

# Hawaii Marine

## Marine dies in crash

Press Release  
Marine Corps Base Hawaii

A Marine with Headquarters Company, 3rd Marine Regiment died Saturday from injuries sustained last week Friday morning in a multi-vehicle accident on the H-3 Freeway.

The medical examiner identified 20-year-old Lance Cpl. Derek Box, a field radio operator from Collin, Texas. Box was a passenger in a vehicle that struck a delivery truck while traveling eastbound just west of the H-3 tunnels. The Honolulu Police Department is investigating the accident.

Box enlisted in the Marine Corps Sept. 15, 2008 and arrived in Hawaii on June 1, 2009. His awards included the National Defense and the Global War on Terrorism Service Medals.

## Warrior Spirit



Cpl. Achilles Tsantaliotis | U.S. Marine Corps Forces, Pacific

COLORADO SPRINGS, Colo. — Athletes from the All-Marine Warrior Games Team come down the Olympic Pathway at the U.S. Olympic Training Center, during the inaugural Warrior Games opening ceremony, May 10. K-Bay's own Cpl. Beau Parra took a gold medal in archery, see B1.

## Civilian MP dies on base

Press Release  
Marine Corps Base Hawaii

A civilian police officer with the Military Police Department here died during physical training Tuesday morning aboard the base.

Officer Tauveve Vivao, 42, of Waipahu collapsed while running on the track. Two U.S. Navy corpsmen rendered aide before emergency medical services arrived. Vivao was transported to Castle Medical Center and pronounced dead at 7:47 a.m.

He was born in American Samoa and served 24 years in the U.S. Army. He was one of the first civilian officers that graduated from the base police academy in the fall of 2008.

"He was a great American who will be terribly missed. We will continue to provide comfort and support to the Vivao family," said Lt. Col. K.M. Jessup, MCB Hawaii Provost Marshal.

## Think before you tweet

New access to social media needs to be used wisely

Kristen Wong  
Photojournalist

As units prepare to deploy to the Middle East, many families and friends will want to keep in touch with their loved ones in the coming months. What better time than the present, as Headquarters Marine Corps now allows limited access to websites such as Facebook and Twitter on Navy/Marine Corps Intranet computers?

Some units and organizations aboard Marine Corps Base Hawaii have already taken advantage of social media. For example, the Hawaii Marine newspaper is on both Twitter and Facebook. The 3rd Battalion, 3rd Marine Regiment also recently started a Facebook page.

"The social media's been really good," said Chief Warrant Officer 2 Kevin Quigley, OPSEC officer, 3/3. Quigley, of Bensalem, Penn., said the Facebook page was primarily made for family and friends who would be able to see videos and pictures of their loved ones during the deployment. He said they also plan to interview company commanders and post videos.

Quigley said one of the benefits to having social media outlets like the Facebook page is speed. Posts can be managed and prescreened in country and posted faster on a Facebook page.

Still, operational security will always be an issue when it comes to the military. "Security education is the cheapest defense of our country," said Ray Semko, a former counterintelligence agent with the Department of Intelligence Agency.

Semko, who spoke at MCB Hawaii and Camp H.M. Smith last year and will return here next month, told audiences how easy it can be not only to gain a stranger's trust, but also to deceive people and gain access to confidential information without proper precaution.

"Ladies and gentlemen ... you have no idea that you are the apple of foreign intelligence service's eye," Semko said. "They must know everything that you are doing here, all the capabilities that you have here, they must know it. Their country's leadership will not accept anything else."

Semko warned the audience to be wary of any suspicious activity around them,

See MEDIA, A-6

## Waterfront Ops trains to save

Jacks of all trades, WFO keeps close watch over the shores of K-Bay

Lance Cpl. Ronald W. Stauffer  
Combat Correspondent

Waterfront Operations recently conducted their ongoing, survival and rescue training in the clear, blue waters of Kaneohe Bay May 4.

The small unit is made up of sailors holding numerous job titles. Regardless of their specialties, they train together for one goal — to sustain life.

Their morning started with a quick stretch and headed straight into the water for a swim to a 500-yard marker and back. Once all the swimmers made it back to the dock, the team took turns swimming out to a distressed victim played by Chief Petty Officer Sylvester Kahapea, assistant officer in charge, WFO, who gave them different scenarios to deal with.

"It's to keep them proficient at swimming, keep them comfortable in the water and able to stay in the water for a prolonged period of time," Kahapea said.

Waterfront Ops provides three services for the base; force protection over the water, environmental safety and search and rescue.

Unlike the Marine Corps Air Station, which has rescue swimmers who jump out of helicopters, Waterfront Operations has boats in the water at all times, giving them a huge advantage when it comes to response time. According to Kahapea, a local resident from Nanakuli, none of the sailors are certified, Navy trained rescue swimmers. Yet they all possess the knowledge they need to rescue a victim.

Kahapea referred to his sailors as "jacks of all trades," when it comes to the water.

"We spend a lot of time in the water, and the training is vital to how we perform and act in certain situations," Kahapea said. "Everyone in the unit, no matter what their rate is, cross-trains, whether it's driving boats or swimming. The more we train, the better each sailor gets, and we can expand as one unit."

Petty Officer 2nd Class David Estrada, electrician's mate, said he's taken in a lot during his past three years with the unit.

"I'd never driven a boat before I got here or rescued a person from the water," Estrada said. "Now I'm pretty comfortable in the water and feel good about the training."

Estrada, a Las Vegas native, said it's basic search and rescue. If a boat turns over and they have to help a victim out of the water, they have to know how to get victims on their boat and then to safety for proper treatment.

See WFO, A-6



Christine Cabalo | Hawaii Marine

Melton Beach, hazardous waste technician, Hazardous Materials Center, lines up hoses and barrels into the new antifreeze distillation machine at Marine Corps Base Hawaii May 5. The center has reclaimed more than 2,000 pounds of antifreeze, recycling it and giving it away to units who use government vehicles.

## New distiller recycles old antifreeze

Christine Cabalo  
Photojournalist

Recycled barrels of antifreeze are saving money and the environment for Marine Corps Base Hawaii.

More than 2,000 pounds of antifreeze has been recycled with a new distillation machine at the base's Hazardous Materials Center.

Since it came online in March 2009, Marines and sailors can get free reclaimed antifreeze for government-vehicle use.

"There's a double savings for the unit and for us," said Gerald Schmitz, site manager, Hazardous Material Center.

Schmitz said the machine pays for itself in less than six months.

Recycling spares units from paying for extra antifreeze and helps reduce the costs the center pays to dispose of it. The Honolulu resident said the process begins when crews pick up used antifreeze in 55-gallon barrels.

The barrels are fed into the distillation machine using hoses, where heat is used to separate chemicals into pure ethylene glycol and water. Distilled through the machine, the result is newly cleaned antifreeze. The center's staff then delivers it for anyone who makes the request.

"The antifreeze issued to the units is a 50-50 mix," Schmitz said. "We'll take the pure distilled water and mix it back with the pure distilled ethylene glycol to bring it to a 50-50 mix. Then we'll add corrosion inhibitor and a dye, and it's ready for issue."

The recycled antifreeze can be used in tactical vehicles like 7-ton trucks and amphibious assault vehicles as well as aviation ground equipment like forklifts. Only antifreeze taken from government vehicles can be donated.

The new process has so far freed up 250 gallons of antifreeze for units to use, while the center has only needed to dispose of seven gallons.

See FREEZE, A-6

### Inside today's Hawaii Marine



**The Art of War**  
Marines practice their hand-to-hand warfighting skills with pro MMA fighters, B-2



**Sea adventures**  
Outrigger Catamaran offers a unique sea adventure off the shores of Waikiki, C-1

### Weekend Forecast

Today	Saturday	Sunday
Chance Showers High — 80 Low — 72	Chance Showers High — 81 Low — 73	Chance Showers High — 81 Low — 73

## NEWS BRIEFS

**Furlough Friday Today**

For Furlough Friday information, see [http://mcbh.usmc.mil/g1/SL\\_furlough.htm](http://mcbh.usmc.mil/g1/SL_furlough.htm).

Academic and recreational activities are available aboard base. Furlough Fridays are scheduled today.

Included as part of today's activities is L.I.N.K.S. for Teens (ages 13-17). Growing up in a military family presents unique challenges for youth. L.I.N.K.S. helps youth learn skills to cope with and thrive in this lifestyle. Topics include Marine Corps 101, deployments, moving, friendships and relationships, and community involvement. It's scheduled from 9 a.m. to 3 p.m. Contact Marine Corps Family Team Building at 257- 2410 to register.

**Road Closures****Street: "E" Street**

Dates: May 10 - 14

Description: Closure of "E" Street in both directions between 5th Street and Mokapu Road, 7:30 a.m. - 3:30 p.m., Monday through Friday

**Street: "G" Street**

Dates: May 17 - 28

Description: Closure of "G" Street to thru traffic at the intersection with 3rd Street. Closure will be at night, 6 p.m. - 2:30 a.m., Monday through Friday. Vehicles entering the base via the Main Gate will need to make a right turn on 3rd Street. Vehicles leaving the base via the Main Gate will need to approach the intersection from 3rd Street only.

**Street: Third Street**

Dates: May 5 - 31

Description: Closure of westbound (toward runway) lane between "G" Street and Selden Street. Flagmen to alternately control traffic around work area utilizing eastbound lane.

**Street: Maclachlan Street**

Dates: March 30 - May 14

Description: One lane open for one way traffic from Harris Avenue to Cushman Avenue, 8:30 a.m. - 5 p.m. Monday through Friday. Completely closed on all other days and times.

**Street: Maclachlan Street**

Dates: Beginning May 17

Description: Maclachlan Street permanently closed

The closures are for new waterline construction and worker safety. For further information about this construction, contact Philip Lum at 257- 6900.

**Asian Pacific American Heritage Observance luncheon**

There is an Asian Pacific Observance luncheon May 26, from 11:30 a.m. to 12:30 p.m. at Anderson Hall. All are welcome.

POC is Chief Thomas at 257-0244, ext. 224.

**Interactive Customer Evaluation (ICE)**

ICE provides customers with a convenient and efficient online method to express opinions to service providers with the option to receive feedback. You can share a comment, recommend an improvement or just say "good job" or "thanks." You may also use it to obtain information on services of interest (i.e. hours of operation, location, frequently asked questions, and special events). We want to hear from you about how MCB Hawaii services are doing at: <http://ice.disa.mil>. Just click on "Marine Corps-Pacific," which will lead you to Marine Corps Base Kaneohe Bay. Choose your service category to go to over 250 service providers. Although it's not mandatory, we recommend that you provide your contact information so that the service providers are able to contact you to address your concerns and issues, if necessary.

Questions: contact the MCBH ICE Site Manager at 257-1283 or e-mail: [therese.foster@usmc.mil](mailto:therese.foster@usmc.mil).

**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](http://www.mcbh.usmc.mil)

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<b>Combat Correspondent</b>	<b>Lance Cpl. Reece E. Lodder</b>
<b>Combat Correspondent</b>	<b>Lance Cpl. Tyler L. Main</b>

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## Change is inevitable



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

Lt. Col. Mike Jernigan, former commanding officer, Combat Logistics Battalion 3, gives his farewell speech after passing the battalion guidon on to CLB-3's new commanding officer, Pittsburgh native Lt. Col. Henry W. Lutz III at Dewey Square May 7. "One of the secrets of the Marine Corps is that they let us deploy in the middle of the night, so you don't see the battalion commander cry. However, they do the change of command ceremony in the daytime so you're about to see some tears," Jernigan said during his farewell speech.

## Corps youngest battalion welcomes new CO

**Lance Cpl. Vanessa M. American Horse**  
Combat Correspondent

Lt. Col. Henry W. Lutz III took command of Combat Logistics Battalion 3 in a ceremony at Dewey Square May 7. He succeeds Lt. Col. Mike Jernigan.

Lutz is arriving from I Marine Expeditionary Force, Camp Pendleton, Calif. where he was the deputy chief of staff, G-4 logistics. This is his first time stationed in Hawaii.

"I'm excited to be here, and I want to get out and see Oahu," the Pittsburgh native said.

According to Lutz, he will be focusing on the short-term goals of preparing for Pohakuloa Training Area and Enhanced Mojave Viper training.

"My long term goals are to fulfill the mission and maintain a heightened level of support to all the units here on base," Lutz said.

He will be working alongside CLB-3's new Sergeant Major, Sgt. Maj. Angela M. Maness.

"I'm looking forward to the new changes, new beginnings and deployment. This change of command means that the battalion will be introduced to new policies," Maness said.

At the beginning of the ceremony, the chaplain reminded the crowd that "change is inevitable." As the Marine Corps youngest battalion, CLB-3 has triumphed through such change.

The unit was established in June 2008,



Lt. Col. Mike Jernigan, former commanding officer, Combat Logistics Battalion 3, passes the battalion guidon on to CLB-3's new commanding officer, Pittsburgh native Lt. Col. Henry W. Lutz III at Dewey Square.

previously know as Combat Service Support Group, and is the only logistics battalion on base.

They can support all military operations at an intermediate level according to Staff Sgt. Matthew Yetter, maintenance chief, CLB-3.

Under Jernigan's command, CLB-3 was short ordered to prepare for deployment.

"They had under 40 days to prepare, organize and train for deployment," said Col.

Jay L. Hatton, commanding officer, Combat Logistics Regiment 3, 3rd Marine Logistics Group, III Marine Expeditionary Force. "Despite the chaos, the unit pulled together and executed their mission during a very austere situation."

Their hard work paid off as they were recognized as the 2009 Marine Corps Logistics Unit of the Year in February. In addition, CLB-3 brought everyone home from their recent deployments to Afghanistan and Iraq.

"We fought well together and exceeded in fulfilling the expectations of what it means to be Marines. I know that they will continue to exert the will of the president so that terrorists will leave us alone," Jernigan said.

Jernigan is scheduled to attend a yearlong course at the Pakistan Navy War College in Lahore, Pakistan. There he will learn about strategic levels of warfare, the association of government and economics in the military and national security affairs.

Jernigan's wife, Drew Jernigan, was recognized at the ceremony for her volunteer efforts supporting and educating children with a certificate from U.S. President Barack Obama.

"One of the secrets of the Marine Corps is that they let us deploy in the middle of the night, so you don't see the battalion commander cry. However, they do the change of command ceremony in the daytime so you're about to see some tears," Jernigan said during his farewell speech.

The man who cares  
Retired sergeant major honored

**Sgt. Juan D. Alfonso**

U.S. Marine Corps Forces, Pacific

**CAMP H.M. SMITH, Hawaii** — John H. Gaukler is a humble man. Most people walking past him would see a kind, quiet professional. There are no plaques or awards adorning his office, no Marine stickers, photos or any inclination as to what his life's been. But, the work he does is pivotal to the success of his unit and is a familiar task for any retired sergeant major, he takes care of Marines.

The Hawaii-Pacific Federal Executive Board recognized Gaukler, U.S. Marine Corps Forces, Pacific's assistant reserve liaison officer, as the MarForPac Federal Employee of the Year for professionalism, administrative and technical skill April 29 at the Sheraton Waikiki Hotel, Hawaii, during the 54th Annual Excellence in Federal Government Awards ceremony.

The annual award is intended to highlight the outstanding contributions of federal employees, which includes service members and civilians, said Doré L. Rojas, a civilian personnel specialist with MarForPac.

"He's a great guy," Rojas said. "He's hard working, really cares about the Marines. He works to make sure the Marines are taken care of and he's really good at that."

The Pontiac, Mich. native has served in his current position for almost 10 years. His duties include managing the Active Duty Support Budget, which ensures his command has the funds to activate reserve Marines to serve in active duty positions in garrison or deployed, should the need arise. A task he says aids the accomplishment of MarForPac's taxing mission.

However, his involvement doesn't end

with number crunching. Gaukler works with activated reserve Marines to ensure their transition is as smooth as possible and assists the Marines with issues, as they arise.

"I started a new chapter in my life when I left the Marine Corps," Gaukler said explaining the lack of memorabilia from his 1961-91 Marine career. "When I started my career in civil service, I wanted to establish myself because of what I know today not the chevrons on my collar. But, when you leave the Marine Corps, you don't close the door behind you. Being a Marine is in my blood and when I saw the opportunity to get back to working with Marines, to take care of Marines, I thought it would be great to work with them again.

"I see Marines who have problems with their orders, if they're reservists, in most cases I can point them in the right direction."

His ability to guide Marines in the right direction is a skill his superiors have noticed and one of the numerous reasons Lt. Col. James McGuire, MarForPac's reserve liaison officer, nominated him for the award.

"Mr. Gaukler has done a fantastic job for the year and a half that I've been working with him and I've heard nothing but good things about his time here before I took over," McGuire said. "He's a technical expert in all the systems we use. His character is flawless. His professionalism and competence are of the highest quality and he just has a knack for understanding a Marine's thought process."

"When a Marine comes to him with a problem, he's either seen it before or knows where to get the information off the top of his head. He's just a great guy. Submitting him for the award was a no-brainer"

Despite his exceptional performance,



Sgt. Juan D. Alfonso | U.S. Marine Corps Forces, Pacific

Officials with the Honolulu-Pacific Federal Executive Board recognized John H. Gaukler as the U.S. Marine Corps Forces, Pacific's Federal Employee of the Year for professionalism, administrative and technical skill April 29 at the Sheraton Waikiki Hotel, Hawaii, during the 54th Annual Excellence in Federal Government Awards ceremony. The annual event is intended to highlight the accomplishments of federal employees who perform above and beyond to accomplish their assigned mission. Gaukler is MarForPac's assistant reserve liaison officer.

Gaukler is a man who receives no satisfaction from the spotlight. As far as he's concerned, he's simply doing his job and taking care of Marines.

"I don't like receiving personal recognition," Gaukler said. "I prefer to be behind the scenes. But, I'm honored to receive this award and humbled by my boss nominating me for it."

Gaukler beat-out all MarForPac civilian employees and service members submitted for this year's award.

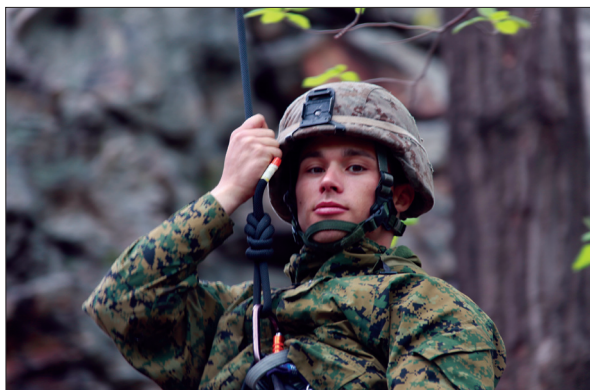
"It was the first time I submitted a civilian for an award like this," McGuire said. "I can't say that I'm surprised he was accepted. He's doing a great job and really deserves it."

# AROUND THE CORPS

Your weekly guide to what's happening around the Corps

## This week's top story

### East Coast



Staff Sgt. Danielle M. Bacon | 26th Marine Expeditionary Unit

#### 26th MEU Marines Reach New Heights

**KINGWOOD, W. Va.** — The high-pitch sound of clanging metal broke the rhythmic chirping of birds in the foothills of West Virginia as 26th Marine Expeditionary Unit Marines made their way to their classroom — a cliff-face. The 15 Marines attended the Special Operations Training Group, II Marine Expeditionary Force, Assault Climbers Course to learn techniques for climbing and moving themselves, other personnel and gear.

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

### West Coast



Cpl. Jacob A. Singsank | 1st Marine Logistics Group

#### Marines get equipped with knowledge to save lives

**MARINE CORPS BASE CAMP PENDLETON, Calif.** — A new program is being offered to Marines, by Marines, which equips them with the knowledge to save lives. Roughly 50 Marines and sailors with units from 1st Marine Logistics Group, 1st Marine Division, 3rd Marine Aircraft Wing and Marine Expeditionary Force Headquarters Group attended the five-day Operational Stress Control and Readiness Program here, May 3-7.

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

### Overseas



Cpl. R. Logan Kyle | Black Sea Rotational Force

#### Motor T Marines prep for Black Sea Rotational Force 2010

**MIHAIL KOGALNICEANU AIRFIELD, Romania** — The Marines and sailors of 1st Tank Battalion travelled more than 6,000 miles to reach Romania's Mihail Kogalniceanu Airfield, but the tactical vehicles they will use while serving as a Security Cooperation Marine Air-Ground Task Force arrived by much shorter and unique means. The vehicles were supplied to the battalion by Marine Corps Prepositioning Program Norway.

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



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



-AHHH, THE DAILY BUTT KICKING CONTEST-



Cpl. Skyler Tooker | Regimental Combat Team 7

Cpl. Sean Huston, an intelligence analyst with 3rd Battalion, 6th Marine Regiment, gets a quick workout and relieves some stress before his nightly meetings April 28 at Camp Hanson, Marjah, Afghanistan. Huston, 22, is from Urbandale, Iowa.

#### Marines maintain fitness while in Marjah

Cpl. Skyler Tooker  
Regimental Combat Team 7

**MARJAH, Afghanistan** — Capt. Robert Schotter doesn't want to hear any excuses about the inability to find time or equipment for a workout.

Schotter, an intelligence officer with 3rd Battalion, 6th Marine Regiment, lacks access to the state-of-the-art fitness centers he's accustomed to back in Camp Lejeune, N.C. In Marjah, he must adapt and overcome to maintain his level of fitness.

Marines with 3/6 have consolidated enough equipment to create their own personal gym, including kettlebells, a pull-up

bar, sledgehammer and spare tires.

They also do several exercises with the use of their own body weight.

"There are not quite as many options when it comes to equipment, but we find a way to mix it up," said Schotter. "Maybe we will work out longer, or maybe we will do more of one exercise more than the other. There is enough of a variety that we shouldn't run out of things to do."

While some Marines maintain a high level of fitness patrolling for long distances with a heavy combat load, Marines like Cpl. Sean Huston, works out to stay physically fit, mentally ready and relieve stress.

The Marines don't have much time to themselves. They try and make it a quick, but very fast-paced workout to build their strength and endurance, no more than 15 to 20 minutes long.

See <http://www.dvidshub.net/>

## Top story from the front



Lance Cpl. Khoa Pelczar | 1st Marine Logistics Group (FWD)

Sgt. Jason J. Spark, 29, from Lander, Wyo., section leader of security platoon with Bravo Company, Combat Logistics Battalion 5, 1st Marine Logistics Group (Forward), replaces a tire on a mine roller during a recovery mission in Helmand Province, Afghanistan, April 28.

#### Wrecker teams recover vehicles from Afghanistan desert

Lance Cpl. Khoa Pelczar  
1st Marine Logistics Group (FWD)

**HELMAND PROVINCE, Afghanistan** — Driving over Afghanistan's rocky terrain can take a toll on tactical vehicles. Roads are littered with improvised explosive devices and a tactical vehicle unlucky enough to roll over one is most likely too damaged to continue driving.

Even the soft, talcum-like sand can cause vehicles to get stuck while driving. But what happens when those vehicles can't be driven out of the desert?

Wrecker teams are in charge of going out and recovering these vehicles if an incident occurs that affects a unit's ability to complete a mission.

"As a wrecker operator, I recover downed vehicles or get them unstuck," said Sgt. Israel Chavez, wrecker operator for Combat Logistics Battalion 5, 1st Marine Logistics Group (Forward). "Depending on the situation and what is needed of us, we go out and support the mission, whether it's a [combat logistics patrol] or a [Quick Reaction Force] mission."

It is extremely important for the Marine Corps to have wrecker operators because it would cost a lot of money and resources to replace the vehicles hit by IEDs or broken down in the middle of the Afghanistan desert. Mine-Resistant Ambush Protected vehicles, for instance, the Corps' most widely used forward deployed tactical vehicle, cost upwards of \$1 million each.

"It's a tough job learning to operate this wrecker but I love doing it. That's why I requested to go to school and become an operator," said Chavez, 25, from Los Angeles.

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



# 2 Birds 1 Stone

## HMH-463 pilots earn qualifications, prepare for RIMPAC



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

A CH-53D Sea Stallion helicopter with Marine Heavy Helicopter Squadron 463 flies toward the island of Molokai during a training mission off the coast of Oahu May 5. Pilots and crewmen with the squadron practiced section confined area landings (CALs) and field carrier landings (FCLPs) to earn qualifications and prepare for the upcoming Rim of the Pacific Exercise beginning in June. (Above) Capt. Lucas Frank, pilot training officer, HMH-463, and a native of Philadelphia, Penn., performs a preflight inspection on a CH-53D Sea Stallion helicopter prior to departing on a training mission on Marine Corps Base Hawaii and Kalaupapa Airfield, Molokai, May 5.

**Lance Cpl. Reece E. Lodder**  
*Combat Correspondent*

There's a gentle whirr, but it's short lived. As the rotors of the CH-53D Sea Stallion helicopter spin faster, a flash of heat bursts obnoxiously into the open windows behind the cockpit. With his goggles on, the crew chief stands prepared — it's not his first rodeo. The unaware passenger learns his lesson and fumbles to pull the goggles over his eyes.

Following the mission planning, pilot and crew designation, safety brief, and preflight aircraft examination, the mission has come to fruition.

Pilots and crewmen with Marine Heavy Helicopter Squadron 463 practiced section confined area landings and field carrier landings as part of training on Marine Corps Base Hawaii and Kalaupapa Airfield, Molokai, May 5.

Fresh off of a deployment in support of Operation Enduring Freedom from August 2009 to February 2010, they aren't wasting time in increasing pilot qualifications and preparing for subsequent deployments.

"We're always doing training missions," said Capt. Cody C. Scott, future operations officer, HMH-463, and a native of San Angelo, Texas. "The more qualifications each pilot has allows the squadron to be more capable in different types of missions. It ensures they're better prepared for any situation dictated in combat."

Practicing CALs aids pilots in being prepared for the tight landing zones on forward operating bases, Scott said. Since the CALs are incorporated into both training and actual missions, the constant repetition keeps the pilots fresh on practice and procedures.

"The training with CALs is the backbone of what we do and helps us remain proficient in our core skills," said Capt. Derek R. Sharp, a Cleveland native and aviation safety officer, HMH-463. "Practicing for future missions helps ensure the next generation of pilots are ready for deployments."

With the upcoming Rim of the Pacific Exercise, the world's largest international maritime exercise, beginning in June, Scott said FCLPs are vital in preparing HMH-463 pilots.

"While we're not landing on a boat, practicing FCLPs is great practice for the pilots to learn correct landing procedures and the appropriate radio calls," Scott said. "It makes it that much easier when we are landing on the boat."

While undergoing this type of training aids in predeployment training, it also allows the pilots to progress in their qualifications.

For Scott, the training brings him closer to earning the qualification of section lead. This will allow him to plan and dictate missions involving two CH-53Ds.

"It's a standard for pilots to progress in the pilot syllabus in preparation for an exercise or deployment," Scott said. "The more qualifications we can get before a deployment, the better. This frees up pilots for other missions and makes us well-rounded in all aspects of flying."

Regardless of the type of training they're undergoing, the pilots must focus on proficiency, procedural repetition and becoming comfortable in the aircraft, Sharp said.

"We have to know how to fly the aircraft proficiently to become an aircraft commander," Sharp said. "And we ensure this success by teaching the basics and then pushing more responsibility on a pilot as he progresses through his syllabus."



Capt. Derek R. Sharp, a Cleveland native and aviation safety officer, Marine Heavy Helicopter Squadron 463, focuses intently during a training mission off the coast of Oahu May 5.



The late-day sun breaks through the clouds over Honolulu as a CH-53D Sea Stallion helicopter with Marine Heavy Helicopter Squadron 463 passes by during a training mission May 5.



Cpl. James Rumpf, crew chief, Marine Heavy Helicopter Squadron 463, helps perform a preflight inspection on a CH-53D Sea Stallion helicopter prior to departing on a training mission on Marine Corps Base Hawaii and Kalaupapa Airfield, Molokai, May 5.



Courtesy Photo | Patrol Squadron Nine

From left, CPRW-2 Chaplain Alan Rogers; Cmdr. Lance G. Scott, commanding officer VP-9; Vice Adm. (ret.) Michael D. Haskins, guest speaker; Cmdr. David G. Whitehead, executive officer, VP-9; and Commodore Rod Urbano, CPRW-2, gather at Patrol Squadron Nine's change of command ceremony last week.

## Patrol Squadron Nine change of command

### Lt. j.g. Thomas W. Gallagher

*Patrol Squadron Nine*

The Patrol Squadron Nine Golden Eagles have a new skipper as of last week. Cmdr. Dave Whitehead assumed command of the Golden Eagles, replacing Cmdr. Lance Scott on May 6.

The occasion was marked with a morning ceremony before the entire squadron and friends and family of both leaders. Vice Adm. (ret.) Michael D. Haskins gave the keynote speech in which he emphasized both men's commitment to the Naval service and passed along leadership lessons he had learned over his distinguished career.

As outgoing skipper, Scott concluded his second tour as a Golden Eagle, also having served as a department head in VP-9 from 2003 to 2005. Scott, a 1991 graduate of the U.S. Merchant Marine Academy, served as executive officer during the Golden Eagles' 5th Fleet deployment in 2008 before taking over as commanding officer in 2009.

During his tenure as commanding officer, the Golden Eagles have worked diligently to prepare for the squadron's upcoming deployment to 5th and 7th Fleets. The squadron spent the year participating in several large scale operational exercises to hone their combat skills while executing 833 sorties totaling 3,200 mishap free flight hours.

When asked about his experience serving as skipper of VP-9, Scott highlighted the work ethic and professionalism of the squadron.

"This team has met every challenge head on with enthusiasm and total dedication to excellence. It has been an honor and privilege to be associated with the talented men and women of VP-9 and I wish them continued success as they get ready to deploy this month," he said.

Scott is reporting to the Office of the Chief of Naval Operations in Washington D.C. for his next tour of duty.

Taking the reigns from Scott is Whitehead. A 1993 graduate of the U.S. Naval Academy, Whitehead will lead the Golden Eagles on concurrent deployments to 5th and 7th Fleets this summer. Despite the challenges of a deployment, there is little doubt in Whitehead's mind that the Golden Eagle team will rise to the occasion.

"The thing that separates VP-9 from any other unit I have served in is the personal commitment each sailor has toward making this squadron stronger," he said. "They give their best day in and day out and I am confident that drive will lead to a very successful deployment."

Cmdr. Richard Prest will be joining the Golden Eagle team as the new executive officer. Hailing from Philadelphia, Prest is a 1992 graduate of the U.S. Naval Academy.

### FREEZE, from A-1

"You don't have to buy [antifreeze] or get rid of it," said Honolulu resident Tim Cawthon, Hazardous Waste Program Manager, MCB Hawaii Environmental Department.

Taking in 20 gallons from his unit, Cpl. Sergio Torres, Combat Assault Company maintenance coordinator, 3rd Marine Regiment, said it's a critical resource to have.

"We're always constantly doing work on our vehicles," said Torres, from Gering, N.D. "So it's nice to have an extra source [for antifreeze]. And it's nice to know when we flush out our radiators, we can turn in our stuff to be recycled."

Whenever any engine work is done, Torres and his company

must drain the antifreeze to do their maintenance. He recalled the last time his unit paid for antifreeze it cost them \$376.22 for just one 55-gallon barrel. Since September 2009, his company has already used 70-80 gallons, with all reclaimable liquid sent to the center.

With the new recycling process, Torres said he likes spending less time writing sales reports and waiting for new antifreeze to arrive after ordering.

"It's really simple," Torres said. "All you need to do is give [the Hazardous Materials Center] a phone call."

The machine also cuts costs for the center's budget. In 2009 the center spent \$17,318 on disposing and running laboratory evaluations on collected anti-

freeze. In 2008, the costs were \$13,470. Money that would have been used for disposal goes straight back into the center's budget.

"We need to dispose of materials used for vehicle maintenance," Cawthon said. "There's the cost of drums, supplies, shipping labels and laboratory analysis to classify waste. We also need to pay for training and certification."

Both Schmitz and Cawthon noted their budget can be tight, especially when trying to pay for disposal for events that couldn't be anticipated.

"We have to look at alternatives to just to survive on the budget we have," Schmitz said. "I'm sure everyone is in the same boat as budgets are being cut, and we need to do more with less."

### WFO, from A-1

There's a lot that goes into the training, Estrada stated. He hasn't yet rescued a victim, but said the training is realistic, and he's comfortable using what he's learned. He explained that rescuing a person from the water isn't always easy and can be dangerous if you don't know how.

"Sometimes you have to be a little more aggressive with a person in the water when they're flailing or in shock," Estrada said. "Not only can they hurt the swimmer, but the victim as well."

He said he's seen guys who've had a hard time swimming when they first got to the unit, but over

time, everyone improves.

"These are things that we may need to perform, but hopefully not," Kahapea said. "In time, if we do get called upon, we have the basic minimum skills to actually get to a victim and get them back to the boat or some place safe. We're trying our best."

According to Kahapea, Waterfront Ops currently has a memorandum with the U.S. Coast Guard to assist the Winward side of the island. Since the beginning of the year, Waterfront Ops has conducted eight SAR missions.

"We've built a relationship with the surrounding communities to help protect and keep the area safe," Kahapea said. "We're here to help."

### MEDIA, from A-1

even in the unlikeliest places.

"Any time you think it can't happen, it can happen!" Semko said.

Malevolent activity can happen when there is sensitive information given out, whether by phone, e-mail, or on a Facebook page.

Semko encouraged people to be mindful of disclosing sensitive information, such as confirming troop movements.

Other sensitive information can include dates, times and locations during deployments, Quigley said.

Units are constantly making sure that operational security is general knowledge among the service members and their families. MarForPac gives an

overview of OPSEC for family members on its website.

Quigley said deploying service members are always given an OPSEC brief before leaving the country. They're cautioned not to give away sensitive information such as dates and locations. The battalion's Facebook page is also closely monitored each day by moderators from the unit.

"Everything we post we make sure gets screened," Quigley said.

Family information should also be screened.

Quigley warns even service members here who talk to their deployed friends to be careful. He said many of the service members in his unit frequently visit their own pages on Facebook.

"They have to be careful even on their personal pages what they're putting there," Quigley

said. "Put yourself in the enemy's shoes."

Service members should also be mindful of how much time they spend on social media outlets while at work.

Though the Marine Corps now allows the use of these outlets on government computers, MARADMIN 181/10 cautions service members: "Limited personal use must be of reasonable duration and frequency that has been approved by supervisors and does not adversely affect performance of official duties, overburden systems, or reflect adversely on the Marine Corps, [Department of the Navy] or [Department of Defense]."

The Hawaii Marine Facebook page also has a note about OPSEC. Search for "Marine Corps Base Hawaii" at Facebook.

# RIMPAC 2010 unites 14 countries in exercise

## Thousands of service members from the U.S. and foreign nations to visit Hawaii

### Press Release

Third Fleet Public Affairs

Fourteen nations, 34 ships, five submarines, more than 100 aircraft and 20,000 personnel will participate in the biennial Rim of the Pacific exercise scheduled June 23 through Aug. 1, in the Hawaiian operating area in, and around, the islands of Hawaii.

Hosted by Commander, U.S. Pacific Fleet, RIMPAC demonstrates a commitment to working with global partners in guarding the sea lanes of commerce and communication, protecting national interests abroad and ensuring freedom of navigation as a basis for global peace and prosperity.

By design, RIMPAC is a multi-national exercise that prepares

forces to be interoperable and ready for a wide range of potential operations.

This, in turn, helps ensure stability throughout the Pacific Rim, aiding the development and prosperity of all participating nations.

As an exercise, RIMPAC is intended to increase the tactical proficiency of participating units in a wide array of maritime operations by enhancing military-to-military relations and interoperability.

During the exercise, participating units will conduct gunnery, missile, anti-submarine, and air defense exercises, as well as maritime interdiction and vessel boardings, explosive ordnance disposal, diving and salvage operations, mine clearance operations, and an amphibious landing.

This year's exercise includes units or personnel from Australia, Canada, Chile, Colombia, France, Indonesia, Japan, Malaysia, Netherlands, Peru, Republic of Korea, Singapore, Thailand and the United States.

RIMPAC 2010 is themed "Combined Agility, Synergy and Support," and marks the 22nd exercise in the series that originated in 1971.

Media interested in covering RIMPAC events should contact Third Fleet Public Affairs before the exercise begins at (619) 767-4387, or contact the RIMPAC Combined Information Bureau after the exercise commences at (619) 726-1901.

For more information on the exercise, visit [www.c3f.navy.mil/rimpac\\_2010](http://www.c3f.navy.mil/rimpac_2010).

## Marine Corps Base Hawaii to host Industry Day in June

### Press Release

Marine Corps Community Services

Marine Corps Base Hawaii and Marine Corps Community Services are hosting an open industry day on Tuesday, June 8 to share information about how to do business on base.

Businesses interested in working with the government on a local level are invited to The Club at Koa Malina's Lanai Ballroom for an information session from 9 to 11 a.m. An informal networking reception will follow from 11 a.m. to noon.

From contracting to advertising, there are numerous ways to build business with MCB Hawaii. Find out how to get a product into military hands. Learn about the procurement process and how to bring your business, product or service on base. Meet representatives from MCB Hawaii regional contracting; MCCS contracting and procurement; food, beverage, hospitality and catering; health and fitness; marketing, sponsorship and advertising; and retail purchasing.

Any company, large or small, interested in reaching the military market and growing its business is encouraged to attend this free event. Register online at <http://www.mccshawaii.com/industry.htm>. For more information, call 257-2651.

## Hurricane season is coming

Hurricane season begins June 1 and runs through Nov. 30 of each year, but a disaster could strike at any time. Don't wait for an emergency to occur — now is the time to prepare.

Develop an emergency response plan and a family emergency kit with items such as water, non-perishable foodstuffs, flashlights, canned foods, baby food, baby wipes and other essential items. Don't forget those important papers such as wills, birth certificates, etc., as well as current medications. Each kit should be tailored to your specific needs and easy to move around.

Go to <http://www.mcbh.usmc.mil> for more information. Click "Hurricane Awareness."



## Defensive Information to Counter Espionage (D\*I\*C\*E\*) Brief



### All Hands (U.S. military and DoD employees)

Wed	02Jun	1330 -1530	MCBH Chapel
Thur	03Jun	0830 -1030	Camp Smith Theater
Thur	03Jun	1330 -1530	Camp Smith Theater
Fri	04Jun	0830 -1030	Camp Smith Theater
Fri	04Jun	1330 -1530	Camp Smith Theater



The Defensive Information to Counter Espionage (D\*I\*C\*E\*) is a unique security awareness, counterintelligence and threat briefing. This is an **unclassified** look at the worlds of espionage and terrorism goes to the heart of Semko's message of countering these threats through Operational Security and personal responsibility.

The D\*I\*C\*E\* brief explains who the players are, their targets, their methods of operation and, most importantly, how you can protect the information you handle. Semko, has worked for the National Security Agency, Department of Energy, Defense Intelligence Agency, U.S. Army Foreign Counterintelligence Activity, and various military intelligence groups since 1971. His objective is to help the audience recognize America's adversaries and prevent these adversaries from exploiting our national security information.

For additional information contact your unit's Security Manager

## A walk in the clouds



1st Lt. Colin S. Barry | 3rd Marine Regiment

Golf Company, 2nd Battalion, 3rd Marine Regiment conducted eight days of live-fire training at PTA. They completed a hike afterward — with a detachment of Combat Logistics Battalion 3 Marines — as a combat conditioning and morale-building event. The hike was 17 miles total (8.5 miles from the Onizuka Ranger Center to the summit of Mauna Kea and the same distance back down) with 4,500 ft. of gain in elevation. The hike took a little more than seven hours to complete.

# Sports & Health

## Marines earn gold, silver in Warrior Games Archery

Cpl. Scott Schmidt

Defense Media Activity, Marine Corps

**COLORADO SPRINGS, Colo.** — When retired Marine Corps 1st Sgt. John Fuller was asked how he thought the inaugural Warrior Games archery competition would turn out, his answer was complicated, yet simple. And it was right.

Marines earned both gold and silver medals in the compound-bow competition at the U.S. Olympic Training Center here Wednesday — just as Fuller, the Marine team's archery coach, predicted.

Cpl. Beau Parra of Wounded Warrior Detachment Hawaii narrowly missed a perfect mark, scoring 119 out of 120 possible points, closely followed by his fellow Marine, Staff Sgt. Matthew Benack, who shot 118. Army Sgt. Robert Price claimed the bronze medal.

Fuller said his prediction was based on observing his team members' individual strengths, as well as their nerves. The two Marines who captured top honors exemplified those strengths, he said.

"We were all sitting around and talking about shooting, and one of the guys asked me, 'How do you think it will come out?'" Fuller said. "Well, I answered truthfully and honestly. I said, 'I think we're going to have Benack and Parra in the gold round, and I think Parra will win it.'"

Parra said the gold medal solidifies a renewed sense of worth, and means overcoming an injury can be just the beginning for the competitors here.

"No matter how bad your wounds are, and no matter how bad you're hurt, we can still come out here and do this," the Prescott, Ariz., native said. "We can still compete and be champions and be winners."

But winning the competition was no walk in the park, he acknowledged.

"The competition was close," Parra said.



Cpl. Scott Schmidt | Defense Media Activity, Marine Corps

Marine Corps Cpl. Beau Parra retrieves his game-winning shot from the target during the inaugural Warrior Games compound-bow archery competition Wednesday. Parra, a 28-year-old Prescott, Ariz., native won the gold medal.

"I looked down the line and tried not to let my nerves get to me, because everyone put their heart into the game. This win wasn't just given away."

Dozens of servicemembers went head

to head, but in the end, the compound-bow competition came down to Marine against Marine. The shootout seemed more like a friendly practice round, as the two Marines encouraged each other and even

offered pointers during the final rounds of competition.

With a difference of only one point separating the two wounded warriors, the event kept both the audience and the competitors on their toes.

Although medals were on the line, Benack said, something more important was going on. All of the wounded warriors, he noted, share a common past and a common goal to recovery. The best part of the Warrior Games is the camaraderie among the services and the way the competitors help and encourage each other through whatever difficulties they face.

Parra said winning the gold medal gives him the confidence to move on and continue recovering.

"It gives you the mindset to take focus off of [post-traumatic stress disorder] and shift it to the game," he said.

Marines also competed in the recurve-bow competition, but failed to place. The Army took all three medals, with the Marines finishing a close fourth. Sgt. Michael Lukow earned gold, Staff Sgt. Curtis Winston won silver, and their fellow soldier Sgt. Jeffery Anderson took the bronze.



Fred W. Baker III | Department of Defense

Marine Staff Sgt. Matthew Benack releases his arrow during the Warrior Games compound-bow gold medal round at the U.S. Olympic Training Center in Colorado Springs, Colo., Wednesday. Benack went on to take the silver medal.

## Hold the salt: Fresh foods on the menu on base

Christine Cabalo

Photojournalist

Americans are swallowing more than an extra tablespoon of salt than they need every week, according to a recent report by the Institute of Medicine.

As the Food and Drug Administration considers new policies about sodium, Marine Corps Base Hawaii is already dishing out less salty options and education.

"Sodium is in a lot of food products," said Dan Dufrene, health promotion coordinator, Marine Corps Community Services. "The concentration or percentage in food products can be high. It's one of the contributors to hypertension or high blood pressure."

Dufrene offers presentations about healthy living habits, including limiting sodium, for individual clients and units. During discussions, he'll show audiences large tubes of salt and sugar to show how much is in common foods. The Kailua resident notes many are shocked at the high amounts in pre-prepared and fast foods.

"Sodium is in canned products like tuna," he said. "So as consumers all we need to be aware what we're taking in. That's why reading labels is so important, because you get a real good idea of calories, serving sizes, fat and sodium."

On average healthy people need just 2,300 mg of sodium daily, but the new IOM report notes people take in more than 3,400 mg every day.

Some aren't aware how of much sodium is in ordinary foods. One can of a Monster brand energy drink, which is two servings, contains 360 mg of sodium, worth 15 percent of recommended daily salt intake, according to

See SALT, B-6



Photos by Lance Cpl. Ronald W. Stauffer | Hawaii Marine

John Akana, the overall winner of the Commanding Officer's Fitness Series' Sprint Triathlon rushes out of Kaneohe Bay after his 500-meter portion, Saturday.



Participants begin pedaling for the bike portion of the Commanding Officer's Fitness Series' Sprint Triathlon, held by Headquarters Battalion Saturday.

## HQBN hosts Sprint Triathlon

Lance Cpl. Ronald W. Stauffer

Combat Correspondent

Service members aboard Marine Corps Base Hawaii and members of the local community kicked water, pushed pedals and pounded the pavement during the Headquarters Battalion Sprint Triathlon Saturday.

Athletes participated in a 500-meter swim, 11.1-mile bike race and a 3.1-mile foot race around the base for the challenge to see what they were made of in the Commanding Officer's Fitness Series event.

The morning started at Marine Corps Air Station's Hangar 101, where 270 participants dove into Kaneohe Bay in a mad dash to get their swim on.

With safety boats keeping a watchful eye on the water,

participants stroked their way around the orange markers and back to the starting point, where they were hosed off by members from Aircraft Rescue Firefighting Unit and headed for the bicycle staging area.

Athletes donned cycling gear and grabbed their rides, moving swiftly, not sparing any time to start peddling as they raced each other and the clock.

Marine Corps Community Services provided electronic anklets for the event, which kept track of individual swim, bike, run and overall times during the race.

"This type of event helps with community relations for the base and promotes physical fitness for everyone," said Tina Lui, MCCS varsity sports coordinator.

See RACE, B-6

# There will be

# BLOOD

## WEC veteran, rising star hold MMA seminar

**Lance Cpl. Reece E. Lodder**  
*Combat Correspondent*

There's something powerful in standing in a room filled with dangerous mixed martial arts fighters — witnessing their sheer strength, quick yet intense struggles and the utter helplessness of those defeated. It can leave you feeling like you're the one being tapped out.

For fighters like World Extreme Cagefighting veteran and prior service Marine Phil Cardella, however, mixed martial arts is more than just earning a submission. Together with undefeated WEC fighter and world champion wrestler Kamal Shalorus, Cardella hosted a Relson Gracie Team Seminar at the School of Infantry West — Detachment Hawaii on base Sunday.

"Having them here is a great opportunity," said Staff Sgt. Idris Turay, director, SOI West — Det Hawaii, and a native of Rockville, Md. "We don't have professionals out here often, and they've even stayed longer to make sure the students have mastered the techniques."

Cardella, a Relson Gracie black belt champion, worked with active duty Marines, explaining techniques spanning jiu-jitsu, MMA and the Modern Army Combatives Program.

"The Marines I'm getting to train with are truly inspired by the training I provide, and I feed off this," Cardella said. "When I see them motivated and happy and using the techniques I've taught in a combat arena — that makes it all worth it."

Despite being born in Chicago, Cardella grew up in south Houston. At the age of 12, he began experimenting with different forms of martial arts. After joining the Marine Corps in 1994, he spent his enlistment aboard Marine Corps Base Hawaii with Amphibious Assault Vehicle Platoon, Combat Support Company, 3rd Marine Regiment.

Beginning as an AAV crewman, he progressed to crew chief and then to section leader, in addition to earning qualifications as a primary marksmanship instructor and combat safety swimmer. In 1996, he was selected as Marine of the Year on both the platoon and company levels. Although busy with his duties, Cardella didn't lose his love for martial arts. He was introduced to Brazilian jiu-

jitsu legend Master Relson Gracie in 1997 and wasted no time becoming a part of the Relson Gracie Competition Team.

Since then, he hasn't looked back, and this is evidenced by the impact his training has on students.

"The training is priceless," said Cpl. Gerson Lindor, Jr., scout sniper, 3rd Battalion, 3rd Marine Regiment, and a native of Miami.

Lindor, whose enlistment is nearing an end, is attending Windward Community College with plans to transfer to the University of Hawaii. "I'm looking forward to being able to work with the fighters again," he said.

The knowledge these fighters pass on is invaluable, as they've honed their training and techniques over years of experience and a track record of proven success, Cardella said.

"We battle-test all our techniques to ensure they work," Cardella said. "We teach real self-defense moves that can be used in every situation."

In an evolving MMA world, Cardella said, this battle-testing process is vital to one's continued success.

"Grappling is a progressive art," said Richard Power, a native of Austin, Texas, and owner of Austin-based private security contractor Statewide Patrol. "Our troops have to keep up with the real-time advancements [in grappling], and it's up to us to pass it on to them."

Power, a brown belt under Gracie and Cardella, served in the Army as a military policeman from 1989 to 1992.

"I love teaching and being able to stay in shape," Power said. "We stress high level technique and cardiovascular conditioning, but it's all about the camaraderie — you can't buy this."

Smiling from ear to ear nearly the entire seminar, Shalorus, undefeated as a lightweight in the World Extreme Cagefighting organization, experienced this camaraderie working with the Marines.

Dubbed "The Prince of Persia" by critics and fans, the Iranian-born fighter represented Great Britain on their 2004 Summer Olympics wrestling team.

"I just learn, teach and support my team," he said. "We make champions out of each other."

Nevertheless, when the training ceases and he steps into



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

Sgt. Andrew Farlino, instructor, Infantry Squad Leader's Course, School of Infantry West — Detachment Hawaii, performs a mixed martial arts technique on Lance Cpl. Alioune Diop, gym staff, Satellite Gym, 3rd Marine Regiment, during a Relson Gracie Team Seminar at School of Infantry West — Detachment Hawaii on base Sunday.

the ring, he puts his game face on.

"It's like hunting when I step into the cage," Shalorus said. "It's a different feeling, like everything is moving slow, but I want to get that feeling all of the time. I just step into the ring and taste blood."

Together with Cardella, Shalorus, who is slated to battle former WEC Lightweight Champion Jamie Varner on June 20 at WEC 49, made quite an impression on the Marines he trained with.

"You only realize how good they are until they fight a beginner or a less skilled fighter," said Sgt. Andrew Farlino, instructor, Infantry Squad Leader's Course, SOI West — Det Hawaii, and a native of Price, Utah. "Then you see how easy it is for them and gain a better appreciation for the skills they have."

Turay encouraged martial arts instructors, instructor trainers and all Marines to make use of every opportunity to train with professional fighters.

"As Marines, we need to always train to better ourselves," Turay said. "Everything we're practicing here relates to combat, and fighting mixed martial arts enhances what Marines are already doing with the Marine Corps Martial Arts Program. It helps us to continue building a warrior ethos and character discipline."



Undeclared World Extreme Cagefighting rising star Kamal Shalorus shows off his skills during a Relson Gracie Team Seminar at School of Infantry West — Detachment Hawaii on base. "It's like hunting when I step into the cage," Shalorus said. "It's a different feeling, like everything is moving slow, but I want to get that feeling all of the time. I just step into the ring and taste blood."



Marines look on as Relson Gracie black belt champion and World Extreme Cagefighting veteran Phil Cardella demonstrates a mixed martial arts technique on Lance Cpl. Alioune Diop, gym staff, Satellite Gym, 3rd Marine Regiment, during a Relson Gracie Team Seminar at School of Infantry West — Detachment Hawaii on base Sunday.

# Ommm ...

## Yoga instructor invites service members to relax

**Sgt. Juan D. Alfonso**  
U.S. Marine Corps Forces, Pacific

**CAMP H.M. SMITH, Hawaii** — It isn't unusual to find service members on base filling the gym, running around base or training on Bordelon Field during their lunch hour, but onlookers may have been surprised by what they saw April 4 under the tree in front of the base Semper Fit Center.

Judy A. Kosaka offered her services as a licensed yoga instructor to personnel aboard the base in the hopes that yoga would help participants manage stress and improve their overall fitness.

Aside from yoga's stress management properties, it also improves overall strength, blood pressure, flexibility and helps prevent injuries, which may be a concern for people who tend to live active lifestyles, she said.

"When Judy came in and offered to run yoga classes for free, we thought it was a great idea," said Kelly Fornes, Camp Smith Semper Fit coordinator.

"We try to offer programs that people want to participate in. A lot of military people are involved in stressful occupations. Judy's sessions offer an outlet for relaxation and

take you out of that work environment while staying physically fit. From today's turn out, there is obviously a need."

Eight service members with U.S. Marine Corps Forces, Pacific, and Pacific Command attended her first session.

Many were surprised by the level of difficulty and pledged to return.

"It's about concentration and holding a position for a really long time," said Cpl. Justin B. Jackson, maintenance noncommissioned officer in charge for MarForPac's supporting establishment branch. "It's pretty difficult, but if it will make me more flexible, prevent injuries and lengthen my stride when I run, it's worth it."

Kosaka invites all personnel aboard the base to participate in future sessions.

"Just try it," she said. "If it seems too hard the first time, just keep at it. It's going to take a little practice. I do it to relax my mind and get rid of some of the day-to-day chaos we all have. It's worth it. If nothing else you'll get a break, refresh your day and jump-start your afternoon."

Kosaka offers yoga sessions Tuesdays and Thursdays from 11:30 a.m. to noon in front of the base Semper Fit Center.



Photos by Sgt. Juan D. Alfonso | U.S. Marine Corps Forces, Pacific

Judy A. Kosaka, a licensed yoga instructor, leads a group of service members in yoga exercises aboard Camp H. M. Smith, Hawaii. Kosaka invites all Camp Smith personnel to her free yoga sessions Tuesdays and Thursdays from 11:30 a.m. to noon in front of the base Semper Fit Center.



Master Sgt. George J. Patton with U.S. Marine Corps Forces, Pacific, performs the Warrior One yoga position, which is designed to stretch back muscles during a yoga session at Camp H. M. Smith.



Eight service members attended Judy A. Kosaka's (right) first yoga session aboard Camp H. M. Smith.

# 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.

### VP-47 5K Runway Run Sunday, 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.

### MCAS Tradewind Triathlon Sunday, Aug. 15

The MCAS Tradewind Triathlon is a challenging triathlon offered in Hawaii this year, so get registered early. It includes 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.

### 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.

### 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

### Criterion Bike Race Series

MCCS and others will conduct a series of Criterion bike races as part of the Commanding Officer's Semper Fit Series Sunday, June 13. Participants may sign up on-line for a fee at <http://www.mccshawaii.com/cgfit.htm>. The deadline for registration online for the June 13 race is Friday, June 11. You can register in person the day of the race by 2:30 p.m., 30 minutes prior to kick-off. Race participants may also turn in registration forms aboard MCB Hawaii at the Semper Fitness Center (Building 3037), and the Fit Center (Building 2C) aboard Camp Smith. Points of contact for these events are Staff Sgt. Salgado at 257-1113/8576 or [Karlo.Salgado@usmc.mil](mailto:Karlo.Salgado@usmc.mil), and MCCS Varsity Sports Coordinator Tina Lui at 254-7590 or [luicm@usmc-mccs.org](mailto:luicm@usmc-mccs.org).

### 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.

### 2010 Marine Corps Aviation Association Golf Tournament

The Marine Corps Aviation Association will host a golf tournament on Thursday, May 27 at the Kaneohe Klipper Golf Club. Check in begins at 10:30 a.m. and ends at 11:30 a.m. Prizes and awards for teams, longest drive, closest to pin, and more. First to pay, first to play. Teams will consist of four players and singles will be combined to form a team. For questions, or to submit an entry form and fees, contact the MAG-24 HQ, safety office at 257-3696, or send an e-mail to [frank.ormonde@usmc.mil](mailto:frank.ormonde@usmc.mil) or [michael.mills@usmc.mil](mailto:michael.mills@usmc.mil).

## 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.

**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.**

# Race fans unite!

**Lance Cpl. Vanessa M. American Horse**  
*Combat Correspondent*

If you were thrilled that NASCAR ran a race on Mother's Day for the first time this year and if your Valentine's Day plans included watching the Daytona 500, then Memorial Day weekend is like Christmas for race fans.

The 94th Indianapolis 500 and 51st Coca-Cola 600 will both run on the holiday weekend, grabbing the attention of both NASCAR and IndyCar fans worldwide. Many people criticize racing saying, who would want to watch cars go in circles for hours? But true fans know that it's about the cars, the camaraderie and sometimes the crashes.

To engineer a car that can drive 600 miles for four hours straight is incredible. It tests the limits of the machinery and it takes a lot of stamina and focus for the driver to not make any mistakes. That is another reason that the crashes are so compelling. No driver wants to cause or be involved in a crash

“

... true fans know it's about the cars, the camaraderie

”

Region, probably because they are more flexible and don't need a professional track to operate on.

Most people don't know that the Indy 500 is the largest single-day sporting event in the world. Indianapolis Motor Speedway sells out 257,000 bleacher seats and has infield seating that can host approximately 400,000.

So if your friends tease you and call you a redneck for enjoying a blue collar sport that is focused on hard work and dedication, rather than a pay check and fame like some other sports, let them. Just don't invite them over to your Memorial Day barbecue when you get to kick back, relax and watch the greatest spectacle in racing.

# VS

NASCAR

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](mailto: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.



AMERICAN HORSE



WOODALL

## Driving doesn't impress me

**Cpl. Danny H. Woodall**  
*Combat Correspondent*

Apparently, NASCAR has the largest fan base in the nation. Or at least that's what NASCAR fans say — I'm still waiting for some hard facts.

What will you be doing on Memorial Day weekend? Remembering those who have fallen in service of our country? Maybe finishing some work? Relaxing at the beach? All three are viable options. What about watching NASCAR's Coca-Cola 600? Nope. I bet it didn't even cross your mind. Ask any sports fan and they'll know when the real championships occur. The Super Bowl might as well be a national holiday. So should the NHL playoffs ... well, maybe not. I make fun of the NHL a lot, but there is a reason that major networks still broadcast their playoff series and not the "Hockey Channel."

NASCAR? IndyCar? Sprint Cup? Formula 1? Mario Kart? What are these? I tried to Wikipedia them but I fell asleep before I typed the "C" in NASCAR. What astounds me is how people can find NASCAR interesting. I'll spare you the "people just drive around in circles" argument because that just seems like something girlfriends tell their boyfriends. Trust me, I get it. There seem to be interesting storylines in NASCAR, and I'm sure going to see a live race is pretty entertaining.

However, driving really fast for a long time is not a sport. Any event derived from innovation or a basic human necessity cannot accurately be defined as a "sport." The car, for example, wasn't invented for racing. Years ago, some guy just liked cars and said, "I'm gonna drive fast." That's how NASCAR started. Racecar driving, skiing (invented by the Abominable Snowman as a means of transportation) and quilt-making fall under "hobbies." But look at basketball, football, baseball and hockey. No one invented the football and said, "You know what? Aside from a being a great back massager, this football thing is fun to throw too." The aforementioned sports were invented for one reason: for men and women to test their athletic ability in a conduit of humanity's potential to succeed.

And another thing, NASCAR drivers — what's with the ridiculous advertising? You really can't afford a car without having a thousand ads emblazoned on your vehicle? "Yep. That's my driver right there. Go Boudreaux's Butt Paste car!"

Most NASCAR fans say that I'm simply disconnected with the sport because I have no natural draw to it. Not true. I grew up a mere 10 miles away from the Texas Motor Speedway. Since 1995, some of racing's brightest stars have been in my backyard. Racers like ... uh ... OK, I don't know anyone. Not by choice, but out of a complete lack of interest.

“

Driving really fast for a long time is not a sport.”

*SALT, from B-1*

the U.S. Department of Agriculture's National Nutrient Database.

Eating takeout with less sodium is easier with new options at MCB Hawaii. Patrons of Anderson Hall Dining Facility's snack line can choose salads, sandwiches and wraps. The snack line items are made fresh daily and no additional salt is added. The new menu items debuted two months ago and are flying off the shelves, said Master Sgt. David Delcambre, mess hall manager, Headquarters Battalion.

"We make about 90 sandwiches at lunch and 40 salads," said Delcambre from Oceanside, Calif.

The mess hall manager recalls what infantry food was like when he first entered the Corps and how it met all the basic health standards providing little flavor or flair. Now, Delcambre said his department's goal is to put food on the plate that's good looking and good for diners.

"The eye appeal with the food we put out is definitely progressive," he said. "We're definitely interested in making sure it looks good. For a majority of people, if they don't like what they see, they're not interested in it."

Eating smaller meals during the evening, Lance Cpl. Bryan Flores, motor transport operator, Combat Logistics Battalion 3, said he likes having the wraps.

"I don't like greasy food or sugary food," said Flores, from Alexandria, Va. "I don't always check specifically for sodium, but I don't like salty food either."

*RACE, from B-1*

As cyclists filtered back to the hanger, they quickly laced their running shoes, got a drink of water and took to their last leg of the event.

All the while, family members and friends cheered for their athletes from the bleachers and staging area.

Running their 3.1-mile loop, participants drenched in sweat, slowly started trickling across the finish line where they were welcomed by cheering fans, cold beverages and sliced fruit.

"It's a great venue being on base, and it's a treat to be able to get onto the base and be here," said John Akana, participant.

Akana said he's no stranger to triathlons, participating in similar events since 1983. His advice for success is to get there early and know the course.

Akana was the overall winner of the triathlon. He crossed the finish line with an overall time of 57:48.

Other directors of MCB Hawaii's restaurants, including Jim Hamachek, general manager at the Kahuna's Complex, note there is a demand for more healthy choices from others like Flores. Since he's been manager, Hamachek has encouraged using more fresh food instead of pre-prepared food to serve to customers.

Diners at Kahuna's Enlisted Club can now choose to have garden burgers or salads on the side. He noted some customers were already ordering fresh vegetables, which contain potassium that can help process extra salt.

"Caesar salad was always a popular one for us," he said. "So we added a new section, because they kept asking for different toppings, we now have a 'Build Your Own Caesar Salad.'"

While both Delcambre and Hamachek said salt is definitely useful to add flavor and can make a difference, the two noted there are ways to flavor foods without over salting them. Although MCB Hawaii serves up alternatives for base workers and residents, Hamachek noted restaurants on and off base do need to address customers who want less sodium and more nutritious food.

"It's a big issue everywhere," said Hamachek, a Honolulu resident. "Trying to get people to eat healthier and provide fresh or locally grown items is important."

For more information about reducing salt consumption, log on the U.S. Food and Drug Administration's website: <http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm181577.htm>

He had a swim time of 6:52, a bike time of 26:54 and a run time of 22:34.

He said he was confident about his ability to compete in the event and all he wanted to was try and go as hard as his body would let him.

The overall female winner in the event was Maggs Morris with an overall time of 1:00:55, with a swim time of 8:19, a bike time of 28:45 and a run time of 22:34.

Once the last runner crossed the finish line, an awards ceremony was held for the first through third place winners in their respectable age groups. An award was also given out for the best relay team in the event. The relay teams had three people, with one individual participating in the swimming, cycling and running event. The race results can be viewed at <http://www.pseresults.com>.

The next race in the Commanding Officer's Fitness Series is the 5K Runaway Run on July 4.



Photo by Lance Cpl. Ronald W. Stauffer | Hawaii Marine

A cyclist participating in the Commanding Officer's Fitness Series' Sprint Triathlon Saturday pedals through an 11.1-mile journey around the base.

# Hawaii Marine Lifestyles



# Sail unset norkel pectacular

**Lance Cpl. Reece E. Lodder**  
Combat Correspondent

Nestled between palm trees and gorgeous beachfront at Waikiki Beach near the Outrigger Reef Hotel, the white and emerald-colored Outrigger Catamaran is popular for those wanting a unique sea adventure.

"Many people feel a certain connection to the ocean and come on the catamaran because they want to be here," said crewman Barrett Wolfe, a native of Manoa Valley. "We get some people who've never been out on the ocean before. To be a part of this experience is pretty awesome."

At 45-feet long and 24-feet wide, the Outrigger is able to accommodate 49 passengers. In addition to 40-HP engines, it features a digital Bose sound system, a bar, lounging nets, luxury mid-deck seating, two restrooms and a lifeguard certified crew.

"This catamaran is faster than the other ones [in Waikiki], but it's still nice and peaceful," said Tanya Pashkovsky, a native of Moses Lake, Wash. "I'll go on the cruise again just to relax."

Designed by prominent multihull designer Gino Morrelli, the former championship-racing catamaran has broke and set every racing record on the West Coast.

Since it caters to an expansive clientele, the Outrigger offers a cruise fit for everyone, including an aquatic eco tour, high-speed tradewind sailing and a sunset sail.

The cruises range in duration from 1 ½ to 2 ½ hours and are priced between \$30 and \$47 per person.

On the aquatic eco tour, patrons sail the waters off Diamond Head and snorkel in search of dolphins, whales,

flying fish and sea birds.

The high-speed tradewind sailing offers a brisk yet quiet cruise, while the sunset sail turns things up a notch by serving complimentary beverages including beer, wine, champagne, margaritas and the catamaran's own Rigger cocktail. Judging by the high amount of returning patrons, the experience is one worth repeating.

"We can pretty much guarantee a good time on this boat, especially for those [service members] who are just coming home," Wolfe said. "You can completely forget about everything on land when you're out on the ocean."

Known by his fellow crewmen as Bam-Bam, Wolfe described customers like an 82-year-old woman who has visited the catamaran faithfully for the last 27 years.

"She swan dives off the front of the boat, and brings friends and \$5 for a cocktail every time," Wolfe said. "When she passes on, she wants her ashes taken on this boat and spread on the ocean."

Wolfe attributed the catamaran's success to the crew's years of combined experience and passionate focus on customer service.

"It's our second time here [on the catamaran]," said Julie Korchemny, a native of Seattle. "We came back here because it's so fun."

Korchemny and six friends were vacationing in Waikiki to celebrate some recent college graduations.

"If I was here for three more days, I'd do it again," said Marvin Snodgrass, a Fort Thomas, Ky., native. "The cruise is like being in heaven. It's just a nice escape."

For more information on reservations and military discounts, call 922-2210.

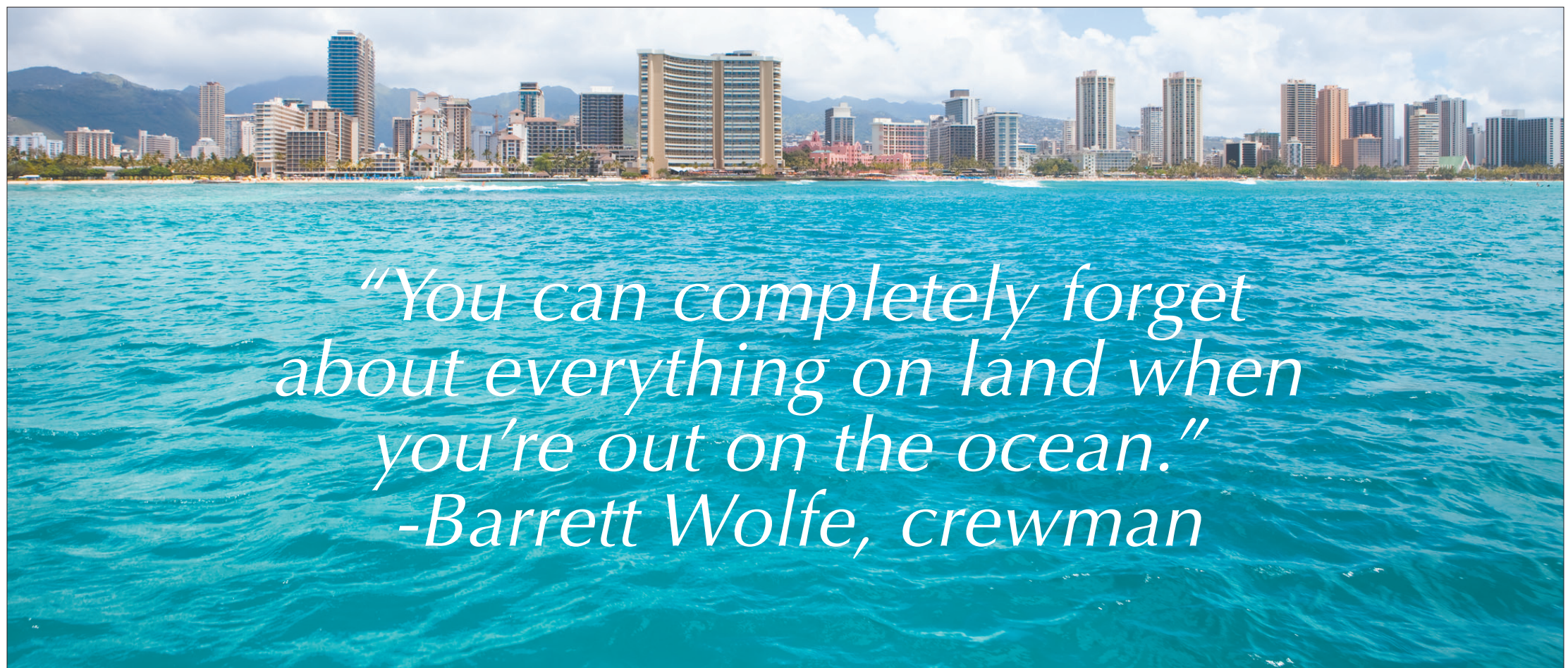


Photos by Lance Cpl. Reece E. Lodder | Hawaii Marine



Julia Lodder, a native of Everson, Wash., steers the Outrigger Catamaran back toward Waikiki Beach under the watchful eye of its skipper, "Captain John," on a tour Apr. 8. (Above) Barrett Wolfe, a native of Manoa Valley and a boatswain's mate on Outrigger Catamaran, blows on a conch shell to announce the catamaran's return to Waikiki.

Nestled between the beautiful blue sky and emerald water of Waikiki Beach, the Outrigger Catamaran awaits departure on the day's next cruise. In addition to its popular and highly touted sunset sail, the catamaran offers an aquatic eco tour and high-speed tradewind sailing. Known as the fastest catamaran in Waikiki, patrons enjoy breathtaking views of Waikiki Beach and the blue waters off Diamond Head.



*"You can completely forget about everything on land when you're out on the ocean."  
-Barrett Wolfe, crewman*

# PASS <sup>IN</sup> REVIEW



## Sharp fingers, dull story

**Cpl. Danny H. Woodall**  
*Combat Correspondent*

As a child, Freddy Krueger was my boogeyman. Mind you, not a romantic, KC and the Sunshine Band boogie man, but a horrifying, knife-handed monstrosity. The original "Nightmare on Elm Street" haunted my dreams. Every night, just before I went to sleep, I would lock all of the doors in my house and check my closet to see if he was there. Luckily, as an adult, I live in the barracks now and I just have one door to check. However, after seeing the newest installment in the "Nightmare" series, I don't think I'll lose any more sleep in fear of a (literally) nightmarish death.

Unfortunately, 2010's "Nightmare" broke my heart. Though Krueger terrifies me, I love that character. I've been tracking this film for more than a year. When I heard a new "Nightmare" was in the works, I broke out my fedora and made some alterations to my Rudolph the Red-Nosed Reindeer Christmas sweater. Now I realize my efforts were in vain.

The film opens with a classic Krueger death. Great start! Unfortunately, it was all downhill from there. Sticking to the original plot, Krueger (Jackie Earle Haley) is a gardener at a pre-school who is accused of physically and sexually abusing students. Taking justice into their own hands, the parents of the allegedly abused children hunt Krueger down and burn him alive. Thirteen years later, Krueger is a vengeful apparition exacting his revenge on youths by murdering them in their dreams.

That about sums up the film. "Nightmare" was marketed as a reimagining of the original films but failed to deliver. Horror fans can just as easily re-watch Wes Craven's original "Nightmare" than see this new one.

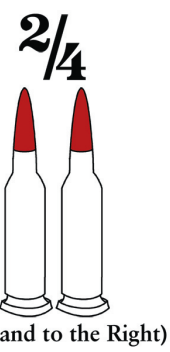
No thanks to producer

Michael Bay, I believe the franchise may be as dead as an Elm Street teenager. Bay, who also recently produced terrible remakes of "The Texas Chainsaw Massacre" and "Friday the Thirteenth," had all of the tools to make a decent "Nightmare" reimagining. But instead of taking a Rob Zombie approach in completely reworking a horror icon (see 2007's "Halloween"), Bay decided to give a bland screenplay to a director whose previous job had been making music videos. Also, in typical Bay fashion, he cast a slew of 25-year-old models to play high school students.

Originally, I thought Haley was an amazing choice to play Krueger — and I still do. As Rorschach in 2009's "Watchmen," Haley showed he had the perfect creep factor and voice talents to portray the wisecracking, undead serial killer made famous by Robert Englund. However, a combination of poor writing and a lame supporting cast made it nearly impossible for Haley to reach his full Krueger potential.

In the original "Nightmare" films, Englund flawlessly delivered tacky, yet hilarious puns and unleashed a bevy of creative deaths to wow audiences. It wasn't until the third or fourth "Nightmare" film that Englund's character lost its allure, thus fueling the fires for a much-anticipated franchise reboot.

Ultimately, this film, with its copy-and-paste screenplay and spineless attempt to take Krueger to new heights, fails both as a remake and tribute.



(High and to the Right)

## 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 ...

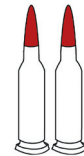
### 1/4 — No Impact, No Idea

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



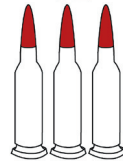
### 2/4 — High And To The Right

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.



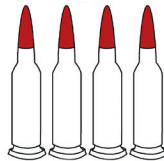
### 3/4 — On Target

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 hopes one day she'll see "Based on the book by Kristen Wong" on the big screen.



WOODALL

**Cpl. Danny H. Woodall says a good film is one** that serves its purpose, which is to allow its viewer a chance to escape from reality even for a brief two hours. He hates going to see a movie only to find his mind occupied with the next day's schedule rather than the film itself.

### Quick Hit

**"Nightmare on Elm Street (1984)"**  
**4 out of 4 (Confirmed Kill)**

Who wasn't at least a little afraid of seeing Freddy Krueger in their dreams when this movie came out?

Audiences completely identified with Tiny Gray and wondered what nightmare could be so horrible to invade her waking life. Before any other slasher movies tried, this original made viewers afraid to go to sleep at night. Or at all.

— **Christine Cabalo**



## One microphone, many laughs

Comedy Central presents its best

**Kristen Wong**  
*Photojournalist*

Every now and then, I could use some stand-up comedy to cheer me up at the end of a long day, and "The Best of Comedy Central Presents II: Uncensored," is one of the best DVDs to choose.

This 1998 DVD features eight rather amusing men, each taking their turn at the lone microphone.

For those who may have not watched this show before, Comedy Central features a comedian for an hour or so performing stand up comedy in front of an audience.

Thankfully, the DVD has all the comics separated into their own separate shows, so you can choose which you would like to watch, first, second or over and over again.

What's more, you get a simple taste of a comedian's style and jokes. This way, you get to sample comedians you never heard of.

I had never heard of Daniel Tosh, for instance, until I saw this DVD, and am now considering watching his solo performance DVD.

Some of these comedians clearly outshone each other in talent, although all of them were worthy of being on the DVD. Though you may not have heard of some of them, DVDs like this give you a taste of new comedy, and exposes comedians to a larger audience. Some move on to greater fame.

Famous comedians such as Dane Cook and Carlos Mencia have been featured on "Comedy Central Presents."

One who stands out the most is Mike Birbiglia, who wishes he could end his jokes with his own name, as rappers tend to do at the end of their lyrics.

Clearly, it worked, because his name is the first one that pops into my head when I think about this DVD. "Mike Birbiglia!" he says with a smile, ending his joke. Birbiglia also found a way to make people laugh simply by showing old holiday cards he had made out of construction paper for his family.

Frank Caliendo also stands out on this DVD. Caliendo, who can do near flawless impressions from Scooby Doo to Chris Farley, made me laugh till I couldn't breathe.

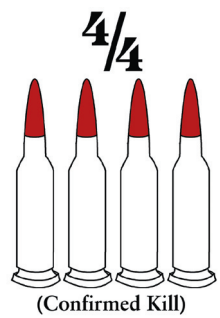
"Frankie would yooo like a piece o pah?" he says in an Adam Sandler-like voice.

One of the strangest comedians on this DVD was still just as funny. Zach Galifianakis speaks in a quiet, reflective tone, making people laugh through dance, song and written words on a large pad of paper.

He also sits at the piano, playing soft, meditative music, while cracking jokes.

This DVD is not suitable for children, but it's hilarious for adults. If you like this DVD, there are several others available, with more comics to enjoy.

I know I will.



(Confirmed Kill)

## TALK\* STORY

On this day in 1643, Louis XIV became the King of France at the age of four. What would be the best perk to being king?

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

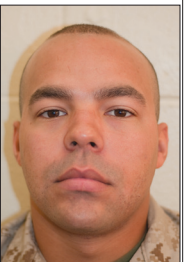


"Being wealthy. I would have two Chevy Avalanches."  
— Cpl. Albert Simmons



"Getting what I want when I wanted. [I would get my] dream car. Porsche 9-11 Twin Turbos."  
— Cpl. Ricardo Busse

"Permanent leave. You get paid but you're not at work."  
— Lance Cpl. Mark Bonty



# FRONT AND CENTER

## MARFORPAC BAND BOASTS ONLY FEMALE DRUM MAJOR IN CORPS

Lance Cpl. Vanessa M. American Horse  
Combat Correspondent

Staff Sgt. Stacie D. Beebe, U.S. Marine Corps Forces, Pacific Band member, not only leads the MarForPac marching band, but also sets a proficient example for any Marine.

She's also the only female drum major in any unit of the Corps.

"I'll tell anyone to not ever doubt yourself or your abilities. All it takes is a strong heart and mindset," Beebe said.

There have only been two other female Marines who have held this distinguished billet, including retired Master Sgt. Patricia Crimmins, who became the Corps' first female drum major on February 15, 1997.

"Traditionally you will see males in this position so it gives female Marines inspiration to strive harder," said Master Sgt. Stephen Jeremiah Jr., MarForPac Band Master and staff noncommissioned officer in charge, of Leesburg, Fla. "Staff Sgt. Beebe breaks the mold with her unique balance of professionalism and enthusiasm. She possesses a good mix of qualities that any Marine should have as a leader."

She's influenced other female Marines on base, as well.

"It's motivating," said Sgt. Monica A. Preston, MarForPac band member, of Massillon, Ohio. "She's a great Marine and musician. She has it together as the total package with her also being very physically fit. I believe that she is totally deserving in her role as



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

Staff Sgt. Stacie D. Beebe, MarForPac drum major, from Alvin, Texas marches in the annual Kaneohe Bay Christmas parade Dec. 5. Beebe is the only female drum major in the Corps.

drum major."

Beebe, an Alvin, Texas native, enlisted in the Marine Corps during her senior year at Alvin High School, and shortly after graduation, left for Marine Corps Recruit Depot Parris Island, S.C. to attend recruit training.

Upon completion, she attended the Basic Course at the Armed Forces School of Music in Norfolk, Virginia. She would later return to their Unit Leadership Course and complete the training as the honor graduate in 2007.

"Once I classed up, I was apprehensive about the ULC. I surprised myself by graduating with honors in such an academically demanding music course," Beebe said.

In May 2000, she was assigned to the Parris Island Marine Band as a flute instrumentalist. During her tour, she worked as a librarian, a training assistant, sang in the rock band, and earned the ranks of corporal and sergeant.

After deploying twice with the 3rd Marine Aircraft Wing Band at Marine Corps Air Station Miramar, Calif., she represented the Marine Corps as a flute instrumentalist with the Allied Forces Band in Naples, Italy.

"It was my greatest accomplishment to be one of three Marines representing the Corps in Italy," Beebe said.

Since January 2009, Beebe has been at her current duty station.

She recently performed in Australia and American Samoa and is looking forward to visit Mongolia and Cambodia later this year.

"Since being stationed here, the opportunity to travel to exotic places is exciting. I am seriously considering embassy duty in the future. But I just took on the role as drum major, so we'll see what happens," Beebe said.

Her co-workers consider her an asset to their unit.

"The people around her are lucky to see the human side of her," Jeremiah said. "She can be both serious and fun. Some Marines forget that it's not all about business all the time."



Beebe leads the the Marine Forces, Pacific Band, in the annual Kaneohe Bay Christmas parade on Dec. 5.



Beebe plays the flute along with the United States Marine Forces, Pacific Band in the American Samoa April 14.

# From Start to Finish

## Local recruiter helps build Corps' future

Lance Cpl.  
Reece E. Lodder  
Combat Correspondent

**KANEHOE, Hawaii** — Crimson, navy blue and gold walls encase the room. A weathered red pull-up bar stands near the door. Beyond it are two couches and a TV. The room reeks of motivation.

Looming over an array of brochure holders, a poster glares off the wall. On it, a wild-eyed drill instructor glares at a recruit and block lettering reads, "We don't promise you a rose garden."

However distant the memory of it may be, the recruiting substation is a place and atmosphere familiar to all Marines, especially for those like Staff Sgt. Jimmie Gotovich, Windward Oahu recruiter, Recruiting Substation Kaneohe.

"I always knew that the military was what I wanted to do," Gotovich said. "I wanted to defend and support my country — to do my part."

Gotovich reminisced about a time on the streets in New York when he and some friends met a political refugee from Iran. The weathered man shared how he'd been persecuted because of his thoughts and feelings toward his government, Gotovich said.

"You can't truly know how good you have it until you see how bad other people have it," Gotovich said of the experience. "It made me think objectively about what we have here in America, and made me want to do my part to represent my family and country."



Chae Hopkinson, a senior at James B. Castle High School in Kaneohe, swears into the Marine Corps Delayed Entry Program at Military Entrance Processing Station Honolulu.



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

Staff Sgt. Jimmie Gotovich, Windward Oahu recruiter, Recruiting Substation Kaneohe, jokes with a student during a visit to James B. Castle High School in Kaneohe.

Although he had been interested in joining the Navy, Gotovich received a call from Marine Corps recruiter Staff Sgt. Bobby Akers, RSS Poughkeepsie, N.Y. They met at the farm where Gotovich worked and talked in-depth about the Corps' intangible benefits.

"Joining the military became less important to me as an opportunity and more important as a civic duty," as a result of this meeting, Gotovich said.

Deciding to leave his hometown of Stanfordville, N.Y., a small farming community nestled between New York City and Albany, Gotovich reported to Marine Corps Recruit Depot Parris Island, S.C., for recruit training in August 2001. He was going through swim week during the Sept. 11, 2001 terrorist attacks.

After spending his first enlistment working in signals intelligence at the National Security Agency, Fort George G. Meade, Md., Gotovich received orders to 3rd Radio Battalion, Marine Corps Base Hawaii.

From Hawaii, he had the opportunity to deploy twice — with the 31st Marine Expeditionary Unit, Okinawa, Japan, in 2008, and in support of Joint Special Operations Task Force - Philippines in 2009.

By the time his tour in Hawaii concluded, Gotovich didn't want to leave. He had come to love Hawaii and been accepted into the community, he said. But he wouldn't have to worry about leaving — Gotovich was assigned to recruiting duty at RSS Kaneohe.

"I meet and deal with kids from all different backgrounds, so becoming another part of the community as opposed to an outsider is one of the biggest things," Gotovich said.

He attributed his success to learning and understanding the local pidgin language, and becoming a part of the community and culture.

"There are a few common bonds out here centered around the water," he said. "By surfing, fishing and skin diving, I've been able to build a repertoire with a lot of the kids."

Building this repertoire as an insider and a part of the community hasn't gone unnoticed.

"The big difference is that he's committed and takes a vested interest in both the applicant and parents," said Lee J. Hopkinson, a former Marine corporal. "He made us feel like more than a number. He's passionate for the applicant, family and the Corps."

Hopkinson's daughter Chae enlisted into the Marine Corps Delayed Entry Program April 1 at Military Entrance Processing Station Honolulu and is slated to leave for recruit training August.

"Jimmie spent all night prepping Chae, making sure she was mentally, physically and administratively prepared to swear in [to the DEP]," said Lee Hopkinson the day his daughter swore in. "And he's always taken the time to call, text and let us know what's going on."

Lee Hopkinson served as a heavy equipment mechanic from 1985 to 1992.

"This is a proud moment for us but also very nostalgic for me," said Charmaine Hopkinson, Chae's mother. She met her husband while he was serving on active duty. "It's a time of seeing my girl grow into a woman."

At a three-and-a-half hour parent meeting, Lee Hopkinson said he was able to swap sea stories with Gotovich. Chae Hopkinson saw the camaraderie the two Marines shared.

"I really want to have something I can be proud of, like you guys," she said.

Gotovich can relate to the desire for intangible benefits such as pride and discipline.

"The Marine Corps focuses on intangibles because it keeps us who we are," Gotovich said. "I help them understand everything they're getting involved in and ensure that it's right for their life. I'm just setting them up to make a better and more personal decision for their future success."

For Gotovich, recruiting is more than a numbers game.

"Being in the position in my career where I can find good quality kids to join the Marine Corps is the most rewarding part of my job," Gotovich said. "I'm out looking for the kids I'd want working for me in the fleet someday. It's our heart and soul that makes us Marines, so if I see they have what it takes, I'm going to give them the chance."



## Movie Times

**Prices:** All shows are \$3.25 for adults and \$2.25 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.

“Bounty Hunter” - PG-13	Today   7:15 p.m.
“She’s Out of My League” - R	Today   9:45 p.m.
“Diary of a Wimpy Kid” - PG	Saturday   7:15 p.m.
“Repo Men” - R	Saturday   9:45 p.m.
“How to Train Your Dragon” - PG	Sunday   2 p.m.
“Remember Me” - PG-13	Sunday   6:30 p.m.
“Bounty Hunter” - PG-13	Wednesday   6:30 p.m.

### Special Furlough Friday matinee today

“How to Train Your Dragon” Today | 11:30 a.m.

## USO, Honolulu celebrate military with parade, music, more

**Chuck Little**

*U.S. Marine Corps Forces, Pacific*

**HONOLULU** — The United Service Organizations and the City & County of Honolulu are co-sponsoring the premier event of the 2010 Military Appreciation Month: the “Aloha to Our Military Ohana – Then and Now” parade and post-parade festivities on Saturday, May 22 in Waikiki.

The parade, featuring marching units, marching bands, military vehicles and veterans from all branches of the service, will step off from Fort DeRussy at 9 a.m. and make its way down Kalakaua Avenue to Kapiolani Park.

Once at the park, military members, their families and the public will be treated to a day of great entertainment, starting at 10 a.m. with singer Dita Holyfield, blues rockers Friends of Adam, Henry Kapon and the Royal Hawaiian Band.

Cathy Foy and the Liberty Belles will follow, performing a variety of patriotic and Hawaiian tunes, and the Air Force Band of the Pacific, “Hana Hou,” will round out the afternoon’s entertainment.

There will be military displays and activities all throughout Kapiolani Park, and events throughout the day at the Honolulu Zoo, which will offer free admission to military members and their families.

Food and refreshments will be complimentary for active duty military and their immediate families and available for purchase to the general public.

For more information about this event, log onto Facebook and search for “Aloha To Our Military Ohana.”

## Marine Corps League to honor scholars at Marine Corps Base Hawaii reception today

**Press Release**

*Marine Corps League*

The Aloha Detachment of the Marine Corps League will host a Scholarship Recognition Reception today, May 14, beginning at 4:30 p.m. in the Maui room of the Koa Malina Officers’ Club at Marine Corps Base Hawaii.

This year’s \$2,000 scholarship recipients to be recognized at this premier event include Errol M. Vidad from Kalaheo High School’s Navy Junior Reserve Officer Training Corps, Ross Baker and DiShante Lewis from Kalaheo High School, Desiree Torres from Campbell High School’s Navy JROTC, Brandon Nuss from Castle High School’s Marine Corps JROTC, Shaniqua Vick-Ray from Radford High School’s Navy JROTC, KyLynn W. Richey from the Ko’olau Baptist Academy, and Rachel Urbano who is a home-schooled student.

The two \$1,000 scholarship recipients also to be recognized are James D. Beasley and Nicholas Watson, both students at Kalaheo High School.

This year’s scholarship program was open to all graduating seniors who were cadets in a Navy or Marine Corps JROTC program in Hawaii, or children of Marines or sailors stationed aboard Marine Corps Base Hawaii.

Most of the funds raised by the Marine Corps League for this year’s scholarships were from its 2009 New Year’s Eve gala event at MCB Hawaii, Kaneohe Bay. The public event raised more than \$16,000 from ticket sales and multiple auctions of donated artwork, golf excursions, hotel stays and more.

The event included nationally renowned comedic entertainment and food, and is expected to be held at MCB Hawaii, Kaneohe Bay again this year.

For additional information about the Marine Corps League’s Aloha Chapter, contact Alan Crouch at 744-0142.

# WORD TO PASS

## On Base

### College 101 Education Brief

May 17

This is scheduled at Camp Smith, MarForPac Bldg., Wing 3A from noon to 1 p.m. Weekly brief explains TA policies and procedures, JEC services, available testing and education/career opportunities.

Mandatory for all active duty planning to use Tuition Assistance benefit. Open to active duty, Reserves, family members, DoD civilians. POC is Craig Lockwood at 257-2158.

### TAP Seminar

May 17-20

This is scheduled at Bldg. 279, 2nd Deck from 8 a.m. to 4 p.m. Public Laws 101-510 and 107-103 require all transitioning service members to attend a TAP seminar prior to separation. Separating service members may attend a seminar within one year of separation date, but must attend NLT than 90 days prior to separation date. Primary POC for securing a slot is the Unit Transition Counselor. Call Jeff Esposito at 257-7790.

### Family Movie Day

May 23

Free screening of "How to Train your Dragon" hosted by MCCS Homefront. It is scheduled at the Base Theater from 1:30 to 4 p.m. Includes popcorn and drink for children. POC is Caron Ferguson at 257-2658/2410.

## In the Community

### May Day Celebration

Today

The 500th Military Intelligence Brigade is holding its Asian Pacific American Heritage Brigade May Day Celebration at Sills Field, Schofield Barracks, from 10 a.m. to 2 p.m. The community is welcome to attend.

It includes hula, Chinese dance and dragon show, food, entertainment kids activities and more. POCs are Sgt. 1st Class Tyson or Sgt. 1st Class Horn at 655-1125. E-mail 500mibde\_eo2@mi.army.mil.

### Hawaii Book and Music Festival

May 15-16

This free festival is at the Honolulu Hale civic center 10 a.m. to 5 p.m. each day. More than a dozen pavilions and stages are planned for this family-friendly festival.

Included are local, national and international authors, live performances, "Keiki Zone," food and more. See the website at <http://www.hawaiibookand-musicfestival.org>.

### Aikahi Elementary Fun Fair

May 21

From 2 to 6 p.m., there will be carnival games, waterslide inflatables, dunk tank, food and more at Aikahi Elementary School in Kailua. From 7 to 9 p.m a movie is scheduled. For more information, call Kathy Bryant at 262-6012.

# GIVE BACK TO YOUR COMMUNITY VOLUNTEER

### Aviation Museum looking for support

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.

### Koolau District Boy Scout Camporee

To celebrate the Boy Scouts of America's 100th Anniversary, the Koolau District is holding a Camporee aboard Marine Corps Base Hawaii May 14-16.

They are looking for prior Eagle Scouts, Boy Scouts, and Cub Scouts to volunteer

their time to support this event.

Positions vary, but will include assisting with the obstacle course, parking, security, and walking around to help scouts enjoy their experience at the Camporee. Call the volunteer coordinator AZCS Michael Quijano at 341-2058.

### 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 to 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.

For more information on volunteering at upcoming events, contact Tina Lui at 254-7590.

# Dancing the Night Away

Ballroom and Latin dancing lessons offered at Marine Corps Base Hawaii

**Kristen Wong**

Photojournalist

Learn to cut a rug like the pros — and work off some calories — at the new ballroom and Latin dancing classes offered through Marine Corps Community Services.

Kirsten Wilkinson, of Kaneohe, has been teaching ballroom dancing aboard Marine Corps Base Hawaii since April. Wilkinson offers six lessons a month of both Latin and Ballroom dancing at Kahuna's Community Ballroom. This month, registration will be held in front of the ballroom on May 18 from 4 to 5:30 p.m.

"I really think that dance is an integral part of everyone's life no matter where they are in life," Wilkinson said. "Dance encourages exercise, movement and creativity. It is something that stimulates mind, body and soul. Dance continues to give back to you as opposed to a treadmill. Eventually you will hit a wall with conventional exercise and there is very little room for personal creativity."

A professional dancer with her own dance group called KWdance Productions, Wilkinson has a bachelor's degree in dance performance from the University of Colorado at Boulder, and a master's degree in dance and research from American University. She has also taught ballroom dancing and performance while her husband worked in Cairo.

Couples and singles classes are being held on Tuesdays and Thursdays, May 18, 20, 25 and 27, and June 1 and 3. The ballroom course is held from 6 to 7 p.m. and the Latin course is held from 7:15 to 8:15 p.m. During ballroom dancing class, Wilkinson teaches dances like the foxtrot, waltz, tango and swing. During the Latin course, she teaches salsa, rumba and cha-cha.

Participants are asked not to wear workout clothes or short skirts. Women are encouraged to wear skirts but can wear slacks. Men are encouraged to wear slacks or khaki pants and collared shirts. Both men and women are asked to wear comfortable dress shoes and heels. Wilkinson recommends heels should not be more

than two inches high. Certain types of footwear, like boots or flipflops, are prohibited. If you feel like you have two left feet, you're not alone.

"Dancing is scary for all of us," Wilkinson said. "I still get butterflies when I learn a new move. I think the key to success is trying and knowing for every mistake that you make you're going to learn something."

Michael Laudier of McLean, Va., plans to sign up for salsa lessons with his wife. He has already taken dancing lessons for two years, but does say "it can be daunting sometimes dancing in front of people."

"Kirsten's an amazing teacher," said Laudier's wife. "It's a lot of fun and has a lot of experience."

Some service members got a taste of Wilkinson's dance lessons May 5 during Cinco De Mayo salsa lessons, like Lance Cpl. James Fetherston, a rifleman for 3rd Marine Regiment and Lance Cpl. Brian Pearce, a rifleman for 3rd Battalion, 3rd Marine Regiment. Neither Fetherston of Islip Terrace, N.Y., nor Pearce, of Los Angeles, had danced salsa before. But both found it fun and would consider lessons. Pearce said it was difficult at first to learn the backward steps in salsa.

Want to see for yourself? Wilkinson is offering a swing class from 8:30 to 9:30 p.m. at the community ballroom on May 28 and salsa classes from 8:30 to 9:30 p.m. on May 27 and June 11. These classes require no prior registration but there is a fee. There will also be classes offered on June 8 and 10, at the community ballroom — tango from 6 to 7 p.m. and Salsa from 7:15 to 8:15 p.m. Registration is on a first come, first served basis, from 5 to 6 p.m.

There will be no classes during July and August but they will resume in September. For more information, call Wilkinson at 349-3170.

## Upcoming classes

May 27 & June 11 — Salsa class, 8:30 to 9:30 p.m.

May 28 — Swing class, 8:30 to 9:30 p.m.

June 8, 10 — Tango class, 6 to 7 p.m.

June 8, 10 — Salsa class, 7:15 to 8:15 p.m.



Photos by Kristen Wong | Hawaii Marine

Kirsten Wilkinson leads salsa lessons at Kahuna's Bar and Grill May 5. Wilkinson will start teaching classes this month on Tuesday at Kahuna's Community Ballroom.



(LEFT) Michael Laudier, of McLean, Va., and his wife learn Salsa dancing at Kahuna's Bar and Grill May 5.



(RIGHT) Wilkinson teaches Lance Cpl. James Fetherston a few salsa moves at Kahuna's Bar and Grill May 5. Wilkinson has been teaching ballroom dancing aboard MCB Hawaii since April.