

Hawaii Marine

Alcohol sale hours change

Christine Cabalo
Marine Corps Base Hawaii

Marine Corps Base Hawaii leaders are aiming to prevent alcohol abuse by limiting when customers can purchase alcoholic beverages at base retail establishments.

Starting March 1, the base's Marine Mart locations will allow alcohol purchases daily from 8 a.m. to 10 p.m. The Marine Corps Exchange and Wiki Wiki Market will sell alcohol from 9 a.m. to 9 p.m., Monday through Saturday, and 9 a.m. to 7 p.m. during Sundays and holidays. The base's clubs and restaurants will continue to sell alcoholic beverages during their normal hours of operation and for special events.

"We're making a change before something bad happens rather than waiting for it to occur," said Sgt. Maj. Robert Eriksson, the base sergeant major.

Eriksson said the new hours are designed to encourage base residents and workers to consume alcohol responsibly. Until March 1, customers can buy alcoholic beverages as early as 6 a.m. or as late as midnight at some retailers. Eriksson said the change is meant to prevent binge drinking rather than stop all alcohol consumption.

"Some clubs on base are open until 1 a.m.," he said. "We're not looking at changing that because it's a controlled environment in which to obtain alcohol."

In fiscal year 2011 alone, Headquarters Marine Corps' Safety Division reported 13 Marine deaths from alcohol-related incidents. In three of these incidents, Marines "drank to the point of passing out, and never woke up," according to the report.

The Marine Corps is taking steps to address the issue of alcohol abuse, and is introducing various initiatives.

Commands are already working to implement the new Alcohol Screening Program, requiring Marines and sailors to take breathalyzer tests twice a year to determine if they are fit for duty.

The program is outlined in Marine Corps Administrative Message 709/12, signed on Dec. 12, 2012, by Lt. Gen. R.E. Milstead,

See ALCOHOL, A-8



Cpl. Ben Eberle | U.S. Marine Corps Forces, Pacific

Lance Cpl. James Russell, 24, an electrician with Combat Logistics Battalion 3, explains how he and other Marines operate the Micro Auto Gasification System during Exercise Lava Viper at Pohakuloa Training Area on the Island of Hawaii, Jan. 25. The system was being tested as a waste disposal solution during the field training exercise, and is being considered for additional follow-on tests in austere environments.

Marines test green waste disposal technology on Island of Hawaii

Cpl. Ben Eberle
U.S. Marine Corps Forces, Pacific

POHAKULOA TRAINING AREA, Hawaii — On an island world-famous for its chain of active volcanoes, Marines are harnessing extreme heat to test a process that could become the future of military waste management.

The science adviser for U.S. Marine Corps Forces, Pacific, supported by the MarForPac Experimentation Center, demonstrated a green, rubbish-reducing technology here, Jan. 25.

"It's not burning," said Ben Tritt, the MarForPac science adviser for the Office of Naval Research. "It's gasification under a very controlled environment, and it's much cleaner than burning ... It's (also) a self-sustaining process."

The machine behind the magic is called the Micro Auto

Gasification System, and perhaps the most impressive aspect of the technology is its simplicity.

Operators start the MAGS with diesel fuel, bringing the inside of its insulated drum to temperatures exceeding 1,000 degrees Fahrenheit. The machine is then "fed" trash at a rate of approximately 50 pounds per hour, turning 95 percent of it into gas used as fuel to sustain the process. The remaining five percent is converted to inert ash which can be safely disposed of in landfills or mixed with compost, asphalt or cement. One machine is capable of meeting the daily waste disposal needs of approximately 1,000 troops.

"It not only (handles) mixed solid waste – trash that you would typically throw away – but we've also done some testing with petroleum, oil and lubricants," said

See GREEN, A-8



Cpl. James A. Sauter | Hawaii Marine

Cpl. James A. Sauter
Marine Corps Base Hawaii

As the sun climbed higher into the sky and humidity made the air hot and sticky, more than 40 Marines and civilian police officers from the Marine Corps Base Hawaii Provost Marshal's Office conducted force protection training at PMO field, Tuesday.

The force protection training focused on assertively and safely arresting a suspect and using batons in a non-lethal situation.

Charles Smith, the lead instructor, first demonstrated how to approach and handcuff a

suspect who was laying on the ground. Another demonstration focused on arresting a standing suspect. Smith also incorporated different hand and arm manipulations to make the suspect compliant.

"This class is an annual requirement to update the student's knowledge of defensive tactics, so they know how to utilize the escalation of force levels," Smith said. "This not meant to be aggressive or combative training, but instead to focus on how the officers can defend themselves during an arrest."

After observing the first pair of demonstrations, students divided into pairs of two to practice the techniques. During the practice, Cpl. Charles Robertson, a canine handler and native of Davenport,

Iowa, pretended to arrest his partner and fellow canine handler, Cpl. Britt Foster. He verbalized commands, directing the suspect to kneel, lay on his stomach, look away from the direction the officer approached him, and place his hands on the small of his back.

During the mock arrest, Robertson verbally iterated every command to Foster to ensure every step was completed safely. The partners switched roles and repeated the mock arrest before moving on to another demonstration.

"It's really nice to be able to perform the arrest

See BATON, A-8

PMO Marines, civilians train with non-lethal weapons

Charles Smith, a non-lethal weapons instructor for the Provost Marshal's Office, demonstrates how to safely detain a suspect that is lying on the ground during a non-lethal force protection training class at PMO field, Tuesday. After seeing a demonstration, PMO Marines and sailors paired up to practice the techniques on each other. One of the techniques which they learned was striking an aggressor in certain body regions with a baton to either subdue or incapacitate him.



5K for a crown
Approximately 210 runners compete to earn the title of 2013's 'King of the Hill,' **B-1**



Curry in a hurry
Kailua curry house India Café offers tasty Indian cuisine only 10 minutes from base, **C-1**



NEWS BRIEFS

Base tax center opening soon

The base tax center is opening, Feb. 5, to all Marine Corps Base Hawaii service members, retirees and reservists. Hours of operation are from 8 a.m. to 4:30 p.m. Please bring all W-2s (including spouse's), bank account and routing numbers, copy of last year's tax return, all other tax forms (1099s, etc.) and Social Security cards for all family members. The tax center is located at building 455 on the first deck. Building 455 is across the street from Forest City and adjacent to the Youth Activities Center. For details, call 257-1187.

Cultural Heritage Day Luncheon

Marine Corps Base Hawaii will host its first Combined Cultural Awareness Observance, called Cultural Heritage Day, March 1, from 10 a.m. to 4 p.m. at Kahuna's ballroom. The event will acknowledge and honor the diverse ethnic and cultural heritage of the U.S., and feature cultural display booths and entertainment. For information, contact Gunnery Sgt. Curtis Bradley at 257-7720 or curtis.bradley@usmc.mil.

Navy League Individual Augmentee Luncheon

The Navy League will host its annual Individual Augmentee Award Luncheon to recognize Marines who deployed as individual augmentees in CY2012, Feb. 28. Marines of all ranks are eligible to be recognized. The event will be held at the Ala Moana Hotel in Honolulu and registration begins at 10:30 a.m. Marines must wear their service dress "B" uniforms. The luncheon is free for all IA awardees and one guest. Additional guests are \$40. Marine Corps Base Hawaii-based sailors will be identified separately through Navy Region Hawaii. Contact Johanna Marizan-Ho at johanna.marizanho@usmc.mil or 257-8876 for information.

Physical training gear/swimwear

Physical training (PT gear or any clothing designed for the primary purpose of physical training to include swim wear) is not authorized for wear as appropriate civilian attire. PT gear is not authorized at the PX complex, commissary, clubs, golf course or food establishments aboard MCB Hawaii. Swimwear is appropriate while participating or traveling to and from beach or pool activities, but not authorized for wear as civilian attire anywhere aboard the installation.

PMO to ticket vehicles parked on grass

Beginning March 1, the Provost Marshal's Office will be issuing tickets for those vehicles parked on grassy areas on Marine Corps Base Hawaii.

Quick Assist Loans available from Navy-Marine Corps Relief Society

Beginning today, active duty sailors and Marines can apply for a Quick Assist Loan for up to \$500 at all 51 Navy-Marine Corps Relief Society full service offices located on Navy and Marine Corps installations worldwide. Most QALs can be processed on a walk-in basis in about 15 minutes. Active duty Marines and sailors must apply in person.

QALs are short-term, interest-free loans available to service members facing a family emergency or other urgent financial situation. QALs are available to active duty sailors and Marines who have no outstanding loans with NMCRS, and need help with basic living expenses or family emergencies. For more information visit <http://www.nmcrs.org/QAL> or contact the nearest NMCRS office.

Important phone numbers

On-Base Emergencies	911
Child Protective Service	832-5300
Fraud, Waste, Abuse & EEO	257-8852
Base Information	449-7110
MCB Hawaii Chaplain	257-3552
DEERS	257-2077

Hawaii Marine

www.mcbhawaii.marines.mil

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Slavica Hansbrough | Marine Corps Community Services

Washington Redskins linebacker London Fletcher helps Mokapu Elementary School students plant fruits and vegetables in an elevated garden box for a new garden at the school during the National Football League's Legacy Project, Jan. 24. The NFL Legacy Project's purpose is to introduce players to their fans, with the intent of improving their community.

NFL players plant new healthy roots in children's lives

Lance Cpl. Suzanna Lapi

Marine Corps Base Hawaii

National Football League players traded the pigskin for garden tools with children from Marine Corps Base Hawaii's Mokapu Elementary School during the NFL Legacy Project, Jan. 24.

The NFL Legacy Project's purpose is to introduce players to their fans, with the intent of improving their community. When the players visited MCB Hawaii for the first time, they focused on building a garden on the school grounds to promote healthy living and reap its benefit in a bountiful way.

NFL players such as Jason Pierre Paul, a well-known New York Giants defensive end, and Julius Peppers, a famed Chicago Bears defensive end, were among the all-star garden crew.

Instead of digging their cleats into the dirt, approximately 20 players and 20 children collectively dug with spades and planted greens to promote an active lifestyle for the children to incorporate into their routines.

Azieo McMillen, a 9-year-old student at Mokapu Elementary School, said it was awesome to meet the

players, especially the statuesque Peppers.

"He was so cool and gave me high-fives," McMillen said. "I learned about nutrition and helped plant vegetables, fruits and pretty flowers."

McMillen also said they used stencils to paint words of inspiration like 'exercise' and 'eat your veggies' on garden stones to continually encourage the students once the players left.

In addition to planting a garden and painting inspirational stones, the players and children built a trellis, elevated garden boxes, picnic tables and benches. They left their mark by imprinting their hands and autographs onto the tabletops for a lasting impression.

Estella Euclide, a program specialist with MCB Hawaii's Marine and Family Services, said the school is considering adding gardening to their curriculum to continue promoting healthy lifestyles because of the success of the garden.

Euclide added the school, parents and children are hopeful for the return of the NFL Legacy Project for years to come.

By digging in the dirt the children learned to use the tools for planting positive habits in their lives, and the players were afforded the chance to get dirty in a garden instead of AstroTurf and inspire children.



Slavica Hansbrough | Marine Corps Community Services

Atlanta Falcons strong safety William Moore helps Mokapu Elementary School students paint inspiration stones for a new garden at the school during the National Football League's Legacy Project, Jan. 24.

Base tax center to open for tax season

Kristen Wong

Marine Corps Base Hawaii

Eligible patrons aboard Marine Corps Base Hawaii are encouraged to complete their taxes with one of more than a dozen service members at the base tax center, from Feb. 5 to April 26.

Active duty service members, dependents, active reservists and retirees are eligible to have their tax returns completed at the base tax center, located in building 455 next to the Youth Activities Center.

"These are your service members serving for you right now," said Gunnery Sgt. Shawn Forde, senior enlisted leader for the tax center. "They understand the plight we go through as service members and DoD civilians."

The center will be open from 8 a.m. to 4:30 p.m., Monday through Friday, during the tax season. No appointment is necessary. Patrons who have complex tax returns can also walk in, and the volunteers will work to accommodate them if they need further assistance.

As an added tip from last year, spouses are encouraged to file jointly rather than separately. Couples may not be eligible for certain credits if filing taxes separately.

There are several benefits for the service members who use the base tax center, according to veteran volunteer tax preparer Clark Edwards, who has volunteered at the center for more than 12 years. Patrons will be able to complete their state and federal tax returns free of charge, but they can also request previous copies of tax returns they have completed at the center.

"You're supposed to save your taxes for three years, but when you live out of a sea bag, it's pretty hard," Edwards said.

Before arriving at the center, visitors should compile:

- DoD identification card
- All W2s (including spouse's)
- Bank account and routing numbers
- Copy of last year's tax return
- All other tax forms (1099s, etc.)
- Social Security cards of all family members



Kristen Wong | Hawaii Marine

Lance Cpl. Marlow Ronk (left) and Cpl. Elijah McTeer (right), volunteer tax preparers, review tax preparation skills at the base tax center, Jan. 23. Customers at the base tax center can expect privacy and individualized attention from volunteer tax preparers working in separate cubicles.

The volunteers at the tax center come from various units. They have been trained through the Volunteer Income Tax Assistance program and a specialized week-long class at Schofield Barracks in Wahiawa.

Cpl. Chris Rodriguez, who will work as a volunteer tax preparer at the tax center this year, recently attended the training. Before this, the 22-year-old was already used to filing his own taxes online.

"It was really simple because everything is laid out in all of our books," Rodriguez said of the training.

But there are some challenges. Rodriguez said there were debates at times about terminology used by the IRS. For instances, there are different words used for types of homes, from home of record to abode. However, Rodriguez said the volunteers are amply prepared to provide tax services. He encourages patrons to ask questions, so the volunteers can provide them with efficient service.

As in previous years, service members also have additional concerns or are eligible for certain provisions. For instance, spouses working in Hawaii may be eligible for tax exemptions under the Military Spouse Residency Relief Act, passed in November 2009.

According to the IRS website, service members who are deployed and unable to file their taxes on time may be granted extensions to file after returning home. In addition, some service members may be eligible to exclude pay received in certain combat zones when completing their taxes, according to the IRS website. Patrons unsure if a certain zone is eligible can call the tax center.

Forde recommended visiting the center as early as possible. Last year, the busiest times fell within lunch hours or from 5 to 6 p.m.

"The Marines and sailors here have committed the time and effort to being the best prepared to get you what you deserve, so just come on down and let us help you for free," Forde said.

Once the return is filed, the IRS estimates that people should receive their refunds within 21 days. The status of refunds can be checked at <http://www.irs.gov> by clicking the "Where's my refund?" link or calling 1-800-829-1954. This year, patrons can also use the "IRS2Go" application on a mobile phone to access the status.

Patrons can also have access to limited year-round tax assistance from a dedicated worker. For more information, call the base tax center at 257-1564.

AROUND THE CORPS

Marines assist in clearing insurgent stronghold during Operation New Hope



Cpl. Mark Garcia | Regional Command Southwest

Marine advisers attached with the Afghan National Army run to a compound to take cover while receiving enemy fire during Operation New Hope in Kajaki, Afghanistan, Jan. 16.

Cpl. Mark Garcia

Regional Command Southwest

KAJAKI, Afghanistan — During a time when insurgent forces typically bed down until the spring poppy harvest, Afghan National Security Forces, aided by a small group of Marine advisers, engaged multiple enemy forces during Operation New Hope in Kajaki, Afghanistan, from Jan. 16 to 19.

Afghan National Army soldiers led the main assault with supporting forces from the Afghan National Civil Order Police and the Afghan Uniformed Police. The operation's focus was to bring peace, stability and increase the Government of the Islamic Republic of Afghanistan's influence in the area. Afghan National Security Forces localized their efforts to Kajaki Sofla, part of the southern green zone in Kajaki, and a known insurgent hotbed in the district.

By the time the chilly Afghan dawn had come, marking the start of the

operation, ANSF forces were receiving enemy fire from multiple directions. Fueled by the desire to bring peace to the highly contested area, the ANSF fearlessly pushed forward.

"When it came to fighting the enemy, the ANA were tenacious, they were aggressive, used good tactics, communicated well, coordinated well, were tactically patient when they needed to be, and they were aggressive when they needed to be," said Capt. Mastin Robeson, a team leader with the Security Force Assistance Advisor Team, Regimental Combat Team 7, from Greenville, S.C.

"The ANA have strengths that we don't have. They understand light infantry to a level that we never will. Those guys walked around without packs on for three days living off whatever scarce food they could eat. They didn't bring any warming layers, and they didn't bring any blankets or anything else. They just went into the attack, and for three days,

fought it out and then consolidated to a patrol base. It was impressive to watch those guys fight."

Although fighting was heavy throughout the operation, the ANA was successful in defeating their enemy.

"When we moved from Patrol Base Pennsylvania and got into the green zone, the enemy started firing upon us," said Lt. Matasmbilla Haqmuell, deputy commander of 2nd Tolay, 1st Kandak, 2nd Brigade, 215th Corps, and a native of Kunar province. "So we started fighting with the insurgents and made them retreat. We became stronger throughout the day, and the enemy took casualties. We found a lot of weapons caches and improvised explosive devices materials."

During the three-day operation, more than 100 ANA soldiers along with various ANSF elements cleared weapons caches, IEDs and enemy fighting positions from the area. Accompanying the ANA were 18 Marine advisers providing call for fire and tactical input when needed.

Every Marine a rifleman: Sergeant major earns Bronze Star Medal

Cpl. Andrea Dickerson

2nd Marine Aircraft Wing

CHERRY POINT, N.C. — Sgt. Maj. Mario P. Fields demonstrated the importance of leading from the front during a deployment with the 26th Marine Expeditionary Unit in support of Operation Enduring Freedom when he acted as a sweeper after an improvised explosive device detonated, injuring one of his Marines.

A first sergeant at the time, Fields worked alongside a corporal to sweep for IEDs and clear a path to a landing zone, ensuring the injured Marine was immediately evacuated.

"Every Marine is a rifleman," said Fields. "No matter your rank or billet, we all have to do our part

to help accomplish our mission."

That action was just one of many tireless efforts he engaged in from the moment the MEU deployed in August 2010, while serving as company first sergeant of Weapons Company, Battalion Landing Team, 3rd Battalion, 8th Marine Regiment, the ground combat element of the MEU. He earned the Bronze Star Medal for his constant dedication to duty. Fields, currently serving as the Marine Wing Headquarters Squadron 2 sergeant major, accepted the Bronze Star, Nov. 1, during a ceremony aboard the air station.

"It is truly an honor to receive the Bronze Star," said Fields. "I had the unique challenge of leading 250 troops who were spread out across different parts of the world at times."

While deployed, not only did he perform his

responsibilities as company first sergeant, he at times assumed duties as acting sergeant major aboard ship and as the Weapons Company commander.

As the senior enlisted Marine, Fields said he knew he had to step up to the plate and do whatever was needed to help accomplish the mission. For him, that meant serving on the chow line, lending a listening ear to his Marines and looking out for their welfare and morale.

Fields said that his dedication to duty will continue throughout his service, and he could not do his job without the Marines under his charge.

"Even though it is my name on the award, I could not have done it without my Marines," he said. "This award really has all of their names on it. When I wear it, I am wearing it for them."

Marines clear buildings, detain prisoners, establish action drills

Lance Cpl. Donald Peterson

III Marine Expeditionary Force

OKINAWA, Japan — "Set!" yells a fire team leader as he waits outside a doorway. The Marine behind him grabs his shoulder and gives the command, "Go!" The four-man team rushes into the room, clearing it of enemies.

Marines with Combat Assault Battalion, 3rd Marine Division, III Marine Expeditionary Force, trained for military operations on urban terrain, Jan. 16, in the Central Training Area near Camp Hansen.

The Marines rehearsed clearing buildings, detaining and handling mock enemy prisoners of war, establishing casualty collection points, and conducted immediate action drills.

At combat town, each building presents the Marines with unpredictable layouts – similar to what Marines would experience in urban combat operations, according to 1st Lt. Kevin J. Corpuz, an amphibious assault vehicle officer with the battalion. The rooms are filled with furniture, windows and stairways to enhance realism while training.

"The majority of the Marines have a basic understanding of (urban operations), but this training brought them together and allowed them to build on what they've learned and fix their mistakes for when it really counts," said Sgt. Thomas R. Hughes, a basic tank and AAV crewman with the battalion.

The Marines rehearsed different routines on proper room clearing to enhance their proficiency.

"We entered the buildings several times using different combinations of team members in order to achieve familiarity while working with each other," said Lance Cpl. Justin A. Phillips, an AAV crewman with the battalion. "Morale remained high throughout the training."

During after action reviews, the Marines shared successes and identified ways to improve their skills in the urban terrain.

"Positive comments included the use of realistic scenarios and complicated buildings, which provided a training challenge, allowing us to improvise on the fly, and made us communicate during movement," Phillips said.

The Marines also identified and addressed areas in need of improvement, such as movement on stairwells, interacting with the local urban populace, and the use of the M249 squad automatic weapons during room clearing operations.

"Always being prepared to perform real-world urban operations is important for every Marine," Corpuz said.

The Marines enjoyed their experience at combat town and will take valuable lessons away from the training, according to Hughes.

"I felt that the hands-on experience was very enjoyable for everyone, and the classes and drills are critical for operating in urban terrain," said Hughes. "It's good for the Marines that have never deployed to learn the basic fundamentals. Now they will have the fundamental experience and knowledge needed to operate successfully in an urban environment."



Lance Cpl. Donald T. Peterson | III Marine Expeditionary Force

Lance Cpl. Justin A. Phillips provides security on a stairwell while clearing a building during military operations on urban terrain training, Jan. 16, at combat town in the Central Training Area near Camp Hansen.

Advanced Rider Track Day

Motorcyclists tear up some asphalt on MCB Hawaii

Lance Cpl. Suzanna Lapi
Marine Corps Base Hawaii

Who said you can't teach an old dog new tricks? Advanced motorcycle riders spent two days learning new techniques while twisting and turning on a track created just for Advanced Rider Track Day, a motorcycle training event held on the Marine Corps Air Station Kaneohe Bay airfield, Jan. 30 and 31.

The riders gathered around in protective gear, some clad in leather, others wearing riding boots. All were excited and ready to get out and ride. After a few days

of consistent rain, the riders and coaches were treated to plentiful sunshine and dry pavement to practice their riding skills and learn new ones.

The event, which was created in 2009, started with a safety brief to inform the riders of the track layout, rules and how the day would progress.

Mario Di Prete, a safety specialist and Motorcycle Safety Foundation rider, coach and trainer, said the event is a Marine Corps initiative and spurred by the concern of Commandant of the Marine Corps Gen. James F. Amos.

"Gen. Amos asked Keith Code, the California Superbike School creator, 'What is something we can work on that

is most beneficial for these riders in a short amount of time?'" Di Prete said. "We didn't have a lot of time with the number of riders getting hurt."

Di Prete said the biggest issue is cornering, with 40 percent of motorcycle fatalities occurring while the rider is executing a turn. Some riders tend to panic in corners, then hit the brakes and get into trouble.

Cpl. Brandon Baria, an instructor with the School of Infantry West, and a native of Charleston, W.Va., said cornering is important to him, especially being a new rider.

"I have been riding for ten months and participated

in this event in August," Baria said. "They pull you aside, talk to you and tell you what you need to improve on. For me being a beginner, I soaked it all in."

Baria said he improved by trusting his bike, leaning and throttle control. He plans to return to future events to further his riding skills.

Di Prete's counterparts from neighboring bases like Joint Base Pearl Harbor-Hickam found value in this event and decided to support and participate.

"Because of their interest, we have been able to turn the event into a joint service operation," Di Prete said. Track day is either a one or two day event, depending

upon the number of participants. Di Prete usually sees 30 riders in the morning and afternoon, with some coming back as alternates. The riders tear up the track in groups of ten. The event is held throughout the year, dependant on track availability.

Di Prete said under Keith Code's recommendation, riders should focus on entry speed, throttle versus lean, and throttle control. The coaches concentrate on these three concepts during class time and on the track.

In order to participate in the event, riders must have completed the Basic Riders Course and Experienced Riders Course if they ride a cruiser, or the Military Sport

Bike Course if they ride a sport bike. The Advanced Rider Track Day counts as refresher training and participants receive a card as proof that they completed the course.

Any interested riders can visit the Base Safety Center at building 279, or visit its website for more information and to sign up for training. Riders cannot borrow a motorcycle and must also verify documents such as insurance and motorcycle driver's license to participate.

Di Prete said riders walk away more confident because of the real-life application the training offers. Motorcycle enthusiasts can transfer what they have learned on base to the windy roads of Hawaii.



Photos by Lance Cpl. Suzanna Lapi | Hawaii Marine

Riders get last minute coaching before taking to the track during Advanced Rider Track Day, a motorcycle training event held on the Marine Corps Air Station Kaneohe Bay airfield, Wednesday. The event, which began in 2009, started with a safety brief to inform the riders of the track layout and rules, and how the day would progress.



Mario Di Prete, a safety specialist and Motorcycle Safety Foundation rider, coach and trainer, gives a rider instruction on throttle control.



Riders practice skills during Advanced Rider Track Day, a motorcycle training event held on the Marine Corps Air Station Kaneohe Bay airfield, Wednesday.



Tech Sgt. Trent LaChance waits his turn to practice riding techniques on the track.



An Advanced Rider Track Day coach and trainer (center) provides safety instruction on the conduct of the course.



A participant grips his handlebar while awaiting his turn to ride the course.



VETERANS OF COLOR

**Presented by the
Honolulu Museum of Art's
African American
Film Festival**

The film festival is scheduled for Feb. 26 at 9 a.m. and 2 p.m., at the base theater aboard Marine Corps Base Hawaii.

Directed by Mark Parry, "Veterans of Color" tells the stories of the African-American men and women who have served in our nation's Armed Forces. From World War II through Vietnam and more recent armed conflicts, Veterans of Color chronicles the heroic service of soldiers who had to conquer the enemy while battling for equality.

For more information about the Honolulu Museum of Art and the Honolulu African American Film Festival, visit <http://www.honolulumuseum.org/event/films>.

Defense Logistics Agency Document Services: More than a DoD printer

Nanette Tamura

Defense Logistics Agency

As a field activity of the Defense Logistics Agency, DLA Document Services has been serving the Department of Defense for more than 60 years. While some refer to the organization as the DoD's printer, it offers much more than the basic description implies.

DLA Document Services provides printing and copying at many installations around the world. However, its core services reflect its mission to transform the DoD from high volume print and duplication to lower volume print on-demand and the use of online documents, electronic content and records management. In other words, DLA Document Services enables customers to increase functionality of their documents while lowering costs.

Core capabilities include the conversion of hard copy documents and media to standard digital formats, building libraries of digital content with online access and the provision of networked multifunctional devices that print, copy, scan and fax in customer workspaces.

DLA Document Services provides scanning and conversion services for all types of documents. Skilled technicians scan documents of any size, from business cards to large format engineering drawings, and convert them to a host of digital formats. DLA Document Services has converted and indexed, for easy search and retrieval, over a half billion images to customer-specified digital formats.

DLA Document Services' Electronic Document Management program is a service to build digital libraries of documents with online access. EDM solutions are DoD 5015.2 records management compliant and enhance busi-



Courtesy photo | Defense Logistics Agency

Defense Logistics Agency employee Edgar Manzano operates a paper cutter while working on signs and posters as Army Sgt Maj. Sultan Muhammad (left), command sergeant major, DLA Headquarters, chats with Bobby Kadomoto, document service director, DLA.

ness processes by providing advanced content lifecycle management and workflow functionality. One example, the Electronic Document Management Service, assists DLA Distribution sites worldwide with digital capture, processing, management and storage for millions of shipping documents.

DLA Document Services is also one of the government's largest providers of office document equipment solutions. The Equipment Management Solutions program provides networked MFDs that print, scan, copy and fax all in one compact system. With its leveraged buying power and all-inclusive flat rate pricing, DLA Document Services provides the best value solutions at the lowest possible cost. DLA Document Services currently manage more than 34,000 devices DoD-wide.

The organization's EMS equipment assessment program helps agencies eliminate and consolidate costly single-function desktop devices and replaces them with networked MFDs. Assessments are a value added service that benchmark existing device inventory and operating costs, identify the organization's document equipment needs and deliver a set of recommendations on the optimal rightsizing mix of equipment. On average, assessments identify an annual savings potential of 25-30 percent for customers, while increasing capacity and capability.

DLA Document Services is co-located with customers at over 150 production facilities, primarily located on U.S. military installations around the world. DLA Document Services has two

locations on Oahu. Aboard Joint Base Pearl Harbor-Hickam, DLA Document Services is located in building 550, and is open Monday through Friday, from 7 a.m. to 3:30 p.m. This location can be reached at 473-4960. The other DLA location is aboard Schofield Barracks in Wahiawa, located in building 2038, and is open Monday through Friday, from 7 a.m. to 3 p.m. This location can be reached at 655-1400, it is conveniently located to support the warfighter.

The organization also has a facility in the Pentagon, in support of DoD senior leadership, and in the White House, serving as the document solutions provider to the President of the United States. For example, each year DLA Document Services produces the booklet containing the script of the president's State of the Union speech to Congress. It is provided for duplication within just a few hours of the president's address.

With the production of many sensitive and classified documents, DLA Document Services places a great amount of focus on security. All employees have background checks that qualify them for security clearances and are well versed in security procedures. Information assurance, the security of networks and systems, is a major thrust for the organization — ensuring protection of customer's documents.

Whether it is printed or digital media, DLA Document Services is counted on as the trusted document solutions provider to the President of the United States, the DoD, other executive branch Federal agencies and the American service men and women stationed around the world.

For more information about DLA Document Services products and services, visit <http://www.documentservices.dla.mil> or call the customer support center at 1-877-327-7226.

Lesson plans: Fair prepares kids for kindergarten

Christine Cabalo

Marine Corps Base Hawaii

Learn how to be the class act at the upcoming Kindergarten Readiness Fair, Wednesday at 4:30 p.m. at Mokapu Mall.

The fair provides assistance for families with children getting ready for kindergarten. Representatives will be available to take questions, hailing from the Department of Education's Windward District Office, local private schools and other military organizations including Marine Corps Community Services' Exceptional Family Member Program.

"This event is geared to the whole family," said Amy Solomon, a school liaison officer with Marine Corps Base Hawaii. "We will have booths where children can participate in fun activities that are similar to those they will be doing in kindergarten."

Solomon said attendees will learn how to register their children for classes and ease their child's transition into school. Parents can also find out

more information about Hawaii's new guidelines for kindergarten.

Current regulations allow children who will be five years old by Aug. 1, 2013, to start kindergarten. The date will change in 2014 after the state eliminates junior kindergarten programs in favor of statewide early learning preschools.

Resources about the unique problems military families face when their children start kindergarten will also be available at the fair. The Families OverComing Under Stress trainers will meet with parents and describe how they can help military family members of any age deal with stress.

"What we are trying to do is to get anyone we work with to think about things differently," said Lisa Plumb, a family resiliency trainer with FOCUS. "The children may be kindergarteners now, but they can use the same problem solving strategies as an adult."

FOCUS offers classes to help children handle a parent's deployment, couples dealing with combat stress, and more. Plumb said it's important for children and

adults to acknowledge their feelings and take the proper steps to manage them.

"When kids don't say how they feel, they act it out," she said. "They may be sad because a parent left, and act out. We teach them how to cope with stress and deployments."

The fair is one of several upcoming events for families with children ready to start kindergarten. Mokapu Elementary School will also host a kindergarten registration night, March 13. Until the new school year begins in the fall, Solomon said parents can already start to create routines for their children and encourage behavior exhibiting kindergarten readiness.

"Kindergarten readiness means that a child is ready to enter a social environment that is primarily focused on education," Solomon said. "Parents can help their children develop the skills they will need to be ready for school."

With all of the resources available at the fair to help develop kindergarten readiness, it's easy for families to try for perfect attendance.

Kindergarten Readiness Fair
Wednesday, 4:30 to 6:30 p.m. at
Mokapu Mall
For more information about starting
kindergarten in Hawaii, see <http://www.doe.k12.hi.us/>

GREEN, from A-1

Tritt. Virtually the only materials the MAGS cannot “digest” are glass and metal, which the system leaves intact and sanitizes so they can be easily recycled.

Aside from the obvious environmental and health benefits of reducing landfill usage and burn pits, the MAGS and similar waste-to-energy technology can be operated expeditiously in austere and remote environments.

Wherever Marines go, the MAGS can follow. This provides an economic benefit by greatly reducing the amount of waste that needs to be shipped from forward operating bases to the nearest disposal site.

The benefits are plentiful and the technology is state-of-the-art, but does it take a scientist to operate?

“Actually, it’s simple enough that a scientist can operate it,” joked Tritt. “It’s kind of like running an iPad.”

During Exercise Lava Viper, a field

training exercise currently taking place at PTA, several Hawaii-based Marines gained firsthand experience with the MAGS. They agreed that the system was easy to use.

“The best thing about this machine is not having to load all our trash into humvees and other vehicles to get it out of our training site,” said Lance Cpl. James Russell, an electrician with Combat Logistics Battalion 3, and a Poughkeepsie, N.Y. native. “(Technology like this) will cut down on burn pits, and it’s easy to clean. All you need is a broom and dustpan and you’ll get it done in an hour ... she’s good to go.”

So the MAGS is self-sustaining, environmentally friendly, highly transportable, reduces waste disposal costs, and it minimizes the amount of time a Marine spends with his broom and dustpan. Unlike the Big Island’s majestic volcanoes, this type of waste-to-energy technology won’t inspire any postcards, but there are at least a few reasons to get excited.



Cpl. Ben Eberle | U.S. Marine Corps Forces, Pacific

Pvt. Dylan Bolt, 21, a mortarman with 3rd Battalion, 3rd Marine Regiment, and native of Prosser, Wash., operates the tablet-like interface on the Micro Auto Gasification System during Exercise Lava Viper at Pohakuloa Training Area on the Island of Hawaii, Jan 25.

BATON, from A-1

and then feel what it’s like to be arrested,” Robertson said. “You never know what the person on the ground is going through unless you’ve been on the ‘other side of the law.’ As military police Marines, we have to experience things like being sprayed with gas or hit with a taser before we can do it to someone else.”

During the next stage of the class, non-lethal weapons instructors taught basic techniques for subduing an attacker with a baton. The instructors demonstrated how to gain maximum effectiveness with a baton by striking a pad in specific places resembling vital body regions.

“The instructor course is two weeks long and teaches us how to use batons, stun grenades and acoustic systems,” said Cpl. Cole Sorensen, a PMO patrolman and native of Salt Lake City. “The most rewarding part of the course was learning how to teach others these techniques and how they can meet the lethal situation with a non-lethal option.”

For the baton practice application, Robertson again paired with Foster. Foster held a body pad while Robertson struck the pad with a training baton made of light plastic and foam, allowing him to practice striking an aggressor in the chest or across a side of the head to subdue or incapacitate him.

“The reason we keep refreshing



Cpl. James A. Sauter | Hawaii Marine

Cpl. Britt Foster (left), a Provost Marshal’s Office canine handler and native of Lubbock, Texas, does a forward thrust with a training baton against his partner, Cpl. Charles Robertson, a canine handler and native of Davenport, Iowa, during a non-lethal force protection training class at PMO field, Tuesday. After seeing a demonstration, PMO Marines and sailors paired up to practice the techniques on each other. One of the techniques which they learned was striking an aggressor in certain body regions with a baton to either subdue or incapacitate him.

ourselves in these skill sets is to make them second nature for when we go out and do our jobs,” said Foster, a native of Lubbock, Texas. “Hopefully, we’ll

never have to use these techniques on an actual person, but they’re beneficial to anyone who is faced with a situation that escalates.”

ALCOHOL, from A-1

deputy commandant of Manpower and Reserve Affairs. One of the goals of MARADMIN 709/12 is also to identify a service member who is at risk of alcohol abuse and may need additional counseling and assistance.

Eriksson said alcohol abuse is also the root cause of other crimes beyond drinking under the influence or underage drinking. He said the reduction in hours is part of the base’s ongoing effort to reduce the risks of alcohol abuse and deglamorize alcohol.

“The commanding officer and I know that Marines and sailors enjoy going to the base clubs and get-togethers where alcohol is served,” Eriksson said. “However, we want to ensure alcohol is consumed in a safe environment and not being abused.”

Eriksson said he hopes the change will encourage Marines and sailors to be more responsible and plan accordingly before purchasing alcohol.

“Alcohol should not be a focal point for social gatherings,” he said. “The purpose of gatherings such as family fun days are not about having alcohol but sharing in esprit de corps and being together.”

Eriksson said he and the commanding officer will continue to take suggestions from base residents and employees regarding ways to fight alcohol abuse.

Sports & Health



Photos by Lance Cpl. Nathan Knapke | Hawaii Marine

Participants sprint up Kansas Tower hill to begin their journey through Patrol Squadron 9's annual King of the Hill five-kilometer race, Saturday. The race, which was part of the 2013 Commanding Officer's Fitness Series, was open to all military personnel, family members and the public, giving both base residents and members of the community an opportunity to compete in an organized running competition on base.

Lance Cpl. Nathan Knapke

Marine Corps Base Hawaii

The sun peeked over the horizon, lighting the way for competitors to run in Patrol Squadron 9's annual King of the Hill five-kilometer race, Saturday.

The race, which was part of the 2013 Commanding Officer's Fitness Series, was open to all military personnel, family members and the public, giving base residents and members of the community an opportunity to compete in an organized running competition on base.

The morning started with contestants warming up at Dewey Square. Runners received their race numbers and ankle bands, embedded with timing chips so an electronic timer could record their official times. When all competitors were ready, 210 runners took their positions at the starting line and waited for an air horn to blow, signifying the race had begun.

The five-kilometer run started at Dewey Square, took competitors around the Officer's Club, through base housing and up the steep Kansas Tower hill, before ending at Dewey Square. Runners experienced a scenic view of Kaneohe Bay, Pyramid Rock and a 360-degree view at the top of KT hill.

Some parents pushed infant children in running strollers. Older children ran on foot to finish the five-kilometer race.

"This was a great way for my daughter and I to bond during a competitive sport," said Lt. Col. Timothy Barrett, a Terminal Fury exercise planner with U.S. Marine Corps Forces, Pacific. "She really enjoyed running in an organized race for the first time."

Though everyone had their own reasons for participating in the race, many

enjoyed the chance to be competitive, perform physical training, or spend time with family members while working up a sweat.

"I hadn't ran up Kansas Tower hill before," said Army 1st Lt. Eric Simonson, assigned to the 205th Military Intelligence Battalion on Fort Shafter. "I'm glad I ran because now I know how to pace myself the next time I go up the hill."

The first and second place male competitors finished neck and neck, ending only four seconds apart. Simonson, the first place runner, finished in 18:34 and Makai Clemons, son of a senior chief petty officer, finished in second place with a time of 18:38.

"I like to run different races that are hard, but fun at the same time," Clemons said. "I really enjoyed catching up to the first place finisher with 70 yards left and almost passing my competitor for the win."

Awards and prizes were given out to participants for completing the race. The top three finishers in each division received awards for their top placements, while a raffle was held for all attendants regardless of their finishing time. Numerous \$50 gift certificates to Subway and Starbucks were among the prizes given out after the race.

The next Commanding Officer's Fitness Series race is the five-mile Combat Logistics Battalion 3 Swamp Romp, held Feb. 16. The six-person team event will lead competitors through the Nuupia Ponds and Fort Hase Beach. Online registration closes Feb. 8 at 4 p.m. The regular entry fee is \$140 per team until that deadline.

Late registration is \$155 and is only accepted at the Semper Fit Center by walk-in or mail. All entries must be received by 4 p.m., Feb. 13.



1st Sgt. Jesus Deniz, the Fox Company first sergeant for 2nd Battalion, 3rd Marine Regiment, sprints to the finish line to earn third place during Patrol Squadron 9's King of the Hill race, Saturday.



Army 1st Lt. Eric Simonson (left), assigned to the 205th Military Intelligence Battalion on Fort Shafter, receives his award for earning first place in Patrol Squadron 9's annual King of the Hill five-kilometer race, Saturday.



Participants form up at the starting line in front of Dewey Square in preparation for Patrol Squadron 9's annual King of the Hill five-kilometer race, Saturday.

VS

VS is a recurring column tackling debatable issues in the sports and entertainment world. Hawaii Marine readers can submit a subject for future columns by emailing their ideas to HawaiiMarineEditor@gmail.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.

Who will win the Super Bowl?

Lance Cpl. Jacob D. Barber VS. Lance Cpl. Nathan Knapke

KNAPKE: If the Baltimore Ravens can beat the New England Patriots and Green Bay Packers, they should have no problem against the San Francisco 49ers. Ray Lewis, who is arguably one of the best linebackers in the league, leads the Ravens' defense. He is a great player and his mentality spreads throughout the rest of his team. The Ravens are known for their defense and will play a major role in the win against the 49ers. The 49ers came back from a 17-point deficit against the Falcons, but they can't do it against a defense like the Ravens.

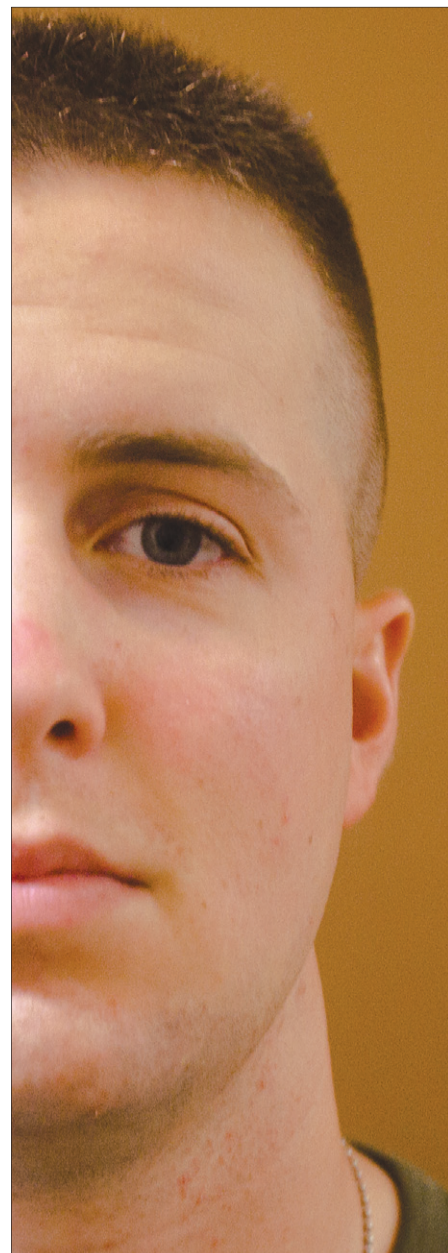
BARBER: Ray Lewis. That's all I ever hear about ... Ray Lewis. The Baltimore Ravens will win because of ... Ray Lewis. It's quite annoying actually, especially when I hear it backed by the argument that the Ravens' defense is unstoppable. First off, the San Francisco 49ers is the most complete team in the National Football League. They have the top ranked defense in the league. Three of their

four linebackers were selected to play in the Pro Bowl, so before you come at me with the whole "defense wins games" argument, understand the Ravens have to stop an explosive offense with many different weapons. All the 49ers have to do is stop Joe Flacco and block Ray Lewis. With top-ranked offensive and defensive lines, this shouldn't be hard.

KNAPKE: I don't know why you're so annoyed by a future Hall of Fame linebacker. I never said the Ravens' defense is unstoppable, but it will have a huge impact on the game. You say the 49ers' defense is "top ranked," but I guess you ignored the rest of the rankings because Baltimore's defense is too. Much of the Super Bowl will come down to each defense. If the 49ers are going to win, they will have to stop Joe Flacco, who has valuable experience in the league that Colin Kaepernick doesn't. Flacco is at the top of his game. You're right, it's going to take a well-developed defensive plan to



BARBER



KNAPKE

stop him. The 49ers do have a top-ranked defense, but Joe Flacco has a top-ranked arm to tear them apart.

BARBER: Joe Flacco is a great player, I have no argument there. However, how will he maintain his game against three Pro Bowl linebackers? How will he be able to pass against a secondary that thrives on interceptions and broken-up passes? The 49ers are a well-rounded team without many flaws. If I were the 49ers' coach, I would tell my team to secure the ball in the trenches and have outside linebackers contain Flacco for the entire game. These two key factors will lead to a 49ers victory. I forgot to mention the 49ers are at the top of the list for offensive yards per game and rushing yards. What are Ray Lewis and Joe Flacco going to do about that?

KNAPKE: How will he maintain against the 49ers' defense? Just as he has done all year. Obviously Flacco is obviously doing something right if he's going to the

Super Bowl. I'm really looking forward to this game. These are two teams which, at the beginning of the season, few thought would end up in the Super Bowl. We are going to see two talented teams, with Hall of Fame players on each side of the ball, go head to head in primetime entertainment. Both will fight to the last second, but the leadership of Baltimore's offensive and defensive veterans will tip the scales in the Ravens' favor.

BARBER: It's not often you see a Super Bowl with two teams as evenly matched as these two. I agree it will be a crazy game, but the 49ers will definitely win. They come from the hardest defensive conference in the league. They have an amazing coach, running back, linebackers with a lot of experience, and a quarterback who wants to prove he is a franchise player. The Ravens better get ready for the gold rush because the Niners are coming with a lot more than Ray Lewis and his hungry crows.

SPOTLIGHT ON SPORTS

Combat Logistics Battalion 3 Swamp Romp

The dirtiest race of the year is scheduled Feb. 16, at 7 a.m. at Boondocker Training Area. Get ready for a five-mile run through Nuupia Ponds and down Fort Hase Beach, over and under obstacles that challenge the strongest of competitors.

The event is open to the public. Visit <http://www.mccshawaii.com> to register.

Join in the Single Marine & Sailor Program Surf and Turf 5K

Come out for the Single Marine & Sailor Program April 6 at 6:30 a.m. The run will take you from the Officers' Club through the Kaneohe Klipper Golf Course and along North Beach. This event is open to the public. Visit <http://www.mccshawaii.com>.

Sign up for the Klipper Junior Golf Program

All authorized patrons, ages 6 through 17, are eligible for the Klipper Junior Golf Program, a year-round program to introduce children and teens to the game of golf. Certified PGA professionals will teach basic playing skills, rules and golf etiquette.

Each session is five weeks long. Classes are held Wednesdays and Saturdays from 4 to 5 p.m. for the younger beginning golfers and 5 to 6 p.m. for experienced golfers. Juniors can bring their own clubs or the staff can provide them. Collared shirts are mandatory. Tennis shoes or golf shoes are acceptable dress. For more information, visit <http://www.golfacademyhawaii.com> or call 386-3500.

Run, swim and bike for Semper Fit TRYathlon

Did you ever think you could complete a triathlon? If not, here's your chance. Complete the distances of a triathlon (an Ironman) in our TRYathlon over the course of one month. Participants have from Feb. 1 to 28 to complete a 2.4-mile swim, 112-mile bike ride and a 26.2-mile run. Stop by the Semper Fit Center or base pool, call 254-7597, or visit <http://www.mccshawaii.com> for more information.

Learn about nutrition at free monthly talk

The Body Composition Program and Weight Management Class is scheduled for Feb. 12 in classroom two in building 219 at 11:30 a.m. This class will focus on the proper macronutrients for maintaining good health, for weight loss or weight gain. For more information, email Neil Morgan at neil.morgan@usmc-mccs.org or call 254-7636.

21st annual Haleiwa Metric Century Ride

The 21st annual Haleiwa Metric Century Ride is scheduled for April 28 at 7:30 a.m. For more information call 735-5766 or visit <http://www.hbl.org>. Forms are also available at the Semper Fit Center.

Quit tobacco for good with free classes

Free tobacco cessation classes are held every Tuesday from 10 a.m. to noon. The classes are conducted by a registered nurse and take place on the second deck of the branch medical clinic. There are four classes in a

session and each monthly session begins on the first Tuesday of the month. The classes are open to active duty, retired military and their dependents. For more information, contact health promotions at 254-7636.

Enjoy Cosmic Bowling at K-Bay Lanes

Glow-in-the-dark games at K-Bay Lanes are available Fridays from 9 p.m. to midnight, Saturdays from noon to midnight and Sundays from 11 a.m. to 8 p.m. For more information, call 254-7693.

Race in 3rd Marine Regiment The Beast 10K

Take a running tour of MCB Hawaii with our first 10K of the season, The Beast, March 9 at 7 a.m. at Dewey Square. The race will begin and end at Dewey Square. This race is open to the public. Online registration closes March 5 at 4:30 p.m. Visit <http://www.mccshawaii.com> to register.

Youth sailing classes now offered

Sailing and water sports classes for ages 8 and older are offered monthly. After school sailing classes are for beginners and are Monday and Wednesday from 3:15 to 5:15 p.m. Students will learn beginner to intermediate skill building. The racing class is Tuesday and Thursday from 1 to 3 p.m. Students will learn the intermediate to advanced racing theory and tactics and train for racing in Hawaii Youth Sailing Association regattas.

For more information, call the Outdoor Recreation Center at the base marina at 254-7666.



Christine Cabalo | Hawaii Marine

Red Socks players attempt to catch an eight-pound medicine ball during a Marine Aviation Logistics Squadron 24 Hooverball tournament game at Riseley Field, Jan. 25. Dozens of players were eliminated in the first leg of the tournament, with four teams making it to the second day of competition. The Red Socks, Panthers, Average Joes and Headquarters teams battled for first place.

MALS-24 latches onto Hooverball

Christine Cabalo
Marine Corps Base Hawaii

More than 80 years since the invention of Hooverball, teams from Marine Aviation Logistics Squadron 24 battled in a Hooverball tournament at Riseley Field, Jan. 25.

Hooverball, named after President Herbert Hoover, shares the same rules as volleyball and tennis, except four-player teams must loft a hefty medicine ball over a volleyball net. During the recent MALS-24 tournament, Marines and sailors played the historic game with an eight-pound medicine ball.

"Hooverball wears you out after the second game," said Sean Connolly, captain of the Average Joes team. "Part of the strategy is not getting tired and making mistakes."

Navy Vice Adm. Joel T. Boone, a White House physician in the 1920s, invented Hooverball to help Hoover stay fit with an efficient, short workout.

The game was inspired by another medicine ball game Hoover played with sailors while travelling on USS Utah in 1928, according to the Herbert Hoover Presidential Library Association's website.

The MALS-24 tournament was the first of several sports tournaments in the unit's new Warriors' Cup Series. Dozens of players were eliminated in the first leg of the Hooverball tournament held the week before. Four teams of eight players remained: the Red Socks, Average Joes, Headquarters and Panthers.

"The weight of the ball isn't as taxing at first," said Dan Collins, a Red Socks player. "Throwing it so many times gets tiring. When you see the other team's momentum go down, then it's time to use your body to get the advantage."

The game is on the roster of physical training activities for the unit, said Falasha Nepaulsingh, who played on the Average Joes team. Nepaulsingh said she'd never heard of Hooverball

before joining MALS-24, but has since found a love for the sport.

"The games are a great way to get together with a lot of the unit," she said. "Hooverball is a lot of fun, because there are just times when you see people get hit in the face and stomach."

After winning several games, the Panthers and Red Socks battled for first place. Up until the final two games, the Red Socks were undefeated. Collins said his team's strategy relied on clear communication on who needed to catch the heavy medicine ball and identifying the tired players on the opposing team.

Yet the Panthers crept up on their competition, winning the tournament over the Red Socks in the final two matches. Several Panthers team players agreed Hooverball is a game requiring endurance and patience.

"You need patience because once the game gets going, you might be serving the ball back and forth 20 to 30 times,"

said Tim Parker, the Panthers team captain. "You need to make volleys and wait for someone to tire out."

The Panthers also kept a careful eye on the strategies other teams were using, said Panthers player Tim Horne. Horne attributes his team's win to good balance and top physical condition during the tournament.

"The game is definitely a workout," he said. "Hooverball is much harder than I expected and more physically demanding. I can feel it work out my arms and shoulders."

During his presidency, Hoover played the game six mornings out of the week with other high-ranking members of the government until he left office in 1933. He credited the 25 pounds he lost during his term to playing Hooverball.

The members of MALS-24 can now boast about being the latest in a long line of players who aim to hit it like Hoover.

Honey Badgers fail to ground Postal, 56-38

Lance Cpl. Jacob D. Barber
Marine Corps Base Hawaii

The 3rd Radio Battalion Honey Badgers met at center court for an intramural basketball showdown against their Postal opponents at the Semper Fit Center gym, Tuesday.

A victory in the game would create an opportunity for the Honey Badgers to come one step closer to securing a top playoff seed and knock Postal out of first place. However, their attempt fell short as Postal displayed a dominant performance, beating the Honey Badgers, 56-38.

Postal won the opening tip-off and took advantage of the first few offensive possessions by scoring three times within the first minute. The Honey Badger defense was caught off guard, leaving opponents open along the three-point perimeter, and committing two offensive turnovers before scoring their first basket.

"Throughout this season, we've been able to improve as a team, but when I look at this game, we lost it in six minutes," said Kyle Marks, the head coach for 3rd Radio Battalion. "We were a whole different team once we got into our groove, but there was a six-minute period where we weren't on top of our game and Postal took full advantage of that."

Though the Honey Badgers started out slowly, midway through the first quarter they began to control their ball movement and turnovers dwindled. By the end of the first half, the Honey Badgers found their groove, hitting the majority of their shots and decreasing a promising Postal lead to only 10 points.

"They were on a roll for a while, which definitely made the game exciting," said Timothy Hobbs, a Postal guard. "There was a time in the game where they started hitting every shot, but we were able to keep our defense tight and maintain our lead."

At the start of the second half, Postal dominated the boards, out-rebounding their opponents and scoring second-chance baskets. The Honey Badgers struggled in the paint, relying on their perimeter shooting to stay in the game. Midway through the second half, Postal held a dominating lead, 43-21.

"We struggled to get back on defense quickly and find bodies to guard," said Joe Maloney, the Honey Badgers' team captain.



Lance Cpl. Jacob D. Barber | Hawaii Marine

Daniel M. Dresch, a Postal forward, takes a last second shot during an intramural basketball game against the 3rd Radio Battalion Honey Badgers at the Semper Fit Center gym, Tuesday.

"I think we just needed to calm down and be composed. Executing small, smooth passes in a game will slow the game down. That's what we needed, but we weren't accomplishing it."

As minutes reduced on the scoreboard, the Honey Badgers started gaining momentum and finding their groove. However, Postal defenders gave no opportunity for a comeback, grabbing rebounds on the majority of missed shots and scoring unanswerable points due to quick steals and takeaways. With a final score of 56-38 at the buzzer, Postal added another win to their nearly undefeated record.

"We had a good offensive gameplan going into this game and I definitely took some positives out of this loss," Marks said. "But we lost. We'll see what we can work on before we face Postal again."

Postal is currently in first place with a record of 3-1, while the Honey Badgers find themselves fighting for third place with a record of 2-4.



Lance Cpl. Jacob D. Barber | Hawaii Marine

Marcus A. Willis (right), a guard for the 3rd Radio Battalion Honey Badgers, attempts to dribble past a Postal defender during an intramural basketball game in the Semper Fit Center gym, Tuesday. The Honey Badgers played hard but fell to Postal, who won 56-38.

The Moody Foodie

Lisa Smith Molinari

Contributing Writer

I'll try anything once. Well, maybe not cliff diving, or running with the bulls, or a Mohawk hairdo, or snorting angel dust, or silicone lip injections. But when it comes to food, I'm totally adventurous.

When our military family moves to a new place, I'm always excited to try the local cuisine. Sometimes, our experimentation with native dishes produces an instant fondness, and we adopt local recipes into our regular meal routine.

Early in our marriage, my husband was assigned to the Naval Postgraduate School in Monterey, California. At first we were bummed that we couldn't find a "Mom and Pop" pizzeria, which we took for granted back east. Much to our dismay, pizzas in California had foo-foo toppings such as sprouts, gorgonzola, shallots, walnuts, fennel, pears and chicken. And the waitresses wore trendy glasses, thumb rings and Greenpeace T-shirts. What ever happened to good old fashioned pepperoni and mozzarella, served by someone named "Ang" with bad highlights and a moustache, for goodness sake?

However, once we tasted the local foods — fresh caught squid, Gilroy garlic, Castroville artichokes, and San Francisco sourdough bread — we were hooked.

Similarly, our next tour in England (granted, not exactly known for its cuisine) added crumpets and shep-

herd's pie to our repertoire. Chesapeake Bay blue crabs and plump Virginia peanuts became staples after back-to-back tours in Virginia Beach. Germany brought us countless European delights including schnitzel, beer, goulash, beer, spaetzle, beer, chocolate and beer. Oh, and did I say beer?

Now we find ourselves in the Deep South, where we are becoming connoisseurs of fried chicken, hush puppies, shrimp and grits, barbecue, cornbread and biscuits. Dee-licious!

But, hold up. For every delectable indigenous morsel that has passed favorably over my taste buds, there have been countless other native foods that triggered my gag reflex.

I said I was adventurous, but I'm not stupid. Our experiences living in different areas has taught us that every region has its share of really bad foods, and I'm not such a foodie that I will pretend to like them.

There are certain "red flags" — a clear sign that the food you are about to eat is not that tasty. For example, if someone tells you that you have to "develop a taste for it," that means you will need to consume copious amounts of the substance to desensitize your taste buds to its wretched flavor. When I first ordered southern boiled peanuts at a football game, I found a slippery, mushy nut that tasted like a mutated potato. But after giving them several tries, I find that I can now eat a few without shuddering.

If someone tells you, "It tastes like (chicken or some

other familiar meat)," beware that you are about to eat mysterious animal parts. While in England, I was served black pudding with breakfast, and told it was a variety of sausage. A tiny nibble filled my mouth with the taste of bloody vital organs, no thank you. At a bed and breakfast in Scotland, I was offered a sliver of haggis and told that it tasted just like pork and oats. One swallow and I felt as if I'd just licked the salty underbellies of a herd of sweaty sheep.

If someone says, "It's great with butter," that generally means that the food is dry as the Sahara. Does anyone really like Irish soda bread? No one really knows, because we all slather it with butter so we can swallow it.

If someone tells you, "It just needs a little hot sauce," they are saying that you will need to distract yourself with pain in order to ingest this foul tasting dish. At the risk of igniting another Civil War, let me say that greens are not as good as southern folk proclaim. Collards, kale, mustards, Swiss chard — isn't it suspicious that they are all slow cooked in bacon fat and disguised with Texas Pete?

On the other hand, there are, in fact, certain truisms that hold eternal in the world of local cuisine: Beware of anyone who tells you to, "Suck the juice out of the head, because that's the best part," and you can always trust someone who says in earnest, "It's great deep fried," because let's face it, what isn't good deep fried?

<http://www.themeatandpotatoesoflife.com>

Free tax preparation at base tax center

Open from Feb. 5 to April 26

Hours of operation: Monday through Friday from 8 a.m. to 4:30 p.m.

Location: The base tax center is located in building 455, across the street from the Forest City Housing Office and adjacent to the Youth Activities Center

Please bring these required documents:

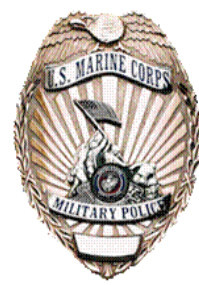
1. DoD identification card
2. All W-2s (including spouse's)
3. Bank account and routing numbers
4. Copy of last year's tax return
5. All other tax forms (1099's, etc.)
6. Social Security cards of all family members
7. The amount of interest earned last year in your checking and savings accounts.

E-FILE = FAST REFUND

For more information, call 257-1564



PMO



Crime Prevention Tip of the Month

It is important that all weapons and canines aboard MCB Hawaii are registered with both the State of Hawaii and Marine Corps Base Hawaii.

PMO Contact Numbers and Locations

To report suspicious activity/behavior or for non-emergency calls, contact the desk sergeant:

257-1018/2123 (building 1096)

For information regarding check in/out, fingerprinting, or weapon registration, contact:

257-6994 (building 1095)

For information regarding pet registration, fishing regulations, or lost/found animals, contact the PMO Game Warden:

257-1821 (building 3099)

For information regarding vehicle decals, base passes, and vehicle registration, contact:

257-2047/0183 (building 1637/1095 for MCB Hawaii)

477-8734/8735 (building 601 for Camp H.M. Smith)

For information regarding traffic regulations, citations, or traffic court, contact the Traffic Court bailiff:

257-6991/6992 (building 1095)

For all other numbers not listed, contact base information:

449-7110

For more information, visit the PMO website:

<http://www.mcbhawaii.marines.mil/Departments/ProvostMarshalsOffice.aspx>

Topic of the Month

All weapons must be registered with the base and the State of Hawaii. Owners of rifles and shotguns purchased outside the state, and owners of all handguns, must apply for state of Hawaii registration in person with firearm(s) at the Honolulu Police Department, 801 South Beretania St., Honolulu. After you must register the firearm(s) with the Provost Marshal's Office on the second floor of building 1095.

All pets/animals must be:

- Registered with the base housing office, base veterinarian and the State of Hawaii
- On a leash to prevent roaming; owners are required to fence, chain, or keep pets in quarters
- Owners are responsible for picking up all feces deposited by their pets
- Canines must possess a State of Hawaii microchip
- Prohibited areas: All beaches between 10 a.m. and 3 p.m. and all MCCA facilities (softball fields, etc...)
- Staffordshire terriers (Pit Bull) of any kind are strictly prohibited aboard MCB Hawaii

IN CASE OF EMERGENCY, DIAL 911!

VOLUNTEER OPPORTUNITIES WITH NMCRS K-BAY

The Navy-Marine Corps Relief Society is a nonprofit organization run by volunteers that aids and supports Marines, sailors and their families. We offer financial counseling, Budget for Baby workshops, education tuition scholarships/assistance, and interest-free loans and grants. As a predominately volunteer-run organization, we are constantly looking for individuals who would be interested in helping with our various programs.

NMCRS offers a variety of ways you can contribute as a volunteer. Do you have a background in finance? Or maybe you're interested in learning more about financial counseling

and helping others out of debt? If so, we would love to have you as a caseworker. Perhaps you're more interested in helping new and expecting parents prepare for a new baby? You would make a perfect instructor for our Budget for Baby class. Do you enjoy public speaking and meeting new people? We would love to have you aboard as part of our publicity and marketing team to be an ambassador for NMCRS. No matter where your interests lie, if you have the time and want to give back to Marines, sailors and their families, we have a place for you at NMCRS K-Bay. Call 257-1972 or email lauren.giblin@nmcrs.org for more information.

- Build your resume
- Develop new skill sets with free training
- Childcare and mileage reimbursement available to all volunteers
- Broad range of volunteer opportunities available

BASE, COMMUNITY EVENTS VOLUNTEER LISTINGS

Kindergarten Readiness Fair

If your child is 5 years old or will be by Dec. 31, this event is for you and your family, Tuesday, from 4:30 to 6 p.m. at Mokapu Mall. We've invited several public and private schools from the community to join us. Representatives from the Exceptional Family Member Program and other Marine Corps Community Services programs will also be there to answer questions. Call 257-2019, for more information.

Hanauma Bay Education Program

Consider volunteering at Hanauma Bay if you have an interest in sharing information with park visitors. All volunteers must attend volunteer training, commit to a period of six months, and be at least 16 years of age. Younger volunteers may be considered if they volunteer as a team with an adult. Applications are available online or by mail. For more information, visit <http://hbep.seagrant.soest.hawaii.edu/>.

Baby Boot Camp

The next Baby Boot Camp is scheduled for Wednesday from 8 a.m. to 4 p.m. in building 216. Baby Boot Camp is a childbirth education and infant care class for all parents. Parents learn about labor and delivery, infant care, understanding their newborn, safety and much more. For more information, call 257-8803, or visit <http://www.mccshawaii.com>.

Volunteer for IHS

The Institute for Human Services is the perfect place for organizations and groups to cultivate team building and give back to the community. Volunteer opportunities range from providing, preparing and serving meals for the homeless, cleaning shelters on a daily basis, painting, landscaping in garden areas or sorting donations. Volunteer groups should contact IHS to schedule a volunteer date by emailing volunteer@ihs-hawaii.org or by calling 447-2842.

Parenting Proudly class

The next Parenting Proudly class is scheduled from April 8 to May 13. This six-week parenting class will help parents explore issues such as roles and relationships in the home, communication, balancing work and family, self-esteem, discipline, child development, building a support network, and other parenting issues of interest. For questions, call 257-8803.

Prenatal Education and Support Group

The next Prenatal Education and Support Group is scheduled for Feb. 11. This class supports and educates women and families to promote a healthy pregnancy. The class meets from 1:30 to 3:30 p.m. in building 216. For more information, call 257-8803.

Volunteer for the Hawaiian Humane Society

The society needs volunteers to work with animals and keep the shelter going. Volunteers can perform a variety of tasks: dog walking, foster care, grooming and assisting with pet adoption. For more information about volunteering, visit <http://www.hawaiianhumane.org> or call 356-2216.

Month in Chinatown celebration

The annual Month in Chinatown celebration begins this weekend, with events that are free and open to the public. The Chinatown New Year Celebration is today and Saturday, from 10 a.m. to 10 p.m. at Chinatown Cultural Plaza with food and entertainment.

The Night in Chinatown Street Festival, presented by the Chinatown Merchants Association, is Saturday from 10 a.m. to 10 p.m. at Maunakea, Smith and Pauahi streets, with vendors and entertainment. The Night in Chinatown Parade, presented by the Chinatown Merchants Association, will be held Saturday, from 3:30 to 5:30 p.m. along Hotel Street from Richards Street through the heart of Chinatown. The Chinese New Year Festival is Feb. 8 and 9, from 10 a.m. to 10 p.m., at Chinatown Cultural Plaza. For details, visit <http://www.chinatownhi.com>.

Volunteer at St. Stephen's Diocesan Center

Help with some heavy duty landscaping at the St. Stephen's Diocesan Center on Pali Highway, Saturday. You will need to bring your own work gloves. Lunch is provided. The base chapel will provide the transportation. This volunteer opportunity is available every first Saturday from 8:30 a.m. to noon. Call Chaplain Crabb at 257-2734 or email robert.crabb@usmc.mil.

MARINE MAKEPONO Means 'Marine Bargains' in Hawaiian

Car for sale. 2008 Saturn Vue XR, V6, Low mileage (a little more than 26,500 miles), cargo area cover and cargo net. \$16,000, obo. Call Sue at 384-5343.

Camera for sale. Used Fujifilm FinePix Z100 eight-megapixel camera, with memory card, battery and charger. Small indentation in the front, but works. \$40 obo. Email kristenw80@gmail.com for more information.

If you would like to sell, buy or trade something in the Marine Makepono section of the Hawaii Marine, fill out a form at the Marine Corps Base Hawaii Public Affairs Office in building 216, room 19. Please have 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 to the office later. Emails, faxes and telephone calls are not accepted for Makepono classified ads. Marine Makepono may only be used by active duty, reserve, retirees or their immediate families.

ENVIRONMENTAL CORNER: Environmental Compliance and Protection Department seeks volunteers



Kristen Wong | Hawaii Marine

Sgt. Jonathan Jones, training noncommissioned officer, Marine Aircraft Group 24, and Staff Sgt. Brian May, a non-destructive inspection technician, for Marine Aviation Logistics Squadron 24, remove mangrove just outside the H-3 gate during a Weed Warriors project, April 10, 2010.

Volunteer "Weed Warriors" wanted. Join community volunteers and base environmental staff to remove weeds from native fish and wildlife wetland habitats on base, from 8:30 to 11:30 a.m., Feb. 9.

Make new friends. Help native wildlife. Have fun. See and learn about native plants and birds up-close. For information, contact the Environmental Compliance and Protection Department at 257-7000/216-7135 or watch for KBAZ announcements. We'll meet at 8:30 a.m. at the MCB Hawaii Kaneohe Bay H-3 gate visitor parking lot.

Letters of appreciation will be issued. Wear old clothes, close-toed shoes, sunscreen, and bring plenty of water. We provide gloves and tools. Due to safety concerns, all volunteers ages 18 and older are welcomed. No pets are permitted per Marine Corps Order P5233.2.

Hawaii Marine Lifestyles



Melissa Veiga, the restaurant manager of the India Café in Kailua (left), hands a bag full of an Indian curry dish to an eager customer at the India Café in the Kailua shopping center, Tuesday.

Dining *on* exotic *cuisine at* INDIA CAFÉ

Story and photos by Cpl. James Sauter

Marine Corps Base Hawaii

India Café has received various awards, including Honolulu Magazine's 2012 Hale Aima Award for best Indian food.

KAILUA — Among the myriad of exciting attractions in Hawaii, local restaurants are at the top of the list for places to visit and dine out on the windward side of Oahu. There's a little something for everyone, including the Rainbow Drive-In, Sushi Sasabune and the Hale Vietnam Restaurant. Hawaii is well-known for its mixture of cultures, and as a result, a wide variety of cuisine to enjoy.

Though there are plenty of American, Mexican and Far East restaurants to choose from, few places serve spicy delicacy from the subcontinent of India. Luckily, wedged into a space between Starbucks and Whole Foods in Kailua, the India Café in the Kailua shopping center is dedicated to bringing quality curry to fans of its many flavors.

The café, owned by a family of Indian heritage, is spread out to three different locations in Kailua, at the University of Hawaii in Honolulu and a kiosk in the Navy Exchange shopping center near Pearl Harbor.

"The India Café gives people a wonderful chance to experience this magnificent food, considering we're the only Indian restaurant on this side of the island," said Melissa Veiga, the manager of the India Café in Kailua. "There are so many different flavors in the food, it's enough to excite anyone's appetite."

The café features a wide variety of dishes, including samosa bread served with chili sauce, at least three different dishes of lamb masala, fish or chicken curry sautéed with spices ranging from onions and garlic to ginger, and spicy shrimp dipped in coconut milk.

Indian food is so unique because of the amount of spices in which the dishes are cooked. The recipes the India Café uses are all homemade and passed down to the restaurant's owner, Jiva Segaran, by his grandmother.

"Ten years ago, I opened my family business to give my relatives a job opportunity and it ended up expanding," Segaran said. "I was inspired to theme the restaurant around my culture and help open up Hawaii to it."

The first thing customers see when they walk into one of the restaurants, beside smelling the spicy aroma of freshly-cooked curry in the kitchen, is a flat screen TV playing the latest Bollywood music videos.

After noticing the upbeat music videos, customers can catch a glimpse of photos of Segaran and his family dressed in traditional Indian fashion. Beneath the photos are a few shelves with awards the restaurant has received, including Honolulu Magazine's 2012 Hale Aima Award for best Indian food.

"I have a real taste for hot food and after I tried this place, I was craving more," said Helen Wilson, a resident of Kailua. "I thought the shrimp curry was delicious and I told my friends to come visit this place."

The prices are reasonable for those looking for a great meal at a decent price. Segaran also started a five percent discount for service members. With such a vast selection of food, the final challenge may be choosing how spicy the food will be.

"What's great about the restaurant is the fun and liveliness," Veiga said. "Customers have the chance to eat authentic Indian food and listen to Indian music. It's all family-driven, and you get a great meal and entertainment at the same time."



Customers wait to place their order at the India Café in the Kailua shopping center, Tuesday. The first thing customers see when they walk into one of the restaurants, beside smelling the spicy aroma of freshly-cooked curry in the kitchen, is a flat screen TV playing the latest Bollywood music videos.



A dish of lamb masala sizzles as a family prepares to dig in at the India Café in the Kailua shopping center, Tuesday.

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, video game, 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.



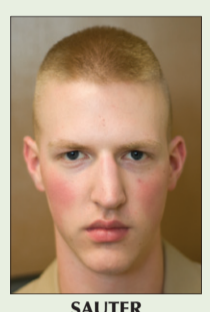
So, there you have it and we hope you enjoy our weekly reviews. Don't forget, The Hawaii Marine accepts submissions from its readers so if you consider yourself a film buff, music aficionado, gaming geek or bookworm, feel free to submit your own reviews.

Better Know A Critic



WONG

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



SAUTER

Cpl. James A. Sauter believes that a good movie begins with a good story. The story needs to be well balanced between the chemistry and variety of characters with an original plot or setting that keeps the reader or audience up on its toes.

'Mama' slightly bent out of shape

Kristen Wong
Marine Corps Base Hawaii

The hideous, croaking, contorted shell of a woman with long, twisted hair has haunted me since I first laid eyes on her, Jan. 19. Her name is Mama.

In 2008, director Andres Muschietti made a three-minute video that piqued the interest of director Guillermo Del Toro. With Del Toro's help, Muschietti's piece grew into a horrifying 100 minutes for audiences.

The ghost from 2004's "The Grudge" forced me to abhor my own hair. Now, thanks to "Mama," it's a wonder I'm not bald.

The story begins as Jeffrey (Nikolaj Coster-Waldau) leaves town with his two daughters, Victoria and Lilly, after committing murder. His car skids off the side of the snowy road and crashes into a tree. Jeffrey brings his daughters to an abandoned cabin in the woods, eventually deciding to kill them, but before he does, Jeffrey is suddenly dragged away by a mysterious force.

The movie skips ahead five years later to Jeffrey's brother, Lucas (also played by Nikolaj Coster-Waldau), who has exhausted his life savings hiring a private search party to find his brother and nieces. But luckily, Victoria and Lilly are finally found, alive in the cabin, but filthy and acting like defensive, frightened animals. The girls return to civilization, slowly recov-

ering under the care of Dr. Dreyfuss (Daniel Kash). The doctor is fascinated by the girls' attachment to an invisible parent figure they call "Mama."

Meanwhile, Lucas and his girlfriend Annabel (Jessica Chastain) win a bitter custody battle against Jean Podolski (Jane Moffat), the girls' aunt, under the condition they move to a larger house used for medical studies, and receive regular visits from Dr. Dreyfuss. Plagued by the girls' bizarre behavior and strange occurrences in the new house, Lucas, Annabel and Dr. Dreyfuss must learn who Mama is and what she wants.

I challenged myself to keep my eyes open the entire time, though Mama's repulsive appearance made me shudder. After seeing her, it was easy to care about the other characters.

So here's why it got a three-bullet rating — glaring errors. Once, Annabel scolds the girls for playing

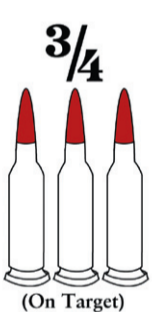
so late at night, but the sun was still shining outside. This happened on more than one occasion.

There were also distracting paintings, figures and stuffed animals in the house that stuck out like a sore thumb. I realized too late they had nothing to do with the plot's progression and were not worth my attention.

Finally, why preach about "righting a wrong," drop many hints about how the movie will end, and then change it? It's not a plot twist. It's a plot bent out of shape, much like poor Mama.

Go see "Mama" for in-your-face horror that will make your skin crawl. Watch Javier Botet kick computer-generated imagery right out the window by playing "Mama" himself (only the hair was CGI), and amaze audiences with his contortion abilities, brilliant makeup and acting. Watch the outstanding performances by Chastain, Coster-Waldau and the rest of the cast.

If you can get past a few inconsistencies, it's worth at least one watch.



Schwarzenegger needs a better restart than 'Last Stand'

Cpl. James A. Sauter
Marine Corps Base Hawaii

When I was in the movie theater last weekend, I noticed the 1980s action trio of one-liners, epic exaggerations of explosions and gunfights are prominent in movies that have kicked off 2013. Sylvester Stallone is axe fighting in "Bullet to the Head," which comes out today, and Bruce Willis will utter "yippee-ki-ay" for the fifth time, Feb. 14, in "A Good Day to Die Hard." These films seem to be at least good popcorn entertainment, since Stallone and Willis have continued what they've done best without any breaks.

Schwarzenegger, on the other hand, is a different story. I'm a big fan of his action films, "Predator," "The Terminator" and "Conan the Barbarian." At the same time, I'm a fan of his comedies, such as "Twins," which he's always better at. But Schwarzenegger has been out of Hollywood for a decade, pursuing politics as California's governor. At 65 years old, he decided to return to action movies and do what Stallone and Willis have done. But his re-start with "The Last Stand" is not a very promising one.

"The Last Stand" follows the lame plot of a small border town sheriff and his deputies defending their home against a rampage of Mexican bandits determined to shoot up the place. Now throw in

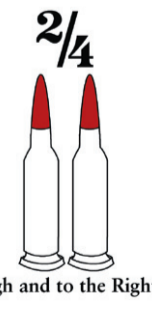
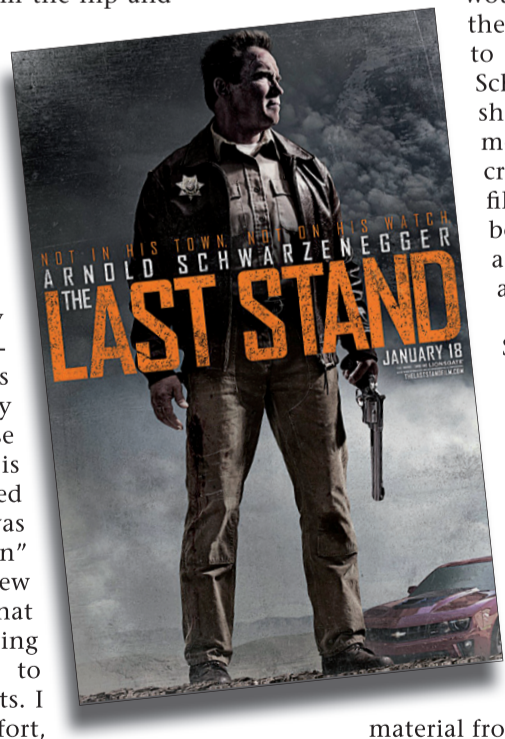
Schwarzenegger, drug cartels, fast cars and a ton of bullets. It's heartbreaking to know this film doesn't try anything new and reuses the '80s formula of shooting from the hip and never reloading. The one-liners aren't good when compared to Schwarzenegger's worst ones.

The audience may be sold on the idea this film is an action movie, but it turns out it's not. Schwarzenegger is in it, so it immediately becomes an action-comedy. "Ah-nuld" is the punch line of every joke and it's not because of his acting. His acting is actually decent compared to how horrible he was in "Conan the Barbarian" and "Hercules in New York." The joke is that Schwarzenegger is getting old and he's trying to return to his action roots. I applaud him for the effort,

but it's seriously time for him to do something other than action movies.

If this movie were to be fixed, the first step would be to scrap the script and build the characters. An audience connects to a movie through the characters. Schwarzenegger's portrayal of the town sheriff is likable but doesn't provide the meat and potatoes to make the audience crave more. The other characters of the film should have also been scrapped because these actors don't have a clue as to what it takes to make a macho action flick.

For his first film in a decade, Schwarzenegger could have spent a little more time choosing a good film rather than a crappy one. But "The Last Stand" did receive fairly good reviews from other critics and the funny moments are hilarious. Give it a go if you want, but I would wait for better material from "Ah-nuld."



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.

"Guilt Trip" PG-13 Today | 7:15 p.m.
 "Silver Linings Playbook" R Today | 9:45 p.m.
 "Jack Reacher" PG-13 Saturday | 6:30 p.m.
 "Django Unchained" R Saturday | All day
 "Parental Guidance" PG Sunday | 2 p.m.
 "The Hobbit: An Unexpected Journey" PG-13 Sunday | 6:30 p.m.
 "Django Unchained" R Wednesday | 6:30 p.m.

Mokapu students win PTA awards



LEFT: Mokapu Elementary School Principal Keoni Wilhelm and Sarah-Beth Alvarez, the acting president of the Mokapu Parent Teacher Association, present certificates and prizes to the winners of the “The Magic of a Moment” Reflections Award Presentation in the Fairways Ballroom at the Kaneohe Klipper Golf Course, Jan. 25. Larson placed second in the Intermediate Visual Arts category, and took first, second and third place in the Intermediate Photography category. This is the second year Mokapu Elementary School has entered its students in the National PTA Reflections program competition. Students nationwide compete on the school and state levels by submitting written work, drawings, photos or films that fit a specific theme chosen each year. Students who qualify this year for the national competition will be flown to the 117th annual National PTA Convention and Exhibition in Cincinnati, with an adult. The winning student receives \$800 and the student’s PTA receives \$200 to fund enrichment in arts. “This is a beautiful program because it gets the kids so excited (about competing, winning and art),” said Kristy Ryan, Larson’s mother and a fundraising coordinator for the Mokapu PTA.

RIGHT: Wilhelm and Alvarez present Kendall Larson, 10, with prizes and a certificate during the “The Magic of a Moment” Reflections Award Presentation in the Fairways Ballroom at the Kaneohe Klipper Golf Course, Jan. 25.



Photos by Kristen Wong | Hawaii Marine

Four ways to lower your risk of heart disease

Shari Lopatin

TriWest Healthcare Alliance

One out of every four women dies from heart disease in the U.S., according to the National Heart, Lung, and Blood Institute. It’s the top killer of U.S. women and men.

Heart disease begins with damage to the lining inside the heart’s arteries. Certain factors contribute to this damage, including smoking, high cholesterol, high blood pressure and high blood sugar. However, you can help lower your risk for heart disease, and here are the top four ways to do it:

1) Maintain a healthy weight

The U.S. Department of Health and Human Services says that being overweight raises your risk for developing heart disease. Therefore, make sure you maintain a healthy weight — or Body Mass Index — for your height.

The Centers for Disease Control and Prevention

offer a BMI calculator on their website. After typing in your height and weight, the BMI calculator will show if you’re within a healthy weight range. Should you discover you need to lose weight:

Look at ways to exercise more throughout the week.

Consider decreasing your meal’s portion sizes. Eat more fruits, vegetables, and lean meats (such as poultry or fish).

2) Try to quit smoking

Smoking is a major risk factor for heart disease. The nicotine in cigarettes increases blood pressure, and high blood pressure damages your heart’s arteries. Smoking can also cause blood clotting and may directly damage cells that line arteries in your heart.

3) Monitor your blood pressure

“Years of high blood pressure can lead to heart disease,” states the Department of Health and Human Services on its website. “People with high blood

pressure often have no symptoms, so have your blood pressure checked every one to two years and get treatment if you need it.”

Besides medication, you can lower your blood pressure by losing weight, limiting stress (or coping with it well) and exercising at least two hours and 30 minutes each week.

4) Get tested for diabetes and high cholesterol regularly

Too much cholesterol can clog your arteries and keep your heart from getting the blood it needs. Having diabetes raises your chances of developing heart disease. With both of these issues, the only way to detect something wrong is through a blood test.

You can lower cholesterol by losing weight and eating a healthy diet full of fruits, vegetables and whole grains. While you cannot fix diabetes once it’s been diagnosed, you can help prevent it by maintaining a healthy weight and getting plenty of exercise.