

# Hawaii Marine Lifestyles

## KING & QUEEN

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

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

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

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

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

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

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

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

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

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

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

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

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

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



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



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

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



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



# PASS IN REVIEW

## Your weekly guide to the best aspects of entertainment

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

### 1/4 — No Impact, No Idea

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



### 2/4 — High And To The Right

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



### 3/4 — On Target

Praiseworthy. A great endeavor, not quite an instant classic but still very entertaining. This is a sound investment of your time.



### 4/4 — Confirmed Kill

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



So, there you have it and we hope you enjoy our weekly reviews. Don't forget, The Hawaii Marine accepts submissions from its readers so if you consider yourself a film buff, music aficionado, gaming geek or bookworm feel free to submit your own reviews.

## Better Know A Critic



BARBER

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



WONG

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

## 'Deathly Hallows' were the death of me

**Kristen Wong**

*Photojournalist*

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

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

Nope.

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

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

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

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

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

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

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

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

ing if he was alive or dead, and he's all she talked about, according to Seamus Finnegan. Yet when he finally shows up at Hogwarts, all she can do is stand there and smile at him from five feet away. I think they've been together long enough to be past the shy phase. They already kissed in the last movie. She later also gives him a very rushed, very forced, insincere kiss and wishes him a hasty "good luck," which was disappointing.

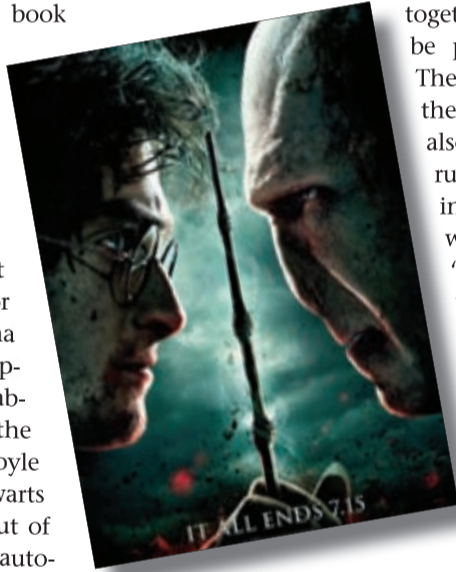
I'll say that sometimes the Hollywood aging process does not always work. Nice try, but the extra make-up, hair styling and "grown-up" clothes did not make the three main actors Daniel Radcliffe (Harry), Rupert Grint (Ron) and Emma Watson (Hermione) look as though they've aged 19 years, as

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

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

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

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



## The excitement behind 'My Bloody Life'

**Lance Cpl. Jacob D. Barber**

*Combat Correspondent*

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

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

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

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

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

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

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

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

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

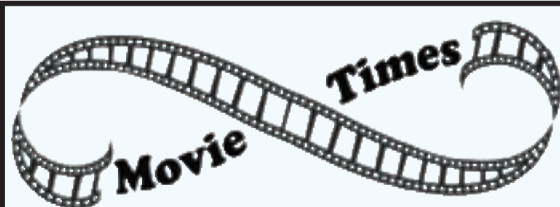
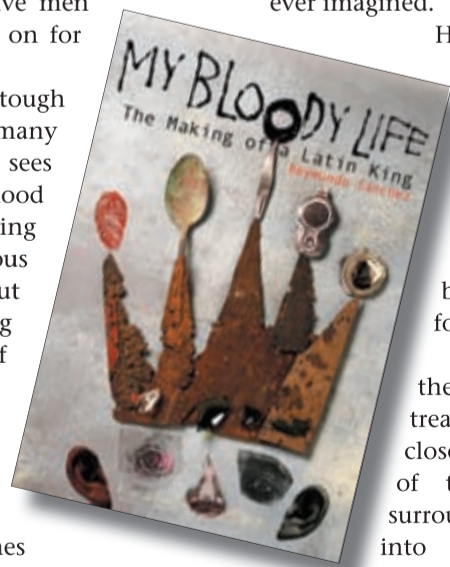
With the love of money, power, drugs and sex he is conflicted with physical and mental problems that go way beyond what he ever expected.

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

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

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

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



**Prices:** All shows are \$3.25 for adults and \$2.25 for children. For ticket pricing, the Base Theater Box Office defines an adult as a patron 12 and older and defines a child as a patron from 6 to 11. Children 5 and younger are admitted free of charge. Parents must purchase tickets for R-rated movies in person at the box office for children 16 and younger. Patrons must present their military identification card when purchasing tickets. Call 254-7642 for recorded information.



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

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

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

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

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

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

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

# Operation Ohana families land at Bayfest

**Christine Cabalo**

*Photojournalist*

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

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

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

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

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

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

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

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



Christine Cabalo | Hawaii Marine

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

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

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

families of the deployed out for fun events.

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

## Pets in Paradise: Adopting and fostering a pet

**Kristen Wong**

*Photojournalist*

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

added that breeding is not authorized on base either.

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

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

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

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

offers Pets of Patriots.

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

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

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

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

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

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

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

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

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

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



Photo courtesy of Kelly Sims

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

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



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



Photos by Kristen Wong | Hawaii Marine

## LEAVE WILDLIFE IN THE WILD!

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

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

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



Courtesy Photo

ENVIRONMENTAL  
CORNER



# MARINE MAKEPONO

Hawaiian for 'Marine Bargains'

**Drawer organizer for sale.** Selling white criss-cross plastic drawer divider, still in shrinkwrap. Too small to fit in old chest of drawers, but fits in most others. Holds more than a dozen items. Paid \$10, but will consider best offer. For more information, call 257-8837.

**Help wanted.** Busy military family in Aikahi seeks honest, mature, and organized self-starter for weekly housekeeping help. \$17/hour. Send your contact and work/domestic/education experience info to kailuafamily@gmail.com.

**Items wanted.** Seeking patio outdoor canopy swing set. For more information, call 239-9035.

**New shoes for sale.** Two pairs of Kenneth Cole Reaction Women's Hip Pop Sandal. Open-toe and ankle strap wedge heel. Never worn, available in black and chocolate colors in size 8.5 M. Previously sold out in online retailers. Retails for \$55 or more, but will take the best offer. For more information, call 257-8837.

**Sheet music stand for sale.** Hamilton stainless steel tripod design with telescoping neck. \$20

or best offer received. For more information, call 520-204-0144.

*If you would like to sell, buy or trade something in the Marine Makepono section of the Hawaii Marine, please stop by the Marine Corps Base Hawaii Public Affairs Office in Building 216. Please have with you your DoD ID and a short write-up of what you'd like to run. You can fill out the form on the spot or return it later. Emails, faxes and telephone calls are not accepted for Makepono ads. Marine Makepono may only be used by active duty, reserve, retirees or their immediate families.*

## GET INVOLVED IN YOUR COMMUNITY!

### "The Wizard of Oz" at Paliku Theater

July 21-23

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

### Ulupo Heiau Hoike 2011

July 23

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

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

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

### PCS Move Workshop

July 27

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

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

### Snorkel at Haunama Bay

July 31

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

Sign up by July 28. For more information, call 254-7593 or email [peteronko@usmc-mccs.org](mailto:peteronko@usmc-mccs.org).