

Hawaii Marine

Marines, sailors clean base during Malama Ka Aina

Lance Cpl. Vanessa M. American Horse
Combat Correspondent

Marines, sailors and civilians here have once again joined together from numerous commands across base to participate in a traditional basewide clean up effort known as Malama Ka Aina April 11-15.

The name translated from Hawaiian means “Caring for the Land.” The Base Inspector’s Office coordinates the clean up twice a year. It was previously known as “Pride Day” and “Pride Week.”

“Malama Ka Aina week is more than a general cleanup because units are asked to clean areas that on a daily basis get over looked,” said Sgt. Sean M. Connolly, Base Inspector’s Office, who led the clean up team. “Taking care of the Earth, and the place we call home, is our way of honoring Hawaiian culture.”

Individual commands provided their own personnel, which combined to make a clean-up crew. The designated service members cleaned up



Lance Cpl. Vanessa M. American Horse | Hawaii Marine

Lance Cpl. Travis L. Warren and Lance Cpl. Andrew D. Dropik, both from the base working party, Base Inspector’s Office, clean the Mokapu Central Drainage Channel alongside Lawrence Road April 15 for Malama Ka Aina week.

See **CLEAN UP, A-7**

K-Bay’s base volunteers recognized

Kristen Wong
Photojournalist

More than 2,000 volunteers were recognized at the base’s annual volunteer recognition ceremony Friday at Kahuna’s Community Ballroom.

Marine Corps Air Station Kaneohe Bay was recognized as the Volunteer Unit of the Year. Petty Officer 2nd Class Leslie Garcia, a logistics specialist with Commander, Patrol and Reconnaissance Wing 2, was recognized as the MCB Hawaii Volunteer of the Year.

“During this time when so many Marines and sailors are deployed the support offered by our volunteers is a major factor in our ability to ensure that their families back home are in good hands,” said Col. Jeffrey R. Woods, base commanding officer, “Marine Corps Base Hawaii demonstrated a high standard of volunteerism through the dedication, commitment and compassion of individuals who have so generously given of their most precious resource — their own time.”

Woods said the amount of work accomplished by the volunteers in one year would have cost paid employees more than \$800,000.



Kristen Wong | Hawaii Marine

Petty Officer 2nd Class Leslie Garcia, logistics specialist, Commander, Patrol and Reconnaissance Wing 2, receives her award from Col. Jeffrey R. Woods, commanding officer, Marine Corps Base Hawaii, during the volunteer recognition ceremony April 15.

The air station contributed 2,887 volunteer hours in 2010 to earn top honors. Marines from Aircraft, Rescue and Firefighting ran the Honolulu Marathon in December to raise funds for wounded warriors here. The

unit also raised more funds for the wounded warriors through their recent car show. The Marines and sailors of MCAS also regularly volunteer at Lanikai Elementary School.

“I’m floored by the sense of spirit and volunteerism that my Marines and sailors have,” said Lt. Col. Jeffrey Pellegrino, commanding officer, MCAS. “I’m really proud of them for winning this award. They truly deserve it.”

Garcia, of Texas, has volunteered aboard the base for more than two years. The 25-year-old said the most rewarding aspect of volunteering is seeing how appreciative people are.

She has volunteered for numerous activities, including Drug Education for Youth, Hawaii National Guard Youth Challenge Academy, and the American Red Cross. She has collected money for the Red Cross’ “Hats Off” Campaign, and assisted athletes at the bocce ball and bowling tournaments for Special Olympics.

“[Petty Officer 2nd Class] Garcia is the most respected, intelligent, conscientious, meticulous, nurturing individual I’ve ever had the privilege of working with,” said Leroy Contee,

See **VOLUNTEERS, A-7**

Marine chef earns high-level culinary certification



Christine Cabalo | Hawaii Marine

Christine Cabalo
Photojournalist

Gunnery Sgt. William Allison Jr., recently earned a top certification by the Culinary Institute of America.

The only active-duty Marine to hold the CIA’s ProChef Level III certification, Allison earned the title by going through the trials of a

four-day exam. Chefs must demonstrate they’ve mastered region-specific Asian and Latin American cuisines, as well as good leadership skills in tough situations. “I can’t say I love any one type of cuisine,” said Allison, assistant mess hall manager, Anderson Hall Dining Facility here. “I love it all, even more when I can serve something that will put a smile on everyone’s face.”

Enlisting as a Marine cook at 18, Allison has prepared meals as a home chef, in corporate chain restaurants and for high-end hotels. He has competed in several military contests, including the 36th Annual Culinary Arts Competition held in March at Fort Lee, Va.

Inside Anderson Hall Dining Facility’s kitchen, Gunnery Sgt. William Allison Jr., assistant mess hall manager, prepares ribs for cooking. Allison recently earned ProChef III Certification from the Culinary Institute of America and is the only active-duty Marine to hold the honor. In 2008 he also earned the title Department of Defense’s Chef of the Year.

See **CHEF, A-7**

Inside today’s Hawaii Marine

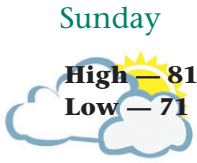
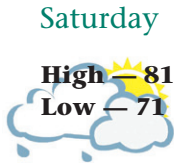
Weekend Forecast



Run, Hubbard, run!
Base Marine shares his lifelong passion of running, which has led to many big racing wins, **B-1**



The band goes marching in!
The MarForPac Band starts their annual trip to perform in American Samoa, **A-6**



NEWS BRIEFS

New National Terrorism Advisory System

The Department of Homeland Security on Wednesday replaced the color-coded terrorism threat advisory system with the new National Terrorism Advisory System (NTAS). The new system underscores the critical role all Americans have in keeping our country safe. Examples of how alerts will look, the details that will be provided to the American public and how the American Public will need to respond can be found at <http://www.dhs.gov/files/programs/ntas.shtm>. If you have questions contact the base Mission Assurance Force Protection Office at 257-8845.

Base Post Office closed Saturday

The Base Post Office will be closed Saturday. Patrons are asked to use the either the Kailua or Kaneohe Post Offices. The Kailua office is located at 335 Hahani St. and is open from 9 a.m. to 4 p.m. The Kaneohe office is located at 46-036 Kamehameha Highway and is open from 8:30 a.m. to 2 p.m.

Harris Avenue partial closure

Today is the last day of the partial road closure of the northbound lane of Harris Avenue between MacLachlin Street and McClennan Drive. Between 8 a.m. and 3:30 p.m., flagmen will allow one-way traffic through.

Power outages scheduled May 3

There will be a power outage on base May 3 between 8 a.m. and 3 p.m. The affected buildings numbers are: 092, 1033, 1034, 1043, 1044, 1074, 1086, 1089, 1199, 1528, 1655, 1656, 1675, 4014, 4015, 4028, 4030, 4052, 5099, 7000, 7001, 7002, 7003, 7004, 7005, 7006, 7007. Call Lyle Fong at 257-6899 for more details. During the power outages, the Installation Personnel Administration Center and the Defense Enrollment Eligibility Reporting System identification office will have limited services and DEERS will be closed.

MMSB/MMPR to visit Camp Smith and MCB Hawaii Monday

The Headquarters Marine Corps Manpower Management Support Branch and Promotions Promotion Branch teams will visit Camp H.M. Smith and Marine Corps Base Hawaii Monday to provide professional military education. The briefs will be from 8:30-11 a.m. at the Camp Smith's Pollock Theater and 2:30-4:30 p.m. at the MCB Hawaii theater. The target audience for the briefs are enlisted Marines from sergeant and above, all Marine officers and civilian equivalents. The points of contact for MarForPac are Tanisha Cook at 477-8465 or Staff Sgt. Anthony L. Fultz at 477-8403. For MCB Hawaii, contact Amy Madsen, 257-8866 or the base adjutant's office.

Hawaii Marine corrections

On page B-1 of last week's issue, the top photo of the martial arts article misidentified Marines in the caption. It should have read "Sgt. John Badon, a third-degree black belt Marine Corps Martial Arts Program instructor-trainer with the Marine Corps Martial Arts Center of Excellence, demonstrates a technique on fellow instructor-trainer Sgt. Steven Richardson to students of a second degree advancement and recertification workshop held by the MACE's mobile training team."

Important Phone Numbers:

On-Base Emergencies	911
Military Police	257-7114
Child Protective Service	832-5300
Fraud, Waste, Abuse & EEO	257-8852
Pothole & Streetlight Repair	257-2380
Base Information	449-7110
MCB Hawaii Chaplain	257-3552
DEERS	257-2077



Hawaii Marine

www.mcbh.usmc.mil

Commanding Officer	Col. Jeffrey R. Woods
Base Sergeant Major	Sgt. Maj. Robert E. Eriksson
Public Affairs Officer	Maj. Alan Crouch
Media Officer	2nd Lt. Diann Olson
Public Affairs Chief	Gunnery Sgt. Arsenio R. Cortez
External Media Chief	Sgt. Mark A. Fayloga
Internal Media Chief/Managing Editor	Sgt. Brian A. Tuthill
Photojournalist	Christine Cabalo
Photojournalist	Kristen Wong
Graphic Artist	Jay Parco
Press Chief	Lance Cpl. Vanessa M. American Horse
Combat Correspondent	Cpl. Reece E. Lodder
Combat Correspondent	Lance Cpl. Tyler L. Main

Hawaii Marine is an authorized publication for members of the Department of Defense. Hawaii Marine is published by MidWeek Printing, Inc., a private firm in no way connected with the U.S. Marine Corps, under exclusive contract to the U.S. Marine Corps. Contents of Hawaii Marine are not necessarily the official views of, or endorsed by, the United States Government, the Department of Defense or the U.S. Marine Corps. The appearance of advertising in Hawaii Marine, including inserts and supplements, does not constitute endorsement by the DoD, Department of the Navy or the U.S. Marine Corps of the products or services advertised. Everything advertised in Hawaii Marine shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron. Editorial content or public service announcements (i.e., all content other than paid advertisements) is edited, prepared and provided by the Public Affairs Office aboard Marine Corps Base Hawaii. Opinions expressed are not to be considered an official expression of the DoD, DoN or the USMC. Hawaii Marine is a free publication available at stands on Marine Corps Base Hawaii and neighboring businesses. If you are interested in obtaining copies by mail, please contact MidWeek Printing, Inc. at 235-5881. Submit items for Hawaii Marine to the managing editor no later than noon on the Friday prior to publication, using the following address:

Hawaii Marine, Box 63062, Building 216,
MCB Hawaii, Kaneohe Bay, Hawaii 96863
E-Mail: HMEditor@hawaiimarine.com
Fax: 257-2511, Phone: 257-8837

Family fun at 3rd Marine Regiment's Easter party

Kristen Wong
Photojournalist

More than 250 service members and families from 3rd Marine Regiment's Headquarters and Service Company and three infantry battalions attended an Easter party at Riseley Field Saturday.

"With two of our battalions deployed and the pace as busy as ever, it's an opportunity for the families to take time out and have fun," said Col. James Bierman, commanding officer, 3rd Marine Regiment.

Ed Hanlon, family readiness officer, 3rd Marine Regiment, said Bierman was excited to be able to see the families before his upcoming change of command in May.

With music, chatter and cool drinks, families spent the afternoon engaged in multiple activities. Children slid, jumped, climbed and crawled through a bounce house and an inflatable obstacle course.

Manuel Gonzalez, 12, and Devin Johnson, 11, raced each other through the obstacle course on the slide. Devin's father is currently deployed, and Manuel's father will deploy soon. Devin said it's good to have activities like the Easter party to show appreciation for the good job that military parents accomplish.

While her son had fun at the party, base resident Jennifer Johnson relaxed in a chair near the obstacle course. Johnson's husband has been gone six months on his sixth deployment. Johnson said she keeps busy spending time with her children and working. She has been able to talk to her husband about once every two weeks. The family looks forward to attending a luau when he returns.

Staff Sgt. Michael Everett, ammunition chief, Headquarters and Service Company, 3rd Marine Regiment, sat at one of the activity tables decorating Easter bags with his children. He will soon deploy to the Philippines. He said it's good for the regiment to have events like the Easter party "to bring all the families together."

Evan Rich, 3, slid down from the inflatable obstacle course, and moved on to play in the bounce house.

"It's good for them to interact with other children," said Evan's mother, base resident April Rich.

During her husband's deployment, April has made an effort to get out of the house and enrolled her son in numerous activities from gymnastics to piano lessons. Although she said her son misses him, he has a "daddy doll," with her husband's picture, and the family is able to speak over the Internet.

Hanlon announced there would be separate egg hunts for children of varying ages. Colored plastic eggs and stuffed animals awaited the children, scat-



Kristen Wong | Hawaii Marine

The Easter Bunny greets a child during the 3rd Marine Regiment's Easter party on Saturday. The event, held at Riseley Field, included bag decorating, bounce houses, and egg hunts. The Easter Bunny arrived at Riseley Field in a Mine Resistant Ambush Protected vehicle.

tered across Riseley Field. Alex Woode, 4, smushed as many small stuffed animals as she could find into her tiny basket. Of her new collection she liked the tigers the most, though she was willing to share her stuffed rabbits with her brother. She preferred not to collect eggs because she does not like the way they taste. Bierman's 11-year-old daughter, fresh from her recent volleyball game across the street, said she enjoyed the Easter egg hunt and met a new friend at the party while playing volleyball in the sand pit. After the eldest children cleared their section of field during their egg hunt, Hanlon announced the

See PARTY, A-8

VP-47 welcomes new commanding officer

Lt. j.g. Ron G. Belany
Patrol Squadron 47

Family, friends, and the men and women of Patrol Squadron 47 gathered in Hangar 104 at Marine Corps Air Station Kaneohe Bay for the squadron's change of command ceremony April 14.

Cmdr. Kjell A. Wander relieved Cmdr. George M. Landis III as the commanding officer of the squadron.

Landis quoted former president Ronald Reagan and encouraged the squadron to continue to great heights saying, "Each generation goes further than the generation preceding it because it stands on the shoulders of that generation. You will have opportunities beyond anything we've ever known."

Landis' next assignment is the Industrial College of the Armed Forces in Washington, D.C., a military institution to prepare officers and civilian government officials for leadership and executive positions in the field of national security.

Wander is a native of Charleston, S.C., and is a graduate of the U.S. Naval Academy and the Naval War College. His most recent tour was at U.S. Strategic Command in Nebraska. Under Wander's leadership, VP-47 is scheduled to deploy to Europe and Africa in November.



Petty Officer 2nd Class Stacy Laseter | Patrol Squadron 47

Cmdr. Kjell A. Wander and Cmdr. George M. Landis III cut cake after Patrol Squadron 47's change of command ceremony April 14 at Hangar 104. Wander relieved Landis as the squadron's commanding officer and most recently served with U.S. Strategic Command in Nebraska.

Litter of Lava Pups joins 1/3



Photo illustration by Lance Cpl. Vanessa M. American Horse | Hawaii Marine

A total of 13 "Lava Pups" have been born to spouses of Marines and sailors of 1st Battalion, 3rd Marine Regiment, since mid-March. The influx of due dates marks the nine-month mark since the battalion returned from their previous deployment in support of Operation Enduring Freedom in Afghanistan. The battalion left last week to on another seven-month deployment. More spouses are approaching their due dates and another set of Lava Pups are due in November.

AROUND THE CORPS

‘Darkhorse’ Marines return home

Lance Cpl. Alfred V. Lopez
1st Marine Division

MARINE CORPS BASE CAMP PENDLETON, Calif. — Marines and sailors with 3rd Battalion, 5th Marine Regiment, were welcomed home by their family and friends at the 62 Area parade deck, April 11.

Approximately 150 Marines and sailors returned home after a seven-month deployment. The 3rd Battalion, 5th Marines supported International Security Assistance Force efforts in the Sangin District of Helmand province, Afghanistan.

The battalion assumed command of the Sangin battle space from 3rd Battalion, 7th Marine Regiment, in October 2010. They conducted operations to interdict drug and insurgent activity during Operation Golden Shillelagh in March 2011. The battalion also assisted in civil affairs activities to include mosque refurbishments and medical assistance projects.

“I miss seeing the smile my daughters have when they’re with their dad,” said Sgt. Estela Sagredo, a personnel clerk with I Marine Expeditionary Force. “They’re daddy’s girls, and that’s the one thing I’m happiest about, knowing that their lives are whole again.”

Sagredo and her daughters Isabella and Eva, welcomed home Master Sgt. Ismael Sagredo, an infantry unit leader with Hotel Company, 3/5.

“He’ll be spending a lot of time catching up on the last seven months he missed with his daughters,” Sagredo said.

While other families spent time reuniting with their loved ones, some Marines and sailors came home and saw their children for the first time.

Lt. Cmdr. Richard Langton, assistant battalion surgeon with 3/5, was one month into his deployment when his daughter Olivia was born.

“It feels wonderful. It’s better than I expected to feel, seeing my wife and my newborn daughter here,” said Langton, who is from Claremont, Calif. “It’s my first time seeing my daughter and we’re just enjoying getting to know our family again.”

As the excitement wound down, Marines and sailors grabbed their gear and headed with family and friends to the comforts of home.

“I’m glad we’re all back,” said Cpl. Guillermo Ramirez, a 25-year-old assaultman with Hotel Company, 3/5. “It’s been a while since I’ve seen my son and my wife, so I’m really, really happy.”

Ramirez, from McCall, Texas, was welcomed home by his wife Zuhey and son Eliel. The family is expecting another child, and will make a trip to Disneyland once Ramirez has settled at home.



Lance Cpl. Alfred V. Lopez | 1st Marine Division

Cpl. Guillermo Ramirez, a 25-year-old assaultman with Company H, 3rd Battalion, 5th Marine Regiment, kisses his unborn child after coming home to his family at the 62 Area Parade deck, April 11. About 150 Marines of 3/5 returned home to the arms of their loved ones after a seven-month deployment in Afghanistan. Guillermo, from McCall, Texas, was welcomed home by his wife, Zuhey, and son, Eliel.

CLB-3 concludes OEF deployment

Sgt. Rachael Moore
2nd Marine Logistics Group (Forward)

CAMP DWYER, Afghanistan — Lt. Col. Henry W. Lutz, the commanding officer of Combat Logistics Battalion 3, 2nd Marine Logistics Group (Forward), transferred authority to Lt. Col. Craig P. Barnett, the commanding officer of Combat Logistics Battalion 7, 2nd MLG (Fwd.), during a ceremony at Camp Dwyer, Afghanistan, April 15.

The Marines and sailors of CLB-3 will soon begin their transition back to their parent commands, which will result in them saying goodbye to each other.

“A majority of these professionals will go back to Okinawa and Iwakuni [Japan] and will probably never serve together again,” said Lutz. “It’s really a special and unique opportunity I’ve had to command them.”

Despite not working together before the deployment, Lutz said the battalion didn’t skip a beat when it came to mission accomplishment.

“This great team of professionals did everything that was asked of them and more,” said Lutz. “They always had gas in the tank when the regiment needed something. They provided flexibility for me to be able to task them effectively to deliver support on time.”

Now that the turnover is complete, CLB-7 will pick up the tasks to support the regimental combat teams operating in southern Helmand province, Afghanistan.

“[CLB-7] is eager to get started, and since actions speak louder than words that’s all I have to say about that,” Barnett concluded.

Taste of Texas steak comes to Helmand province

Sgt. Earnest J. Barnes
2nd Marine Division (Forward)

CAMP LEATHERNECK, Afghanistan — The 8-ounce fillets hit the grill in a sizzle and the juice dripped down on the red coals, causing a flow of white to billow from the smoker. The line of Marines rapidly grew longer as they waited anxiously for the metaphorical dinner bell to ring, where some would receive their first home-cooked meal in months.

Recently, Steak Team Mission, a privately funded, nonprofit organization from Dallas served the Marines and sailors of 2nd Marine Division (Forward) steak dinners in seven separate locations within a five day period.

Steak Team Mission has served 31,000 service members around the world prior to their trip to Helmand province April 14. This was the first time in Steak Team Mission’s history feeding in more than two locations or feeding Marine-specific units. According to Tony Booth, treasurer for Steak Team Mission, the journey to Afghanistan was the dream of one of their volunteers and a former Marine, Terry Chapel. Booth stated Chapel called Harvey Gough, president for Steak Team Mission, and addressed his idea. Gough, a former tanker in the Texas National Guard, suggested the team feed the Marines in Helmand province.

“We want to go to the dirtiest, nastiest and ugliest places,” said Booth. “(We want) to get to the guys whose boots are in the dirt and who are really taking the fight to the (enemy). That’s who needs us, and that is where we want to be. We just want to bring them a little piece of home.”

Steak Team Mission next had to coordinate the logistics to make Chapel’s dream a reality. The team received approval for the trip after months of coordinating with U.S. Central Command, responsible for operations in the greater Middle East and South Central Asia.

The next big challenge was delivering the roughly \$30,000 worth of steaks, ice cream and side dishes halfway around the world. The group garnered sup-

port from Fed Ex, which volunteered to transport the shipment to Dubai, United Arab Emirates, where it was then transferred to a military aircraft. A private foundation donated the remaining funds necessary to get the trip on the runway.

With funding secured and steaks on the plane, the landing gear was up and the flight was headed to Dubai.

“The food came here in dry ice, and they were feeding ice cream in addition to steak, which is highly perishable,” said Maj. Joe Farley, the operations officer for the Supply and Logistics section,

seven locations selected for Steak Team Mission to feed Marines and sailors and his Marines worked diligently once the cargo was delivered from Dubai to prepare for the movement.

“The goal was to feed as many Marines as far forward (in the area of operations) as possible, and in the shortest amount of time,” said Farley, a Tazewell, Va., native. “That is what we tried to accomplish and resulted in a rather demanding airlift schedule.”

Three teams of volunteers, along with Marines from the Supply and Logistics section, hopped on and off CH-53 Super



Boerne, Texas, native Lance Cpl. Wayne Snelling (left), looks on as Lance Cpl. Taylor Slay, a Baton Rouge, La., native, shares a piece of his steak with Mac, a military working dog with 3rd Light Armored Reconnaissance Battalion. Steak Team Mission served the 2nd Marine Division (Forward) steak dinners in seven separate locations.

2nd MarDiv (Fwd). “It was a challenge to link the food up with the airlifts. We had to minimize the amount of time we were away from refrigeration.”

Farley, who ensures subordinate units have the resources necessary to accomplish their mission, coordinated the movement of volunteers and steaks. He spoke to unit commanders within the division’s battle space to identify the

Stallion Helicopters, bringing the joy of Texas steaks.

At every location, Marines lined up next to the grill waiting for Booth to say, “Get on up here and tell ‘em how ya want it Marine! Raw, rare, medium rare, well done -- it’s cooked to order.”

The scent of flame-basking beef filled the air, and the grins Marines’ faces grew broader the longer they waited.

“This is my fourth deployment, and this is the first time I’ve seen this happen before,” said Sgt. Corey Branner, the mess hall chief for 3rd Battalion, 9th Marine Regiment.

Branner, a Chicago native, is in charge of ensuring breakfast, lunch and dinner is prepared for the battalion and said it was great to see the Marines’ smile at their first home-cooked meal in a while. He also noted the positive impact a meal like this has on morale in a unit and its affect on the mission.

Steak Team Mission pushed further and further south as the operation progressed, with one of the last stops being Patrol Base Wolfpack, approximately 20 miles from the Pakistan border.

The Steak Team Mission did their best to feed every Marine available at each stop, even if it meant waiting for the Marines to get back to base from maneuvers. Lance Cpl. Wayne Snelling, serving as a dog handler with Erie Company, 3rd Light Armored Reconnaissance Battalion, stated his platoon had been out for nearly a month and a half and their usual food comes from pre-packaged Meals, Ready to Eat.

“This is the best meal I’ve had in more than a month,” said Snelling, a Boerne, Texas, native.

At the conclusion of the five day evolution, Booth said all the Marines they served were extremely appreciative, and they weren’t shy about showing it.

“Every Marine who came through the line came back through to shake our hands,” he explained. “They said it was the best meal they have had in 6 months, or however long they had been here.”

The Steak Team Mission volunteers closed out another successful mission, bringing a touch of home to Marines and sailors here. Their efforts demonstrated a tremendous level of dedication and patriotism, according to Farley.

“That gives them a taste of home, but it shows the people at home give a damn,” said Farley. “There are people out there (who) want to make a difference, but Steak Team Mission not only talks the talk, they also walk the walk.”

Earth Day Expo

educates and entertains

Lance Cpl. Vanessa M. American Horse
Combat Correspondent

It was a great turnout at this year's third annual Marine Corps Base Hawaii Earth Day Expo at the Mokapu Mall Saturday. More than 500 people came to shop at the farmer's market, visit vendor display booths, win prizes or take advantage of the 20 percent savings at the Marine Corps Exchange.

The free event also featured performances by the Polynesian Cultural Center and the Kaneohe Bay Gymnastics and Dance Movement Academy.

"I like that they had performances for the adult audience," Marine spouse Christal Mengel Wallsch said. "Plus there were more activities for the kids this time. It was more exciting than I expected."

The message was clear at the expo — the base has been making great strides in its efforts to promote sustainability and conserve natural resources. Many people found it hard to believe it was an Earth Day Expo, rather than a traditional block party.

"I was just coming to get some [coffee] and I wondered what was going on," said base resident Jamie K. Cline. "I love this.

I've gotten so much cool free stuff and I'm learning how to recycle on this base a little better. I guess I didn't know how serious the effort was."

Segway personal transporter rides, a children's bounce house and local food sampling were popular activities. Lines for the attractions stayed short, but steady, as the expo was lively until the end.

Before the expo's conclusion, Col. Jeffrey R. Woods, commanding officer of MCB Hawaii, awarded Fleet Logistics Support Squadron 51 and U.S. Marine Corps Forces, Pacific, with giant \$250 checks for winning the unit recycling competition. MarForPac was the large unit (301 members or more) winner with 2,385 items and VP-51 was the small unit winner with 2,751 items.

"It's good to see that units basewide took this competition seriously," Woods said at the event. "I thank everyone for their efforts."

A total of 11,997 items were turned in between the participating units, including Headquarters Battalion, Marine Corps Air Station Kaneohe Bay, Military Police Department and Helicopter Anti-Submarine Squadron Light 37, according to James Siebert, base recycling manager.



Col. Jeffrey R. Woods, commanding officer of Marine Corps Base Hawaii, awarded Fleet Logistics Support Squadron 51 and U.S. Marine Corps Forces, Pacific, with giant \$250 checks for winning the unit recycling competition at the base Earth Day Expo at Mokapu Mall Saturday. MarForPac was the large unit (301 members or more) winner with 2,385 items and VP-51 was the small unit (300 or less) winner with 2,751 items.

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



“It's good to see that units basewide took this competition seriously.”

— Col. Jeffrey R. Woods,
commanding officer,
Marine Corps Base Hawaii

Lillian S. Mueller, 2, tries a sample of a local apple banana and fresh milk at the base Earth Day Expo at Mokapu Mall Saturday.



Polynesian Cultural Center volunteers taught Marines and Sailors how to make fire with their bare hands at the base Earth Day Expo at Mokapu Mall Saturday.



Polynesian Cultural Center dancers perform for the crowd at the base Earth Day Expo at Mokapu Mall Saturday.



Base residents check out the plant and flower sale at the farmer's market during the base Earth Day Expo at Mokapu Mall Saturday.

MarForPac kicks off American Samoa tour with luau

Lance Cpl. Tyler L. Main
Combat Correspondent

PAGO PAGO, American Samoa — Marine musicians of the U.S. Marine Corps Forces, Pacific Band arrived on the island of Tutuila, American Samoa, April 14 for their annual island tour. This is the fourth consecutive year the band has visited the island.

Although American Samoa has been a U.S. territory for more than a century, the islands maintain strong tribal ties and people here don't have as many opportunities to experience mainland traditions. The MarForPac Band brings a little piece of the mainland with them in their music and their attitudes.

"We're here to promote a positive image of the Marine Corps and the rest of the United States," Sgt. Lancelot Muschamp, drum major, said. We want the people to feel like we're all a family, here, and in the States.

"This is always one of our favorite trips — the people are awesome and we're really excited to be here," Muschamp said.

The band will be performing in six schools, a few local hot spots and the island's Flag Day ceremony, where they started their tour Saturday.

Flag Day is American Samoa's annual celebration of the adoption of their island as a U.S. territory. At



Lance Cpl. Tyler L. Main | Hawaii Marine

A chef at Tisa's Barefoot Bar and Grill prepares coconut halves filled with shrimp and various sauces for musicians of the U.S. Marine Corps Forces, Pacific Band, April 15, before covering the traditional Samoan oven with layers of banana leaves to keep the heat from escaping. The band performed more than 10 times in a week between six schools, the island of American Samoa's annual Flag Day ceremony and a few local hot spots.

the ceremony, the band will perform both the U.S. and Samoan National Anthems one after another to signify the companionship between the U.S. and the island of Tutuila.

The first school where the band will perform at is Samoana High School,

one of the biggest schools on the island. Samoana is one of the band's favorite shows because the students bring plenty of energy to the show.

"The kids get so into it and the musicians who are performing just get to be themselves while they're playing,"

Lance Cpl. Sam Dieffenbach, clarinet player, said. "The kids bring out a very natural performance from the band, it's doesn't feel like the band is forcing a good show. The kids' attitudes makes the performance better."

The band is also in American Samoa to heighten the population's awareness about the Marine Corps recruiting.

"Part of the reason were here is to support the recruiting station in the capitol city of Pago Pago — but we also want the Samoan people to feel like our hand is extended to help them wherever they need it," Cpl. Hector Melendez, saxophone player, said. "They ask us to come here every year and we're always excited to be here."

Although the band has a demanding schedule for the week ahead, their first order of business isn't performing, it's experiencing the culture.

During their first day on the island, a local restaurant welcomed the band with a traditional Samoan barbeque. Tisa's Barefoot Bar provided the band nearly endless portions of barbecue chicken, beef, shrimp, coconuts and more.

"I try to give [the band] the best treatment I know how, because they deserve it," Tisa, owner of the restaurant, said. "They're wonderful and they bring music to our island and that brings us joy. As a people, Samoans love music."



Kristen Wong | Hawaii Marine

APRIL IS AUTISM, ASSAULT, ALCOHOL AND ABUSE AWARENESS MONTH

Base resident Caren Eri and her sons receive information and promotional items from Kristie Masuoka, administration specialist, New Parent Support Program. The NPSP, the Sexual Assault Prevention and Response Program and the Substance Abuse Counseling Center gave out information at Mokapu Mall for various causes. There are many observances during April including autism awareness, alcohol awareness, child abuse prevention and sexual assault awareness.

Tripler hero awarded medal for saving MarForPac Marine in motorcycle wreck

Nick Spinelli
Tripler Army Medical Center

HONOLULU — The night supervisor for Tripler Army Medical Center's Nursing Department was honored in a ceremony, March 29, in the hospital's Kyser Auditorium.

Retired Lt. Col. Joe Kiser, a former Navy corpsmen and retired Army nurse, was awarded the Meritorious Civilian Service Medal for his actions when he saved the life of Staff Sgt. Mark Lyons, a Marine Air-Ground Task Force planner at U.S. Marine Forces Pacific at Camp H.M. Smith.

Lyons was in a serious motorcycle accident Nov. 22, which Kiser happened to come across.

"Emergency services had already been called, but he needed immediate care," Kiser said. "Fortunately, I had a first aid kit with me, so I was able to help."

Kiser quickly assessed the situation and applied a tourniquet to Lyons' badly injured leg. He slowed the bleeding long enough for emergency services to arrive. He then stayed with Lyons, keeping the Marine focused and conscious until emergency medical technicians could transport him to Queen's Medical Center in Honolulu.

"I knew he'd eventually be transferred to Tripler; I kept telling him I would see him again," Kiser said.

Fortunately, Kiser was correct. After he was stable enough, Lyons was transferred to TAMC. In his position as bed manager for the hospital, Kiser was the one to bring Lyons in.

"I asked him if he remembered me," Kiser said. "At first, he said he didn't, but it came back to him."

While Lyons was at TAMC, Kiser checked on him regularly, brushing off thanks and praise.

"I'd do it again in a second," Kiser said.

Lyons, who is now recovering on the mainland, was unable to attend the Kiser's award ceremony; however, he sent a letter, thanking Kiser for his actions.

"Thank you for saving my life," he wrote. "We will never forget all that you've done for us."

Col. Thomas Ward, director of operations with MarForPac, Pacific, pins a Meritorious Civilian Service Medal on Joe Kiser, night supervisor, Nursing Department, TAMC, in a ceremony, March 29 at TAMC. Kiser, a former Navy corpsman and retired Army nurse, saved the life of Staff Sgt. Mark Lyons after coming across a motorcycle wreck Nov. 22.



Nick Spinelli | Tripler Army Medical Center Public Affairs

CHEF, from A-1

Working as part of the Joint Army-Marine Corps Team, Allison took home a gold medal for work in the cold appetizers category.

In his culinary Marine Corps career, Allison has provided meals for honored guests including former Supreme Court Justice Sandra Day O’Connor, actor Harvey Keitel as well as Presidents Barrack Obama and George W. Bush. For 10 years, he’s worked as an enlisted aide to four-star and three-star generals, serving meals for them and their distinguished guests.

Allison’s focus and discipline is something Rene Marquis, military regional director, American Academy of Chefs, appreciates. Marquis has given Allison guidance and offered advice as he prepared for the exam.

“It’s a huge accomplishment,” Marquis said. “Not many Marines or sailors have done this. Everyone can do it, but it takes a lot of commitment.”

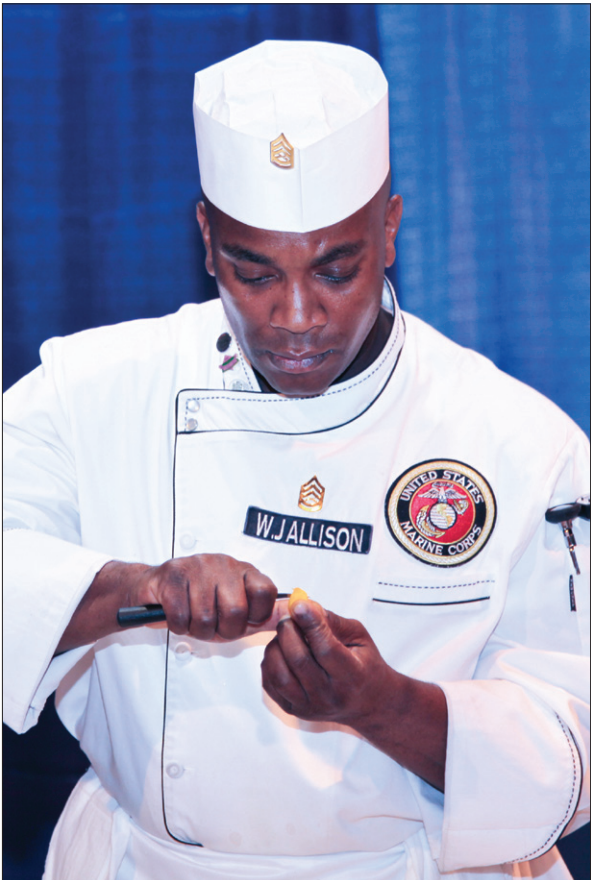
With the certification, Marquis said he’s looking forward to seeing Allison’s continued mentoring of chefs in the Marine Corps to produce even more high-quality chefs.

Allison came to Anderson Hall Dining Facility at MCB Hawaii to work as the assistant mess hall manager in 2009. The Marine chef’s future plans include helping to introduce an Asian stir-fry bar to Anderson Hall Dining Facility later this year and coordinating the Marines participation at an annual culinary event hosted at Kapiolani Community College in Honolulu.

“We maintain the same high level of service, whether we provide service for the president or the everyday Marine,” Allison said.

Through all his experiences, Allison said his best tip to other chefs is to keep a positive attitude and to continually work hard. Allison said the best chefs, like the best Marines, are ones who can work together as a team to reach their end goal.

Allison’s commitment to improving himself and others is something Chief Warrant Officer 4 Sheldon



Spc. Courtney Lindsay | 55th Signal Company

U.S. Marine Corps Gunnery Sgt. William Allison peels an onion at the 36th Culinary Arts Competition held at Fort Lee, Va., March 3. Allison is competing in the individual chef category of the competition where he has one hour to prepare two plates for the judges.

Gridley, food service officer, MCB Hawaii, said he admires.

“He brings a tremendous wealth of knowledge to our establishment,” Gridley said. “His combination of culinary background, leadership abilities and his schooling make him who he is.”

CLEAN UP, from A-1

various areas of responsibility on MCB Hawaii, Puuola Rifle Range, Marine Corps Training Area Bellows and Camp H.M. Smith.

Mokapu Elementary School students and Cub Scout Packs 225 and 238 joined in to help Marines clean around the base skate park, tennis courts, and baseball fields Wednesday. The Cub Scouts’ participation in Malama Ka Aina week helped them earn their “Leave No Tree Behind” outdoor activity badge. They were among the hundreds of additional civilian volunteers that participated in the effort.

“The purpose of the badge is to teach the boys that when they’re out in nature, they should be respectful and responsible,” Angela Brow, Cub Scout Pack 225 committee chairwoman, said. “By picking up their trash they learn to leave the areas they are in the way they found it, or better.”

The boys wore gloves and were armed with an arsenal of trash bags to tackle any trash they came upon.

“It’s bad if we don’t clean, because it will make our Earth die,” Cub Scout Michael Byers, 7, said. “We need our Earth to stay healthy.”

Once each command finished inspecting and cleaning their areas of responsibility, they transported all of the trash collected to the base recycling facility. Anything that couldn’t be recycled was then taken to the base landfill.

An astounding 93 large trash bags of garbage was collected, according to the Base Inspector’s Office. Tires, mattresses, couches and golf clubs were some of the larger items found.

“If everyone took personal responsibility and continuously cleaned up their own areas — whether it is at your place of work or your home — we could easily have a litter-free base,” said Lt. Col. Jeffrey S. Tontini. “Past Pride Days have made a positive difference to the cleanliness and appearance of the base and we are hoping that we set the example.”

VOLUNTEERS, from A-1

Drug Abuse Resistance Education and DEFY coordinator, Military Police Department. “Where most of us spend our time taking care of ourselves, Garcia spends 99 percent of her time taking care and doing for others.”

“She has taught all of us many things, but there is one thing we’ve all learned from her — if you pursue happiness it will elude you,” Contee said. “But if you focus on your family, your friends, the needs of others, your work and doing the best you can, as Garcia has done, then happiness will find you.”

Garcia also regularly volunteers with the Hawaii National Guard Youth Challenge Academy after work and on weekends, tutoring and playing sports with at risk teens ages 16 to 19.

Williams described Garcia as reliable and dependable.

“She’s a great individual and we really appreciate her for everything that she does here,” said retired Marine Sgt. Maj. Juan Williams, deputy director of the Hawaii National Guard Youth Challenge Academy.

Garcia was one of 14 nominees for volunteer of the year. Staff Sgt. Brian Gipson, a geospatial intelligence collection manager with U.S. Pacific Command’s Joint Intelligence Operation Center, was also nominated for the title. Gipson, of Palmdale, Calif., has been volunteering aboard the base for about two years for Special Olympics and Toys for Tots, among others. He said he volunteers because he wanted to give back to the community. Through volunteering as a coach, Gipson said he can teach

children soccer, his favorite sport.

Lance Cpl. Christopher DeCoser, personnel clerk, Installation Personnel Administration Center, was nominated for the Aloha United Way Volunteer of the Year. DeCoser, of Myrtle Beach,

S.C., regularly reads to students at Kailua Elementary School, and said he likes to see the smiles on children’s faces when he helps them. He is also a volunteer at the Single Marine and Sailor Program and BayFest.

Congratulations to today’s graduates of Corporal’s Course Class 403-11

Cpl. Stephen J. Bright	Marine Crypto Support Bn.	Cpl. Benjamin C. Pope	3rd Bn., 3rd Marines
Cpl. Ricky I. Bryant	Marine Crypto Support Bn.	Cpl. Daniel J. Powell	Marine Crypto Support Bn.
Cpl. Timothy J. Criswell	3rd Radio Bn.	Cpl. Matthew L. Procell	3d Radio Bn.
Cpl. Andrew P. Davis	3rd Radio Bn.	Cpl. Jordan M. Rhodig	3d Radio Bn.
Cpl. Richard S. Eber	3rd Bn., 3rd Marines	Cpl. Robert C. Rivas	Headquarters Bn.
Cpl. Jessica B. Gonzalez	3d Radio Bn.	Cpl. Nicholas I. Russell	Headquarters Bn.
Cpl. Ryan D. Guinty	MCAS	Cpl. Ethan L. Sanders	3rd Bn., 3rd Marines
Cpl. Vincent K. Havelaar*	3rd Bn., 3rd Marines	Cpl. Ruben M. Santiago	3rd Bn., 3rd Marines
Cpl. Christopher Kim	3rd Bn., 3rd Marines	Cpl. Bernardo Vargas	Headquarters Bn.
Cpl. Victor A. Lugo	MALS-24	Cpl. Jiawei Xue	3d Radio Bn.
Cpl. Nicholas E. Metzel	1st Bn.,3rd Marines	Cpl. Wing S. Ye	MarForPac
Cpl. Nicholas P. Milewski	3rd Radio Bn.		
Cpl. Ryan M. O’Donnell	HMH-363		



*Recipient of the Sgt. Peralta Award

K-Bay DTS employee earns top DoD awards

Cpl. Reece E. Lodder
Combat Correspondent

The Department of Defense presented top honors in the Excellence in Practice Awards to Daryl Carter, a lead defense travel administrator with the base Defense Travel Systems, during a ceremony in Alexandria, Va., Thursday.

Carter’s outstanding performance in his specialty earned him “The Champion” award, presented annually by the Defense Travel Management Office to a lead defense travel administrator whose wisdom, guidance, and commitment to his or her organization DTAs has made a fundamental and long-term positive impact on their travel program.

Carter, a retired sailor, has been working with the base’s Manpower, Personnel and Administration Directorate since 2009.

“Mr. Carter is seen by his superiors, peers and subordinates as the resident expert on travel matters, and he is skilled at finding the lesson to be learned or an opportunity to educate in every scenario,” Amy Madsen, base adjutant, said. “His military service, combined with his travel knowledge and his willingness to train the next generation, has been a winning combination for Marine Corps Base Hawaii.”

Two of the main factors contributing to Carter’s win is that the 13 organization DTAs under his guidance consistently stayed on track with government travel charge card payments and the base had no over-60-day delinquencies on payments. He also earned praise for his communication skills, encouraging personal visits instead of emails or phone calls, which many credit with helping him build successful working relationships around the base.

In addition to offering monthly DTS training open to travelers, organization DTAs and tenant commands, Madsen said Carter devotes significant amounts of time to assisting and training tenant commands. This training enables the commands to receive guidance on how to properly work within the III Marine Expeditionary Force structure in order to answer future questions, she said.

While succeeding in the tasks he’s been given, Carter took the initiative to improve the DTS workflow. Early this year, Carter saw a need for standardization in the travel process among the base’s units, and responded by drafting and completing his office’s first-ever DTS Business Rules document to guide DTS users.

“Being a retired sailor, Carter takes pride in training his thirteen ODTAs,” Madsen said. “All those seeking advice know he provides sound references, and is always willing to share in order to educate and protect from legal recourse.”

PARTY, from A-1

final Easter egg hunt of the day was tailored for the spouses of currently deployed service members.

“We really wanted to throw in some extra fun for the spouses of the deployed,” Hanlon said.

When given the signal, the spouses scrambled for colored eggs, loofaas, and nail files. Some of the eggs contained raffle tickets for possible prizes including gift cards to various stores.

Base resident Lauren Shehan found 13 raffle tickets in her stash of eggs, which she cradled with her shirt. She’s looking forward to reuniting her family and spending quality time with them. In the meantime, her 7-month-old son has been reaching numerous mile-stones, including crawling, standing and eating solid food. Her son was only a month and a half old when her husband left.

“I’m almost afraid he’s going to start walking before dad comes home,” Shehan said.

As the day began to wind down, the Rice family lingered around the decorating table. Helping his daughter decorate an egg was 1st Sgt. Robert Rice, company first sergeant of India Company, 3rd Battalion, 3rd Marine Regiment. Rice said having events like the Easter party is a good way for the spouses to meet and interact with each other. He said the best part of the day was watching the children have fun grabbing eggs on the field. Rice’s wife said it is also an opportunity for him to spend time with his children.

Hanlon said by having the events for the families of deployed service members helps “remind them they’re part of our family.”

Sports & Health



Cpl. Reece E. Lodder | Hawaii Marine

Staff Sgt. Tyler Hubbard, the substance abuse and control officer for Headquarters Battalion, runs along Nuupia Ponds Wildlife Management Area here Wednesday. Since arriving in Hawaii in April 2010, Hubbard has won the Windward Half Marathon in Kailua last September, and the Turkey Trot 10-kilometer race here last November; placed third at the All-Marine Cross Country Championship in California in January; earned second among service members at the Great Aloha Run in Honolulu in February; and won The Beast 10-kilometer, and the Surf and Turf 5-kilometer races here in March and April.

Catch me if you can

All-Marine runner switches uniforms, changes from humble Marine to hungry athlete

Cpl. Reece E. Lodder
Combat Correspondent

On a straight stretch of asphalt surrounded by still ponds, a lone runner quietly carves out his battleground. Though he has shed his camouflage utilities for a running uniform, the lighter set of armor morphs the quiet Marine into an aggressive athlete. Parallel sets of lights flash past him, but he remains unfazed. In his dimension, Staff Sgt. Tyler Hubbard sees only his shoes and the ground beneath his feet. As the smoldering

orange sun fades into nightfall and marks the conclusion to another day, his battle has just begun. From running down dirt roads as a youth in rural Oregon to finding success as one of 20 members of the All-Marine Running Team, Hubbard has built a passion for the sport bordering on fixation. “The simplicity of being out there in nature and running allows you to forget about whatever problems you have going on,” Hubbard, the substance abuse and control officer for Headquarters Battalion, said. “When

you’re running, you’re just looking for the next turn and focusing on the moment. Everything else kind of fades into the background.” He spends between two and three hours a day running and stretching, and clocks in under 16 minutes on the three-mile-run portion of the physical fitness test. Despite his quiet, humble nature in uniform, Hubbard’s hunger to succeed changes him when he goes out to run. “When you put the running uniform on, you have to make that mental shift and know that it’s game time,”

Hubbard said about his competitions. “You’ve got to shake hands before the race, but as soon as the gun goes off, it’s all about the race.” As an energetic 10-year-old bouncing off the walls of his family home in the small community of Grass Valley, Ore., Hubbard said his mother once sent him outside to channel his energy into running around the house. Several successful laps later, he had found his love. “I ran laps around the house for 20

See RUNNER, B-5

Kaneohe Canoe Club honors fallen Marine



Leis honoring fallen Cpl. Jonathon D. Faircloth, an aerial observer with Marine Heavy Helicopter Squadron 363, Marine Aircraft Group 24, float in the water following a memorial held by the Kaneohe Canoe Club on the sandbar in Kaneohe Bay Sunday. Approximately 30 members from the club paddled six canoes into the bay near the spot where Faircloth’s CH-53D Sea Stallion helicopter went down March 29 and prayed and placed leis in his honor. The 22-year-old Mechanicsburg, Pa., native died and three fellow HMMH-363 Marines were injured in the incident. Faircloth joined the squadron in April 2007, and deployed with them to Iraq in 2008 and Afghanistan in 2010.



Photo courtesy of the Kaneohe Canoe Club

Members of the Kaneohe Canoe Club pay their respects to fallen Cpl. Jonathon D. Faircloth, an aerial observer with Marine Heavy Helicopter Squadron 363, Marine Aircraft Group 24, during a memorial on the sandbar in Kaneohe Bay Sunday.

Local swim club looking for base pool team

Christine Cabalo
Photojournalist

Marine Corps Base Hawaii pool users have a chance to get in the game by joining the Aulea Swim Club based in Kailua. The club is a non-profit youth program that competes with other swim clubs in the community. The Kailua team, run with parent help, welcomes beginning to advanced swimmers from ages 7 to 18 years old. “Aulea is a strong team,” said Dino Leonard, assistant manager, Marine Corps Community Service Aquatics. “They have a great reputation around

Oahu and in the state of Hawaii.” In Hawaiian, “Aulea” means swimming harmoniously together. The club’s home pool is at the Kailua District Park and offers weekday practices. After enough participants are recruited, a coach from the Aulea club will meet with the team for one-hour sessions at the Base Pool. Leonard said the group is tentatively scheduled to meet Tuesdays to Thursdays starting at 3:30 p.m. It will be the first time in several years the base will have a competitive swim team available for pool patrons. Aulea Swim Club’s next meet is the Harry Mamizuka Invitational held by Manoa Aquatics in Honolulu April 30 to May 1. Several meets for ad-

vanced swimmers will be available in May. Those who swim in the club’s beginner group may swim as many as 600 to 800 yards a day according to the swim club’s website. “It’s a great activity for children,” Leonard said. “We’re hoping to provide this as an additional program in the summertime and through the year.” The competitive team is one of several activities available at the base pool and MCCS Hawaii. The pool also hosts scuba diving lessons through Dive Oahu and swimming lessons meeting American Red Cross standards. For more information about joining the team at MCB Hawaii, see www.aulea.org.

DANCE AND GYMNASTICS CENTER RELOCATES



Young gymnasts practice their skills at the newly-relocated Kaneohe Bay Gymnastics and Dance Movement Academy, Monday. The academy moved from the Youth Activities Center to Building 1583 behind the Federal Fire Department Building on Lawrence Road. The academy welcomes gymnasts and dancers age 1 to 18 years old to improve their skills at various classes held throughout the week in the 6,000-square-foot building. The director, Di Rodin, has been working at the center for more than 14 years as a gymnastics instructor and her students look up to her. “Miss Di is a really good coach, she’s coached me since I was a baby,” Kailua resident and gymnast Ashley N. Manz, 9, said. “I love coming to gymnastics here because I can see all my best friends and practice my back flips.”

Exceptional Family Member Program reaches out during April’s Autism Awareness Month

Kristen Wong
Photojournalist

Many parents celebrate milestones in their children’s lives, like standing, crawling, and first words. But what if those milestones are delayed? An absence of certain types of behavior may be a sign of autism.

According to the National Institute of Child Health and Human Development, the lack of gesturing at 12 months old or lack of speaking single words at 16 months are just a couple indications of autism.

April is Autism Awareness Month. The Centers for Disease Control and Prevention currently estimate an average of one in 110 children have an Autism Spectrum Disorder. There are different levels of this disorder, which usually starts in early childhood and makes communication and interaction with others difficult.

Aboard the base, there are 419 family members enrolled in the Exceptional Family Member program, of which 20 percent are autistic. The program assists service members who have dependents with special needs.

“The key to [EFMP] is empowering the family to be able to stand on their own two feet,” said Roberto Katekaru, EFMP program manager.

A service member should generally enroll in the EFMP if they have a dependent, whether spouse, parent or child, who must make more than one doctor visit for the same condition in one year. Although it is mandatory that service members register their family member with special needs to Headquarters Marine Corps, they are not required to become involved with the base office.

Special needs can be as simple as mild asthma or allergies. Headquarters Marine Corps will decide if the family member qualifies.

The EFMP offers a variety of services for families, including loaning equipment such as beach wheelchairs and fishing gear, putting together an individualized educational plan for children, and providing non-clinical counseling with a caseworker. Families who enroll in the respite care program can also receive up to 40 hours of care assistance.

The program also offers an hourlong family support group over coffee every fourth Tuesday of the month. Family members come together to chat with each other, network, and share challenges, concerns and experiences.

There are also semi-annual workshops available, often at the base chapel. The workshops focus on different topics with various guest speakers and subject matter experts. The most recent workshop gave families insight into casein-free cooking for people with allergies.

Even families making a permanent change of station can receive assistance from the base EFMP in order to connect with the EFMP office at the next duty station.

“With an increase of \$11 million for the [EFMP] in this year’s baseline budget, we have made great strides improving the programs that support special needs family members,” said former commandant of the Marine Corps Gen. James T. Conway, addressing the Senate Armed Services Committee Feb. 25 last year.

In 2008, Conway revised the program to allow service members and their families to be assigned to a caseworker if they registered to use services at a base EFMP office.

Dana Mollet is the family caseworker aboard the base for the program. Mollet, of Kailua, assists sponsors and their families with relocation, deployment, and various other special needs. Mollet helps find many services from medical to school

needs to car seats.

“It takes a lot of the stress off of [the families] when they don’t have to locate all of the services every time they move,” Mollet said. “A big part of my job is to help them locate the services they need.”

Katekaru said before the program was implemented, service members with dependents who have special medical or educational needs could unknowingly be transferred to a new duty station without the appropriate services available, thus creating hardship for the family.

Service members with autistic children may be eligible for the Autism Services Demonstration, provided through TRICARE’s Extended Care Health Option. Children 18 months or older are eligible if they’ve been diagnosed with Autistic Disorder, Childhood Disintegrative Disorder, Asperger’s Syndrome or Pervasive Developmental Disorder

Not Otherwise Specified. In an Autism Services Demonstration, professionals trained in Educational Interventions for Autism Spectrum Disorders observe autistic children and work with them to encourage appropriate behavioral skills.

More recently, the Riseley Field playground is being renovated to add equipment for children with special needs. The new playground will include swing sets for special needs, a wheelchair-friendly picnic table, wheelchair monkey bars, and various playground activity walls.

The playground is scheduled to be finished at the end of April. The \$250,000 project was funded by the Office of the Secretary of Defense via Headquarters Marine Corps.

The EFMP was established in 1987 and has an office on every Marine Corps installation. For more information about EFMP, call 257-0290.

BLACK KNIGHTS SLAY WHERE MY PITCHES AT?

Left center fielder Matthew “Mateo” Costello, Marine Aviation Logistics Squadron 24 Black Knights, leaps to catch a ball at the Intramural Softball League season opener at Annex Field Monday. The Black Knights beat the Wounded Warriors Where My Pitches At?, 17-2. “We have a pretty good caliber of players on our team this year,” Black Knights head coach Wesley Armstrong said. “ I expect for us to win it all again. Everyone else better watch out!”

Roller Derby is ridiculous

Lance Cpl. Vanessa M. American Horse
Combat Correspondent

When I think of roller derby, I think of a bunch of women who need an excuse to be violent. You don’t even have to be in any specific shape to play the sport. From what I’ve seen, the larger you are, the more cushion you have to smush the little guy.

Don’t get me wrong – I love sports, both watching them and playing them. But while people claim roller derby helps women with their confidence, I say they should buy a self-help book or join the Marine Corps. At least your not imposing society with your anger issues.

If you still need something to be a part of, volunteer in your community. Animals, children and homeless people are waiting for someone to make their lives better.

“If people are going to call this a sport, then make it about being physically fit. More time goes into the high-skirt, tube sock outfits roller derby players wear or inventing a catchy nickname than into warming up for the “sport.”

After frequenting the roller rink every weekend as a child, I remember lazy moms would “workout” while they spied on us children. Yeah right, mom. You’re not fooling anyone. Have yourself another order of nachos.

Maybe if the United Leagues Coalition, who represents professional roller derby teams, stuck to the original idea of forming teams with

talented athletes, I might be a fan. But, roller derby games shown on TV are a poor excuse for a sport and extremely cheesy. Is every roller derby player into punk and gothic clothing? Does everyone change their name to something scary like “Megabeth?”

Perhaps the best question is, why don’t you see any men playing? Maybe it’s safe to say they know better than to play sports that involve roller-skating in circles without padding.

In addition, the void this sport fills for ladies is overshadowed by the anxiety it causes others. As flyers for roller derby events get passed around, I see it in the eyes of the beholders – what excuse can I give to not get sucked into this circus. You could probably find a bearded lady and enough tattoos to make Jesse James blush.

Some may get a kick out of watching women inflicting pain on each other. I think you should keep that behind closed doors and out of arenas that lose money on the events. There’s a way to be sexy and tough at the same time without breaking someone else’s collarbone.

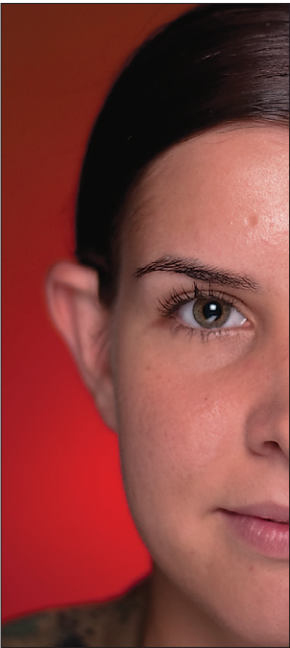
So ladies, don’t think because you could roller skate as a kid that you can dress up like Avril Lavigne and become a badass. That’s not how it works. I’ve heard that perception is reality, but even I’m smart enough to know Angelina Jolie couldn’t pull off the rugged roles she portrays in the movies. Her frail, pathetic body would crumble on our very own obstacle course.

Since roller derby is ridiculous, shoot for something more realistic. I’m not talking lingerie football, which is just as crazy as roller derby. There are softball teams, military programs and extreme activities like skydiving, available. Save yourself the embarrassment of skating in a tutu with a broken rib.



Is Roller Derby really a sport?

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



AMERICAN HORSE



WHITTINGTON

Roller Derby elbows to front of sports line

Sgt. Scott Whittington
Combat Correspondent

Most of my friends will tell you I don’t really care for women’s sports. It doesn’t seem that competitive. Most can’t dunk or tackle a 250-pound running back, but I recently attended a roller derby match and now I can’t get enough of this skating sport.

I vaguely remember reruns of roller derby matches featuring Queen Kong or something like that back in the early 80’s. It was obviously bogus and I noticed this at 7 years old. It competed with the World Wrestling Federation, which to me wasn’t fake. I was young and didn’t like roller derby because I thought women were made from “sugar and spice and everything nice.” I was a naive Southern boy and have learned some hard truths since then. I much preferred being a shirt-ripping Hulkamaniac.

Now that I’m all grown up, my mind has opened to a whole new world of acceptance. Roller derby isn’t fake anymore and is a growing legitimate sport. There’s so much action going on at the same time during a match, it’s hard to keep up. There are jammers trying to score and blockers ... well, blocking of course. There is a real strategy to scoring. In addition, there are plenty of crashes and sliding bodies around the track to make even a NASCAR junkie happy.

I noticed I was ducking and swaying my own body while the match was going as if I was on the course with them. I knew I was hooked when I began yelling at the referee or umpire. I really don’t know what they call them in derby — but the guy in stripes.

Other than fast-paced action with hard blocks and zipping jammers, there’s the visual spectacle. These girls come up with some crazy accessories on their uniforms and crazy makeup designed to intimidate the other team. They have very creative and colorful nicknames. Following someone named Dorothy Jones doesn’t sound as fun as G.I. Jersey or Tadbit Nasty. Those names give the ladies an outlet for self expression. Their names give the spectators a connection and insight to who they are without meeting them.

The sport may have a small following now, but the people I met around the track were truly dedicated fans. They displayed large signs promoting their favorite players and some of them wore the same accessories as their favorite teams like bandanas with mustaches. The sport will grow bigger and I can say I was there before the hype started. The players I met were awesome ladies who truly love their sport.

Whether male or female, most people have a competitive drive. Although my mother used to confuse me with phrases like, “just have fun” and “it’s how you play the game,” I know that these women feel the same way I do about winning — it’s the only thing. No one strives for second place.



Roller derby isn’t fake anymore and is a growing legitimate sport. There’s so much action going on at the same time during a match, it’s hard to keep up.”

TRICARE makes moving easier for active duty families

Press Release
TRICARE

Moving is inevitable for service members. Whether it’s across states or across countries, the number of things-to-do on their moving checklist can be daunting.

Active duty service members and active duty family members who are moving to a new location can now transfer their TRICARE Prime enrollment with a simple phone call. In most transfers, this means no more filling out enrollment forms. This new telephone option adds convenience for ADSMs and their families.

Moving ADSMs simply call their current regional health care contractor to transfer their family’s enrollment, and include a cell number and email address. The new regional contractor will contact them within five business days after the relocation date to finalize their TRICARE transfer.

The enrollment transfer includes a new primary care manager best suited to the location of the ADSM’s work, home and anticipated medical needs. If moving within the current region, this process can be used to help them transfer to a new PCM.

ADSMs and their families will not have to worry about coverage during this transfer process because they are continuously covered under TRICARE. Once settled, they can confirm coverage on the Beneficiary Web Enrollment website.

If an ADSM or ADFM forget to notify his or her current regional contractor of their upcoming move, they still have the option to contact the new regional contractor to transfer enrollment via phone.

This new phone option adds to the number of choices ADSMs and ADFMs already have in transferring enrollment when moving. Other options include transferring thru military base inprocessing, online through BWE and by downloading and completing an enrollment application (DD Form 2876) to mail. To download this form, visit <http://www.tricare.mil/forms>. ADSMs and their families can also visit a local TRICARE Service Center.

TRICARE believes this ‘before and after’ customer service approach will create a smooth enrollment transfer for ADSMs and their families. For more information on transferring Prime enrollment, go to <http://www.tricare.mil/moving>.

Step Away From the Ring



Christine Cabalo | Hawaii Marine

Several military police officers from Marine Corps Base Hawaii wrestle each other out of a circle during a Military Police Department field meet Tuesday. The “Bull in the Ring” game was one of several the group played. Both military and civilian police competed in police-inspired events including a donut eating contest, riot control relay and dog bite suits run. The department will hold another meet this Tuesday next to their building.

Marine dedicates time coaching, supporting his children

Cpl. Juan D. Alfonso
U.S. Marine Corps Forces, Pacific

CAMP H.M. SMITH, Hawaii — When people look at Master Sgt. Timothy D. Greenleaf, they see a six-foot, bulky, tattooed Marine. What isn't so obvious is he's enjoyed working with children for more than 18 years.

Greenleaf, war reserve chief, G-4, U.S. Marine Corps Forces, Pacific, devotes a large amount of his off time to being the head wrestling coach for Marine Corps Base Hawaii's Marine Corps Community Services youth wrestling team.

Although his coaching ambitions are centered on nurturing the athletic talents of his children, coaching gives him the opportunity to be there for the children of his fellow service members.

“A lot of these kids have parents who are either deployed or getting ready to deploy,” the father of three said. “If I can, I'd like to fill the gap and provide them with a strong male mentor figure. My children have gone through the same thing so this is my way of catching up.”

Greenleaf began his coaching career in 1993 while stationed at Blount Island Command, Jacksonville, Fla., when he became head coach for his oldest son's Little League Baseball team.

“The main reason I started coaching was because my [oldest] son was deaf and I had to be at every practice and game to translate for him,” Greenleaf said. “So I figured if I'm going to be there anyway, why not coach?”

In addition to coaching children, Greenleaf, who's always had a passion for physical fitness, began to coach his unit's tackle football team.

“I just knew how to organize a practice,” Greenleaf said. “I took a lot of the methodologies we use in the Marine Corps and applied it to my coaching style – warm-ups, drilling, practicing situation-based strategies, and I really enjoyed it.”

As a father, Greenleaf could relate to the concerns of his young athletes' parents, a trait that has allowed him to teach the necessary discipline for sports and also maintain a good relationship with the parents.

“A parent wants a child to be cared for in a certain way and I always keep that in mind when I'm coaching,” he said. “But when you're teaching someone discipline, it sometimes takes a little tough love, which is fine as long as I let the parents know what's going on.”

In 1998, he transferred to Guantanamo Bay, Cuba, where he continued his coaching career as the base's flag football coach and dabbled as an MCCS sports referee.

“For me, it's been another form of mentoring,” Greenleaf said. “The more that I defined myself as a coach, the better I got at refining my coaching style. It's about getting down to the basics; working on quickness, agility, strength and conditioning.”



Cpl. Juan D. Alfonso | U.S. Marine Corps Forces, Pacific

Master Sgt. Timothy D. Greenleaf, war reserve chief, G-4, U.S. Marine Corps Forces, Pacific, demonstrates head and arm control to his wrestlers during practice April 11 at the Division Schools Martial Arts Center here. Greenleaf has spent the past 18 years coaching numerous youth sports teams and is currently the head coach for Marine Corps Base Hawaii's Marine Corps Community Services youth wrestling team.

In 1999, Greenleaf returned to Jacksonville, Fla., where he focused on his eldest son's participation in football and wrestling.

“My son attended a deaf school and his coaches were also deaf,” Greenleaf said. “They had interpreters at their local games but when the team travelled, my wife and I came along to help out as interpreters. We supported all kinds of programs that way.”

In 2003, Greenleaf was stationed at MCBH, Kaneohe Bay, where his daughter began to show interest in athletics.

“She walked up to me one day when I was getting ready to go on a run and asked, ‘Daddy, can I come with you?’” Greenleaf said. “I told her, ‘Be careful what you ask for, daughter.’ From that point on, she was my running partner for three years.”

Although he wasn't coaching any teams then, he began training his daughter, who was 10 years old at the time, to run five and 10 kilometer races until she asked to join a Little League Baseball team.

“My dad's great,” his daughter said. “He used to go outside with me for two or three hours just helping me work on my pitching or my catching. That's just how he is. If you want to be a baseball player or a football player or a wrestler, he just wants you to succeed, and if you're willing to put in the work, he'll help you.”

With his oldest and youngest children heavily

engaged in sports, Greenleaf began working with his second son, who is also deaf, by taking him to the gym and eventually convinced him to join a youth wrestling program.

The Greenleafs were stationed at Marine Barracks 8th and I in 2007, where he claims the coaching got out of control.

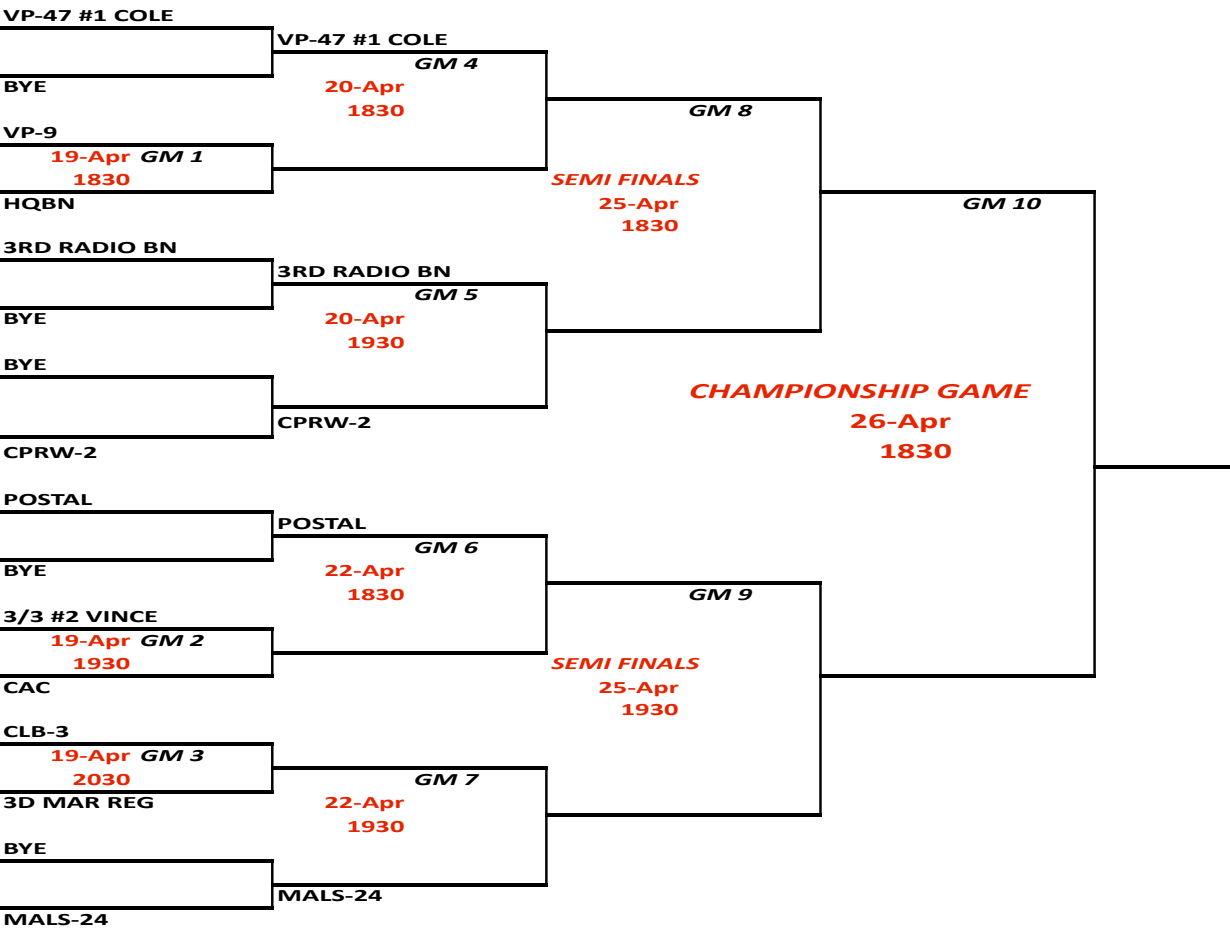
“I was coaching youth baseball and then my daughter switched to softball,” Greenleaf said. “I was also coaching the Marine Corps Institute flag football, basketball and softball teams.”

Earlier this year, Greenleaf returned to Hawaii where he assumed his current duties and began coaching youth wrestling.

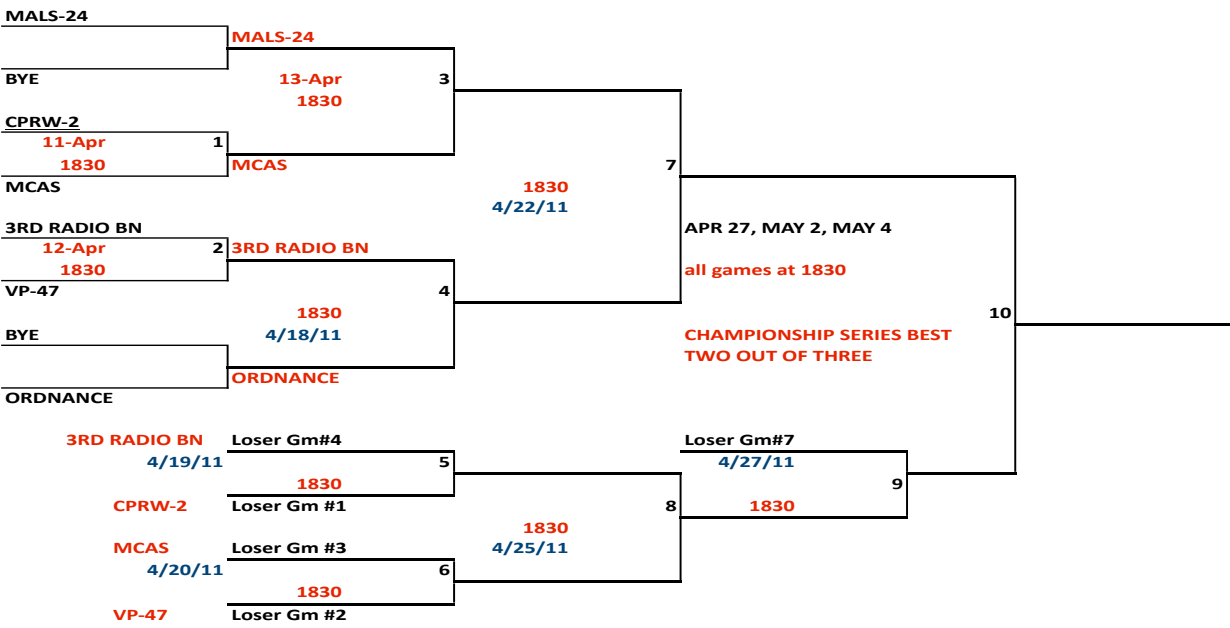
With a team of more than 30 wrestlers from ages five through 17, Greenleaf has his hands full, but continues to do more than he has to by offering additional one-on-one coaching time with his wrestlers and continuing to train his older wrestlers during the off-season.

“I want them to learn mental and physical discipline,” Greenleaf said. “Wrestling helps to build their self-esteem. Not only are they doing grueling two-hour workouts, but they have to get out there and perform in front of people. I feel that the more you put them in those kinds of positions, other things in life won't feel so daunting.”

2011 Basketball Playoff Bracket



2011 Baseball Playoff Bracket



2011 INTRAMURAL SOFTBALL

SPRING STANDINGS

TEAM	W	L
MALS-24	1	0
COULSON	1	0
3RD RADIO BN	1	0
NAVY CHIEFS	0	0
PMO	0	0
OHANA BLUES “HQBN”	0	0
VP-9	0	0
MALS ORDNANCE	0	0
CPRW-2	0	0
HMH-363	0	0
MCAS	0	0
SHAKE DOWN “HSL-37”	0	0
7000 1ST “3RD MAR REG”	0	0
CLB-3	0	0
WOUNDED WARRIORS	0	1
BEER NUTS “3D MAR REG”	0	1
VP-47	0	1

CURRENT STANDINGS

AS OF APRIL 18



Photos by Cpl. Reece E. Lodder | Hawaii Marine

At the middle in red, Staff Sgt. Tyler Hubbard, the substance abuse and control officer for Headquarters Battalion, bolts from the starting line outside Pop Warner Field during 3rd Marine Regiment’s 8th annual “The Beast” 10-kilometer run on Marine Corps Base Hawaii, March 12. Competing against 335 other military and civilian participants, Hubbard endured the challenging course’s hills and fresh mud to emerge and win first place overall.

RUNNER, from B-1

minutes straight and I thought it was the coolest thing,” Hubbard said. “This really hooked me, and I thought, ‘Wow, I can be a runner.’”

Once her son started, he never stopped, his mother, Doris Hubbard, said.

“We would drive out a mile down the road, and then he would start running,” she said. “He would have me and his brother time him to see if he was making progress and improving his run times.”

Advancing through his elementary and high school years in a town of approximately 165 people, Hubbard scraped for opportunities to exercise his newfound hobby, but found few outside running on his high school’s track team.

“When Tyler was in school, we lived in a rural area so the coach was just a volunteer,” Doris Hubbard said. “Tyler didn’t get a lot of direction about how to train, but he loved running so much that he continued to learn on his own.”

After finishing high school, Hubbard strove to find direction, moving through two labor-intensive jobs over two years before deciding in 2000 to enter into military service. He followed in the footsteps of his grandfather, parents, and older brother, but was the first Marine, serving as a bulk fuel specialist.

Beside unit physical training, Hubbard said nearly five years of service passed where he didn’t run competitively. In 2004, his interest was re-kindled when the All-Marine Cross Country Championship re-surfaced after a hiatus.

Though he missed the race, Hub-

bard began running other base races to prepare for the following year’s championship. Regaining his passion, he ran the 2005 Las Vegas Marathon on a Sunday, and followed up by running the cross-country championship only six days later.

“I placed seventeenth the first year, which wasn’t great, but it gave me a good starting point to see where I was at against other runners in the Marine Corps,” Hubbard said. “I knew I wasn’t in top shape because I had just run a marathon, so I knew I’d come back stronger.”

Moving from California to Virginia in 2006, Hubbard made friends within the Quantico-based Marine Corps Marathon office. He became part of a small group that ran every morning at 5 a.m., and ran with them for nearly three years.

“The cross-country race in California in 2005 was the spark, but the consistent running at Quantico really fueled the fire,” Hubbard said. “I started

doing more races and having a lot of fun with running.”

After arriving in Hawaii in April 2010, Hubbard began earning spots on the winner’s podium in myriad races. He won the Windward Half Marathon in Kailua last September, and the Turkey Trot 10-kilometer race here last November; placed third at the All-Marine Cross Country Championship in California in January; earned second among service members at the Great Aloha Run in Honolulu in February; and won The Beast 10-kilometer, and the Surf and Turf 5-kilometer races here in March and April.

Each of these races is a stepping stone to his next. In May, Hubbard will travel overseas to the United Kingdom to compete against the British Royal Marines and Royal Navy in the Plymouth Half Marathon. He placed 15th overall among nearly 5,000 racers in the race last year.



From running down dirt roads as a youth in rural Oregon to finding success on the All-Marine Running Team, Staff Sgt. Tyler Hubbard, the substance abuse and control officer for Headquarters Battalion, has built a passion for the sport bordering on fixation. “When you’re running, you’re just looking for the next turn and focusing on the moment,” Hubbard said. “Everything else kind of fades into the background.”

“The best kind of runner inspires and encourages other runners around him or her,” Cpl. Patrick Murphy, a disbursing clerk with Headquarters Battalion, said. “Staff Sgt. Hubbard is the best kind of runner.”

Murphy, who runs with Hubbard frequently, said his mentor’s consistent enthusiasm for running, and tips for injury prevention and staying healthy, have helped him renew the passion he had for running track in high school. While Hubbard is quiet in giving advice, Murphy said, his abilities and example speak for themselves.

“Staff Sgt. Hubbard made running part of his lifestyle, and consistently hits every run he’s supposed to,” Murphy, from Sedro Woolley, Wash., said. “He doesn’t let the fact that he’s not a professional runner, or getting paid to run, deter him from getting out there and chasing it every day like someone of that caliber would.”

Inside a plain, white three-ring binder bearing the title, ‘Run, run as fast as you can,’ Hubbard logs the results of each race he runs and calls them his “motivation.” His devotion to running encompasses a lot of his time, but with the support and understanding of his wife and family, it has helped him find direction in life.

“Running has given me a lot more focus and helped me set goals,” he said. “It has made me more aggressive, and given me confidence to know I can get out there and tow the line with anybody.”

Though darkness has fallen, Hubbard insists he has another 35 minutes to run. This asphalt battleground isn’t where he’ll lay his head down to sleep tonight, but it’s his world for the next 35 minutes.

Hawaii Marine Lifestyles



Top, The Shafer family enjoys authentic Hawaii cuisine at Helena's Hawaiian Foods in Honolulu Tuesday. The vacationing family, visiting the island from Thousand Oaks, Calif., decided to whet their appetites at Helena's after seeing the eatery featured on the Travel Channel show "Man vs. Food." **Above**, Award-winning eatery Helena's Hawaiian Foods in Honolulu serves a full spectrum of authentic Hawaiian cuisine, from staples like lomi salmon to their famous Pipikaula-style short ribs. **Left**, Rudy Casco, a cook at Helena's Hawaiian Foods, prepares a batch of Pipikaula-style short ribs for a customer at the eatery in Honolulu Tuesday.

Humble Honolulu eatery offers authentic Hawaiian treats

**Story and photos by
Cpl. Reece E. Lodder**
Combat Correspondent

HONOLULU — Just off of the Pali Highway, there's a small eatery squished into a Honolulu storefront. From the outside, Helena's Hawaiian Foods looks very modest, but the products of its kitchen keep the phone ringing nonstop and a line of customers backed up out the door.

Whether from the North Shore or northern Oregon, Helena's consistently draws scores of locals and tourists who fill the tables quickly every day it's open. The

award-winning eatery, which Helen Chock opened in 1946, serves a full spectrum of authentic Hawaiian cuisine from staples like Kalua pork, luau squid and lomi salmon, to their famous Pipikaula-style short ribs.

"We serve soul food," Elaine Katsuyoshi, Chock's daughter and one of the eatery's staff, said. "Unless there's a small luau, it's hard to find authentic Hawaiian food on island, but that's what we serve here. We're always trying to make quality, home-cooked food and take care of our customers."

Regardless of its size, the eatery's reputation for authentic Hawaii cuisine has garnered recognition both here in Hawaii and the mainland. Before her passing in 2007, the hard-working Chock grew her eatery's reputation and earned the prestigious 2000 James Beard Foundation Award for America's Regional Classic Restaurants, one of eight annual awards Elaine Katsuyoshi said are recognized as "the culinary Oscars."

Chock, the daughter of Chinese immigrants, was also inducted into the Cultural Institute of the Pacific, Culinary Hospitality Hall of Fame, and was fortunate to have her restaurant appear on the TV shows "Good Morning America," and the "Secret Life of Luau" with Jim O'Connor.

Chock's grandson, Craig Katsuyoshi, took over operations at the eatery. Though Craig still uses the recipes his grandmother developed over the years, Chock always insisted Craig "has better taste buds," Elaine Katsuyoshi said.

"He takes her recipes, tastes them, and then refines them," she said.

In 2009, Helena's was featured on the Travel Channel's hit TV show, "Man vs. Food," where host Adam Richman raved about their authentic Hawaiian offerings — imu-cooked Kalua pig, luau squid, long rice chicken and the savory coconut dessert, haupia.

On vacation from Thousand Oaks, Calif., diner Amy Shafer said her family took cues to visit the eatery after seeing Richman dig in on TV.

"We were going to go to a luau, but they were serving prime rib, and we wanted authentic Hawaiian food," Shafer said. "Helena's has helped us enjoy the local experience. It's away from the beach and off the radar from the tourist areas, which is very refreshing."

After more than 60 years in business, both dine-in and take-out orders of Helena's popular items like boiled butterfish collars and mouth-watering Pipikalua-style short ribs continue to draw hungry crowds from near and far.

"Our friend brought us here six months ago and we were

hooked," Honolulu resident Nancy Nguyen said. "Now, me and my sister come here two to three times a month. Usually we don't like Hawaiian food, but we really like the Pipikalua-style short ribs they serve, and you can't find them anywhere else."



Only bones and greasy fingers remain after 13-year-old Drake Shafer tackled a plate of Pipikaula-style short ribs at Helena's Hawaiian Foods in Honolulu Tuesday. Opened in 1946 by Helen Chock and now operated by her grandson, Craig Katsuyoshi, the award-winning eatery serves a full spectrum of authentic Hawaiian cuisine.



Elaine Katsuyoshi, daughter of Helen Chock, the founder of award-winning Helena's Hawaiian Foods, prepares a customer's bill at the eatery in Honolulu Tuesday. Helena's serves a full spectrum of authentic Hawaiian cuisine, from staples like lomi salmon to their famous Pipikaula-style short ribs.

PASS IN REVIEW

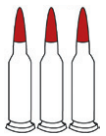
Your weekly guide to the best aspects of entertainment

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



CABALO

Christine Cabalo believes every person goes to the movies hungry. “Audiences feed on movies that astound and amaze. Whether short or long, movies should tell people a story through vivid imagery.” The movies most likely to astound Christine have clever plots and don’t always have to come from big Hollywood studios. Her favorite genres include action, adventure and fun epics.



LODDER

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

“The Tourist” takes turn down wrong path

Christine Cabalo
Photojournalist

“The Tourist,” new on DVD, has as much of an identity crisis as Johnny Depp’s character mistaken for an elusive, international thief.

Depp is on a train to Venice, Italy, when the mysterious Elise Ward (Angelina Jolie) strikes up a chat with him. Jolie is under orders by her lover, a criminal genius hunted by Interpol, to find a patsy to mislead police. Her act is enough to fool Russian gangsters gunning for the real thief, putting Depp and Jolie in danger.

Both stars could have produced a sultry thriller romance without getting too graphic, if their scenes together generated some heat. But they don’t. There’s witty banter, yet neither Jolie nor Depp deliver any real emotion in their lines.

Jolie acts like Jackie Collins’ never-do-well cousin with a posh British accent and luxurious hair. Without many tombs to raid or punches to throw, she’s oddly wooden. Viewers sense little depth in Depp’s character other than just being a lousy math teacher. He’s fairly bland with few really funny jokes.

The PG-13 film tries to be a thriller romance and a

spy comedy, but half-succeeds at either one. If Jolie or Depp were better at seducing each other, the film could have been as great as “Mr. and Mrs. Smith,” “The Thomas Crown Affair” or a suspenseful Hitchcock film like “To Catch a Thief.” It did hurt that the film’s twist ending was predictable and a bit nonsensical.

If “The Tourist” was meant to be a spy comedy like “Spies Like Us” or the Austin Powers series, it needed better jokes. The whole movie felt underdeveloped, especially the slapstick comedy for Depp’s scenes. It would have been much better if Depp were allowed to be more outrageous. Otherwise, it’s slapstick that’s easily forgettable because his character is forgettable.

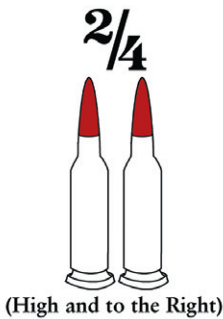
The film’s supporting cast, including Timothy Dalton and Paul Bethany, were also too generic. Bethany



makes a good attempt at playing the obsessed detective trying to locate Jolie’s criminal lover, but he’s given little screen time. Much of the film relies on convenient plot devices, and the police are barely remembered.

If there’s one area “The Tourist” gets it right, it’s shooting a lot of the film in Paris and Venice. The film’s big action sequence using motorboats was most impressive, even though it felt too much like “Indiana Jones and The Last Crusade.” In some scenes, it’s easier to enjoy the European scenery rather than focus on the story.

Much of “The Tourist” storyline is based on movie clichés with little new material. Any star power Depp or Jolie added was as lost as easily as a guideless tour group. With better direction, “The Tourist” might have found the right path.



On the edge of your seat for “127 Hours”

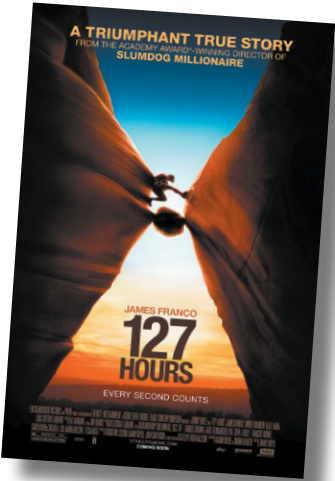
Cpl. Reece E. Lodder
Combat Correspondent

Blending a jarring, true story with smart acting and rich camera work, director Danny Boyle’s biographical adventure movie “127 Hours” succeeds in painting a simplistic and triumphant account of a man’s harrowing brush with death.

The engaging story is based on Aron Ralston’s book, “Between a Rock and a Hard Place,” in which he details his life-altering accident while hiking through Canyonlands National Park in Utah in 2003.

Charismatic actor James Franco, known for his lead roles in “Spider-Man 3” and “Pineapple Express,” performs brilliantly in his role as the free-spirited Ralston. Franco’s portrayal of Ralston as a music-loving adrenaline junkie makes his character likeable and relatable from the outset. He captures Ralston’s energetic nature and quickly propels the hectic opening scene to the greater portion of the story — the time surrounding his accident.

As Ralston moves alone through the park’s Blue



Canyon, his footing gives way on a loose boulder, sending him falling down the canyon wall and leaving his arm crushed between the boulder and the rock wall. Under the hot desert sun, he begins a 127-hourlong struggle to maintain his sanity, ration his food and water, and use his scarce resources to try free his arm. Ralston remains very calm and the viewer is left wondering what he’s going to try next, rather than focusing on the horrible pain he is in.

Boyle’s unique vision for the screenplay, previously seen in his award-winning “Slumdog Millionaire,” allows the viewer to see Ralston’s small world in a very personal manner. He uses his interesting perspective to combine different camera angles and techniques with the trying circumstances, which draws the viewer closer to the main character. Although the boulder physically immobilizes Ralston, his quiet determination and will to live, as displayed by Franco, become captivating as the hours progress.

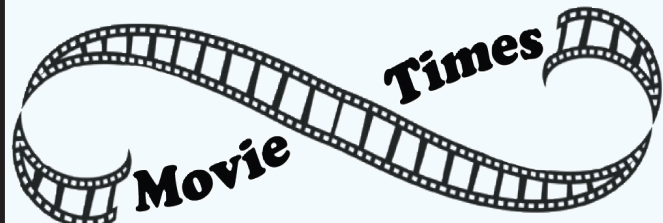
Once he has exhausted all other options, Ralston finds the strength to break his arm, and begins using

the dull blade of a multi-purpose tool to amputate his forearm and save his life. This scene is very graphic and bloody, shifting between shots of him sawing through his own flesh with the tool, and shots of him grimacing through the horrible pain he’s enduring.

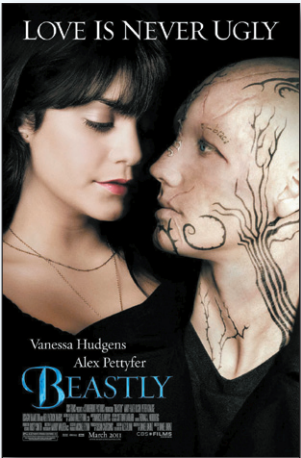
As he’s walking away from his detached, pinned arm, Ralston looks back and snaps a photo with his digital camera, putting an end to his struggle inside Blue John Canyon. The director’s use of this simple act of documentation concludes the brutal scene on a triumphant note, and primes the viewer for transition into a medical evacuation helicopter with Ralston. This victorious conclusion is nearly tear-jerking.

Without sensationalizing Ralston’s traumatic event, the movie “127 Hours” accurately chronicles an incredible story by pairing Franco’s exceptionally strong character with Boyle’s unique knack for storytelling. The result is a fresh, captivating film that morphs a challenging story of a man stuck between a rock and a hard place into an extraordinary story of a fighter who refused to give up.





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.



“Beastly” PG-13	Today 7:15 p.m.
“The Adjustment Bureau” PG-13	Today 9:45 p.m.
“Mars Needs Moms” PG	Saturday 7:15 p.m.
“Take Me Home Tonight” R	Saturday 9:45 p.m.
“Rango” PG	Sunday 2 p.m.
“Beastly” PG-13	Sunday 6:30 p.m.
“The Adjustment Bureau” PG-13	Wednesday 6:30 p.m.

MONKEY BUSINESS



Christine Cabalo | Hawaii Marine
Petting therapy dog Monkey, Cpl. Ronnie Brandafino, crew chief, Marine Heavy Helicopter Squadron 363, recovers at Tripler Army Medical Center in Honolulu. Brandafino was one of four crew members aboard a CH-53D Sea Stallion when it went down in Kaneohe Bay March 29.

MCB Hawaii volunteer,
dog bring cheer at hospital

Christine Cabalo
Photojournalist

HONOLULU — When hospital patients open up, it’s because “Monkey” is hanging around.

Monkey is a 5-year-old female Doberman and therapy dog. She visits Tripler Army Medical Center with her owner Lt. Cmdr. Alaric Franzos, assistant group surgeon, Marine Aircraft Group 24, for the Red Cross Human Animal Bond Program.

“People open up to animals more than they do humans,” said Nadia Pinet-Hurtt, TAMC station coordinator, American Red Cross. “Animals stay quiet, and they listen.”

Monkey is one of more than 40 therapy dogs with the program, visiting adult and child patients. Franzos said while many think of Dobermans as territorial, the dogs can be very affectionate and approachable.

“The wounded warriors really gravitate to the big, tough dogs like Monkey,” he said. “They really open up to her, especially when they see how she’s really very friendly.”

During a hospital trip, Franzos and Monkey will check in with the nurse’s station to see which patients may want a visit. In hospital rooms Monkey can lie down next to patients in bed on top of an extra sheet so patients can pet and play with her.

While visiting Monday, Franzos and Monkey stopped in to see Cpl. Ronnie Brandafino, crew chief, Marine Heavy Helicopter Squadron 363, and his family. He was among a four-member crew aboard a CH-53D Sea Stallion helicopter when it went down at Kaneohe Bay March 29.

“It’s nice to have a dog that’s really friendly,” said Brandafino, who is recovering from his injuries at Tripler. “They don’t care you’re hurt,

and they’re nice no matter what.”

Having a visit from Monkey or any of the service dogs brightened the day of patient Debi Ross, a multiple pet owner. Ross said Monkey’s recent visit definitely improved her mood, especially since her dogs can’t always visit while she’s in the hospital.

“It means everything to me,” she said. “Seeing dogs and other animals while I’m in the hospital is so great.”

When the pair visits a hospital ward, Franzos often gets the question why his dog is named Monkey. He said many laugh at the reason — his wife wanted a real chimp as a pet and the two compromised with a dog they named Monkey.

Franzos, a Navy doctor, heard about the therapy dog program and was eager to have Monkey certified through the Red Cross.

Monkey and other therapy dogs in the program have passed an American Kennel Club “K-9 Good Citizen” test as well as a temperament exam by a veterinarian at Fort Shafter in Honolulu.

“Any dog can be a therapy dog,” Franzos said. “Owners need to train them to be calm and obedient. They don’t need dog show level discipline, but they will need to follow simple commands and modulate their energy.”

The time a volunteer spends receiving certification is more than worth it for Franzos. He’s inspired to continue with the program because he knows how much of a booster spending time with his dog can be. After a visit with Monkey, Brandafino said spending time with the therapy dog is a nice respite.

“It’s cool to have dogs visit,” Brandafino said. “You feel less like you’re in a hospital.”

For more information about the Human Animal Bond Program, call the TAMC American Red Cross Service Center at 433-6631.

New age
guidelines for
child restraints

Press Release
National Highway Traffic Safety Administration

The National Highway Traffic Safety Administration has revised its child restraint guidelines to be categorized by age rather than by type of child seat in order to keep pace with the latest scientific and medical research and the development of new child restraint technologies.

Under the new guidelines, issued today, NHTSA is advising parents and caregivers to keep children in each restraint type, including rear-facing, forward-facing and booster seats, for as long as possible before moving them up to the next type of seat.

For instance, the safety agency recommends using the restraints in the rear-facing position as long as children fit within the height and weight limits of the car seat as established by the manufacturer.

The rear-facing position reduces stresses to the neck and spinal cord and is particularly important for growing babies.

NHTSA said that its new guidelines are consistent with the latest advice from the American Academy of Pediatrics, which advises parents to keep kids in rear-facing restraints until 2 years of age or until they reach the highest weight or height allowed by their car safety seat’s manufacturer. There is no need to hurry to transition a child to the next restraint type.

“Safety is our highest priority,” said Ray LaHood, secretary of the Department of Transportation. “The ‘best’ car seat is the one that fits your child, fits your vehicle and one you will use every time your child is in the car.”

NHTSA administrator David Strickland pointed out that while all car seats sold in the U.S. must meet federal child restraint safety standards, he said, “Selecting the right seat for your child can be a challenge for many parents. NHTSA’s new revised guidelines will help consumers pick the appropriate seat for their child.”

Strickland said parents should also consider other factors when selecting a car seat, including their child’s weight, height, physical development and behavioral needs, as well the family’s economics and type of vehicle.

Additional recommendations for
child seat use from NHTSA include:

- Always read child seat manufacturers’ instructions and the vehicle owner’s manual for important information on height and weight limits and how to install the car seat using the seat belt or the latch system.
- Children under 13 should ride in the back seat.
- Children in rear-facing car seats should never ride in front of an active passenger air bag.

WHAT’S COOKING AT ANDERSON HALL DINING FACILITY?

WEEK OF APRIL 22 THROUGH APRIL 28

Today <i>Lunch</i> Pork Adobo Lemon Baked Fish Fillets <i>Dinner</i> Chicken Cacciatore Chili Conquistador Burritos	Saturday <i>Dinner</i> Pork Roast Chicken Cordon Bleu Sunday <i>Dinner</i> Oven Roast Honey Glaze Cornish Hens
---	---

Monday <i>Lunch</i> Chinese Five Spice Chicken Baked Mahi Mahi <i>Dinner</i> Beef Porcupines Braised Pork Chops

Tuesday <i>Lunch</i> Barbequed Chicken Ale Battered Fish Portions <i>Dinner</i> Caribbean Chicken Breast Parmesan Fish
--

Wednesday <i>Lunch</i> Mexican Pepper Steak Bayou Chicken Breast <i>Dinner</i> Meat Loaf Pork Ham Roast	Thursday <i>Lunch</i> Swiss Steak w/Brown Gravy Chicken Vega <i>Dinner</i> Beef Yakisoba Tempura Sweet/Sour Pork
---	--

Red Cross teaches MCAS spouses CPR

Kristen Wong
Photojournalist

The American Red Cross certified 23 Marine Corps Air Station Kaneohe Bay spouses in cardiopulmonary resuscitation for infants April 12 and 13.

The spouses watched tutorial videos and practiced CPR on plastic infant dolls at the Waikulu Community Center for four training hours split between two days.

Cpl. Matthew Lankford and Sue Rolsen, both volunteer instructors with the American Red Cross, led the class. On the second day, spouses took a written test and were officially certified after passing.

Lt. Col. Jeffrey Pellegrino, commanding officer, MCAS, said he feels if spouses are able to handle emergency situations, their service members would be able to focus more on their work. Many of the

Marines and sailors spend many hours at the airfield, which is open from 6 a.m. to midnight most days.

Though some think of family readiness as social gatherings prior to deployment, Pellegrino wanted to find something more tangible. The training is at no cost to the families, and volunteers provided childcare during the training. Pellegrino plans to have first aid and CPR training every quarter. In the future he would also like children to learn first aid so they will also be prepared for emergencies.

“I would like to arm both adults and children of service members with the ability to do those important first steps necessary until follow-on help can arrive,” Pellegrino said. “Providing first aid and CPR training will give them the ability and the confidence to do this.”

Gunnery Sgt. Katrina Michael, family readiness officer, MCAS,

commented that there was a great turnout for the first training session.

Michael said one of the spouses attended CPR training to be able to add it to their resume when applying at the Child Development Center.

Base resident Tiffany Carritt already has been certified in CPR, but attended the training to renew her certification. She said some of the techniques have changed since she was last certified. Carritt, a consultant for Girl Scouts of Hawaii, said having someone skilled in CPR is good in case of emergencies at camp activities.

Base resident Kristin Molnar said training in infant CPR could be beneficial because she has a 3-year-old child. Molnar said the training can also enable neighbors to assist parents overwhelmed by distress.

Pellegrino said the unit is considering other forms of training, such as martial arts for spouses.



Kristen Wong | Hawaii Marine
Base resident Angela Raterink performs cardiopulmonary resuscitation on a plastic infant doll April 13.

WORD TO PASS On Base

Base library “Egg-Stra Special” Easter

The Marine Corps Base Hawaii Library will be hosting an “Egg-stra Special Easter Program” on Saturday at 10 a.m. This program celebrates all things “bunny” for Easter, with an Easter-inspired story time, crafts and snacks for all.

This event is free and open to all active duty and their family members. Contact the MCB Hawaii base library at 254-7624 for more information.

Volunteers needed for USO Sesame Street visit

United Services Organization Hawaii is looking for volunteers for the Outreach (giveaway) area at all Sesame Street shows.

There will be shows here, at Schofield Barracks, Aliamanu Military Reservation and Joint Base Pearl Harbor-Hickam throughout the month of May.

We are looking for 6 to 8 volunteers per show to be at each venue one hour prior to the show. Volunteers will hand out the Sesame Street twirly lights and help with other giveaway tables.

Each show is about 30 minutes long. The USO Tour Manager and /or the Sesame Company Manager will meet with all volunteers prior to the show.

For more information, please call Barbara Troegner at 422-1213.

MARINE MAKEPONO Hawaiian for ‘Marine Bargains’

Baby furniture for sale. Selling light brown Crib 4 Life piece. Able to convert from a crib to toddler bed. Asking \$30. For more information, call 292-4580.

Home theater system for sale. Includes 5-year-old Hitachi 60-inch TV and Sony speakers, DVD player and VCR. Asking \$600. For more information, call 391-5906.

Car for sale. Four-door blue Buick LeSabre with 109,554 miles. Asking \$1,000. For more information, call 391-5906.

Used X-Box 360 Elite. Comes with 300 GB hard drive and one controller. Great condition! \$100/obo. Call 233-8486.

Car for sale. 2006 Ford Explorer. 45,000 miles and warranty. Asking for take-over payments. Maroon, tan interior. Excellent condition. For more information, call Christian at 831-233-4189.

Car for sale. 2003 BMW 325X1 great condition. 92,000 miles with Blue Book value \$13,995. Selling for take-over payments. Leaving island soon. For more information, call Christian at 831-233-4189.

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 Military 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. E-mails, 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.

Lent Celebrations

To celebrate the Christian season of Lent, the base chapel is holding several observances. All services will be at the base chapel unless otherwise noted. For more information, call the chapel at 257-3552.

Catholic services:

- The last Lenten Penance service is tonight at 6 p.m.
- Good Friday, tonight at 6 p.m.
- Holy Saturday (Easter Vigil), Saturday at 8-9:30 p.m.
- Easter Sunday Service, Sunday at 9:30 a.m. and 5 p.m.

Protestant services:

- Easter Sunrise, Sunday at 6 a.m. at Fort Hase Beach
- Liturgical Easter Worship, Sunday at 8 a.m.
- Contemporary Easter Worship, Sunday at 11 a.m.

ENVIRONMENTAL CORNER



HAWAIIAN STILT SEASON IS HERE!

March through September is nesting season for the Ae'o (pronounced “eye-oh,” meaning “one standing tall”) or Hawaiian stilt (*Himantopus mexicanus knudseni*). You might see this endangered Hawaiian waterbird foraging in and around the muddy margins of our base wetlands, primarily Nu’upia Ponds, located between the H-3 and Mokapu Gates. With their long, slender black beaks, they probe the mud for their favorite foods of insects, small fish and crustaceans. These slender black and white birds look like they are wearing tuxedos, and have long, skinny pink legs that look like they are walking on “stilts.”

The base is home to about 130 stilt birds, and about 10 percent of the entire population of this endangered bird is only found in Hawaii. In 1982, Mud Ops began with the help of 3rd Marine Regiment’s Combat Assault Company. Since then, stilt bird numbers have increased, and the Marines have had an opportunity to train in unique terrain, a real “win-win” for both combat training and conservation. No wonder Mokapu Elementary School has adopted the Ae'o as their mascot! For more information on our conservation program or how you can help make a difference call the Environmental Department at 257-6920.