

Hawaii Marine

Honolulu honors military

Military Appreciation Month events happening this weekend

Kristen Wong
Photojournalist

HONOLULU — May has been a busy time on Oahu as organizations and businesses have been organizing special events for service members of all branches of the military. During Military Appreciation Month, an event called "Aloha to Our Military Ohana – Then and Now," is open to active duty service members, retirees and reservists, tomorrow.

Honolulu is holding Military Appreciation Month events, sponsored by the City and County of Honolulu, United Services Organization, BAE Systems, TriWest Healthcare Alliance and many more.

"Our military is our ohana," said Eva Laird Smith, director, USO Hawaii. "They're closest to our hearts, and we honor them for their bravery, dedication and service to our country. [The] USO is proud to be part of that tradition of honoring the military ohana and their families."

Smith, of Pearl City, said USO Hawaii is also grateful for assistance from the Chamber of Commerce of Hawaii.

There will be a parade starting at 9 a.m. at Fort DeRussy and ending at Kapiolani Park. Military veterans from the Korean War, members of the Chosin Few Hawaii Chapter, and veterans from the 100th Battalion and the 442nd Infantry will participate in the parade. There will also be color guards, military vehicles among many other parade guests.

The event's Grand Marshal will be retired Sgt. Maj. Allan Jay Kellogg, Jr., a Vietnam veteran and Medal of Honor recipient.

"The parade is the cornerstone event of Military Appreciation Month activities," said Chuck Little, deputy public affairs officer, U.S. Marine Corps Forces, Pacific. "We haven't had a parade on this scale to honor our men and women in uniform since 2006, and this will give the community a chance to come out and show their support for Hawaii's military services."

"The events in Kapiolani Park at the

See APPRECIATION, A-6

VP-9 deploys to Japan

Lt. j.g. Thomas W. Gallagher
Patrol Squadron Nine

This week, the Golden Eagles of Patrol Squadron Nine began their deployment as members of the command departed Marine Corps Base Hawaii for sites in both 5th and 7th Fleets areas of responsibility.

The command left on several airlifts spaced out over the course of the week with the first wave leaving Sunday. The Golden Eagles will be based out of Kadena Air Base, Japan supporting 7th Fleet, and Skaikh Isa Air Base, Bahrain supporting 5th Fleet operations.

Fresh off the heels of their change of command, the Golden Eagles now transition from a home cycle consisting of numerous exercises, training, and preparation to real world operational missions to include anti-submarine warfare operations, maritime patrol and reconnaissance missions, and supporting humanitarian assistance/disaster relief operations as required. The versatility of the venerable P-3C Orion airframe coupled with the tactical prowess of the Golden Eagle aircrews will ensure that VP-9 becomes an invaluable asset to the 5th and 7th fleet Combatant Commanders.

The Golden Eagles are led by their commanding officer, Cmdr. Dave Whitehead and the executive officer, Cmdr. Rich Prest. The squadron will serve a six month tour of duty before returning to MCB Hawaii in the fall.

"It's hard because it's my first deployment with him and I just found out yesterday that I was pregnant. It's exciting, but I'm nervous. We'll see how it goes."
— Elizabeth Arbanas



FAREWELL 'AMERICA'S BATTALION'



Lance Cpl. Vanessa M. American Horse | Hawaii Marine

(Top) Marines from 3rd Battalion, 3rd Marine Regiment board a bus at the parking lot by the chapel marking the beginning of their seven month deployment May 14. More than 1,000 Marines and sailors deployed with 3/3 in support of Operation Enduring Freedom in Afghanistan. "For two-thirds of our battalion, this is their first deployment," said Lt. Col. Jeffrey C. Holt, commanding officer, 3/3, of Dallas. "Those of us who have gone before really understand the environment of counterinsurgency, so I feel prepared for this deployment." (Middle) Lance Cpl. Bo Arbanas, rifleman, 3rd Battalion, 3rd Marine Regiment, kisses his wife before boarding a bus in the commissary parking lot here. As he let her go, tears streamed from her eyes and she watched him climb into the bus.

3/3 leaves in support of Operation Enduring Freedom

Lance Cpl. Vanessa M. American Horse
Combat Correspondent

Family members and friends attended the send off of more than 380 America's Battalion Marines from 3rd Battalion, 3rd Marine Regiment in the commissary parking lot May 14.

America's Battalion members are deploying to Nawa, Afghanistan in southern Helmand Province in support of Operation Enduring Freedom. First, they headed to Joint Base Pearl Harbor-Hickam, to begin a series of flights taking them to Afghanistan.

Their seven-month tour will relieve 1st Battalion, 3rd Marines from their combat duty,

where 3/3 will continue efforts to maintain a stronghold in the area from insurgents.

"For two-thirds of our battalion, this is their first deployment," said Lt. Col. Jeffrey C. Holt, commanding officer, 3/3, of Dallas. "Those of us who have gone before really understand the environment of counterinsurgency, so I feel prepared for this deployment."

America's Battalion first deployed to Afghanistan in October 2004 in support of OEF and after three deployments to Iraq, they're back in familiar ground.

"We know what we're doing, and we're certainly well trained. We've had a great pre-deployment training workup, so we look forward to going over there and doing what we

do best as Marines," Holt said.

With the most deployments of any Marine Corps battalion, 3/3 has certainly made sacrifices.

"We've had the least amount of time back home than the others, and we've also had the most sacrifice of casualties than any other marine regiment in the Marine Corps. That's a telling story on how much we've given to the war on terror," Holt said.

One family flew out from their hometown of Blanchard, Okla. to say farewell to their son, Lance Cpl. Noah Devilbiss, rifleman, 3/3. A week earlier, they welcomed their other

See 3/3, A-6

Making magnificent music

Military musicians treat audience to patriotic evening

Lance Cpl. Reece E. Lodder
Combat Correspondent

HONOLULU — In celebration of Armed Forces Day and Hawaii Military Appreciation Month, Honolulu's Hawaii Theatre was the venue for the 2010 Combined Military Band Concert Saturday.

Featuring Hawaii-assigned musicians from each military service, the concert was open to the public and performed for the 29th consecutive year, said Charlie Ota, vice president for military affairs, Chamber of Commerce Hawaii, and a retired Air Force lieutenant colonel.

The concert was sponsored by TriWest Healthcare Alliance and the Chamber of Commerce Hawaii.

"This concert is an opportunity for musicians from all services to



Lance Cpl. Reece E. Lodder | Hawaii Marine

Musicians from each of the military's services play magnificent music during the 2010 Combined Military Band Concert at the Hawaii Theatre Saturday.

combine their talents and put on a show for the public to enjoy," Ota said. "Hawaii is the home for approximately 120,000 veterans and military retirees, so this is a great way for the band to reach out to the community."

Chief Master Sgt. Larry D. MacTaggart, manager, Pacific Air Forces Band-Hawaii, and the concert's master of ceremonies, opened the evening and introduced the concert's host, Maj. Gen. Douglas Owens, Vice Commander, PACAF, Joint Base Pearl Harbor-Hickam, Hawaii.

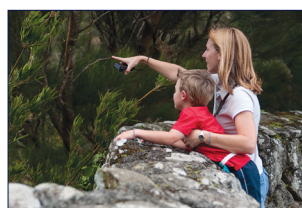
"Members of the local community are the ones providing us with support every day," Owens said. "Showcasing these bands in a joint concert provides a forum

See BAND, A-6

Inside today's Hawaii Marine

Dodgeball

CLB-3 wins first Intramural Dodgeball Tournament in convincing fashion, B-1



Island Tour

Marine and Family Services offers service members and their families, new to the island, a tour of Oahu, C-1

Weekend Forecast

Today

Scattered Showers
High — 82
Low — 74

Saturday

Scattered Showers
High — 83
Low — 73

Sunday

Scattered Showers
High — 83
Low — 73

NEWS BRIEFS

**Transportation to Aloha
for our Military Ohana**

For tomorrow's events, the Base Motor Pool has three buses reserved for transportation from Marine Corps Base Hawaii to Kapiolani Park for Military Appreciation Day. Pick ups aboard the base begin at 7 a.m. at Manana, 7:10 a.m. at Fort Hase lower field area, the Base Chapel at 7:25 a.m. and the Base Theater at 7:40 a.m. The pick ups will continue throughout the day every hour. The last bus leaves Kapiolani at 4:30 p.m. The celebration, including a parade and live entertainment, will run from 10 a.m. to 5 p.m. Also, the Honolulu Zoo is free for military members and their families with ID cards on that day and includes crafts, game and zoo visits from 9 a.m. to 3 p.m. as a part of the USO Hawaii's Military Appreciation Day.

POC is Eva Smith, USO Hawaii at 836-3351 or via e-mail at elsmith@uso.org.

Memorial Day Safety Stand Down

Base Safety will be conducting the Memorial Safety Stand Down and 101 Days of Summer on May 25-26. Topics covered will be suicide prevention, water safety, domestic violence and motorcycle/traffic safety. The four sessions are: May 25, MCB Hawaii Theater, from 9 to 11 a.m. or 1 to 3 p.m., May 26, MCB Hawaii Theater, from 9 to 11 a.m.; and May 26, Camp H.M. Smith Pollack Theater, from 1 to 3 p.m.

To reserve seating for any one of the four sessions, contact Base Safety at 257-1830.

Anderson Hall Chef of the Quarter

On Thursday, May 27, Anderson Hall will be hosting a Chef of the Quarter Competition from 11 a.m. to noon.

POC is Master Sgt. David Delcambre, Mess Hall Manager or Gunnery Sgt. William J. Allison Jr., Assistant Mess Hall Manager at 257-1004.

Road Closures**Lawrence Road**

Dates: May 19 - 21

Description: Closure of Lawrence will be closed to allow for telecom trenching. Proper signage and flag persons will be on site to direct traffic around the area

"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.

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.

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.

Important Phone Numbers:

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

Hawaii Marine

www.mcbh.usmc.mil

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A son A Marine An American Dream

"... I will support and defend the Constitution and laws of the United States of America against all enemies, foreign and domestic ..."

On May 12, Lance Cpl. Vitaly Zefirov raised his right hand, and recited the Oath of Allegiance for the first time as a U.S. citizen, during a Citizen Oath Ceremony in Honolulu. Described as "committed, determined, motivated, confident, enthusiastic, and reliable," by his co-workers, the Volgograd, Russia native moved to the U.S. in 2003. After finishing high school in McDonough, Georgia, Zefirov enlisted in what he heard was America's finest fighting force, the United States Marine Corps on Nov. 26, 2007. He has since excelled in the Corps, being recognized with numerous letters of appreciation for community and military service, while working as Manpower Chief for Manpower and Administration, Headquarters Battalion, Marine Corps Base Hawaii.

"Lance Cpl. Zefirov is not afraid to take on any task, even new areas of responsibility," said Master Sgt. Missler, SNCOIC, MP&A Plans and Operations. "He is a committed, hard-hard working Marine that enjoys new challenges, and a Marine who is highly regarded among juniors and seniors alike."



Photos by Cpl. Alesha R. Guard | Hawaii Marine

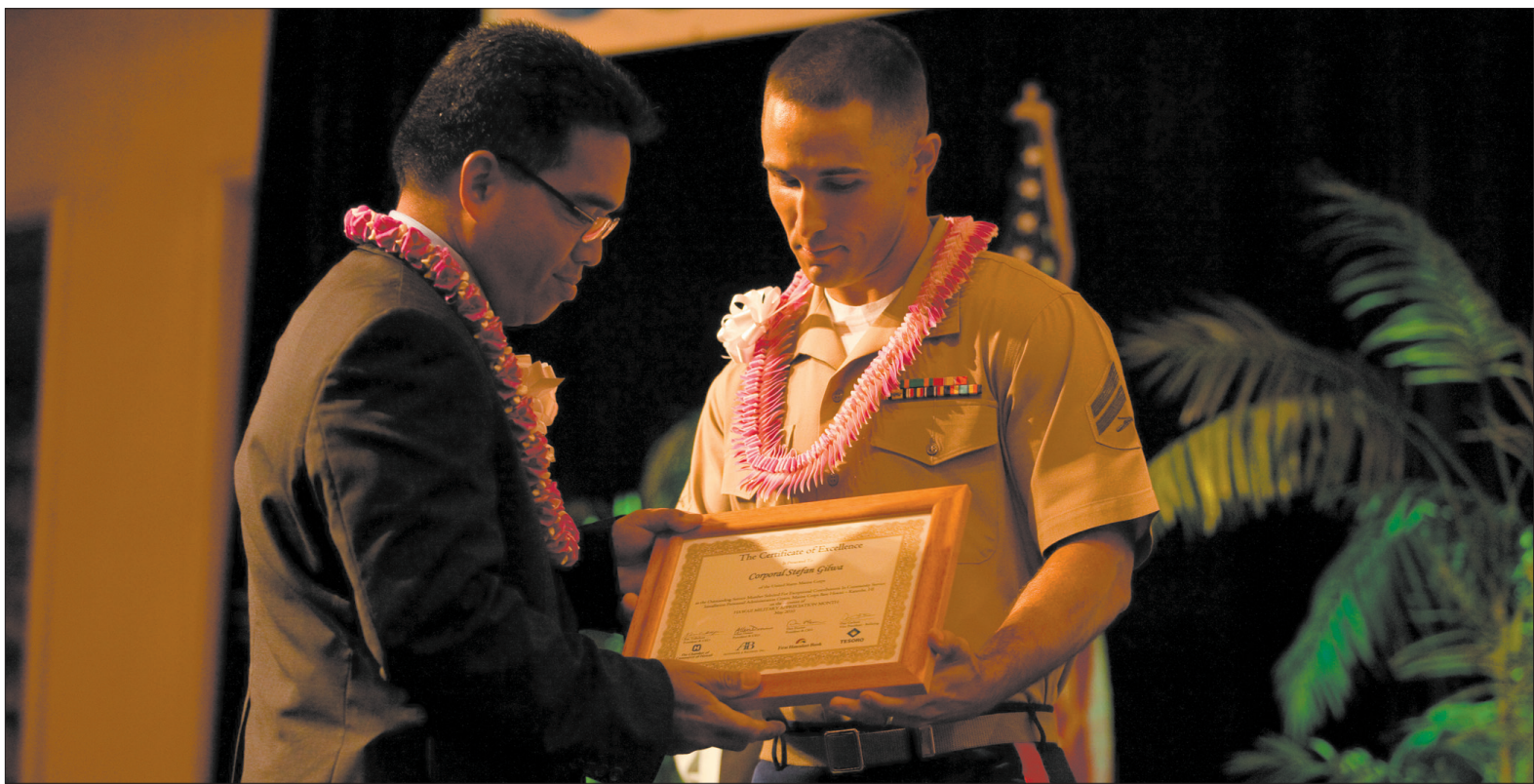
Lance Cpl. Vitaly Zefirov watches with pride during the playing of "Proud to be an American" at a Citizenship Oath Ceremony in Honolulu May 12.



Lance Cpl. Vitaly Zefirov stands tall as the color guard passes during the closing of the Citizenship Oath Ceremony in Honolulu May 12.



Lance Cpl. Zefirov stands with his parents after the Citizenship Oath Ceremony in Honolulu May 12.



Lance Cpl. Reece E. Lodder | Hawaii Marine

Cpl. Stefan A. Gliwa, operations and training staff noncommissioned officer in charge, Installation Personnel Administration Center, Marine Corps Base Hawaii, and a native of Lansing, Mich., is recognized as an outstanding service member selected for exceptional contributions in community service by Vic Angoco, vice president, Pacific Matson Navigation Company, during the 25th Annual Military Recognition Luncheon at the Hilton Hawaiian Village in Honolulu Tuesday.

Military members merit mahalo

Lance Cpl. Reece E. Lodder

Combat Correspondent

HONOLULU — Service members stationed in Hawaii were honored at the 25th Annual Military Recognition Luncheon at the Hilton Hawaiian Village in Honolulu Tuesday.

"We must never take for granted the freedoms we enjoy, provided by the service and sacrifices of our sons, daughters, mothers, fathers, friends and colleagues," said Jim Tollefson, president and chief executive officer, Chamber of Commerce of Hawaii. "Today we recognize those outstanding service members who went above and beyond to volunteer their time for many of our community projects and programs. You're not only the defenders of our nation, but you're also great neighbors."

Following the presentation of colors by the Joint Service Color Guard and singing of the national anthem by the St. Andrew's Priory Select Choir, Honolulu, the colors were retired.

Capt. Clifford Jones, chaplain, 15th Wing, Joint Base Pearl Harbor-Hickam, offered the invocation and lunch commenced.

After a brief luncheon, Hawaii Lt. Gov. James R. "Duke" Aiona Jr., took the stage to speak to the service members.

"Thank you for what you do in the community, for your support economically and for being the first responders in the event of a natural disaster," Aiona said. "We're all here for the same thing — to

open our grateful hearts for all of you in the armed forces."

A select group of service members, one from each branch, took the stage to be recognized for their outstanding participation in community service activities.

"These men and women in uniform are the finest our country has to offer," said Lt. Gen. Herbert J. Carlisle, commander, 13th Air Force, Joint Base Pearl Harbor-Hickam, and the luncheon's keynote speaker. "We're all blessed because they're the exception and not the rule."

Among the awardees was Cpl. Stefan A. Gliwa, operations and training staff noncommissioned officer in charge, Installation Personnel Administration Center, Marine Corps Base Hawaii, and a native of Lansing, Mich.

"It was a tremendous privilege to be invited to the luncheon and [be] recognized as I was," Gliwa said. "Representing the Marine Corps is a great honor for myself and my family."

Gliwa, who is responsible for more than 150 information technology assets and the training of more than 160 Marines and civilians, was the base's 2009 noncommissioned officer of the year.

He deployed with 1st Battalion, 12th Marines, Task Force Military Police, in support of Operation Iraqi Freedom from September 2008 to May 2009.

In addition to serving as the personnel

administration NCOIC and being entrusted with maintaining the records of more than 1,200 Marines and sailors, Gliwa logged approximately 300 hours working as a machine gunner with the battalion commanding officer's personal security detachment.

"We're so proud of Cpl. Gliwa," said Col. Robert D. Rice, commanding officer, MCB Hawaii. "He's a well-rounded individual, a combat veteran and does a great job working with Marines both on and off duty. He gives back to the local community with time and effort and has shown us what it is to be a Marine."

In addition to volunteering many off-duty hours at last year's BayFest community celebration, Gliwa regularly volunteers with the base Single Marine and Sailor Program and at Kailua Elementary through Hawaii's Adopt-a-School program. With others in his command, he works as a mentor to the elementary students through reading and physical education programs.

Gliwa, who earned a Bachelor of Science degree from Defiance College, Defiance, Ohio, isn't slowing down.

He recently submitted a package for the Marine Corps Enlisted Commissioning Program and will find out if he's been accepted mid-July.

"Volunteering isn't something I do for recognition," Gliwa said. "I enjoy doing it because it's part of who I am, and it makes me feel whole as a person."

AROUND THE CORPS

Your weekly guide to what's happening around the Corps

This week's top story

East Coast



Lance Cpl. Brian Adam Jones | Marine Corps Air Station Cherry Point

2nd MAW MP Co. sharpens skills, learns from Camp Lejeune SRT Marines

MARINE CORPS AIR STATION CHERRY POINT, N.C. — With storms encroaching on the 2nd Marine Aircraft Wing's military police company's field exercise, the Marines were anything but discouraged.

"I hope it pours," said 1st Sgt. Wilbur T. Amaker, the company first sergeant. "Maybe we can get a swim qualification out of this."

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

West Coast



Pic. Michelle S. Mattei | Marine Corps Base Camp Pendleton

Cultures collide at Camp Pendleton's multicultural celebration

MARINE CORPS BASE CAMP PENDLETON, Calif. — Hundreds from the base community poured onto Camp Pendleton's 11 Area football field to experience the traditions of more than a dozen different cultures during base's 5th Annual Multicultural Day Celebration, May 13.

During the 4-hour affair, themed "Celebrate America," local residents had the opportunity to visit more than 20 booths.

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

Overseas



Lance Cpl. Chris Kutlesa | Marine Corps Air Station Iwakuni

Annual Friendship Day air show draws 265,000 spectators aboard station

MARINE CORPS AIR STATION IWAKUNI, Japan — Just as the sun rose, a mass of Japanese people flooded the air station to secure a seat for the 38th annual Friendship Day air show here May 5. It garnered a crowd of 265,000. Any other day, a person would be required to provide proper clearance to board the air station, but for one day, everyone is allowed through the gates to experience a day of aerobatic performances.

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



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Maj. Paul Greenberg | Marine Forces Reserve

A Marine and a Moroccan soldier grapple during Marine Corps Martial Arts training class at Tifnit training area in Morocco May 16. More than 700 active duty and reserve Marines and sailors from Marine Forces Reserve are scheduled to deploy here.

Marines, Moroccans grapple toward closer ties

Maj. Paul Greenberg

Marine Forces Reserve

TIFNIT, Morocco — Marines and their Moroccan Army counterparts conducted Marine Corps Martial Arts training together at Tifnit training area here May 16 as part of Exercise African Lion, a combined and joint exercise designed to enhance interoperability of the two nations' armed forces and forge camaraderie between the troops.

"This gives the Moroccans the chance to work together with us, test themselves against us, and work through all the different MCMAP techniques, such as ground fighting. It really builds trust between the nations from the ground up," said

Capt. Cole Clements, 29, of Douglassville, Texas. "Anytime you can come to a foreign country, especially one with an excellent climate and interesting culture like Morocco, it's a great experience for the Marines."

Clements is the commanding officer of Company F, Anti-Terrorism Battalion, a Marine Forces Reserve unit based in Lafayette, La. He arrived here May 14 with a team of about 20 active duty and enlisted Marines and sailors from his unit.

Clements' Marines are putting the Moroccan troops through a grueling two-week MCMAP gauntlet, at the end of which most of the soldiers would qualify for the equivalent of a gray or green belt.

The troops spent Sunday morning grappling in the dirt, practicing the MCMAP techniques under the supervision of Staff Sgt. Jason Oudit, a green-belt instructor.

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

Top story from the front



Cpl. Skyler Tooker | Regimental Combat Team 7

Many corpsmen including Seaman Anderson Hernandez, with Kilo Company, 3rd Battalion, 6th Marine Regiment, have put their medical training to the test as soon as 3/6 arrived in Marjah, Helmand province, Islamic Republic of Afghanistan in February.

Corpsmen keep Marjah Marines in the fight

Cpl. Skyler Tooker

Regimental Combat Team 7

MARJAH, Helmand province, Islamic Republic of Afghanistan — For corpsmen with 3rd Battalion, 6th Marine Regiment, a slow day is a good day.

With a slower work pace since Operation Moshtarak commenced in mid-February, the corpsmen finally have time to catch their breath, throwing their feet up in their new lounge comprised of sandbags. They have earned a little downtime.

It was a busy two months for the corpsmen with 3/6, when the Marines and sailors arrived in Marjah, treating the wounded throughout their area of operations.

Seaman Anderson Hernandez, a corpsman with 3/6, and other corpsmen found themselves in harm's way to accomplish their mission of treating the Marines.

The corpsmen, at times, even treat the enemy for battle wounds.

"HN Hernandez is as close to a Marine as you can get," said Staff Sgt. Joseph Wright, platoon sergeant for 2nd Platoon, Kilo Company, 3/6.

"On numerous occasions he has run under machine-gun fire to aid Marines and our Afghan allies. He is a vital part of the platoon and the Marines respect him. We wouldn't want to go anywhere without corpsmen. It is their guidance and their hand that actually keeps us alive when bad things do happen."

The corpsmen have not been as busy lately, now that the Marines have maintained a strong presence in Marjah.

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

ANTI-TERRORISM BATTALION MEETS ITS M.A.T.C.H.

Lance Cpl. Vanessa M. American Horse
Combat Correspondent

Second Platoon, Company F, Anti-Terrorism Battalion, 4th Marine Division, Marine Forces Reserve unit conducted military operations on urban terrain training at the Kaneohe Bay range last weekend.

"This is a unique group," said Gunnery Sgt. Jared W. Miller, from Amarillo, Texas, personnel chief, Detachment 4th Force, 2nd and 3rd pl., AT Bn. "Most of these guys are locals from the Hawaiian islands, so it's nice to get them all together to train in their own backyard."

The reservists began their training with their gas chamber requalification at Marine Corps Base Hawaii gas chamber with chemical, biological, radiological and nuclear personnel May 14. Afterward, they drew blue-barrel weapons from the armory to perform special effects small arms marking systems training. The platoon was designated on range 3, performing in a modular armored tactical combat house, and otherwise known as a shoot house.

"This is a good opportunity for younger Marines to get the most realistic training," said Kailua native, Cpl. Isaac K. Yuen, rifleman, AT Bn. "The shoot house is the best way to strengthen the platoons standard operating procedures."

A glass or tape house is set up next to the shoot house to prepare the Marines for close quarters combat combined with room-to-room clearing. The glass house models the shoot house on the ground level, but has no walls so that inspector-instructor staff can evaluate the Marines as they perform dry runs.

"We can critique the Marines as they go through, that way we can pinpoint mistakes. The corrections stress the seriousness of clearing rooms in combat properly," Miller said.

The platoon spent Saturday going through dry runs and walk and talks. Their platoon sergeant monitored their progress and evaluated the Marines within their fire teams to prepare them for the M.A.T.C.H. house.

"All the drills give us a heads up on what things are going to be like in country," said Lance Cpl. Evan R. Miller, field radio operator, AT Bn. from Marysville, Calif. "We don't always think about the gear, heat, dehydration and being on our feet all day. This exercise gives us the discipline regarding weapon control and deadly MOUT combat."

After practicing the drills, a few Marines were lucky enough to jump in on a pistol qualification on another range that day said Gunnery Sgt. Miller.

The reservists executed the room to room clearing in the M.A.T.C.H. house with simulation rounds in their rifles and pistols on Sunday.

Groups of two and four-man fire teams swept through the two-story training facility with precision.

"Our prior-service Marines are teaching the new Marines what they've learned in combat. They've learned from their mistakes, so they can answer questions and make things work for everyone," Yuen said.

With their reserve status, the platoon doesn't have many opportunities to get together and train since some of the Marines live as far as Guam.

"While everyone is out here, I'm going to try and get them to go paintballing with me at Bellows Air Force Station. It's a good way for us to practice MOUT training on our own," Lance Cpl. Miller said.



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



[Clockwise from top left] A fire team from 2nd Platoon, Company F, Anti-Terrorism Battalion, 4th Marine Division, Marine Forces Reserve practiced military operations on urban terrain training at the Kaneohe Bay range Sunday. A four-man fire team from 2nd Platoon, Company F, Anti-Terrorism Battalion, 4th Marine Division, Marine Forces Reserve unit practices room to room clearing in a modular armored tactical combat house, otherwise known as a shoot house. A Marine from 2nd Platoon, Company F, Anti-Terrorism Battalion, 4th Marine Division, Marine Forces Reserve practices room to room clearing in the glass house. A Marine loads blank rounds into his magazine during the company assault exercise.

Patrol Squadron Four changes command



Kristen Wong | Hawaii Marine

Navy Cmdr. Stephen L. Newlund, incoming commanding officer, addresses the sailors and guests at Patrol Squadron Four's change of command at Hangar 104 May 13. Cmdr. Jack S. Thomas, of San Diego, turned over command to Newlund. The formal ceremony included special awards and words from both commanders, and a speech from New York native Rear Adm. William F. Moran, commander, Commander, Patrol and Reconnaissance Group.

3/3, from A-1

son, Sgt. Gideon Devilbliss, back from Afghanistan who is a Marine stationed at Marine Corps Air Ground Combat Center, Calif.

"This is what we chose to do. If I could give him any advice, it would be to make sure he takes care of his buddies out there," Sgt. Gideon Devilbliss said.

As the Marines said their final goodbyes and lined up to board the buses, emotions ran high. Some family members left right away

after the last hug and others stayed to wave goodbye to the departing buses.

Lance Cpl. Bo Arbanas, rifleman, 3/3, held on to his wife until the final seconds before he had to go. As he let her go, tears streamed from her eyes as she watched him climb into the bus.

"It's hard because it's my first deployment with him, and I just found out yesterday that I was pregnant," she said. "It's exciting, but I'm nervous. We'll see how it goes," she said.

APPRECIATION, from A-1

parade route's end — including free food and refreshments for military ID card holders, entertainment and displays — are just another way for the community to thank those who have sacrificed so much on our behalf."

Little, of Richmond, Va., is part of the parade committee. This year, the committee helped put together a Facebook page for people to receive more information and photos. Little said more than 120 people have already "liked" the page, and many more are visiting.

There will be parking available at Kapiolani Community College. There will be a shuttle service from 7:30 a.m. to 4 p.m., which will take patrons from the college to Kapiolani Park, where there is live entertainment and food from 10 a.m. to 5 p.m. Food will be free for active

duty service members and their families. Entertainment includes the Air Force Band of the Pacific and Cathy Foy and the Liberty Belles.

Marine Corps Base Hawaii is also offering shuttle buses from the base and Manana Housing to Waikiki and back. Manana Housing pick ups begin at 7 a.m. A bus will begin pick ups at the field area of Fort Hase at 7:10 a.m., the Base Chapel at 7:25 a.m. and the Base Theater at 7:40 a.m. There will be ongoing pickups each hour until the last bus leaves the Honolulu Zoo at 4:30 p.m.

The buses on MCB Hawaii can hold up to 46 passengers, according to William Otto, supervisor, Base Motor Pool. Otto, a native of Parkersburg, W. Va., said the bus going to Manana Housing holds 28 passengers. Food and drinks are not permitted on the bus aside from baby bottles and sippy cups with water.

Just as they've done in the past,



Lance Cpl. Reece E. Lodder | Hawaii Marine

BAND, from A-1

for the community to experience and enjoy the musical talents of our military."

After Owens turned over the floor to the band, the program began with a spirited Scottish dance directed by Capt. Michael Willen, PACAF Band-Hawaii.

Following a second song, the program progressed, and a conductor from each service had the chance to direct the band.

Near the end of the program, Chief Warrant Officer 2 Bryan Sherlock, officer in charge, U.S. Marine Corps Forces, Pacific Band, and a native of Indianapolis, Ind., took the stage to conduct James Becke's "Liberty for All," as Master Sgt. Stephen Jeremiah, band master and staff noncommissioned officer in charge, MarForPac Band, and a native of Leesburg, Fla., offered a stirring accompanying narration.

"It's a real joy to get together with the other bands," Sherlock said. "The quality of the combined band is

incredible."

The concert concluded with an Armed Services' medley conducted by each respective band's senior enlisted service member.

Before the start of the Marine's Hymn, Jeremiah took center stage, snapped to the position of attention, bowed to the audience and then began conducting the song.

Scanning over the crowd, one could see retired and active duty Marines alike standing tall. Several "ooh-rah's" rang out from the back of the room.

"The public always has perceptions about the military," Jeremiah said. "This concert gives them another venue to see the face of today's military."

This was echoed by the smiling faces of awed concertgoers.

"The concert was fantastic," said Dave Conklin, a retired Army lieutenant colonel who attended the concert for the first time this year. "I've never heard any other band perform at that caliber. If that doesn't

get your blood pumping, I don't know what will!"

As a part of a long-lasting and enjoyable tradition, the concert won't be going away any time soon.

"This is the least we can do to support our service members and their families during Military Appreciation Month," said Karl Kiyokawa, vice president of Hawaii operations, TriWest Healthcare Alliance. "We want to give back to the service members — they're doing the heavy lifting."

On Sept. 6, 1922, Honolulu's beautiful Hawaii Theatre opened its doors as a showplace for vaudeville, plays, musicals and silent films. After thriving for years, however, the theatre fell into disrepair and the land lease was abandoned by the parent company in 1986.

Recognizing the theatre's historic significance, a nonprofit corporation, the Hawaii Theatre Center, formed to save the theatre. In May 1996, they reopened it as a state-of-the-art, 1,400-seat performance center.

Learning Pashto



Christine Cabalo | Hawaii Marine

Watching and listening to a conversation in Pashto, Marines from 2nd Battalion, 3rd Marine Regiment practice at one of the language labs aboard Marine Corps Base Hawaii May 14. During training, the eight Marines studied writing and speaking the Afghanistan dialect.

USO is offering service members and their families free admission with a valid military ID to the Honolulu Zoo from 9 a.m. to 3 p.m. The zoo will have arts and crafts and games available.

Newt Sanson, family readiness officer, Marine Heavy Helicopter Squadron 362, attended the Honolulu Zoo during Military Appreciation Day last year. He encourages military personnel to attend the festivities this year.

"It's good bonding time for those Marines [and sailors] who are able to go [to places like the zoo]," Sanson, of Mayflower, Ark., said. "That's quality time [with family] they may not have due to deployments."

For those who can't make the celebration, they can take in a Hawaii Military Bands Mele at Kuroda Field on Fort DeRussy, from 7 to 10 p.m. on May 29. There, multiple military marching bands will perform.

H1N1 immunization still available

Christine Cabalo

Photojournalist

For those who thought it was too late to get free vaccinations for H1N1, think again.

Service members and their families can still get immunized for free at Naval Medical Clinic Hawaii locations, including the Kaneohe Bay branch.

“Especially in Hawaii, there are cases of influenza year round,” said Petty Officer 1st Class Craig Humes, preventive medicine technician, Naval Health Clinic Hawaii. “There isn’t a flu season here because we see cases all year, and the rate of influenza infection in some areas can be high.”

The Center of Disease Control reported the first cases of H1N1 swine flu in Mexico May 2009. More than 16,900 people around the world have died after contracting the 2009 H1N1 strain, according to a March 2010 update from the World Health Organization.

Medical manufacturers are already working on a new version of the vaccine for the 2010-2011 flu season, but it is still months away from becoming widely available, said Lance Golder, military vaccine analyst, U.S. Pacific Command.

“The big problem with flu is that it’s just a wonderful shape shifter,” said Golder, a Honolulu resident. “With flu, it just moves and shifts so much. ... With most vaccines, once you create one for yellow fever or tetanus, it works for years and years. With flu, it shifts so much, you’re always having to change it every year.”

The 2009 vaccine is still available to service members and their families at any of the Hawaii clinics, said Humes, from Georgetown, S.C.

With an estimated 98 percent of active-duty Marines vaccinated, the preventive medicine technician said the campaign to encourage military family

members continues on.

Children are one of the high-risk groups for developing flu-complications, according to the March 2010 WHO report. The report noted children under 5 had the highest hospitalization rate.

Both Humes and Golder noted many children locally received a dose of flu vaccinations at their schools, but it’s equally important for parents to ensure children receive a second booster shot to meet CDC recommendations.

Another group still at a high risk for complications are pregnant women, who are encouraged to receive seasonal flu vaccinations as well.

“If you looked at which groups that were being impacted the most, it was pregnant woman,” Golder said. “If they caught H1N1, they were getting very sick and dying at a much higher rate than normal populations.”

Both Golder and Humes noted since Hawaii sees flu cases all year, it’s never too late to get vaccinated.

Walk-in appointments for children and adults are available during the week at the clinics, including the Kaneohe Bay branch. Anytime someone comes into the K-Bay Immunizations clinic for routine vaccines, medical officials check to see if they’ve had their H1N1 vaccine, said Donna Miller, Immunizations Department licensed practical nurse, Naval Health Clinic Hawaii.

“H1N1 is still out there,” said Miller, of Morehead, S.C. “We follow CDC guidelines, and the CDC is still strongly recommending it. So are pediatricians here.”

For more information about vaccinations, log on to: www.med.navy.mil/sites/nhch/Patients/Pages/FluImmunizationInformation.aspx.

For parents bringing in children to receive their second dose of H1N1 Vaccine, bring military ID and documentation from your child’s school confirming the first dose was given.



Lance Cpl. Colby W. Brown | LF CARAT

A soldier from the Royal Brunei Landing Force enters a room to search and clear it after Marines, from the Landing Force participating Cooperation Afloat Readiness and Training (CARAT) Brunei 2010, taught the fundamental techniques of Military Operations in Urban Terrain (MOUT) May 3. More than 45 Marines from the LF trained with RBLF soldiers as part of LF CARAT-2010, a series of bilateral exercises held annually in Southeast Asia to strengthen relationships and to enhance force readiness.

Warfare urban style; LF CARAT- 2010 train with RBLF

Lance Cpl. Colby W. Brown

LF CARAT

RIMBA AIR BASE, Brunei — At an abandoned building with a tree growing from the roof’s rain gutter and grass breaking cracks through concrete floors, Marines introduced a tactic in warfare, new to soldiers from the Royal Brunei Landing Force — Military Operations in Urban Terrain (MOUT).

More than 45 Marines from the Landing Force participating in Cooperation Afloat Readiness and Training (CARAT) Brunei 2010 came here May 3-7, to train with and teach soldiers from the RBLF.

The training exercise was an opportunity for Marines to teach the RBLF soldiers about MOUT, fundamentals in mechanical breaching of doors, windows and other entrances and to maintain a working relationship for future operations.

“For me and as a unit of the Royal Brunei Landing Force, while practicing MOUT, we haven’t set up our own tactics,” said 2nd Lt. Ali Saufi Ali Safiam, 8th Platoon commander, Company C, 1st Battalion, RBLF. “So

this is a chance to learn something and progress on it. I haven’t seen my men this excited. There is a lot of concentration of fighting in an urban environment, so this is a good step for our forces.”

During the week, Marines taught soldiers of the RBLF how to correctly enter a room and clear it. The first days were conducted without ammunition, allowing the RBLF soldiers to become comfortable with the fundamentals. The last day culminated the MOUT training with smoke grenades, flash bangs and blank rounds to make the training more realistic, as both Marines and RBLF soldiers cleared the abandoned building.

Also included during the week was the proper setup and execution of vehicle check points, as well as cordon and search of a possibly hostile area.

“I like that the RBLF soldiers are eager to learn,” said Sgt. Jason Shaffer, 3rd Platoon sergeant, Company A, native of Kalamazoo, Mich. “They want to learn, they ask questions about how to do things the right way and that shows me they are eager. During the training I learn how they operate. I learn how they

communicate with each other during an operation.”

Mechanical breaching of entrances to the building was also demonstrated and taught during the week by the Marines of the Combat Engineer Platoon. The soldiers of RBLF were able to use breaching equipment, provided by the Marine Combat Engineer Platoon, and practiced the right techniques of breaching doors, windows and other means of entrance.

Throughout the training, Marines and RBLF soldiers melded as a fighting force and built personal friendships.

“It’s a very good exercise,” said Pvt. Azmain Amzar, infantryman, Company C, RBLF. “You come here and we have good instructors. We can be friends. You only came for a week, I wish it was longer.”

Marines and RBLF soldiers were also able to exchange knowledge about gear they use.

“We are honored by your cooperation and teaching us here and helping us better ourselves as a force,” Ali Safiam said. “We love to learn something new — all the tactics, and it is always good to get to know each other’s forces.”

Sports & Health



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

CLB-3 Dirty Squirrels race against Marine Corps Air Station for dodgeballs during the first Intramural Dodgeball Tournament held at Semper Fit Gymnasium May 14.

CPRW-2 TAKES INTRAMURAL BASEBALL CHAMPIONSHIP

Staff
CPRW-2

The Commander, Patrol and Reconnaissance Wing Two Eagles recently won the Marine Corps Base Hawaii Intramural Baseball championship — besting a three game series against Marine Aviation Logistics Squadron 24. They brought home the trophy May 10.

The first game of the series was a nail biter with MALS-24 jumping out to an early 10 run lead. The Eagles jumped back after a few innings and bettered them 14-13 in extra innings.

Game two was slow as both teams saw fatigue in the bullpen. The game was quick and MALS-24 won with a home run and a sacrifice fly to end the game.

Game three proved to be a test for everyone. The final contest started off with the Eagles clinching the first inning with one run. MALS-24 came back in the next inning with two runs, bringing the score to 3-1.

Both teams fought hard and continued to battle each other until they tied 6-6 in the bottom of the sixth. MALS-24 brought in a relief pitcher and the Eagles put up three runs.

The Eagles put in relief pitcher Jason Watson and MALS-24 tied the game again 9-9 with some good hitting.

The Eagles went into the eighth inning with attitude, bringing in five runs, ticking the board up 14-9. In the bottom half, relief pitcher Anthony Valence hit the mound. The Eagles forced a walk, but MALS-24 followed up with a triple, bringing the score to 14-12.

One more runner would come around before Valence struck out the third out.

"The team fought real hard all series," said coach Matthew Lawyer. "This is most likely my last season coaching, so after five years and many second place trophies, it's nice to finally bring home the big one."

"Some of these guys have played for me before and like any good team those who stick together prevail in the end. Great job Eagles," he said.

"THE TEAM FOUGHT REAL
HARD ALL SERIES ...
IT'S NICE TO FINALLY BRING
HOME THE BIG ONE."

- MATTHEW LAWYER,
CPRW-2 COACH



Courtesy Photo | CPRW-2

Petty Officer 2nd Class Cory Buel warms up for the championship on May 10.

If you can dodge a wrench ...

CLB-3 WINS INTRAMURAL DODGEBALL CHAMPIONSHIP

Lance Cpl. Vanessa M. American Horse
Combat Correspondent

The crowd went berserk when the first place Combat Logistics Battalion 3 Dirty Squirrels pelted the second place Marine Corps Air Station team into submission at the first Intramural Dodgeball Tournament held at Semper Fit Gymnasium May 14.

"Half of our players just got out of high school," said Dirty Squirrels player Christopher R. Chapman of Bristol, Va. "They just played dodgeball, like, a couple of weeks ago. So, no wonder they have skills."

The tournament hosted a total of four teams. The other two teams were the Commander, Patrol and Reconnaissance Wing 2 Beauty and the Geeks and the Headquarters Battalion We're Aiming for the Fat Kid.

Matches were six minutes long or shorter, depending whether or not a team was eliminated prior to the buzzer. Teams could have 10 players each, but only have a maximum of six players on the court at a time.

The first match put MCAS against CLB-3. It lasted a brief minute and a half before the Dirty Squirrels eliminated their opponent. Not even their coordinated polos shirt team jerseys could prepare MCAS for the battle royale.

The second match paired CPRW-2 against Headquarters Battalion. It lasted four minutes

and ignited arguments over the rules between the spectators and the players.

Discrepancy over the rules led to trash talking. Eventually, Semper Fit staff had to step up and clarify the regulations.

"This is awesome," said William Hopson, a spectator. "I just came in the gym to watch, and I didn't think it would be this entertaining to watch everybody argue with each other."

Shariah Moehle, Semper Fit recreation and sports assistant from Millersburg, Ohio and Tina Lui, Semper Fit varsity sports coordinator from Kailua, clarified the boundaries from where players could heave a rubber ball at their opponent and where eliminated players should stand.

In the third matchup, CLB-3 defeated CPRW-2. During the game CLB-3 was in possession of all six dodgeballs and they launched an arsenal of hate onto their quivering opponents.

"We should've won," said Beauty and the Geeks player Jamie Ty from Orange County, Calif. "We're the underdogs and that gives us an advantage to surprise the enemy."

In the fourth match, CLB-3 defeated Headquarters Battalion and a revelation was made.

See **DODGE**, B-6



Combat Logistics Battalion 3 Dirty Squirrels Mike Rolerson catches a dodgeball at the first Intramural Dodgeball Tournament held at Semper Fit Gymnasium May 14.

I'm SAILING away

Base Marina offers evening sailing classes for adults

Kristen Wong
Photojournalist

The waves hugged the dock goodnight, with a happy "glump, glump," as the Base Marina shut down for the evening. But not everyone is done for the day. Doug Brittain, instructor, watches carefully as his three students carefully prepare their sloop rig sailboat. Today is their turn to go out on the boat alone. They raise the mainsail, and the wind carries them away.

"It's a nice, relaxing activity," Brittain said. "[Sailing] allows you to get out into Kaneohe Bay, which is a pretty nice place."

From now until August, the Base Marina offers evening adult sailing classes. Active duty service members, retirees and Department of Defense civilians are eligible to sign up for the weeklong class, which is offered every other week. The price of the class varies depending on rank. Monday through Friday, from 5 to 7:30 p.m., patrons can earn a license in both sailing and power boating. A portion of

the class is spent learning how to use a power boat.

Brittain, of Kailua, has been teaching sailing for about 35 years. He has been sailing since he was nine years old. He said the evening sailing class is for patrons who've had some experience with sailing or are quick learners. He said patrons with no prior experience should take the four-day Saturday sailing class, from 9 a.m. to 3 p.m., starting the first Saturday of each month.

"The instructor's great, pretty knowledgeable," said Al Leyland, of Kailua.

Leyland, who owns a large sailboat, wanted to learn how to operate smaller sailboats as well. He said he enjoys the quiet of sailing.

Brittain recommends patrons bring a change of clothes, because they're likely to get wet.

He said footwear is required, and recommends shoes with good traction.

Life jackets are provided, but students should know how to swim.

See **SAILING**, B-6



Kristen Wong | Hawaii Marine

Army 2nd Lt. Antoinetta Iosue, nurse, Tripler Army Medical Center, of Lanikai, engages in sailing lessons at the Base Marina Wednesday.

Tools for their Toolbox

3rd Marine Regiment sponsors Spouses' Self-Defense Class



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

Cpl. Luke J. Bruss, martial arts instructor trainer, SOI West — Detachment Hawaii executes a vertical knee strike on Sgt. Thomas La Marr at the detachment.

Lance Cpl. Reece E. Lodder
Combat Correspondent

Marine Corps martial arts instructors and instructor trainers held a Spouses' Self-Defense Class at the School of Infantry West — Detachment Hawaii Saturday.

"Our goal is to give them tips on what will or won't work in a given situation," said Cpl. T.J. Cothran, martial arts instructor trainer, a native of New Orleans. "We want them to have the tools for their toolbox."

During the two-hour class, organized by Ed Hanlon, family readiness officer, 3rd Marine Regiment and sponsored by the regiment, the MAIs and MAITs taught the students how to defend themselves and escape from an aggressor during a physical attack.

"It's about thinking outside the box when you're being attacked — trying not to get attacked but rather become the attacker," Cothran said. "Any kind of defense is better than no defense."

The MAIs and MAITs taught several techniques from the tan and gray belt syllabi of the Marine Corps Martial Arts Program — including counters to chokes and holds, and strikes to the target areas of the body.

"You just never know when you're going to need to defend yourself," said Sgt. Robert Hernandez, martial arts instructor, a native of Del Rio, Texas. "Going through a self-defense class helps boost your confidence and teaches you how to de-escalate a conflict."

Hernandez said one student was reluctant to kick him until he told her to. Once she did, however, she was more confident and realized she could defend herself, he said.

For an aggressor, encountering a potential victim who knows the basics of MCMAP and self-defense can be a significant surprise, Hernandez said.

"It helps a lot to have the mindset that you can defend yourself," said Kaitlyn Davis, a native of San Antonio.

Taking the self-defense class

helps her relate to what her husband goes through with his involvement in the Marine Corps Martial Arts Program. "MCMAP is one of his favorite things in the Marine Corps," Davis said.

While teaching correct execution of the techniques, the MAIs and MAITs introduced potential confrontational scenarios and how to use these techniques.

"It's a good idea to learn how to protect yourself," said Erika Janzen, a Kailua native. Learning these self-defense techniques is valuable for women who don't know how to defend themselves — for example, a woman who walks back to her car after classes, she said.

"When you experience some MCMAP for yourself, you have a greater respect for what it takes for your husband to learn to defend himself," said the spouse of Master Gunnery Sgt. Larry Cantu, regimental motor transport chief, 3rd Marine Regiment. "Being involved in a class like this shows you're taking responsibility and having a sense of pride in becoming part of the military lifestyle and community."

Aside from the intangible benefits of taking such a class, each student left with a smile and a better understanding of how to defend themselves.

"The class was a lot of fun," Beth Bierman said. "We really appreciate the instructors giving up their Saturday morning to teach us. There's always room for improvement, but even if you just take one thing away from this class, it's worth it."

While this self-defense class was the first sponsored by the regiment and hosted by the MAIs and MAITs, both the students and instructors looked forward to more in the future.

"The women were able to practice the techniques, use them effectively and see first-hand the results of what they learned," said Sgt. Thomas La Marr, martial arts instructor, a native of Saugus, Calif. "And we had a really good time doing the class too."



Jackie Cousins, a native of San Diego, Calif., executes a newly learned self-defense technique on Sgt. Thomas La Marr, martial arts instructor, a native of Saugus, Calif., during the Spouses' Self-Defense Class at the detachment Saturday.



Martial arts instructors and instructor trainers, 3rd Marine Regiment, show students how to escape an attacker's grip during the Spouses' Self-Defense Class at the School of Infantry West — Detachment Hawaii Saturday. The MAIs and MAITs taught the students basic self-defense techniques and how to react in the event of a physical attack.



Erika Janzen, a native of Kailua, strikes Sgt. Robert Hernandez, martial arts instructor, a native of Del Rio, Texas, during a period of instruction in the Spouses' Self-Defense Class. The class was sponsored by 3rd Marine Regiment.



A MCMAP instructor shows students how to locate an attacker's pressure point during the Spouses' Self-Defense Class.

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WHERE Marine Corps Base Hawaii, Kaneohe Bay. The 5K course will start and finish at Hangar 104. The course takes you along the length of the runway.

ENTRY FEES \$20 for Individuals, all entries include a race T-shirt. (No T-shirt guaranteed after June 25, 2010.) (Entries received after June 25, 2010 will be charged an additional \$5 per individual runner.)

AWARDS Top three (3) finishers overall (male and female) and top finishers in each age group.

PACKET PICK-UP Packets may be picked up at the Semper Fit Center on July 2, 2010 (Friday) between 0900-1600.

RESULTS The official results will be posted at www.mccshawaii.com/cgfit.htm

Register & Pay Online
www.mccshawaii.com/cgfit.htm
 (online registration deadline June 30)

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

Youth Wrestling Tournament

The MCB Hawaii Youth Wrestling Team — Semper Fit Wrestling — will be hosting a freestyle wrestling tournament this Saturday, May 22, with help from CLB-3 and many other volunteers. All Hawaii wrestlers are welcome — military or civilian. Weigh-ins are from 7:30 - 8:30 a.m. for ages 10 and younger, and 11:30 a.m. - 12:15 p.m. for ages 11 and older. There is a fee to register. All wrestlers must have a current USA Wrestling membership to wrestle. Memberships can be purchased at the door. Wrestling will start at 10 a.m. and will last through mid-afternoon. Admission is free for spectators. Concessions will be available.

Criterium Bike Race Series

MCCS and others will conduct a series of Criterium bike races as part of the Commanding Officer's Semper Fit Series Sunday, June 13. Participants may sign up online 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, and MCCS Varsity Sports Coordinator Tina Lui at 254-7590 or 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 or 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.

Gut Cut

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

High Intensity Circuit Training

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

Lower Body Blast

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

Keiki and Me

Don't have a sitter? This class is designed for the active parent done in an outdoor setting involving the kids. Build strength and cardiovascular endurance during this fun group setting. With the use of resistance bands, body weight exercises, abdominal work and plyometrics this can help strengthen your body and mind. Bring your own stroller.

Muscle Conditioning

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

Pilates

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

PiYo

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

Power Yoga

If you're looking for a class to increase strength, stamina and flexibility, this class is for you. They use yoga postures that are an excellent cross-training routine for athletes, along with poses to calm the mind and body.

Speed and Agility

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

Step

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

Step and Tone

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

Step Challenge

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

Water Aerobics

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

Zumba

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

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.

2010

INTRAMURAL

TONIGHT

POP WARNER FIELD

6 P.M. HQBN vs. 3RD RADIO BN

7 P.M. MCAS vs. VP-4

8:30 P.M. 2/3 vs. MALS-24

MONDAY

POP WARNER FIELD

6 P.M. 1/12 vs. VP-4

7:15 P.M. MCAS vs. 3RD RADIO BN

8:30 P.M. CLB-3 vs. MALS-24

WEDNESDAY

POP WARNER FIELD

6 P.M. MALS-24 vs. 1/12

7:15 P.M. CLB-3 vs. HQBN

8:30 P.M. VP-4 vs. 3RD RADIO BN

MAY 28

POP WARNER FIELD

6 P.M. CLB-3 vs. HQBN

7:15 P.M. VP-4 vs. 2/3

8:30 P.M. MALS-24 vs. MCAS

JUNE 2

POP WARNER FIELD

6 P.M. 2/3 vs. 3RD RADIO BN

7:15 P.M. HQBN vs. 1/12

8:30 P.M. VP-4 vs. CLB-3

JUNE 4

POP WARNER FIELD

6 P.M. CLB-3 vs. 3RD RADIO BN

7:15 P.M. 1/12 vs. 2/3

8:30 P.M. MALS-24 vs. VP-4

SPRING SOCCER CHEDULE

To eat or not to eat; that is the competition

Lance Cpl. Ronald W. Stauffer
Combat Correspondent

A sport is commonly defined as an organized, competitive and skillful physical activity requiring commitment and fair play. There are various types of sports available for athletes to participate in either as an individual or a team. But the key word I'm looking for is "physical."

I can't even begin to describe the ridiculousness of what people call "sports" these days. It's one thing to bash on table tennis or Olympic curling as sports, but what kind of a moron threw his name into a hat to vote for competitive eating? Just the notion of gorging one's self with remnant products that came from an unlucky animal in a stockyard makes me sick.

Like most friendly backyard competitions, they've taken this one too far. Events like these have been plaguing the United States since the early 1900s and maybe earlier, but nobody's stopped to think about how such a thing can affect an individual or possibly civilization.

According to downtoearth.org, America is home to the most obese people in the world. According to the Center for Disease Control and Prevention, obesity in adults has increased by 60 percent within the past 20 years and obesity in children has tripled in the past 30 years.

Yet, these hot dog-hogging people have made associations for such a thing. The International Federation of Competitive Eating hosts more than 100 "Major League Eating" events worldwide every year.

And for what, the pride of getting to shove more than 10 hamburgers down their throats in 10 minutes? Congratulations, you've just clogged your arteries and raised your cholesterol level to deathly levels. On an upside, champions can often win \$10,000 or more in prize money, which should cover the ambulance ride and stomach surgery.

According to the bostonherald.com, a 23-year-old student died during one of these eating contests in 2008. After consuming two Chinese steamed buns in under a minute and making a mad dash for the bathroom, other students found him lying dead on the floor minutes later. If he would have thrown up, the worst he would have seen was a disqualification. But he suffered the ultimate sacrifice in the name of competitive eating. What a horrible way to go. But like other tragic sporting accidents, the sport must live on.

Even more, people train for these competitions like it's a great accomplishment. A strong jaw and an elastic stomach should do the trick. And if you dunk your food into water, it should soften up and go down easier.

There are families starving in third-world countries, and there are also people with the same problems right here in the good old U.S.A. So while some stomachs go empty, these people indulge themselves in overeating for sport.

I'm sure not all competitors are the robust, corn-fed "Hoss" types, but just the continuation of the sport is ensuring the ever-growing population of obese Americans will have a place to fit in. You have to practice like you play right?

I'm not here to criticize overweight people, but I'm not here to sympathize either. To each his own, but I don't agree with making a sport out of this horrendous and gluttonous sport.

If you can find the right channel and think you can gut it out for yourself, you be the judge as "competitors" stuff themselves with fries, cheese and gravy. I'd rather watch a real sport like baseball.



COMPETITIVE EATING

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



STAUFFER



WOODALL

We are the Chompions!

Cpl. Danny H. Woodall
Combat Correspondent

At first glance, it appears as a cheap, disgusting spectacle unworthy to be called a "sport." But enough about hockey — let's talk about competitive eating.

Competitive eating is nothing more than a collection of humanity's worst representatives, shamelessly stuffing their rotund faces. I believe this, because it's true. Takeru Kobayashi aside, your average competitive eater doesn't fit the profile of an athlete. They don't really fit the mold of a "sporting fellow." In fact, they don't really fit into anything.

Athletes are supposed to push and break physical limitations and these competitive eaters clearly fall short. But does that make them any less of an "athlete" or competitive eating any less of a "sport?"

Bowlers — think about them. Are they athletes? Is bowling even a real sport? Well, to include dart throwing, ESPN Classic certainly thinks so. Should we, as a society, really limit the term "sport" to activities involving movement?

And should we limit the term "athlete" to just those amazing players with six-packs and beautiful eyes like Terrell Owens and Danny Woodall? Of course not, it's the 21st century after all.

Let's be more inclusive — we're better than that.

If you think about it, competitive eating isn't just any sport — it's the original sport. In humanity's humble beginnings, hunger was the driving force behind everything our hunter ancestors did because the need to feed is a natural instinct for all animals. Back then, the prize for winning an eating competition was survival. Nowadays, the stakes are lower, but the concept remains the same: if you eat more than the guy next to you, you win.

Plus, eating is certainly physical. You test your body's limits — unlike, say, NASCAR.

I'll use the rest of my time to talk about the real controversy surrounding competitive eating: the glorification of gluttony, which as we all know, originates from the 1995 film "Seven."

Sure, I'll give my opponent that one. There's no question that the sport inherently promotes overeating.

But what about body building and figure competitions? Those activities definitely glorify narcissism, pride and to an extent, lust.

What about Monopoly? A harmless children's board game or a corporate brainwashing scheme designed to instill greed in every generation? You be the judge.

My point is that we can't be cautious to the point of forsaking some harmless entertainment. It's not like these speed-eating athletes are consuming precious natural resources or something.

I would totally support my opposition if the "Nathan's International July Fourth Hot Dog Eating Contest" changed to an "oil drinking competition" or to the "Annual Amazonian Rainforest Ecocide Competition."

Let these people have their moment. After all, if one's sole aspiration in life is to take down a plate of wings or hot dogs in less than 15 minutes ... they probably don't have much else going for them.



Should we, as a society, really limit the term 'sport' to activities involving movement?"

SAILING, from B-1

There is more hands-on experience during the sailing class, although there is still classroom work. Each day, students are practicing different sailing drills. They even practice capsize drills on the first day, learning what to do if the sailboat capsizes.

Brittain said the final night includes a written test and a graduation sail around Coconut Island.

Army 2nd Lt. Antoinetta Iosue, a nurse at Tripler Army Medical Center, of Lanikai, went sailing with a friend at Hickam Harbor and enjoyed it. She said she wanted to learn how to sail so she could take her father and brothers out sailing when they come to visit.

"It's a neat skill to know," Iosue said. "It's fun."

But classes are rarely devoid of challenges. One that Iosue faced was learning what to do

if the sailboat capsizes.

Michael Lee, of Honolulu, also took sailing lessons at the Base Marina. Lee said he enjoyed "learning how [the sailboat] works and how to move in the water, getting to know the area."

Patrons must have a boating license to rent boats at the Base Marina. The next adult evening sailing class is May 24 to 28. For more information about sailing classes, call 254-7666.

DODGE, from B-1

Jeremy Outler, CLB-3, previously played on a professional team in Okinawa, Japan. The Leander, Texas native had a strategy to claim the championship title and experience to guide his fellow teammates.

"It's all about teamwork, and we had a plan. Not to sound cocky, but we came here knowing we would win," Outler said.

As the final match was about

to start, Outler gave his team a pep talk while the MCAS team waited on the court taunting their undefeated opponent.

"Nobody try and be a hero. And I need my heavy guns on the outside to provide defense," Outler told his team.

This fifth game was a close call for CLB-3. MCAS had scouted their tactics and almost claimed victory. The game came down to the wire, and some quick thinking and reflexes on CLB-

3's part got all their players back on the court to beat MCAS by outnumbering them at the buzzer. The next tournament date has not been scheduled, but this free event is expected to fill up fast next time around according to Semper Fit staff.

"It's fun to bring everyone together and build camaraderie through unique intramural activities, so we will definitely do this again in the near future," Moehle said.



Kristen Wong | Hawaii Marine

Al Leyland of Kailua, helps take down the sails after sailing class Wednesday. Leyland said he liked the quietness of sailing. Weeklong adult sailing classes are being offered at the Base Marina.



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

First place Combat Logistics Battalion 3 Dirty Squirrels celebrate after they defeated the second place Marine Corps Air Station team at MCB Hawaii's first Intramural Dodgeball Tournament.



Combat Logistics Battalion 3 Dirty Squirrels Jeremy Outler launches a dodgeball at his opponent during the first Intramural Dodgeball Tournament held at Semper Fit Gymnasium May 14.

Hawaii Marine Lifestyles



Photos by Kristen Wong | Hawaii Marine

Mel Chow, volunteer tour guide, Marine Corps Community Services, gives a tour of Ulupo Heiau in Kailua. Marine and Family Services has offered the Island Tour for 15 years.

Marine and Family Services offers Island Tour

Kristen Wong
Photojournalist

Like any other duty station, Marine Corps Base Hawaii welcomes new service members and families each year. Some of these families have never seen Hawaii before and perhaps are curious of their new home.

For 15 years, Marine and Family Services here has taken active duty service members, retirees, military family and friends on an all-day island tour.

Patrons with a valid military ID or sponsored by someone with a military ID can tour various places around the island, such as the Pali Lookout, the National Memorial Cemetery of the Pacific, the Bishop Museum and the North Shore.

"It's really nice to get off base," said Samantha Connell, of Muskegon, Mich. "You get to see more of the island than the normal tourist."

Connell, whose husband is stationed aboard MCB Hawaii, has only been in Hawaii for a month.

"I feel it's worth it because you know places you can take your family," said Janice Hurtado, relocation assistance program assistant, Marine and Family Services. "We move around so much we need to know where we're living and to me it's a good family activity."

Hurtado, of Lancaster, Calif., who now

coordinates the tours, said she enjoyed the tour when she first took it.

"We had a ball, great time together, great pictures," Hurtado said.

Before heading off to the bus, tour patrons must sign a waiver, and there will be a brief presentation and safety briefing prior to the

Corps Community Services, recommends patrons bring cameras, snacks, comfortable walking shoes and money. Chow, of Kailua, begins his tours by introducing key Hawaiian words and information to tour takers. Patrons then board the bus and begin the journey.

Because the island tours are now held on

enjoying all the flowers."

Castrence's daughter, Hailey, 7, who found kukui nuts at the Ulupo Heiau in Kailua, said going on the tour was better than playing games on her Nintendo DS. Her brother, Christopher, 13, said the tour "was fun and entertaining."

Taylor Crockett, 9, said she learned new Hawaiian words while mother, Jodi, was able to build an itinerary of places to visit when her family comes to town.

"There's so much to offer, and there's so much to see," Jodi Crockett, of Oceanside, Calif., said. "You should embrace it."

"It's nice to be able to ride and see what you're looking at rather than have to drive yourself," said Sarah Tellefsen, of Fond du Lac, Wis. "There's so much more than Waikiki, and most people don't want to take the time to find the local hangouts."

Some patrons on the tour have been living in Hawaii for years and still learned new things. Judith Driver, of Kailua, said she learned about kukui nuts for the first time on the tour.

"I've enjoyed a lot," Driver said. "I enjoy[ed] it. It's very relaxing."

The next Island Tours are set for June 11, July 9, Oct. 8, Nov. 19 and Dec. 10.

For more information on the island tour or to make reservations, call 257-7790 or 257-7787.



Mel Chow, volunteer tour guide, Marine Corps Community Services, shows a leaf from a Hala tree while on an Island Tour April 23. The leaves from the tree are used to make Lauhala hats.

tour. Each patron receives a packet, containing information about Hawaii customs, culture and history, in addition to maps and guides.

Mel Chow, a volunteer tour guide at Marine

Furlough Fridays, tour patrons sometimes bring their children, like Charlene Castrence, of Brunswick, Maine.

"It's beautiful," Castrence said. "Hailey's



Guests on the island tour had an expansive view of the Windward side of Oahu from the Pali Lookout.



Taylor Crockett and her brother, Alexander, explore Ulupo Heiau in Kailua. The Crocketts spent their Furlough Friday attending the island tour, offered by Marine and Family Services.

PASS IN REVIEW



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 ...



Ironclad, not too bad

Kristen Wong
Photojournalist

The white glow and the mechanical scowl of the Iron Man suit have dazzled my eyes once more.

"Iron Man 2" comes packed with talented actors, exciting moments and laughter.

"Iron Man 2" picks up where the first movie left off, as Tony Stark (Robert Downey Jr.) announces that he is indeed under the armor.

As the announcement plays from the television in a small apartment, Ivan Vanko grieves for his dying father, Anton. Anton Vanko was a scientist who had a falling out with Stark's father, Howard, years ago and was deported to Russia. Wanting vengeance, Ivan Vanko spends the next six months creating his own version of Iron Man.

Meanwhile, Stark attends a Senate hearing and refuses to hand over his armor to the U.S. government. In addition, he must find a replacement for the palladium components in his life support device now poisoning him.

As if that weren't enough, Vanko attends a car race in Monaco in which Stark is competing. To everyone's horror, Vanko stands in the middle of the racetrack and slices cars left and right with two electrically charged whips.

Stark gets away with minor injuries and subdues Vanko. But his rival, Justin Hammer, of Hammer Industries, will do everything to put Stark out of business, including using Vanko. It's a crowded plot.

Although this movie was everything I expected, there was very little room for the element of surprise.

You're not surprised who wins and loses. You're not

surprised who gets together.

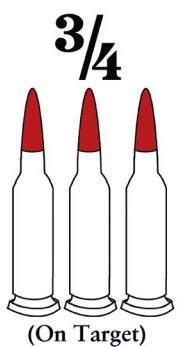
Iron Man changes little, merely sporting a glowing triangle rather than a glowing circle in his chest. However, Jarvis, Stark's personal computer, never fails to amaze me with its three-dimensional graphics and quick turn around time for information on anyone and everyone in the world. I still love the fine elements of Stark's mansion, although most of it was destroyed during this movie.

Downey delivers the very same fast-talking, impulsive genius Stark as he did in the first movie. Scarlett Johansson succeeds in bringing to life Natasha Romanoff, otherwise known as the "Black Widow," with flawless fighting moves — everything I would expect from a movie superhero. From the very start, she establishes a dominant character.

But I really didn't need the lame argument with Happy Hogan [Jon Favreau], in the midst of crisis. Hogan is a minor comic relief who gets tossed around and pushed into the background much of the time. Black Widow's actions, however, spoke louder than words.

In the end, the movie is like a birthday present you already knew you were getting. Just looking at the shape in the pretty packaging you can pretty much guess what happens next or, at the very least, not be surprised at what you get.

Still, the excitement and the action of the movie makes the most of unwrapping the plot.



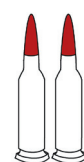
1/4 — No Impact, No Idea

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



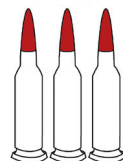
2/4 — High And To The Right

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.



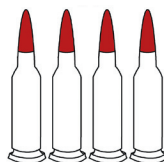
3/4 — On Target

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.



STAUFFER

Lance Cpl. Ronald W. Stauffer is a total action freak. Growing up on "shoot 'em up" movies with Chuck Norris as a role model, he only laughs at horror flicks. You might catch him hiding in the corner of the theater during an occasional chick flick, but it's only for future research.

Quick Hit

"The Girl with the Dragon Tattoo" 4 out of 4 (Confirmed Kill)

Troubled journalist Mikael Blomkvist struggles to find out whatever happened to teenager Harriet Vanger, whose family runs the powerful Vanger Corporation. Uncovering the plot of possible serial killer, he stumbles across hacker punk Lisbeth Salander.

The unlikely detective duo may re-appear in an upcoming American version starring Johnny Depp, but until then enjoy this Swedish import and the Stieg Larsson book series it's based on.



'Iron Man 2' takes one for the team

Lance Cpl. Ronald W. Stauffer
Combat Correspondent

Did you see Scarlett Johansson in "Iron Man 2"? She might be the only reason. Call me chauvinistic, duct tape me to a tree and beat me like a piñata.

After watching this disappointing sequel, I would love to report that Robert Downey Jr. played an awesome Tony Stark (the Iron Man) for a second time, but I was extremely upset with his role, how the plot panned out and the melodramatic action scenes.

The first Iron Man movie told the creation and inspiration of the character and its origin in an entertaining way, which was pretty hard to beat. They tried, and they failed, this time. Without question, the first film was better.

Instead of being a new hero, Iron Man is an American icon and praised like a god. Stark goes on and on about how Iron Man has rid the world of evil and war, while the American government tries to confiscate his suit. Sound familiar? It's the recycled movie plot of a powerful government hoping to get its hands on a super weapon that will give them the upper hand. Stark tells them to "have a nice day," reassuring that no one else has the technology.

But, a new villain, Ivan Vanko (Mickey Rourke), who has a tie to Stark's unique technology, bares his gold-capped teeth, along with some nifty whips and a wealthy backer named Justin Hammer, to challenge Iron Man.

Hammer (Sam Rockwell) is one of the Stark's main

competitors and has hopes set on humiliating and showing up Stark in the weapons world.

As all these secrets bubble to the top, Stark reveals a secret of his own. The one thing that's keeping him alive is also killing him. But he doesn't let something as small as this ruin his luxurious lifestyle.

The rest of the movie is fairly predictable as the fighting erupts onscreen and the fight for power begins.

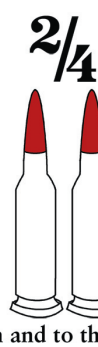
One new character was truly awesome, War Machine. Created from one of Stark's stolen suits and manned by his best friend, Air Force Lt. Col. James "Rhodey" Rhodes (Don Cheadle), the Gatling gun wielding sidekick lived up to his name. The only problem is they introduced him too late in the movie, and he didn't get that much screen time. It was nice while it lasted, but like a firecracker, it wasn't enough.

So with this amazingly lame plot, I revert back to Johansson, who is introduced as Natalie Rushman, the sexy assistant with her own secret.

The tantalizing vixen is also known as "Black Widow," a freelance agent of an international espionage group S.H.I.E.L.D., who is tasked with babysitting Stark. In the process, she gets a little action of her own.

Women are starting to dominate the action world on the big screen, and I love it. Black latex and some ninja-like moves left my jaw-dropped and my teeth grit.

I would recommend the movie for anyone seeking a thrill. It wasn't too violent and is suitable for a younger crowd, but I would wait until it comes out on DVD.



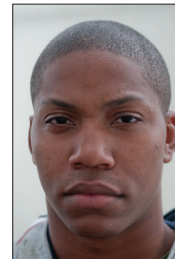
TALK* STORY

What is your opinion of "show boating" in professional sports?

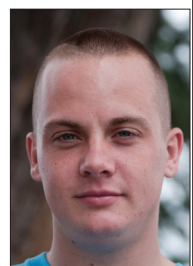
*[tòk stòre] Hawaiian slang for an informal, lengthy conversation. Often used as a method to bond, or a good way to kill time.



"It should be allowed to a certain extent. That's the whole reason people make touchdowns in the first place. I miss the 'dirty bird.'" — Sgt. Bryce Gosney



"Every sport needs a show boater. [But] when they start getting outrageous they should be penalized. It should be allowed to a certain degree." — Lance Cpl. Thomas Mainor



"I think you should keep it to a certain extent, but not to the point where they're going crazy." — Lance Cpl. Jonathan Bird



The U.S. Coast Guard holds a search and rescue demonstration using an HH-65 Dolphin helicopter, during the 12th Annual Day on the Docks. The event was sponsored by Marine Corps Exchange and the Izuo Brothers, and held at the Base Marina Sunday. Children in several age brackets competed in a fishing tournament. Prizes were given to the youngest boy, youngest girl, largest fish and more.



Photos by Kristen Wong | Hawaii Marine

Haeden Crisp, of Duluth, Ga., and John Rogers, 3, visit Coastie, a small talking boat which the Coast Guard Auxiliary uses to teach children about water safety. Coastie made a visit to the annual Day on the Docks.

Enjoying a Day on the Docks



Gabrielle Quijano waits for the fish to bite at the Day on the Docks at the Base Marina.

K-Bay Camporee: Koolau Boy Scouts visit base



Photos by Christine Cabalo | Hawaii Marine

Working together, Boy Scout troop members set up their sleeping tents and other tents for shade during the May 14-16 Koolau District Camporee held at Marine Corps Base Hawaii.

Christine Cabalo

Photojournalist

Gathering together for camping and games, the Boy Scouts landed at Marine Corps Base Hawaii for the May 14-16 Koolau District Camporee.

An estimated 200 scouts set up camp near the base's Obstacle Course and repelling tower. It was the first camporee held by the Koolau District in last decade and coordinators wanted an open site in the Windward area.

"Going through different places and looking through things it was said, 'Why don't we do it on the Marine Corps base?'" said San Antonio native Senior Chief Petty Officer Michael Quijano, aviation administration man, Command, Patrol and Reconnaissance Wing Two. "It's right here, it's got a good size property, and we could use the O-Course."

Quijano, a packmaster for MCB Hawaii's Boy Scouts, helped coordinate the weekend with events aimed to encourage good teamwork. The scouts were judged on how well they put up their tents and their participation in the weekend's events, said Hawaii Air National Guard Col. Mike Compton, commander, 109th Air Operations Group.

Compton, who also helped coordinate the event, said he's glad the scouts had a chance to participate in a large camporee at an area as nice as MCB Hawaii's training field.

"Scouting is so much fun because it gives the youth a chance to get outside," said Compton, a former Boy Scout and Kailua resident. "They have fun, learn valuable lessons for life. And with camping, you learn how to work together."

With teamwork in mind, scouts tricked in last Friday afternoon and helped their troops set up sleeping tents and shaded areas. For many scouts, including 16-year-old Nick Garrett, it was their first camporee.

"It's nice to be here, and it makes it special since this year is the 100th anniversary of the founding of the Boy Scouts of America," said the 16-year-old Kahaluu resident.

The scouts cooked their own meals and played games fostering cooperation. Many were traditional games first invented by scouting founder in the United Kingdom, British Army Gen. Robert Baden-Powell. All troops also took part in a cooking contest, with MCB Hawaii's Chief of Staff Christopher Blanchard judging entries.

Contest entries were cooked using a dutch oven, a cast-iron pot placed over heat to warm the meal. Using campfire and the oven, campers can cook pot roasts, pies, cakes and other baked meals.

"It's all based on being able to survive in the wilderness by yourself," Quijano said. "So one of the key things is to teach them how to build a fire and cook something."

The scouts also got a taste of what it was like to be a Marine. On the second day of the camporee, troops ran the Obstacle Course with help from several Marine volunteers. Bringing a firetruck with them, volunteers from Air Rescue Fire Fighting also gave the group a live demonstration.

Having a chance to do so many activities with other troops is one of the reasons why Kaneohe resident Kai Ellis and Kahaluu resident Matthew Iseri said they enjoy being Boy Scouts. Both 12-year-old scouts have camped out at Marine Corps Training Area Bellows, Laie Falls and other Oahu camping areas with their troop.

Yet no other camping event has given them a run at the Obstacle Course, a chance to visit with Marines or spend time in such a calm environment. The opportunity for the youth is something both Quijano and Compton appreciated.

"It was very kind of the base to host us," Compton said. "[MCB Hawaii] is always very supportive of the youth program, and it was nice to see how they welcomed us."



A scout hammers his tent stake into the ground during the recent Koolau District Camporee.

Sign up for camp



Kristen Wong | Hawaii Marine

Denali Jackson, 11, and Nicki Grimm, 12, paddle board at Lanikai Beach Park during their final day at the paddling specialty camp last year. Youth Activities Summer Camp is open to military children.

Kristen Wong
Photojournalist

Summer time is fast approaching and soon, many children will be released from school for vacation time.

For families looking for activities for their children, the Youth Activities Center is now accepting registration to its Summer Day Camp.

The Youth Activities Summer Day Camp, a nine-weeklong camp, will be held from June 1 to July 30. Up to 60 military children ages 5 to 12 are eligible to register for the camp.

"We're looking forward to a great summer," said Jeff Anderson, director, Youth Activities Center. "We have a lot of exciting things planned for them."

From 6 a.m. to 6 p.m., Summer Day Camp participants will experience various activities ranging from field trips outside of Marine Corps Base Hawaii, crafts, games and the use of facilities on base.

Families also have the option of registering their children for specialty camps, which are shorter than the main day camp and focus on a particular activity.

This summer, Anderson, of Casper, Wyo., said there are five specialty camps, including two new camps: Computer Camp from July 5 to 9, and Golf Camp from June 21 to 25.

According to Jamie Husband, program technician, Youth Activities, participants in Computer Camp will be able to play computer games, while in Golf Camp, they will learn how to play golf.

Youth Activities is also offering Gymnastics Camp from June 7 to 11, and Water Sports Camp from July 12 to 16, and Tennis Camp from July 19-23. Children enrolled in Summer Day Camp will already participate in the specialty camp designated for that particular week. Participants ages 10 to 17 can also enroll in afternoon specialty camps.

Husband, a native of Wiggins, Miss., said summer

camp would be beneficial not just because of the different activities to engage in, but because the children can actively learn as well. Some families enrolling in the day camps have indeed found them educational.

Estella Euclide, assistant to the director of Marine and Family Services, enrolled her daughter, Dulce, 5, in the winter and spring camps, and plans to enroll her in the summer camp as well.

Euclide, of Three Rocks, Calif., said she enrolled her daughter in the camps so she would be productive and be around other children.

"[The counselors] keep them active physically and with their minds," Euclide said. "She's experienced a lot of cultural things."

Through the camps, her daughter visited places such as the Hawaiian Railway, various botanical gardens on Oahu and Kualoa Ranch.

"I think we are learning so much more about the island because she's in this program," Euclide said. "She was really in tune with not only what was happening in her backyard but what is happening in the world in general. It's nice to see that and watch her grow."

For instance her daughter was exposed to the topic of the Winter Olympics as one of the camp's themes.

This summer, Youth Activities is planning themed weeks again. Some themes may include an environmental "Go Green" week or an "Independence Week."

Registration began May 4 and will continue until full. Parents may register their children for less than the nine weeks if they choose. Children must be members of the Child, Youth and Teen Program. Children who enroll in camp for one week or more receive a t-shirt. Winter, fall and spring camps are also available each year. Registration fees are based on parent income.

For more information about Summer Day Camp, call Youth Activities at 254-7610 or visit Building 1090B.

Remembering Capt. Harold James Hellbach



Maj. Andrew Belovarac | Marine Corps Base Hawaii

Maj. Andrew Belovarac
Base Historian

While flying a mission over the Quang Binh province, Vietnam on May 19, 1967, Capt. Harold James Hellbach was hit by enemy fire. He radioed his wingman that he was losing hydraulic power and was going to try to reach the coast.

As his wingman provided escort, Hellbach's Crusader pitched violently, rolled over, and crashed into the ground. Attempts to find the wreckage failed and after no contact had been made, the Department of Defense declared him killed.

During two 1993 visits to Vietnamese military museums of aircraft wreckage, researchers from the U.S. Joint Task Force-Full Accounting found photographs corresponding to

Hellbach's crash. Four years later, a U.S.-Vietnamese team visited the area in the photographs and were led by villagers to a crash site in a cultivated field.

The team found parts of an aircraft engine and cockpit glass. An excavation team went to the crash site in August 1997 and recovered human remains along with numerous pieces of wreckage and personal equipment.

The U.S. Army Central Identification Laboratory in Hawaii analyzed the evidence and confirmed the remains to be Hellbach's.

In July 1998, he was laid to rest in the Arlington National Cemetery in Arlington, Virginia.

The same type of aircraft that Hellbach piloted, the F-4 Crusader, is located at the H-3 gate behind the Pacific War Memorial for all to visit and pay tribute to this fallen aviator.

WORD TO PASS

On Base

In the Community

Aikahi Elementary Fun Fair

Today

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.

Military honored at parade

Saturday

The "Aloha to Our Military Ohana – Then and Now" parade and post-parade festivities are scheduled 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. Food and refreshments will be complimentary for active duty military and their immediate families and available for purchase to the general public.

More information is on the "Aloha To Our Military Ohana" Facebook page.

Habilitat 10th Annual Luau

Saturday

Habilitat will be hosting their 10th Annual Luau, Auction and Benefit Concert on Saturday, May 22, from 11 a.m. to 5 p.m. Festivities at Windward Community College will include food, local entertainment and a live and silent auction with vacation getaways, sporting goods, artwork, furniture, musical instruments, electronics and much more. Founded in 1971, Habilitat is recognized as one of the largest and most successful substance abuse treatment programs in the country. It receives no state or federal funding. For ticket information, call 235-3691.

Hawaii Military Band Mele

May 29

Listen to a free concert at Fort DeRussy from 7 to 10 p.m. Guest artists Kapena will be there. A variety of styles — top 40, country, classic rock, Motown, and island music — will be played by military bands from the Marines, Navy, Air Force and Army. For information, contact the USAF Band of the Pacific-Hawaii at 448-0281.

Pearl Harbor Historic Sites offer free admission to military

May 31

Admission to all Pearl Harbor Historic Sites will be free this Memorial Day, May 31, for active-duty, reserve, auxiliary and retired U.S. military personnel and their family.

Qualified visitors must present a valid military ID upon entering the sites of their choice, including the USS Bowfin Submarine Museum and Park, Battleship Missouri Memorial, and Pacific Aviation Museum Pearl Harbor.

The USS Arizona Memorial and USS Oklahoma Memorial do not charge general admission.

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.

Feed the Homeless

Program volunteers are needed to help feed the homeless. The Base Chapel is looking for volunteers to serve and prepare hot meals to the homeless through the Institute of Human Services in Honolulu. Volunteers do not need be attendants to chapel services.

Call 257-5138 for more information.

Commander's Fitness Series

All events for the Commander's Fitness Series are open to the public.

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

Youth Sports Volunteer Coaches

Youth Sports is constantly on the lookout for volunteer coaches.

For more information, contact Clark Abbey, the Youth Sports Coordinator at 254-7473 or e-mail clark.abbey@usmc-mccs.org.

Help make wishes come true for families and children

Whether they help create the magic that surrounds each wish, work behind the scenes at fundraisers or explain the role

that Make-A-Wish plays in our island communities, it is the volunteers who carry the torch. A wish can teach a sick child that anything is possible, even the future. Every day, children who are fighting for their lives make that life-altering decision about what is their one true wish. In Hawaii, between 40 and 50 wishes are granted each year. At any given time, there are between 15 and 20 wishes pending. To sign up as a volunteer for the Make-A-Wish Foundation of Hawaii, call 537-3118 or visit online at <http://www.makeawishhawaii.org/>.

Guides needed at Coconut Island

Join the Hawaii Institute of Marine Biology's Community Education Program as a volunteer interpretative guide. All training provided to lead tours of this famed island and research facility. Call 235-9302 for more information.

Waikiki Aquarium training volunteers

Offering the chance to teach residents and visitors about Hawaii sea life and conservation, the Waikiki Aquarium will hold free volunteer training until June 5. Aquarium Interpreters share natural history information on the Waikiki Aquarium's outdoor reef exhibit, guide visitor observations and answer questions about Hawaii's marine environment. The training course covers interpretation and hospitality skills, information on exhibit operations, and various marine sciences. For more information, times or to reserve space in a class, call 440-9020.

Inspire today's youth

Boys & Girls Club of Hawaii (BGCH) is a non-profit organization dedicated to inspiring Hawaii's youth to become responsible citizens. BGCH currently operates 12 sites on Oahu and Kauai — including Windward Oahu — where BGCH members can access a multitude of programs and services. Whatever your skill, talent or interest, your support can make a difference. Call 949-4203 for more information.

Learning to prevent sexual assault

Kristen Wong

Photojournalist

Sexual Assault Awareness Month may be over, but the issue of sexual assault never is. At one time or another, a person may become witness to a sexual assault or potential assault. But not everyone may be able or willing to intervene.

The Center for Personal and Professional Development addresses this issue through training Marines and sailors in bystander intervention discussion.

On April 21 and 22, approximately 70 Marines and sailors aboard Marine Corps Base Hawaii were trained in the Mentors in Violence Prevention Program, sponsored by the CPPD.

For six months, the MVP Program is being introduced to several military locations across the country.

The two-day experimental training is given to representatives chosen by their commands. Students will learn to lead their fellow colleagues through discussion on how to prevent sexual assault through bystander intervention.

Whether it's a sexual assault, domestic abuse or other type of violent behavior, students will be able to apply intervention techniques they've discussed, according to Navy Cmdr. Melissa Short, operations officer, CPPD.

After completing training and a test, they will be certified to train their respective commands.

Short, a native of Muleshoe, Texas, said the pilot gives the trainers an opportunity to share issues they may not have been

previously comfortable disclosing before. She said the pilot was well received.

The MVP program is merely a pilot training, and at the end of six months the Department of the Navy Sexual Assault Prevention and Response Office and the Sexual Assault Prevention and Response Cross Functional Team will receive a formal report based on focus groups and surveys.

"Bystander Intervention training is at the core of the Navy/Marine Corps strategy to eliminate sexual assault from our ranks," said Navy Capt. Chuck Hollingsworth, Deputy Commander, CPPD. "The MVP pilot will help us determine the best way to deliver this outstanding training to the fleet."

Sgt. John S. Risner, C-2OG crew chief at Marine Corps Air Station, MCB Hawaii, was selected to take the MVP program at the Base Chapel. Risner, of Peachtree City, Ga., called the training "highly interactive." He said some of the activities even caused students to have a "heated conversation and debate."

"The MVP trainers were extremely professional and highly proficient in every aspect," Risner said. "As far as the material itself, we were really forced to contemplate what we would do in a situation that required us to assume a position of leadership, in order to achieve a desirable outcome. Overall, this was a valuable training evolution which should prove beneficial to all Marines and sailors."

Brenda Huntsinger, program manager, Installation Sexual Assault Prevention and Response Office said examples of

bystander intervention can be as simple as "calling out their friend who is making a sexist joke or objectifying the opposite sex, choosing not to watch certain videos or movies, [or] stepping in when they see a friend who has had too much to drink or is talking about taking advantage of someone who is drunk."

"Ideally, we want Marines to recognize some of the attitudes, beliefs and behaviors that contribute to gender violence," Huntsinger, of Estherville, Iowa, said.

"Once these attitudes and behaviors are identified, bystanders can confront and address situations before they escalate to violence."

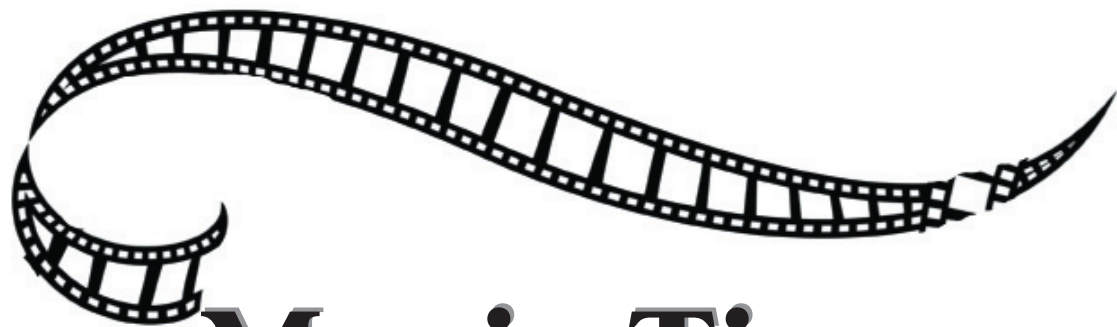
Risner also said he was shocked when he learned how many people don't react to some types of violence.

"It is important to know how to react to a potentially dangerous or threatening situation before you actually encounter it," Risner said. "This will help ensure that the best possible course of action is taken."

The Mentors in Violence Prevention Program was created in 1993. Professional athletes, high school and college students have been trained through the program.

The Center for Naval Aviation Technical Training Command schoolhouse in Pensacola will be conducting MVP training in May.

Naval Support Activity Bahrain will also conduct MVP training in June. For more information, call Susan Lawson at 757-492-5642.



Movie Times

"The Last Song" - PG

Today | 7:15 p.m.

"Repo Men" - R

Today | 9:45 p.m.

"Clash of the Titans" - PG-13

Saturday | 7:15 p.m.

"The Ghost Writer" - PG-13

Saturday | 9:45 p.m.

"How to Train Your Dragon" - PG

Sunday | 2 p.m.

"Hot Tub Time Machine" - R

Sunday | 6:30 p.m.

"Repo Men" - R

Wednesday | 6:30 p.m.

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.

Hurricane season is coming — be prepared!

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."