

Hawaii Marine

Editor's note: This is the first installment of a two part series on heroism.

Fortes Fortuna Juvat

(Fortune Favors the Brave)



Lance Cpl. Reece E. Lodder | Hawaii Marine

Lance Cpl. Reece E. Lodder

Combat Correspondent

A tall, wiry man with jet-black hair and an infectious smile sits relaxed in a simple chair. He's calm, inviting, and well-spoken, quick witted and intelligent.

The room is clammy and humid but that doesn't matter to him. He speaks intensely — more mesmerizing than draining. Though he's just back from a day of diving, his energy level hasn't depleted.

He's shirtless, revealing tattoos that carpet his chest and back. The unique assortment of ink offers a glimpse into his life and personality — depicting spirituality, his Italian roots and military service.

Apart from his ink, one might not picture him as a battle-hardened U.S. Marine. His story and stare beg to differ. As Cpl. Marc Anthony Madding speaks, his steely eyes reveal life experience and wisdom well beyond his years.

Hailing from the approximately 76,000-person city of Brick Township, N.J., Madding never expected to become the recipient of a Bronze Star Medal with combat distinguishing device for "heroic achievement in connection with combat operations against the enemy."

See **HEROISM**, A-6

Be aware of "Off-limits establishments"

Lance Cpl. Tyler L. Main

Combat Correspondent

Two local businesses have recently been flagged as "off-limits establishments" for Marine Corps Base Hawaii Marines and sailors.

Altar Solum and The Warehouse, in Honolulu, are now off-limits to all Marines and tenant commands of MCB Hawaii, as of June 2.

According to Naval Criminal Investigative Service, the two establishments have been identified as rave clubs that participate in illegal drug sales.

Also, there had been speculation to whether Boardriders Bar and Grill, in Kailua, is off-limits as well.

According to a June 16 letter from base commanding officer Col. Robert Rice to Boardriders owner James Mansell, the establishment was off-limits but

See **LIMITS**, A-7

Changing of the Guard



Sgt. Mark Fayloga | Regimental Combat Team 7

Lt. Col. Jeffrey C. Holt, commanding officer, 3rd Battalion, 3rd Marine Regiment, addresses the crowd at a lunch event honoring the work of 1st Battalion, 3rd Marine Regiment, and welcoming their replacement, 3/3, at Patrol Base Jaker, June 3.

3/3 takes over 1/3's AO in Helmand

Sgt. Mark Fayloga

Regimental Combat Team 7

FORWARD OPERATING BASE GERONIMO, Helmand Province, Islamic Republic of Afghanistan

As Col. Randall P. Newman spoke during the transfer of authority ceremony from the "Lava Dogs" 1st Battalion, 3rd Marine Regiment, to 3rd Battalion, 3rd Marine Regiment, at Forward Operating Base Geronimo, June 6, he had to raise his voice to be heard over the hum of a nearby generator.

See **RELIEF**, A-6

Remembering Those Lost

1st Battalion, 5th Marine Regiment

Sgt. William J. Cahir
Lance Cpl. David R. Baker
Lance Cpl. Donald J. Hogan
Lance Cpl. Justin J. Swanson

1st Battalion, 3rd Marine Regiment

Cpl. Mark D. Juarez
Lance Cpl. Jacob A. Meinert
Lance Cpl. Timothy J. Poole
Lance Cpl. Noah M. Peir
Lance Cpl. Curtis M. Swenson

Corpsman Up!

Happy 112th birthday, Hospital Corps

Kristen Wong

Photojournalist

Petty Officer 2nd Class Justin Pollock, hospital corpsman, 2nd Battalion, 3rd Marine Regiment, didn't want his Purple Heart.

A native of Boston, Pollock was unconscious for two days because of an improvised explosive device attack in Afghanistan. He said he was ashamed at first, because he felt others had worse injuries, and the unit had also lost several members. But after a heart-to-heart talk with his father and time, he wears it with pride.

"It's not just for me," Pollock said. "It's for the other guys [who] were killed or seriously injured."

Pollock is one of many corpsmen who deploy with Marine Corps units as a "green side" corpsman.

Yesterday, more than 200 hospital corpsmen aboard Marine Corps Base Hawaii celebrated the establishment of the Navy Hospital Corps.

Throughout history and today, corpsmen have been administering medical checkups, dressing wounds and supporting the Marine Corps and the Navy. Those who work with Marine Corps units and regularly deploy with them are called green side corpsmen. Corpsmen who work at clinics on bases and ships are called "blue side" corpsmen.

"Hospital corpsmen are very important to the mission because not only do they provide aid to the injured and save lives, they're a morale booster," said Senior Chief Petty Officer Donald Oliver Jr., senior enlisted leader, 3rd Marine Regiment, of Wichita, Kan. "Knowing that your 'doc' or your corpsman's right there, it's almost like having a safety helmet when you ride a bike. You're going to go a little bit faster, push a little bit harder because you know 'doc's' going to take care of you."

Some sailors, like Petty Officer 3rd Class Jeremy Garner, hospital corpsman, 2/3, enlisted in the Navy not knowing they would be a corpsman.

"It's a very interesting role because you're almost in two services," Garner said of being a green side corpsman.

Garner, of Jackson, Tenn., said being a green side corpsman gave him "two sets" of everything, from bosses to uniforms.

At 18, Pollock originally planned to be in the Coast Guard. But since his enlistment in the Navy in January 2007, he has grown fond of the Marines.

"[My parents have] been really supportive," Pollock said. "I've done really well here."

Pollock became designated as a Fleet Marine Force corpsman, and volunteered to work for the 3rd Marine Division.

See **CORPSMEN**, A-7



Kristen Wong | Hawaii Marine

Petty Officer 1st Class Andrew Jenkins, assistant lead petty officer, 1st Battalion, 3rd Marine Regiment, of White Cloud, Mich., demonstrates how to attach an IV to Petty Officer 1st Class Eduardo Magpayo, hospital corpsman, 1/3, of San Diego.

Inside today's Hawaii Marine

Kick this

The Intramural Soccer League season is in full swing, **B-2**



Pipeline

Local hangout offers a wide variety of entertainment off the beaten path, **C-1**

Weekend Forecast

Saturday

Scattered Showers
High — 86
Low — 72

Sunday

Scattered Showers
High — 85
Low — 72



NEWS BRIEFS

U.S. Marine Corps Forces, Special Operations Command (MARSOC) brief

An information and screening brief is scheduled on June 22 at the Klipper Ballroom beginning at 8 a.m. They are looking for disciplined, intelligent, mature and physically fit warriors.

For more information, contact (760) 763-5101/5102, (760) 468-7823, or DSN 361-5101. See the website at <http://www.marsoc.usmc.mil> or e-mail adrian.a.gomez@usmc.mil.

Bazaar and Fun Fair

Commander, Patrol and Reconnaissance Wing Two (CPRW-2) and the First Class Petty Officer Association (FCPOA) are hosting a Bazaar and Fun Fair on June 22 from 8 a.m. to 3 p.m. in a fundraiser for Morale, Welfare and Recreation (MWR).

Tables and tents will be setup next to the John W. Finn building for anyone interested in selling their goods in a garage sale style arrangement. Games, food and entertainment are also scheduled, including a dunk tank.

Contact the following for more information: benjamin.westermann@navy.mil or 342-6594; brian.j.washington@navy.mil or 257-0509, ext. 8407; or tameica.childs@navy.mil or 257-0509, ext. 8008.

UVA and SARC Training

Training will be conducted for Command appointed Uniformed Victim Advocate (UVA) and Sexual Assault Response Coordinator (SARC) Training positions on the following dates: UVA Training will be held on June 22-24 from 7:30 a.m. to 4:30 p.m. at the Base Chapel, Room 30. SARC Training is conducted in addition to the UVA training and will take place on June 25 from 7:30 a.m. to 4:30 p.m. at Combat Camera, Bldg. 267, Classroom 1.

Commands must ensure the UVA Selection Criteria for Commanders located in MCO 1752.5A, Appendix M is followed in selecting individuals to attend this class. Please include name, rank, unit, contact phone number, and e-mail address when registering an individual. POC is Brenda Huntsinger at 257-7777 or e-mail brenda.huntsinger@usmc.mil

Interactive Customer Evaluation (ICE)

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

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

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
MCB Hawaii Duty Chaplain	257-7700
DEERS	257-2077

Hawaii Marine

www.mcbh.usmc.mil

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"KINGS OF BATTLE" LEADERS TRADE PLACES



Lance Cpl. Reece E. Lodder | Hawaii Marine

Lt. Col. Sean S. Charney, battalion commanding officer, 1/12, accepts the battalion colors from Lt. Col. Christopher A. Tavuchis during their change of command ceremony at Marine Corps Base Hawaii's Dewey Square June 10. Charney, previously assigned as the Assistant Fire Support Coordinator, 2nd Marine Division, replaced Tavuchis, who assumed duties with 1/12 in June 2008 and deployed in support of Operation Iraqi Freedom 08.1 and 08.2.

Don't drown in debt

Service members be wary of predatory lenders

Kristen Wong

Photojournalist

Every now and then, people need money, and they need it fast. But at the same time, service members are cautioned against using services from predatory lenders, who can cause debt trouble by charging high interest rates with their loans.

Since January, 35 service members went to the Navy Marine Corps Relief Society after having issues with a predatory lender.

Also, about 10 to 20 percent of the people who come for financial counseling at the Personal Financial Management Program have also encountered predatory lenders such as payday loans.

Service members do, however, have some protection under law.

According to the National Consumer Law Center website, the Service Members Civil Relief Act allows service members to reduce the interest on loans preexisting enlistment.

According to the Office of Thrift Supervision, this act, effective since 2003, allows them to keep their interest rates at a maximum of six percent while enlisted.

In addition, the Housing and Economic Recovery Act of 2008 revised portions of the SCRA, including an extension of the six percent exemption to a year following active duty.

The Military Lending Act of October 2007, according to <http://www.consumerreports.org>, prohibits specific types of lenders from charging more than 36 percent interest to service members during enlistment.

Congress is also in the process of reviewing H.R. 1214, called the PayDay Loan Reform Act of 2009, for approval. This act, among other features, requires lenders to disclose their interest rates in an obvious manner, limits how many payday loans a lender can have with any one customer, limits how much interest is charged, and allows for a customer to apply for an extension to their loan.

"The Department of Defense has ... done a very good job about trying to close down [payday lenders]," said Bruce Sneddon, program manager, Personal Financial Management Program. "The installation commanders have been very aggressive."

But at the same time, predatory lenders continue to be a problem. MartyAnn Grant, director, NMCRS, said many predatory lenders have now shifted to the Internet. NMCRS, which has raised more than \$129,000 in their annual fund, offers financial counseling for service members.

There are some red flags to look out for to spot a predatory lender on the Internet. Several websites will have the word "military" in their web address. Some websites will offer a quick link to the MyPay website, but are not necessarily endorsed by the Department of Defense.

Payday loans can be easily accessible, there are no questions asked, and money is granted almost instantly. But at the same time, some interest rates on some loans have been as high as 584 percent a year, Sneddon said.

Sneddon said if a service member were, for instance, to purchase a \$3,000 computer at 20.5 percent interest rate, with a monthly fee of \$175, they could potentially end up spending 580 extra dollars on interest alone over the 21-month loan.

Plus, there can also be disadvantages to some lenders people may not realize. Sneddon said the quality of the product could be much lower quality than it's worth, like rent-to-own furniture.

"By the time you're done paying for the furniture, it's not worth the price you paid," Sneddon said.

"Whereas putting on layaway or saving money to go buy good quality furniture, you get what you pay for."

He also said some people believe because they have bad credit, they are unable to get a better deal than a high interest loan. However, credit can be fixed. Sneddon recommends service members come see him to learn more.

Learning about these resources is key.

"Most people approach predatory lenders for most of their needs including emergencies before understanding the impact of their decision," Grant said.

Although emergencies can happen, Grant said signing up for payday loans, for example, is not necessary.

For example, if a service member misses a paycheck in error, one can get money back using the society's "No Pay Due" form, which must be signed either by the commanding officer or the S-1 department.

NMCRS also assists service members with emergencies including the need for leave, car repair, food, gas or rent. NMCRS offers Quick Assist Loans for up to \$300 with no interest rate.

Active duty service members are eligible for these loans, and are required to bring their Leave and Earning Statement and ID card. In a 12-month period, service members can receive as many as two of these loans.

Grant said it is probably unsafe to give strangers personal information, such as social security numbers, online, as there could be third parties who can tap into the information and steal a person's identity.

"It's better to go to a trusted organization," Grant said.

Grant said the society's financial counselors can give service members financial tips and referrals. For service members planning to start a family, Grant said there are "Budget for Baby" classes available to help prepare finances for an infant. In addition, commands can request a special financial class, given either by Grant or Sneddon.

"We can't buy you a car," Grant said. "But we can sit down with you, and help you decide if you can afford a car."

Sneddon also advises service members who are not sure about a certain company to take certain precautions before signing anything, such as the purchase contract or documents detailing the terms of purchase. With regard to contracts, Sneddon said they should get as much information as they can, obtain a copy of a contract and read it thoroughly.

Service members should check what the interest rate on the contract is and how long it extends. Attorneys at Legal Assistance at the Legal Services Center on base are available to help service members review contracts.

Prospective customers should also conduct research on lending institutions. Sneddon said services such as the Better Business Bureau and Federal Deposit Insurance Corporation can help give more insight on an institution. He recommends people not look for lenders only on the Internet — use verified sources.

Grant said service members with questions about certain lenders can approach either their leadership or the Base Inspector's Office.

There is also a lot of financial counseling available for service members with the Personal Financial Management Program, from financial planning to large purchases to investments. For more information call the Personal Financial Management Program at 257-7787.

NMCRS can be contacted at 257-1972.

AROUND THE CORPS

Your weekly guide to what's happening around the Corps

This week's top story

East Coast



Lance Cpl. Santiago G. Colon Jr. | 26th MEU

Horns of a dilemma, Marines employ combined arms during battle courses

FORT A.P. HILL, Va. — The art and science of combined arms operations is to present the enemy with an inescapable dilemma, to make him choose between movement while under precise and constant fire or wait for their destruction to come from above. 26th Marine Expeditionary Unit Marines employed this science during several exercises at Fort A.P. Hill, Va., during their Realistic Urban Training.

More than 600 Battalion Landing Team 3/8 Marines negotiated squad and company live-fire battle courses, June 6-11, which required them to move over uneven terrain, to secure target areas.

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

West Coast



Sgt. Michael T. Knight | Marine Corps Base Camp Pendleton

First lady visits Camp Pendleton families

MARINE CORPS BASE CAMP PENDLETON, Calif. — The first lady of the United States, Mrs. Michelle Obama, met and spoke with Marines, sailors and family members at Camp Pendleton, Sunday.

"Michelle Obama's signature issue since her husband was elected has been taking care of the quality of life for military families," said Lt. Gen. Joseph Dunford, commanding general, I Marine Expeditionary Force, during his introduction of her public address to the base.

He said she spent the afternoon she spent time visiting with families and wounded warriors.

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

Overseas



Maj. Paul Greenber | Marine Forces Reserve

U.S. Secretary of Navy visits service members at African Lion

AGADIR, Morocco — On his way home from a trip to Afghanistan, Ray Mabus, 75th Secretary of the Navy, paid a visit June 5 to troops participating in exercise African Lion 2010 here.

For the past seven years, African Lion has been conducted annually between the U.S. and Moroccan militaries to further develop joint and combined capabilities between the two countries, which have been allies for more than 200 years.

This year's African Lion includes about 700 Marines and sailors from Marine Forces Reserve units throughout the United States.

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



Lance Cpl. James W. Clark | Regimental Combat Team 7

A father and his sons sit in the shade while at the government center during an elder shura, June 6, Marjah, Afghanistan. The elder shura marked the third since Afghan and coalition forces arrived in the city.

Elder shuras may herald time of renewal for Marjah

Lance Cpl. James W. Clark
Regimental Combat Team 7

MARJAH, Afghanistan — After establishing a bi-monthly schedule for their meetings last month, the city's third elder shura took place at the government center in Marjah Afghanistan, June 6.

Shuras, the Afghan equivalent of a town hall meeting, serve as a forum where the concerns of the city residents can be discussed, and proposals deliberated upon. Prior to beginning the meeting, Haji Zahir, the regional district governor of Marjah, presided over a ribbon-cutting ceremony, marking the end of reconstruction efforts at the government center and symbolized a formal presence of the

Afghan government in Marjah.

"The ceremony officially marked the government center's refurbishment after it was repainted, had new doors and windows installed, and had interior restructuring done," said Capt. Anthony F. Zinni, commanding officer for Weapons Company, 1st Battalion, 6th Marine Regiment.

"Having all the block leaders there, see the government of Afghanistan slowly establishing itself presents the perception of the government improving on what it has and a sense of status that comes with legitimacy."

After the ribbon-cutting ceremony and a customary moment of prayer, the members gathered under the crowded solar shade, sharing a small space away from the sun.

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

Top story from the front



Courtesy of Sgt. Joshua Mathes | Marine Corps Bases Japan

Sgt. Joshua Mathes stands with Afghan National Army soldiers in Laghman Province, Afghanistan, where he was responsible for training during his seven-month deployment to Afghanistan as part of Embedded Training Team.

Back to basics in Afghanistan

Lance Cpl. Stefanie C. Pupkiewicz
Marine Corps Bases Japan

LAGHMAN PROVINCE, Afghanistan — The dense jungles of northern Okinawa are a far cry from the mountains of Afghanistan that Sgt. Joshua Mathes had grown accustomed to during his seven-month deployment as part of Embedded Training Team 5-5, Regional Corps Advisory Command 3-7.

Mathes, who is the chief instructor at the Jungle Warfare Training Center, volunteered for the deployment at the end of 2008, he said.

He understood what was in store, as a member of an embedded training team because he assisted the training of Iraqi police in Fallujah in 2007.

Eager to get another combat deployment under his belt, Mathes responded to the opportunity with, "If you are asking, I'll go."

Once Mathes' boots were on the ground though, he realized it would be different than he anticipated.

Going from a platoon-size element, like he was used to working in, to only a three-man embedded training team was an interesting experience, Mathes said.

There were only three Marines at the combat outpost, and they were responsible for advising three full Afghan National Army reconnaissance platoons and an ANA field artillery platoon. The Army National Guard was also at the outpost but they were there under different orders, Mathes said.

The interaction with the ANA was very positive.

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

Marines motivate AF JROTC

Senior Leadership School trains on MCB Hawaii



Benson, Ariz. native Cpl. Richard J. Dimas, Remain Behind Unit, 3rd Marine Regiment, explains different techniques on how to climb a rope on the MCB Hawaii o-course to Bolduc Broadhurst, an Air Force JROTC cadet from Hawaii Kai, June 9.

Lance Cpl. Vanessa M. American Horse
Combat Correspondent

Local and mainland Air Force Junior Reserve Officers' Training Corps programs conducted their Senior Leadership School at Marine Corps Base Hawaii from June 7-12. Approximately 60 cadets participated in this event.

"This is such a great event for the young folks," said retired Air Force Lt. Col. Heslep, Air Force JROTC instructor and senior aerospace science instructor from Austin, Texas. "Here they get to be immersed in a total military environment and the Marines provide hope for the cadets. It's exciting that they get to play with the big boys."

Marine Corps Base Hawaii hosts more than 50 camps for JROTC cadets each year.

This week 50 Civil Air Patrol cadets will conduct their summer encampment at MCB Hawaii from June 12-20.

During their stay, Marines from several tenant commands on base devote their time as role models and volunteers for the camps. Popular stops for the cadets include military police dog kennels, explosive ordnance disposal, indoor simulated marksmanship trainer and the leadership reaction

course.

"My favorite part was definitely the o-course," said Bolduc Broadhurst an Air Force JROTC cadet from Hawaii Kai. "It was fun and athletic. But easier to do, then what I thought. The K-9 demonstration also showed us how the dogs can be used as a weapon in a good way."

The training, transportation and activities are provided at no cost to the cadets. Other bases on Oahu charge cadets for their room and board, so this option is utilized by JROTC units all over the country.

"The facilities are convenient and Marines are very welcoming here. We could afford to have cadets from Texas and Washington state fly out to participate in this event with the money we saved not paying for hotels for everyone," Heslep said.

Marines also have fun with the kids by motivating cadets to conquer their physical limitations and explain military tactics used in each unit.

"Most of the kids seem nervous when staring at the o-course or the ISMT, but once they finish it, they are all excited for themselves," said Cpl. Joe H. Yo, Remain Behind Unit, 3rd Regiment. "It's awesome to see them try really hard, and succeed on tasks we as Marines are used to."



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

Air Force Junior Reserve Officers' Training Corps cadets were challenged in the leadership reaction course during their Senior Leadership School on MCB Hawaii June 9. "This is such a great event for the young folks," said retired Air Force Lt. Col. Heslep, AFJROTC instructor and senior aerospace science instructor from Austin, Texas. "Here they get to be immersed in a total military environment and the Marines provide hope for the cadets. It's exciting that they get to play with the big boys."



(Left and above) Air Force JOTC cadets push their way through the o-course here on base June 9.



Photos by Sgt. Mark Fayloga | Regimental Combat Team 7

Using an interpreter, Haji Abdul Manaf, Nawa District governor, addresses the crowd at a transfer of authority ceremony at Forward Operating Base Geronimo where 3rd Battalion, 3rd Marine Regiment, took over 1st Battalion, 3rd Marine Regiment's area of operations, June 6. "We have right now, human freedom all over Nawa and that's thanks to the hard work and dedication and the sacrifices of the USMC," Manaf said. "I wish that the government of the United States would write down the names of these Marines in golden pages."

RELIEF, from A-1

The Regimental Combat Team 7 commanding officer didn't mind competing with the steady whir of the generator.

To the contrary, he saw it as progress. After all, if he had been in the same spot last year, he would need to yell to be heard over the sound of gunfire. FOB Geronimo isn't the only area to have seen that kind of change.

"Now in areas of Nawa, most specifically the district center and the likes, there are places where a short year ago, rounds were exchanged in combat as people resisted that effort to bring this back to the Afghan people," Newman said. "Today, in place of that combat, there are men and women shopping, going about their normal business with a sense of freedom that hasn't been felt there in a while. Nothing can speak more highly than that. We've given back to a fellow human being the opportunity to achieve a better future."

Although 3/3, known as "America's Battalion," has been operating in Helmand province for weeks, the ceremony marked the official turnover of the area of operations from 1/3's authority to 3/3's.

At the ceremony, Newman wasn't the only one to note the progress made as a result of 1/3's work. Haji Abdul Manaf, Nawa District governor, was quick to praise 1/3, remarking he wished the U.S. government would write the names of the battalion's men on golden pages for the people of the United States and Afghanistan.

"[Lt.] Col. Matt Baker is a great warrior and great supporter of Nawa peace and prosperity," Manaf said. "This word is coming from all the elders and citizens of Nawa, that we express our appreciation of Col.

Matt Baker and his hard work and we hope that 3/3 will keep that same support and relationship."

Baker, though honored by the praise, was quick to point out there is a set of names far more important than his own.

"While my name ends up being the name that gets mentioned, first and foremost there are more important people to mention," Baker said. "There is an entire battalion of Marines that did work for us, it's not possible to have the accomplishments we've had if it weren't for Sgt. Maj. [Dwight D.] Jones and



Haji Abdul Manaf, Nawa District governor, addresses the crowd at a lunch event honoring the work of 1/3, and welcoming their replacement, 3/3 Patrol Base Jaker June 3.

all the officers and staff of 1/3. The names that I want to make absolutely certain that we say out loud today are the names of those who will not be going home."

Baker went on to solemnly read off the names of the four men from 1/5 and five from 1/3 who died supporting Nawa.

"These Marines will not be going home, did not go home with their battalions," Baker said. "It's very, very important that we never forget their names."

HEROISM, from A-1

After graduating from Brick Township Memorial High School in 2003, Madding briefly attended Rutgers University, where he studied electrical engineering. Having been intrigued by World War II as a youth, Madding soon became the first in his family to serve in the Marine Corps. His grandfather served as an Army pilot in World War II, Korea and Vietnam, where he was wounded and received a Purple Heart.

Madding completed recruit training at Marine Corps Recruit Depot Parris Island, S.C., and further infantry training at School of Infantry East, Camp Geiger, N.C. Following his training, he received orders to 3rd Battalion, 3rd Marines at Marine Corps Base Hawaii.

Upon completing two tours of duty as a mortarman with Weapons platoon, Company L, 3/3, from March 2006 to October 2006 and August 2007 to March 2008 in support of Operation Iraqi Freedom, Madding deployed in support of Operation Enduring Freedom.

During his second post-deployment Warrior Transition Training, the regimental warrant officer asked for infantrymen to fill spots on an Embedded Training Team. Madding jumped at the opportunity, extending his enlistment 18 months and beginning predeployment training almost immediately, June 2008.

As part of the workup, Madding and his fellow ETT advisors underwent combat lifesaver training, spending time in between training events practicing scenarios and furthering their CLS knowledge.

He arrived in country as part of Embedded Training Team 5-4, 201st Corps, Afghanistan National Army on Nov. 19, 2008. This enemy was different than the one in Iraq, Madding thought, and before long, the ETT was in the thickness of battle.

"You can watch movies and think and dream about combat situations, but when they happen, it's surreal," Madding said, as if describing one of these dreams. "You can never really prepare for it — you just hope your training holds true, kicks in and you do the right thing."

During a combined patrol with the ETT and soldiers from Viper Company, 1st Battalion, 26th Infantry Regiment, U.S. Army, near the village of Darbart in Korengal Valley, Kunar Province, Afghanistan, on Dec. 23, 2008, the patrol was moving off a mountain as their over-watch position came under fire.

Madding and fellow Marine Capt. John Farris were providing security in the northern part of the city when the call came. Three soldiers had received gunshot wounds and required medical assistance. With CLS training under his belt, Madding said adrenaline and a sense of duty called him out.

"Everything else goes to the wind," he said. "The subconscious takes over from there and you just go."

The two men's eyes met and without a word, they began sprinting toward the casualties.

"As soon as I got out of there, my training kicked in," Madding recalled. "I saw the dirt flying but didn't hear the snaps of the rounds as they impacted around me. Things were working systemically and it all just made sense. I just focused on providing the injured medical attention."

Sprinting 500 meters up Hill 1705 to reach the wounded soldiers was no small task. Despite being exposed to heavy enemy fire, they trudged forward across the open terrain. The hill was extremely steep and combined with a heavy gear load, Madding and Farris' sprint turned into a slow walking pace. Eventually, the exhaustion left them dragging their feet.

As he described the situation, it was if he was running again. "My head was pounding and felt like it was going to explode," Madding said. "My legs felt like they weren't working any more. If this was any other situation, I would've physically needed to stop."

To be concluded in next week's Hawaii Marine.

LIMITS, from A-1

has been cleared for Marines to do business with again.

Originally, Boardriders was placed off-limits due to "multiple incidents in which military personnel have been injured due to fights outside or around the establishment," according to Rice's letter.

Rice stated, after the business was placed off-limits, Mansell met with the Armed-Forces Disciplinary Control Board to discuss steps to getting the establishment unbanned.

The CO's letter reads, "based on your efforts to ensure safety by keeping unauthorized persons out of the parking area, fixing lighting and vigilant monitoring by your security team and you personally, I am removing Boardriders from the off-limits list for military personnel assigned to MCB Hawaii and our tenant commands, effective this date."

However, the situation at Boardriders will continue to be monitored.

"My decision today is based upon my belief that you have cured the emergent conditions that led to my placing Boardriders off-limits earlier this month," Rice wrote.

"Should there be another incident that suggests to me that security at Boardriders is insufficient to ensure the safety and welfare of our service members, I will reinstate the off-limits status and refer the matter to the AFDCB."

According to base bulletin 1620, off-limits establishments are: Hawaii Natural High, The Galaxy, Dungeon, Flesh, Sexopolis, After Hours, The Shelter, The Shop, The Mall Cafe, Altar Solum and the Warehouse. The business are located in the Waikiki and Honolulu area.

Commands are urged to pass word to Marines and sailors regarding the changes and new additions to the off-limits establishments list.

CORPSMEN, from A-1

"Your first kind of interaction with FMF corpsmen is that they're larger than life," Pollock said. "I decided that this is what I wanted to do."

Approximately 60 green side hospital corpsmen deploy with a Marine Corps unit at a time. Blue side hospital corpsmen do deploy, but as individual augmentees.

Petty Officer 1st Class Andrew Jenkins, assistant lead petty officer, 1st Battalion, 3rd Marine Regiment, recently returned with the advance party from a six month deployment in Afghanistan. There, he was able to treat children. He remembers helping one young girl with a chest wound caused by shrapnel.

"She tolerated it very well," said Jenkins, of White Cloud, Mich.

Garner deployed to Afghanistan with 2/3 in May of 2009.

"It feels like time stops because you don't know anything except what's going on right then," Garner said of deployment.

During his third patrol in Afghanistan, one of the four vehicles in his convoy hit an improvised explosive device. He was hurt while helping his comrades, when fire ignited a gas tank and set off more than 200 grenades.

"It was a very emotional experience," Garner said.

Pollock deployed twice, once to Iraq and once to Afghanistan with 2/3. As part of 2/3, Pollock helped rebuild schools and mosques, while training local Iraqi policemen and going on missions.

"The best thing about being a corpsman with the Marines is you're a Marine first," Pollock said. "You have your rifle; you're part of the mission, not just somebody waiting in the back, waiting for something to go wrong."

What he will remember from this deployment, however, is the loss of both his company commander, Capt. Philip J. Dykeman, and battalion commander, Lt. Col. Max A. Galeai, to a suicide bomber. Pollock, who was one of eight people to retrieve his commanders and send them to the coroner, said he recalls the sights and smells of being there on the front lines.

Today, Pollock has several "killed in action" bracelets at home, one in particular bearing his company commander's name, and takes time each day to look at them.

"[The memorial services] just kind of reminded me that you never know when something like that is going to happen," Pollock said. "So you have to stay vigilant and be ready to do what you need to do."

Pollock said one of the hardest aspects of being a hospital corpsman is seeing fellow comrades injured.

Even when not deployed, there is still much work to be done. Jenkins said corpsmen must make sure all Marines have all medical issues resolved and attend their regular dental appointments before deployment.

"When you're not deployed, it's all about medical readiness," Jenkins said.

Jenkins said as a corpsman, he feels empowered through his job.

"I like the fact that I feel prepared to take on anything, both medically and physically," Jenkins said. "The challenges that come with the Navy and especially being in the Marine Corps, it gives you all the tools that you really ever need to survive in any situation."

The Navy Hospital Corps was officially established in June 17, 1898, although personnel with medical duties have existed as early as the 1700s, during the Revolutionary War, according to "The U.S. Navy Hospital Corps: A Century of Tradition, Valor, and Sacrifice" by Mark T. Hacala.

A Salute to Bravery



Kristen Wong | Hawaii Marine

From left, Purple Heart recipients Staff Sgt. John Murrell, infantryman, of Laurel Hill, Fla.; Navy Petty Officer 2nd Class Adam M. Shults, hospital corpsman, of Mount Sterling, Ky.; Sgt. Alexander E. Flowers, Tube-launched, Optically tracked, Wire-guided missile gunner, of Endicott, N.Y.; Cpl. Joshua A. Brooks, machine gunner, of Petoskey, Mich.; Lance Cpl. Jefferson C. Doane II, assaultman, of Port Angeles, Wash.; Lance Cpl. Kevin E. Eisert, TOW gunner, of Pittsboro, Ind.; Lance Cpl. Jared C. Garland, infantryman, of Spruce Pine, N.C.; and Lance Cpl. Zachary J. Stufflebeam, TOW gunner, of Petersburg, Ill., all from 2nd Battalion, 3rd Marine Regiment, are recognized at a ceremony at Dewey Square on Wednesday. Four Marines were also meritoriously promoted to corporals: Cpl. Cameron D. McGrew, TOW gunner; Cpl. Lawrence R. Nall Jr., assaultman; Cpl. Steven M. Redman, infantryman; and Cpl. Jared M. Schmitz, machine gunner, all from 2/3, at the same ceremony.

Shooting enthusiasts welcome

Lance Cpl. Ronald Stauffer

Combat Correspondent

Marines, sailors and community members are still making their mark, one round at a time, at the base range's recreation fire. Enthusiasts shot in on the automatic reset targets on the unknown distance range last Friday.

With its dedicated personnel, the range has successfully conducted nine recreational firing events since October of 2009, which are 100 percent free to those who want to fire.

"There are those who enjoy [shooting] and obviously, opportunity is limited here [in Hawaii]," said Chief Warrant Officer 3 Joshua T. Martin, base ordnance officer, Headquarters Battalion.

Shooting an AR15 and a bolt-action .308 rifle, Martin, a native of Lewisburg, Penn., said he's an avid shooter.

After recently being stationed at Yuma, Ariz., where firearm laws weren't as constrictive as they are here, he purchased ten-round restrictive magazines before he arrived to the island in anticipation to go to the Koko Head firing range.

But after talking to people about shooting at Koko Head Range, he chose not to deal with their restrictions after

learning about the base's rec fire.

Once shooters arrive at the range, they must check in with the fire desk operator. Shooters are required to show valid proof of firearms registration and must sign in before getting issued a badge.

Badges are used to control where shooters are allowed to fire and to ensure they're not wandering in an unsecure area. Safety briefs are also conducted before and after firing. Marine range coaches and civilian range personnel are also present to keep a watchful eye on the firing line.

With these measures in place, shooters are free to fire at will and load their magazines with an unlimited amount of ammunition.

Among those enjoying the chance to fire is Damon Kondo, a civilian who works on base. He has attended each of the events since the rec fire first opened up.

"It's a lot of fun, and it really hones your shooting skills," Kondo said. "And the range officers are always friendly and help you with pointers."

Kondo explained the rec fire is a personal challenge to help better his shooting skills. And because the conditions are better than the Koko Head range, it helps with distance and

range skills, because the targets aren't set up a predetermined distances.

Right now, his shooting is strictly for recreation, but depending on how well his shooting gets, he has an interest in competitive shooting. Events like this help him to prepare.

For some shooters, the rec fire is an eye opening experience into the world of shooting.

"I'm excited to learn the techniques and learn them the correct way and eventually become proficient at it," said Kathryn A. Molitor, the commercial sponsorship and advertising coordinator for the base marketing department.

Molitor said this was the first time she's held a firearm and was extremely excited. She added it's a good way to get aggressions out, while still in a controlled environment.

Molitor said she had met with Master Sgt. John M. Martinez, range officer in charge, who invited her to come out to the event. She said she was intrigued and wanted to learn the rifle and pistol skills.

Martinez said some of the other ranges don't have coaches to help shooters if they have problems or questions. It's not like that here. For those who are willing to learn, a little help can go a long way.

Another advantage said Martinez,

is as long as the range is conducting a coach's course, he said he's happy to provide stock weapons for Marines who aren't permanently issued them through their unit.

Marines are allowed to draw weapons out of their unit's designated armory, but are required to submit a request through the unit's training section, which must be approved by their commanding officer.

Weapons must pass a limited technical and pre-fire inspection and Marines have to coordinate with the range, so the range can draw ammunition for them. Marines cannot shoot personal ammunition out of a Marine Corps weapon.

Staff noncommissioned officers or higher are allowed to carry issued weapons in their personally owned vehicle from the armory to the range. Marines who cannot find transportation through their superiors can contact the range to arrange for transportation.

The recreation fire range is scheduled to be open the second Friday of every month from 1 to 4 p.m., depending on holidays or future events and rotates between pistol and rifle fire.

For more information on the recreation fire or to make a suggestion, contact the range at 257-3600.

Gamers' Delight



Lance Cpl. Tyler L. Main | Hawaii Marine

The Marine Corps Base Hawaii Mokapu Mall now features a brand new Gamestop, open now for all your gaming needs. Gamestop specializes in all platforms and can help players buy, sell and trade games. The Gamestop plans to enhance the MCB Hawaii service members gaming experience, said Ger Larson, MCB Hawaii Gamestop supervisor. "We're going to provide knowledgeable interaction with the service members," he said.

HONOR, from A-1

Field Artillery Regiment, 29th Infantry Combat Brigade Team, served with Vivao on deployment. Schmid looked up to Vivao as an example of being a good father. Vivao, the father of 10 children, was someone Schmid said was always patient and kind.

Addressing the audience, Marine Corps Civilian Police Lt. Marc Farr, shift commander, MPD, shared his memories of Vivao.

The two went through academy training together and served in the civilian police unit at MCB Hawaii. Farr recalled how his fallen friend and co-worker was always generous with his time.

"His dedication to duty and service is and was one of a kind," Farr said. "You see in our sections we pride ourselves on the team concept, it's a balance of qualities and ... Vivao was such an integral part of that team. You knew when you looked at him he would do anything for that team and that is special in itself."

During the ceremony, Military Police Department personnel presented Talalelei Vivao with a commemorative wooden bowl filled with bereavement cards.



Christine Cabalo | Hawaii Marine

Offering a commemorative bowl and bereavement letters, Lt. Col. Karla M. Jessup, provost marshal, Marine Corps Base Hawaii, comforts Talalelei Vivao during a memorial ceremony for her husband last Friday. Her husband, Tauveve Vivao, was a Marine Corps civilian policeman who died May 11, 2010 from an apparent heart attack after collapsing during training.

Several government institutions, including the U.S. Marshals Service, offered their condolences. Jessup, of Altus, Okla., also presented Talalelei Vivao with an American flag and badge.

"[The ceremony was] above and beyond," Talalelei Vivao said. "I'm very grateful and thankful. I feel very honored and welcomed to have this service here."

Talalelei Vivao said the Military Police Department has been very supportive since her husband's death.

"I want to extend a thank you to all of my husband's friends, especially his coworkers and retired folks from the [487th Field Artillery] for helping me through this," she said.

"The Kaneohe Bay Provost Marshall Office deserves a lot of thanks for putting together such a wonderful ceremony on his behalf, making time for his family and friends to speak. Thank you for all that you did for my husband."

Sports & Health



Lance Cpl. Ronald W. Stauffer | Hawaii Marine

Adam Hudson, Black Knights third baseman, rips into a ball during an Intramural Softball League game Monday at Annex Field. Hudson is a known power hitter with an eye for striking the fence. The game ended with the Black Knights forfeiting.

A win is a win

**Lance Cpl.
Ronald W. Stauffer**
Combat Correspondent

Patrol Squadron 4 Ground Pounders battled with Marine Aviation Logistics Squadron 24 Black Knights for six innings, only to come to a 7-0 forfeited finish in the Ground Pounders' favor at an Intramural Softball League game Monday at Annex Field.

Due to a final ruling by the umpire that came toward the finish of the game, the Black Knights were forced to forfeit, losing all their runs scored.

Before the game, Ground Pounders coach Sean Vanvalkenburg said his team was short a few players, but still expected a good game. He was looking to some of his power hitters to bring some runs to the board.

Ground Pounders led off in the first inning, but didn't see too much action at the plate after Eric Stoffers, Black Knights pitcher, walked the first three batters to load the bases.

The Black Knights got the first out at second base on an infield grounder to the shortstop, but allowed a runner to score. A low fly ball to right field loaded the base once more for the Ground Pounders putting them in scoring position again. But another hit to the shortstop brought the second out at second base.

Sitting on two outs and two runs, the Black Knights sealed the deal after a short hit to Stoffers.

The Black Knights took to bat, starting with a walk on their first batter. An incredible hit from Ronnie Robinson, Black Knights centerfielder, smashed into a pitch, sending it to the fence for the first home run of the game.

Fired up, the Black Knights kept the hits going, advancing runners around the bases for runs. Black Knights third baseman, Adam Hudson sent a ball soaring for a triple bring in to runs, proving the Black Knights were there to hit.

By the time the Ground Pounders ended the inning, the Black Knights had brought in 10 runs, taking a huge lead, 10-2, early in the game.

Swinging for a comeback, the Ground Pounders were stopped cold in the top of the inning by the Black Knights defense, sending them back out to the field to face the Black Knights batters.

In the bottom of the second inning, the Black Knights took an out on the first batter, but a miscommunication between two of the Ground Pounders' outfielders allowed a runner on.

As the hits came, the Ground Pounders stepped up, stopping the Black Knights before they could score another run.

Batting into the third inning, the Ground Pounders started off slow, taking their first out at first base with a runner on. Shortly after, they got their second out on an outfield pop fly.

A line drive past Hudson brought a runner home, but short infield fly ball sent the Ground Pounders back onto the field.

Still leading 10-3, the Black Knights swung away, but a surge of high pop flies left them with no runs in the inning.

In the fourth inning, the Ground Pounders took an out at the plate, but started to move runners around the bases with small hits over the infield, bringing in one run before their third out.

The Black Knights seemed ruthless at the plate, exploding hits all over the field, bringing runners in. Although two outs came from fly balls, the runners were still able to tag up and score. Their hits not only flew over the infield, but also through it as well.

The Black Knights' final out came from a line drive straight back to Dylan Rudolfer, Ground Pounders pitcher, who made a quick and astonishing catch.

In the fifth inning, Rudolfer hit one to the fence for a double, followed by two fly ball outs. A bullet past the first baseman brought him home for a run and kept runners on the bases. Errors from the Black Knights seemed to play in the Ground Pounders' advantage in the inning, after missed balls allowed the Ground Pounders to bring in three runs.

Black Knights made their way up to bat again and continued to put bat to ball. But after a dispute from their coach toward the umpire, the game was forfeited under the grounds of travesty or unwillingness to play the game, giving the Ground Pounders the official victory.

"If you're beating a team bad enough, you try to stop and you don't rub it in," Vanvalkenburg said after the game. "That's what the other team was doing."

Vanvalkenburg said he didn't agree with the forfeit and understood why the Black Knights were slowing the game down, but ultimately it's the umpires call.

*Practice
sportsmanship:*

*It's just
a game*

**Commentary by
Lance Cpl. Tyler L. Main**
Combat Correspondent

Since I've been on Marine Corps Base Hawaii I've played various sports against more people than I can recall.

The level of intensity and competition are often extremely high because normally my teammates and opponents are true competitors and hate to lose. I also really hate to lose, but there are lines you don't cross.

No matter how furious, physical or one-sided the game gets though, I have never encountered a player who lost his temper or tried to hurt another player over a loss. That is until a week ago, and this guy is a Marine, too.

A couple of buddies and I got together for some basketball last Friday at the courts beside Barracks 1633. We shot around for a little while before being invited by a team of five playing on the adjacent court. Wanting a challenge ourselves, we accepted.

From the very beginning, the game was physical and rough, within good competitive measure. Meaning there was no trash talk or provocation from either team. My team happened to be on fire and annihilating them.

As the game went on, though, one of these players got increasingly physical. We noticed but ignored him like an out-of-reach housefly.

Later, we extended our lead to 14-6 and it was game point. As one of our players was running down the court from offense to defense, the same hothead from before blatantly elbowed him in the chest and everyone saw it.

We were obviously upset and asked the Marine to calm down while continuing to play. But then the Marine threatened a fight if we kept winning. Again, we asked the Marine to calm down, this time more serious.

The Marine retaliated with a few choice words, gave me a shove, balled his fists and came after me. You can see the look in someone's eye when he's looking for a fight and that was the look he was giving me. Luckily, my buddies stepped in and restrained us.

The Marine wouldn't have it and pushed my buddy too with threats flying from his mouth more so than before. By then all 10 players from both teams were huddled together trying to keep the peace, except for you know who.

The furious player targeted another Marine, this time a sergeant and pushed him, too, talking out of line and threatening the NCO as he did me. He probably didn't have enough time outs as a child.

Finally, his friends calmed him down after the sergeant pulled rank and they walked him away while his mouth still ran.

All of this happened because he was losing a pick-up game of basketball. If he would have ended up swinging or someone wasn't there to subdue him, his temper would have led him to throw punches and then what? He would have suffered a non-judicial punishment at best and probably more if he really hurt someone.

Regardless of unit, occupational specialty or time in service, we're all on the same team.

Even when we're competing, landing a right hook in the name of basketball isn't worth losing rank or the respect of your peers and superiors.

Play nice, Marines, because in those situations, it really is "just a game."

Avoid beach injury from sea creatures

Christine Cabalo
Photojournalist

Safe sunny times at beaches this summer start with good planning before hitting the water.

Always check in with lifeguards to find out about conditions including sea creature warnings, said Dino Leonard, assistant manager, Marine Corps Community Services Aquatics.

Beach users also need to follow all base regulations, found online in Chapter 11 of Base Order P5500.15B. Leonard noted beach lovers could reduce their risks by doing several basic things: always wearing fins in the water, checking in with a lifeguard and attaching a leash to a board.

Unseen hazards in the water from marine life could also be dangerous if people aren't aware of them, said Leonard, of Upland, Calif. Hawaii swimmers may commonly see box jellyfish or Portuguese Man-o-War. The assistant manager said there are key differences between the two ocean dwellers.

"The box jellyfish is a predominate one through out the island and there are a few other types," Leonard said. "But jellyfish are found primarily on the south side, near Waikiki. We have had some box jellyfish on this side, the east side of the island. More often we see the Portuguese Man-o-War though."

While there's always a chance either stinging creature is in the water, Leonard said both appear in high numbers following specific patterns.

Groups of jellyfish are likely to appear seven to 10 days after a full moon on Oahu's southern shores. The next estimated

mass appearance of box jellyfish is July 4 to July 7.

Portuguese Man-o-War is more prominent during heavy winds when they're literally blown into an area, the assistant manager said.

"The box jellyfish can actually swim up to two miles per hour," Leonard said. "They have locomotion, whereas the Portuguese Man-o-War are windblown. They don't move at all."

Lifeguards monitoring the shores will know if either of the sea creatures is around the beach. Leonard noted the stinging marine animals are both hard to deter and a constant presence in the water. Treatments for each creature's stings are different, Leonard said. Serious stings could trigger allergic reactions, cardiac arrest or anaphylactic shock. At Marine Corps Base Hawaii, MCCS Aquatics lifeguards will monitor anyone who's been stung and offer emergency services if needed. Salt water and hot water can help in treating stings from Portuguese Man-o-War. Treatment for box jellyfish is slightly different.

"We use vinegar and cool water or fresh water for pain," Leonard said. "Ice is another treatment that works pretty well."

While some beach risks, like strong currents, can be handled with good safety practices, stinging sea animals always have some presence in the water. It's one of the reasons why Leonard said it's important for people to check in with them about conditions.

"We'll know that [jellyfish or Portuguese Man-o-war] are out there in heavy force that day," he said. "We can give them that information or any other information about the beach."

Can't *touch* THIS

CLB-3 dances their way to 3-1 triumph over MALS-24

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

Reigning intramural soccer league champions Combat Logistics Battalion 3 secured a 3-1 victory over Marine Aviation Logistics Squadron 24 after a well-fought game at Pop Warner Field Monday. The win brought CLB-3 to a record of 4-3-2 and dropped MALS-24's record to 2-3-4.

"Communication is the key to our success," said CLB-3 midfielder Roberto Escobar. "The defense listens when the rest of us talk because they're only really looking one way."

Escobar described last year's regular season and playoff games as "tooth and nail" but said CLB-3 thrived off of this, placing first in the regular season and winning the championship. "If we're on our game, there's no team that can touch us," he said.

Six minutes into a quiet first half, CLB-3 midfielder Dawit Tesfai pushed the ball past two MALS-24 defensemen and put a shot on net, only to be shut down by the rushing MALS-24 goalkeeper, Marco Mendez.

Despite starting the game off slowly, CLB-3 didn't waste time in making their presence known. Midfielder Jorge Yepes drew first blood for the team, streaking in from the left side of the field and capitalizing on a corner kick.

After the first goal, the game's tempo increased and the play became more physical. As the MALS-24 midfielders and strikers pushed towards the opposite goal, CLB-3 defenders maintained solid defense. Mark Morgan, MALS-24 midfielder, skillfully played the ball off a rebounded save by CLB-3 goalkeeper Chris Morehead, only to be called offside.

Regaining possession, CLB-3 striker Dustin Bird launched a shot from 15 yards out and watched it sail into the top right hand corner of the net, bringing CLB-3 to a 2-0 lead by halftime.

Mario Virgen, CLB-3 coach, said the players' interaction has contributed to their success but a lack thereof has been their downfall. The team only practiced twice before the beginning of the season and secured three wins in their first three matches of the season, he said.

"Practice isn't boot camp," Virgen said. "The players just go out and play. I tell them where the holes are and they fill them in. We're out here to have fun."

Coming off the short break, CLB-3 launched an offensive. After nearly finishing on two quick shots on net, CLB-3 midfielder Jorge Cruz utilized a successful penalty kick to give his team a 3-0 lead eight minutes into the second half.

The MALS-24 midfielders and strikers pushed hard toward the CLB-3 goal but couldn't overcome the defensive challenges of the CLB-3 sweepers and goalkeeper. Gaining possession off a stopped play, MALS-24 midfielder Miguel Sandoval met the netting with a bullet to the net's bottom left hand corner. Nevertheless, the shot proved to be the final prayer for MALS-24 as they fell to their fourth loss of the season.

"The game was rough," said MALS-24 sweeper Cavan Croskey. "We weren't playing with our regular goalie and defenders and had to mix and match players."

For the victorious CLB-3, the win only furthered their confidence. "If we maintain our defensive line and keep the structure the way it is right now, we should have no problem taking the whole championship," Escobar said.

Teams in the intramural soccer league vie for the regular season title over a period of 14 games.

While all teams make the playoffs, opponents are matched based on regular season standings. The playoff rounds are played in a knockout format — each team that loses a game is kicked out of the competition.



Victor Lugo, Marine Aviation Logistics Squadron 24 striker, crosses the ball across the field during an intramural soccer league game against Combat Logistics Battalion 3 at Pop Warner Field Monday. "The game was rough," said MALS-24 sweeper Cavan Croskey. "We weren't playing with our regular goalie and defenders and had to mix and match players."



Greg Zawacki, striker, Marine Aviation Logistics Squadron 24, moves the ball down the field as Dustin Bird, striker, Combat Logistics Battalion 3, attempts to hamper his forward movement in an intramural soccer league game at Pop Warner Field Monday. After establishing a commanding 2-0 lead by half time, CLB-3 held on to win the contest 3-1.



Marco Mendez, goalkeeper, Marine Aviation Logistics Squadron 24, clears the ball from his area during an intramural soccer league game at Pop Warner Field Monday. After establishing a commanding 2-0 lead by half time, CLB-3 held on to win the contest 3-1.

RUNWAY 5K RUN

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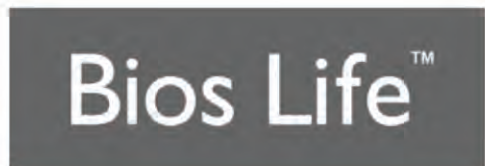
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AWARDS Top three (3) finishers overall (male and female) and top finishers in each age group.

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 website at <http://www.mccshawaii.com/cgfit.htm>.

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

VP-47 Runway 5K Run
Sunday, July 4

All of Oahu is invited to get physical and enter the VP-47 Runway 5K 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 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

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. 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.

Adventure Training Program

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

Satellite Fitness Centers

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

The Health Promotion Program

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

Youth Sports moves

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

Semper Fit Group classes

Boot Camp

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

Cardio Kick

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

Cycling

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

Gut Cut

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

High Intensity Circuit Training

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

Lower Body Blast

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

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 reshaping 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

Spring softball schedule

JUNE 22

ANNEX FIELD

6 P.M. BREWER vs. HMH-363

7 P.M. MARFORPAC vs. CLB-3 #1

8 P.M. COULSON vs. 2/3

RISELEY FIELD

6 P.M. BLACK KNIGHT vs. 3D MAR REG

7 P.M. CLB-3 #2 vs. MCAS

8 P.M. CLB-3 #2 vs. VP-47

JUNE 23

ANNEX FIELD

6 P.M. BREWER vs. HSL-37

7 P.M. CPRW-2 vs. DRAGONS

8 P.M. 1/12 vs. 3D RADIO BN

RISELEY FIELD

6 P.M. HMH-463 vs. 1/12

7 P.M. MCAS vs. JOKERS

8 P.M. VP-47 vs. COULSON

JUNE 25

ANNEX FIELD

6 P.M. CLB-3 #2 vs. CLB-3 #1

7 P.M. BLACK KNIGHT BN vs. VP-47

8 P.M. JOKERS vs. VP-47

RISELEY FIELD

6 P.M. HQBN vs. MALS-24

7 P.M. BREWER vs. 1/12

8 P.M. MARFORPAC vs. DRAGONS

Serve Red, White and Blue but cheer for Black, Red, and Yellow

Sgt. Scott Whittington
Combat Correspondent

So my patriotism has been brought into question because I root for Germany in the FIFA World Cup 2010 South Africa. Let me clarify. I bleed Red, White and Blue



You don't have to support the team that plays for your region.

In the soccer world, there are no politics, no wars, embargos, sanctions, blah, blah, blah. It's just athletic competition. The players don't care about that stuff on the field and I don't care about it while I'm watching the game on television.

... in that order. If you think I'm un-American because I don't pull for the U.S. team, I've got a couple things for you to taste. Does everyone in Pittsburgh pull for the Steelers? No, they don't ... if they're smart.

You don't have to support the team that plays for your region. In the soccer world, there are no politics, no wars, embargos, sanctions, blah, blah, blah. It's just athletic competition. The players don't care about that stuff on the field and I don't care about it while I'm watching the game on television.

Also, secretly, everyone wishes they were an American, so that should help blind you to anyone else's flag. The teams just

happen to be named after their countries not mascots.

Would it be easier to support them if teams were called the Germany Sharks or Brazil Lions? Nah, the way it is really demonstrates how global soccer truly is. It's almost like the Olympics for which I am a U.S. fan all the way, but there's no silver and bronze medal in World Cup.

See **WHITTINGTON, B-8**



Patriotism

VS is a recurring column tackling debatable issues in the sports world. Hawaii Marine readers can submit a subject for future columns by e-mailing their ideas to hmeditor@hawaiimarine.com.

If there's a topic you would like to discuss/defend or if you think we missed the mark, let us know and you could see your "opinion," regardless of how wrong it is, below. Suit up ladies ... it's game time.



WHITTINGTON

MAIN

Real Americans only support America

Lance Cpl. Tyler L. Main
Combat Correspondent

If you wouldn't fight for a country then you shouldn't play for a country. If you wouldn't play for a country then you shouldn't root for a country. Americans make us look bad when they wave other countries' flags in support of their sports teams.

With the World Cup soccer tournament in play, a lot of so-called Americans are rooting for other countries like they've grown up there. My wife sent me a picture, on the day of the U.S. versus England game, of a huge British flag hanging from the second deck of an American barracks. Is that patriotic? Maybe if you're a posh sounding Brit. But not if you're an American.

If you're going to root for another team, at least root for a country that could use the fan base and not the birthplace of David Beckham. The only thing he's done for America is release colognes that smell like bat urine.

I'll tell you what I do want to associate myself with though. People like John Wayne, Clint Eastwood and Michael Jordan and things like the atom bomb and cheeseburgers! America is also responsible for the Corvette, blue jeans, push-up bras and the Colt .45. That's a long list of awesomeness that I would never cheer against.

I actually don't even care how good we are at international sports. How about if our team and their team got in a fight, or our fans fought their fans? We would punish them with some sort of Ultimate Fighting moves we saw on Spike TV the night before.



America is also responsible for the Corvette, blue jeans, push-up bras and the Colt .45. That's a long list of awesomeness that I would never cheer against."

See **MAIN, B-8**

MAIN, from B-5

Would you want to be caught cheering for the other team then?

It seems like most American fans are fair weather friends. We dominate the medal count in the Olympics, so no one hesitates to show their support then. But when we compete in soccer, a sport we're not so good at, our so-called allegiance is spread between every other country ... except America.

In reality, we could use our fans the most during the World Cup.

If we had more fans then people may start playing soccer more and increase participation across the nation. Then, with the addition of soccer to our sports arsenal, we would be good at everything.

How would you feel if when you were

a kid playing sports in Little League or Pop Warner league, your mom came to one of your games and rooted for the other team because they were better than you? Our American teams feel the same way.

Personally, I take it over the top. I'll paint every part of my body red, white and blue, except my hindquarters, which will be reserved for the other team's flag.

Then I'd find every excuse sit on my tail flag an excessive amount of times, cheering "U.S.A.!" That's the definition of a patriot right there.

As long as Megan Fox, Buffalo Wild Wings and Cap'n Crunch are still here I don't care how our team does, long live America, baby!

WHITTINGTON, from B-5

I can see how some non-enlightened people would think that a soccer match between two countries is representative of an actual battle for life and death.

If your country wins, somehow you've won something as if you personally assisted in the victory. If you lose, your whole day is ruined and you chow down a pint of rocky road or mint chocolate chip by yourself.

Country borders are invisible; although some are defined with barb wire, land mines and scary guys with guns, physically you can't see them. All those barriers disappear when the teams kick off. For instance, North and South Korea are both

going for the first time in the same World Cup. These two countries who have historically hated each other will still shake hands on the field. North Korea may have allegedly sunk a South Korea vessel recently but their striker didn't pull the trigger. If the players don't care, why should I? Erase the politics and let's play some ball.

Someone might say, "My grandfather was killed in Germany." My grandfather fought the Germans, too. That was 60 plus years ago; get over it.

The German players had nothing to do with that. We fought England, too, and now our countries are like "peas and carrots." Iraq is still ongoing and I

befriended a couple Iraqi guys over a card table when I was in Baghdad in 2003. Those guys can play some serious spades.

I already wear the American flag on my heart. It's the country I fight for and will continue to protect until my last breath. But when it comes to sports, my loyalties follow a different ensign.

Now don't get me wrong, if Joachim Loew, the German coach, were to suddenly lead his team in an assault on an American embassy, I'd be on the frontlines to wipe them all out.

I might ask for a few autographs before I drop them off to St. Peter. I can get more money for them if they're deceased.

Marines compete for golfing camaraderie

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

Cpl. David D. Pender, U.S. Marine Corps Forces, Pacific's ground safety noncommissioned officer in charge, coaches a teammate on the Kaneohe Klipper Golf Complex's fifth hole June 4 during the second annual MarForPac Marine Corps Birthday Ball Golf Tournament at Marine Corps Base Hawaii, Kaneohe Bay.

Sgt. Juan Alfonso

U.S. Marine Corps Forces, Pacific

More than 100 service members and government employees competed in the second annual U.S. Marine Corps Forces, Pacific, Marine Corps Birthday Ball Golf Tournament June 4 at the Kaneohe Klipper Golf Complex here.

MarForPac officials coordinated the event to promote camaraderie among MarForPac personnel and other services, and provide an opportunity to interact with the local community, according to Master Gunnery Sgt. Brad P. Adams, MarForPac's aviation supply chief and event coordinator.

"Our whole intent with the tournament is to have a few laughs and an enjoyable time while enhancing our relationship with the golfing community and beyond," Adams said.

Participants competed for several cash prizes, vacation opportunities,

restaurant vouchers and golf equipment culminating in more than \$50,000 in prizes in the four-person scramble tournament, where each team member tees off, picks up their ball and continue to play from the whichever ball lands closest to the hole.

"I'm not really much of a golfer but I do like playing a couple of rounds," said Navy Chief Petty Officer Michael Lykens, who retires at the end of the month and is currently on terminal leave.

"This tournament gave me an opportunity to keep saying goodbye to a lot of my friends and meet some new ones." That sentiment shared by many golfers at the event.

"From a camaraderie and inter-service perspective, the event was a great success," Adams said. "There was a great time had by all and everyone was very impressed by how well run it was. We look forward to conducting more events like this one."

Hawaii Marine Lifestyles



Comedian Chris J. Newberg shares his sarcastic humor with a crowd at Pipeline Café June 9. Here you will find big names in music and comedy, both locally and nationally. It exudes a rugged comfort where you can dress up or throw on jeans with a T-shirt and no one would discriminate.



Photos by Lance Cpl. Vanessa M. American Horse | Hawaii Marine
Lisa Kats and Mikel Wray, both from Kailua, enjoy a comedy show at Pipeline Café June 9. "This is our first time here, and we already love the food," Kats said. "It's not too crowded here and definitely not touristy. We plan on coming back again, now that we know about this place."

Pipeline Café: *No surfboard required*



Chicken nachos served at Pipeline Café can easily feed two people. The café serves a full menu and is open for lunch and dinner, offering lobster quesadillas to New York steak.

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

If you're in the Ward Shopping Center area and you veer off onto a side street lined with auto body shops, Pipeline Café's neon sign will pop out at you screaming entertainment on the otherwise desolate Pohukaina Street.

Once inside, upcoming event posters line the walls as locals snack on pupus in the trendy foyer. An eclectic mix of patrons welcome those arriving through the front door with a smile.

The café has been of Oahu's most versatile venues for 11 years. Here you will find big names in music and comedy, both locally and nationally. It exudes a rugged comfort where you can dress up or just throw on jeans with a T-shirt.

"Whereelsecanyougetfriendstogether in a non-restrictive environment?" said

visitor David C. Livingston of Hawaii Kai. "Fun is the focus here, and you can leave all your stress behind."

Pipeline Café serves a full menu and is open for lunch and dinner. Most concert halls only have bar and grill type food, but here surprisingly, you're offered everything from lobster quesadillas to New York steak all under \$11.

The complex has two floors of entertaining space and four full bars. Above the main stage is a VIP room on the second floor.

"Some places where you go to see a band play have you far away from the performer," said Greg Azus, Pipeline Café owner. "Here, we maintain intimacy that fans crave with a standing room only concerts. When Sammy Hagar came, his fans were shocked to see him so close."

Pipeline Café's capacity is only around 1,300. Besides entertainment, fundraisers, graduations and homecomings are held in the facility.

Wednesday nights are comedy nights with international acts mixed with local

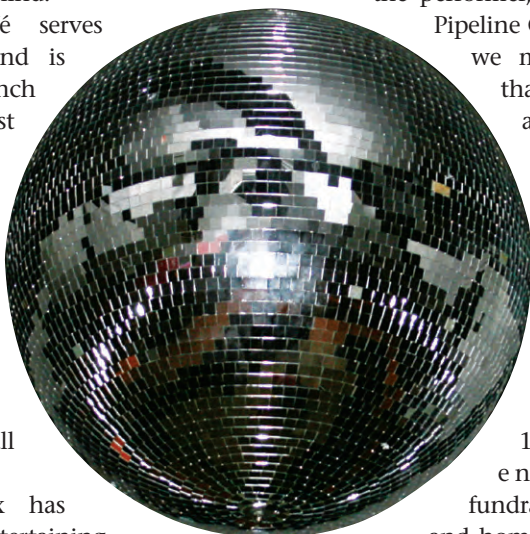
comedians.

"This is our first time here, and we already love the food," said Lisa Kats who visited with Mikel Wray, both from Kailua. "It's not too crowded here and definitely not touristy. We plan on coming back again, now that we know about this place."

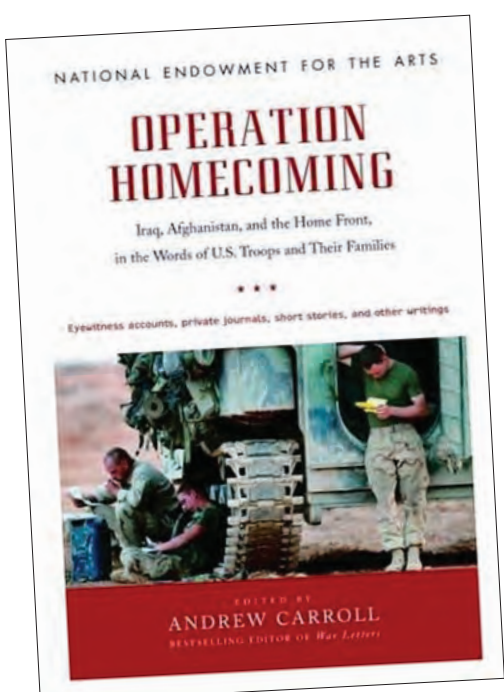
Parking is limited in the area surrounding Pipeline Café, which includes street parking on dimly lit alleys. Visitors should show up early for a show to ensure a parking spot and have time for a meal. On days when no entertainment is scheduled, locals enjoy happy hour in the second floor lounge.

"This place has its regulars, and I feel comfortable coming here to play pool and talk with my friends after work," said Hana Anoi from Pearl City. "It's off the beaten path, so you won't see tourists here snapping pictures and asking questions."

Call Pipeline Café at 589-1999.



PASS IN REVIEW



Your weekly guide to all aspects of entertainment

Welcome to the Pass In Review, your number one source for cinema, music, videogame, book and product reviews. The Pass In Review crew consists of more than 10 critics, each with their own idea of what makes a movie, album, game, product 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 ...



Netflix: Redefine your entertainment world

Lance Cpl. Reece E. Lodder
Combat Correspondent

Understand deployment from those who survived it

Lance Cpl. Vanessa M. American Horse
Combat Correspondent

When I was informed my husband was deploying, I wanted to get my hands on something to read that would help me through the hardship. As a Marine, I knew the protocol. However I wanted to react to the deployment in a positive and educated manner.

knowing my husband was making a difference in the world through self-sacrifice and discipline.

Letters from family members and friends made me realize the dedication it takes for everyone to pull together and be a strong support group. It taught me to be a strong point of contact for the family members who had us in their thoughts but couldn't fully understand what was going on.

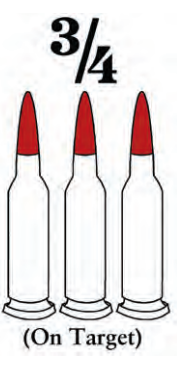
The last two chapters were emotional to read, but necessary. They covered the physical and psychological effects on various service members and their homecomings.

Each warrior returning from theater had a different reaction from his or her experience.

While it was unnerving to wonder what it was going to be like personally, it also opened my mind for the possibility that anything could happen, and most likely, not what I was ready for.

Tears of joy streamed from my face as I read the last chapter, homecoming. My loved one wasn't coming home for a while, so I found the chapter bittersweet, but also hopeful in the sense that no matter what happened, it would be over soon.

This book is the type that leaves you with a full feeling afterward. Anyone who knows a service member can relate to the content and walk away learning someone else has survived and prospered from the difficult situation. It certainly changed my attitude for the better.



(On Target)

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



AMERICAN HORSE

Lance Cpl. Vanessa M. American Horse can't stand to watch corny comedy flicks. Horror movies incite violent rage in her so she tends not to watch them. A good gangster flick or a comedy with intelligent humor entices her to leave base to see a movie and buy over-priced popcorn.



LODDER

Loathing cheesy drama movies but loving ones with intense action, Lance Cpl. Reece E. Lodder is a self-proclaimed entertainment junkie. Whether it's delving into a political thriller by Vince Flynn, laughing at Will Ferrell's latest comedy, or listening to Skillet's newest CD on iTunes, Lodder is a critic at his core.

Think about the effort it takes to go out and rent a movie. Once you've conquered the drive there, you have to wade through six million new releases, wait in the ridiculous checkout line and endure the grating sounds of that spoiled, belligerent child asking for a candy bar — let alone having to pay \$6 per rental.

Forget the trip! For all movie lovers — whether the series devotee, history buff or action junkie — Netflix is convenient, affordable and effortless. It'll save you \$6 and a crappy movie.

Instead of charging for each movie you rent, Netflix offers a flat monthly fee for unlimited rentals. Besides no due dates, there aren't additional late, shipping and handling, or per-title rental fees. If that's not awesome, I don't know what is!

Within its collection of more than 100,000 DVD titles Netflix offers just about every title you could ever think of or wish for. The options are endless — you can catch up on the newest season of "Mad Men," relive the "Napoleon Dynamite" craze or enjoy some classic Chris Farley on "Best of Saturday Night Live." Comprising this selection is a combination of both DVDs and Blu-ray discs.

But that's not all. While it usually takes a couple days to receive a title, many series and titles are right at your fingertips. Netflix has an incredible number of movies and TV shows available through their "Watch it Instantly" feature, so whether you wanted to catch some old reruns of

a favorite show from now or childhood or a new independent documentary, the choice is yours.

The company has numerous shipping facilities across the U.S., including one in Honolulu. Customers return previously viewed movies on their own time and promptly receive the next movie in their queue, a customized list of movies a customer choose to watch at a later date.

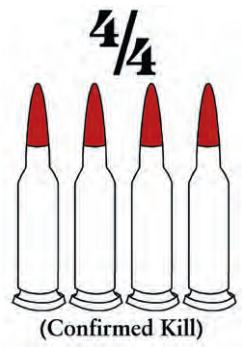
Some critics have downplayed the benefits of Netflix by ragging on its convenience.

"It isn't as handy as being able to rent a specific

title from the local movie store," they might argue. "What do you do on a Friday night when you've got friends over for a barbecue and a movie and you still haven't gotten the copy of "Alice in Wonderland" in the mail?" Wait, what?! Try watching one of the other titles that arrived, choose an instant title from your queue or maybe even plan another barbecue/movie for next week. Maybe "Ninja Assassin" would be a better bet anyway.

Just ask yourself how many movies do you watch per week, let alone per month? With Netflix, you can choose to have between one and four DVDs out at a time for a fee that's cheaper than renting. In addition, many new LCD and plasma TVs allow you to stream your queue instantly to your TV either through an Internet platform or a desktop to TV connection.

Do the math on which method is cheaper and may help preserve your sanity.



(Confirmed Kill)

Quick Hit

"True Blood Season Two DVDs"
4 out of 4 (Confirmed Kill)

Take a sip of "True Blood" from last season before gulping down new episodes Sunday nights on HBO. This season Sookie Stackhouse (Anna Paquin) and her vampire lover, Bill (Stephen Moyer) traveling to Texas in search of missing vampire only to get mixed up in a plot by anti-vampire zealots known as the Fellowship of the Sun. As if that wasn't enough, new Bon Temps resident Maryann (Michelle Forbes) is also prowling the town to cause her own brand of chaos.

With the Blu-ray edition, watchers can "come out of the coffin" with automatic Facebook updates. For most, the standard DVDs have more than enough mockumentaries and additional extra features to enjoy.

— Christine Cabalo

What's On Your Music Player?

Ziggy Marley, "Family Time"
4 out of 4 (Confirmed Kill)

For those who want straight-forward reggae, this album is not for you. But if you're looking for a fun set of reggae-influenced pop that's not only family-friendly but also melodically accessible, check out this recent Ziggy Marley effort.

Hawaii's Jack Johnson shows up for a laid-back swirly track, "Cry, Cry, Cry." Willie Nelson and Paul Simon are on other tracks and actress Jamie Lee Curtis narrates a couple of stories. And young daughter Judah Marley adds sunshine in the charming title track.

But Ziggy is the true star of this album, singing engagingly and recording a solid set of enjoyable songs — just like his father Bob did.

— Chris Aguinaldo

Active duty can see museums free

Christine Cabalo

Photojournalist

Three Hawaii museums are among the 700 institutions nationwide opening their doors free to active-duty personnel and their families this summer for the Blue Star Museums program.

The program continues until Labor Day and could be a unique opportunity for service members, said Mark Kruger, 3rd Radio Battalion family readiness officer.

"Most people who are stationed here may not come back once they get out of the military," said Kruger, of Kailua. "It's important they visit, see and do things while they're here."

Active-duty personnel can tour any Blue Star Museum and get free admission for up to five immediate family members. Honolulu museums Lyon Arboretum and The Contemporary Museum are participating. In Hilo, Lyman Museum is also waiving its admission for the military and their families.

While a few museums are regularly free to service members and their

relatives, some like Lyon Arboretum are also waiving fees for additional exhibits.

"We do normally charge [a small fee] for guided tours we have in the mornings," said Jill Laughlin, education and volunteer programs coordinator, Lyon Arboretum. "We're on a real small scale, doing tours by reservation. They just need to show their military ID."

Volunteer docents lead the tours and can tailor sessions according to a visitor's interest. Arboretum guests can enjoy native and exotic international plants, as well as hike up to nearby Aihualama Falls. The arboretum is one of the few rainforest botanical gardens in the U.S., said Laughlin, of Edina, Minn.

Not far from the arboretum, service members can also visit the quiet garden settings and modern artwork found at The Contemporary Museum.

Offering free military admission all year, the museum currently has an outdoor sculptures exhibit named "Bamboo: A Sogetsu Exhibit." The natural bamboo sculptures are made in the free-form style of ikebana, a Japanese art form using flowers or other

natural materials.

Beginning next week, the museum starts "Finding Latitude: The Work of Allyn Bromley." The exhibit features Bromley's work as a Hawaii printmaker during a 40-year career.

Making the effort to offer free military access to museum all year, even during the economic recovery, was important for The Contemporary Museum executive director Allison Wong.

"I think it's a way to give back to a group of people who are really putting their lives on the line for our freedom," said Wong, of Los Angeles. "The idea to give back to that section of the community was wonderful."

For other museums, like the Lyman Museum in Hilo, the program allows them to give back to service members and pay tribute to its historical roots.

Barbara Moir, curator of education and operations, Lyman Museum, said several relatives of family who first started the museum served in the military. Moir also noted the museum, established in 1931, offers visitors a chance to step into Hawaii's history

through its cultural and natural exhibits. Museum patrons literally can take a walk through a 1930s replica of a Korean home and try on traditional garments.

"The mission of the Lyman Museum is to tell the story of Hawaii, its islands and its people," said Moir, of Hilo. "This is just one place where people can hear that story."

Whether visiting Blue Star Museums in Hilo or the Mainland, Krueger said everyone should enjoy new experiences they may not have anywhere else.

"As part of family readiness, one of the things I talk about is experiencing local culture," he said. "That goes not just for here, but no matter where Marines are stationed. They need to experience the local culture."

The Blue Star Museum program is a partnership between the National Endowment of Arts and Blue Star Families, a non-profit formed by military spouses in 2008.

For more information, see <http://www.bluestarfam.org/drupal/bluestarmuseums>.

Marine Band rocks Waikiki

Sgt. Juan Alfonso

U.S. Marine Corps Forces, Pacific

WAIKIKI — Musicians with the U.S. Marine Corps Forces, Pacific Rock Band, wowed the crowd during the Military Band Mele May 29 at the Fort DeRussy Parade Grounds, Waikiki, Hawaii.

"They were totally rockin' out," said Sgt. Christopher Bess, MarForPac Marine and event attendee. "They mixed it up, brought back some of the old school, 80s, 90s and today."

The event, sponsored by the U.S. Air Force, Pacific Band, featured performances by the Hawaii-based Army, Navy, Air Force and Marine Corps bands. The island's best military bands performed Pop/Rock ballads and, unofficially, competed to prove who could rock the hardest.

"It's just the Marine in us," said Sgt. Matthew "Animal" Cole, a percussionist with the MarForPac Rock Band. "We gotta go up there and one up everybody."

In the true spirit of rock 'n' roll, Gunnery Sgt. Clint Walker, supply chief for Headquarters and Service Battalion, MarForPac, who moonlights as a guitarist and singer for the band, took the stage yelling, "Is this loud enough for you?"

With the amps blaring louder than before, the

MarForPac Rock Band went to work, surprising the crowd by bringing a Navy singer to the stage to perform Lady Gaga's "Poker Face" and Paramore's "That's What You Get."

"At first I think they were expecting the same thing they had heard all night but we sold it," said Staff Sgt. Chazz Harbison, bass guitarist with the band.

With the intro out of the way, the Marines really let loose showing their vocal talents while ripping away with their instruments. Cole proved his name sake as the drummer unleashed the animal, while the crowd described him as crazy, out of his mind and awesome, many at the same time. With Walker leading the vocals and Harbison backing him, in some cases taking center stage, the crowd roared in approval as the musicians rocked out to Cars' "Just What You Needed," Jets' "Are You Gonna Be My Girl" and finished with Ozzy Osbourne's "Crazy Train."

"We were the first band to come off stage sweating," Harbison said. "This was just awesome."

Despite the unspoken rivalry between the bands and the crowd's constant cheering, the band most of all just enjoyed playing the music they love.

"This show was our payment for all the gigs and work we, and especially these guys [band Marines], have put in over the year," Walker said. "This is our reward and it was a blast."



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

Gunnery Sgt. Clint Walker, supply chief for Headquarters and Service Battalion, U.S. Marine Corps Forces, Pacific, and part time guitarist/ singer for the MarForPac Rock Band, rocks out during the Military Band Mele, May 29, at the Fort DeRussy Parade Grounds, Waikiki.

TALK* STORY

What's the best gift you can give your father for Father's Day?



"A 1969 Chevelle. We're a Chevy family. A lot of people like those models. Those are probably the best ones."

— Sgt. Derek Lazarus



"A hug. It's more of an emotional bond. That's the last thing I gave my father before he died."

— Lance Cpl. Kyle Sher



"Gun. To go hunting with him [for] pheasant and quail."

— Lance Cpl. Alarcon Hunter

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

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Airman Brinn Hefron | U.S. Navy

President Barack Obama addresses service members at the Naval Air Technical Training Center at Naval Air Station Pensacola on Tuesday. The president recognized continued efforts of military leadership in the war on terror.

Obama pledges support to servicemembers

Donna Miles

American Forces Press Service

WASHINGTON — President Barack Obama opened his talk Tuesday at Pensacola Naval Air Station, Fla., praising the military for its role in the oil spill response in the Gulf of Mexico, then launched into a rousing address, promising to be judicious in how he uses military power and to provide the military what it needs to succeed.

Obama, visiting Pensacola after assessing progress in the oil response, made an important promise to an assembly of sailors, airmen, soldiers, Marines and Coast Guardsmen.

"I will not hesitate to use force to protect the American people or our vital interests," he said. "But I will also never risk your lives unless it's absolutely necessary. And if it is necessary, we are going to back you up to the hilt with the strategy and the clear mission and the equipment and the support that you need to get the job done right."

That includes ensuring the proper strategy and support for the missions in Iraq and Afghanistan, Obama said.

He noted that the combat mission in Iraq is on schedule to end this summer, as U.S. forces press forward in Afghanistan.

"We're working to break the momentum of the Taliban insurgency and train Afghan security forces, strengthen the capacity of the Afghan government and protect the Afghan people," he said.

"We will disrupt and dismantle and ultimately defeat al-Qaida and its terrorist affiliates," he continued. "And we will support the aspirations of people around the world as they seek progress and opportunity and prosperity, because that's what we do as Americans."

Obama pledged that the U.S. military will have the training and equipment it needs to succeed in missions it's asked to carry out. "We're going to keep you the best-trained, best-led, best-

equipped military that the world has ever known," he said.

That's why the military has halted personnel reductions in the Navy and increased the size of the Marine Corps, and why it continues investing in new capabilities and technologies for the future, he said.

"But the most important thing in our military is our people," the president said, pledging support for wounded warriors, particularly those suffering from post-traumatic stress and traumatic brain injury, and to keep faith with military families.

"When a loved one goes to war, that family goes to war," Obama said. "That's why we're working to improve family readiness and increase pay and benefits, working to give you more time between deployments, increasing support to help spouses and families deal with the stresses and the separation of war."

The president reiterated first lady Michelle Obama's challenge to every sector of American society to support

military families.

"This can't be the work of government alone," he said. "As Michelle's been saying, one percent of Americans may be fighting our wars, but 100 percent of Americans need to be supporting our men and women and their families in uniform. You guys shouldn't be carrying the entire burden."

Obama praised the men and women in uniform who willingly agreed to carry this burden for their country. "Our nation is at war," he said. "And all of you have stepped forward. You volunteered. You took an oath. You stood tall and you said, 'I will serve.'"

The president said he's proud of the resolve, determination and resilience the nation is demonstrating in the face of the Gulf oil spill disaster — qualities he said the military has demonstrated throughout U.S. history.

"That's the same spirit we see in all of you — the men and women in uniform — the spirit we'll need to meet other challenges of our time," he said.

Golden Eagles soar into Indonesia

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

Patrol Squadron Nine "Golden Eagles" recently completed a detachment to Indonesia in support of the strategic partnership between U.S. and Indonesian military forces. Combat Aircrew 10 flew a P-3C aircraft to Juanda Naval Airbase in Surabaya, Indonesia, home to several Indonesian Naval squadrons.

During the trip May 25-29, the VP-9 aircrew met with their Indonesian counterparts to exchange ideas and share information relating to naval aviation. The trip was highlighted by CAC-10's participation in the 1st Air Wing annual Aviation Symposium and bringing Indonesian aviators on board the P-3C Orion to demonstrate its systems and performance capabilities.

The strong relationship between U.S. and Indonesia to U.S. Naval operations in the Pacific theater. This partnership is strengthened by the Cooperation Afloat Readiness and Training (CARAT) exercises which promote cooperation and mutual security among Pacific



Courtesy photo

A Patrol Squadron Nine aircrew meets up with Indonesian aviators in front of a P-3C Orion aircraft at Juanda Naval Airbase in Surabaya, Indonesia during a recent visit. VP-9 also participated in a symposium.

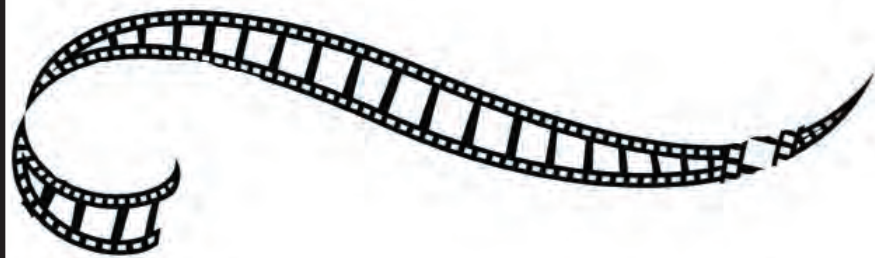
nations. Naval Engagement Activity (NEA) Indonesia was one of many exercises conducted as a part of CARAT.

The Aviation Symposium, held annually by the Indonesian Navy, provided a forum for U.S. and Indonesian Naval Aviators to present and exchange ideas. The VP-9 aircrew gave presentations on Naval Aviation training, P-3 Flight Engineer Training, Crew Resource Management and maintenance safety practices.

The symposium was concluded with an exchange of plaques between Lt. Cmdr. Ed Arnold, Combat Aircrew 10's Mission Commander, and Col. Laut Subariyoto the 1st Air Wing Commanding Officer.

Lt. j.g. Grant Regelin, a pilot on the trip, was struck by the Indonesian aviators' enthusiasm and professionalism.

"It was apparent from the first meeting that they were very happy to be hosting us," he said, "They were very interested in learning more about our aircraft and excited about the opportunity to exchange ideas and apply them to their own operations," Regelin said.



Movie Times

"Furry Vengeance" PG
"The Back Up Plan" PG-13
"The Losers" PG-13
"Nightmare on Elm Street" R
"Just Wright" PG
"The Back Up Plan" PG-13
"The Losers" PG-13

Today | 7:15 p.m.
Today | 9:45 p.m.
Saturday | 7:15 p.m.
Saturday | 9:45 p.m.
Sunday | 2 p.m.
Sunday | 6:30 p.m.
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.

WORD TO PASS

On Base

Free Car Wash *June 19*

Free car washes are scheduled from 10 a.m. to 1 p.m. at the Forest City Resident Services Office, Bldg. 455, for Forest City Residents of MCB Hawaii. Call 839-8700 for more information.

Father's Day Brunch at Koa Malina *June 20*

A Father's Day Brunch is scheduled at The Club At Koa Malina from 10 a.m. to 1 p.m. Reservations are recommended. Dining is authorized for E-6 and above. Call Koa Malina at 254-7650.

Armed Forces Classification Test (AFCT) *June 22*

This is scheduled at Bldg. 220, Joint Education Center Computer Lab, at 7:45 a.m. and noon. This is an opportunity to re-take the ASVAB to earn higher scores for advancement, lateral moves, officer candidacy and more.

Classification Test Registration Form for AFCT is available at http://www.mccshawaii.com/jec_term.htm. A letter from your S-1 (ADMIN) is required to take AFCT, PER MCO 1230.5B.

POC is Maria Fullenwider at 257-2158.

Lifeskills: Communicating With Sense(s) *June 26*

This is scheduled at Marine Corps Family Team Building (MCFTB), Bldg. 244, conference room from 9 a.m. to 1 p.m. This is based on "NeuroLinguistic Programming," a science of interpersonal communication.

Increase your communication with anyone and everyone by learning simple techniques. This is excellent for both personal and professional relationship building. This is open to all spouses, active duty military and civilians as room is available. Reservations required and childcare reimbursable.

POC is Jocelyn Pratt, LifeSkills Trainer, at 257-2653/2410 or Jocelyn.pratt@usmc.mil

New Arrivals Orientation *July 1*

This is scheduled at Kahuna's Ballroom from 7:15 a.m. to 12:30 p.m. MCO 1320.11E requires all newly assigned active duty personnel to attend. This provides important information about MCB Hawaii policies, services and programs. Family members and newly employed civilians are invited. Open seating; no sign ups needed. POC is Marine and Family Services at 257-7790/87.

Summer Term at-Base Colleges *July 6 to Sept. 14*

Courses are at the Joint Education Center, Buildings 219 and 220. On-base college courses are open to all military service members, family members, and civilian employees. There are two five-week terms.

Schools include Hawaii Pacific University, Chaminade University, Embry-Riddle Aeronautical University, Wayland Baptist University and Honolulu Community College.

POC is the JEC at 257-2158.

In the Community

Defense Technology and Intelligence Career Fairs *June 22-25*

Job seekers who have the backgrounds and experience in Information Technology, Engineering, Aerospace, Logistics, Acquisition, Finance, Communications/Signal, Network Administration, Intelligence, Analysts, Homeland Security, Cyber Security, Project Management, Human Intelligence, Software Engineering, Linguists, Systems Administration and Counter Intelligence can attend career fairs at several bases next week. Those with active Federal Security Clearances are preferred.

Fairs are scheduled from 10 a.m. to 2 p.m. at Schofield Barracks at the Nehelani on June 22; Pearl Harbor at Lockwood Hall on June 23; Hickam Enlisted Club on June 24; and Camp H.M. Smith MarForPac Building #4 on June 25.

For more information, call Jason Semerakis, Transition Careers, at (619) 955-7411.

Parent Orientation for DEFY program *June 26*

Parent Orientation for the upcoming Drug Education for Youth (DEFY) self-esteem building program developed by the Department of Defense is Saturday, June 26 at the Doris Miller Navy Housing Community Center, 5104 Nimitz Road Bldg. 13, Honolulu.

The free program provides kids with the tools they need to resist drugs, gangs, and alcohol. U.S. Pacific Command hosts the DEFY program for the Pearl Harbor Region offering all of its multi-service military and DoD families a chance to enroll their children between the ages 9-12 years old in the DEFY Program for the upcoming year, starting with a free non-residential Summer Leadership Camp July 6-16 at the Hokolani Navy Housing Community Center.

Contact YN1 Damion Montgomery, USPACOM Program Coordinator at 477-7709 or damion.montgomery@pacom.mil.

Military Appreciation Day *June 27*

Liberty Christian Center is scheduling a worship service and family activity at Kailua Beach Park starting at 11 a.m. There will be food, music, games and more. For more information, call 393-5791.

9th Annual Korean Festival *July 10*

Held at Kapiolani Park in Waikiki from 10 a.m. to 9 p.m., this festival offers residents and visitors an inside look of the Korean culture — from kim chee to Korean fan and drum dances. Check out taekwondo (Korean martial arts) performances, along with food, art, and entertainment. See <http://www.hkccweb.org>.

Ukulele Festival *July 18*

The 40th Annual Ukulele Festival is scheduled from 9:30 a.m. to 1:30 p.m. at Kapiolani Park Bandstand in Waikiki. This celebration shows the versatility and virtuosity of the four-stringed instrument, bringing together novice and professional ukulele players, young and old, from Hawaii and around the world. Other festivities include an ukulele workshop tent, ukulele giveaways, and keiki games. See <http://www.ukulelefestivalhawaii.org>.

Serve the Community VOLUNTEER

Boy Scouts Summer Camp Program needs volunteers now

Summer camp volunteers are needed for the Boy Scouts Summer Camp Program at Camp Pupakea on the North Shore. They are especially in need of medics and cooks from June 18 to July 26. Volunteers are needed to help with our high ropes course, our merit badge programs, as well as our other program areas.

Call Jenny McMillan, assistant camp director, at 347-2581.

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 of chapel services. Call 257-5138 for more information.

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. 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.

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.

USO Hawaii shares aloha

Volunteers are the backbone of the USO. They share "aloha" with each person who comes to the USO by making them feel welcome and by assisting them in a way you can within the rules and regulations of the USO. Many of them will be tired, probably confused in a strange place and needing assistance to contact a sponsor or unit. Or they may be in need of some other service.

All necessary training will be provided by the USO. Diverse opportunities available. For more information, see <http://www.uso.org/hawaii>.

Manana teen learns about money, gets savings bond

Jacy Suenaga

Youth Activities Coordinator

PEARL CITY — Brenden Peters, a member of Manana Youth and Teen Center, has been awarded a \$100 savings bond. Peters, who will be a sophomore at Pearl City High School, has already started saving money for college.

A son of a Marine, Peters said he wants to attend the Massachusetts Institute of Technology (MIT) after graduating from high school.

Peters was selected because of his successful completion of the Money Matters: Make it Count program and the ways he is incorporating what he learned into his daily life and applying it to achieve short- and long-term goals.

Money Matters was created by Boys & Girls Clubs of America (BGCA) and Charles Schwab Foundation (which provided the bond) to promote financial literacy among teens.

The program is targeted especially to youth from underserved communities.

Peters' father is in the Marine Corps.

Photo courtesy of Thiphakorn Stone

Brenden Peters, holding a recently awarded savings bond, celebrates with Jacy Suenaga, Youth Activities Coordinator, Manana Youth and Teen Center in Pearl City. Peters, whose father is in the Marine Corps, completed a financial literacy course.

