

Hawaii Marine

BayFest 2011 HAWAII



Photo Courtesy of Sheldon Comer

Fireworks by Grucci light the skies over the bay July 15, during the first night of BayFest 2011 at Hangar 101 here. The annual event showcases rides from E.K. Fernandez Shows, military static displays, concerts and local businesses for thousands of attendees. This year's concert lineup included Cecilio & Kapono, Hoobastank, Puddle of Mudd and Joe Nichols as well as the U.S. Marine Forces, Pacific Band. For more stories and photos about BayFest, see page A-4 for the rest of this week's Hawaii Marine.

Garmsir Police recognized for exceptional duty

Cpl. Colby W. Brown
Regimental Combat Team 1

GARMSIR DISTRICT, Helmand province, Afghanistan — In late May, members of the Afghanistan National Police detained four members of insurgent forces here. Two of those detained were high value individuals wanted by both the ANP and 1st Battalion, 3rd Marine Regiment.

Police Maj. Gen. Mullah Khil, the deputy regional chief of police of the 707th Afghan Uniformed Police Region, and Garmsir District Governor Mohammed Fahim awarded the policemen at the District Headquarters Building, July 3. More than 100 local elders, shop owners and community members attended the ceremony.

The policemen captured and detained the insurgents while conducting vehicle checkpoints in the desert to the east of the district. Along with the detainees, two of which were local insurgent leaders, the police found improvised explosive



Cpl. Colby W. Brown | Regimental Combat Team 1

Police Maj. Gen. Mullah Khil speaks to local community members during an awards ceremony at the District Police Headquarters Building, July 3. Khil is the deputy regional chief of police of the 707th Afghan Uniformed Police Region. More than 15 policemen from Garmsir received awards for their participation in the capture of two high-value individuals wanted by 1st Battalion, 3rd Marine Regiment.

device material and weapons. There was enough material to make roughly 20 IEDs.

For Capt. Jason Hoffman, the ceremony had a bigger meaning than awards. Hoffman, the commanding officer of the Police Advisory Team for 1/3, said the success of his Afghan brothers-in-arms gives him a sense of pride. He admires their continued hard work and is encouraged to see the public's recognition of local security efforts.

"These guys are working hard out here," said Hoffman, a native of Johnson City, Tenn. "They are standing up and defending their country. They face IEDs and ambushes and volunteer for it and you have to respect that."

Hoffman also realized the threat that would still affect everyone in the district if not for the efforts of the policemen.

"By taking the [insurgent leaders] and IED material off the street, these policemen have saved a lot of lives," Hoffman said. "It was a real good catch."

Wounded Warrior project visits K-Bay Marines



Lance Cpl. Matthew A. Callahan | Hawaii Marine

Lt. Col. Justin S. Dunne, commanding officer, 2nd Battalion, 3rd Marine Regiment, talks to wounded 2/3 Marines over dinner at Wounded Warrior Battalion West – Detachment Hawaii, July 14. "You gents may be out of the fight for now, but that doesn't mean you're not still thinking 2/3," Dunne said.

Lance Cpl. Matthew A. Callahan
Special to the Hawaii Marine

Approximately 40 Marines and staff members of Wounded Warrior Battalion West – Detachment Hawaii

attended an informational event hosted by the Wounded Warrior Project here July 14. The event helped educate the wounded warriors on their options for the future, and enjoy a meal with officers and senior enlisted Marines on base.

Operating on the mission "to honor and empower wounded warriors," the Wounded Warrior Project is a non-profit organization dedicated to helping combat-injured service members get back on their feet and successfully transition to civilian life. Though the project initially began as a means of sending comfort items to wounded service members – "care packs" are still utilized as the project's signature program today – the WWP has since introduced a wide range of programs for post-traumatic stress disorder, traumatic brain injury recovery, family support, recreational therapy, education, and legal advice and support.

"We represent the best of the American public, by saying thanks to wounded warriors for their service and sacrifice," Larry Cooke, regional director, northwest WWP, said. "Everything we do here is driven by the desire to see these men and women succeed and further their quality of life."

Cooke explained how the project is expanding its reach from the East Coast of the U.S., where it is primarily based, to the West Coast and Hawaii.

"This will be our first year getting off the East Coast," Cooke said. "We have five brand new offices around the country to further support our growing number of programs. By next year, we plan to build five more."

During the event, Marines were given an in-depth look at what WWP had to provide. A one-year program designed to mix college courses with vocation school especially sparked the wounded Marines' interest. This program, called "Track," gives service members the experience they need to transition into the work force.

"I was really glad to see just how many opportunities and benefits these guys provide for wounded warriors transitioning out of the military," said Lance Cpl. Joshua Kelly, formerly a vehicle commander with

See **WARRIORS**, A-7



More Mudd!
Puddle of Mudd and the rest of BayFest bands rock Marine Corps Base Hawaii. See **A-4**



Tub Thumpin'
Bathtub Regatta heats up as teams battled to be the best. See, **B-1**

Saturday

High — 85
Low — 73

Sunday

High — 85
Low — 74

NEWS BRIEFS

Free shuttle for active duty service members to Waikiki

Shuttle services have resumed after BayFest. Every Friday and Saturday night the base provides a free shuttle from Kahuna's Enlisted Club to Fort DeRussy. This shuttle is open to every active duty service member aboard MCB Hawaii.

The schedule is:

8 p.m. - Depart E-Club

8:45 p.m. - Arrive/Depart Fort DeRussy

Midnight - Depart E-Club

12:45 a.m. - Arrive/Depart Fort DeRussy

3 a.m. - Arrive Fort DeRussy

Road closure updates

There will be a 24-hour partial closure of 3rd Street until Aug. 5. The outbound lane of 3rd Street will be completely closed from "F" to "E" Streets.

Both lanes of Reed Road from Mokapu Road to the Olina Child Development Center parking lot will be completely closed for construction Monday through Sept. 19. Residents should use Reeves Road or Reed Road north of the child care center.

Excavation across "G" Street will take place near the Semper Fit Center until Aug. 12. Lane closures will be limited to one lane at a time with cones or signs to maintain traffic flow. Steel plates will be installed and all lanes will be open after 3:30 p.m.

For more information call Philip Lum at 257-6900.

Headphone use on base

On ever Thursday beginning Aug. 11, the base post office will close at 2 p.m. for training. This training will enable our Marines to better to serve the base community. The surrounding post offices in Kailua and Kaneohe will be open for business as usual. For more information, call Chief Warrant Officer 2 Randall Howell at 257-1834 or email randall.howell@usmc.mil.

New hours for Manana Marine Mart

The Manana Marine Mart has new hours of operation. The mart will now be open from Monday through Friday from 6 a.m. to 7 p.m.; Saturday from 9 a.m. to 7 p.m.; Sundays and Holidays from 10 a.m. to 5 p.m.

Wiki Wiki summer hours

The Wiki Wiki Convenience Store is now operating under new summer hours. They are open Monday through Friday from 6:30 a.m. to 9 p.m.

Reporting safety concerns

If you observe or determine something on MCB Hawaii is a safety issue/concern for the personnel who live and work on base or Camp H.M. Smith, call Base Safety directly at 257-1830 during weekday working hours to report the concern. After hour emergencies, please call 216-6256 or 216-5212.

Hawaii Marine correction

In the July 15 article "Postal carries trophy home from 101 Days of Summer basketball tournament," the photo in the center incorrectly identified the player as Patrol Squadron 47 shooting guard Michael Johnson. The player is VP-47 forward Deandre Tryon.

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 Chaplain	257-3552
DEERS	257-2077

Hawaii Marine

www.mcbh.usmc.mil

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CAP WRAPS ANNUAL ENCAMPMENT

Cadet Col. Samuel F. Ramil

Civil Air Patrol

More than 50 Civil Air Patrol cadets and adult senior members from around the state arrived here for the weeklong Hawaii Wing 2011 Summer Encampment.

The annual encampment is like basic training program for the 26 cadets, led by 15 staff cadets and several adult senior members. The basic cadets ranged in ages from 13 to 20 years old.

"I think encampment is a great opportunity for cadets to actually see what the military is really like," Cadet Chief Master Sgt. Nathan Fong, 16, said of the encampment.

"They also learn to have teamwork and to develop their leadership skills through encampment. They also learn that in the military, it's not about the individual, it's about the team, to show that a whole group of people as one. That's what we're trying to learn at this encampment for the next few days. Hopefully, by the end of this encampment, they'll all be unified."

CAP is the official auxiliary of the U.S. Air Force. CAP is a volunteer civilian organization with three missions of aerospace education, emergency services and cadet programs. The cadet program, which was founded in October 1942, exists to transform teens into dynamic Americans and aerospace leaders.

The encampment is an important step for the cadets, and successful completion of an encampment allows cadets to be eligible to promote to a cadet officer rank. For the basic cadets, it was very exciting.

"I feel very good about encampment and that I'll learn a lot," Cadet Staff Sgt. Jesse Swanson, 14, said. "I'm excited for all the different missions that we're going to be doing."

The basic cadets underwent a variety of classes and hands-on training activities starting at 4:45 a.m. each morning. The curriculum consisted of the CAP cadet program history, topics in aerospace, disaster relief,

military drill and military careers.

In addition, the cadets learned to work as a team and communicate through activities like volleyball, physical fitness training and the leadership reaction course at the Boondocker training area. They were also shown the indoor simulated marksmanship trainer, the virtual battlespace simulator, CH-53D Sea Stallion helicopter weapon system trainer, and combat convoy simulator. Last, but not least, cadets gained confidence and tested their upper body strength at the obstacle course and endurance course.

"All the activities I was able to do at encampment was something I would never imagine I could do anywhere else," said Cadet Tech. Sgt. Abraham Cheng. "Being in a military environment and training on the same equipment that the Marines use is just something you don't get anywhere else."

The encampment ended July 15 with a graduation at the Dewey Square parade field. Cadet Airman 1st Class Katy C. Akagi, 18, graduated as the encampment honor cadet.

"I enjoyed every part of encampment," Akagi said. "It taught me a lot of things, but most importantly discipline and attention to detail."

From here, the cadets will return to their respective home squadrons throughout the state of Hawaii. Several of the graduating cadets will soon be promoted to cadet second lieutenant. Most of the others will return to serve in staff positions in their squadrons and continue to work towards the officer ranks.

The staff cadets and adult senior members, who worked hard to make the encampment happen, said they were very pleased with the results.

"I'm so thrilled this year because we had a wonderful staff," said Capt. Malcolm C. Ching, encampment commander. "Everything's excellent – the barracks are excellent and the staff is excellent."

There are CAP squadrons across the state, and more information is available at <http://hiwg.cap.gov>.



Cadet Col. Samuel F. Ramil | Civil Air Patrol
Civil Air Patrol cadets carry Flight Officer Keith Copelan, senior officer, during a stretcher carrying exercise for disaster relief.

Meet the Marines



Christine Cabalo | Hawaii Marine

Cpl. Kevin Reinhard, crew chief (left) and 1st Lt. Samuel Wuornos, pilot, Marine Heavy Helicopter Squadron 363 tour a CH-53D Sea Stallion with the Armed Services Committee of the Chamber of Commerce of Hawaii July 13. P. Pasha Baker and Jay Dunn were among several of the committee who toured the air traffic control tower and several aircraft at Marine Corps Base Hawaii. The committee acts a liaison between the military and business owners, helping out the local economy.

VP-9 'Golden Eagles' host students

Lt. Caitlyn M. Harrington

Patrol Squadron 9

Patrol Squadron 9 welcomed children from Aliamanu Military Reservation School Age Center for a first-hand naval aviation experience at Marine Corps Air Station Kaneohe Bay July 11.

Groups of five to six children rotated through various staged locations throughout the hangar to learn about the Maritime Patrol and Reconnaissance Force aircraft and mission. The group consisted of third, fourth and fifth graders from various Oahu schools, accompanied by several chaperones.

The students toured a P-3 Orion aircraft static display, all while asking squadron members a variety of questions about how the aircraft is flown, what type of weapons it carries and its mission. They took turns sitting in the cockpit for their chance to simulate radio calls, talk on the internal communication system and pretend to fly their very own P-3.

"The Oahu community has supported our military since the beginning. It is wonderful to give back by opening our doors to the children of Hawaii," said Cmdr. Craig T. Mattingly, VP-9 executive officer.

More than 20 Golden Eagles participated in the event by organizing the displays, explaining various equipment and components of squadron life and escorting children through Hangar 104 and the Commander, Patrol and Reconnaissance Wing 2 simulator building.

Most students said the highlight of the tour was the simulator visit, where they honed their piloting skills as they experienced "flight" in a synthetic training device. "The kids were really excited to see the simulator and how we train. Hopefully we inspired some of them to pursue a career in naval aviation," said Navy Lt. Caroline Haid, VP-9 naval aviator, who accompanied children while they operated the trainer.

Aviation life support systems personnel assisted children as they donned flight gear and handled various equipment VP-9 aircrews use daily. Additionally, the ordnance team showed off several types of inert weapons the squadron uses to hone combat readiness.

"The kids were enthusiastic without a doubt. They were really into the ICS system and excited about pushing all of the buttons at different stations," said Petty Officer 2nd Class Heather Black, Aviation Warfare Systems Operator and VP-9 volunteer.

As a memento, children were given photos of the P-3C Orion in flight passing Diamond Head. Many of the children asked members of the Golden Eagles to autograph their pictures in thanks for the day's events.

The School Age Center at Joint Base Pearl Harbor-Hickam, is an Army Morale, Welfare, and Recreation child services program that provides educational opportunities for local children.

AROUND *THE* CORPS

Mortarmen train down under



Sgt. Pete Thibodeau | 31st Marine Expeditionary Force

Marines with 2nd Battalion, 7th Marine Regiment, the 31st Marine Expeditionary Unit's battalion landing team, are firing M252 81mm Mortar Systems during Talisman Sabre 2011 on Townshend Island, Australia, July 13.

Lance Cpl. Garry J. Welch

31st Marine Expeditionary Force

TOWNSHEND ISLAND, Australia — Marines are world renowned for their devastating efficiency in combat, their ability to deliver accurate direct and indirect fire, and closing with and destroying the enemy.

The reputation of Marines has been earned and upheld throughout the generations.

To ensure that reputation is not tarnished, Marines train around the world continuously, perfecting their skills and preparing for their next combat deployment.

For dedicated mortarmen with the 81mm Mortars Platoon, Weapons Company, Battalion Landing Team 2nd Battalion, 7th Marines, 31st Marine Expeditionary Unit, the training starts in the School of Infantry, and continues for the remainder of their Marine Corps career.

"Getting good at firing the 81mm mortar system is a challenge," said Lance Cpl. Samuel E. Robertson, an assistant gunner in 81mm mortars platoon, Weapons Co., BLT 2/7, 31st MEU. "It took three to four months of always wanting to learn. I'm constantly on the gun practicing just making sure I'm good at my job."

Currently, the 81mm Mortar Platoon is participating in exercise Talisman Sabre 2011, and spent four days on Townshend Island for a combined arms exercise. Before the Marines started firing, they spent a day preparing their positions and doing drills with the weapons.

Such drills are not only conducted to maintain proficiency, but also to ensure the Marines are prepared for combat deployments.

"Constantly being in the field and working with the weapon system creates that good muscle memory," said Cpl. Michael Hanna, the squad leader of gun three, 81mm Mortar Plt. Weapons Co., BLT 2/7, 31st MEU.

"That way when it comes down to it in real life and people's lives are in danger, we are able to do our jobs fast and ensure the rifleman are

able to close with and destroy the enemy while we suppress them."

Throughout the training, trust is built between the Marines in each gun team.

"You have to have a huge amount of trust in your team all the way from the squad leader to the gunner, the assistant gunner, and ammunition man," said Robinson. "The ammunition man has to have the right charge on the round, if he doesn't the round will either go too far or fall short, and that could cost lives. If the squad leader is not doing his job and checking the data, the gunner could be wrong, which could also cost lives. You have to be able to trust that the Marines you're working with are doing their jobs the right way."

During the live fire portion of the joint combined arms exercise, Marines put that trust to the test as they fired 800 mortar rounds in coordination with naval gunfire and airstrikes.

"We can't let one round go out too late or too early," said Staff Sgt. Robert L. Gallup, a section leader with 81mm Mortar Platoon, Weapons Co. BLT 2/7, 31st MEU. "Aircraft coming in can't fly under our rounds like they can with artillery, so the timing has to be exact, accounting for the time it takes for a fired round to hit the target, the time the aircraft has to drop its ordinance, and for us to cease our fires."

As the Marines conducted the exercise, trust was built between the Australian forces coordinating the fire missions and the Marines executing them.

"I was surprised by how quickly the Australian forces and U.S. Marine Corps integrated," said Australian Maj. Stuart Seabrook, the senior exercise controller for exercise Talisman Sabre on Townshend Island. "They produced some amazing results coordinating all the assets that were present for the exercise."

This exercise is a major undertaking which reflects the closeness of the Australian and U.S. alliance and the strength of their continuing military-military relationship.

Sailor receives Silver Star for actions in Afghanistan

Lance Cpl. Walter D. Marino II

2nd Marine Division

MARINE CORPS BASE CAMP LEJEUNE, N.C. — After providing medical treatment for two Marines who were shot during a firefight in Helmand Province, Afghanistan, in 2010, Petty Officer 2nd Class Jacob Emmott, a hospital corpsman with 1st Battalion, 2nd Marine Regiment, 2nd Marine Division, was shot in the head.

Miraculously, Emmott survived the injury and was awarded the Silver Star for his heroic actions. The award is presented for gallantry in action against an enemy of the United States and is the third highest award for valor in the United States armed forces.

"I'm not upset about (the injury) at all," said Emmott. "We had gotten into a bunch of firefights that day, and it seemed like we were winning. It was honestly a really good day – minus the fact that I got shot in the head."

On July 14, Emmott's family and fellow service members traveled to the Third Annual Naval Safe Harbor Award Ceremony in Washington, D.C., to witness Emmott and other service



Lance Cpl. Walter D. Marino II | 2nd Marine Division

Petty Officer 2nd Class Jacob Emmott, a corpsman with 1st Battalion, 2nd Marine Regiment, 2nd Marine Division, is presented his Silver Star award citation by Adm. Jonathan W. Greenert, the vice chief of naval operations at the Third Annual Naval Safe Harbor Award Ceremony in Washington D.C., July 14.

members receive awards for various work and actions involving the military.

"Jacob loves his Marines," said Emmott's mother. "We're very proud

of the service he's done and continues to make."

When Emmott rose to make his way to the front stage to receive the award,

the audience roared in applause. His fellow sailors, whom he deployed with, could be heard over the crowd yelling for him with pride.

"He's the guy you can count on, the guy you want on patrol with you," said Petty Officer 2nd Class Andrew S. Drummond, a corpsman with 1/2. "When we first got to our area of operation, we were going on patrols two to three times a day and he was on every patrol. He never complained. He just did it."

With a broad smile, Adm. Jonathan W. Greenert, the vice chief of naval operations, pinned the Silver Star to Emmott's chest and handed him the award citation.

"You wonder what kind of person is this that we honor that can do this kind of business," said Greenert. "It takes you back to an author, James Michener, who wrote a famous line about heroes: 'where do we get such people?'" said Greenert. "We get them from everyday life in this country, and we have a generation who are willing to stand up and say, 'I'm going to take care of this country.' It's very, very encouraging to know we're going to be in good hands."

Married Marines deploy together in Afghanistan

Cpl. Samantha H. Arrington

2nd Marine Aircraft Wing (Forward)

CAMP BASTION, Afghanistan — Michael and Jessica Stedman recently celebrated their first anniversary. They also recently deployed to Afghanistan together.

"We never got to take a honeymoon," said Jessica. She and her husband both serve as corporals in the Marine Corps. The couple deployed here with Marine Light Attack Helicopter Squadron 267 in May.

"So here we are in Afghanistan," she added. "It has all the sand you could ever want and the sun always shines. The only thing is we just haven't found the beaches yet."

The Stedmans are not alone. They are one of three married couples currently deployed with the Camp Pendleton, Calif., based helicopter squadron.

"Everyday's a good day because I get to see my husband and know that he's alive and healthy," said Jessica, a native of De Pere, Wis., and an airframes and hydraulics mechanic for the squadron. "I don't have to worry about him as much, like I would be doing if I was home."

But the Stedmans said they know statistics are against them. Historically, divorce rates for junior Marines are above the national average – higher still for dual-military couples. But Michael and Jessica said courses for engaged and newlywed Marines on life skills and relationship communication have helped them to overcome stresses that come with a young marriage, stresses compounded when both husband and wife serve overseas.

"I personally think being married to another Marine is the best situation for me," said Michael, a helicopter mechanic with HMLA-267, and a native of Brunswick, Ga. "Jessica and I have been good friends for almost three years and just like any other relationship, I think you have to be good friends first."

Cpl. Joshua King and Sgt. Denise King, also with HMLA-267, are not only newlyweds, but also new parents. When the couple left California, they said son Julian, now 10-months old, was just learning to roll over.

"Our relationship has grown in the time that we have been deployed. We have to communicate a lot more, not that we didn't back in the states, but out



Cpl. Samantha H. Arrington | 2nd Marine Aircraft Wing (Forward)

Sgt. Denise King, a native of Los Angeles, and Cpl. Joshua King, of Battle Ground, Wash., are both deployed with Marine Light Attack Helicopter Squadron 267.

here communication is all we have," said Joshua King an intelligence analyst with HMLA-267. "Having my wife out here is definitely a pro. It's amazing being married to someone who knows everything that you do and understands the Marine Corps like you do."

For the rest of the story, visit <http://www.marines.mil>. See the latest 2nd MAW (Fwd.) photos and videos at <http://www.facebook.com/2ndmawfwd>.

Concerts | Camouflage | Carnival



Puddle of Mudd guitarist Doug Arditto slams a face-melting guitar riff during the rock band's performance at BayFest 2011 Saturday.



Leina Napoleon, 8, from Pahala, Hawaii, hesitantly sights in on an M107 .50-caliber sniper rifle under the watchful eye of Lance Cpl. Daniel Burns, a scout sniper with Weapons Company, 3rd Battalion, 3rd Marine Regiment, during BayFest 2011 Saturday.



The Zipper carnival ride spins in a dizzying array of lights during BayFest 2011 at Hangar 101 July 15. Thousands attended the three-day festival.



Concertgoers scream in eager anticipation of rock band Puddle of Mudd taking the stage for their concert during BayFest 2011 Saturday.

Thousands converge on base for BayFest 2011

Cpl. Reece E. Lodder
Combat Correspondent

As smoke from a barrage of colorful fireworks opening BayFest 2011 faded into the darkness over Kaneohe Bay, the crowd's quiet enjoyment gave way to noisy excitement, transitioning Hangar 101's airfield into a buzzing sniper filled with ear-splitting guitar riffs, dizzying rides and camouflaged sniper rifles, July 15 through 17.

Celebrating its 22nd year as Hawaii's largest summer music festival, the three-day BayFest — sponsored by Marine Corps Community Services — opened the base's gates to the local community, drawing thousands to

concerts by Cecilio and Kapono, Hoobastank, Puddle of Mudd and Joe Nichols, and featuring contests, carnival rides, food booths and military static displays.

"BayFest is a great event for the local community because it gives them an opportunity to see what Marines really do," Staff Sgt. Anthony Caputo, the supervisor of 3rd Marine Regiment's Motor Vehicle Operator School, said.

Manning a row of static vehicle displays near the hangar's entrance, Caputo and uniformed Marines from the base's units showcased armed tactical vehicles, heavy equipment and aircraft.

Between explaining the vehicles' purposes to passers-by, Marines hoisted hesitant youngsters into the seats, drawing smiles as they honked horns and spun in turrets. In front of the vehicles, visitors flocked to tables lined with sniper rifles, sighting into the lives of scout snipers from 3rd Battalion, 3rd Marine Regiment.

While BayFest was valuable to the local community, Caputo, from Philadelphia, said the event offered Hawaii Marines an opportunity to trade stories with prior-service Marines, and showcase their job skills on a stage different from their day-to-day grind.

"BayFest is beneficial for Marines because it forces them to show their [military occupational specialty] proficiency, and teach civilians who don't know about it," Caputo said.

Visiting BayFest with her granddaughter, Kailua resident Judith Wilhoit — whose husband served as an active duty Marine — applauded the military

aspect of the festival's entertainment, saying it allowed people to enrich their lives by learning about different aspects of their world.

Her 8-year-old granddaughter Milia echoed her excitement, saying it was exciting to meet Marines, and learn more about what her stepfather did during his time in the Corps.

Enjoying BayFest for the first time since moving from Okinawa, Japan, Staff Sgt. Chris Tomlin, squadron operations chief, Marine Heavy Helicopter Squadron 362, was impressed with the festival's size and number of attendees. After experiencing misconceptions about Marines' functions among the local populace in Okinawa, Tomlin lauded the benefits of the two entities converging for BayFest.

"Every time we get together like this, it helps the community see that we do a lot more than they think, or than they see on TV," Tomlin, from Amarillo, Texas, said.

Moving through the vendor's booths in Hangar 101 onto the airfield, visitors navigated through a slew of food booths and carnival rides.

When darkness fell, hordes of lively concertgoers packed into the concert area on each of BayFest's evenings, rocking out and singing along during the featured bands' performances.

Building off a lengthy history of playing for troops in the U.S. and overseas, rock band Puddle of Mudd jumped at the opportunity to bring their frenzied, high-energy show to service members for their first time in Hawaii.

"We're always willing to give back to their troops," Puddle of Mudd guitarist Paul Phillips said. "Everybody has their own spin on the war, but the men and women over there are risking their lives on a daily basis. Seeing this makes us realize how fortunate we are in our living — the least we can do is to come out and play for our troops."

Touring in Iraq, Kuwait and at several military hospitals around the country, Puddle of Mudd frontman Wes Scantlin said the experience has "opened my eyes," and given the band a much deeper appreciation for the sacrifices made by military men, women and their families.

"We have the best military in the world," Scantlin said. "Our service members are just fighters, warriors — and I love them for it."



Jaden Gatts, 6, from Schofield Barracks, cranks the wheel of a Logistics Vehicle System Replacement truck during BayFest 2011 at Hangar 101 Saturday.

Photos by Cpl. Reece E. Lodder | Hawaii Marine



Puddle of Mudd guitarist Doug Arditto rocks out in the spotlight during the band's performance at BayFest 2011 Saturday.

Krissy Lodder | Hawaii Marine

Scott Brown, 2, war cries while holding the butt stock of an M40A-series sniper rifle during BayFest 2011 on base Saturday. Celebrating its 22nd year as Hawaii's largest summer music festival, the three-day event — sponsored by Marine Corps Community Services — opened the base's gates to the local community, featuring concerts by Cecilio and Kapono, Hoobastank, Puddle of Mudd and Joe Nichols, in addition to contests, carnival rides, food booths and military static displays.



Changing pace near the end of a raucous concert, rock band Puddle of Mudd performs their song "Think" for a sea of concertgoers during their performance at BayFest 2011 Saturday.



1. Wes Scantlin, lead singer of Puddle of Mudd, performs during BayFest 2011.
2. Families enjoy taking a spin on the Mini-Coaster.
3. Deto Esquibel, 2, of Aurora, Colo., tries on a KM-37 dive helmet at Mobile Diving Salvage Unit One's static display.
4. Visitors enjoyed carnival rides and fireworks.
5. Lance Cpl. Brad Van Fossen, special intelligence/communicator with India Company, Marine Cryptologic Support Battalion, prepares to eat his last French fry in the Royal Kahuna Burger Challenge.

WARRIORS, from A-1

Weapons Company, 2/3. Kelly sustained severe injuries from his deployment to Afghanistan earlier this year. "One thing in particular that really got me interested was the Track program. The whole course looks solid, and it's definitely something I will look forward to taking part in."

Another attention-getting program presented was Project Odyssey, an outdoor recreational trip designed to help wounded service members rehabilitate through vigorous physical activity, and make spiritual connections with accompanying warriors, staff and counselors.

Staff Sgt. Jesus Donato, a section leader with the detachment, said he was very pleased with Project Odyssey.

"It just seems like a great way for transitioned service members to get back with the guys and bond," Donato said. "It's tough for a lot of men and women getting out to the civilian world. This program provides that breather. It serves as a reminder that they're not alone."

Following the informational brief, the wounded warriors sat down to a catered dinner. The commanding officer of 2/3, Lt. Col. Justin S. Dunne and 1st Sgt. Jonathan L. Groth, Fox Company first sergeant, 2/3, sat with their Marines and passed stories, jokes, and anything else on their minds.

"I feel it's important, as the battalion commander, to come down here to the Wounded Warriors to see that my 2/3 Marines, and all the Marines in this detachment are doing well and recovering from their injuries," Dunne said. "You gents may be out of the fight for now, but that doesn't mean you're not still thinking 2/3."

As time goes on, the WWP plans to reach across the country and help all wounded service members in need. To learn more about the Wounded Warrior Project, visit <http://www.woundedwarriorproject.org>.

GREENFEST TAKES ROOT AT BAYFEST

Christine Cabalo

Photojournalist

More than 55 Hawaii organizations turned to the green side during BayFest Hawaii 2011 from July 15 to 17.

Dubbed "GreenFest at BayFest," eco-friendly products and services were available to BayFest attendees in Hangar 101 at Marine Corps Air Station Kaneohe Bay.

"Being green has been a hot topic for years," said Kathy Molitor, sponsorship and advertising coordinator, Marine Corps Community Services Hawaii. "From our own base going green to new green companies emerging, it's ongoing. We also wanted to have an expo that was fun and interactive."

Each organization showcased how they practiced sustainability, whether their business was home solar electricity or in higher education.

Although more known for their female empowerment initiatives, jewelry company Stella and Dot presented their sustainable wares to BayFest crowds. The company also offers all its catalogs and brochures on recycled paper.

"We have one piece that's made of reconstituted ivory beads," said Tonya Torres, independent stylist, Stella and Dot. "They're made from recovered ivory bits, and no new pieces of ivory from tusks are made with it."

Among the new green businesses at BayFest was Neal's Yard Remedies Organics, an established British organic skincare company that now has consultants in the US.

"We don't say we have the best products," said Kim Houston, founding leader, NYR Organic. "But we do educate people that there are other products out there easily accessible and eco-friendly."

Houston said she began using and selling the skincare line after seeing her doctor for daily migraines and joint pain. She was surprised to learn her previous non-organic cosmetics

may have contributed to her ailments.

"I did a lot of research on the chemicals in other store products," she said. "They can do damage. Some harsh chemicals can cause cancer, narcolepsy and other problems."

During GreenFest at BayFest, Houston decorated her booth with living lavender, rosemary and oak grass plants which are used in several of the skincare products. The company also has its own farms to harvest materials and an eco-

friendly factory. Houston, whose father was a Vietnam War-era Marine, said she felt it was important to be at BayFest because she wanted to offer non-toxic men's and women's products to Marines and their families.

For BayFest attendees who wanted to give back, Hawaiian Legacy Hardwoods offered them ways to support planting rare koa trees on the Island of Hawaii. Wink Arnott, who also represents companies producing biodegradable industrial lubricants and other motor oils, showed attendees how their donations would pay for the tree planting and support any of their chosen local non-profit groups.

"Since I'm a member of the base canoe club, Na Koa Lani, it's one of the groups people can chose

to donate to," he said.

He and several GreenFest organizations said that the base has made great strides for conservation, by thinking about the long-term results and constantly enacting eco-friendly solutions.

"As the base reduced, as well as recycled, it all added up in time to something big," Arnott said. "Big changes can happen if you do little changes here and there, then get everyone to do it. Extremely positive changes have developed."



Christine Cabalo | Hawaii Marine

Kim Houston, founding leader, Neal's Yard Remedies Organic, offers samples (left) and additional information to Diane Cornett July 15 during GreenFest at BayFest. Hers was among more than 55 booths offering environmentally friendly products and services. Houston decorated her booth with lavender, rosemary and other organic botanicals used in the skincare products.

BayFest brings out the big guns

Families visit military static displays at BayFest

Kristen Wong

Photojournalist

Military and civilian families alike entered the world of the Marine Corps and Navy through various static displays featured at BayFest 2011 July 15 to 17.

Lily and Bay Hourin talked to pilots and peeked through scout sniper rifles. Mika Chong had the opportunity to “see up high” while standing on an amphibious assault vehicle, and base resident Gunnar Goodell played tic-tac-toe with a submerged Navy diver.

During all three days of BayFest, service members from 1st Battalion, 12th Marine Regiment; Combat Logistics Battalion 3, Helicopter Anti-Submarine Squadron Light 37, Marine Heavy Helicopter Squadron 362 and 3rd Marine Regiment brought out the big guns, vehicles, aircraft and other equipment for the public to view and interact with.

“It’s been fun,” said Kaliko Maciel, of Kahaluu, whose husband is in the military but currently works behind a desk. “We’re taking our time, enjoying [seeing the] vehicles, and let them see a little bit of what daddy used to do.”

Visitors were able to crank an M777A2 155 mm medium tower howitzer provided by 1/12. Children and adults alike explored a mine resistant ambush protected all-terrain vehicle, an armored humvee, and a logistics system vehicle replacement.

“Kids love the MRAP,” said Sgt. Rick Soto, regimental police sergeant, 3rd Marine Regiment. “That’s their favorite vehicle.”

Soto said the children like to play with the Blue Force Tracker, and sit in the turret of the MRAP, where the machine gun is located. He said it reminds them of the video game “Call of Duty.” Soto said the children have asked the Marines if they had laser guns.

Visitors could also try on MDSUO gear such as helmets and boots, or watch a video about diving school. Petty Officer 3rd Class Joseph Ziemba, Navy diver, MDSUO, played tic-tac-toe with visitors from inside the tank.

Petty Officer 1st Class Eric Real, Navy diver, MDSUO, said the purpose



Kristen Wong | Hawaii Marine

Chikara Nakamura, 5, from Tokyo, plays tic-tac-toe with Petty Officer 3rd Class Joseph Ziemba, Navy diver, Mobile Diving Salvage Unit One during BayFest 2011 on July 15.

“Several kids can’t wait till they get older and can shoot,” Soto said.

On July 15, Mobile Diving Salvage Unit One brought out several static displays, including an MK-16, a rebreather SCUBA system that does not create bubbles, allowing for stealth missions, and a new KM-37 dive helmet.

for having the static displays is mainly for education.

“What we do is unknown and misunderstood,” Real said. “[The static displays] provide entertainment for the kids, show the history of the Navy and [can] recruit future Navy Divers.”

Petty Officer 3rd Class James Martin, tactical naval aircrewman, HSL-37, said by having static displays people can take a closer look at the helicopters and ask the pilots questions. When visiting the SH-60B Sea Hawk, Martin said people often mistake parts of the aircraft for weapons.

The device on the side of the Sea Hawk, for instance, resembles a missile, but is actually a magnetic anomaly detector, which trails behind the aircraft to detect submarines in the water. The two devices protruding from the front of the Sea Hawk resembling guns are actually devices which measure airspeed. The helicopter does, however, occasionally carry weapons such as machine guns, hellfire missiles and torpedoes.

Henry Yue, of West Covina, Calif., who visited the base for the first time, tried out the various weapons on display.

“It’s very interesting,” Yue said. “I’ve never been so close to all this equipment.”

Lance Cpl. Daniel Burns, scout sniper team leader, Weapons Company, 3rd Battalion, 3rd Marine Regiment, answered crowd questions.

“Everybody wants to shoot [the M107 SASR] because it’s a really powerful gun, and loud,” he said.

Branden Hoedel, of Red Deer, Canada, sat in the turret of the MRAP. It was the first time he’d seen an American military vehicle that wasn’t antique, and wanted to take it for a test drive.

Soto said the kids have a more realistic view of the equipment, and perhaps by seeing the static displays, they may consider joining the military.

“[Static displays] familiarize the local population with equipment we use everyday,” Soto said.

Sports & Health



Two teams battle out the last stretch on the 1st heat during the Bath tub Regatta Sunday on the shoreline outside of Hangar 101. Teams competed with their homemade boats made from household materials. Many awards were given out to winners of different categories such as first to sink, funniest design, the Terminator (sunk the most boats), best craft, and the overall first, second, and third place winners.

Lance Cpl. Jacob D. Barber | Hawaii Marine

Homemade boats battle for Regatta victory

Lance Cpl. Jacob D. Barber
Combat Correspondent

"Who makes a boat out of cardboard?" A volunteer lifeguard asked while scanning the Bath tub Regatta competitors. "Some of these boats are going to sink. It's a guarantee."

Boats of all different types and sizes crowded the shoreline outside of Hangar 101 Sunday to compete in the Bath tub Regatta. This BayFest event

features contestants building their own make-shift boats from random materials including wood, metal, tin, water jugs, kegs and even cardboard.

The event had four rounds of races and the winner of each race would compete in the fifth and final round for the Bath tub Regatta championship title.

The race set up was simple, two adjacent buoys were set about one hundred and fifty yards from shore as a turnaround point for contestants.

After reaching the buoys, team members would then have to paddle around them and race the straightaway back to the finish line.

In the second heat, the Scrubs sped past the competition right from the beginning. Using their nostalgic sea craft they dominated the competition once again this year. Their speedy boat was a veteran, but the team members were new to the event.

As they came up to the buoy, there

were questions amongst the crowd about the maneuverability of the Scrubs' boat.

The previous team struggled with enormously wide turns last year because of the long length and lightness of the boat. However, the new team found a way to adapt and overcome this challenge.

"The secret is to paddle hard," Hillary Broad, the Scrubs' team captain,

See REGATTA, B-5

Paddleboarders grind out first competition

Pfc. James A. Sauter
Combat Correspondent

Nearly 50 competitors turned out to the inaugural Stand-Up Paddleboard Race at the 22nd annual BayFest Saturday. Paddleboarders from around the island came out to have fun and to show off their skills out in the bay.

Moving to the starting line, the paddleboarders waited for the opening horn to sound. Marine Corps Community Services youth sports director Clark Abbey blew the horn and paddlers came out hard to take advantage of the calm wind in the first stretch.

Unlike traditional surfing, stand-up paddleboarders use specially designed boards that are thicker and wider than a regular surfboard and the rider stands up and uses a long paddle to propel and steer themselves.

"Standup paddling is the latest and greatest new thing," Abbey said. "It's easier on the surfer's neck and back."

Noa Ginella, a 17-year-old who has been stand-up paddling for a year, took the lead from the outset and stayed ahead the whole race.

"I try to stay ahead and if I can't do that then I draft," Ginella said. "It's hard to stay ahead for four miles with

[the other racers] breathing down my neck."

Ginella plowed through the water, putting the majority of his competition behind him. When he came around for the second lap, he passed many paddlers still on their first.

Many competitors had a difficult time paddling four miles against the wind for most of the course.

"It was really brutal with no downwind," Ginella said. "It was a grind with no break."

After the final lap, Ginella finished in first place at 47 minutes and 20 seconds.

"I never thought I was going to win, but I was relieved when it was over," Ginella said after completing the four-mile stretch.

The awards ceremony was held after the two-hour race finished as heavy rain began to fall.

For finishing first, Ginella was awarded a gold medal, a stand-up paddleboard and tickets to the Puddle of Mudd and Hoobastank concerts that night.

"[The win] feels great," Ginella said. "I give thanks [to the Marines] for letting us on base, and thanks to the sponsors and to Clark Abbey."



Lance Cpl. James D. Barber | Hawaii Marine

First place winner Noa Ginella poses with second place finalists Joey Napoleon and Mo Freitas at the awards ceremony at the inaugural Stand-Up Paddleboard Race at the 22nd annual BayFest Saturday. Ginella plowed through the water, leaving the majority of his competition behind. When he came around for the second lap, he passed many paddlers still on their first. "I never thought I was going to win but I was relieved when it was over," Ginella said after completing the four-mile stretch.

SWIMMERS DIVE BACK INTO REOPENED HILLTOP POOL

Christine Cabalo
Photojournalist

The Hilltop pool next to the Club at Koa Malina is open again to pool users and swim lessons since closing last month.

Now all Marine Corps Base Hawaii pools are open after the U.S. Consumer Product Safety Commission announced a national recall of an estimated one million units in May.

"We replaced the drain cover," said Dino Leonard, assistant manager, Marine Corps Community Services Aquatics. "It meets all the specifications needed for that facility."

Leonard said pools at Manana Housing Area and Camp H.M. Smith did not need their drains replaced after they passed safety checks. The new drain cover at Hilltop pool both ensures no swimmers or large items will be entrapped.

The last summer swim lessons at Hilltop pool are today, but the pool will continue to be open six days a week until winter hours start on Labor Day.

"It's a lot better now that we have [Hilltop] pool back," said Matt



Christine Cabalo | Hawaii Marine

Jaxson Jordan, 5, prepares to dive into the newly reopened Hilltop pool at Marine Corps Base Hawaii Tuesday. The pool will be open six days a week through the summer, until winter hours begin on Labor Day.

McGuiness, lifeguard, MCCA Aquatics. "It was hard to do lessons at the base pool with other training Marines, but we worked around it."

For Rebecca Jordan, the Hilltop pool reopening has made it easier for her family. She takes her 5-year-old son Jaxson to the pool for swim lessons and watches from shaded tables a few feet away. Jordan said she prefers having her son's lessons in the smaller pool with a children's wading pool nearby.

"They're able to focus better and there's room for swimmers on the deeper end while the beginners are in the shallow part of the pool," she said. "I see they just zone in and focus on the lesson."

McGuiness said the pool isn't too crowded during the working week, but he's noticed crowds of summertime swimmers come in during the weekends. Jordan said she's glad the facility reopened so she can have a day at the pool with her family without worrying about her children navigating a larger pool.

"It's not as intimidating here," Jordan said. "Sometimes my son can get frightened in a bigger pool."

Clemens' witch hunt over

Sgt. Scott Whittington
Combat Correspondent

On only the second day of Roger Clemens' witch trial – I mean his providing false information under oath trial – the judge declared a mistrial after the prosecution exposed evidence to the jury that had been thrown out in pretrial. What a rookie mistake, but that's good karma.

I couldn't be happier. I love cases like this where people on the outside who have no real knowledge of the case make judgments. We will never know if "The Rocket" used performance enhancers. Personally I don't care if he did or not. Flintstone Vitamins are performance enhancers and so are oranges and the entire supplement store.

The fact is the prosecution had a job to do and they dropped the ball. They have clear instructions how to carry out their task. Even the judge said a first-year law student knows not to show the jury evidence that has been ruled out. You can't unring that bell, he said.



Even the judge said a first-year law student knows not to show the jury evidence that has been ruled out. You can't unring the bell, he said.

Clemens was an awesome pitcher before his alleged drug use started. I think some people wanted to get even or tarnish his name. I've had personal experience with that myself. People get jealous of success, social status and athletic ability. I'll bet it's something as simple as Clemens didn't feel like signing an autograph for the trainer's nephew. Who knows? Who cares? Maybe those who do need a hobby, like underwater basket weaving.

There are real criminals in the world our tax dollars need to focus on. How many millions were wasted on this whole process? Clemens appeared before Congress to deny he took steroids but our economy is nearing the bottom. I think our congressman have bigger things to deal with like improving health care, global relations and education.

I can't believe the prosecution wasted their time with this case. They got dressed every day and put on their suits and ties with pride just to blow it in the first couple of innings. That's something Clemens never did.

He doesn't deserve to go to prison when there are mothers set free who kill their own children and gangs shoot pedestrians in the street. Those are the real criminals. They've proven they can't live in a functional society. What did Clemens do except win Cy Young Awards and World Series rings?

Frankly, the prosecution never provided any real evidence that would have convinced the jury he was guilty. "Oh there were tapes," the haters say. They don't know the content of those "tapes." They don't know the whole truth. How can they make a fair judgment without all the evidence? Leave the man alone.

There's still a small chance Clemens could be retried. Of course that will be at the expense of the taxpayers. I'm just fine with Clemens out on the streets signing autographs and making appearances at baseball camps so children can meet their hero. His "crime" wasn't dangerous to the public or worth the expense.

I seriously doubt people will be asking for Casey Anthony's autograph.



Is Roger Clemens off the hook for steroids?

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, featured below. Suit up, ladies ... it's game time.



WHITTINGTON



CONNOLLY

Clemens case an epic fail

Sgt. Sean M. Connolly
Special to the Hawaii Marine

I'm not a lawyer and I love the democracy in which we live. However, I feel like the justice system in America is in shambles! Lawyers everywhere and those involved in recent cases should feel as embarrassed and ashamed as I am of our legal incompetence. It is not my intention to bring back public stoning or Salem witch hunts, but when it comes to court cases in this country, it seems as though common sense has completely left the building.

In the wake of Casey Anthony getting away with the murder of her 3-year-old daughter, Roger Clemens remains a free man thanks to a mistrial in his perjury case.

Roger Clemens is a major league pitching god, nicknamed "The Rocket" and has won a record seven Cy Young Awards over his 23-year professional career. Clemens is also one of only four pitchers in MLB history to have more than 4,000 strike outs. Unfortunately for Clemens, he is also a member of what has been called the "Steroid Era Crew" – joined by many baseball greats including Barry Bonds, Mark McGwire and Sammy Sosa.

On Aug. 19, Clemens was indicted by a federal grand jury at the U.S. District Court in Washington D.C. on six felony counts of perjury, false statements and obstruction of Congress. On Aug. 30, he pleaded not guilty. The start date for the trial was pushed back almost an entire year, and yet on only the second day in court the prosecution messed up so bad that U.S. District Judge Reggie Walton had no choice but to declare a mistrial.

Judge Walton was said to have been livid as the government inadvertently allowed the jury to hear statements from a U.S. congressman discussing the credibility of one of the key witnesses against the former all-star baseball pitcher. It was said that only a first year law student would make such a mistake. Pretty sad considering the government had almost a year to prepare for the case.

Clemens is no stranger to controversy. His reputation has always been that of a pitcher unafraid to throw close to batters. Clemens has also attracted controversy over the years for his outspoken comments, such as his complaints about having to carry his own luggage through an airport and his criticism of Fenway Park for being a subpar facility. Toward the end of his career, his annual on-and-off "retirements" have revived a reputation of a diva-ish behavior. In short, I don't like the guy and I am appalled that he is going to walk free without his day in court.

In today's society the judicial system is more of a daytime soap opera than a branch of government. Celebrities and athletes are getting away with murder left and right while the rest of us must face the consequences for our actions. The bottom line is this – justice in American is no longer blind, so let's go ahead and take the blind fold off that statue and replace it with a copy of Entertainment Weekly.



Clemens is no stranger to controversy. His reputation has always been that of a pitcher unafraid to throw close to batters.

High childhood obesity may have started in '90s

Ellin Holohan
HealthDay Reporter

The epidemic of excess weight gain and obesity among young Americans began about 15 years ago, a new study finds.

"Our research documents the emergence of the obesity epidemic among adolescents in the later half of the 1990s, and among young adults in 2000," said Hedwig Lee, who led the study while at the University of North Carolina at Chapel Hill. She is now an assistant professor of sociology at the University of Washington in Seattle.

"The jury is still out about all the possible causes for the increasing weight gain among adolescents ... as well as for the entire population," Lee said.

However, she cited a number of possible factors, including a rise in time spent in front of computer or TV screens and longer time spent in post-secondary education, "transitioning" to adulthood. According to Lee, poor diet and couch-potato lifestyles rise when young people leave the parental home and go out on their own, before starting their own families.

The research focused on a measure called the body mass index, or BMI, which calculates a relationship between weight and height.

As BMI grows, so do concerns arise about obesity-related illnesses, including heart disease, diabetes, some cancers, stroke, liver disease, gall bladder disease, osteoarthritis and fertility problems, Lee said.

According to the U.S. Centers for Disease Control and Prevention, about one-third of Americans are now either overweight or obese, with slightly more women than men affected.

The study of about 100,000 adolescents and young adults used four large national databases tracking the BMIs of 12- to 26-year-olds from 1959 to 2002.

The results showed that BMIs increased "sharply in the adolescent ages beginning in the 1990s, and among young adults around 2000," especially among black females. Overall, BMI increases started earlier and rose faster for females versus males, according to the study, which was published online this month in the Journal of Adolescent Health.

BMI scores of 18.5 to 24.9 fall within a "healthy range." Those between 25 to 29.9 are classified as overweight. A BMI of 30 or more is considered obese.

According to the study, the BMI of the average 18



Courtesy Photo

New research from Hedwig Lee, formerly of University of North Carolina at Chapel Hill, suggests childhood obesity rates increased in the 1990s. In her study, Lee cites poor diet and the rise of using computers in post-secondary education as possible causes for the increase.

year old from 1959 to 1980 stayed relatively stable at 22. However, it had risen to 23 by 1990, and to about 25 by 2000, the researchers found. That would translate into a weight gain from an average of 149 pounds to an average of 166 pounds for a 5-foot 9-inch, 18-year-old male. An average 5-foot 5-inch female's weight increased from 132 to 147 pounds.

Trends were shown only for blacks and whites because racial categories for other ethnic groups were not part of all the data sets. Data for these groups were included as part of the total picture.

According to one expert on nutrition and weight, the study documents how a problem that used to begin in middle-age is now affecting young adults.

"It used to be middle-age creep," said Lona Sandon, assistant professor of clinical nutrition at the University of Texas Southwestern Medical Center. "It's scary because the earlier weight gains mean earlier onset of chronic illness such as hypertension

(or high blood pressure) in the 20s instead of 40s."

While it is unclear why young black females especially began gaining more weight more quickly, Sandon noted that black female adults are also heavier, on average, than other women. Poor access to health care may be a bigger issue for black women, she said.

"If you don't have access to health care, you're not going to focus on your health," she said.

Intervention is important before weight gain become entrenched, Sandon stressed. She believes that educational efforts need to focus on younger children. Schools also can change the types of food and drinks they serve, she added.

For adults, workplaces need to become "exercise friendly" because that's where adults spend most of their time, Sandon explained. "We need to remove the barriers" that keep people from exercising and eating healthy foods, she said.

Semper Fit Renovated

Racquetball on, sauna off during renovations

Christine Cabalo

Photojournalist

All of the Semper Fit Center's racquetball courts are open again for players since earlier this month, as renovations continue in other parts of the center.

Construction crews have been working on fixing the roof above the center's racquetball courts and renovating the men's sauna since June.

"We're replacing the entire sauna," said Jon Shiota, manager, Semper Fit Center. "It's still in the process of being completed, but the courts have been reopened."

Due to construction work, two out of the center's three racquetball courts were closed to replace the roof above them. Before the renovation, Shiota said the center's gutters were a problem.

"Whenever there were heavy rains, we'd have major water leaks in the viewing area of the racquetball court," he said.

Workers replaced a 25-by-15-foot area of the roof, investing \$250,000 into the project. The courts were available again before Wednesday's inspection of the roof, open to racquetball players and spectators watching from the second floor.

"The purpose of this project was to abandon the existing concealed gutter and downspout system and retrofit to address a problematic roof leak area," said John Padeken, Maintenance Control Division building inspector, Marine Corps Base Hawaii Facilities Department. "The existing roof was removed, re-sloped in a direction away from building and new roof system installed with new panels to match existing roof."

While under construction, gym users were also playing in a new racquetball ladder challenge and needed to hold multiple games. Sgt. Maj. Angela Maness, battalion sergeant major, Combat Logistics Battalion 3, said she's glad to have the courts back.

She and Chief Petty Officer Gregory Johnson, aviation electronics technician, Marine Aviation Logistics Squadron 24, played a midday game two days after the two courts were reopened to patrons.



Christine Cabalo | Hawaii Marine

Capt. Christopher Ferguson, commanding officer, School of Infantry West — Detachment Hawaii, makes a serve in the court. Before the renovation, the roof above the courts were prone to leaks.

"There weren't very many alternatives," Maness said. "Unless you wanted to drive to Camp Smith, you could only play on one court."

As a daily court user, Maness said Semper Fit coordinators helped by working out a reservation system for players to sign up. Now that all courts are open, Maness said she hopes more people consider joining the center's racquetball ladder and playing on the courts.

During the renovation, Capt. Christopher Ferguson, commanding officer, School of Infantry West — Detachment Hawaii, said he found other ways to get in conditioning but none as fun as playing at Semper Fit.

"Racquetball is becoming more of a popular sport," he said. "So it's nice to have all the courts open now. It was kind of difficult to play in only one."

Once renovation for both the roof and sauna is completely finished, Shiota said there are still areas in the center they'd like to update.

He said there are potential plans to upgrade the center's basketball court bleachers in the future. Shiota said he hopes as each renovation project is completed, gym patrons can relax and enjoy them. The Semper Fit manager said the work was completed quickly.

"We wanted to thank everyone for their patience and understanding," he said.



Fore, Pegasus!

Golfers hit the links at Klipper

Lt. Col. Jeff Davis, officer in charge, Echo Detachment, Marine Heavy Helicopter Squadron 463, takes a swing during a fund-raising golf tournament, July 15. Davis and several others from "Pegasus" Squadron played in teams of four at Kaneohe Klipper Golf Course to help raise funds for fellow Kaneohe Bay unit Marine Aviation Logistics Squadron 24.

Christine Cabalo | Hawaii Marine

WHAT'S COOKING AT ANDERSON HALL DINING FACILITY?

WEEK OF JULY 22 THROUGH JULY 27

Today
Lunch
Roast Turkey
Caribbean Catfish

Dinner
Sauerbraten
Baked Stuffed Fish

Saturday
Dinner
Beef Stew
Pork Chops Mexicana

Sunday
Dinner
Beef Cordon Bleu
Tropical Pork Chops



Monday
Lunch
Teriaki Chicken
Salisbury Steak

Dinner
Honey Ginger Chicken
Hungarian Goulash

Tuesday
Lunch
Chicken Adobo
Pepper Steak

Dinner
Bean with Bacon Soup
Swiss Steak w/Tomato Sauce



Wednesday
Lunch
Caribbean Chicken Breast
Chili Macaroni

Dinner
Baked Stuffed Pork Chops
Turkey Pot Pie

Thursday
Lunch
Pork Chop Suey
Baked Tuna and Noodles

Dinner
Swedish Meatballs
Chicken Breast w/ Alfredo Sauce

SPOTLIGHT ON SPORTS

SPRING INTRAMURAL SOFTBALL STANDINGS

TEAM	WIN	LOSS	TIE
SHAKE DOWN "HSL-37"	23	1	
NAVY CHIEFS	19	1	
BLACK KNIGHTS "MALS-24"	17	2	
MCAS	22	6	
OHANA BLUES "HQBN"	11	10	
VP-4	9	10	
CPRW-2	9	11	
BEER NUTS	9	11	
PMO	7	11	
7000 1ST "3RD MAR REG"	6	11	1
3RD RADIO BN	10	14	
VP-9	8	14	
WOUNDED WARRIORS	8	13	
VP-47	6	14	
COULSON	12	14	1
CLB-3	4	16	
MALS ORDNANCE	3	16	

Standings as of July 20

SPRING INTRAMURAL SOCCER STANDINGS

TEAM	WIN	LOSS	TIE	PTS
VP-47	8	1	2	26
HQBN	6	3	2	20
VP-9	5	2	2	17
CLB-3	5	4	1	16
MALS-24	3	5	1	10
MCAS	2	7	0	6
3RD RADIO BN	2	8	0	6

Standings as of July 20

Semper Fit Group Classes

Group Exercise Class Cancellations

The following classes have been reduced to evening classes ONLY until further notice: Step, Cardio Kick, Zumba. Pilates classes are on Fridays only from July 15 - August 26.

Moms on the Move

This class is designed for the active parent. It is done in an outdoor setting involving the kids. Build strength and cardiovascular endurance during this fun group setting. With the use of resistance bands, body weight exercises, abdominal work and plyometrics this can help strengthen your body and mind. Strollers are required if you bring your child.

Personal touch helps TRICARE beneficiary take on cancer

Mike Walbert

TriWest Healthcare Alliant

The diagnosis sent Jerry and Kim Browning reeling: Cancer.

It was 2009 and it had been a while since Jerry Browning, a retired Service member, went to the doctor. When he did, his doctor ran several tests on him, including a biopsy.

"And the biopsy came back cancer," he said.

Soon after Jerry's diagnosis, the Brownings were contacted by Carol Ann Goodenough, a TriWest Healthcare Alliance case manager who would help them through the physically and mentally challenging battle against the disease. TriWest manages the TRICARE program for the 21-state West Region.

It started with some phone calls. Carol Ann checked in on how Jerry was doing and to see if there was anything she could do for the

couple.

The relationship gradually developed into one of trust and communication, with Carol Ann guiding the Brownings on how to make informed decisions about Jerry's cancer treatments.

"She's really, really helped us," Kim Browning said.

With assistance from Carol Ann, Jerry Browning underwent surgery earlier this year to remove the cancer. Without Carol Ann's help, the Brownings said, there is no telling how things would have turned out.

"I would only have probably a year or so left," Jerry Browning said recently. "But now, I've got a future."

Watch video of Jerry and Kim Browning's story, and learn more about TriWest's "Mission to Serve" at <http://www.triwest.com/missiontoserve>.



Lance Cpl. Jacob D. Barber | Hawaii Marine

Members of The Scrubs, Hillary Broad and Sarah Keliioomaluu, celebrate after crossing the finish line during the finals of the Bathtub Regatta Sunday on the shore near Hangar 101. The team took first place overall with their speedy boat made of tin. Many awards were given out to winners of different categories such as first to sink, funniest design, the terminator (sunk the most boats), best craft, and the overall first, second, and third place winners. However The Scrubs took the title.

REGATTA, from B-1

said. "Just rip, no lip."

After blowing past their competition in the first round, The Scrubs team members, Dwayne Cabral, Hillary Broad, Sarah Keliioomaluu, and Kula Stone, rested at shore while waiting for the final race.

The finals consisted of four teams, The Scrubs, SUP Committed, SCUBA and Breaking Wind. With all four boats made of different materials, the crowd debated on who would be the winner.

With a quick start, The Scrubs took an expected early lead. With SUP Committed and SCUBA following close, the wood boat, Breaking Wind was left in the wakes.

While approaching the first buoy, the Scrubs took an extremely wide turn, which left SUP Committed with a chance to take the lead. Barely making the turn, and saving themselves from defeat, The Scrubs caught wind and flew down the straightaway.

"It's our first time entering and first time winning," Keliioomaluu said with a smirk on her face.

The teams showed much amusement, excitement and competition during the races. However, The Scrubs took the title without looking back.

"We'll compete next year again," Keliioomaluu said. "So bring it!"

Undefeated 'Lightning' strikes the field during youth soccer season

Lance Cpl. Jacob D. Barber

Combat Correspondent

Youth soccer was electric Monday when the "Lightning," a mini-grass division soccer team, met at the field adjacent to the Military Police department to practice. The energetic 4- and 5-year-old children were first introduced to the basic fundamentals of soccer like kicking, passing, player positions and defense earlier this month.

Working with such a young age group can be challenging to most, however, the coaches were determined to teach not only the bare basics of the sport, but also good habits for the kids to follow once the season commences.

"We know this could be their first introduction to soccer, or the first time they're around authority figures other than their parents," Lightning coach Steve Brennen said. "It can be the most rewarding thing or the most stressful, but teaching good habits is the most important thing when coaching the kids."

With the season already underway, the undefeated Lightning players have grown to love the sport that is new to most of the them.

"I like it because there's kicking and all that stuff and you get to chase the ball," 5-year-old Elijah Dean, 5, Lightning player, said.

After the basic passing and scoring drills, the coaches blew the whistle to get the kids attention and divided the team into two groups. This was when the smiles appeared amongst the team player's

faces because they all knew what was coming next. It was time for their scrimmage game.

"I really like the games," Noelani Brennen, 4, Lightning player, said. "My favorite part is when my daddy says I can shoot the ball in the goal."

Like Noelani, her teammate Malikai Abundiz said that playing in games was his favorite thing to do as well, an opinion that the whole team shared.

"I love to pass it to somebody on my team and I like to shoot the ball in the goal," Abundiz said.

After the scrimmage the team met around the goal to huddle before they were released to leave. The coaches sat down with the kids and gave them some words of wisdom and encouragement.

"The most important thing is to have fun and if they are able to learn the game of soccer then that's good too," Brennen said.

The team showed interest not only in what the coaches were teaching but also in the help they offered to each other.

"I really like it when my friends help me out with kicking and passing," Noelani said. "It is fun and it helps me a lot."

Whether the team members will continue to play



Lance Cpl. Jacob D. Barber | Hawaii Marine

Merzadies Thomas, 5, Lightning team member, squeezed through two defenders during a team scrimmage Monday on the field adjacent to the Military Police Department. The team showed much energy and excitement during the practice game and they were able to put to use new skills taught to them by their coaches. Lightning won their first two games of the season.

next season is unknown. But, the coaches continue to create a basic foundation for them to use later on in life when juice boxes and crackers are replaced by playbooks and lectures during half time.

"We got a few girls on our team that will be in the World Cup in like 12 years," Brennen said.

Hawaii Marine Lifestyles

KING & QUEEN

OF BAYFEST CROWNED AT 10TH ANNUAL GNC BODY SEARCH FITNESS COMPETITION

Lance Cpl. Vanessa M. American Horse
Combat Correspondent

Muscle-bound contestants competed for the title of "King and Queen of BayFest" at the 10th annual GNC Body Search Fitness Competition here Sunday during BayFest 2011.

The 19 contenders nervously watched from backstage as their fellow competitors strutted their stuff in front of the crowd and tanning oil was repeatedly applied to their chiseled bodies to ensure proper definition of their muscle groups. Some contestants longed for the competition to end so they could partake in the delicious fair food that was staring them down from across the festival.

The one thing on everyone's mind was: who is going to win?

"I've been entering this competition since 2003 and I want to win today," Brian M. Ikeda, from Pearl City, said. "I haven't eaten in 24 hours in order to prepare and look my best in this competition. And I've never won and I want to win this for my girlfriend."

Once on stage, judges evaluated the bodybuilders on their stage presence, question response, appearance and various other sub-categories. Some of the contestants answered their questions with amusing answers, while others took the competition more seriously.

"Do they remember they're being judged on their answers?" Maleko, the master of ceremonies, asked the crowd after a contestant joked about using steroids.

At the end of the competition, the men's and women's division finalists were named. The women's finalists were: Heather Hernandez, 27, first place; Alphiadeza Lezama, 24, second place; Jariya Leming, 23, third

place. The men's finalists were: Stan Aio, 43, first place; Jonathan Bareng, 28, second place; Brian M. Ikeda, 32, third place.

"My body, personality and stage presence helped me win this," Aio said. "I've entered before, but didn't place. Since then, I've changed how I eat and train. I'll probably enter again next year, but I wouldn't mind being a judge."

Hernandez and Aio proudly donned their sashes as King and Queen of BayFest and took home a prize of \$750, a prize pack from GNC including vitamins, protein powder and a \$50 gift card. Hernandez also received a \$695 modeling gift certificate, and both took home other prizes from various sponsors.

"This is a really fun, low-key event," Jon T. Shiota, manager, Marine Corps Community Services, Semper Fit, said. "It's not your average body building competition, so it gives a better opportunity for people to enter and win. You don't have to be the biggest guy or toughest girl, and very few contests out in town offer a cash prize."

For more information on future competitions, visit <http://www.mccshawaii.com/semperfit.shtml>.



Heather L. Hernandez, 27, and Stan Aio, 43, celebrate on stage after placing as the men's and women's first-place finalists in the GNC Body Search Fitness Competition at Bayfest 2011 Sunday. A total of 19 contestants competed for the title of "King and Queen of BayFest." "I put a lot of time and effort in the gym and it paid off," Hernandez said.



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

Sara Anslow, John O'Mally and Sgt. Maj. Robert E. Eriksson base sergeant major, judge the 10th annual GNC Body Search Fitness Competition during BayFest 2011 here, Sunday.



(Upper left) Male finalists Brian M. Ikeda, 32, Stan Aio, 43, and Jonathan Bareng, 28, celebrate backstage at the 10th annual GNC Body Search Fitness Competition during BayFest 2011, Sunday. (Above) Brian M. Ikeda, 32, from Pearl City, demonstrates the splits during his time on stage. (Left) Male and female contestants in the GNC Body Search Fitness Competition pose for the crowd. They were judged on stage presence, question response and various subcategories during the competition to claim the title "King and Queen of BayFest." "I haven't eaten in 24 hours in order to prepare and look my best in this competition," said male third place winner Brian M. Ikeda, 32, from Pearl City.

PASS ^{IN} REVIEW

Your weekly guide to the best 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 ...

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.

Better Know A Critic



BARBER

Lance Cpl. Jacob D. Barber has a curiosity for good books. Thriller, excitement, realness, and action always seem to capture his attention. While he isn't necessarily an everyday reader, when he finds a good book he finishes it. Look for more of his book reviews in the Hawaii Marine.



WONG

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

'Deathly Hallows' were the death of me

Kristen Wong

Photojournalist

I already knew what was going to happen. I read the book. I waited four years for the movie producers to bring closure to the series I enjoyed since college.

Special effects? Check. The same beloved actors? Check. Beautiful music? Check. A flawless movie?

Nope.

"Harry Potter and the Deathly Hallows Part II" was like a beautiful four-tiered wedding cake — but someone left their nasty fingerprint in while sneaking a taste.

When the movie opens, we find the dementors hovering menacingly over Hogwarts School of Witchcraft and Wizardry, and new headmaster Professor Snape looking forlorn as he gazes out of the castle walls.

The opening fanfare was not the familiar menacing Harry Potter theme, but a quieter, more mournful tone, as if the dust had settled, and it seems the end has already come. I thought it appropriate since it seemed to mirror the

main character's mood at the time — nearly beaten, drained and losing hope.

But as the movie progressed, there were details that stuck out like a sore thumb.

I let it slide that they didn't disfigure Bill Weasley as the book did. Perhaps there wasn't enough time to shove that detail in.

When Draco Malfoy confronts Harry in the Room of Requirement while searching for the diadem of Rowena Ravenclaw, he is supposed to be with Crabbe and Goyle. In the movie, he is with Goyle and a random Hogwarts student he pulled out of the mayhem who automatically obeys him. That was ... bizarre.

Ginny Weasley hasn't seen Harry for goodness knows how long, never know-

ing if he was alive or dead, and he's all she talked about, according to Seamus Finnegan. Yet when he finally shows up at Hogwarts, all she can do is stand there and smile at him from five feet

away. I think they've been together long enough to be past the shy phase. They already kissed in the last movie. She later also gives him a very rushed, very forced, insincere kiss and wishes him a hasty "good luck," which was disappointing.

I'll say that sometimes the Hollywood aging process does not always work. Nice try, but the extra make-up, hair styling and "grown-up" clothes did not make the three main actors Daniel Radcliffe (Harry), Rupert Grint (Ron) and Emma Watson (Hermione) look as though they've aged 19 years, as

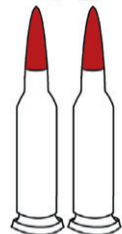
the film meant to portray them. Finally, Voldemort's dramatic attack on Harry was an amusing "uh-vah-duh kedavra!" which made me laugh instead of cry.

But the movie wasn't a total loss. As I mentioned earlier the special effects were well done, like Professor McGonagall's spell which brought the school's stone soldiers to life. I loved Neville Longbottom's turn in the spotlight, slaying Voldemort's snake, Nagini.

There were several lighthearted moments where characters would throw in a cute line, giving the audience a few breaks from the doom and gloom.

In short, the movie had its ups and downs, but at the very least I have closure. If I could I would give it a 2.8. I will never regret what I spent to watch it. I owed it to Harry.

2/4



(High and to the Right)



The excitement behind 'My Bloody Life'

Lance Cpl. Jacob D. Barber

Combat Correspondent

As I was walking through a bookstore last week, tripping over the hipster kids who crowd the walkways reading their manga magazines, there was a book that caught my eye directly past the Twilight stand. The cover was interesting to me so I simply bought it, fully judging this book solely on the cover.

Now I'm very glad I did because it was truly so real and disturbing that I could not put it down and because of the amazing story between the covers, "My Bloody Life" is now on Lance Cpl. Barber's underground reading list.

The book is about the author Reymundo Sanchez. Within the pages is a memoir of a life filled with violence, addiction, gangs, and hardships of a young man trying to find his place. The setting is in Chicago in the 1980s and 90s in a time period when gangs were dominant. Sanchez grew up with

a mother who in many cases ignored his existence. Growing up he was around abusive men his mother relied on for financial security.

After a tough childhood with many struggles, Sanchez sees that his neighborhood friends are all joining the most notorious gang throughout the city. Following the footsteps of his friends, he decides to find his place in life by joining the Latin Kings.

Sanchez becomes accustomed to the gangster lifestyle by practicing violence, stealing, and hustling on an everyday basis. He falls in love with the gang and finds comfort and security in his

peers, even earning his own nickname and making more money than he had ever imagined.

However, Sanchez was a street soldier and in order to prove himself to his elders and peers, he had to carry out tasks for the gang. One after another Sanchez became the go-to guy for all the dirty work.

While rising through the ranks, the life he once treasured gets closer and closer to ending because of the environment he surrounded himself deeper into and the disturbing incidents he had to witness.

With the love of money, power, drugs and sex he is conflicted with physical and mental problems that go way beyond what he ever expected.

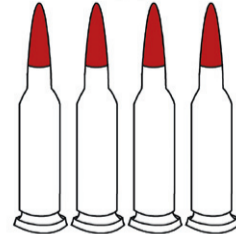
As the years go by, Sanchez realizes the gang he once thought was his family is falling apart and he is going down head first with it.

His mission changed from finding a true family, to getting out of a fake one. The pleasures he once thought made his world go round were now demons he knew he had rid himself of.

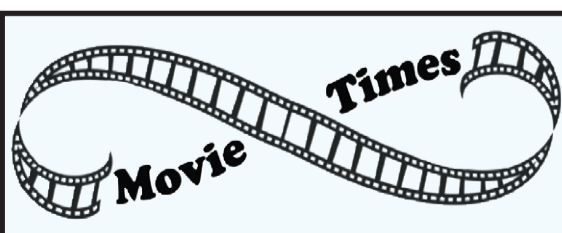
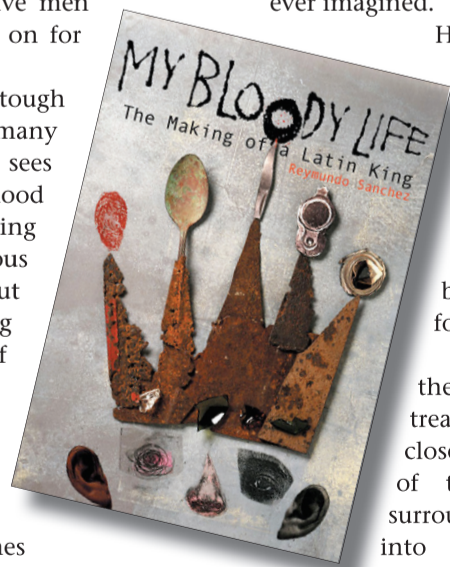
This book caught my attention from the first time I saw it on the shelf. The intensity behind the story, along with some humor and excitement made me never want to put this vivid memoir down.

There is also a sequel to his story that I can't wait to go out and buy. If you're a fan of a good read then go out and grab this book.

4/4



(Confirmed Kill)



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.



"Pirates: On Stranger Tides" PG13 Today | 6:30 p.m.

"Conspirator" PG13 Today | 9:45 p.m.

"Judy Moody" PG Saturday | 7:15 p.m.

"X-Men: First Class" PG13 Saturday | 9:45 p.m.

"Kung Fu Panda 2" PG Sunday | 2 p.m.

"The Conspirator" PG13 Sunday | 6:30 p.m.

"X-Men: First Class" PG13 Wednesday | 6:30 p.m.

Operation Ohana families land at Bayfest

Christine Cabalo

Photojournalist

More than 200 family members of deployed Marines and sailors had the VIP treatment at BayFest Hawaii with the Operation Ohana program July 15.

The program, run by Marine Corps Family Team Building, offers quarterly events for families to enjoy while their loved ones are deployed.

"BayFest is a big attraction," said Troy Euclide, director, MCFTB. "We know there's a larger turnout, and we want to provide a few extra hours of fun for the families of the deployed and goodies to give away."

The fun started with free admission to BayFest as well as free pizza, chips and soft drinks for families served up by program volunteers. The group had the chance to enjoy their food under the shade of the Operation Ohana tent on the fairgrounds before heading to the attractions.

Family members also received ride wristbands from E.K. Fernandez Shows, allowing them 10 free rides. BayFest featured several rides for smaller children including the Mini Roller Coaster, Dizzy Dragons and Mini-Jet Helicopter. Jennie Rosales-Wolfgeher attended with her four children, enjoying both child and adult rides.

"Operation Ohana was a great opportunity for families like mine to come out and enjoy BayFest when we otherwise would not have been able to afford it," she said. "My kids got the opportunity to ride any ride they chose and enjoy it without having to beg and plead."

In between enjoying the rides and static displays, family members could also win prizes given away at the Operation Ohana tent. Every half hour, three winners were selected from a raffle. More than 45 prizes were claimed, including passes to Tiki Island mini-golf course, gift cards and tickets to the base theater.

"We came back every thirty minutes and finally won at the 5:30 p.m. raffle," Rosales-Wolfgeher said. "We won a family four-pack to go bowling. The kids and I are super excited to get the chance to use these passes this next



Christine Cabalo | Hawaii Marine

Families take a spin behind the wheel of bumper cars at BayFest during Operation Ohana. The program which holds events quarterly, helped ensure all families of the deployed had free admission into BayFest Friday.

weekend and enjoy a time out together, and it will not cost us an arm and a leg."

As the volunteers work on their next big event in October, Euclide said he's eager to bring even more

families of the deployed out for fun events.

"We work closely with the family readiness officers," he said. "I like to think the team we formed for the families of the deployed is really helpful."

Pets in Paradise: Adopting and fostering a pet

Kristen Wong

Photojournalist

Wednesday Davis wasn't looking for a pet when she and her daughter went to visit Joey's Feline Friends, a no-kill nonprofit animal shelter. But one little kitten caught the family's attention.

"She kept jumping on my daughter's lap," Davis, a base resident said.

The family welcomed the little domestic shorthair, named Mushu, who is now a registered pet aboard Marine Corps Base Hawaii.

Whether adopting, fostering or buying a pet, various responsibilities must be considered.

For base residents, there are rules in place with regard to ownership and responsibility. Chapter four of Base Order 5500.15B provides details about pet regulations. Some animals or certain animal species are not authorized for base housing, such as Staffordshire terriers and American pit bull terriers.

Kelly Sims has adopted at least 10 animals in her lifetime. The Army spouse currently has six animals living with her in Texas, five of which were adopted. She and her family plan to move to Hawaii in October, where they were previously stationed.

Sims, of Cape Cod, Mass., found two of her pets at humane societies. Isis, now 12 years old, was rescued from a breeder who mistreated her. Isis instantly took to Sims' son, Diari.

"You could see the bond between my son and her," Sims said. "It was amazing ... he knelt down on the ground ... she came up and laid down, put her chin on his shoulder."

Isis worked her way up to a healthy weight and was eventually trained as a service dog to aid Diari Sims, who was diagnosed with autism. Sims said Isis would help calm her son when he was emotionally distraught, and would keep him from leaving the house on his own.

In Hawaii, Sims adopted Shaka, a dark black mass brindle boxer. Shaka, now 2 years old, was rescued from a fighting ring. Sims said Shaka, perhaps following Isis's example, became a service dog for her 2-year-old son Vinny, who was born with a cleft lip and bridge. When Vinny cries, Shaka runs to his aid.

"It's an amazing bond that just happened. I can't really explain it," Sims said. "I didn't force it, it wasn't even planned."

She recommends people do research before they adopt a pet. Some dog breeds, for instance, may need more attention than others, while some will grow much larger than they were as a puppy.

"Whatever breed it might be, make sure it's compatible with your lifestyle," Sims said.

Like Sims, Sarah Feipel also adopted both of her dogs, hound mixes Ozzie and Abbey. While volunteering at an Iowa shelter, Feipel, a receptionist for the base Veterinary Treatment Facility here, found that there were many dogs in need of adoption.

"I'll never purchase a dog [from the store] again, I'll always rescue one," she said.

Like Sims, Feipel recommends researching the breed. She also encourages bringing all members of the family to meet the dogs, to ensure that the dog that is chosen is a match for everyone. Feipel said for instance some dogs aren't fit to interact with children. Davis recommends finding a pet at the private rescue organizations such as Joey's Feline Friends, because they know the animals well and can help pair a pet and family who are ideal for each other.

According to the Revised Ordinances of Honolulu, owners need to register their dogs more than four months old biannually with the State of Hawaii. Owners can obtain a license for their dog at any satellite city hall.

According to Feipel, pets on base need distemper and rabies vaccinations, a license and a microchip. The base VTF provides vaccinations and microchips. The first rabies shot is valid for one year, and in Hawaii, the second shot is valid for three years. Sterilization is not required for pets on base, although Feipel

added that breeding is not authorized on base either.

Upon arrival at Marine Corps Base Hawaii, base residents must register their pets with the Military Police Department game warden. If they live in Forest City Hawaii housing, they must register with Forest City as well.

The game warden is the first step because Forest City requires documentation from that office in addition to its own forms. Robin Cabilao, animal enforcement technician, MPD game warden, said animals on base must be registered with the MPD game warden within two business days of arriving on base. Pet owners must bring their animal, along with medical records, and a license receipt from a satellite city hall to Building 3099.

Navy Lt. Theresa Donnelly, public affairs officer, U.S. Pacific Command, suggests that animal lovers who cannot make the commitment to adopt a pet can still temporarily foster animals and volunteer at animal shelters. Like Feipel, Donnelly also adopted her 11-year-old boxer, Fiona, from an Army family who was moving.

Some service members may be thinking of giving away their pet entirely, whether deploying or moving. For deployed service members, the Hawaiian Humane Society now

offers Pets of Patriots.

Through Pets of Patriots, pet owners pay for the pet's expenses and volunteers in the program look after pets when a service member is deployed. The society asks that owners give them four to six weeks advance notice.

Foster care providers at the Hawaiian Humane Society usually care for a foster pet for up to three weeks at a time. Depending on the condition of the animal, the duration may be longer. Providers are required to attend a training session at the society.

Hawaii Dog Foundation, a no-kill nonprofit organization, is also looking for people who are interested in being a foster care provider for a dog. There is no set time limit when it comes to fostering a dog, and leashes, dishes and other necessities are provided by the foundation. The foundation stated on its website that it would work with providers based on their schedule and availability. Candidates need to complete an application and will go through an interview process and a home visit.

According to Helen Lyons, foster coordinator, HDF, some dogs have been fostered as long as two years. She said as many as 80 military families annually have become providers while they are stationed in Hawaii.

Lyons herself has personally fostered 15 dogs, and briefly took in dogs in transit to a long-term foster home. Though some providers may avoid becoming attached to their foster dogs, Lyons encourages it. Some dogs need the attention from people.

"Fosters need to get attached to the dog for the dog's benefit," Lyons said. "[But] it is difficult to see them go."

Lyons, for instance, said she once fostered a basenji mixed dog that enjoyed running and being active, though she was not. She instead found a home for the dog with a family who enjoys a very active lifestyle. Many of the dogs Lyons fostered still live on the island, and she still sees them from time to time, and even receives holiday letters about the dogs from their families.

The Hawaiian Humane Society and the Hawaii Dog Foundation both bring their animals available for adoption to various locations including the Mililani Dog Park, McKenna's Windward Ford and certain PETCO locations.

For more information, see the Revised Ordinances of Honolulu at the City and County of Honolulu's website at <http://www1.honolulu.gov/council/ocs/roh/7.pdf>, call the base VTF at 257-3643, or visit <http://www.mccshawaii.com/veterinary.shtml>. The game warden is available for questions at 257-1821.

Editor's Note: This is the second of three articles in the "Pets in Paradise" series, providing information about animal care aboard Marine Corps Base Hawaii. See future issues of the Hawaii Marine for the final installment.



Photo courtesy of Kelly Sims

Isis is a 12-year-old boxer adopted by Army spouse Kelly Sims. Isis is one of the many pets adopted by military families.

Out for a stroll; SoulTrex 'Decked out Wheels' contest



(Left) The Kettavong family and Sydney Khamvongsod, 2, pose with a stroller designed to look like an aircraft. (Below) Liam Williams poses for a photo opportunity in his patriotically decorated stroller. The Kettavong and Williams families entered their decorative strollers in the SoulTrex "Decked out Wheels" contest during BayFest 2011, Saturday. Both families won first place in the patriotic category. The winners received prizes such as a child's outdoor backpack, a water container and a guide to encouraging outdoor activities for children.



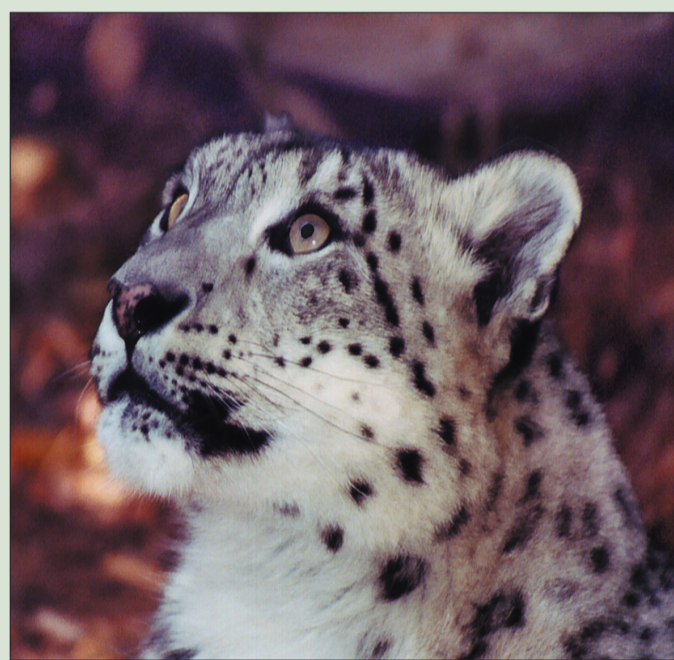
Photos by Kristen Wong | Hawaii Marine

LEAVE WILDLIFE IN THE WILD!

Avoid buying wildlife products while stationed or deployed overseas. It's not worth the personal risk or the devastating effects on populations of wild animals. Purchase and transport of any restricted wildlife products, especially without proper documentation, violates U.S. and international laws and agreements under the Convention on International Trade in Endangered Species of Wild Fauna and Flora (CITES).

A survey of military personnel at Fort Drum, N.Y. indicated that more than 40% had either purchased wildlife products while overseas or seen other members of the military purchase items. Military person-

nel posted overseas have significant buying power that can influence local markets and drive the demand for wildlife products. This poses one of the greatest threats to wild species and often leads to local, regional, and potentially global extinctions. Recommended alternatives are for sale in local markets such as high quality hand-woven carpets and rugs, jewelry, pottery and other handcrafted items. In contrast, the quality and workmanship of wildlife products in Afghanistan and Iraq is quite poor; they're tanned incorrectly and do not hold up well in snow or rain. Source: Wildlife Conservation Society <http://www.wcswildlifetrade.org>.



Courtesy Photo

ENVIRONMENTAL
CORNER



GET INVOLVED IN YOUR COMMUNITY!

“The Wizard of Oz” at Paliku Theater

July 21-23

Join the Hawaii Education of the ARTS summer youth stage production of the famous childhood tale. Curtains are up at Paliku Theater July 21-23 for four performances. For more information, 741-2787 or see <http://heartshawaii.org>.

Ulupo Heiau Hoike 2011

July 23

Join us for a day of cultural celebration from 10 a.m. to 3 p.m. as we share the traditions of Kawainui and the Kailua ahupua'a. Come to 1200 Kailua Rd.

next to the Windward/Kailua YMCA back parking lot. There will be tours of Ulupo Heiau, lo'i kalo, and the wetland restoration site. There will be cultural demonstrations and opportunities to experience poi pounding, lei making and lauhala weaving. Hawaiian plate lunches with kalua pig and turkey and Hawaiian plants and crafts will be available for sale.

For more information, visit <http://www.kailuahawaiiancivicclub.com>.

PCS Move Workshop

July 27

Need help knowing how best to pack your belongings for that next big move? Come join

our move workshop on Jul. 27 at the Klipper Golf Center from 8 a.m. to 12 p.m. For more information, please call the Relocation Assistance Program at 257-7790/7787.

Snorkel at Haunama Bay

July 31

Explore the mysteries of the famous reef visited by the president with the Single Marine and Sailor Program. Bring your own snorkeling gear or rent it. Open for sergeants and petty officers second class or lower ranking.

Sign up by July 28. For more information, call 254-7593 or email peteronko@usmc-mccs.org.