



Best Medicine
A-3



The Big 12
B-1



Hustle
C-1

Leaving on a jet plane

HMH-363 deploys to Iraqi airbase

Lance Cpl. Brian A. Marion
Combat Correspondent

Marine Heavy Helicopter Squadron 363, the “Lucky Red Lions,” deployed Sunday in support of Operation Iraqi Freedom to al Asad Airbase, Iraq for approximately seven months.

This marks the first time the squadron deployed since returning from Iraq April 20, 2007.

For some, it marked their first deployment with the Red Lions, but they felt confident in the squadron’s abilities.

“[The Red Lions] are the best I’ve seen,” said Sgt. Maj. Bonnie Skinner, squadron sergeant major, HMH-363, who is on her first deployment with the squadron. “Any one here can attest to the fact they’re a cut above the rest. We are thoroughly prepared for our mission over there.”

The squadron won the 2007 Commandant’s Aviation Trophy by maintaining an 87.3 percent readiness over 4,026 flight hours while previously deployed, and its Marines felt comfortable with the training

See HMH, A-4

Pacom senior enlisted interact with PLA NCOs

Enlisted delegation visits Chinese

Jim Garamone
American Forces Press Service

WASHINGTON – The difference between the noncommissioned officers of the People’s Liberation Army and those of the U.S. military is the difference between technicians and leaders, the senior enlisted leader of U.S. Pacific Command said after a visit to China.

Air Force Command Chief Master Sgt. James A. Roy recently led the first NCO delegation to the People’s Republic of China. The visit is part of broadened Sino-U.S. military-to-military contacts.

“We are interested in working with the Chinese to build a cordial relationship,” Roy said during a recent interview. “That’s what we hope to come out of this. We hope this encourages transparency.”

U.S. military leaders such as Navy Adm. Mike Mullen, the chairman of the Joint Chiefs of Staff, and Navy Adm. Timothy J. Keating, commander of PaCom and Roy’s boss, have such a military relationship at their level and want to expand it.

“We do this with our mid-grade officers and at the strategic level,” Roy said. “What we want is to expand this at the tactical level, so to speak, so U.S. and Chinese troops can work together in exercises or peacekeeping operations.”

The delegation consisted of 12 senior NCOs who arrived in China on June 16 for a five-day visit. “We included all services,”

See DELEGATION, A-5

Peek over the Wall



Photos by Christine Cabalo

Chinese People's Liberation Army senior officers examine a protective suit for explosive ordnance disposal technicians. During their tour of 3rd Marine Regiment Headquarters, the delegation also saw the type of vehicles and robotic equipment used in combat.

Chinese delegation sees K-Bay

No walls between officers during international base visit

Christine Cabalo
Photojournalist

People’s Liberation Army officers toured Marine Corps Base Hawaii, July 3, during a historic first visit of high-ranking service members.

The Chinese delegation, sponsored by U.S. Pacific Command, came aboard for a three-hour visit. The PLA officers also visited several other Oahu military installations, including Hickam Air Force Base Hawaii, as part of an ongoing effort to boost international friendship. PLA Lt. Gen. Zhang Qingsheng, commander, Guangzhou Military Region, headed the group of service members.

Meeting at the Pacific War Memorial, Lt. Gen. John Goodman, commanding general, U.S. Marine Corps Forces, Pacific, greeted the delegation. Col. Mark A. Dungan, commanding officer, MCB Hawaii, also toured with the group. Goodman explained to the Chinese senior officers the importance of Marines in the Battle of Iwo Jima during World War II. The MarForPac



Several senior officers from the Chinese People's Liberation Army look at the base's green areas from Kansas Tower. The delegation also stopped at the Pacific War Memorial, Hangar 103 and 3rd Marine Regiment Headquarters.

lieutenant general explained how Mount Suribachi is three times as large as Pu’u Hawaii-Loa, the hill that houses Kansas Observation Tower. The PLA lieutenant general said the monument celebrates the past in a thoughtful way.

“This is a symbol of the sacrifice of fathers,” Qingsheng said. “It’s great for their children to learn from their sacrifice.”

Lights flashing, a Military Police Department squad car then led a convoy for Goodman and the rest of the delegation to the top of the hill. From the second level of the tower, the senior officers saw the ocean, air-field and green areas of the base. Qingseng and the other senior officers snapped a few pictures and said the base was beautiful.

The delegation also met with a fire team from 3rd Marine Regiment, who had their gear and vehicles on display for the visit. The PLA officers examined their protective armor, prodding its padding before asking when Marines need to wear it. Members also demonstrated using vehicles and other technology during combat deployments. The group looked at remote controlled robots that handle explosive ordnance disposal.

“We try to use robots whenever we can,” said Staff Sgt. Jules Thompson, EOD technician, 3rd Marine Regiment. “We try to avoid using live technicians because of

See CHINA, A-4

Skinny Dragons aid students

Service members team up with El Salvador to give school supplies

Navy Lt. Zachary Boguslawski
Patrol Squadron 4

COMALAPA, El Salvador – For the past several months, members of the FOL Comalapa staff and the “Skinny Dragons” of Patrol Squadron 4 have organized an effort to aid schools in El Salvador that are in desperate need for day-to-day supplies and basic repairs.

The El Salvadoran schools, Escolar Luna, Escolar Sosa and Escolar Salamar, have serious difficulties each day meeting the educational needs of more than 1,000 children.

A universal lack of funding and security has left the basic infrastructure dilapidated and supply levels far below what’s necessary. The Escolar Initiative’s function is to reverse the trend of the failing economic status of these schools by donating supplies, money and manpower to these facilities.

Specifically, Phase I of the initiative was designed to create the lines of communication between Comalapa and Illinois, as well as establish the conduit to collect and manage projected funding.

Phase II of the initiative acknowledged the specific needs of the local schools, and put a face with the recipients of the assistance.

Donor schools were sought, advertisements were released to the public, and the response resulted in the initial kick-off of Phase III.

Phase III of the Escolar Initiative, now coming to fruition, combined the efforts of Phases I and II to ensure that the appropriate funding, supplies and volunteer hours reached the schools in a timely fashion.

One Chicago elementary school held a fundraising campaign simply to come up with a name for the project. “Niños Ayudar Niños” or “Kids Helping Kids” was the winning moniker, and from this effort, more than 450 pounds of supplies will arrive in El Salvador.

Those supplies consist of new and gently used school supplies, all of which each school has requested and provided by the staffs of the military organization and from the partner schools from the U.S.

This effort is being spearheaded by Cmdr. Charlie Groves, commanding officer of FOL Comalapa, Lt. Cmdr. Carlos Gomez, executive officer of the FOL, and Lt. Cmdr. Michael Sheedy of Patrol Squadron 4. Together, in conjunction with the FOL Staff and deployed Sailors, they hope to establish a lasting community relations pipeline that will endure long after they have returned to the U.S.



Courtesy Photo

—NEWS BRIEFS—

Marine Corps League

The Marine Corps League, Aloha Detachment, is encouraging Marines, Fleet Marine Force corpsmen and anyone who has the desire to preserve the traditions and promote the interest of the U.S. Marine Corps to join the Aloha Detachment on Oahu.

For more information, contact John Ah Chick at 227-9115 or 261-9693.

HR Office Temporary Hours

The Human Resources Office hours have changed due to understaffing. Assistance is now available only by appointment from 8 to 11 a.m. daily. Walk-ins will be accommodated in case of emergency only.

For more information or to schedule an appointment, call Shannon Tamaru at 257-1336 or e-mail shannon.tamaru@usmc.mil.

Counterintelligence Looking for Marines

The Marine Corps needs intelligent, motivated talented and ambitious first-term corporals and sergeants to lateral move to the Counter-intelligence/HUMINT Specialist occupational specialty.

For more information on the field, contact the CI/HUMINT Branch at 477-8447.

MCMAP

Regimental Schools is holding advanced MCMAP Instructor and IT training daily from 11 a.m. to 1 p.m., and every Saturday from 8:30 a.m. to 10:30 in building 223 Regimental Schools MAIC mat room.

For more information, contact Gunnery Sgt. Eric Johnson at 257-2153.

Channel 2 Survey

Combat Camera is conducting a survey to gather information about usage of the Base Commander's Channel, Channel 2. Combat Camera is using the information to improve the service in order to better serve the base community.

For more information, call Gunnery Sgt. Schellenbach at 257-1365, or to take the survey visit http://ice.disa.mil/svy.cfm?channel2.

Baby Bootcamp

The New Parent Support Program will host Baby Boot Camp Aug. 5 at the Base Chapel from 8 a.m. to 4 p.m.

The class is a childbirth education and infant care class that prepares expectant parents for labor and delivery, newborn care, postpartum changes, and breastfeeding basics.

The class is open to all active duty and their spouses.

Reservation are required.

To make reservations, contact the New Parent Support Program at 257-8803.

Important Phone Numbers:

On-Base Emergencies	911
Military Police	257-7114
Child Protective Service	832-5300
Fraud, Waste, Abuse & EEO	257-8852
Business Management Hotline	257-3188
Pothole & Streetlight Repair	257-2380
Base Information	449-7110
MCBH Duty Chaplain	257-7700
DEERS	257-2077

Hawaii MARINE

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New Faces on Base



Lace Cpl. Regina A. Ochoa

Col. Mark A. Dungan, base commander, congratulates the Marine Corps Police Academy class 011-08 Tuesday at their graduation ceremony at the Officers' Club. The 10 police officers were the first to graduate from the nine-week academy and become part of the Marine Corps/Civilian Law Enforcement Program, a program seeking to reduce the operational stress of Military Police officers. The Military Police Department plans to hire more than 115 civilian police officers in the next four years to work side-by-side with their Marine counterparts.

No high school diploma – JEC can help

Editor's note: This is the final piece in a four-part series on education.

Cpl. Juan D. Alfonso

U.S. Marine Corps Forces, Pacific

CAMP H.M. SMITH – The Montgomery GI Bill, Tuition Assistance – several education opportunities are lost to service members without a High School or General Education Diploma, but Hawaii-based troops have a unique opportunity to achieve either.

The Windward School for Adults, a Department of Education sponsored program, is a GED preparation course. But unlike the typical GED study program, those that pass their exam can receive a State of Hawaii High School Diploma.

“You can not get through life without a High School Diploma,” said Craig Lockwood, an education specialist with the Joint Education Center, Marine Corps Base Hawaii. “This is the opportunity to earn that credential. Don't pass it up.”

According to Department of Education, Hawaii, any student who passes a GED

exam and possesses half a credit with any DoE, Hawaii, associated institute rates a High School Diploma.

The program consists of three-hour classes, twice a week for 10 weeks, or 60 hours of instruction. Once the minimum number of hours is achieved, passing the GED is all that's required to attain a high school diploma and begin using military education benefits.

The only requirement to qualify is a GED preparation book.

But if 60 hours of instruction doesn't fit into the work schedule, there is a way to use TA to complete high school, according to Loretta Cornett-Huff, command education services officer for MCB Hawaii.

“Tuition assistance can be used for high school completion as long as it's documented for that purpose,” she said.

If a service member is only seeking a GED, the JEC offers free GED testing on MCBH, Kaneohe Bay for active duty and \$75 testing for civilians.

There is an additional program available to those who want an advantage before they take the test.

The Military Academic Skills program is a “no nonsense” education program geared toward retaking the Armed Services Vocational Aptitude Battery. The class offers an in depth crash course in education many service members said helped them take their GED, Cornett-Huff said.

“I have had Marine after Marine tell me they learned more during those four weeks, than they did in 12 years,” she said. “It's a wonderful prep for any high school level exam and has helped Marines get their diplomas and qualify for better career paths.”

But regardless of what program service members enroll in, having a diploma or equivalent is crucial to their success, Lockwood said.

“You can't get good jobs or salaries without at least a GED and if you don't get one before you get out [of the military] you won't be allowed to use your GI Bill,” he said. “[MCB Hawaii] makes it free or very inexpensive. So use it for your own security.”

For more information, service members can contact the JEC at 257-2158.

Troops to Teachers' military experience translates to classroom

Donna Miles

American Forces Press Service

FORT MEADE, Md. – About 60 servicemembers preparing to retire or separate from the military got the word loud and clear during a recent Transition Assistance Program workshop here: If Uncle Sam can't have you any more, the public school system would love to have you.

School districts around the country are desperate for the maturity and experience troops have gained through military service, said Robert Henry, who coordinates the Troops to Teachers Program for Maryland

and the District of Columbia.

The Defense Department launched the Troops to Teachers program in 1994 to attract departing military members into teaching positions in low-income and underprivileged school districts. Fourteen years later, the program has placed more than 11,000 former troops into public schools nationwide, Henry told the group. Almost half the TTT teachers work in high schools, 30 percent in middle schools and about 20 percent in elementary schools. More than 80 percent of them are men, compared to about 25 percent of traditional teachers.

To qualify for the program, candidates need a bachelor's degree and teacher certification that the Troops to Teachers program can help finance, Henry said.

A retired Navy petty officer first class, Henry called the Troops to Teachers program a great opportunity for former servicemembers who enjoy working with young people and want to continue serving their communities.

He called former troops prime candidates for teaching jobs -- particularly in math, the sciences and special education -- who bring a unique quality to

their classrooms.

“They have real-world experience, and they bring a level of maturity, along with good communications skills,” he said. “Most have a sense of service and want to continue to give back to the community.”

“But beyond that,” he continued, “troops bring a sense of commitment to mission accomplishment. For them, failure is not an option. There's a kind of mentality they bring to the job that means they will do whatever they need to do to get something done and to do it right.”

See EDUCATION, A-4

Weekend weather outlook

Today



Day — Isolated showers. Partly cloudy, with a high near 87. East wind between 15 and 17 mph, with gusts as high as 21 mph. Chance of precipitation is 20 percent.

Night — Scattered showers. Mostly cloudy, with a low around 73. East wind around 13 mph. Chance of precipitation is 40 percent.

High — 85

Low — 72

Saturday



Day — Isolated showers. Partly cloudy, with a high near 87. East wind around 14 mph. Chance of precipitation is 20 percent.

Night — Scattered showers. Mostly cloudy, with a low around 74. East wind around 11 mph. Chance of precipitation is 30 percent.

High — 85

Low — 71

Sunday



Day — Isolated showers. Partly cloudy, with a high near 88. East wind between 11 and 15 mph, with gusts as high as 18 mph. Chance of precipitation is 20 percent.

Night — Scattered showers. Mostly cloudy, with a low around 73. East wind around 11 mph. Chance of precipitation is 30 percent.

High — 85

Low — 71



Photos by Lance Cpl. Cindy G. Alejandrez

Cpl. Marystar V. Johnson, a 25-year-old traffic management specialist, from Las Vegas, with Combat Logistics Battalion 1, conducts a security search inside the female search area, June 24.

A SPOONFUL OF SUGAR



Sgt. Jamie Wassink, a 21-year-old from Staten Island, N.Y., and a radio operator with Headquarters and Service Company, CLB-1, 1st Marine Logistics Group, blows bubbles for children during a cooperative medical engagement, June 24.



Dr. Suzan Karim, from Detroit, talks to a young boy's mother during a CME June 24. With the combined efforts of Marines, soldiers, airmen and civilian doctors, two CMEs provided medical care to more than 870 locals in Fallujah, June 24 and 25.



Lance Cpl. Gary A. Jacobs, a 19-year-old radio transmission operator, from Latrobe, Pa., with 1st Marine Division, hands candy to little girls who wait with their mothers to be seen by a doctor during a CME in Fallujah, June 24.

Island Warriors, fellow service members bring medicine to local schools

Lance Cpl. Cindy G. Alejandrez

1st Marine Logistics Group

FALLUJAH, Iraq — With the combined efforts of Marines, soldiers, airmen and American civilian doctors, two cooperative medical engagements provided medical care to more than 870 locals here, June 24 and 25.

Marines with 2nd Battalion, 3rd Marine Regiment, 3rd Marine Division, facilitated the CME and Marines with Combat Logistics Battalion 1, 1st Marine Logistics Group, provided security and searched locals seeking medical aid.

Air Force Capt. Siddig A. Mirghani, a 30-year-old from Torrence, Calif., a public health officer, 360th Civil Affairs Brigade, who was one of the doctors during the CME, said he saw many patients sick from malnutrition, aches and joint pains.

"For those who had major illnesses,

they were referred to the National Iraqi Assistance Center," Mirghani said.

"We were able to help most people here with only three doctors," said Dr.

Suzan Karim, 47, from Detroit, who attended to women and children.

During the CME, Marines with I Marine Expeditionary Force's Iraqi



Cpl. Cristina M. Balan, an administrative clerk with 1st Marine Expeditionary Force gives crayons to a girl during a CME June 24.

Women's Engagement program brought along coloring books, crayons and interacted with the women while they waited to be seen by a doctor.

"It was fun interacting with the kids. They could be crying but then their faces would light up when we gave them candy," said Cpl. Jasmine R. Sohns, a 26-year-old from Kaneohe, Hawaii and a motor transport operator, Motor Transport Company, CLB-1.

Before heading out, patients were provided free medicine and their children received a bag of school supplies.

For Mirghani, it's important to make all parties focus on their jobs and work with patients to provide a secure environment.

"It went well. We saw a lot of patients and were able to give them (medicine)," Mirghani said. "It was a pleasure working with the Marines. They always provide the best security and the supplies were plentiful."

CHINA, from A-1

how dangerous the work is. When we do encounter situations where the remote machines can't access, we'll have a bomb tech wear special armor for a hands-on approach."

After touring the inside of an Assault Amphibian Vehicle, Qingsheng thanked all of the units he visited with command coins from Guangzhou. After the tour, he presented commemorative coins from the 2008 Beijing Olympic Games as thanks for showing him around the base. The PLA lieutenant general also gave commemorative coins to members with the last unit he visited, Marine Aircraft Group 24.

Col. Joaquin Malavet, commanding officer, MAG-24, and several other senior staff answered questions the visitors had about the base. After describing the humanitarian and combat work the helicopter units were capable of conducting, Qingsheng said he was amazed at seeing the Sailors and Marines work together.

"The reason Navy and Marine workers form a unit together is because in aviation they come from the same training school," Goodman said. "There's a common pool of workers. They can easily come together and then split apart for separate projects."

The touring PLA lieutenant general said he's developed a much better understanding of how the base is organized. Qingsheng said he was also impressed at how all of the service members he met were friendly and professional. The base tour ended with a walkthrough of the CH-53 "Sea Stallion" helicopters and a look at the controls in its cockpit.

"Thank you for asking us to come to your base," Qingsheng said. "We've learned a lot, and we hope that some time in the future we'll see you come to our base."



Rear Admiral Du Jingchen, chief of staff, South Sea Fleet, PLAN, examines how Sgt. Charles Schneider, infantry rifleman, 3rd Marine Regiment, uses his equipment. The regiment staged a static display for the visitors with Marines carrying full combat gear and the vehicles they use during deployment.

Christine Cabalo



Marines and Sailors with Marine Heavy Helicopter Squadron 363 talk with friends and family members while waiting to deploy to al Asad Airbase, Iraq, Sunday between barracks 226 and 227. The squadron is deploying for seven to nine months.

Lance Cpl. Brian A. Marion

HMH, from A-1

they received.

"This is a premiere squadron here," said Chief Warrant Officer 4 Peter Hopley, avionics officer, HMH-363. "We've trained just like any other battalion going on deployment."

Although the squadron was ready to go, some difficulties arose with their advanced party deploying on time.

The squadron shipped helicopters from Okinawa to Iraq and for that, they sent a small detachment to Okinawa to break down the CH-53D Sea Stallion helicopters and shipped them over.

The Squadron also deployed an advanced party of 25 Marines to al Asad to assemble the helicopters, but their time schedule was pushed back due to aircraft difficulties.

"It turned out those Marines left five or six days later than they should've," Skinner said. "It kept their families in limbo during that time, and it was unfortunate. They left within 24 hours of getting the call that they're heading out."

The advanced party arrived in al Asad nearly three weeks ago and rebuilt the helicopters, preparing them for the main body when it arrives.

"They are ready to roll over there," Skinner said. "The aircraft are all up and running and waiting for us to get there."

The squadron will fly missions carrying personnel and supplies from al Asad to areas throughout Iraq in support of ground forces.

This is Hopley's second deployment to Iraq and his third to the Middle East. He said he is glad to be doing his part and other Marines in the unit share his sentiments.

"It feels good to go on a deployment," said Sgt. Heremy Gooch, crew chief, HMH-363. "We're going over there and supporting our fellow Marines and Sailors to help them get their mission done and return home safely."

EDUCATION, from A-2

Participants in the program say military service gave them the skills they needed for the job: discipline, patience and a readiness to face challenges. They also report a personal satisfaction that comes with working with young people, Henry said.

Seventy-five percent of TTT teachers were still teaching five years after going through the program, Henry said. After 10 years, 60 percent were still involved in education, as teachers or administrators.

Among them is Ernie Jackson, who returned to his hometown of Port Jervis, N.Y., in 2000 to teach fifth grade and special education. Jackson, who retired as an Army infantry officer with the rank of lieutenant colonel, said he found the Troops to Teachers program a good way to transition into the education field.

Jackson said he drew on his 20 years of military experience as he moved into the classroom, tapping into the management skills the Army taught him, along with the ability to work under pressure and deal with people. He said he applied the Army's way of training troops, emphasizing group dynamics and team building -- "skills you need in life, but that you can't get on the Internet or on a cell phone."

Jackson said that as he rose through the education ranks, becoming a vice principal, then a

principal, he got the satisfaction from his interactions with his students.

"You change kids' lives," he said. "It's a great opportunity to make a difference in a young person's life. And there's a tremendous amount of gratification that comes with that."

Now a principal who hires teachers, Jackson said he seeks out former servicemembers through the Troops to Teachers program. "Having time in the military gives them a definite edge in my book," he said. "I find there are a lot of parallels between teaching and the military. We need servicemen and women to become teachers."

Jackson isn't alone in praising the Troops to Teachers program. School districts rave about the teachers they recruited through the program, Henry told the Fort Meade troops. Ninety percent of principals report that TTT teachers are more effective than traditional teachers, particularly in classroom management and student discipline. Eight-nine percent of principals said TTT teachers have a greater impact than other teachers with equal teaching experience on student achievement.

"The school districts that have us all want more of us," Henry told students at the Fort Meade transition workshop. "It's a great opportunity to build on the military skills and experience you have built, and to use them in a meaningful way as you begin a new career."

Moto Photo



Cpl. Stephen Holt

CAMP BUEHRING, Kuwait --Lance Cpl. Randy Aisen, a Light Armored Vehicle Scout, Weapons Company, Battalion Landing Team 2/5, 15th Marine Expeditionary Unit, conceals himself in smoke while providing cover as the rest of his team places a breach charge during a live-fire Military Operations in Urban Terrain exercise in Northern Kuwait.Weapons Company came ashore to Kuwait in late June to conduct sustainment training, ensuring vital war fighting skills are not lost. Kuwait provides open space for the company to practice combat driving skills and ranges to conduct live fire exercises. The Camp Pendleton, Calif., based 15th MEU is comprised of approximately 2,200 Marines and Sailors and is a forward-deployed force capable of conducting numerous operations, such as Non-combatant Evacuation Operations, Humanitarian Assistance Operations and a wide range of amphibious missions. The 15th MEU is currently conducting sustainment training in Kuwait.



Master Gunnery Sgt. Earl N. Carter III, U.S. Marine Corps Forces, Pacific speaks with a group of Chinese noncommissioned officers of the 179th Infantry, People's Liberation Army, in Nanjing, China, June 18.

DELEGATION, from A-1

Roy said. While it wasn't a conscious decision, the delegation also represented the diversity of the U.S. military, he added.

The delegation visited 179th Infantry Battalion of the People's Liberation Army in Nanjing. "We visited with their soldiers and saw the command brief," Roy said. "We observed the soldiers in physical training. We visited their dormitories and dining facility and ate with some of them."

Roy said he was struck by the difference in philosophy between U.S. and Chinese NCOs. "If I had to sum up their enlisted corps, I would say they are technicians," he said. The Chinese have six different grades, with Grades 1 and 2 being junior NCOs, Grades 3 and 4 as a mid-level tier, and Grades 5 and 6 being sen-

ior.

The delegation visited the NCO Academy at Wuhan, and the training was mostly technical. "They made it very plain that their NCOs are technicians," he said. "NCOs are leaders in any U.S. organization, and we stress that in all our NCO professional military education."

The opportunities to visit with Chinese NCOs were limited. "It was not as much as we wanted to or expected, and there were just as many or more officers than NCOs when we were able to visit with them," Roy said. "At the social events the delegation attended, the members of the officer corps always outnumbered the enlisted."

In China, officers do many of the leadership jobs that NCOs routinely do in the U.S. forces. Officers lead infantry squads -- a job done by corporals or sergeants in the U.S. military.

Officers command every Chinese tank and are crew chiefs for the Chinese military's aircraft.

The relationship between officers and enlisted personnel also is different in the Chinese military. "Our officers and NCOs have a mutual respect between two professional corps, and the mission is paramount," Roy said. "I didn't get that sense in China. I got the sense that it was not about the mission, but serving the person above you. [The U.S. NCO-officer] relationship is built on what's best for the mission, and we support each other by supporting the mission."

To be fair, he said, this may be because the idea of NCOs is relatively new for the People's Liberation Army. It has only been since 1998 that any professional NCO corps has emerged. "We didn't meet with any Grade 5 or 6 NCOs, although we heard about them," Roy said.

U.S. Pacific Command will host a reciprocal visit later this year, the chief said. NCOs will be part of a Chinese delegation led by a major general and senior colonels.

"What we're trying to do is establish a relationship with them," he said. "It gives us a better understanding of them and them a better understanding of us. The hope of the command is, the more military-to-military engagements that we have, the more open they will become, the more transparent."

The delegation met many Chinese soldiers, a few Chinese airmen and one Chinese sailor.

"We would like to visit with the navy and the air force, which we did not get the opportunity to do," Roy said. "We're going to open our doors so they can visit our Navy and Air Force, and we hope they would do the same in the future."



Air Force Command Chief Master Sgt. James A. Roy, U.S. Pacific Command senior enlisted leader and head of a senior enlisted delegation to China, receives a briefing from a battalion commander of the 179th Infantry, People's Liberation Army, in Nanjing, China, June 18.



Navy Fleet Master Chief Petty Officer Tom Howard, fleet master chief for the U.S. Pacific Fleet, speaks with NCOs of the 179th Infantry, People's Liberation Army, in Nanjing, China, June 18.

AROUND THE CORPS

Garmsir bazaar back in business

*Taliban safe haven now busy market place
as Marines continue to help return
Afghanistan to the Afghan people*



Cpl. Randall A. Clinton

The Garmsir district bazaar recently reopened after years of oppression from insurgents in the region. Once liberated by the Marines of the 24th Marine Expeditionary Unit, flocks of peopl flowed back into the area to reclaim homes and open up shop. This once desolate bazaar is now home to almost 70 shops and provides good, for more than 600 people daily.

Cpl. Randall A. Clinton
24th MEU

HELMAND PROVINCE, Afghanistan — The sound of children playing and merchants price haggling fills the bustling Garmsir district bazaar, a stark contrast from what was here two months ago.

When Marines rolled though 70 days ago, the city center looked more like a ghost town than a place of commerce, but with insurgents no longer lurking in the shadows, shop keepers returned – eager to conduct business.

As of July 11, approximately 70 stores are now open, providing goods ranging from food and convenience store items to livestock auctions with cows. Hundreds of sheep, goats and other animals are for sale or trade daily.

Prior to the more than 1,000 combat-trained Marines operating in the southern province, the town’s main marketplace was an unscrupulous locale paid for and controlled by insurgents, said Master Gunnery Sgt. John Garth, civil affairs chief, 24th Marine Expeditionary Unit, ISAF.

“A lot of people didn’t want to go to it because of the [insurgents’] presence,” he said.

Today the Marines of Alpha Battery, Battalion Landing Team, 1st Battalion, 6th Marine Regiment, 24th MEU, ISAF, toured the line of stores, and amid the normalcy of the shopping they could put the scene into context.

Sgt. Zachary Thompson, radio operator, Alpha Battery, BLT 1/6, 24th MEU, ISAF, drove through the site of the newly opened bazaar a month prior.

“Desolate,” he explained. “There were no civilians at all.”

With that in mind, there is nothing ordinary about the city’s return to normalcy.

“It shows that people feel safe enough in their own community to come back out,” he said, a feeling that is shared by more than Sunday shoppers. “You see a lot more of them on the side of the road; more people out playing in the canal.”

One merchant, speaking to Garth, gave one reason for the bolstered confidence of the locals.

“Before, everything was bad,” an interpreter relayed. “Since you guys got here the Taliban are not here.”

As the Marines made their way through the bazaar an ordinary Afghan National Police pick-up truck approached the patrol, but much like the shopping center, the complexities are in the details.

A gray-haired, uniformed policeman exited the vehicle and greeted the patrol; he was the police chief. With a confident stride he made his way to the center of the formation walking shoulder to shoulder with the heavily armed Marines.

The Marines don’t mind such displays, they aren’t here for the credit, but they do take pride in the city’s success due to their security efforts.

The bullet-hole riddled bazaar is now one of the busiest shopping areas in southern Helmand and is the largest in the Marine controlled area, Garth said.

Helping stimulate the local economy is creating a positive economic impact for the region, is one of many steps in the rebuilding process for the Garmsir district which include reparation payments for damaged property, digging wells, improving irrigation, and improving infrastructure.

The 24th MEU will perform these tasks in conjunction with ISAF and Afghan National Army and Police forces until the end of their deployment.

Hawaii MARINE LIFESTYLES

HAWAII MARINE B SECTION

WWW.MCBH.USMC.MIL

JULY 18, 2008



Sgt. Michelle M. Dickson

7) Swimming with the fishes — Enjoy Hawaii's underwater scenery with a snorkel, mask and swim fins. View hundreds of fish, coral and plant life while escaping the summer sun in the water. Top places include Kawela's Turtle Bay, Waimea's Sharks Cove and Three Tables, and the Haleiwa Beach Park. To find a shore diving spot that's right for you, visit <http://www.shorediving.com/Earth/Hawaii/Oahu>.



Cpl. Mark Fayloga

11) Breakfast at Cinnamon's — Running strong for the past 23 years, Cinnamon's Restaurant in Kailua is an island staple. It's been listed as one of "Hawaii's Best Restaurants" five year's running by readers and staff of the Honolulu Advertiser as well as winning "best breakfast." For more information on Cinnamon's Restaurant or to make reservations visit <http://www.cinnamonsrestaurant.com/> or call (808) 261-8724.

THE BIG 12

It's summertime, and the weather is fine. Oahu offers hundreds of fun things to do both indoors and out. From restaurants to museums, the Hawaii Marine staff voted on the top 12 things to do this summer. This is the first six activities you can do and places you can visit! Look for the top six in next week's edition.



Cpl. R. Drew Hendricks

8) Sail to the Sandbar — Head down to the base Outdoor Recreation Center, take a short tutorial class and rent a sailboat for the day. Load up the family, take along a picnic — don't forget the sunscreen — and sail to Ahu o Laka, a nearby sandbar for a day of fun on the water. If you're not ready to test your sailing skills, sign up for sailing lessons. For more information about classes or prices, call the Outdoor Recreation Center at 254-7666.



Lance Cpl. Regina A. Ochoa

10) Picnic at a park — Pack up a picnic basket and blanket, and enjoy a day out with the family for a picnic at one of Hawaii's parks. Visit one of the island's five botanical gardens for a scenic spot to eat, and tour the gardens to see native and foreign plants. Many of the Hawaii State Parks border beaches, so bring your swimsuit and floaties and make a day out of lunch. To find a list of Hawaii's State Parks, visit <http://www.hawaiistateparks.org>.



Lance Cpl. Regina A. Ochoa

12) Discover Hawaiian history — Hawaii's rich history can be found around the island, from sacred (and haunted) sights to the vacation homes of the royals. Discover the island's history through tours of historical buildings like Iolani Palace, Queen Emma's summer home and the Mission Houses Museum. Visit the Hawaii Maritime Museum to get a better understanding of Hawaii's relationship with the ocean, or visit the Bishop Museum to learn about Hawaii's vast cultures.



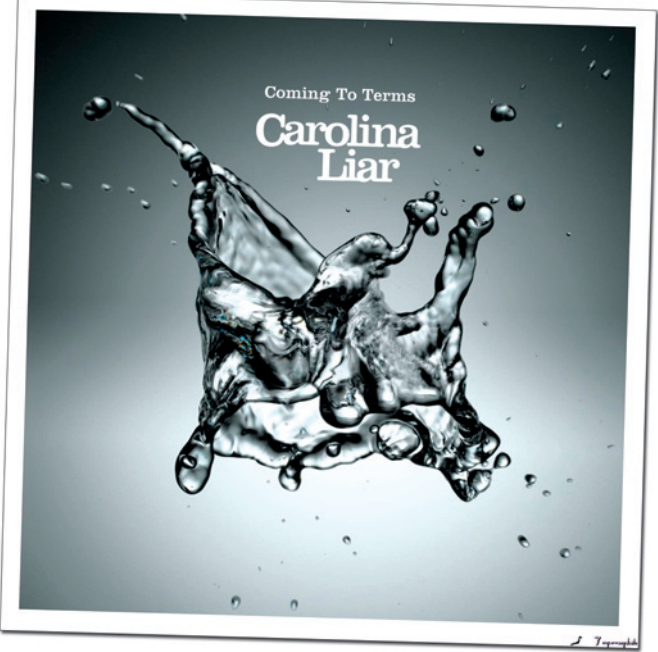
Lance Cpl. Regina A. Ochoa

9) Roadside restaurants — Cruise along the Kamehameha Highway on your way to North Shore and you can't miss some of the island's best restaurants. Park by one of the trucks or shacks to get a delicious shrimp plate or hamburgers, hotdogs, smoothies, shave ice and other local foods. Forget the long waits and formal atmosphere of restaurants. There's no dress code when you're eating food made in the back of trucks. Alone they're well worth the trip, but a perfect pick-me-up on the long drive to North Shore's excellent beaches.

PASS

IN

REVIEW



NO LIES

New enhanced release from Carolina Liar shines

Christine Cabalo
Photojournalist

Carolina Liar's debut album, "Coming to Terms," first hit stores in May, and fans now have access to the enhanced album version released this month. New tracks and bonus material entices those who haven't already discovered the modern band to pick up the new CD.

All 12 original songs from the first release make a re-appearance, and frontman Chad Wolf stuns with his hybrid anthem rock style like U2. What stops him from being a Bono clone is mixing grand, full alternative rock beats with an electronic sensibility that pays homage to '80s synthetics. Carolina Liar draws from soul and punk genres to produce a unique blend. Listeners may be familiar with the band's television appearances or heard their music in the background of "The Hills" show on MTV. Most of their groundbreaking songs may still be widely unknown to those who haven't heard all of "Coming to Terms."

Carolina Liar sometimes falls dangerously into a rut of repeating themselves, making all their songs sound exactly like any other anthem rock tune. Luckily, their strongest tracks make successful spins on the band's signature sound. The group shines best in its fusion of alternative rock with other, sometimes unexpected, musical genres.

What makes "Show Me What I'm Looking For" a stand out, is how Wolf can make what is essentially a gospel hit sound hip. The song could have easily been about a boyfriend pleading to his girlfriend for understanding. He seamlessly ties in traditional gospel music elements like church bells or full choirs for a catchy rock song.

Audiences should keep in mind Carolina Liar is not Sixpence None the Richer, or any other Christian rock band. One of the tracks has cussing it in, with one swear word repeatedly sung sweetly all through the chorus. Anxiety and conflict themes, rather than one specific god, are prominent. Whether it's breaking off a relationship, regretting a one-night stand or the pressures of being successful, Wolf's dramatic personality peeks through. The lyrics narrowly avoid being whiny, but audiences may be too enraptured by the actual arrangements for it to discourage them.

Wolf gets the words right in relationship songs like "Done Stealin'" and "When You Are

Near." Listeners empathize with Wolf's ironic lyrics in "Done Stealin'" about being in a relationship with too much emotional baggage. Despite wanting to salvage things, he asks, "Would it make us new? I've seen this movie once before, don't need to see the end." Conversely, love song "When You Are Near" marries ethereal sounding synthesizers with a peppy beat and fun to sing lyrics. In quick staccato fashion, he sings about his special someone, "Frame ghost, left perfume on pillow. Room without a halo, losing my sleep."

Digital music buyers should take note three bonus tracks are generally not available for download. "Hit Bottom" and "Open the Door" are album-only songs, but the tracks can be found at a few sites for preview. The bonus songs take a darker turn, as "Hit Bottom" outlines an abusive relationship. He promises, "I'll cover you in roses. You won't even notice the scars I'll leave behind." The latter song is a fast paced tune hinting at the dangers of substance abuse. Wolf warns, "Understand, you have no way to back out now."

Thankfully, "Undone" balances grand acoustic guitar chords with xylophonic music for a very mellow, easy-going effect. Wolf is stripped of his heavy electronics, but still sings beautifully, "Lay down where it's warm. Shed your burdens. You've got nowhere else to be but here."

Wolf made the move to California in 2002, leaving his hometown in South Carolina for a shot at stardom. Pressures of fame seem clearly reflected in the album's lyrics, and Wolf makes a good stab at a debut album. Perhaps the frontman needs to fully grow into his role before audiences see more of the innovative music possible with his band. The enhanced CD may be worth it if listeners haven't already bought the first release. Otherwise, "Undone" is the best of the bonus tracks.

Carolina Liar still needs to grow into itself, but their future looks bright as long as Wolf doesn't start writing doggerel.

Your weekly guide to all aspects of entertainment

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

- 1/4 — No Impact, No Idea

Horrendous. Among the worst of the worst in its genre. Dedicating time to this is not only wasteful, but unforgivable. Avoid at all costs.
- 2/4 — High and to the Right

Mediocrity at its best. Lacks a few things that might have made it really good. A decent time waster, partake only if you have nothing better to do.
- 3/4 — On Target

Praiseworthy. A great endeavor, not quite an instant classic but still very entertaining. This is a sound investment of your time.
- 4/4 — Confirmed Kill

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

So, there you have it and we hope you enjoy our weekly reviews. Don't forget, The Hawaii Marine accepts submissions from its readers so if you consider yourself a film buff, music aficionado, gaming geek or bookworm feel free to submit your own reviews. Or, if you disagree with a review published and want fellow readers to know the real scoop, send in a condensed review and we'll run it as a second opinion.

Better Know A Critic



CABALO



HASHIMOTO

Christine Cabalo is a firm believer that a marriage of good lyrics and melodies makes perfect music. "Lyricists don't have to use obscure or academic words," she said. "Musicians can refrain from finger twisting chords." Great music should definitely be fun to sing and hum.

Egan Hashimoto is a former Senior Game Advisor at GameStop and has been a gaming enthusiast since his youth. The proud owner of a Nintendo DS, PSP and several consoles, Egan spends his spare time perfecting his gaming skills. He also plays computer games such as Guild Wars, EverQuest I and II, and is currently a level 70 Draenei Shaman on World of Warcraft.

Quick Hit "Hancock"

3/4 (On Target)

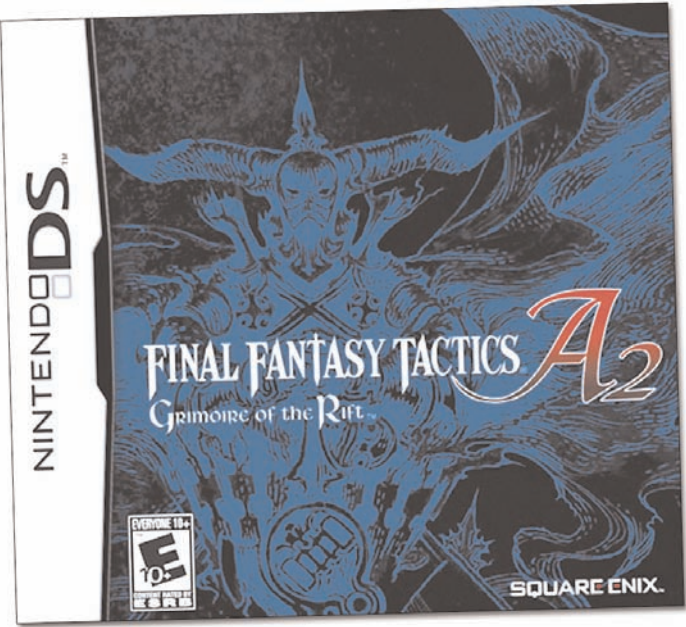
A true hero story: bum-like alcoholic suffering from anesthesia reforms and repents to become the savior of a city. Will Smith stars as John Hancock, the reformed super hero who doesn't know where his powers come from. When Ray (Jason Bateman), a public relations specialist, tries to change his image, the story seems to turn for the better but the plot seems anticlimatic. A few surprises along the way help Hancock piece together his life. Bonus points for mythological references, negative points for unanswered questions, cheesy graphics and Charlize Theron's less-than-"Monster" acting. There are plenty of laughs throughout the movie and some valuable lessons to be learned. Take the PG-13 rating seriously before bringing the kids along because there's a lot of questionable language, violence and alcohol consumption.

— Lance Cpl. Regina A. Ochoa



"I would like less comic book characters on the screen. I want comic book characters to stay comic book characters. It makes it seem like movie directors are running out of ideas. It lacks originality."

— Staff Sgt. Scott H. Fricke



A Fantasy Far from Final

SquareEnix's recent Final Fantasy Tactics installment improves over first

Egan Hashimoto
Featured Contributor

"Final Fantasy Tactics A2: Grimoire of the Rift" is the newest in a long line of Final Fantasy games that started in 1987 and hasn't stopped since.

Luso, the main character of FFTA2, is a student in a time similar to ours until he is sentenced to detention in the library. One day as he shelves books, Luso comes across a strange book and falls unconscious after opening it. He awakens on a battlefield of another world known as Ivalice. Luso joins a group known as Clan Gully and befriends characters like Cid, Adelle, Vaan and Penelo who aid him in finding his way back home.

Unlike most Final Fantasy based. Characters are placed on a grid, and each character has a given amount of spaces he or she can move. With FFTA2, you take advantage of the terrain. Height for example, gives archers an advantage by allowing them to shoot further. There are also buildings you can hide behind so enemies can't fire directly at you. The player can play from two to six characters at a time.

As a member of Clan Gully you take on missions posted in the local tavern in each major city. Certain missions are required to advance the storyline. Optional missions give you access to more weapons, armor and items to help your characters through upcoming missions. Also by completing certain missions, you can unlock special job categories.

Jobs are a highlight of Final Fantasy games. There are more than 20 jobs that allow you to change your char-

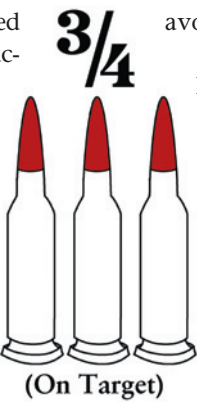
acters' abilities to better suit various situations. For example, if you're a priest, you have the ability to heal your group members. If you're a thief, you can steal valuable items from enemies. This is most beneficial when forming your team, and adds another dimension to consider in your strategy.

As in the previous FFTA, this version includes what most gamers love to hate: The Judge System. In this system, a judge is assigned to supervise your battles. At the beginning of each battle he announces a law you must follow. If you break the law you receive a fine at the end of the battle. This fine can cost you money or items depending on the law. What gamers hated most was the lack of benefit for following the law other than avoiding penalty.

In FFTA2, SquareEnix has heard the outrage of gamers and now includes benefits for following the law. After the Judge assigns a law, you can choose a bonus, such as increased movement or damage, that stays in play as long as the law isn't broken. If you break the law you lose your bonus, the bonus items and if any of your characters die, they can't be resurrected until the battle is over. If you obey the law, you receive bonus items at the end of the fight.

Final Fantasy Tactics A2 rates a 3 of 4. Although I enjoyed the game immensely, I didn't give it a perfect score due to the shorter duration of the game. If you're the type who wants a quick ending, this game is for you.

However, if you're like me, you'll be interested in the side missions, extra characters and items that extend the game's duration. For replay value, you have the option to save after you have won, and continue your saved game to finish any side missions or collect items you may have missed. I will be taking advantage of this option. Thank SquareEnix for another great game.



TALK* STORY

Today is the premiere of "The Dark Knight," the last movie the late actor Heath Ledger finished filming in its entirety. Ledger died earlier this year Jan. 22. This is the newest of many Batman movies, and the newest in a long line of superhero installments. We were wondering ...

What comic book characters would you like to see portrayed on the big screen?

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



"Snake Eyes. He was on G.I. Joe. He was a go-to-man."

— Petty Officer Second Class Michael Poole



"The Green Lantern or Judge Dredd."

— Killian Caldwell



COULD THESE BE GHOSTS?

Tours offer trip to the beyond

Kristen Wong
Photojournalist

With a red cape draped over one shoulder, Joseph “Uncle Joe” Espinda, guide, Oahu Ghost Tours, fiercely slapped the ground with ceremonial ti leaves at Pali Lookout. He shouted loudly in Hawaiian at the darkness, and urged the tour group to return to the vans. Someone was angry.

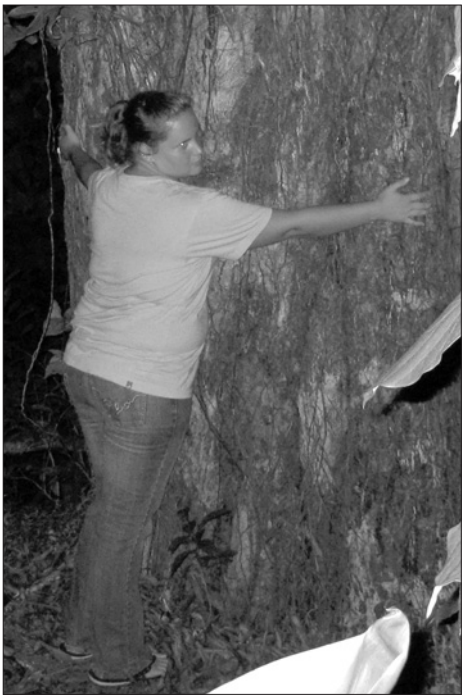
Hawaii, like many other states, has its share of ghost stories. All around the islands, there are alleged spirits, deities and other phenomena. Hawaii residents walk by haunted sites everyday, some attend haunted schools. Curious folks can find stories in bookstores and libraries. Others who feel brave enough can go on ghost tours.

Now in its 10th year, Oahu Ghost Tours takes tourists and residents to allegedly haunted places on the island. For a fee, Ghost Tour guides like Robert Sepulveda or Uncle Joe will walk people through sites in southern Oahu and downtown Honolulu.

The tours, “Honolulu City Haunts,” “Orbs of Oahu” and “Sacred Spirits” are held on various days of the week, and cover several locations on the island. Uncle Joe said guests to the tour are usually “90 percent military and 10 percent local.”

“Honolulu City Haunts” is an evening tour. Depending on the tour, patrons are either picked up at their hotels or can drive to the site.

Sepulveda takes parties around Honolulu, and tells them stories about certain sites. He suggests taking many pictures with a high-



Honolulu resident Heather Smith gives ‘The Hugging Tree’ an embrace at Morgan’s Corner near Pali Highway on July 7. The tour, ‘Orbs of Oahu,’ runs Monday through Friday, with the exception of Thursday, by Oahu Ghost Tours.



This statue, located on Punchbowl Street in front of Ali‘iolani Hale depicts King Kamehameha I and is featured in the Honolulu City Haunts tour. Strange white spheres appeared in this photo and two others taken following this one, but they disappeared in subsequent photos.

Photos by Kristen Wong

speed camera, because one never knows if orbs will appear.

Sepulveda explained some spirits appear as orbs of different colors - white orb is a peaceful ghost simply wandering the area. A blue orb is protective, maybe from a person’s family. Orbs that are red or orange in color are said to be less than friendly.

One digital camera in the group revealed a large red orb at Pali Lookout. Uncle Joe said the orb was an angry spirit pursuing the group.

“If they angry, they come ‘haahd,’” Uncle Joe said, stressing to the group spirits shouldn’t be angered or they could cause harm. With that in mind, Uncle Joe and fellow Oahu Ghost Tour guide Joe “Braddah Joe” Punohu guard the group with chants, Hawaiian salt, ti leaves and other items. In addition, if Uncle Joe doesn’t feel the group is safe in the area, the tour will leave as soon as possible.

A second tour, “Orbs of Oahu,” is also in the evening and leads patrons around the island to haunted sites. For five hours, tour-patrons get a close look at places like Morgan’s Corner and Manoa Chinese Cemetery.

“It was scary,” said 15-year-old Victoria Dukes, who found a translucent leg in one of her pictures.

As the tour headed down to Ulupo Heiau, an ancient Hawaiian temple, in Kailua, the Texas native aimed her camera at the trees and produced the picture with the leg. When she looked closer at the picture, she recognized a shoe on its foot resembled the shoe of another girl on the tour. No one climbed the trees while at the heiau.

“Sacred Spirits” is the only tour held dur-

ing the day and runs two days a week. It also involves visits to heiaus, ponds and other sites. “Sacred Spirits” is more on the mythological side than the other two tours. Guides talk about Hawaiian deities and legends.

Here is a brief overview of a few sites included in the ghost tour:

Morgan’s Corner

One of the most famous haunted sites in Oahu is Morgan’s Corner. Named after Dr. James Morgan, this site can be found on a road branching off Pali Highway heading to Honolulu. The guide tells the tour several stories. For example, along the road is the tree where murdered Theresa Wilder hung. About 10 feet later, the tour comes across “The Hugging Tree,” a tree allegedly shrouded in supernatural power. Guides welcome people to hug the tree and see what happens.

“I think it’s cool,” said 26-year-old Heather Smith, a Honolulu resident. “I want to do [the tour] again.”

Smith, among others, volunteered to hug the tree.

Manoa Chinese Cemetery

From the mid-1800s to present day, “The Dragon’s Pulse” was home to deceased Chinese. Before going out to the cemetery, make sure to have pieces of candy in hand for the young ghosts.

Lonely spirits of young boys and girls are said to make their presence known here. The Kalamalama, Hawaii Pacific University’s newspaper, wrote a story about a couple which made their new home close to the cemetery. To appease the ghostly children, they offered candy, cleanliness and kind words. The cemetery is said to have a pathway to the great beyond.

There is a gap between three large trees in the cemetery. Tour patrons are welcomed to stand within the gap for possible paranormal interaction.

Lopaka Kapanui helps run Honolulu Ghost Tours, and recalls be-

See GHOSTS, B-4

MOVIE TIME

Prices: Friday and Saturday 7:15 p.m., shows are \$3 for adults and \$1.50 for children. Sunday matinee is shown at 2 p.m. Shows are \$2 for adults and \$1 for children. Evening showings on Sunday and Wednesday are at 6:30 p.m. and late shows are shown Friday and Saturday at 9:45 p.m. Cost is \$2 for adults and \$1.50 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.

Sneak Preview Policy: One hour and 45 minutes prior to the movie, tickets will be issued to first priority patrons waiting in line, then second and third priority patrons.

In an effort to prevent piracy, the following security measures will be enforced on base for sneak preview screenings: bag checks, confiscation of cameras or cell phones with picture taking capability (items will be returned after screening), magnetometer warning, audience scanning with night vision goggles during screening.

The Base Theater and film companies thank you in advance for your cooperation and hope you will enjoy the show. For recorded information, call the Base Theater at 254-7642.

Kung Fu Panda (PG)	Friday at 7:15 p.m.
Sex and the City (R)	Friday at 9:45 p.m.
Indiana Jones & the Kingdom of the Crystal Skull (PG13)	Saturday at 7:15 p.m.
The Strangers (R)	Saturday at 9:45 p.m.
Kung Fu Panda (PG)	Sunday at 2 p.m.
The Chronicles of Narnia: Prince Caspian (PG)	Sunday at 6:30 p.m.
Sex and the City (R)	Wednesday at 6:30 p.m.
You Don’t Mess with the Zohan (PG)	July 11 at 7:15 p.m.
Indiana Jones & the Kingdom of the Crystal Skull (PG13)	July 11 at 9:45 p.m.

Spotlight On Base

WORD TO PASS

The New Spouses’ Learning Series Leadership Skills Workshop “It Begins With Me”

The class takes place Tuesday and Thursday in the Building 244 conference room and is open to all active duty Marine and Navy spouses, active duty military welcome, as room is available.

The class covers the following topics: enhancing personal and leadership skills, identifying personal and leadership strengths, attitude above all, the communication equation, dealing effectively with challenging personalities.

Childcare is reimbursable.

For more information contact Jocelyn Pratt at 257-2653/2410.

Key Volunteer Basic Training

Training takes place July 26 in Building 244 and is open to all Marine spouses who want to become a Key Volunteer.

Participants receive a certificate upon completion. Graduation will take place at 4:30 p.m.

For more information contact Mele Stender at 257-2657.

SM&SP GERMAINE’S LUAU

The Single Marine and Sailor Program is hosting a trip to Germaine’s Luau Saturday.

The event is open to all single and unaccompanied Marines and Sailors E5 and below.

The event cost’s \$40 and consists of an all-you-can-eat buffet, drinks and a Polynesian Revue. Transportation departs from Kahuna’s parking lot at 4:30 p.m. Interested persons may register at the Semper Fit Center.

For more information call Marcella T. Cisneros at 254-7593.

Defense Language Proficiency Test IV and Defense Language Aptitude Battery Exam

Marines qualified to receive foreign language proficiency pay are required to take the Defense Language Proficiency Test annually.

The Defense Language Aptitude Battery exam measures ability to learn a foreign language; the test is required to attend Defense Language Institute.

Tests available Thursday at Building 220, Classroom A at 7:45 a.m. Open to all active duty.

For more information contact Maria Fullenwider at 257-2158.

Armed Forces Classification Test

The opportunity to re-take the ASVAB to earn higher scores for advancement, lateral moves and officer candidacy is being offered Monday at the Joint Education Center at 7:30 a.m.

It is highly recommended service member take the Pre-AFCT for practice prior to actual AFCT.

For more information call 257-2158.

New Teen Center Hours

The Teen center is currently operating under new hours: Monday through Thursday, 12 to 6 p.m.; Friday, 12 to 8 p.m.; Saturday, 12 to 5 p.m. Closed on Sunday.

Fun in the Sun

Forest City Residential Management is hosting an appreciation celebration for its residents July 26, at Dewey Square from 11 a.m. to 2 p.m.

The event will feature free ice cream, refreshments and snacks.

For more information, call 839-8700.

Transition Assistance Program Seminar

A Transition Assistance Program (TAP) Seminar is taking place on the 2nd floor of Building 279 Monday through Thursday from 8 a.m. to 4 p.m.

Public Laws 101-510 and 107-103 require all transitioning service members to attend a TAP Seminar prior to separation from the military.

Separating service members may attend a seminar within one year of their separation date, but must attend no later than 90 days prior to separation.

For more information contact Ric Paguio at 257-7790.

PCS Move Workshop

A Permanent Change of Station Move Workshop open to active duty Marines and their spouses will take place Wednesday at Building 267, Room 5 from 8 a.m. to 12 p.m.

Couples are encouraged to attend together.

Reservations are required. No orders are required to attend.

The next PCS Move Workshop is scheduled for Aug. 13.

For more information contact Marine and Family Services at 257-7790.

ON THE MENU AT ANDERSON HALL

Today

Lunch

Roast turkey
Lemon baked fish fillets
Baked macaroni and cheese
Garlic roast potato wedges
Mixed vegetables
Lyonnais carrots
Chicken gravy
Peach pie
Chocolate chip cookies
Spice cake
Lemon butter cream frosting
Vanilla/chocolate cream pudding
Lemon/orange gelatin

Dinner

Chili conquistador
Chicken cacciatore
Burritos
Refried beans
Spanish rice
Simmered corn
Green beans
Taco sauce
Desserts: same as lunch

Saturday

Dinner

Pork roast
Chicken cordon bleu
Mashed potatoes
Boiled egg noodles
Broccoli Polonaise
Simmered succotash
Chicken gravy
Boston cream pie
Shortbread cookies
Yellow cake w/butter cream frosting
Vanilla/chocolate cream pudding
Lemon/raspberry gelatin

Sunday

Dinner

Oven roast
Honey glazed Cornish hens
Rice pilaf
Savory bread dressing
Asparagus w/hollandaise sauce
Simmered squash Creole
Brown gravy
Pumpkin pie
Oatmeal cookies

Devil’s food cake
Vanilla/chocolate cream pudding
Strawberry/lime gelatin

Monday

Lunch

Chinese five spice chicken
Grilled mahi mahi w/wild rice
Garlic cheese potatoes
Broccoli Polonaise
Orange glazed carrots
Mushroom gravy
Carrot cake w/cream cheese frosting
Creamy banana coconut pie
Oatmeal chocolate chip cookies
Vanilla/chocolate cream pudding
Lime/strawberry gelatin

Dinner

Veal parmesan
Braised pork chops
O’Brien potatoes
Spaghetti
Marinara sauce
Mixed vegetables
Peas with onions
Mushroom gravy
Desserts: same as lunch

Tuesday

Lunch

Barbeque chicken
Battered fish portions
Steak fries
Simmered corn
Simmered asparagus
Chicken gravy
Sweet potato pie
Double chocolate chip cookies
Yellow cake with chocolate chip frosting
Vanilla/chocolate cream pudding
Cherry/orange gelatin

Dinner

Turkey ala king
Salisbury steak
Parsley buttered potatoes
Glazed carrots
Club spinach

Brown gravy
Desserts: Same as lunch

Wednesday

Lunch

Chili macaroni
Roast turkey
Grilled cheese sandwich
Mashed potatoes
Simmered pinto beans
Simmered mixed vegetables
Turkey gravy
Cheesecake w/cherry topping
Peanut butter cookies
Peanut butter cake w/peanut butter frosting
Vanilla/chocolate cream pudding
Lemon/raspberry gelatin

Dinner

Meat loaf
Pork ham roast
Mashed potatoes
Tossed green rice
Cauliflower combo
Broccoli w/cheese sauce
Brown gravy w/mushrooms
Desserts: Same as lunch

Thursday

Lunch

Swiss steak w/brown gravy
Chicken Vega
Oven browned potatoes
Corn on the cob
Simmered peas & carrots
Brown gravy
Blueberry pie
Brownies
White cake w/lemon cream frosting
Vanilla/chocolate cream pudding
Lime/cherry gelatin

Dinner

Beef Yakisoba
Sweet & sour pork
Shrimp fried rice
Simmered broccoli
Fried Cabbage w/bacon
Chicken gravy
Desserts: Same as lunch

GHOSTS, from B-3

ing in the Manoa Chinese Cemetery on a tour, telling his story to the group. He said he began to feel warm. High above Kapanui were the child spirits of the cemetery, seated on branches in the trees.

Iolani Palace/State Capitol Building

Former home to the kings and queens of Hawaii, Iolani Palace is located on King Street in downtown Honolulu.

Hale Alii, as it used to be known, was built in the late 1800’s. The interior of the palace is a modern museum and tourists are allowed to walk through each room wearing special shoe covers.

When the United States claimed Hawaii as its own, the palace was the only haven, and prison, for a sorrowful Queen Liliuokalani. People can still sense the queen through her ghostly cigar smoke. Even though the windows of the palace reveal a changed Honolulu city, the queen’s spirit gazes out at those who might notice.

Nearby is the State Capitol Building, where more paranormal activities are known to occur. Queen Liliuokalani also haunts this building.

Sepulveda tells a story about a young girl named Connie, daughter of a state capitol secretary, who played ball with the queen’s ghost.

The Hawaiian Telcom Building

Located at 1177 Bishop Street is the Hawaiian Telcom Building, or the Verizon Building. Perhaps it’s still a place where one can fulfill more than their cell phone needs. The building clocks will not tell time efficiently, nor can doors seem to remain open. Workers in the building stumbled upon a tomb from ancient Hawaii while adding more room for wiring, according to one Web site.

Sepulveda tells a story about an elevator technician’s untimely death in the building followed by a haunting in the elevators. Unfortunately, a visit inside the building now requires an employee ID.

Uncle Joe said he “welcomes [locals]” to the tour, because normally local people don’t go to sites on their own accord. Kapanui recommends people interested in visiting haunted sites should research before they try to look for ghosts.

Kapanui also advises visitors to be respectful, whether or not they subscribe to Hawaiian customs.



Victoria Dukés

During the ghost tour, 15-year-old Texas native Victoria Dukés gathered a multitude of strange objects in the photos she took during the “Orbs of Oahu” tour on July 7. In one photo, she encountered this golden, orb-like wisp.

More good days on the way for ‘Captain K’

Dentist celebrates 34 years of service, 60th birthday

Kristen Wong

Photojournalist

With swift strides and a big smile, retired Navy Capt. Greg Kvaska, former commanding officer, 2nd Dental Battalion, 21st Dental Company, gave hearty handshakes and thanks at his 60th birthday party.

Known as “Captain K” by his co-workers at 3rd Dental Battalion, 21st Dental Co., Kvaska, who is retired but was retained on active duty, is ending his four-year term here on Aug. 30, and heading to Jacksonville, Fla., where he will join his wife and daughter and work at Naval Station Mayport.

Although Kvaska initially planned to be a civilian dentist in Florida upon his retirement, circumstances changed when he was asked to work at the base clinic here and has been part of the staff since 2004.

“My number one passion has always been clinical care,” Kvaska said.

Kvaska joked his passion for dentistry ignited when he majored in science at Ohio State University. He saw his dentist’s corvette, girlfriend and pool, and wanted to give dentistry a shot.

After completing his degree in 1974, Kvaska joined the Navy and married Colleen, his wife of 34 years.

He’s worked aboard the USS Dwight D. Eisenhower and deployed in support of Desert Shield and Desert Storm. One time when the Eisenhower was in port in France for a D-Day anniversary, Kvaska was able to chat with World War II veterans. Those deployments were some of the most memorable times in his career, he said.

Twelve of Kvaska’s 34 years of service in the Navy were with Marines, and he’s worked in Hawaii twice.

Kvaska said the most challenging part of his career was during his residency in Bethesda, Md., where he worked up to 12 hours daily. Kvaska received intensive training in order to effectively care for Sailors’ dental needs that might otherwise be unavailable during deployment.

“We felt we had to learn everything there is to know about dentistry and be able to provide it as well,” Kvaska said.

In addition to his residency in Maryland, the captain considers military dentistry a unique challenge. He said a dentist in the military is responsible for making sure active duty service members have the healthiest teeth possible to prevent the need for future dental work in the field.

“I’ve had 32 jobs in my life,” Kvaska said. “This is the hardest.”

Although he deals with both the physical and mental stress associated with his work, he still strives to provide his colleagues and patients the best experience possible.

“He is truly an example for all to emulate,” said Karen Clark, dental assistant, 21st Dental Co. “I will truly miss [captain and Mrs. Kvaska].”

While working, Kvaska gives a carefully detailed list to his rotating chair-side technicians, entitled “A Good Day with Captain K.”



Kristen Wong

Navy Capt. Greg Kvaska, former commanding officer, 2nd Dental Battalion, 21st Dental Company, and current dentist at 3rd Dental Battalion, 21st Dental Co., studies patient files at the clinic here. Kvaska served in the Navy for 34 years and celebrated his 60th birthday July 11 at the Officers’ Club. He leaves here for Naval Station Mayport, Fla., in August.

Petty Officer 2nd Class Alicia Diaz, hospital corpsman, 21st Dental Co., said the list alerts technicians of specific tools necessary, specific steps and procedures and informs his technicians on handling patients. Diaz said the captain continually exceeds patient expectations, including giving an extra shine to all fillings, even older ones.

Not only is Kvaska careful with his dental work, he takes his time when undertaking hard decisions, said Senior Chief Petty Officer Robert Ibanez, corpsman, 21st Dental Co. His chair-side technicians have learned a lot from his dedication to duty, including how to canoe. Joannie Sierra, dental assistant, 21st Dental Co., said she and her husband learned how to paddle from Kvaska. Tara Raines,

dental assistant, 21st Dental Co., said she learned to lay out dental tools in a more timely manner. Lt. Cmdr Vinh Doan, dentist, 21st Dental Co., learned from Kvaska the important tasks he should undertake while on duty on the Big Island.

“There are few people you will ever meet in your life, let alone in the Navy, that have the ability to instill in you the desire to become a better officer, a better Sailor or a better person,” said Cmdr. Paul O’Loughlin, officer-in-charge, 21st Dental Co.

The self-professed “island boy” plans to split his time between homes both here and in Florida. Kvaska is scheduled to “retire” again in 2010. Whether he actually will retire is up in the air.

“Maybe,” Kvaska said. “You never know. I love my job.”

AROUND THE CORPS

Hope for a broken heart

Cpl. Chris T. Mann
Regimental Combat Team 1

FALLUJAH, Iraq — Laughter from a boisterous group of Marines resonated in a narrow, police station hallway, where at one end, 5-year-old Ahmed slowly entered a doorway to greet them. The laughter suddenly diminished as they

saw the boy gasping for air. Ahmed was born with a rare heart condition that will kill him if left untreated. Luckily, Marines and Sailors with Police Transition Team 8, Regimental Combat Team 1, have found help. "I was extremely worried all these years that I might not be able to get the help my son needs," said Othman Mallouki,

Ahmed's father and a warrant officer in the city's police headquarters district. According to Navy Petty Officer 1st Class Craig W. Pasanen, a Team 8 corpsman, the Marines took Ahmed to Fallujah Surgical, where doctors discovered a hole in his heart's septum, which causes oxygen and deoxygenated blood to pass through the heart and not reach the lungs. Simple daily activities, such as walking up stairs, take Ahmed completely out of breath and cause a bluish coloring around his eyes and face. Ahmed must have the hole stitched shut, but the nearest specialist who can perform the surgery is in a clinic in Jordan. Looking for answers, Team 8 Marines contacted the Gift of Life Foundation in Tampa, Fla., which has sponsored the Mallouki family and has helped cover expenses, many of which the Mallouki family cannot afford. "Before, I could not hope for anything at all, and I was depressed all the time," said Mallouki, who first noticed something wrong when Ahmed was a year old. "Now I feel in my heart a sense of hope that my son will grow up normal. I would not have this hope in my life if it weren't for the Marines here." After applying for visas to Jordan, Mallouki and his first-born son were scheduled to travel to the clinic for surgery sometime this month.



Five-year-old Ahmed and his father, Warrant Officer Othman Mallouki, an Iraqi policeman with Fallujah Headquarters District, enjoy time spent together during an afternoon with Marines from Company B, Police Transition Team 8, Regimental Combat Team 1, at the Joint Command Center June 21.



Photos by Cpl. Chris T. Mann

Five-year-old Ahmed clenches a teddy bear given to him by Marines from Company B, Police Transition Team 8, Regimental Combat Team 1, June 21. Ahmed has a serious medical condition that affects his heart, that if left untreated, will kill him at an early age.

Hawaii MARINE SPORTS

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JULY 18, 2008

Don't miss a step

Step and Hip Hop Hustle classes offered at Semper Fit



Kristen Wong

Marie Grimsley does sit-ups on a Physio Ball during step class. This step class is one of several step classes taught at Semper Fit, on base. Step and Hip Hop Hustle classes alternate every other week on Fridays.

Kristen Wong
Photojournalist

"Nice work, take it around," the instructor said into her headset as she led a group of women in their workout routine. Betty Domanski, instructor, Semper Fit Center, gets their blood flowing and heart rates rising in the Step class every other Friday morning.

Step and Hip Hop Hustle classes alternate every other week on Fridays from 8:45 to 10 a.m. The classes are free for active duty service members, and cost \$2 or one coupon per session.

The group starts with a warm up, using steps and risers to perform a routine with kicks, jumping jacks and mambo dance steps. Students keep time to fast paced music, sweating but smiling at Domanski's jokes.

The beginner level class attracts students for various reasons.

Tara Diaz, a military wife, said she attends step classes to alleviate stress caused by her husband's busy deployment tempo, while Julie Mayer, also a military wife, said she usually goes running so the class is a change to her routine.

"This is more fun, more activities and more exercises," Mayer, a first-time student, said. She said since attending the class she's seen more physical results than with running, and said she plans to return for future step classes.

The class members utilize workout equipment like Physio Balls, resistance bands and dumbbells.

Students stand on bands, holding the ends in each hand with a dumbbell, and work their muscles by pulling in an upward motion.

They balance their feet on the Physio Balls, pulling them into their chest for an ab workout.

"It's good, pretty hard," said Yuki Murakami, a visitor to Marine Corps Base Hawaii, and a first time student at the class. "[It's] harder than I thought."

Domanski gives the students a few breaks so they can drink water and grab a towel before jumping back in. During the breaks, Domanski provides fitness advice to her students.

She recommends people listen to their body and take a break on their own if they feel the need.

After an intense workout, Domanski leads her students in a stretching routine to cool down.

When she's not leading Step, Domanski teaches Hip Hop Hustle Friday mornings. The class uses hip-hop dance moves to give students a fun cardio workout.

She encourages anyone and everyone, regardless of their dancing ability, to give Hip

See STEP, C-2

Kick into gear



Lance Cpl. Brian A. Marion

Participants in the Guts to the Max class kick their legs sideways to work their outer thighs Wednesday at the Semper Fit Center. Due to summer family vacations, the class was smaller than usual, but it averages around 20 people.

No pain no gain

Glutes to the Max class trims fat, tones muscle

Lance Cpl. Brian A. Marion
Combat Correspondent

Out of all the exercise classes offered by the Semper Fit Center, a few are designed to work a targeted area of the body.

The Glutes to the Max class, held each Wednesday morning, focuses on the lower portion of the body, including the gluteus maximus and the inner and outer thighs.

"That's usually what most people don't get about working out the glutes," said Leslie Pokorski, personal trainer and aerobics instructor. "The glutes are part of the upper leg, and you have to work out the leg to fully work out your glutes."

Pokorski got the idea for the class when people asked for a class to target their glutes and abs, and the first one began in May 2007.



Tara Diaz, right, performs the "Superman" exercise with other participants in the Glutes to the Max class hosted by Semper Fit Wednesday at the Semper Fit Center.

"I tried out the class and people loved it," Pokorski said. "Some people will even come straight

from the bootcamp class to this one. That is how much they want the class."

On average, 20 people attend the class, but lately, the numbers have been small because of vacations.

"This is a very popular class," Pokorski said. "Sometimes we even have men come in, and they feel it also."

The class started with the participants stretching before doing modified squats. They bent their legs until they were parallel to the floor, rose back up and shot their left leg out before returning to the starting position.

The students then placed their feet shoulder-width apart and performed regular squats. On their last squat, Pokorski instructed them to hold it for 15 seconds.

"I like exercises like this and the ones for the abs, but it's torture," said Tara Diaz, class participant. "You can definitely feel it in the

See GLUTES, C-2

Regiment beats 1/12

Late blasts can't help 1/12 defeat 3rd Marines

Lance Cpl. Brian A. Marion
Combat Correspondent

The 3rd Marine Regiment Number 1 team held off 1st Battalion, 12th Marine Regiment, 11-9, during an Intramural Softball League regular season game Monday at Annex Field.

The Kings of Battle played one-man short until the fifth inning, when another teammate finally arrived.

Before the game, both teams felt it would be fun and competitive.

"We've played these guys before, and we barely won against them," said Marcus Major, 3rd Marines right fielder. "It's going to be a good game today. We've practiced and stayed sober to ensure our victory. Good defense will win the game for us."

At first, players for 1/12 worried they wouldn't have enough people to play because they were notified of their game earlier in the day.

"Usually we get out like five minutes before the game starts, but today, they let us out early," said Michael Green, 1/12's coach for the game. "Hopefully we'll have enough players to play against [3rd Marines]. They're a good team."

The first inning started with 1/12 getting to their fifth batter before Charles VanAllen, 3rd Marines pitcher, finished them off with a strike out.

Third Marines came up to bat, but fell short with their first two batters. Third Marines didn't let that stop them when three

See SOFTBALL, C-2



Lance Cpl. Brian A. Marion

Charles Van Allen, 3rd Marine Regiment pitcher, lobs a softball to home plate at Annex Field during an Intramural Softball League regular season game Monday against 1st Battalion, 12th Marine Regiment.



Photos by Lance Cpl. Brian A. Marion

Eduardo Torres, 1st Battalion, 12th Marine Regiment left fielder, touches first base while Nathan Royster, 3rd Marine Regiment first baseman, prepares to catch the ball heading to them during an Intramural Softball League regular season game at Annex Field Monday.

SOFTBALL, from C-1

batters later, Daniel Jimenez blasted the ball deep into the outfield to bring Major, Nathan Royster, first baseman, and himself home bringing the score to 3-0 at the top of the second.

The second inning didn't look favorable for 1/12 when their last out came because they didn't have a 10th man to bat.

Although 1/12 couldn't get their offense going, they held 3rd Marines to one run during the bottom of the second to make the score 4-0.

First Battalion, 12th Marines finally got on the scoreboard in the top of the third when Michael Daly, 1/12 shortstop, and Green ran home to cut into the lead by two points.

Building on their offensive momentum, 1/12's defense held 3rd Marines scoreless in the bottom of the third.

The 1/12 offense tried to capitalize in the top of the fourth, but were only able to score one run when Joshua Watkins whizzed a ground ball into left field to allow Daly a chance to run home.

Third Marines then drove in three runs to bring the score



Joseph Cusimano, 3rd Marine Regiment, dashes to third base during his team's win against 1st Battalion, 12th Marine Regiment Monday during an Intramural Softball League regular season game at Annex Field. Third Marines won the game 11-9.

to 7-3 by the end of the fourth inning. Continuing with the momentum, 3rd Marines held the

1/12 offense scoreless in the top of the fifth, but their own offense couldn't increase their lead in the inning.

It looked as if the game would be over in the top of the sixth when 1/12 had two outs with their tenth batter coming up.

Fortunately, Chad Dover, 1/12 center fielder, arrived and filled the tenth spot, keeping them in the game for a while longer.

Dover hit the ball down the left foul line, allowing Lester Hardy to run home.

Later in the top of the sixth, Daly smacked the ball into the outfield to bring in Watkins and Dover. Daly was able to run home to tie the game when Green hit a ground ball into right field.

Third Marines came back in the bottom of the sixth with four more runs to lead the game 11-7.

The game hinged on 1/12 being able to score four more runs in the top of the seventh, but the 3rd Marines defense kept them from scoring more than two runs.

Third Marines won the game, 11-9. "It was all about having a good defense, and that's what helped us win," Major said.

GLUTE, from C-1

muscles worked."

After the squats, the ladies placed a large, thin rubber band around their thighs to add resistance to their next set of exercises.

"You never know what we're going to do in the class," Pokorski said. "We use weights, bands, balls and mats each time."

The class continued good-naturedly with the participants using a pilates ball to do modified dips, using only one leg, and squats.

"I try to make it fun for everyone involved," Pokorski said. "I walk around, tell jokes and have a blast talking to everyone."

They finished the class with a power ab workout, a condensed version of the Gut Cut class.

"Some people feel intimidated about the Gut Cut class and this

gives them a small portion of it," Pokorski said. "I also want to end the class with an ab workout because peoples legs will be sore from the squats and dips."

The class is open to all workout levels with the trainer tailoring the class to the specific individual, Pokorski said.

Not only does the class work out a persons physical assets, it also helps relieve the pressure of deployments.

"It's a great stress reliever," Diaz said. "My husband is deployed with [Marine Heavy Helicopter Squadron 362], and I have two boys who keep me busy. Doing this definitely helped with my stress, and I think it would be good for all military spouses to go to something like this."

For more information about the Glutes to the Max class, or any other class, contact the Semper Fit Center at 254-7597.



Lance Cpl. Brian A. Marion

Allison Brown, class participant, uses a pilates ball to assist her in a modified dip during the Glutes to the Max class Wednesday at the Semper Fit Center. Participants had the option of using weight while doing the exercise.

STEP, from C-1

Hop Hustle a try.

For more information on Step and Hip Hop Hustle, contact the Semper Fit Center at 254-7597.



Kristen Wong

Betty Domanski, fitness instructor, Semper Fit, teaches her normal Friday step class. Step and Hip Hop Hustle classes are held on alternate Fridays.

Spotlight On Sports

Sports Briefs

Waimea Falls

The Single Marine and Sailor Program is hosting a hike to Waimea Falls July 26 from 9 a.m. to 1 p.m. The event is open for all single Marines and Sailors E5 and below. There will be a \$3 admission fee.

Transportation departs Kahuna’s parking lot at 9 a.m., and the Camp H.M. Smith Recreation Center at 9:30 a.m.

For more information, contact Marcella T. Cisneros at 254-7593.

Summer Junior Sailing Lessons

Feel the thrill of being the captain of your own sailboat. Children ages 8 to 18 can enroll now to learn how to sail. Lessons start today and will continue every two weeks until August. For more information, call the Base Marina at 254-7667.

Beginner Outrigger Canoe Paddlers Wanted

Windward Kai Canoe Club practices at Kailua Beach and welcomes active duty and family members (18 and older) to participate in this Hawaiian sport and culture.

The club is especially seeking to field a beginner women’s crew to race this summer. No experience is necessary and all training and equipment are provided.

WKCC in Kailua recently provided beginner outrigger canoe paddling classes for Marines from Marine Corps Base Hawaii.

For more information, call Derrel at 383-0400 or Greg at 255-9977.

Women’s Base Softball Team

The women’s base softball team is looking for players. Anyone interested can attend their practice every Thursday from 6 to 8 p.m. at the Annex Softball field.

For more information, contact Meghan Brophy at 254-7590.

Youth Gymnastics/Dance Class

Youth of all ages can attend gymnastics and a variety of dance classes Monday through Saturday at Building 1090. Classes are at varying times in the morning, afternoon and evening. Interested parents and youth should stop by Youth Activities for more information. Classes include dance, hula, tumbling and more.

For more information, call 254-7610.

Parents for Fitness

The Parents for Fitness Program is a cooperative babysitting effort available at the Semper Fit Center, here, for all active duty service members and their families. The PFFP participants are required to volunteer babysit three times per month and is open for children 6 weeks and older.

For more information, call 664-0184.

Deep-Sea Fishing Charters Offered at Base Marina

Fishermen searching for convenient access to deep-sea charters need look no further than the Base Marina. Bill Collector Fishing Charters offers numerous charter packages accommodating up to six passengers.

Avoiding the traffic and crowd of Oahu’s South Shore, Bill Collectors charters fish from the uncrowded waters of Windward Oahu.

For more information or to charter the Bill Collector, contact the Base Marina at 257-7667 or 254-7666.

Campground and Picnic Sites

For picnic and campsites, Marine Corps Base Hawaii offers some of the most scenic beaches on the island.

Three of those beaches, Pyramid Rock, Hale Koa and Fort Hase, are available by reservation from dawn to dusk. Hale Koa Beach is available for overnight camping, but requires a reservation.

For more information, contact 254-7666 for Kaneohe or 477-5143 for Camp H.M. Smith.

Paintball Hawaii

Nestled behind the Lemon Lot is Paintball Hawaii. Shoot over for great deals and have a blast with your friends.

Cost is \$25 per person and includes one air refill, equipment and the field fee. The field is open weekends from 9 a.m. to 5 p.m.

For more information or to schedule an appointment, call 265-4283.

K-Bay Lanes Color Pin Special

Every Thursday, when you roll a strike and a colored pin is in the headpin position, you can win up to three free games of bowling.

All patrons are welcome to take advantage of this deal. If you make the play, you win!

For more information, contact K-Bay Lanes at 254-7693.

Semper Fit offers group classes



Group exercise classes are available at Semper Fit Center! Keep in shape with one of several training sessions that work out all your body areas. Classes at the center include:

Glutes to the Max

Unmush your tush with this intense glute workout. Get rid of the granny fanny with exercises for the hips and buttocks as you tone with weights, the exercise ball and resistance bands. To top it all off there will be a short ab workout and some stretching after your glutes have been pushed to the max.

Yoga

Stretch your mind and your workout in this conditioning class. Learn how to be more fit, flexible and ease all your daily stress.

Stretch

Reach for your toes in this class. Tired of having someone else scratch your back? Time to limber up. A class on

getting back the flexibility you once had or just stretching out those over worked muscles. This class is great way to reduce your chances of getting injured from tight muscles.

Ask about discounts for active-duty members. For more information, call 254-7597.

2008 Intramural Volleyball Standings

Standings as of June 16

TEAM	WINS	LOSSES
Health Clinic	6	0
Fed. Fire Dept	5	1
HSL-37	4	2
Water Front Ops	2	4
MAG-24	1	5
3rd Radio Bn.	0	6

2008 Intramural Softball Standings

TEAM	WINS	LOSSES
1/3	11	0
HQBN	11	2
2-2	12	3
CSSG-3	8	3
Law Dawgs “PMO”	7	4
3rd Radio Bn.	6	4
MALS-24 “Dyer”	6	7
HSL-37	7	5
MALS-24 “Rollings”	6	8
3rd Marine Reg #2	4	7
3rd Marine Reg #1	5	9
1/12	2	10
VP-4	2	12
MCAF	0	13

Standings as of June 10

Standings as of June 16

2008 Intramural Soccer Standings

TEAM	WINS	LOSSES
VPU-2	6	0
CSSG-3	5	1
HQBN	4	3
3rd Radio Bn.	1	3
MALS-24	1	6
VP-4	1	4

HEALTH AND WELLNESS

Preparing for your move: Do you need a dead horse?

News Release
Lifelines

Relocating your entire life from one duty station to another is expensive. The Department of Defense picks up the majority of moving costs, but unexpected expenses may pop up. Service members can request advance pay to help cover the extra expenses associated with a PCS move. This advance pay is sometimes known as a dead horse.

What's a dead horse?

Centuries ago, Sailors were paid off in a lump sum at the end of a voyage. With this money, they would often stay in seaside hotels, paying for room, food and entertainment until their money ran out, at which time the owners would advance them more money. For hundreds of years, it had been standard practice to pay Sailors a month's wages in advance so they could buy clothes and gear before sailing. But by the mid-19th century, the ships had begun paying the hotel owners the Sailors' advances directly. On the voyage, the Sailors were often forced to eat tough salted horsemeat that had been stored for years; they called this "dead horse." Because the Sailors no longer got their month's advance, they were working only for their food for the first month of the voyage. And because flogging the Sailors would not result in better work, it was considered "flogging a dead horse."

Take time to get ready

Ideally, you'll know about your move several months in advance, so use that time to prepare your family and your finances for the change. Relocation counselors at the Fleet and Family Services Center and Marine Corps Community Services are available to help you make a smooth transition. Get as much information as you can about your new location. Check out Standard Information Topic Exchange System for information on Department of Defense installations worldwide, including housing, education and spouse employment. You can get info on specific cities, cost-of-living comparisons and salary calculators at Homefair.

Don't forget the pizza

Several months before you leave, prepare a



File Art

moving budget — estimate food, hotel and gas costs, utility hookup fees, rental deposits, and any other expenses that come to mind (don't forget that first night's pizza delivery in your new home). Get an idea of how much cash you'll need to move and get settled in your new home. You might discover some unexpected costs or a cash shortage. This is where the advance pay comes in, but be careful how you spend this money. If you

use it wisely, it can make your transition smooth and worry-free. If you use it poorly, it can be yet another source of stress during a tumultuous time. **Don't blow it** Once you've received your advance, save it for the moving expenses you intended it to cover, such as mandatory pet quarantine costs, first and last months' rent on your new home,

and utility deposits. While it's tempting to blow that pile of money on a vacation or a new digital camera, keep in mind that your debt will catch up with you. If you waste your advance pay, you could be setting yourself up for a long period of financial distress. Before requesting advance pay, make sure your budget can accommodate the repayment. Because repayment is automatically deducted, you never have the opportunity to skip a month or pay late. Before you take any advance, talk to a financial counselor at the FFSC or MCCS to work out a budget. The budget should include the repayment of your advance as well as changes in cost of living, spouse's salary, and housing allowance and pays. Ben Franklin once said that having to move three times is as bad as having your house burn. As a member of the military life, you know better than most how accurate that statement is. But if you budget long before the move occurs, and wisely use your advance pay, you can make the financial aspect of your move less distressing.

Modern times

Today, advance pay is like a short-term, interest-free loan from the government. The disbursing office will have exact details, but here are some basics about requesting an advance:

- How much can I request? One to three months' pay.
- When do I request it? Up to 30 days prior to departure and not later than 60 days after arrival at the new location (more time is permitted in cases of hardship or very large expense).
- How long do I have to repay? Up to 24 months.
- How do I repay it? It's automatically deducted from your pay.
- Am I charged interest? No, advance pay is interest-free.

Do I have to get written command approval? Yes, if you:

- Are E-3 or below.
- Request more than one month's advance.
- Request that repayment last longer than 12 months.

Make the request more than 30 days prior to departure or more than 60 days after arrival at the new location.

HEALTH AND WELLNESS

The Critical Days of Summer and Safety



File Photo

News Release

Lifelines

Every year motor vehicle accidents claim the lives of Sailors, especially during the Critical Days of Summer (Memorial Day through Labor Day).

As the volume of vehicles on roadways increases so does the risk of mishaps, injuries and deaths, and by practicing traffic safety regularly, Sailors not only protect themselves and loved ones but others on the road.

The Navy Safety Center tries to keep mishaps down by hosting a variety of presentations and training to help Sailors identify motor vehicle safety hazards and prepare them for safer road trips.

A program called Travel Risk Planning System plans whole road trips and identifies possible problems before drivers get behind the wheel. The Navy and Marine Corps version of the program started in August 2006 and with more than 30,000 service members registered, 18,000 travel risk assessments have been completed with a successful zero fatality rate.

"A Sailor goes onto the safety center's Web

site and completes a TRiPS risk assessment where they answer questions pertaining to their vehicle and future trip plans," said Dale Wisnieski, a traffic and motorcycle safety specialist at the Naval Safety Center. "The risk assessment will then say whether the trip is a low, medium or high risk and give some scenarios of members that have died in accidents. Once the entire assessment is complete, an email is sent to the Sailors' supervisor which opens up any problematic areas from the assessment to be discussed."

"The whole idea is to get people thinking about their upcoming trip, get supervisors involved with their personnel and help Sailors plan a safe trip," he added.

Master Chief James Cooke, traffic safety specialist at the Naval Safety Center/Traffic Safety Division provided some simple tips that could mean the difference between life, injury or death after getting behind the wheel.

"Don't drink and drive, always wear a seat-belt, don't drive fatigued and take breaks every two hours or so when traveling long distances."

Cooke also suggests keeping realistic thoughts about travel time and avoiding road rage.

The Navy is having one of its best years

regarding motor vehicle-related fatalities in more than five years.

Dan Steber, media officer at the Naval Safety Center said 80 percent of motor vehicle mishaps involve human error and most people take the act of driving for granted.

"The most dangerous thing you do everyday isn't what you do at work, it's getting in your car and driving," Steber said. "I don't think we always take that so seriously and that's part of the problem. We take it for granted that we're in our car and everything's fine but more incidents and deaths happen there than they do at work."

Sometimes just hearing motor vehicle accident stories isn't enough to make an impact on a person's daily routine.

Presentations like "Street Smart" drive the message home by allowing Sailors a chance to hear stories from families that lost loved ones in motor vehicle accidents. Those families sometimes bring in articles of clothing worn by the victim at the time of the accident.

"I think the presentations make a big difference because people get to see it first-hand, and it brings reality to them," said Bonnie Revelle, a

traffic safety specialist at the Naval Safety Center. "We just want to drive into servicemembers' minds that this can happen to them."

As for motorcyclists, safety measures are just as important because bikes are no match for motor vehicles on the road. A simple mistake or misjudgment on the highway increases the rate for fatality.

"Riders that have not ridden in a couple years should take a refresher course to sharpen their skills, make sure the motorcycle is serviced regularly, follow all Department of Transportation proper protective equipment riding gear guidelines and obey speed laws," said Wisnieski.

Although the Navy offers presentations and information about safety, commands share the responsibility in delivering this information throughout the fleet.

"All commands need to take responsibility for their Sailors, and Sailors need to take care of each other," said Wisnieski. "All commands should have emergency contact numbers that will allow Sailors to get home safely."

Wisnieski urges all Sailors from senior to junior to always take the time to take care of a shipmate.

AROUND THE CORPS

‘Ten more lines for gold!’

Lieutenant guides All-Marine volleyball team to historic win

Lance Cpl. Ryan Wicks
Okinawa Marine

CAMP FOSTER, Okinawa – First Lt. Joshua Slay became fascinated with volleyball as a young man watching greats like Kent Steffes and Karch Kiraly take the gold medal at the 1996 Summer Olympics Men's Beach Volleyball competition in Atlanta, not knowing he would one day win his own gold medal in the sport.

Slay, an intelligence officer with Marine Air Control Group 18, is constantly training and practicing to improve his skill as a volleyball player.

He began playing volleyball in high school. Despite being fairly new to playing the sport, Slay showed skills from the start.

"I always seemed to have a knack for the sport," he said. "Even when I was young, I did well."

Slay continued playing in college. While playing for the University of Maryland, Slay and his team went to the National Collegiate Athletic Association Volleyball Tournament. Although his team was eliminated before the finals, they ranked as one of the NCAA's top ten teams.

"My coach at the University of Maryland, [Shang Hsiung], was the biggest influence on my game," Slay said. "I learned most of what I know about volleyball from him."

While gaining notoriety and improving his

game, Slay began coaching a high school volleyball team.

"Coaching makes you a better player," Slay said. "When you teach something it makes you take a step back and analyze your game and how you can improve it. I got to see what types of moves work better against the opposition by observing them."

After graduating college, Slay turned his sights on the Marine Corps.

In March of 2005, Slay was commissioned a second lieutenant in the Marine Corps and the following year deployed to Iraq in support of Operation Iraqi Freedom.

Even in the Marine Corps Slay's heart was set on playing volleyball. He submitted an application to Headquarters Marine Corps to play for the 2007 All-Marine volleyball team.

"Getting selected is all about your past experiences and who knows about it," said Corey Carter, a sports specialist with Marine Corps Community Services. "HQMC looks over all the applications and determines who gets a chance to try out."

Slay was accepted and competed in 2007, but his team did not rank.

In May 2008, Slay once again had a chance to tryout for the All-Marine team at Cherry Point, N.C.

The first three weeks consisted of tryouts and practice. During the fourth week, ten out of 21 candidates were selected for the team.

Slay was selected as team captain.

"Training was really tough," Slay said. "We had no days off, and in our spare time, we scrimmaged other teams. During practice our coach would yell out, 'Ten more lines for gold!' Hearing that meant we had to run sprints ten more times which was exhausting."

The Marine Corps' volleyball team hasn't had much tournament success in past years, according to Carter. In 15 years, they ranked once in 1993, taking silver.

However, that changed during the All-Armed Forces Championship at Marine Corps Air Station Cherry Point, N.C., June 1-9.

During the competition there were a total of six matches. In each match between forces, it was the best of five games.

Slay led the team in a sweeping 6-0 performance, crushing the All-Navy volleyball team in the finals three games to none to clinch the championship and first ever All-Marine volleyball team gold medal.

Those who know Slay were not surprised at his accomplishment.

"He is so motivated about volleyball and cares about his teammates so much. I would pick him as my basketball team captain even if he had never touched one before," Carter said. "That's what kind of guy he is."

Even with his achievements, Slay admits there is always room for improvement.

"My future goals are to continue to build the volleyball program and repeat as champions," he said. "There is always something we can learn."

While reflecting on experiences, Slay said he is grateful for the opportunities he has had.



Lance Cpl. Ryan Wicks

First Lt. Joshua Slay, an intelligence officer with Marine Air Control Group 18, sports his weapon of choice and his recently earned 2008 All-Armed Forces Volleyball Tournament gold medal.

"I think I've got a pretty good deal here," Slay said. "Any year I get to travel and play volleyball is a great one."

"You can't play this game as a bunch of talented individuals," he said. "You have to play the game as a team. It's all about cohesion and teamwork which is why we dominated the tournament."