

Hawaii Marine

Going the extra Yard

2/3 corporal named III MEF Marine of the Year

Kristen Wong
Photojournalist

His colleagues now know better than to put Cpl. Curtis Yard "on point" in a patrol. Carrying more than 180 pounds of gear, including radios, 20 quarts of water and a javelin missile on his back, he once left his junior Marines in the dust while hiking a mountain in Now Zad, Afghanistan. "We'd be like 'Curtis, freak, slow down, you're getting out of

control,'" Petty Officer 3rd Class Cory McGuire, a hospital corpsman from Yukon, Okla., said. "He'll put on as much weight as he can carry." Yard was recently chosen as the III Marine Expeditionary Force Marine of the Year, and received the Navy Achievement Medal April 9. Yard, a scout sniper with 2nd Battalion, 3rd Marine Regiment is "a highly motivated Marine," McGuire said. Being a sniper can be an arduous job, and for Yard, keeping physically

fit is the difficult part. He strives for at least two hours of physical training each day, whether lifting weights, doing pack runs or swimming. The Marine of the Year is someone making the "extra effort, the extra mile, will go out there and do something for the unit [and] not just themselves," said Lt. Gen. Terry Robling, commanding general, III MEF. "It's not about us. It's about the team, and today's award exemplified that. I was very proud to [present] that."

Robling visited Marine Corps Base Hawaii and presented Yard with his NAM. "It's competitive," said Sgt. Maj. Daniel Fierle, sergeant major, III MEF. "We get all the elements in [Marine Air Ground Task Force] together, and we pick that person who had an opportunity and excelled at the opportunity they were given for that particular year ... [Cpl. Yard] had a very good deployment. He's done

See **YARD, A-7**



Lt. Gen. Terry Robling, commanding general, III MEF, presents Cpl. Curtis Yard with a NAM April 9. Yard, was chosen as the III MEF Marine of the Year.

Island Rock



Lance Cpl. Vanessa M. American Horse | Hawaii Marine

Gunnery Sgt. Clinton Walker, supply chief and U. S. Marine Corps Forces, Pacific guitar player breaks into his guitar solo as Leone High School students listen around the stage in American Samoa Monday. "I jumped on stage two years ago when I was a sophomore and now I'm a senior so I had to do it again," said Ili'ili resident Loretta Hollister. "I'm really going to miss this and it's a great memory that I have from high school."

MarForPac band rocks American Samoa schools

Lance Cpl. Vanessa M. American Horse
Combat Correspondent

For the third year in a row the United States Marine Corps Forces, Pacific Show Band and Party Band traveled more than 2,600 miles to American Samoa Saturday.

The bands performed at five schools during the week, including Leone, Faasao, Samoana, Kanana and Manuamalo High

School. "This is a tremendous deal out here," said Gunnery Sgt. Julius F. Nofo, an American Samoa Marine Corps recruiter from Kaneohe Bay. "The community has a big say in whether or not their adolescents can become a service member and these events give the Marine Corps a lot of exposure."

Students poured into their Leone outdoor gymnasium that resembles a thunder dome from boot camp.

A flurry of spirited lava-lavas shuffled across the concrete as the students made siren sounds to declare their excitement for the show.

"I love when the Marine Corps comes and makes us dance with their party music," said Leone native Catherine Adams. "We get to sing along to the music and hear something different then our music."

Once settled, the students broke out into

See **BAND, A-6**

Big Island Action

Headquarters Battery prepares for combat

Pfc. Tyler L. Main
Combat Correspondent

POHAKULOA TRAINING AREA, Hawaii — The distinctive pop of M16A4 rifles and echoing shooting commands could be heard as Headquarters Battery of 1st Battalion, 12th Marine Regiment fired rounds through silhouette targets during tables three and four combat marksmanship relays at PTA, Monday.

All ranks participated to improve their skills. Marines practiced engaging targets while moving; failure to stop drills; box drills; hammered pairs and identification; and pivot, present and fire drills while shooting table three.

"Table three is based on moving while firing, so it's more realistic to how Marines will have to react in a combat situation," said Cpl. Blake E. Harley, Headquarters Battalion, training noncommissioned officer from Arlee, Mont.



Pfc. Tyler L. Main | Hawaii Marine

Marines with Headquarters Battery, 1st Battalion, 12th Marine Regiment participate in tables three and four Monday at Pohakuloa Training Area. The Marines are gearing up for a deployment to Afghanistan.

"Finding your groove while doing your combat glide and figuring out how to fire on target while on the move are essential tools in a Marine's marksmanship arsenal."

After table three, Marines

remained until evening to use their night vision goggles with infrared lasers. Table four tested and improved the Marines skills at night fighting and precision.

Since the lasers are infrared they show up in the Marines'

night vision goggles as a fine thread of green light.

Marines were required to move while engaging the target using the laser, since the goggles prevented them from looking through their rifles' optics and perform each shooting exercise from table three.

"It's important to get comfortable using NVGs and PEQ-15 lasers because Marines often use the cover of night as an advantage in combat," Harley said.

Although Marines didn't take scores to be recorded, the purpose of these shoots was to improve an individual Marine's basic rifleman skills.

First Battalion, 12th Marines is scheduled to stay at PTA until May 9 after completing 46 days in a field training environment. It's preparing for an upcoming deployment in the 2nd quarter of 2010 to Afghanistan.

See **BATTERY, A-7**

Census required by law

Jordan Reimer
American Forces Press Service

WASHINGTON — The Defense Department is working with the U.S. Census Bureau to ensure that all military personnel are accounted for in the 2010 census, a defense official said recently.

All service members and their families, whether stationed domestically or overseas, must be counted and attributed to their proper place of residence, Mary Dixon, director of the Defense Manpower Data Center, said in a March 19 interview with the Pentagon Channel and American Forces Press Service.

"The important thing is making sure that the states and the federal government are allocating funds to those communities where our bases are located, so they can properly support our military members," she said.

The constitution mandates that the government take a census of United States residents every 10 years.

See **CENSUS, A-7**

Common Cents

Paper bags to be eliminated in year

Press Release
Marine Corps Community Services

Starting Earth Day, Marine Corps Community Services will start a one-year countdown to the elimination of paper shopping bags. This time period will ensure Marine Corps Base Hawaii customers have ample time to plan for the change, and the Marine Corps Exchange will have enough time to use the remaining bags in stock.

An incentive system will help encourage customers to make the change to reusable shopping bags. Beginning April 17, customers will receive a 5-cent credit toward their total purchase for each reusable bag brought and filled by the cashier at the point of checkout.

Those requesting paper bags at checkout will be assessed a 5-cent fee per bag.

This system is targeted to remind customers of the upcoming changes and encourage them to bring their own reusable bags when shopping at MCX locations.

MCB Hawaii's move toward a bagless shopping experience falls on the heels of the five cent per plastic bag tax imposed at Washington, D.C. supermarkets and retailers effective January 2010. Consumers now have a choice to be environmentally-friendly or financially penalized.

In October 2008, Col. Robert D. Rice, commanding officer, MCB Hawaii requested that Marine Corps Community Services implement a program to eliminate plastic shopping bags at retail stores.

Three months later, a plastic bag ban was initiated across the installation.

Beginning Jan. 1, 2009, patrons of the MCX Main Exchange were provided paper bags if they did not bring their own reusable tote.

By March 1, the MCX Annex discontinued use of all plastic bags, and the Marine Marts followed soon after, once remaining stocks of plastic bags were depleted. This elimination of plastic bags has saved the Hawaii environment the impact of 2.6

See **BAGS, A-7**

Inside today's Hawaii Marine



Ironman
The way toward a perfect PFT score — effort and mental fortitude, **B-2**



Malama Ka Aina
Marines participate in the annual even by helping beautify K-Bay, **C-1**

Weekend Forecast

Today	Saturday	Sunday
Scattered Showers High — 74 Low — 65	Scattered Showers High — 75 Low — 66	Scattered Showers High — 77 Low — 69

NEWS BRIEFS

Be Counted for Education

The Department of Defense Education Activity is now conducting a study of the quality of schools in Hawaii for military dependent students. The information will be used by DoD to help evaluate transition issues of dependents.

Each military household is asked to complete a survey. This is the same survey referenced by Adm. Robert Willard, commander, U.S. Pacific Command, in a letter to those in military housing. It only needs to be done once. Participation is voluntary, anonymous and encouraged by base commander Col. Robert Rice.

The survey is online at <https://surv.dodea.edu/dhss/>. For more information, e-mail surveyinfo@hq.dodea.edu.

Days of Remembrance this Morning

There will be a Days of Remembrance for the Holocaust at the Base Chapel from 10 to 11 a.m. Please note time change from 9 to 10 a.m.

POC is Gunnery Sgt. Castro, 257-7769.

Earth Day Expo

The two-day celebration will begin at Camp Smith today from 11:30 a.m. to 1:30 p.m. Educational displays to promote environmental awareness and appreciation just outside the Pollock Theatre on the second floor. Reusable bags will be distributed, and the Marine Corps Exchange (MCX) will provide discounts for merchandise that fits in the bag.

At K-Bay tomorrow, come by Mokapu Mall from 9 a.m. to 2 p.m. The event kicks off with a unit recycling competition. There will be reusable bags that can be filled for discounts, green displays and activities, entertainment and more. Information, Tickets & Tours (IT&T) and Tradewind Travel will also have a grand reopening at a new storefront location at Mokapu Mall tomorrow. As part of the Earth Day Expo, IT&T will host its annual Island Activity and Travel Expo from 9 a.m. to 2 p.m., with vendors and prizes.

The MCB Hawaii Recycling center will also be accepting old electronics scrap for recycling (TVs, VCRs, computer monitors, hard drives, etc.). Bring items to the Saturday expo to the E-scrap area in the Child Development Center parking lot near the Exchange. This is for personal property only, not government equipment. POC is Jim Sibert, 257-4300.

NMCRS Fund Drive Extended

The Navy Marine Corps Relief Society's Active-Duty Fund Drive has been extended until April 19. The annual drive generates donations for NMCRS — an organization that assists Marines, sailors and their families through education and other programs. Call the Kaneohe branch at 257-1972.

Volunteer Recognition Ceremony

MCB Hawaii's Volunteer Recognition Ceremony is scheduled April 22 at 9 a.m. at the Kahuna's Community Ballroom in the Enlisted Club. It honors those individuals and organizations who performed volunteer service aboard MCB Hawaii from May 1, 2009 to April 21, 2010. For more information, call Marine Corps Community Services at 257-2651.

Road Closures

Forest City was scheduled to close the intersection of Lawrence Avenue and Bancroft Drive yesterday. The closure will remain for approximately one year. POC is Pat Kingsbury at 839-8713.

Road closures in effect can be found on <http://www.mcbh.usmc.mil/Road%20Closures%20March%202010.pdf>

The closures are for new waterline construction and worker safety. POC is Philip Lum at 257-6900.

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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Zero to 60 in six feet under

Sgt. Scott Whittington

Combat Correspondent

I noticed that at the end of the day, especially on Friday, it's a mad dash to get home, but why? I'm sure speeding isn't exclusive to Friday, but it's really noticeable then. Your home isn't going anywhere. On an island, you might shave five or even 10 minutes off your commute. Is risking your life, and more importantly others' lives, worth getting the good parking space at home or making it in time for "SportsCenter?"

Recently, I was pulling off base and these two speed demons in a Mustang and, get this, a PT Cruiser of all things, raced by me. Come on, a PT Cruiser? Going fast won't improve your car's coolness. You're only bet is to drive to the nearest scrap yard, leave the Cruiser and buy some shades and a pair of Ed Hardy jeans. And never mention to anyone you ever drove a Cruiser.

Anyway, they had to be going 80-90 mph. It's 35 mph out the gate and just before the look out, it bumps up to 55 mph. They were driving so fast that it shook my car.

Another driver and I were forced off the road a little because these two Marines felt like racing virtually side by side. I know they were Marines, because they were in their very identifiable uniform. I'm not saying it's OK to drive like a crazy person in civilian clothes, but while wearing the uniform you're representing me, and the entire Marine Corps. Our image is tarnished every time we do something idiotic.

Base volunteers power smart energy use

Facilities Department needs volunteers

Christine Cabalo

Photojournalist

Don't waste energy. That's a message the Facilities Department at Marine Corps Base Hawaii is sending out.

Considering an estimated \$500,000 to \$700,000 can be lost annually due to excess energy use at MCB Hawaii, according to Bill Nutting, energy manager, Facilities Department, that message needs to be shared.

The department is calling out unit leaders to volunteer as Utility Conservation Managers, encouraging energy conservation. The managers select monitors who check energy use in base buildings and discuss ways to eliminate energy waste.

"We try to get around to each UCM and do a site visit," said Sgt. John Miller, energy conservation noncommissioned officer, MCB Hawaii Facilities Department. "We can give them information about the base policies for energy conservation and anything else they need to eliminate energy waste."

Enlisted staff noncommissioned officers or O-3 and higher-ranking officers can apply. The managers can also appoint any base worker to be a Building Energy Monitor, who will watch over their office space for energy waste. The volunteers aren't required to offer new ideas about conserving but have offered some great suggestions the Facilities Department is implementing, said John Dunbar, resource efficiency manager, Facilities Department.

With some managers asking him about specific reports on their unit's energy use, Dunbar said by the end of the year new advanced meters would be installed around base.

"We're implementing a metering system that will give us that data readily and that we'll be able to disseminate information a

little easier than the way we do now," he said. "It will give them the ability to access information on how much energy they're using. They can see when they're [conserving energy] and how it makes a difference."

Although managers currently can manually monitor their own unit's meters, some buildings share a meter. Dunbar said the new system, scheduled for completion by the end of this year, would give each main structure its own meter for managers to follow.

"What the advanced metering system will allow us to do is not only look at how we consume energy per month but also look at how much is being used every 15 minutes," he said. "We'll be able to drill down and look at anomalies within a building in a day or a week."

Until then, managers like Gunnery Sgt. Alan Rojas, training chief, Military Police Department, look for obvious energy misuse like lights left on after hours.

"We're making sure the air conditioner [temperature] is where the Base Order says they should be," said Rojas, from Texas City, Texas. "If we're not using the lights, making sure they're off."

His office has used energy reminder stickers and worked using natural sunlight whenever possible. Rojas, who has been spreading the word about the need for energy conservation, said the job doesn't take too much time and benefits everyone.

"It's a good thing for the base itself and conversation," Rojas said. "Why do we need to lose the power and energy, when we don't need to?"

Both he and Miller agreed taking a moment



Christine Cabalo | Hawaii Marine

Checking the air conditioner temperature, Gunnery Sgt. Alan Rojas, training chief, Military Police Department, supervises energy use as a Utility Conservation Manager. The Facilities Department is looking for more to volunteer as UCMs, specifically enlisted staff noncommissioned officers or O-3 and higher-ranking officers.

to correct energy overuse could save needed funds. Making it a daily habit to reduce energy expenses could help the base in other areas.

"Everyone needs to have a part in this," said Miller, from Union Bridge, Md. "The more money we save with energy conservation is more money we have for other projects we may need or for other things that may need to be improved on base."

For more information about becoming a Utility Conservation Manager, call 257-6720.

Navy, Marine Corps, Coast Guard encourages apprenticeship program

Kristen Wong

Photojournalist

When Sgt. James Garrison completes his career in the Marine Corps and plans to work for the Federal Fire Department, he may not simply be considered the "new guy."

Like many other Marines and sailors aboard Marine Corps Base Hawaii, the section leader for Aircraft, Rescue and Fire Fighting, has participated in the United States Military Apprenticeship Program, which is holding two information briefs at the Base Chapel April 26.

"It's helped me in my career thus far and will definitely give me that extra edge [outside of the Marine Corps]," Garrison, of Mannford, Okla., said.

As of April 8, there are more than 30,000 Navy, Coast Guard and Marine Corps service members enrolled in the program, with assistance from the U.S. Department of Labor Bureau of Apprenticeship and Training.

The USMAP program grants service members with a journeyman certificate in their specific military occupational specialty or rating. All they need to do is register for the program, complete the necessary paperwork and continue working.

"It's verification and acknowledgement of on the job training," said Craig Lockwood, the lead education specialist for the JEC. "It's a very easy program to participate in."

There are multiple benefits to participating in an apprenticeship. While serving in the military, a journeyman certificate can be instrumental in promotions.

When the service member leaves the military, Lockwood said this certification can increase the chances of a higher paying position. Some universities even grant college credit for journeyman certification toward an associate degree in applied science, like Honolulu Community College.

"Honolulu Community College will give up to 45 credits," Lockwood said. "That 45 hours represents 75 percent of the associates [degree], so they're already 75 percent into their AAS."

Presently, the Marines may benefit from their new certification. Marines Cpl. Kyle Smail, of Maryville, Mo., and Cpl. Michael Davis of Pittsburgh, are currently enrolled in the program.

Smail, a crew chief for ARFF, recently completed one journeyman certificate in his field, and is working on a second certification. When he leaves the Marine Corps in the future, Smail said he plans to become an arson investigator. When he leaves the Marine Corps in the future, Davis plans to return to Pittsburgh and become a firefighter like his brother and father.

Eligible active duty service members must have either a high school diploma or general equivalency diploma and have an MOS or rating in one of the 123 occupations approved by the U.S. Department of Labor.

Participants must complete the apprenticeship while enlisted. Should a participant fail to submit a report for a consecutive 18 months, they will be removed from the system and must start again.

Service members must complete a weekly, monthly and semi-annual log of hours, with

signatures from three supervisors. Each apprenticeship has a set of skill areas, representing different aspects of the job. Each skill area must be given equal practice time, with hours logged individually.

The amount of hours required for each apprenticeship can vary anywhere between 2,000 and 8,000 hours. On average, Lockwood said a service member could ideally complete as many as 2,000 hours a year.

Participating service members must be able to do the actual job their MOS or rating stipulates. If they are temporarily assigned to do a different job than their specialty, they cannot complete the apprenticeship.

Officers are accepted into the apprenticeship program on a case-by-case basis, according to Ken Ledbetter, marketing outreach coordinator for USMAP at the Center for Personal Professional Development Voluntary Education, in Pensacola, Fla. Lockwood said officers are not always eligible because many are usually supervising instead of doing the actual work.

Deployed service members may have the opportunity to finish apprenticeships faster because of the longer hours they work. If they don't have access to the Internet overseas, USMAP can supply service members with paper logs.

Some service members have had a few challenges fulfilling this requirement, like Smail and Davis, who are currently enrolled in the USMAP program.

Davis, a section leader at ARFF, said sometimes the skill area requirements must be done during off hours because they're not normally practiced in his line of work. For instance, his job

specializes in aircraft firefighting, not structural firefighting.

Smail, a crew chief at ARFF, said sometimes Marines must put USMAP hours on hold to complete Rifle Range training among other regularly assigned duties.

Not all service members can participate in this program, however. Marines with military occupational specialties in the band and the infantry don't have a similar trade that translates to the civilian world.

But what happens if you've been in the service for several years and haven't even heard of the USMAP program until now? Participants may qualify for pre-registration credit, which accepts a limited number of hours completed prior to enrollment.

Marines and Coast Guardsmen can start earning credit by the time they leave their A-School or military occupational school. Only Navy sailors with a rank of E4 and above can qualify for pre-registration credit, which can earn up to half of the required hours for the certification.

Service members with a rank of E3 who will be promoted soon are advised to wait until they become E4 to take advantage of the pre-registration credit.

"Earning it is a huge achievement," Lockwood said, "and it's widely respected."

Service members who are not sure if their specialty applies to the program can find out at the Joint Education Center.

For more information, call the Joint Education Center at 257-2158, or visit the Web site at <http://usmap.cnet.navy.mil>.

The Base Chapel briefs are scheduled from 9 to 10:30 a.m. and from 1 to 2:30 p.m.

AROUND THE CORPS

Your weekly guide to what's happening around the Corps

This week's top story

East Coast



Lance Cpl. Benjamin Harris | Headquarters Marine Corps

Military drill teams go toe-to-toe in joint service showdown

WASHINGTON — The Silent Drill Platoon competed against drill teams from the Army, Navy, Air Force and Coast Guard in the 3rd Annual Joint Service Drill Exhibition near the Lincoln Memorial April 10.

Judges representing all five drill teams chose the U.S. Army Drill Team as the winner based on the execution and intensity of the performance. Each team marched with M1 Garand rifles, but the similarities ended there.

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

West Coast



Cpl. Manuel F. Guerrero | Marine Corps Air Station Miramar

First responders come to rescue against hazardous material incidents

MARINE CORPS AIR STATION MIRAMAR, Calif. — The Bob Hope Theater aboard Marine Corps Air Station Miramar was the site of a simulated terrorist hazardous material attack, April 7.

Within minutes the Miramar Fire Department and Aircraft Rescue Fire Fighters responded to the incident. Two ARFF Marines donned fully-encapsulated suits, while the rest of the crash crewmen and firefighters on scene devised a plan to neutralize the hazardous component.

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

Overseas



Lance Cpl. Colby W. Brown | Land Force Cooperation Afloat Readiness and Training

LF CARAT 2010 prepares for embarkation

JUNGLE WARFARE TRAINING CENTER OKINAWA, Japan — This week is the last training week before the Landing Force participating in Cooperation Afloat Readiness and Training 2010 starts its embarkation on ship and sets sail to their first CARAT exercise. Since early March, the LF has trained as an infantry unit, completed jungle warfare training and planned exercises with four different countries in preparation of its participation in CARAT-2010.

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

Created by: GySgt Charles Wolf
SEMPERTOONS
 THE GREATEST MARINE CARTOONS ON THE PLANET!



Lance Cpl. Daniel Boothe | Marine Corps Base Camp Pendleton

Phan N. Dang, a Vietnam War survivor who sought refuge at Camp Pendleton in 1975, observes photographs at Camp Pendleton's "Images at War's End" exhibit in the Santa Margarita Ranch House, April 8.

Exhibit reflects base's role in Vietnamese resettlement

Lance Cpl. Daniel Boothe
 Marine Corps Base Camp Pendleton

MARINE CORPS BASE CAMP PENDLETON, Calif. — After the fall of Saigon in 1975, nearly half of the 130,000 Vietnamese refugees that resettled in America passed through the gates of Camp Pendleton.

Thirty-five years later, base historians are now honoring their story with a new exhibit called, "Images at War's End," a 36-photo display that commemorates the lives of those who fled North Vietnamese communist oppression.

"It was a hard time in the U.S. and a hard time in Vietnam," said Faye Jonason, director, History of Museums, Marine Corps

Base Camp Pendleton. "There was a lot of sacrifice on both sides."

In 1975, Camp Pendleton's "Tent City," located at Camp Talega, was the first of four Vietnamese resettlement camps established in the United States as part of Operation New Arrivals, the largest humanitarian airlift in history. Other resettlement camps were built at Fort Chaffee, Ark., Eglin Air Force Base, Fla. and Fort Indiantown Gap, Pa.

Both former Vietnam War refugees and Camp Pendleton Marines living and working at Camp Talega during the operation visited the exhibit's opening ceremony, April 8.

Retired Air Force Lt. Col. and Vietnam refugee Hai N. Tran was eight years old when North Vietnamese forces attacked Saigon, Vietnam.

"I remember waking up one morning to a lot of noise outside," said Tran. "The North Vietnamese tanks had begun bombarding us from across the canal because all of the bridges had been destroyed."

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

Top story from the front



Lance Cpl. Jeremy Fasci | I MEF (Fwd)

Marines and Afghan National Army soldiers march the colors onto the parade deck to begin the transfer of authority ceremony where Brig. Gen. Larry Nicholson, commanding general, Marine Expeditionary Brigade-Afghanistan, transferred his authority to Maj. Gen. Richard Mills, who now serves as the commanding general of I MEF (Fwd) at Camp Leatherneck, Helmand province, Afghanistan, Monday.

I MEF (Fwd) assumes command of southern Afghanistan

Sgt. Heidi E. Agostini
 I Marine Expeditionary Force (Fwd)

CAMP LEATHERNECK, Helmand province, Islamic Republic of Afghanistan — I Marine Expeditionary Force (FWD) assumed command of all Marine operations throughout southern Afghanistan during a transfer of authority ceremony here Monday, making it the largest Marine command in Afghanistan since the war began nearly a decade ago.

Brig. Gen. Larry Nicholson, commanding general, Marine Expeditionary Brigade - Afghanistan, transferred his authority to Maj. Gen. Richard Mills, who now serves as the commanding general of I MEF (FWD).

Since spring 2009, MEB-Afghanistan conducted

counterinsurgency operations and combat offensives including Operation Khanjar in July 2009 and Operation Moshtarak in February.

The guest speaker was Helmand provincial Gov. Gulab Mangal. Mangal, an ally to coalition forces, had been an instrumental piece in the construction of Afghan national security forces in Helmand province.

"The security situation has been changed," said Mangal. "People have new hope for a bright future. To bring security, peace in Helmand, Marines tried the best to get the trust and confidence of Afghan people. On behalf of the Afghan government and Helmand people, I would like to pay my condolences to family members in the United States for the sacrifice they suffered so that Helmand province can have security and peace. MEB-Afghanistan will be remembered in the history of Helmand and Afghanistan."

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

INGLORIOUS WARRIORS



1/12 Ops Platoon engage in IED training

Pfc. Tyler L. Main
Combat Correspondent

POHAKULOA TRAINING AREA, Hawaii — Marines with 1st Battalion, 12th Marine Regiment, headquarters battery, operations platoon, fire-direction control section strolled down a strip of lava rock. These “Inglorious Warriors” were reacting to improvised explosive devices on Saturday when suddenly...

“Taco Bell!” Lance Cpl. Romeo D. Templeton yelled the indicator for detecting an IED.

Boom! Two Marines get injured. Immediately, the squad reacted to the training IED at Pohakuloa Training Area on the Big Island April 11. They needed to neutralize the enemy to safely reach the casualties. They got to them a few moments later, stopped the bleeding and began moving them to safety by fireman carry.

With casualty evacuation on the way and the area secure, the Inglorious Warriors did almost everything right to prevent further loss and correctly react to the simulated IED attack.

This was just one of the scenarios the Marines faced while on the IED trails, serving a small taste of what a real attack may be like in Afghanistan.

Once the exercise concluded, Staff Sgt. Geoffrey Zamjahn, platoon sergeant and operations chief, stressed the importance of IED training.

“So how did we like that training gents?” he said.

The squad members resounded with multiple “yuts,” “kills” and “good to go’s.”

“There’s an old saying that goes, ‘nobody really cares about training until they feel the weight of that first body bag,’” Zamjahn said. “What are you going to do when you see your buddy with a lacerated stomach, bleeding out with rounds coming down range?”

“You can never be prepared for something like that, but you can train enough to get into the mindset, so that you know what actions to take when it does happen. That’s why training like this is important and needs to be taken seriously.”

With a deployment slated for the second quarter of 2011, the squad took their training in stride.

“It’s a good starting point and opportunity for the section to see how important it is for us to be out there,” said Cpl. Blake E. Harley, battalion training noncommissioned officer and Arlee, Mont. native. “To get our heads spinning, [practicing] those basic rifleman skills and [getting] in a combat mindset is crucial.”

“This training is among those I’ve taken most importantly since I’ve been in the Marine Corps, especially since becoming a noncommissioned officer [since last deployment] and being responsible for the welfare of Marines.”

“We don’t know everything that’s going to happen or all the right answers but getting out there and repeating it gets us closer to figuring it all out.”

The FDCS is far from done as they’re scheduled to train at PTA until May 9. Some of the training includes table three, night convoy operations and battery and battalion phases of artillery.



Marines from 1st Battalion, 12th Marines, operations platoon, fire-direction control section, rush toward an enemy position while conducting IED training at the Pohakuloa Training Area, Hawaii. The FDCS Marines’ training covered how to react, maneuver and counter IED attacks while on patrol.



Moving across the dirt, 1/12 Marines keep their eyes forward while doing IED training at the Pohakuloa Training Area, Hawaii. The FDCS Marines’ training covered how to react, maneuver and counter IED attacks while on patrol.



Lance Cpl. Cisneros, a Nuclear Biological Chemical Marine with 1st Battalion, 12th Marines, operations platoon, fire-direction control section, provides security for two injured Marines after a simulated IED blast.



Lance Cpl. Robert M. Dunson, a Conroe, Texas native, storms toward the enemy with other 1st Battalion, 12th Marines, operations platoon, fire-direction control section Marines during fire team rushes while preparing for IED trails training.



Photos by Lance Cpl. Vanessa M. American Horse | Hawaii Marine

(Top) U.S. Marine Corps Forces, Pacific Show Band bass guitar player Staff Sgt. Chaz Harbison rocks out as a Leone High School student dances on stage in American Samoa Monday. (Below) Sgt. Lancelot Muschamp, saxophone player, serenades students at Faasao High school in American Samoa Monday. The U.S. Marine Corps Party Band performed at various high schools throughout the island last week. "This is a tremendous deal out here," said Gunnery Sgt. Julius F. Nofo, an American Samoa Marine Corps recruiter from Kaneohe Bay. "The community has a big say in whether or not their adolescents can become a service member and these events give the Marine Corps a lot of exposure."

BAND, from A-1

a glorious harmony of their school song and national anthem. The Marines watched in awe as the lovely vocals captivated them.

"When they started singing, I just closed my eyes and listened," said Sgt. Matthew R. Cole, percussion section leader from Virginia Beach, Va. "They sound so beautiful and real."

The party started once the band erupted into song.

The students went into a frenzy as the band members walked through the crowds playing their instruments.

Some students jumped on stage to dance, sing or even wipe the sweat off the band members from the sweltering heat.

"I jumped on stage two years ago when I was a sophomore and now I'm a senior, so I had to do it again," said Ili'ili resident Loretta Hollister. "I'm really going to miss this, and it's a great memory that I have from high school."

At each school the excitement grew as word spread on the island that the

Marines were performing.

Locals lined the fences of the schools to watch and in town, the buzz was all about their upcoming concert for their 110th Flag Day ceremony April 17.

"We made this an annual event," said MarForPac's officer in charge Chief Warrant Officer 2 Bryan P. Sherlock. "The feedback we get back is extraordinary, and we love the opportunity to do this. American Samoa has more military members per capita than any other U.S. territory, and we are becoming a part of their big Marine Corps tradition."

After an hour and a half of music, the band packed up as students chanted "More, more!" They gave them a couple more songs to dance to and then headed out.

"This is always exciting for the kids,"

said Leone High School Vice President Dorian Salabea. "If the kids want to see more they can go to the big show later this week. However, we are lucky to have Gunny Nofo here all the time as a recruiter. He provides counseling for the students and for the kids [who] are not well off, he takes them under his wings."



BAGS, from A-1

million bags in 2009.

Reusable bags will be distributed at Earth Day observances at Camp H.M. Smith today and MCB Hawaii on Saturday. See http://www.mccshawaii.com/earth_day.htm for more information.

CENSUS, from A-1

All residents, regardless of citizenship or legal status, are legally required to take part in the census.

Census information primarily is used to reapportion the number of seats allotted to each state in the House of Representatives.

The government also draws on the data to distribute about \$400 billion in aid for programs such as Medicaid. States use the records to determine how to allocate funds to cities and neighborhoods for critical projects such as infrastructure, hospitals and schools.

The Defense Department and the Census Bureau established a joint working group in 2004 to coordinate the process of counting military members and their families.

All four military services and the Coast Guard are included.

The Defense Manpower Data Center — which collects, archives, and maintains manpower and personnel data — represents the Defense Department in the committee.

“This group works together to figure out what that process is going to be, making sure we have all the designated points of contact, so that the census will run smoothly during the course of the census process,” Dixon said.

Defense officials said the department is on track to submit the count forms to the bureau ahead of the July deadline.

All service members who receive a census form are required to fill it out and mail it back to the Census Bureau. The data of military members stationed overseas — who will not receive any forms — will be processed administratively. Service members who live in group quarters will be required to fill out a “military census report” that will be distributed and collected by their installation’s service representative and submitted on their behalf to the bureau.

Service members who are not U.S. citizens will be counted in the census. Service members stationed overseas still are considered U.S. residents because they normally reside in the United States but are assigned abroad, Dixon said.

Because some service members maintain more than one place of residence, the concern exists that some people will be counted twice, or not at all, Dixon acknowledged.

But she added that she’s is confident that the Defense Department, which fine-tunes its process after each census, will accomplish the mission accurately and efficiently.

“There haven’t been any substantial differences in what we’re doing,” she said. “[And] I think we’ve been pretty successful in the past.”

BATTERY, from A-1

This week and next, batteries look forward to starting artillery fire. The training includes every type of round in their arsenal and practicing multiple suppression, timing and advanced firing tactics over several days.

YARD, from A-1

some great things for the regiment, and it’s just a pleasure to come out here and recognize it.”

Yard, from Goodrich, Mich, graduated with a degree in aviation maintenance technology from Western Michigan University in 2004.

At age 27, he joined the Marine Corps. After two and a half years as an aircraft mechanic in Milwaukee, Yard said he wanted “something new, something challenging.”

At 30 years old, Yard’s colleagues call him a “grumpy old man,” but his actions say otherwise.

“He’s probably the oldest Marine in our platoon on the junior ranks and his attitude and maturity reflects it,” said Sgt. Leo Cuellar, a chief scout for the Scout Sniper Platoon, 2/3.

Cuellar, from San Antonio, said Yard has a “solid work ethic.”

“The regiment is extremely proud of Cpl. Yard,” said Col. James Bierman, commanding officer, 3rd Marine Regiment. “He’s very typical of the fine young leaders we have in this regiment

who’s been the background of all our success in combat.”

Yard has deployed to a combat zone

“He’s very typical of the fine young leaders we have in this regiment who’s been the background of all our success in combat.” — Col. James Bierman

twice in his military career, once to Iraq and the other to Afghanistan.

While in Now Zad, Afghanistan as a radio operator, Yard said he could spend as much as 72 hours out on a single mission. His team gathered intelligence on the Taliban and reported to the commanding officer.

“Every day was different,” Yard said. “Every mission was different.”

Staff Sgt. Ronald Bustamante, Yard’s platoon sergeant, remembers during Operation Eastern Resolve in Now Zad, Yard carried at least twice the amount of a regular Marine, with his pack including two javelin missiles.

Bustamante, from Tulare, Calif., said Yard was able to “take out an entire machine gun nest” with a rocket he was not yet trained to use.

Today, Yard spends his work day doing different training and tasks each day, while maintaining his physical fitness.

“He PTs really hard,” McGuire said.

Outside of work, Yard enjoys the occasional golf game with friends or traveling with his wife to the mainland United States. Recently, he and a team of 10 competed in The Beast 10K run.

“He’s always willing to do extracurricular activities,” Cuellar said.

Yard is considering whether or not to re-enlist in the Corps, and may take on a career with the Federal Bureau of Investigation. But if he chooses to stay in the Corps, Yard said he would like to try counterintelligence.

But one thing’s for sure — Yard is a humble award recipient.

“There [are] a lot of Marines in the III MEF,” Yard said. “I was surprised to get it, and I was happy just to win the regimental Marine of the Quarter board. I had no idea it was going to go that high.”

Sports & Health



Kristen Wong | Hawaii Marine

Krista Lowe shows Lilian Ray of Kaneohe how to hold her hands for a specific yoga pose. Lowe, of St. Louis, recently started teaching at the Semper Fit Center.

Go Yoga

Semper Fit Center welcomes new yoga instructor

Kristen Wong
Photojournalist

Shh. Exercise silence when around the Semper Fit Center aerobics room from 10:15 to 11:15 a.m. on Tuesday, Wednesday and Friday. There, under soft lighting and engulfed in calming music, new instructor Krista Lowe directs her yoga class.

Under the direction of Lowe, participants learn various poses in the Hatha style of yoga, like "downward dog" and "lion pose." It's a switch from the aerobics room's usual upbeat music and fast moves.

Lowe, of St. Louis, is a graduate of the University of Missouri with a bachelor's degree in nursing. In addition to yoga classes, Lowe works evenings as a nurse at Straub Hospital.

Lowe started yoga as a college student. While attending aerobics classes, one of her instructors mentioned there were instructor tryouts. She and a friend were immediately interested and gave it a try. Lowe described instructor tryouts as "a very vigorous training experience," with two months of tests and tryouts.

"It was very hard, but I'm glad I stuck with it," Lowe said.

Today, Lowe is certified as an Aerobics and Fitness Association of America primary group instructor. She also holds certifications in punk rope and yoga. Lowe describes punk rope as "recess for adults," which includes jump roping, games and a "great cardio workout."

She only teaches yoga at Semper Fit, Lowe has experience teaching kickboxing and other aerobics courses. Though she enjoys yoga, her favorite classes are packed in sweat, like bootcamp classes she used to teach.

"I think the best feeling is when people come up to you and say 'that was really hard, you kicked my butt,'" said Lowe with a wide smile.

But fear not. Lowe has options for participants just starting out in yoga, like Lilian Ray, of Kaneohe, who recently tried her first yoga class.

"I really like it," Ray said. "I've never done yoga before." Ray said she felt very comfortable with Lowe.

Lowe recommends beginners try modified poses, which she explains during class.

"If you try the hard ones and you can't get them you're going to get frustrated and quit," she said.

Lowe herself took six months to memorize the poses, which each have a Sanskrit name as well as an English name. She said there is a lot to learn about yoga, even if you've been teaching for years.

"It was great for beginners all the way to advanced level," said Sara Duncan of Mililani. "It was very easy to follow, and she would explain the poses."

Students say they like her personality.

"She's very easygoing," said Cindy Turse, of Kailua. "It's a smooth flowing class ... she's very good at explaining everything and takes suggestions. She's really open to that."

Beckie Page, the assistant manager at Semper Fit Center, said she found Lowe to be "personable" and "relaxing." Page, of Delmont, Penn., asked Lowe to demonstrate a yoga class for her while trying out for the teaching position.

"Her demonstration was very good, very informative, very educational," Page said.

Even students who have taken yoga for many years enjoy Lowe's style of teaching.

"It's not a competition," said Zen Warne, of Santa Monica, Calif. Warne, who has taken yoga for 18 years, has been to classes where instructors are introducing difficult movements without explanation and end up discouraging people. Warne said Lowe, however, makes her students comfortable enough to release from a certain yoga pose if they feel they need to.

"I like it very much, and I'll come back," Warne said.

Page is currently seeking an instructor for Pilates. Candidates for pilates must have a certification in primary group fitness and be pilates certified.

Call the Semper Fit Center at 254-7597 or 254-7589 for more information.

Racers take on Beast

Athletes tackle grueling 6.3-mile race

Cpl. Alesha R. Guard
Combat Correspondent



Cpl. Alesha R. Guard | Hawaii Marine

Pushing through the last quarter mile of 3rd Radio Battalion's 10K Beast, a participant heads toward the finish at Pop Warner Field Saturday.

At Pop Warner Field early Saturday morning, 170 athletes toed the start line of 3rd Radio Battalion's 10K Beast run.

Open to the public, the 17th annual race drew runners from around the island to Marine Corps Base Hawaii for the demanding 6.3-mile course.

Sprinting through the finish line at 38 minutes and 15 seconds, Kyle Gibson took first place as the overall male winner. Close behind, Mandy Pare' Biscoe flew through the finish at 49:16, placing first overall for the female division.

The fourth competition within the Commanding Officer's Fitness Series, the Beast is a fundraiser for the battalion's Marines. Scattered throughout the course at each twist and turn of the race, 3rd Radio Marines directed the participants to the next point and encouraged everyone with enthusiasm.

"I just got back from Iraq last week, so I said, 'I'm going to do this,'" said America Planas, first time participant. "Running with the great ocean and bay view instead of the treadmill was a great change."

Competing in the 55 and older division, Planas felt ready for the 10K, which she described as challenging, and definitely not for the novice runner. Planas runs about five to six miles a day on top of extra cross training to prepare her body for rigorous races such as Saturday's. Second year participant Marvin Dixon also said the run felt great, placing 8th overall with a time of 43:09. Dixon said this year's course was more scenic than last year's race, taking runners up to the Klipper Golf Course and through the Nu'upia Ponds.

"Having public races like this on base is a good way to build relationships with the community," Dixon said. "It gives them a chance to see what Marines do here and enjoy the base."

Second time participant Kama Shockey placed first for the 25-29 women's division with a time of 55:57.

"The hill up to the Officers' Club was tough," Shockey said. "I think that's why they call it the Beast."

The next Commanding Officer's Semper Fit competition is the Criterium Bike Race Series Sunday, May 2. For more information on upcoming competitions, contact the Varsity Sports and Race Coordinator at 254-7590.

K-Bay bowling team *strikes* back

Christine Cabalo
Photojournalist

The Kaneohe Bay team struck up fun, if not a win, at this year's Hawaii All-Military Bowling Tournament from April 6 to April 9.

The overall win, by more than 47,000 pins, went to the Navy. But K-Bay players still had fun competing at four of Oahu's military sponsored bowling alleys including K-Bay Lanes. Bowling against teams of retired service members and active-duty Army, Navy and Air Force players, K-Bay brought 11 people to the tournament.

"This was something [my wife and I] could do together," said Stephen Howell, who bowled for K-Bay, which included family members. "We're mostly just having fun."

This was his wife's first competitive tournament since Howell encouraged her to bowl in the Commander's Cup last year. The two practice together regularly, especially after the couple made the team in February. Their 2-year-old daughter, not quite old enough to play, mimicked a hook from the sidelines.

During the mixed doubles portion of the tournament held at K-Bay Lanes,

Howell and his wife teamed up against another pair.

"This is the third year I've been on the team," said Howell, from Memphis, Tenn. "I've done it every year since I've been stationed here. I'd like to see more participation and get the word out there."

Although the games are competitive, the K-Bay players agreed they did best whenever they were relaxed. The Marine team captain, Larry Toolie, said being in the right frame of mind to bowl helps him succeed.

"Everyone wants to do well, but they don't let the competition come between having fun or the bonding between the services," said Toolie, of Tunica, Miss.

Bowling hasn't always been Toolie's game. After joining the Marine Corps 22 years ago, Toolie played his first game with co-workers and averaged a 54.

"My motivation was not to let my friends beat me anymore," he said. "And I got better and better."

Toolie now averages scores in the 200s and was one of the All-Marine team bowlers in 2009. In one of his mixed doubles matches at K-Bay, the Marine team captain bowled a 230 game.

He's shared his tips for success with his teammates, encouraging them to have

fun and help them learn consistently. Toolie said once he relaxes, he finds he can pick up more spares, which leads to high averages in bowling.

He's helped teammates, including Shana Hupman, find their focus. A bowler since high school, she said she was encouraged to try out for the team after hearing about the event from Toolie.

"If you don't have fun, then there's no point in doing it," said Hupman, from Denver, Iowa.

For her, bowling is an energizing game. She said her best bowling happens by visualizing the path her bowling ball will take.

Although the K-Bay team members didn't take first place in the tournament, both Toolie and Hupman said their team had the best attitude. Encouraging his teammates to prepare for next year's tournament, Toolie said he hopes more people join in whether or not they are high scorers. The Marine team captain said he always participates in the tournament because he has a lot of fun and enjoys supporting his team.

"If you're having fun, you'll do well," Toolie said. "One person can bring the whole game down, so you need to keep each other pumped up."



Christine Cabalo | Hawaii Marine

Players take their practice throws at the Hawaii All-Military Bowling Tournament April 7 at K-Bay Lanes. The four-day tournament features one of several of Oahu's military sponsored bowling lanes. The overall Tournament winners were the Navy, who took first by more than 47,000 pins.



Photos by Lance Cpl. Reece E. Lodder | Hawaii Marine

What it TAKES

Attaining a '300' PFT



Whether prompted by sniper Gunnery Sgt. Carlos Hathcock's 93 confirmed kills or the veins popping out of your drill instructor's forehead, you've always been intrigued by these devil dogs and wondered about their journeys. Grab a drink, pull up a chair and indulge yourself in the "What it takes" series, an in-depth exploration into the Corps' most storied occupational specialties and the Marines occupying them.

Lance Cpl. Reece E. Lodder

Combat Correspondent

Twenty pull-ups, 100 crunches and an 18-minute run time. Can you match these standards and procure a perfect 300 physical fitness test score?

Meet one Marine who did. Playing baseball, football and wrestling in high school, Sgt. Andrew Farlino, an instructor with the base Infantry Squad Leader's Course, described himself as being in "good sports shape."

When he joined the Marine Corps in 2004, the Price, Utah native ran a 25-minute 3-mile run on his PFT and performed solidly at pull-ups and crunches. This earned him a decent PFT score, but the infantryman still had perfection in his crosshairs.

Utilizing a competitive drive and strong mental attitude, Farlino pushed himself past his limits. Consistently running a sub-18:00 3-mile and executing more than 20 pull-ups and 100 crunches, he's achieved what all Marines strive toward — a PFT score of 300.

"Attaining a perfect PFT score is about consistent hard work," Farlino said. "Everyone's trying to find a secret, but the bare bones is 'brilliance in the basics.'"

He encouraged Marines to examine their weak areas of the PFT, "escape their pain bubble," and dedicate time and exert effort to improve.

"It's common sense," Farlino said. "If you can't do pull-ups, you need to strengthen your whole body to do pull-ups."

For those struggling with pull-ups, he said to practice "explosive pull-ups," which are executed by thrusting upwards, breaking the plane of the bar with the chin and switching one's hands to the opposite grip, and "commando pull-ups," where one pulls themselves up with their palms facing each other, executes the maximum amount of repetitions and then rotates sides.

To be successful in executing the maximum amount of pull-ups, "you can't waste time lowering yourself down," he said.

This common sense factors into caveman training, which

Farlino cited as the tried and true method of simple circuit training with a couple large objects. A simple yet exhausting caveman training circuit he demonstrated included Irish log flips (with a 150 pound log), sprints, tire flips (with a 100 pound tire) and sledgehammer training (using one to hit a tire, rotating sides).

"A lot of Marines focus too much on running," Farlino said. "When you strengthen your core and lower back, your legs will follow."

Contracting the abdominals with crunches will aid in strengthening your core, but one needs also to stretch them to help build longer, leaner and healthier muscles, he said. Sitting on an elevated plane and securing your feet under a stationary object before performing crunches will enable the maximum range of motion and the needed stretch.

"Marines needs to view the PFT as a warm-up for other workouts," said Staff Sgt. Michael Wissmeyer, staff noncommissioned officer in charge, Infantry Squad Leader's Course, School of Infantry West Detachment Hawaii. "It's a small snapshot test of your physical fitness."

On their own time, Marines need to work out harder than they would work on the PFT, challenging themselves through time limits and competition.

"I try to outdo everyone but also encourage them," Farlino said. "Competition is what it's all about."

Wissmeyer noted a little competition and time limits make even the easiest, most simple workouts extremely difficult.

"Training with somebody in better shape than you is beneficial," Wissmeyer said. "If you know you can't catch them, you're forced to push yourself through the workout. Put competition into anything and Marines will perform."

While time limits, competition and hard work are beneficial to bettering yourself physically for the PFT, Wissmeyer stressed they aren't the only pieces of the puzzle.

"If you strive to run a 300 PFT, you need to strive to have a better mental attitude," Wissmeyer said. "When your mental attitude is strong, your body will follow."

A significant part in developing this mental attitude is setting goals in both the personal and professional aspects of your life, Wissmeyer said. When one sticks to their plan, they'll see what it takes to accomplish these goals. He challenged Marines to develop this attitude and transfer it into their PFT training.

"Once you push past your mental reservations and incorporate this into your training, you can keep pushing, no matter how tired or footsore you are," Wissmeyer said.

While being able to press on is important for oneself, it's vital for those with a family life.

"It's not fair to those around you, especially your family, to be out of shape," Farlino said. "Getting physically fit breeds good habits and ensures there aren't limitations to what you can do with your family."

For those concerned with the 3-mile run, the appropriate preparation must be executed in the weeks and months prior to the PFT, said Staff Sgt. Idris Turay, operations chief, School of Infantry West Detachment Hawaii.

Turay urged Marines to utilize this time to find a good balance between pushing themselves and maintaining their pace.

"You can't just stay inside, running on the treadmill," Turay said. "You need to practice outside in the elements and build up your lungs for your environment."

Calling conditioning the key to success, he said the best way to improve one's run time is to run explosive sprint intervals on the track, varying the sprint and jogging distances in between. He encouraged his fellow Marines to train harder than perfection to be prepared for the PFT.

Despite the physical challenges brought on by the PFT, Wissmeyer reminded all Marines to never ask their devil dogs to do something they can't do themselves.

"Ask yourself if your personal comfort outweighs mission accomplishment and troop welfare," Wissmeyer said. "It's a leader's responsibility to push their Marines."

As the final piece to the puzzle, Turay said Marines can set themselves up for success by hydrating and eating a lot of carbohydrates the day prior to the PFT.

DUKIN' IT OUT



Christine Cabalo | Hawaii Marine

Lance Cpl. David Marstal, from Topeka, Kan., spars with Lance Cpl. Brandon Foote, from Crystal Springs, Miss., outside of the Air Rescue Firefighting Facility April 9. The two were part of a Marine Corps Martial Arts Program class to obtain their brown belt. Other students in the class were seeking their black belt.

Show boating makes growing sport sink

Sgt. Scott Whittington
Combat Correspondent

For those of you who missed Saturday's "UFC 112 Invincible," you're lucky. You missed the most atrocious display of disrespect in competitive fighting, no wait, in all of sports, second to the Mike Tyson ear biting. Anderson "the Spider" Silva, current UFC Middleweight Champion, faced off with Demian Maia for the belt in the headliner at the first UFC fight held in Dubai, United Arab Emirates, possibly opening up a new market for the money-making giant. Silva has successfully defended his title for a record six times now and has grown a good fan base but he lost a good chunk this weekend.

The first round went as figured, each fighter feeling each other out. Nothing of note was really thrown, but as the fight progressed, it was obvious that Silva was toying Maia like a cat pawing a helpless mouse. But rather than respect his opponent and continue the fight as normal or finish the struggling warrior, Silva began taunting, dancing and laughing at Maia who is known for his sportsmanship in a sport of violence.

“For those of you who missed Saturday's "UFC 112 Invincible," you're lucky. You missed the most atrocious display of disrespect in competitive fighting, no wait, in all of sports, second to the Mike Tyson ear biting.”

To add even more humiliation, Silva would drop his hands and lean forward, motioning for Maia to strike or he would punch himself in the face and shrug. Former Lightweight Champion Rashad Evans pulled this type of behavior on the Ultimate Fighter reality show. His coaches instantly told him to correct it and he did.

The Silva-Maia fight went all five rounds, but not many punches or kicks were thrown. Even Dana White, UFC president, walked over to Silva's corner at the beginning of

the fifth and final round. Not sure what he said, but the announcers alluded to him expressing his disapproval of Silva's performance, which he has displayed before. White confirmed his distaste of the display, stating after the fight, "I'm so blown away and disgusted and saddened."

During the fourth and fifth round, Silva was running from Maia who never backed down even with a broken, bloody nose. Dan Miragliotta, the referee, even warned Silva about his avoidance and threatened to take a point away. I know that a champion doesn't have to chase down his opponent but running makes you looked like a chump.

Silva did apologize to the fans in the arena but from the sound of the rumbling boos, I believe it fell on deaf ears. All I heard was, "Blah, blah, blah."

There's no place for this type of athlete in the UFC or any sport. The only place I've seen this type of behavior in abundance is in Little League and those kids are usually riding the bench, regardless of their talent. Silva used to be a fighter I respected, but if I was Dana White, I'd say, "Here's the money for me canceling your contract. Peace."

I will say, Silva's deplorable behavior definitely adds fuel to the next challenger's fire. There was talk of Silva cutting weight to face George St. Pierre. Now that's a fight I'd love to see. I'd only hope GSP wraps tissue around "the Spider" and flushes him down in a well-deserved toilet bowl along with his contempt for sportsmanship.



UFC

VS is a recurring column tackling debatable issues in the sports world. Hawaii Marine readers can submit a subject for future columns by e-mailing their ideas to hmeditor@hawaiimarine.com. If there's a topic you would like to discuss/defend or if you think we missed the mark, let us know and you could see your "opinion," regardless of how wrong it is, below. Suit up ladies ... it's game time.



WHITTINGTON



WOODALL

given Silva's less-than-professional performance. For what? For subjecting the "innocent" eyes of UFC fans to the horrifying vision of a man gloating about his in-fight success?

Simply put, if White wants Silva to shut up and fight, maybe he should put someone in the Octagon who can shut him up. Until then, keep on dancing Silva ... you're the champion.

Don't take out the trash ... talking

Cpl. Danny H. Woodall
Combat Correspondent

On Saturday, in Ultimate Fighting Championship 112's prime event, fighter Anderson Silva soundly defeated his opponent, Demian Maia. Good so far, right? The victory marked Silva's 11th consecutive victory inside the Octagon and earned him the right to maintain his title as UFC's middleweight champion.

So why, to include UFC president Dana White, are people upset about this? Because not only did Silva defeat Maia, he also embarrassed him. Silva used his fists more frequently in taunting his inferior opponent than throwing punches. He used his legs to dance around the Octagon rather than landing demolishing kicks.

As fans booed the victorious fighter, White walked out of the arena "disgusted" at the performance instead of presenting Silva the championship belt. Critics say that Silva acted like a "clown" and "embarrassed" the sport.

Really? In a "sport" where guys are paid to pound their opponents' brains out onto a tarp while shamelessly promoting themselves, people actually believe Silva's actions tainted the UFC?

Others are upset because they believe there isn't any room for "showboating" in the UFC. Are you kidding me? The UFC is the only sport where there is room for showboating! When you're facing another man in the ring, anything you can do to get into your opponent's head will help you win. This includes taunting. In the UFC, it's not showboating — it's strategy.

By constantly teasing Maia, Silva effectively disrupted his opponent's concentration while promoting his own image. In a team sport, such behavior is usually frowned upon, but in the UFC, you are literally on your own.

Let's face it, UFC fights are nothing more than modern day gladiatorial bouts. Despite the "rules," pitting two men against one another is simply legalized barbarism. I'm not judging it. In fact, I happen to enjoy it. That said, White and others can't demonize the act of taunting while sanctioning bloodshed. We can penalize end zone dancing in football because leagues want to maintain the integrity of the sport.

Despite the inevitable violence within football, they maintain credibility and civility by prohibiting all contact not directly involved with the game itself. Unfortunately for the UFC, fighting, even in its purest form, will never be civilized. Therefore, taunting and any other form of so-called uncivilized behavior should not only be allowed in the UFC, but also encouraged.

Silva has done this in previous fights and experienced similar negative reactions from UFC leadership. After Saturday's fight, White apologized to fans and said he "would make it up [to fans]"

“In a 'sport' where guys are paid to pound their opponents' brains out onto a tarp while shamelessly promoting themselves, people actually believe Silva's actions tainted the UFC?”

Commander's FITNESS SERIES

To register for events in the Commander's Fitness Series visit the Semper Fit Center or go to the MCCS Web Site at <http://www.mccshawaii.com/cgfit.htm>. For more information about the events, call Tina Lui at 254-7590.

HQBN Sprint Triathlon

Saturday, May 8

Bike, swim, or run to MCB Hawaii and grab your registration form for the most hardcore event held on the windward side. You had better be ready, because the HQBN Triathlon is right around the corner. The Triathlon consists of a 500-meter swim in the waters of Kaneohe Bay, an 11-mile bike race circumnavigating the entire base, and ends with a 3.5-mile run, concluding at the Base Marina. Participants may enter individually, or in three-man relay teams. For the relay teams, one person will swim, one person will bike and one person will run.

VP-47 5K Runway Run

Saturday, July 4

All of Oahu is invited to get physical and enter the VP-47 5k Runway Run at 7 a.m. The race starts and finishes at Hangar 104, and takes runners along the MCB Hawaii Flightline, catching glimpses of historic Pyramid Rock. MCCS will present awards to the top three finishers in various age groups, as well as, to the top three overall men and women finishers.

HSL-37 Splash & Dash Biathlon

Saturday, Oct. 16

Enter 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 Flightline for the five-kilometer foot race.

Running by the Flightline enhances the race by giving participants a military feel during their run.

The scenery is beautiful and runners get a chance to run on an active taxiway and see military aircraft.

MCAS Tradewind Triathlon

Saturday, Nov. 17

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 2010.

Jingle Bell Jog

Tentatively December

Jog off that Thanksgiving feast! This 8K run will help you stay fit throughout the holiday season.

In the spirit of the season, a one-mile Family Fun Run will take place after the race.

Spotlight On Sports

Sports Briefs

All-Marine Trial Camps

Women's soccer camp will be held May 20 to June 7. The location is to be announced. Applications are due April 30. Marines interested may complete a resume/application online at www.usmc-mccs.org/sports or by contacting Tina Lui at 254-7590.

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 a small fee per workout, a professional trainer will actually work with you to ensure maximum efficiency. Patrons may sign up for an initial assessment and one session a week up to three weeks. Because of a high demand for personal trainer appointments, patrons must wait four weeks between sessions following the initial three visits. For more information, contact Semper Fit at 254-7597.

Semper Fit-For-Life Program

A year-round program promoting fitness for the entire family, this motivational program is designed to encourage patrons to incorporate fitness into their daily routine. Participants log their mileage/hours in any of the following activities: running/jogging, walking, swimming, cross-country, rowing/kayaking, bicycling, rollerblading, aerobic activity, weight training, martial arts, basketball, racquetball and soccer. Awards are given when a Semper Fit-For-Life milestone is reached. For more information, contact the Semper Fit Center at 254-7597.

Adventure Training Program

Designed to promote unit cohesiveness and enhance confidence in the water, Adventure Training is a fun alternative to regular unit workouts. Learn different water sports and do P.T. at the same time. Classes are offered in scuba, kayaking, power-boating and water skiing. Adventure Training is offered at no charge to all Marine Corps Base Hawaii units. Training NCOs and SNCOs should call the Base Marina at 254-7667 for more information.

Satellite Fitness Centers

A Satellite Fitness Center is located in Building 1033 and the Flightline Mini-Gym, Building 301. Free weights and weight machines are available for use at these locations. Hours vary due to operational commitments. Call 254-7594 for more information.

The Health Promotion Program

The Health Promotion Program at MCB Hawaii is a branch of the Semper Fitness Division of MCCS and is under the direction of HP Coordinator, Dan Dufrene. The Health Promotion Program umbrella embodies nine key elements, which guide patrons to live a healthy lifestyle. Education sessions on the material are available to active duty service members, family members, retired military, civilian employees, units and organizations. Informational displays and literature are also available. To find out more, please call the Health Promotion Program at 254-7636. E-mail dufrened@usmc-mccs.org.

Youth Sports moves

Youth Sports has moved from the Youth Activities Building to the Semper Fit Center. All Youth Sports operations such as registration are now held at the center. For more information, contact Clark Abbey, the youth sports specialist at 254-7473.

Semper Fit Group classes

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 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.

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 pedal off the pounds.

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.

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.

Lower Body Blast

Want to tone up your legs? This class targets all the major muscle groups in your legs, including your core muscles. Strengthening these muscles will not only help firm up those areas but also maintain a healthy posture.

Normal hours of operation:
Monday-Friday, 4:30 a.m. - 10:30 p.m.
Saturday, 7 a.m. - 10 p.m.
Sunday and holidays, 7 a.m. - 6 p.m.

Capture the circuit

High Intensity: Switch up circuit training at Semper Fit

Christine Cabalo

Photojournalist

"Switch!"

At the direction of Semper Fit instructor Carli Yokoi, students scurried to the next of 27 exercise stations of her High Intensity Circuit Training class.

"Circuit training is the most effective for fat burning and overall muscle building," Yokoi said. "In one hour, you can have a full cardio workout and a little weightlifting."

Gym users had just a minute to do individual exercises, getting their heart rates up before switching to the next station in the circuit. Every session is different, since Yokoi tailors her class to how many attend.

The class uses a variety of equipment to burn fat and tone muscle. Some stations require gym users to do jumping jacks or other exercises they can do without additional equipment. Yokoi said the rotating format allows her clients to work out a variety of muscle groups in a short time.

Beginners are encouraged to learn new exercises and go at their own pace, said first-time class participant Ken Taylor.

"I've never tried high intensity circuit training before," Taylor said. "I wanted to take the class to help my circulation and speed. Normally, I've just been weight lifting."

Whenever Taylor came across an unfamiliar type of exercise, he'd often ask fellow class participants or the instructor about how to do it. During the hourlong class, students have a second or third try to beat their earlier attempt. Yokoi said she also works as a personal trainer to help gym users refine their technique.

The Semper Fit instructor also works out alongside her class participants and noted each activity in the circuit works a specific muscle group. One of the exercises requires gym users to push across the floor

with a rolling board to increase heart rate and tone abdominal muscles. Another exercise focuses on upper body strength by throwing a medicine ball against a wall.

Each station can also be adapted for higher-level workouts. For some exercises, like the uneven pushup on a BOSU balance ball, gym users test their speed and endurance by trying to increase their repetitions in a minute.

"It's not easy," said Lenore Gregory, who's been taking the course for a month. "You really get a good workout. This targets everything. There's always something different every week."

Since she started the course, Gregory said she's better toned and has lost several pounds. She looks forward to trying a variety of activities each class and enjoys going with her co-workers.

Benefits from the class are long lasting, said Amy Santos. Consistently attending since September, she's been able to shave off a minute from her running time. Now she can run 1.5 miles in 12 minutes.

Since taking over class instruction in January, Yokoi sees a steady group of gym users who are often active-duty personnel. She quickly goes over the circuit setup and later reminds her students of the time in case some need to head immediately back to work. She said the class format makes it easy to have a complete workout for anyone whose gym time is limited to a lunch hour.

"You go at your own pace at your own station," she said. "Since you're there on your own, you're focused on doing as much as you can and making the most of that one minute."

For more information about the class or other group exercise activities, call Semper Fit Gym at 254-7597.

The High Intensity Circuit Training class is offered every Tuesday at the Semper Fit Gym basketball court from 11:30 a.m. to 12:30 p.m. The class is free for active-duty personnel and first-time takers. Discounts are available for multiple classes.



Christine Cabalo | Hawaii Marine

Raising one foot in the air, Carli Yokoi, Semper Fit instructor, holds her position atop a BOSU balance ball during her High Intensity Circuit Training class. Yokoi, who took over instruction in January, said circuit training helps burn fat and tone muscle.

Hawaii Marine Lifestyles

Lending a helping hand

Sgt. Scott Whittington
Combat Correspondent

As a part of Malama Ka Aina, formerly known as Pride Week, Marines from several units aboard Marine Corps Base Hawaii took part in a special project this week to maintain the beauty of the base, Puuloa Rifle Range, Marine Corps Training Area Bellows and Camp H.M. Smith.

Hawaii Marines participated in a massive "police call" or clean up project, leading up to the Earth Day event tomorrow.

"It was good to be part of [Malama Ka Aina] to make sure the base stays clean and the Marines help maintain their image of good order and discipline," said Lance Cpl. Benjamin T. Burrough, personnel clerk, Installation Personnel Administration Center, Headquarters Battalion. The 21-year-old Frederick, Colo., native was one of more than 25 Marines from Headquarters Battalion who helped clean up the area from the base theater to the gym Wednesday morning.

Last year, the Marines collected almost three tons of material and nearly a ton of that was recyclable, according to the base inspectors.

People who observed the Marines on the job became more aware of the responsibility of keeping the base clean and may be less likely to litter, said Pfc. Clewon F. Clarke, a 19-year-old from Chesapeake, Va., and IPAC personnel clerk.

All collected recyclable material was taken to the Base Recycling Center in support of the base recycling competition which ends tomorrow at the Earth Day Expo at Mokapu Mall.



Pfc. William J. Hopkins and Lance Cpl. Wendy M. McDaniel, administration clerks, Installation Personnel Administration Center, work together to clean the area around a playground aboard the base Wednesday.



Photos by Sgt. Scott Whittington | Hawaii Marine

Lance Cpl. Mark A. Bonty, personnel clerk, Installation Personnel Administration Center, reaches for a piece of trash during Malama Ka Aina, formerly known as Pride Week. More than 25 Headquarters Battalion Marines participated in the clean up Wednesday morning to police call the section of the base from the theater to the volleyball courts.

PASS ^{IN} REVIEW



Clash of the Generations

Kristen Wong
Photojournalist

While others headed to theaters for a remake of "Clash of the Titans," I decided to watch the original movie, starring classic actors like Laurence Olivier and Maggie Smith (Professor McGonagall in her younger days!).

The story begins as King Acrisius sentences Danae and her infant son, Perseus, to death. She and her son (fathered by Greek god Zeus) are set adrift in the water alive in a coffin.

On Mount Olympus, Zeus is outraged and punishes the king, ensuring a safe landing for Danae and Perseus on a remote island. Over time, Perseus (played as an adult by Harry Hamlin, "L.A. Law") grows to be a strong, young man. He spends his days fishing and riding horses on the beach until one day, the goddess Thetis literally places Perseus in the city of Joppa, while he is sleeping.

In Joppa, Queen Cassiopeia is looking for a husband for her daughter, Andromeda (Judi Bowker), who has rejected Calibos, the son of sea goddess Thetis, after Zeus cursed him to become a monster. Perseus falls in love with Andromeda, and with the help of friends, the gods, and a, um, mechanical owl, he must fight the Kraken, a sea monster sent to kill her.

To be fair, this movie didn't have the technology to make the special effects seen today. Still, I was not impressed by the slow robotic movements of the Kraken. It was much better than old movies, with Godzilla moving as if a child's fat fingers were wrapped around him and arbitrarily stomping him up and down.

As if the fake clay monsters weren't enough, Perseus fights Medusa, Calibos and the Kraken with not one drop of blood spilt, not one injury.

Years of realistic explosions and blood streaming from bodies raised my expectations far beyond this 1981 effort.

What was realistic was the blatant nudity in this movie. Perhaps the ancient Greeks enjoyed the occasional nude stroll on the beach. But other than a nod to classical works of art depicting mythological men and women in the nude, I didn't see the need.

Actors Hamlin and Bowker share romantic moments together as Perseus and Andromeda. It's a little too melodramatic with each kiss accompanied by a heart wrenching instrumental. But again, I must remember the time and the society in which this movie was created. It reminds me of how dramatic black and white films used to be.

Special effects and overdramatic acting aside, there is too much deus ex machina, as to be expected of a Greek myth. Divine intervention takes much of the hard work and perseverance away from hero Perseus. There is little explanation as to how he goes from peaceful fisherman to fearless warrior. He has no master to train with, and his cheesy jewel studded weapons were HANDED to him by the gods.

And, really, what's the deal with the mechanical owl? It was cute but strange at the same time in such an epic film.

Overall this film was everything I expected it to be, considering when it was made and the tradition it is based in. For that, it deserves a three. Perhaps, many can appreciate it more as a classic movie of its time. Alas, it is not my cup of tea, and watching it once was enough for me.

Your weekly guide to all aspects of entertainment

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

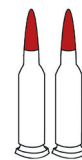
1/4 — No Impact, No Idea

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



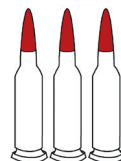
2/4 — High And To The Right

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



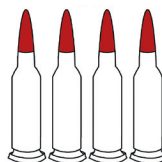
3/4 — On Target

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



4/4 — Confirmed Kill

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



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



WONG

Kristen Wong admits she sometimes has to be dragged to movies that she later finds to be outstanding. She prefers fantasy driven movies, like Lord of the Rings, the Harry Potter films, and The Matrix Trilogy. She owns more movie posters than she has wall space and continues to collect more as she goes.



WHITTINGTON

Sgt. Scott Whittington can't choose his favorite movie of all time. It's necessary for him to pick a genre of film, then he can list his top five flicks in no particular order. Movies just strike multiple chords. If you don't agree with his opinion, then you're wrong in his eye.

Second Opinion

Clash of the Titans 4 out of 4 (Confirmed Kill)

Despite what the critics have said, the people have spoken! The "Clash of the Titans" remake is the number one movie in America! Many, including myself, have criticized Hollywood for cranking out too many unnecessary sequels and remakes due to a general lack of original ideas. Well, I for one had absolutely no complaints for this remake. It's about time this newest generation of moviegoers is treated to an entertaining film that isn't a Jonas Brothers 3-D concert.

— Cpl. Danny H. Woodall



Washing hair, good excuse to miss 'Date Night'

Sgt. Scott Whittington
Combat Correspondent

Steve Carell, of "40-Year-Old Virgin" and Tina Fey of "Saturday Night Live" and "30 Rock" barely make it to second base in their latest romantic comedy together, it begs for a second date sequel or at least a second appearance of the comedic duo to redeem what could have been a side-splitting journey.

Don't get me wrong. It had its funny moments, albeit brief, but I was expecting a little more from director Shawn Levy after his "Night at the Museum" double dose of fun.

Boring married couple from New Jersey, Phil Foster (Carell), a legal accountant, and his realtor wife, Claire (Fey), embarks on an adventurous evening, determined to disprove a fading love in the redundancy of normal marital life after hearing that one of their married-couple friends is separating. Phil is resolute to prove that he's still in love with his wife by breaking from the normal, weekly date night at the same restaurant in New Jersey and eating at one of New York City's high-dollar, elitist, seafood bistros without reservations.

They are mistaken for a couple hiding from dangerous men with guns after taking a reservation that wasn't theirs, and so begins the comedy hi-jinks. What kinds of people do this? Really?

With appearances from a sex-fetish afflicted, district attorney (William Fichtner of "Prison Break") and a shirtless, techno spy, (Mark Wahlberg), there were plenty of opportunities for laughter but only a few escaped my mouth.

The whole movie was filled with anticipation of a chuckle, but I mostly experienced disappointment. To be brutally honest, the

outtakes during the credits had more laughs than the entire movie. The funniest part of the movie came during a car chase scene I never would have imagined, an awkward dance sequence that drives the sex-crazed DA wild.

I feel like Carell and Fey were on too short of a leash and weren't aloud to let loose the beast of hilarity. Their romantic chemistry wasn't present until near the end, and by then it was too late. The movie didn't live up to "The Office," and "30 Rock" brand of humor.

If you go to the movies hoping to see Dunder-Mifflin office manager, Michael Scott or head writer, Liz Lemon, you'll be disappointed. Actually you'll be unhappy even if you haven't seen those Golden Globe-winning, NBC sitcoms.

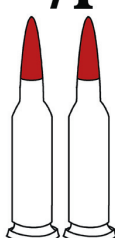
Carell and Fey were just too normal with not enough awkward comical tendencies that make you sympathize with either character. Although a meager attempt is made with the games

they play over the dinner table at other diners' expense. They're thrown into an unbelievable and easily forgettable situation.

The bad guys were not intimidating or bumbling idiots. They fell into the "blah" category. The dynamic between Carell and Fey wasn't convincing as a married couple of 10 plus years.

Save your money and wait for it to come out on DVD, preferably the previously viewed rack. It could have been funnier if the two comic geniuses were allowed to do their thing. I would suggest if you're looking for a good time, don't call "Date Night," instead you're better off going to the museum and looking at old stuff. It'd be more entertaining, and you might learn something.

2/4



(High and to the Right)

TALK* STORY

Today in 1941, one of Major League Baseball's historic feats, an "Opening Day No-Hitter" occurred during the game between the Cleveland Indians and the Chicago White Sox. What is the most memorable sports event in history for you and why?

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



"[The] most memorable would probably be in 2004, Dec. 26. I drove 12 and a half hours the day of Christmas to see the Dallas Cowboys play the Washington Redskins. We ended up winning the game. Everything went down there. It was something really cool to be a part of."
- Cpl. Willard Holland



"When I was on deployment and the Phillies won the World Series. [Be] cause it had been way before I was born that they'd won. My dad's a big fan and so am I." — Cpl. Robert Mariano

"I went to my first ever baseball game last year. I had front row seats by the dugout. I got an autographed ball [signed by] Ramirez."
- Lance Cpl. Enrique Conchas



Monthly Manana Mondays

Activities, classes to be offered first Monday of month at Manana

Kristen Wong
Photojournalist

PEARL CITY, Hawaii — The sun shone just enough to warm the air for a playground on Manana Housing April 5. Rory Wilson, 1, sat down and peered into her large brown Easter basket to behold her treasure trove of colored eggs. While she busied herself inspecting each egg, her mother, Patricia, was able to chat with members of Marine Corps Family Team Building about Manana Mondays.

Manana Mondays, a new innovation coming from the readiness and deployment support trainers at MCFTB, include various activities each first Monday of the month.

The very first Manana Monday was in February. The office coordinated an open house and a preliminary survey.

At this point MCFTB has some ideas for the activities they will plan, but they are asking for input.

"We're looking for a lot of feedback from the participants themselves this month," said Jayme Alexander, who is a readiness and deployment support trainer at MCFTB.

The second Manana Monday offered an Easter Egg Hunt for the children, as well as play dough and non-toxic spray painting on a sheet.

But the messiest and perhaps most fun activity for the children were the tubs of uncooked rice they could scoop and pour to their hearts' content.

Families from all branches of the military are eligible to attend Manana Mondays. Alexander encourages all families who live in central Oahu to come as well.

"We're trying to reach as many people as we can," Alexander said.

Alexander said the Manana residents feel sometimes it's difficult for them to take advantage of programs aboard Marine Corps Base Hawaii because they don't have a vehicle.

Not only is it difficult without a vehicle, it can be out of the way.

"It can be 45 minutes to K-Bay," said Nicola Wurinaris. "Things like this are great."

Some spouses don't get to go far from Manana Housing very often. Patricia Wilson, has been living aboard Manana Housing for two and a half years. She keeps busy as a full time student online and at the same time cares for her daughter.

"It would be nice to meet my other neighbors [at Manana Mondays]," Wilson said. "It also gives my daughter some kids to play with."

Wilson said she would also like to do more local activities.

Although Alexander said there would also be classes offered at the community center during Manana Mondays, some attendees wanted more activities for their children instead. Christina Zavala-Steege said she'd like to see arts and crafts activities or story time. She also suggested a small session to introduce her son to sports.

Other attendees are also able to network. Spouses met Christina Doucette, who happens to be a childcare provider, at April's get together.

As a mother, Doucette said she would like to see more water play activities and days at the park.

"It's less about the activities they bring and more about the mothers getting to know each other," Doucette said.

Jay Cece, who lived on Manana Housing for a year and a half, stressed the need for communicating these events to the families.

"I think it would be beneficial if the word got out so the moms could take advantage of the activities," Cece said.

For now, there is no need to RSVP for Manana Mondays — not yet.

"Hopefully, eventually we'll get to that point," Alexander said.

The next Manana Monday is a class presented by the Families OverComing Under Stress project called "Stress Busters." The time will be announced. For more information on Manana Mondays, call Alexander at 257-2650.



Kristen Wong | Hawaii Marine

Noah Wurinaris and Jordan Cernich find out what's inside the Easter egg April 5 at Manana Monday. Marine Corps Family Team Building offers Manana Mondays every first Monday of the month for Manana Housing residents.

DEFY-ing the Odds

Drug Education for Youth program seeks mentors for upcoming year

Kristen Wong
Photojournalist

There are new celebrities in town. When spotted in the neighborhood, a number of kids cheer and wave. Their names? "Mr. David" and "Miss Alexandra," called out at them.

"It's surprising because we don't know a whole lot of our neighbors," said Drug Education for Youth mentor Navy Petty Officer 1st Class David Rister, who is an intelligence specialist at Command, Patrol and Reconnaissance Wing 2. "Some of [the DEFY participants] live right across the street from me, so it's kind of cool to see them out and about in the neighborhood, say hi and build that relationship."

Volunteer Navy Petty Officer 3rd Class Alexandra Wilkinson, an information technician for CPRW-2, said being recognized by the children is the most rewarding aspect of volunteering.

"When you see that you know you've done your job because now they're excited to see you," Wilkinson, a native of Washington, Ga., said.

Twenty volunteers, who can be active duty service members, retirees and Department of Defense civilians, are needed for the DEFY program's 2010-2011 year.

Mentors, like Rister, a native of Albuquerque, N.M., and Wilkinson, lead discussions, support and teach children during the yearlong program, which includes an eight-day summer camp from June 14 to 25.

After the camp, the children also meet one Saturday a month from August through May 2011.

"I think mentors not only come with their educational background, but their personal experiences bring a lot to [the program]," said Leroy Contee, DARE/DEFY coordinator, Military Police Department.

Mentors will be trained from May 25 to 28.

One of the most important aspects of being a mentor is attendance.

"It's understood that their military commitments come first," said Contee, who is a native of Brandywine, Md. "But the fact is they must communicate."

Mentors can also give children extraordinary experiences, while keeping them away from drugs. Through mentor connections, the DEFY children were able to fly in a P-3C Orion simulator.

Contee also said some of his mentors were from different countries such as Iran, Jordan and Israel. Not only were the mentors able to share a different perspective, they also shared new types of food with the children.

"It's been an experiment," Wilkinson said. "You have to get to know the kids, they have

to get to know you ... it's like you create a little family."

Wilkinson said DEFY helps children learn to work with different people.

"You have to compromise because you never know who you're going to meet in life," Wilkinson said.

Symphony Richards, who attends DEFY with her sister, Lyrik, describes Rister as funny.

"He makes us laugh," Richards said.

Positions are also available for junior mentors — DEFY graduates ages 13 to 16 — who assist the mentors in the various activities.

Justin Snyder attended DEFY in third grade, and enjoyed it so much he decided to become a mentor. Snyder, 14, of Miami, said the most rewarding thing about being a mentor is being able to share his experience with the children.

Junior mentor Jaydi Newall fulfilled a desire to do community service by becoming a DEFY mentor. Newall said she not only enjoyed the field trips, but working with the children as well.

"When they get older like us, [they'll] already know what they should and shouldn't be doing," Newall said.

Several more junior mentors may blossom from this year's DEFY class as well. Hailey Hunt, 11, is finishing up her first year attending DEFY. She expressed an interest in coming back as a junior mentor in order to teach other children not to use drugs.

But being a mentor for DEFY isn't always easy. Wilkinson said one of the biggest challenges she faces as a mentor is correcting a child's behavior.

"You can't discipline them as if they're your own child," Wilkinson said. "You'll just have to find a way to get them to learn the lesson they're supposed to learn without being too harsh."

But even with its challenges, Wilkinson and Rister are happy to volunteer.

"It's just fun to see them grow and change," Rister said. "I think we have a good program."

Candidates applying to be mentors must fill out a two and a half page application found on the DEFY Web site, and must also go through an interview process.

Candidates cannot have previously engaged in risk-related behavior, and should be able to dedicate a year of their time to the program. Founded in 1993, the DEFY program takes children ages nine to 12 through excursions, activities and discussion to educate children about drug abuse, gang membership, and safer, alternative activities.

For more information about DEFY, call 257-6972 or e-mail Leroy.contee@usmc.mil. For an application to volunteer as a mentor, visit <http://www.donhq.navy.mil/defy/>.



Photos by Kristen Wong | Hawaii Marine

Navy Petty Officer 1st Class David Rister, an intelligence specialist at Command, Patrol and Reconnaissance Wing 2, and a native of Albuquerque, N.M., referees a soccer game during a session of the Drug Education for Youth program.



Navy Petty Officer 3rd Class Alexandra Wilkinson, an information technician for Command, Patrol and Reconnaissance Wing 2, hangs out with Tiyanna Ross, 9, while volunteering at a session of the Drug Education for Youth program. "[DEFY] teaches [children] the core values they need to have," Wilkinson, of Washington, Ga., said. "It brings them back to their roots."

Sesame Workshop addresses family grieving



Petty Officer 1st Class Chad J. McNeeley | U.S. Navy

Deputy Defense Secretary William J. Lynn III, left, and Navy Adm. Mike Mullen, chairman of the Joint Chiefs of Staff flank Sesame Street Muppets Elmo, Jesse and Rosita hosting a preview of the PBS special "When Families Grieve" at the Pentagon, Tuesday. The program features the stories of children coping with the loss of a parent and highlights skills that have helped them move forward.

Elaine Wilson

American Forces Press Service

WASHINGTON — With help from a few familiar faces from Sesame Street, top defense officials hosted a preview of Sesame Workshop's newest outreach initiative, "When Families Grieve," here Tuesday.

Deputy Defense Secretary William J. Lynn III and Chairman of the Joint Chiefs of Staff Navy Adm. Mike Mullen joined Sesame Street's Elmo, Rosita and cousin Jesse at the Pentagon for a special viewing of the initiative, which provides free resources in support of families with young children coping with the death of a parent.

This initiative addresses the challenge of confronting death and loss, Lynn said, topics that are difficult to talk about, particularly with children.

"But nothing is more important than supporting our families," he said. "It's important to have the tools to help the youngest members of our military families deal with their challenges."

The initiative acknowledges the range of emotions children feel when confronted with loss, from sadness to anger to eventual moments of happiness, Lynn said.

"Elmo, Rosita and Jesse help us reach children in ways that they can understand," he said. "They also show adults how to reassure their children that they are safe and loved."

The loss of a loved one is the most devastating challenge, and something no one should have to experience alone, Mullen emphasized.

"I'd also like to affirm and reaffirm the leadership's dedication to families, those who have made such a difference in these very difficult times in order to support the challenges that we have as a country and as a military," he said. "And that dedication, that focus and that priority will never go away."

"It's about supporting our families and those who sacrifice so much for the rest of their lives," he added.

Mullen thanked Sesame Workshop for addressing "very, very difficult" issues. "As they say, when Elmo talks, children listen," he said.

In the past eight and a half years, more than 12,000 military children have experienced the death of a parent, noted Gary E. Knell, president and CEO of Sesame Workshop.

"We know how difficult these times can be," he said. "And with the power of our characters paired with resources that we are trying to create, we are hopefully offering the right words for both kids and adults."

"When Families Grieve" launch Wednesday with a one-hour primetime special, featuring Katie Couric and the Sesame Muppets, on PBS, Knell said. The special showed how Elmo and his cousin Jesse deal with the loss of Jesse's father, and also presented four families' personal stories about coping with the death of a parent, as well as the strategies that helped them move forward.

Two of the families are military: one with a parent who died in combat and the other with a parent who committed suicide.

"What makes this program so unique is that we hear from the children of these families and gain insights into their thoughts and feelings about the death of their parent," Knell said. "This project, we hope, will help us to bridge the gaps that might exist between military kids and children within the general public."

After the special, Sesame Workshop will roll out nearly 1 million free multimedia kits to families and grief service providers worldwide, Knell said.

The kit includes a DVD featuring the Muppets and the families that experienced loss; print materials, including a parent and caregiver guide; a children's storybook; and a facilitator's guide to using the project's components.

The materials will be available online at <http://sesamestreet.org/grief>. A customized military family kit also will be available through Military OneSource, <http://militaryonesource.com>, beginning Wednesday.

"When Families Grieve" is a continuation of Sesame Workshop's "Talk, Listen, Connect" outreach initiative, which was launched in 2006 to provide resources and emotional support to military families with young children coping with challenging transitions, including deployments and combat-related injuries.

WORD TO PASS

On Base

Island Tour *April 23*

On April 23 from 7:30 a.m. to 4:30 p.m., Marine and Family Services is offering an Island Tour. Tour the Island of Oahu, visit the North Shore, Downtown Honolulu, and other places of interest. Open to all active duty and their family members five years old or older. There is no charge.

Reservations are required. For more information, call 257-7790 or 257-7787. The next island tour will be on May 14.

Father Daughter Dance *April 24*

The Armed Services YMCA will be sponsoring its 11th Annual Father Daughter Dance on Saturday, April 24, from 5:30 to 9 p.m. at Koa Malina's Ballroom.

All ranks are welcome to attend. Tickets are available until sold out at the ASYMCA office, Building 3074. For more information call 254-4719.

EFMP Parents Support Group *April 26*

Scheduled Monday, April 26 from noon to 1 p.m. at the Base Chapel, this is an opportunity for parents who have a family member enrolled in the Exceptional Family Member Program to meet, mingle and provide support.

Child care will be provided on-site. POC is Heather Zamjahn at 257-7782.

New Parent Support Program *Monday through Friday*

The New Parent Support Program is a professional team of nurses, pediatric nurse practitioners and social workers who provide supportive and caring services to Marine Corps families through home visitation and free parenting and childbirth preparation classes in Building 216.

Classes are Monday through Friday. Call 257-8803.

In the Community

Operation Purple Registration Ends *Today*

Military families have until today to apply for 2010 Operation Purple camps. This free summer camp program was developed to support military children dealing with the stress of war. Each camp is "purple" and open to children of any uniformed service member, active duty or reserve component. Applications will only be accepted online.

See <http://www.MilitaryFamily.org>.

'Pickin' Weekend' in Kaneohe *April 23-25*

One of the biggest bluegrass event of the year is scheduled at Hoomaluhia Botanical Gardens in Kaneohe from 5:30 p.m. on Friday, April 23 to 6:30 p.m. on Sunday, April 25. The unplugged, all-acoustic event is free, though donations will be gratefully accepted. Structured a bit like a Mainland bluegrass and old-time music festival, the rain-or-shine three-day event will feature a variety of activities, including instrumental, performance and vocal workshops, a potluck supper, a band scramble, a fireside jam and marshmallow roast, and a Sunday morning gospel sing. Bluegrass Hawaii has reserved the garden's Kahua Nui pavilion and camping area for the entire weekend. Campers and non-campers are welcome. For information or to find out how to be added to the camping list, call Caroline Wright at 206-3459.

'I Love Kailua' Town Party *April 25*

On Sunday, April 25 from 11:00 a.m. to 4 p.m. is Kailua's largest and most spirited family event, the 18th annual "I Love Kailua" Town Party on Kailua Road. It features arts, crafts, a plant sale, live entertainment, keiki rides and activities, health screening and more. It's presented by the non-profit Lani-Kailua Outdoor Circle, which beautifies community. The event will close Kailua Road and all traffic lanes/sidewalk areas from Hahani Street to Kuulei Road. For more information, contact Amy Hammond at 234-0404.

GIVE BACK TO YOUR COMMUNITY VOLUNTEER

Aviation Museum looking for volunteers

The Pacific Aviation Museum on Ford Island needs volunteers. Positions include docents/tour guides, education program docents, aircraft restoration, exhibit construction and setup, curatorial support, special event support (including the upcoming Biggest Little Airshow in August 2010), flight simulator operators, greeters, historical and technical researchers, and clerical support. Training is provided for all volunteers.

Special discounts and rewards are among the benefits of volunteering here. Call the volunteer coordinator at 441-1008.

Feed the Homeless

Program volunteers are needed to help feed the homeless. The Base Chapel is looking for

volunteers to serve and prepare hot meals to the homeless through the Institute of Human Services in Honolulu. Volunteers do not need be attendants to chapel services. Call 257-5138 for more information.

Commander's Fitness Series

All events for the Commander's Fitness Series are open to the public. A portion of the proceeds benefit the unit sponsoring the race or event. For more information on volunteering at upcoming events contact Tina Lui at 254-7590.

Youth Sports Volunteer Coaches

Youth Sports is constantly on the lookout for volunteer coaches. For more information, contact Clark Abbey, the Youth Sports Coordinator at 254-7473.

MARINE MAKEPONO HAWAIIAN FOR 'MARINE BARGAINS'

Waterbed for sale. Queen, soft-sided waterbed. Includes mattress, cover, 7 water tubes plus two brand new spare ones, frame and accessories. Will also include a set of linens upon request. Everything needed for immediate set up. Asking \$250 or best offer. For more information, call 348-1512.

For Sale 13" Black Mac-Book. 2.4 GHz Intel Core 2 Duo, 2G Ram, 250 GB Hard Drive, OS Leopard, \$1,100. Call Mark at 253-8005.

Puppies for sale. Chihuahua mix puppies, \$250. Call 781-2737.

Town home for rent. \$2,000 per month. Two bedroom, two bath. Pets welcome. Includes vaulted ceilings, ceramic tile and parking stall. Close to restaurants, stores and shops. Within walking distance to Kailua Beach. For more information, call 239-5459 or 478-7581.

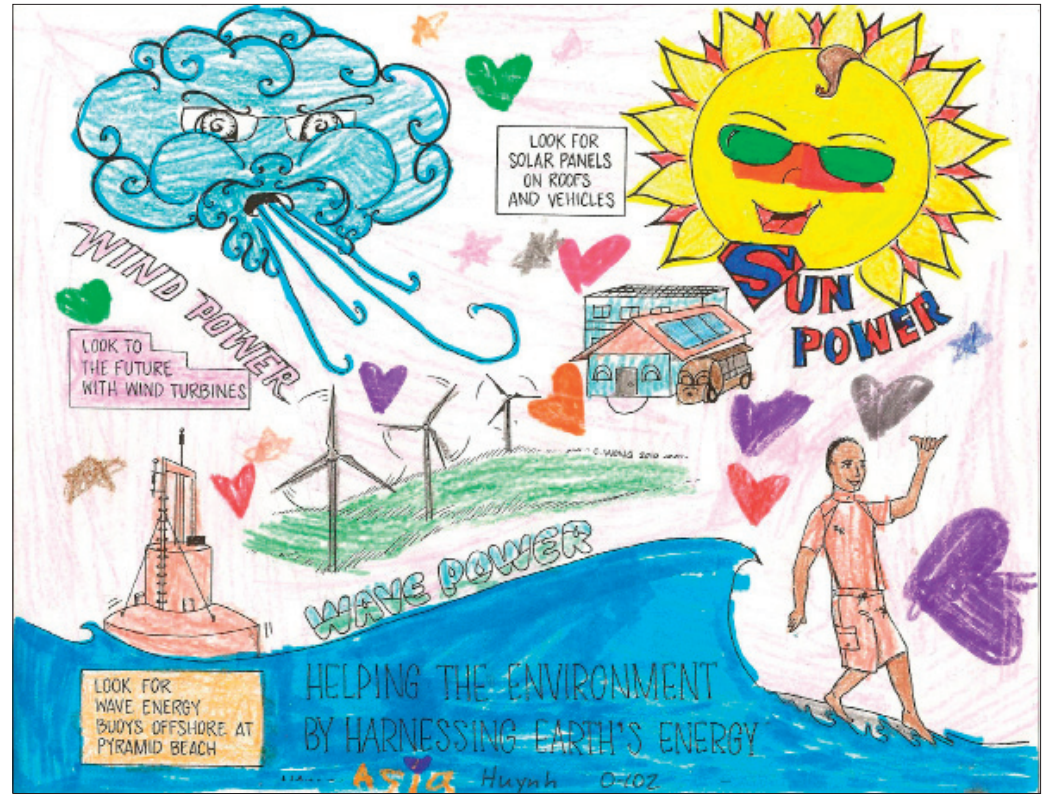
If you would like to sell, buy or trade something in the Marine Makepono section of the Hawaii Marine, please stop by the Marine Corps Base Hawaii Public Affairs Office in Building 216. Please have with you your Military ID and a short write-up of what you'd like to run. You can fill out the form on the spot or return it later. E-mails, faxes and telephone calls are not accepted for Makepono ads. Marine Makepono may only be used by active duty, reserve, retirees or their immediate families.

Energized by Earth Day

Exploring alternative forms of energy was the inspiration behind a recent art competition at Mokapu Elementary School at Marine Corps Base Hawaii. The Base Recycling Center and the school's Arts and Crafts Enrichment Program sponsored an Earth Day art contest for grades kindergarten through sixth, with the theme of alternative energy. Winners will be honored at an 11:30 a.m. awards ceremony presented by Col. Robert Rice, base commanding officer, during the Earth Day Expo held at Mokapu Mall on Saturday. Their artwork will be on exhibit at the Base Exchange through the month of April.



Poster by Ashleigh Stephens, second grader, Mokapu Elementary School



Poster by Asia Huynh, first grader, Mokapu Elementary School



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.

"Percy Jackson & The Olympians" - PG	Today 7:15 p.m.
"The Crazies" - R	Today 9:45 p.m.
"Crazy Heart" - R	Saturday 7:15 p.m.
"Shutter Island" - R	Saturday 9:45 p.m.
"Percy Jackson & The Olympians" - PG	Sunday 2 p.m.
"Cop Out" - R	Sunday 6:30 p.m.
"The Crazies" - R	Wednesday 6:30 p.m.