about how she stays in shape during the GNC BodySearch competition.



The ladies of the competition show off their physique during the GNC BodySearch competition at the 20th BayFest Sunday.



"I just wanted to get him started early," said Jonathan Bareng, BodySearch competitor. His child helped him compete in the GNC BodySearch competition at BayFest Sunday.

Hawaii Marine
Lifestyles

AUGUST 21, 2009
 VOLUME 39, NUMBER 33
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Story by Kristen Wong
 Photojournalist

Photos by Christine Cabalo
 Photojournalist

LAIE, Hawaii — On a warm August evening in Laie, wide-eyed warriors shouted fearsome chants at the top of their lungs. Rings of bright flames spun in the darkness, spears clashed, and the end result — cheering and uproarious applause.

On Aug. 14, the Polynesian Cultural Center hosted its grand opening of its new evening show "Ha: Breath of Life." After a 14-year run of the center's previous show "Horizons," this new performance features more than 100 Brigham-Young University students, a variety of costumes and traditional dances from six different countries.

"[We asked ourselves] could we actually share a story with [the audience] that is a part of the Polynesian story, that was also a part every person's story," said Von D. Orgill, president of PCC. "[We wanted to] do it in a way that would be powerful and memorable that they would want to come back and see it, and experience it, and feel the feelings that come with it time and time again."

The word "ha" means "breath of life" in the Hawaiian language, said Kiri Fualautoalasi, sales director, Best of Oahu, and a former dancer at Polynesian Cultural Center.

"When they say the word 'aloha' they're really telling you they're sharing the breath of life," Fualautoalasi said. "They're telling you 'how may I be an essence of life to you?'"

The performance, which the center staff has been working on for three years, introduces residents and tourists alike to Polynesian culture through a character named Mana. Mana's parents moved to Tonga, where he spent part of his childhood. From there, Mana experiences five other Polynesian cultures as he grows older, learns about life, and eventually marries and brings his own child into the world.

"We dance, and we sing," Orgill said. "The dances themselves are stories. But to tell a story and link all of these different cultures together in one storyline — that has never been tried and never been accomplished before.

The feedback that we've been getting from people has been very, very positive, so we think that we found something that is unique

In addition to the dances, "Ha: Breath of Life" also intersperses short animated sequences. These sequences are first shown on a large, white sheet draped over the stage. Silent, animated silhouettes and pictures traverse the screen as a narrator tells the story. The center included these scenes for patrons who don't understand English.

"I think it's fabulous," said Afatia Thompson, a Waikiki resident who attended the grand opening. "I think they're doing an unbelievable job of utilizing their props and the new stage. The music sounds incredible, the dancing's always great ... it's a great story, kind of a big twist on Polynesian entertainment."

For several of the performers, preparing for "Ha: Breath of Life" was a challenge. Terina Oto, a BYU

freshman, said many of the performers have never acted before the show, which required some acting in addition to dancing. Oto, who with a few other women alternates, plays the character Lani, Mana's wife, said one of the biggest challenges for her was learning Tahitian style dancing.

"It's turned out so good from what we first started out with," Oto said.

The cast of "Ha: Breath of Life" spent long hours practicing the performance, staying at the center as late as 2 or 3 in the morning, according to dancer William Tuikolovatu, a native of Fasi, Tonga.

"This show brought all of us to come together," Tuikolovatu said. "I love the whole show in general."

For some students, like Ricky Suaava who plays Mana as a grown man, practice took much longer. Suaava had practiced Samoan fire knife dancing for years before he did a fire knife dance as Mana.

"This show really touched me in a way that I don't think another show will as far as Polynesian dancing," Suaava said. "[The] message we're trying to portray is the same story we have throughout our own lives, each and every one of us. We go through the same cycles."



BREATH OF LIFE
AT THE POLYNESIAN
CULTURAL CENTER



Several dancers perform with lit knives in the show. The dancers do acrobatic stunts including twirling their flaming knives while standing in several formations and fire walking with pili grass skirts.

PASS IN REVIEW



sTORI Telling

Lance Cpl. Cassandra Flowers
Combat Correspondent

birthday party."

What I really did appreciate was the book was real. Spelling didn't hold back her flaws and insecurities. I knew nothing about the 90210 star when I picked up the book, so I didn't really have a good or bad opinion on her, but I do respect the fact she wasn't afraid to put the bad in with the good throughout the book.

One of my favorite parts is when Spelling talks about her first kiss with the family's personal chef. The fact she kissed the Spelling family chef is hilarious, but apparently he was a 23-year-old stud, and she managed to get him in the pantry for a New Year's Eve kiss. The book is fun entertainment.

It was like watching an "E! True Hollywood Story."

The real life situations and comedic relief were quite refreshing, but the best part was the book took me two days to read. It didn't drag on forever it was just fun, a quick read ... nothing too crazy. There are no super intense parts either, so the book is great for young teenage girls just looking for entertainment and a few Spelling fun facts.

I'm not going to say it's the greatest thing I've ever read or certainly not the most informative, but for good entertainment and the comfort of realizing everyone in life goes through the same not-so-fun situations no matter how much fame you have is kind of nice.

I remember it was a Sunday afternoon, and I was bored out of my mind. I didn't feel like watching TV, and it wasn't really beach weather — I needed a good book.

Unfortunately, I'm not really a book collector, but I managed to come across something. A bright pink book that caught my eye. It was an autobiography by Tori Spelling called "sTORI Telling." I usually don't read autobiographies, let alone one about someone I don't know anything about and quite frankly don't really care, but I gave it a try and flipped it open.

To my surprise the book wasn't too bad. I have to admit I thought it was going to be ridiculously shallow and superficial, but there was actually real everyday issues and problems on its pages. There were more emotional issues and problems than financial, but millionaires still have to pay the bills when they get themselves into debt.

I know according to magazines I shouldn't have been surprised celebrities have normal human problems, and they're just like normal people, but who really believes gossip magazines anyways?

Spelling starts the book at her childhood. She talks about her overbearing mother who went overboard on absolutely everything, and her father who had so much money he didn't know what to do with it. It's the classic story of "all the child really wants is some attention, not a million dollar

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.

Better Know A Critic



Lance Cpl. Cassandra Flowers to buy a book it has to be a reality story. Her mind can't go off to fantasyland with unicorns and dragons. She enjoys getting to know the characters and really figuring out what is going on inside their heads. One of her favorite authors is Mitch Albom, and she loves his novels "Tuesdays with Morrie" and "The Five People You Meet in Heaven."



Lance Cpl. Colby W. Brown thinks a good movie is one that isn't just a story but an adventure you can loose yourself in, something that stirs your imagination and then puts it on the screen for you. He likes all different types of genres but his favorite is drama. Brown's favorite movies include "Ferris Bueller's Day Off," "Requiem for a Dream," "Fear and Loathing in Las Vegas" and "Dirty Harry."

Second Opinion "District 9"

4 out of 4 (Confirmed Kill)

I'm not one for alien movies. Sci-Fi in general is a stretch for me, but once I saw Peter Jackson's name on the poster for "District 9," I was sold. The movie was amazing - there's no other word for it! The aliens looked real; they looked natural. The story was shocking, scary and believable. The audience is pulled around between devotion to humans, then to aliens, then only to the lead character. Every emotion from fear to love, sympathy to anger, is portrayed in the movie and evoked from the audience. It is by far one of the summer's best movies.

- Cpl. Regina A. Ochoa



E.T. go home! 'District 9' beats out every movie this summer, period!

Lance Cpl. Colby W. Brown
Combat Correspondent

First and foremost, I'd like to tell you my favorite thing about this movie was the grotesquely real explosions of human beings when they're shot with alien weapons.

By far this movie has the best graphics out of any other movie this summer, which is weird because it's the most sci-fi movie I've seen this summer. It doesn't go over the top about the whole alien thing — this movie just makes it seem real.

At the beginning of the movie, I was tricked into thinking I wasted my money because it begins like a documentary. That was just a setup for building the characters and plot. I didn't waste my money — after watching I could almost believe there actually were aliens over Johannesburg.

For all of you abduction believers out there, this movie won't haunt you. It takes away the creepy feeling people sometimes get when talking about aliens and makes the story more believable by being able to actually see the aliens.

I can honestly say I have never seen an alien movie like this one.

The story is great and easy to follow, and better yet it is almost believable. The only thing I could find wrong with the story is that it reminded me of "E.T.: The Extra-Terrestrial." There is a big difference

between that movie and this one with the exploding humans and all, but it did make me think of that precious moment when E.T.'s fingers touched the kid's.

All though being reminiscent of "E.T.," the story kept my attention through out the movie. There is also a huge twist, but if I gave it away it'd spoil the movie.

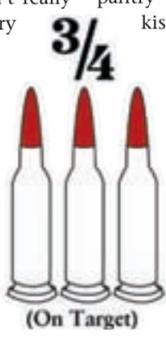
There is romance, action, betrayal, comedy, drama and intense scenes of brutal violence, all of which are perfectly balanced between each other to make this movie awesome — especially the violence.

Back to the graphics — the aliens in this movie were ridiculously real looking. Although they looked like prawns, it gave the movie that much more of a realistic feel.

The one bad thing I can think of about this movie is the style in which most of the movie is shot. The new trend of non-mounted cameras, in which this film was made, makes the scenes bouncy as the cameraman runs and moves. I personally hate this style because it makes me sick to my stomach, but it's bearable in this movie partially do to the quality of everything else in the film.

All in all, this movie is the best this summer. It took me for a journey to a place where aliens were real and instead of peaceful communication, humans discriminated against them. The graphics were amazing but weren't too much. The story was believable and the characters relatable.

I recommend seeing this movie not just because I think it's good but because where else are you going to see people blown up by aliens — it's awesome.



TALK* STORY

Today in 1959, the United States inducted Hawaii as its 50th state.

What's your favorite state and why?



Nevada. I'm from Las Vegas. You meet so many people there, especially tourists from all over the world.
 — Lance Cpl. Cynthia Mercado



"California. My home state. In California, there's lots to see. You've got Hollywood, Six Flags, Disneyland ... it's a tourist attraction."
 — Lance Cpl. Francisco Peralta



"Alabama. Home sweet home. Where I can drink sweet tea."
 — Lance Cpl. Savannah Smith

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

BayFest Concerts: Black Eyed Peas and

Two nights in pictures



Lance Cpl. Cassandra Flowers



Lance Cpl. Cassandra Flowers
Fergie belts out a song during the Black Eyed Peas concert Saturday.



Sgt. Mark Fayloga
Fans cheer as Black Eyed Peas member Will.i.am performs a song during the Black Eye Peas concert Saturday. Approximately 15,000 people from Marine Corps Base Hawaii and the surrounding communities attended the groups concert.



Sgt. Mark Fayloga
Fergie performs with her backup dancers during the Black Eyed Peas concert Saturday.

Why they came...

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

- Richard Patrick, lead singer for FILTER

“We’re here to focus on the positive and provide an escape for ones who are experiencing loss.”

- Fergie, a singer for the Black Eyed Peas.

FILTER



Julie Mora
Above: Members of the rock band FILTER play one of their hits during the first night of BayFest Friday. Right: Lights shine Frank Cavanagh of the band FILTER as he crosses the stage Friday night.



Julie Mora



Volunteer Opportunities

Tour Guides Needed on Coconut Island

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

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

Use science to promote stewardship, meet interesting people and have fun leading hour-long tours on the island. You must be at least 18 years old, and commit to six months of volunteering.

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

Ho'omaluhia Botanical Garden Nursery Aid

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

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

Other duties include weeding, raking leaves, and mulching around trees and pathways.

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

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

All Enlisted Spouses Club Thrift Shop

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

Thrift Store hours are 9 a.m. - 1:30 p.m. Monday through Friday except Wednesdays (store is closed) and on the first Saturday each month from 10 a.m. - 2 p.m. for Bag Sale days.

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

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

Word to Pass

Aboard MCB Hawaii

Budget for Baby Class

1st and 3rd Mondays

The Navy-Marine Corps Relief Society offers a free class in Building 4016 from 9 a.m. to 1 p.m. for expecting parents.

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

For more information, please call 257-1972.

Interview Workshop

Aug. 20

This class provides information on how to prepare for job interviews, and will be held in the Combat Camera Building 267, Classroom 2 from 9 to 11 a.m.

Reservations are required to attend this class. The next Interview Workshop will be Oct. 15.

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

Community Events

Arboretum Tours

Tuesdays and Saturdays

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

Registration is required and a tour donation of \$2.50 is requested. Call 988-0456 for more information.

Live Energy Lite Event

Oct. 3

Kick off National Energy Awareness Month at Pearlridge Center's Uptown Center Court from 10 a.m. to 3 p.m. Get energy saving tips from experts, learn about Hawaii's clean energy future plans, enjoy Hawaiian entertainment and test your energy IQ to win prizes.

Admission is free. For more information, contact the Hawaiian Electric

Company at 543-7511.

Guided Tours of the Hawaii Theatre

Tuesdays

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



MOVIE TIMES

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

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

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

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

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

"Transformers: Revenge of the Fallen"	Today at 7:15 p.m.
"Public Enemies"	Today at 9:45 p.m.
"Ice Age: Dawn of the Dinosaur"	Saturday at 7:15 p.m.
"Transformers: Revenge of the Fallen"	Saturday at 9:15 p.m.
"Ice Age: Dawn of the Dinosaur"	Sunday at 2 p.m.
"My Sister's Keeper"	Sunday at 6:30 p.m.
"Public Enemies"	Wednesday at 6:30 p.m.

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

Mokapu Beat

What's happening at Mokapu Elementary School

Important Numbers

Mokapu Elementary School Office:
254-7964

Mokapu Elementary School Fax:
254-7969

Student Support Coordinator:
254-7979

Health Aide: 254-7968

Absentee Line: 254-7968

Office Hours: 7:30 a.m. to 4:30 p.m.

Family Math Night

Join us for the Amazing Math Race Family Math Night for grades 1-2 on Wednesday, Aug. 26, from 5:30 to 7 p.m. in the school cafeteria. Enjoy family fun through hands-on math activities and games. A dinner & light refreshments are included! Participating families will receive free giveaways. Hop Down Under to the Outback, trek across the Great Wall, dance with the leprechauns, and grab your binoculars on your safari across Kenya. Bring the whole family and have fun while racing through country-themed math activities and games. A Math Night coupon will be given to students, redeemable for "No Homework" or extra credit in their home-room (subject to individual teacher's grading policy). For more information, contact Resha Ramolette at 254-7964 x270, or email her at resha_ramolette@notes.k12.hi.us.

Classroom Parent Meeting

People interested in being a classroom parent should plan to attend a meeting in room P-6 on Wednesday from 8 to 9 a.m. Please contact Heidi or Shelley at 254-7964 for more information.

Parenting Class

Starting Sept. 1, Heidi Dickens and Shelley Murphy in the PCNC office will offer a six-week Loving Solutions Parenting Class. Classes will be held each Tuesday from 5:30 to 8:30 p.m. in room P-6. Free child care will be provided to those who RSVP. The class is free; the book for the class costs \$22. Call Heidi at 282-5153 for more information.

Family Lunches

Family lunches will be held at Mokapu Elementary School during the month of September every Tuesday and Thursday according to grade and/or classroom.

Sept. 1: Grade 5 (11:10 a.m.) and grade 6 (11:50 a.m.)

Sept. 3: Grade 4 (11:50 a.m.)

Sept. 8: Grade 3 (11:50 a.m.)

Sept. 10: Grade 2, classrooms B1, B2, B3

(10:30 a.m.)

Sept. 15: Grade 2, classrooms B4, B5

(10:30 a.m.)

Sept. 17: Grade 1, A building classrooms

(11:10 a.m.)

Sept. 22: Grade 1, O building

(11:10 a.m.)

Sept. 24: Kindergarten, I building; pre

school rooms I-1, I-2, I-6

(10:30 a.m.)

Sept. 29: Kindergarten, Q building

(10:30 a.m.)

Adult lunches can be purchased for \$4.40. Please contact the PCNC office at 254-7964 for more information.

Turn in Forms

Help support Mokapu Elementary by turning in Free/Reduced Lunch forms! The total number of these forms that Mokapu receives back helps to fund the following school-wide programs: reading/math tutoring, family literacy and math nights, intercession math camps, and purchases of classroom materials & supplies.

Please support these successful and free programs by turning in your Free/Reduced Lunch forms by Thursday, Sept. 3, to the front office or your child's classroom teacher.

Enrichment Activities

The Mokapu PTA sponsors after-school enrichment activities. Flyers will be sent home announcing the activities as they occur. Questions can be directed to PTA at mokapu_pta@yahoo.com.

Arts and Crafts Club began Aug. 12 for students in grades K-2 and Thursday, Aug. 13, for students in grade 3-6. Club members meet in P-4. The Wednesday group meets from 12:30 to 1:30 p.m. and the Thursday group meets from 2:15 to 3:15 p.m. The cost is \$15 for five weeks. This session's topic is recycled crafts. Moving? We would love your extra craft supplies. Please leave them at the front office for room P-4.

Mad Science registration began Aug. 13. The Fall I session is for K-2 and costs \$75 for four weeks. It will begin Sept. 4, and last from 2:15 to 3:15 p.m. Room assignment will be given at a later date to those who register. A Fall II session will follow for grades 3-6.

The Mokapu Chorus begins in September. It will be Tuesdays for grades 3 through 6 and Thursdays for grades K-2. All sessions will be held in P-3 from 2:15 -3:15 p.m. The cost is \$30 per semester. The chorus will perform a holiday show in December. More information will follow.

Bubba Gump Shrimp eating contest comes to BayFest

Lance Cpl. Cassandra Flowers

Combat Correspondent

Contestants tied up their paper thin ponchos and took a seat in front of a pound of shrimp Saturday evening for the first ever shrimp-eating contest held at BayFest.

Bubba Gump Shrimp Company sponsored the event, bringing more than 40-pounds of their famous shrimp for contestants to stuff their faces. Competitors had to answer a trivia question about the movie "Forrest Gump," in order to earn one of the nine spots in the contest.

"What was the name of Forrest's school bus driver?" was one of the many trivia questions asked by Walt Post, master of ceremonies for the contest.

Post, dressed as Forrest Gump, said he enjoyed volunteering for the contest and was excited to see contestants "suck down some shrimp."

Before the timer began, Post went over the rules again with contestants and reminded them to peel each shrimp. Contestants were not allowed to eat the shell of shrimp and had to swallow the shrimp in order for them to count. Each individual shrimp was "butterflied" by the Bubba Gump staff and ready for easy peeling by competitors.

Shrimp-eaters had three minutes to devour as much of one pound of shrimp they could. Cocktail sauce was available for dunking the shrimp, and water to help wash them down.

Contestants raced the clock as the last minute ticked away, frantically grabbing handfuls of shrimp and peeling them as quickly as possible in hopes of having the fewest shrimp left in their bucket. The clock hit zero and time was called. Judges quickly stepped in for the official count and determined the top three winners.

Brian Koceja took first place in the shrimp-eating contest. He said he didn't practice or use any technique, besides being really hungry. Dave Osborne took second place and lost by only one shrimp. Mandy Frost took with third place and said she was happy to participate.

"I just love shrimp," Frost said. "The contest was a lot of fun, and I'm pretty full now." She finished with only 15 shrimp left in her bucket.

Other contestants weren't as satisfied

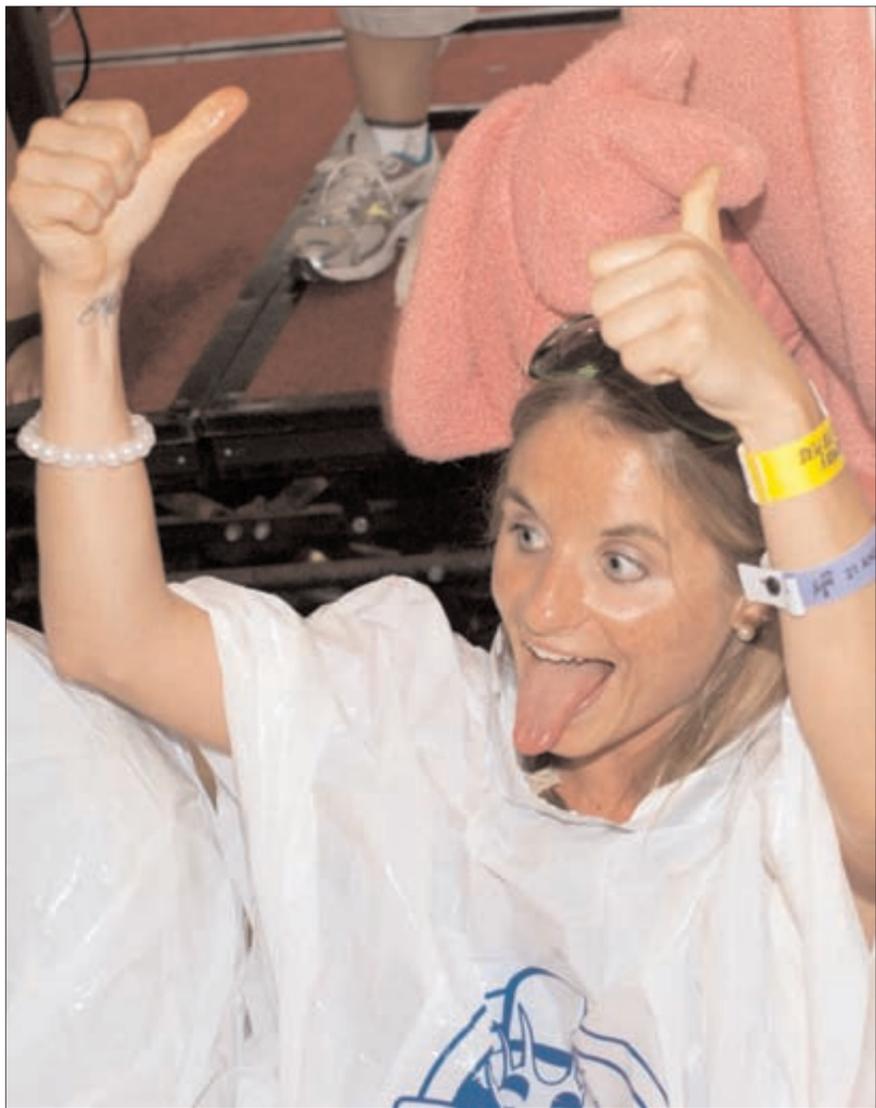
with their shrimp-eating experience.

"One shrimp!" Osborne shouted. "I can't believe I was only one shrimp away from winning!"

Winners were handed their prizes of Bubba Gump paraphernalia and shared a few laughs before leaving the food tent and enjoying the rest of BayFest.

"The contest went awesome," said Lauren Watasae, Bubba Gump's regional sales manager. "We're happy to be here and be apart of such a huge community event. This is our first time at BayFest, and it's great to get everyone excited about shrimp."

BayFest Shrimp Eating Contest
40 lbs. of shrimp
9 contestants
3 minutes
1 winner



Lance Cpl. Alesha R. Guard

Mandy Frost, third place winner of the Bubba Gump Shrimp eating contest, shows her excitement about shrimp before the timer starts ticking away at this year's BayFest here at Marine Corps Base Hawaii.

At Anderson Hall Dining Facility

On The Menu

Today

Dinner

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

Saturday

Dinner

Cream of Chicken Soup
 Beef Barley Soup
 Beef Stew
 Pork Chops Mexicana
 Buttered Egg Noodles
 Spanish Rice
 Mexican Corn
 Simmered Peas
 Brown Gravy
 Lemon Meringue Pie
 Oatmeal Chocolate Chip
 Cookies
 Marble Cake
 Butter Cream Frosting

Sunday

Dinner

Cream of Potato Chowder
 Vegetable Soup

Beef Cordon Bleu
 Tropical Pork Chops
 Boiled Egg Noodles
 Orange Rice
 Club Spinach
 Cauliflower Au Gratin
 Brown Gravy
 Cherry Pie
 Lemon Cookies
 Devils Food Cake
 Banana Bread
 Raspberry Gelatin
 Lemon Gelatin
 Vanilla Cream Pudding
 Chocolate Cream Pudding

Monday

Dinner

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

Tuesday

Dinner

Cream of Mushroom Soup
 Bean with Bacon Soup
 Swiss Steak w/Tomato Sauce
 Lemon Baked Fish Fillets
 Lyonnaise Potatoes

Rice Pilaf
 Southern Style Green Beans
 Simmered Mixed Vegetables
 Cream Gravy
 Tater Sauce

Wednesday

Dinner

Manhattan Clam Chowder
 Split Pea & Ham Soup
 Savory Baked Chicken
 Beef Pot Pie
 Boiled Egg Noodles
 Parsley Buttered Potatoes
 Creole Summer Squash
 Simmered Peas
 Chicken Gravy

Thursday

Dinner

Tomato Soup
 Chicken and Rice Soup
 Orange & Rosemary Honey
 Glazed Chicken Breast
 Simmered Corned Beef
 Islanders Rice
 Parsley Buttered Potatoes
 Glazed Carrots
 Fried Cabbage w/bacon
 Mustard Sauce
 Chicken Gravy
 Vanilla Cream Pudding
 Chocolate Cream Pudding

MARINE MAKEPONO

HAWAIIAN FOR 'MARINE BARGAINS'