Hawaii larine

A new front: **MarForPac** awarded MUC for efforts in Pacific

Cpl. Isis M. Ramirez U.S. Marine Corps Forces, Pacific

CAMP H.M. SMITH, Hawaii — The common perception of a unit commendation is that it is usually awarded to a highlydecorated battalion of steely-eyed desert warriors.

In contrast, out in the middle of the Pacific Ocean, sitting atop the Koolau Mountain Range of Oahu, warriors with not-so-dusty boots have played a large part in opening a new chapter for the Marine Corps. They stood in tight formation as the commander of U.S. Marine Corps Forces, Pacific, attached the green, yellow, navy and red-colored streamer with its bronze star to the MarForPac colors, Feb. 1.

Marines at MarForPac were awarded a Meritorious Unit Commendation for spearheading the Corps' Pacific rebalance efforts from Sep. 1, 2010, to Aug. 31, 2012.

"I'm proud of all of you," said Lt. Gen. Terry G. Robling, commander, MarForPac. "You received this MUC for all the work that you've done the last two years. The president said we've pivoted now from Afghanistan to the Pacific. The truth of the matter is - and you all know this - we never left."

Between 2010 and 2012, countless hours were poured into preparing the Marine Corps and their soon-to-be hosts for the upcoming changes.

While MarForPac supported Operation Enduring Freedom by supporting the deployment of I Marine Expeditionary Force and multiple battalions and detachments from III MEF to Afghanistan, it still managed to maintain the Corps' presence in the Pacific and implemented force posture initiatives, including the inaugural rotational force in Australia.

See MUC, A-7



Chuck Little | U.S. Marine Corps Forces, Pacific

Lt. Gen. Terry G. Robling, commander of U.S. Marine Corps Forces, Pacific, attaches a Meritorious Unit Commendation streamer with a bronze star to the MarForPac colors during an awards ceremony at Camp H.M. Smith, Hawaii, Feb. 1. Marines from MarForPac were awarded a MUC for spearheading the Corps' rebalance toward the Asia-Pacific region from Sept. 1, 2010, to Aug. 31, 2012.



Archbishop Timothy Broglio (third from left), Archbishop for the Military Services, USA, and Maj. Gen. Peter Talleri (second from right), commanding general of Marine Corps Installations Pacific, unveil Navy Capt. Joseph Estabrook's name and plaque on the front of the newly-christened Chaplain Joseph W. Estabrook Chapel during a ceremony, Feb. 1. Marines, sailors, government officials and religious leaders rendered respects to Estabrook, a retired chaplain, during a ceremony in which the chapel was named in his honor.

Base chapel named in honor of former chaplain

Lance Cpl. Nathan Knapke

Marine Corps Base Hawaii

Though the Marine Corps Base Hawaii chapel opened June 5, 2006, it has since lacked a name to match what it represents.

Marines, sailors, government officials and religious leaders rendered respects to Navy Capt. Joseph Estabrook during a ceremony in which the base chapel was named in his honor, Feb. 1.

Estabrook was ordained a Roman Catholic priest in 1969. He held several positions in the Roman Catholic Diocese of Albany, New York, before becoming a Navy chaplain in 1977.

During Estabrook's time as a chaplain, he served on numerous ships throughout Europe. Estabrook was stationed in Quantico, Va., and later became the chief of the Chaplains Office in Washington, D.C. He traveled on the USS Carl Vinson, served in the U.S.

Pacific Fleet and was appointed to fleet chaplain, U.S. Pacific Fleet, and senior chaplain of the U.S. Pacific Unified Command from 1997 to 2000.

He reported to Marine Corps Base Hawaii in September 2000, where he continued to serve Marines and sailors until he retired and entered the episcopacy

While stationed on MCB Hawaii, he noticed the need for a place in which people could worship. This drove him to be a strong proponent for the establishment of a chapel on MCB Hawaii.

In earlier years, the chapel moved to various locations around the base, never establishing permanent roots on the base's grounds.

"Bishop Estabrook always wanted to have a permanent place for the chapel here on Marine Corps Base Hawaii," said Archbishop Timothy Broglio, the

See CHAPEL, A-7

New Marine Mart opens

Christine Cabalo Marine Corps Base Hawaii

When Marine Corps Base Hawaii's new Marine Mart opened its doors to customers, Monday, the store attracted 627 customers who stepped inside to shop.

The new store, located at the corner of 1st and B streets, replaced two smaller convenience stores in the area. Whether shoppers want late night snacks or early morning breakfasts, the store has expanded its hours and is now open Sundays.

"The older stores were about 1,200 square feet each and this new space is easily four times as large," said Jason Hasegawa, Marine Mart manager, Marine Corps Community Services Hawaii. "It's designed to better accommodate the customers, our troops, in this area."

With a larger retail space, Hasegawa said he's been able to widen the mart's selection of items and offer other amenities. The new location's larger coolers can hold more refrigerated drinks and frozen foods. Fountain drinks are also sold, available exclusively at this Marine Mart location. Hasegawa said the store also has enough room to sell recreational supplies, automotive gear, electronic accessories, stationary and cleaning supplies.

Alongside the new items, the shop offers products found at the other Marine Mart location, including deli food, hot soups, pastries and hot coffee.

See MART, A-7



Christine Cabalo | Hawaii Marin

A customer crosses 1st Street en route to the new Marine Mart which opened Monday. The new store replaced two smaller convenience stores in the area and is open daily.



Give the Ironman a try during the Semper Fit Center's annual Try-Athlon,

Try-Athlon

Good Grinds

Tourists, locals grab well-known grub at the Hukilau Café on the North Shore in Laie, C-1







EWS BRIEFS

Base tax center open for tax season

The base tax center is currently open 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

On Feb. 28, the Navy League will host its annual Individual Augmentee Award Luncheon to recognize Marines who deployed as individual augmentees in CY2012. 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 (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 MCX complex, commissary, clubs, golf course or eatery 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 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

www.mcbhawaii.marines.mil

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Protecting your property: **Preventing vehicle break-ins**

Lance Cpl. Nathan Knapke

Marine Corps Base Hawaii

An increase in vehicle break-ins during the month of January has captured the attention of many base residents. The Provost Marshal's Office and base residents are working together to find the perpetrators responsible for the offenses.

"Any cooperation between people on base

and PMO will help significant make steps to catch those responsible for the break-ins," said Master Sgt. Sharon Braun, the chief investigator for PMO's Criminal Investigation Division. "PMO uses all available information to step up and crack down on thieves here on base."

Though there isn't proof thieves are targeting Ford Mustangs, all 11 vehicles broken into were 1995 to 2004 Mustangs. Items stolen from the vehicles included iPods, laptops and cell phones. Vehicles were targeted after valuable items were left in the car,

visible to passersby and able to be collected within seconds. No car parts such as radios, seats, speakers or tires were taken from the vehicles.

Victims of the robberies reported their belongings were stolen between 10 p.m. and 8 a.m. Since the crimes were committed at night, it has been challenging to identify the perpetrators. Braun said the suspects will be brought to justice with the help of base residents' watchful eyes and ears.

"Residents on base need to change the times in which they leave or come home from work to keep thieves guessing and not allow for a safe time to break in," said Master Sgt. Brian Milburn, the PMO operations chief. "They need to double check all locks on their houses and vehicles every night before going to sleep. Making a routine of closing garage doors and checking locks before going to bed will increase the safety of your family and valuables."

Residents can submit an anonymous tip concerning fraud, theft, murder or narcotics through the Naval Criminal Investigative Service's text message, web and smart phone app programs.

To use the text message program, text "NCIS" and tip information to 274637. When using NCIS's text and web tip line a live operator is available 24 hours a day, seven days a week. Other avenues to use when submitting anonymous tips are http://www.ncis.

navy.mil and the command's home page. A reward of up to \$1,000 is awarded for tips concerning possible felonies, drugs or stolen property.

Callers who provide tips will never be asked for personal information. These programs are specifically designed to gather anonymous information while keeping personal details either disclosed or unknown.

Simple steps can decrease the chance of becoming the victim of a vehicle break-in.

Even if a driver leaves their vehicle alone for only a few minutes, make sure the vehicle is locked. Thieves only need seconds to steal valuables. Don't make yourself a target by leaving valuable items visible inside your car, Braun said.

"If you see something, say something," she said. "Keep your eyes open. Stay aware of your surroundings and be vigilant. Understand that thieves do their homework and observe the patterns and habits of their targets. Write down license plate numbers and descriptions of suspicious people. Call PMO immediately to investigate. We would rather investigate something that turns out to be nothing than have a complex investigation with

Everyone has the power to prevent burglaries and protect homes and workplaces. Working together will make 2013 a year of reduced crime, Milburn said.



from 1995 to 2004 were broken into on base. Items stolen from

the vehicles included iPods, laptops and cell phones. Master Sgt.

Sharon Braun, the chief investigator for the Provost Marshal's

Office's Criminal Investigation Division, said thieves only need

seconds to steal valuables. Don't make yourself a target by leaving

valuable items visible inside your car, she said.

Lance Cpl. Nathan Knapke | Hawaii Marine During the month of January, 11 Ford Mustang models ranging

Kristen Wong

Marine Corps Base Hawaii

Marine Corps Community Services Hawaii installed 22 new commemorative bricks in the Walkway of Honor at the Pacific War Memorial, Monday.

In the past, veterans could purchase bricks from the Pacific War Memorial Association via its website, but interested parties can now purchase bricks

In the last two years, board members of the PWMA have decided that MCCS Hawaii is better equipped to handle future brick orders.

"We're all volunteers," said retired Col. Swede Olson, the association's vice chairman. "In the past, people would have to find us to order a brick, which can sometimes be difficult. If they couldn't find us on the website, they had to find us in person."

The PWMA is a nonprofit organization created by Alice and Bee Clark, a couple from Kamuela, Hawaii. In 1996, the Clarks, who originally created the Camp Tarawa Historical Foundation, met George Gentile, the president of the National Iwo Jima Survivors' Association. Gentile told the Clarks that the organization wished to use the mold for their statue in Newington, Conn., for an identical statue in Hawaii.

Through the efforts of the PWMA and many donations, the memorial was completed in 2002. Materials that make up the memorial came from as far as Africa, Minnesota and Oregon, according to the memorial's website.

The Pacific War Memorial was completed and dedicated aboard the base, March 16, 2002. The memorial commemorates the Battle of Iwo Jima, and the Pacific campaigns as well as the units that participated in those campaigns. Frank Peacock, the information technology pro-

gram manager at U.S. Marine Corps Forces, Pacific, and a board member of the PWMA, said the memorial is a tribute to both the fallen and wounded war-"I think highlighting the wounded warriors is

critical," Peacock said. "The memorial is out there for the veterans, the fallen and loved ones, but behind all of that are the wounded warriors." The Walkway of Honor consists of rows of bricks arranged in a circle around the memorial. Special

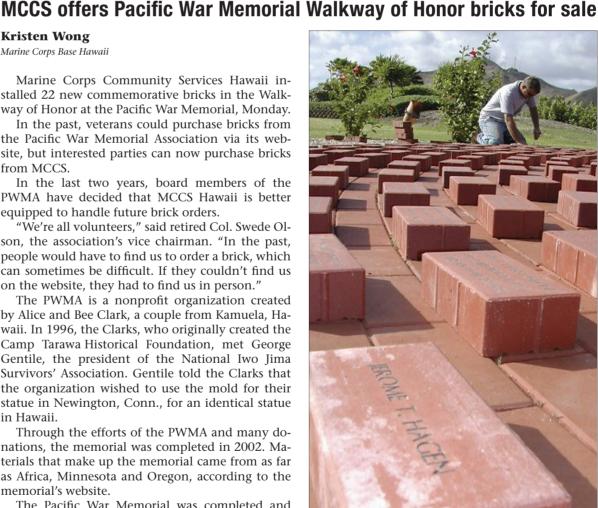
messages and names are inscribed on many of the 4-by-8 inch bricks. For a donation of \$100, a person can commission a brick to be inscribed with their personalized message placed in the walkway. The \$100 goes toward

administrative, marketing and other logistical costs involved in the brick laying. When all of the bricks

in the circle are filled, expansions will be made 'We're excited to take on brick sales for the Pacific War Memorial," said Don Figueira, a food and

beverage general manager with MCCS. Figueira works with the Officers' Club, where or-

der forms are available for the bricks. "We look forward to working with the people here who are interested in preserving the legacy at the Pacific War Memorial site," he said.



Frank Peacock | Pacific War Memorial Association

New bricks are set up at the Pacific War Memorial's Walkway of Honor in preparation for installation.

Many of the bricks commemorate loved ones, service members and the fallen. Retired Lt. Gen. Hank Stackpole, the former commanding officer of Mar-ForPac and chairman of the association, commissioned seven bricks in the names of fellow service members. He described the Walkway of Honor as "hallowed ground," or like "walking into a church."

"It keeps the memories alive," Stackpole said. In the past, only veterans and loved ones of veterans were able to purchase a brick, but now civilians are also afforded the opportunity.

"It's not just military members," Stackpole said. "There are civilians who want to put bricks in there, too ... handing it over to MCCS opens it up to everybody."

Since MCCS is now handling brick orders, the association can focus its efforts toward the planning and execution of the P-822 Marine Corps Air Station Operations Complex, which will include a historical museum aboard MCB Hawaii. Stackpole said Commandant of the Marine Corps Gen. James F. Amos requested that a museum be built at key historical Marine Corps bases, including MCB Hawaii. The groundbreaking for this project is scheduled

To order a brick, visit http://www.mccshawaii. com/pacificwarmemorial.shtml. Order forms are also available at the Officers' Club.

for March.

Email: HawaiiMarineEditor@gmail.com Fax: 257-2511, Phone: 257-8837

AROUND RPS

'Iron Fist' pounds waves with 'Warhorse' support

Lance Cpl. Christopher Johns Marine Corps Air Station Miramar

MARINE CORPS BASE CAMP **PENDLETON, Calif.** — Strengthening bonds between America and Japan, Marines of Charlie Company, 1st Reconnaissance Battalion and Japanese recon and intelligence forces conquered training activities during an exercise called "Iron Fist."

Exercise Iron Fist is a bilateral training event with the Japanese military forces at the Marine Expeditionary Force level from Jan. 22 to Feb. 15 in Southern California.

"As an expeditionary force, (the Marine Corps) needs to be able to insert troops anywhere in the world, making helocasting a viable option to accomplish the mission," said Capt. Ryan Bankhead, a CH-53E Super Stallion pilot with Marine Heavy Helicopter Squadron 465 'Warhorse,' and Prescott, Ariz., native.

Helocasting is an airborne insertion technique used by small unit, special operations forces during operations. These small units are flown by helicopter to an insertion point, where the aircraft slows to five to 10 knots with a low altitude allowing the unit to jump out with their gear.

"We're working with the Japanese in this training to compare standard operating procedures with each other," said 1st Lt. Neal Ferrano, platoon commander with Charlie Co., 1st Recon Bn. and a Marietta, Ga., native. "It allows the Marine Corps to share knowledge with its allies and friends overseas. If



Lance Cpl. Randy Wilson, a CH-53E Super Stallion crew chief with Marine Heavy Helicopter Squadron 465, looks out of a Super Stallion before performing helocasting training near Marine Corps Base Camp Pendleton, Calif., Jan. 31.

we didn't use this type of insertion, we wouldn't be able to move small force teams into objective areas in a (stealthy) manner and that would give the Marine Corps one less option during a battle."

During the training, Japanese forces and recon Marines boarded the aircraft with rubber boats to practice "soft ducking," which involves two Marines jumping out of an aircraft just above the water while holding onto their boat.

Once in the water, these two Marines take control of the boat and its engine while the remaining Marines jump into the water, explained Ferrano. After the last Marine boarded the boat. the teams continued toward their objective, which can be as far as 12 miles away.

"This kind of training is a little out of our normal realm of trainings, so it's pretty exciting," said Sgt. Ryan Hoffman, a crew chief with 'Warhorse' and a Circleville, Ohio, native. "As exciting as it is though, you have to be on top of your game, because something could go wrong. You have to pay attention to things you aren't used to paying attention to, but in the end it makes you a better crew chief and you're much more prepared to do these kinds of missions."

While executing the training, Hoffman changed the way he thought about his role for this particular mission.

"Normally, (crew chiefs) are in charge in the back of the aircraft," said Hoffman. "We make all the calls. No matter what the situation is, the lead crew chief is going to have the final say. With this kind of training though, we have to work with the cast master, who is in charge of his personnel and when they move - not us. When it comes to the jumpers, we more or less observe and watch over our side of the mission while he takes care of his."

For his first time performing this training, Hoffman received a surprise before the Marines and Japanese jumped.

"On our first go, the boat flipped," said Hoffman. "I spoke to some Marines who have done this before, and they said it flips quite often. Other than that, no one was hurt and we accomplished the training and that's always our ultimate goal."

The frequency of helocasting training depends on how often a group of Marines needs to train for this specific kind of insertion.

Whether as a crew chief performing his first helocasting, a veteran recon Marine observing or Japanese forces training with an ally, no one was harmed and the mission was crushed with an Iron Fist.

'Thunder Chickens' gives 8th Comm. wings

Lance Cpl. Manuel Estrada

Marine Corps Air Station New River

MARINE CORPS AIR STATION NEW RIVER, N.C.

— Marines with Marine Medium Tiltrotor Squadron 263 transported more than 30 Marines from 8th Communication Battalion, II Marine Expeditionary Force, aboard Marine Corps Base Camp Lejeune, Jan. 23, as part of a troop movement exercise.

The Marines from VMM-263 launched from Marine Corps Air Station New River in two MV-22B Ospreys and rendezvoused with the communication Marines on Camp Lejeune. The Marines loaded up and strapped into the Ospreys, some for the first

They anxiously awaited the launch, as the crew chief gave a quick safety brief before the engines sped up and the Ospreys took off into the sky. Other 8th Comm. Marines in the landing zone watched as the Osprey landed in the field and dropped the passengers and took off again into the distance.

The purpose of the troop insertion was to familiarize VMM-263 Marines with takeoff and landing procedures, and moving troops from one place to another safely and in a timely manner.

"We do a lot of training here around New River so we are able to lift Marines into a combat environment," said Capt. Gregory Varella, VMM-263 Osprey pilot. "It also helps familiarize the ground units with the Osprey so they can become comfortable dealing with us."

The integration of VMM-263 and 8th Comm.



Lance Cpl. Manuel Estrada | Marine Corps Air Station New River

Marines with 8th Communications Battalion, II Marine Expeditionary Force, load into an MV-22B Osprey piloted by Marines with Marine Medium Tiltrotor Squadron 263 to a training center near Atlantic Beach, N.C., Jan. 23.

Marines allowed them to experience joint training and accomplish a single mission as a team.

"On our side the flight went well and I think they learned a lot," said Sgt. Nickolas Tissandier, VMM-263 Osprey crew chief. "It is easier to pick up people here in continental United States and have them learn and get used to the aircraft than overseas. Overseas, they are already in the 'been there done that' kind of mentality. Plus it gives us some good training."

Former USO performer trades heels for boots, enlists

Cpl. Timothy Lenzo

Regional Command Southwest

LEATHERNECK, **Afghanistan** — Three years ago, Cpl. Rocio Sanchez was entertaining troops in Iraq with her vocals. Now she is on the other side, serving in the Marine Corps as an electronic key management systems clerk aboard Camp Leatherneck, Afghanistan.

"I traded in my high heels for combat boots and my microphone for an M-16 (service rifle)," Sanchez said, deployed currently with Retrograde and Redeployment in support of Reset and Reconstitution Operational Group, Regional Command (Southwest). "In May 2009 we went out to Iraq for a two-week

Sanchez, from South Gate, Calif., had already made her decision to join the Marines before the tour. She joined the

Marine Corps Delayed Entry Program earlier that same year. "Looking back on it, I was sort of living a double life,"

said Sanchez. "I was doing the

poolee functions, and at the same time preparing for the tour as a performer."

Shortly after the tour, Sanchez informed her band that she was joining the Marine

"I told my band I was sorry, but I had to do this," said Sanchez. "Since I was a little girl I always wanted to be in the military, just like I had wanted to be a singer. I wanted to be four things when I was little, a teacher, a singer, a Marine and a police officer. I've done the first three so far."

Sanchez said she's only met one person who recognized her when she was in Iraq. It was while she was at Marine Corps recruit training when a drill instructor, who had been in Iraq and attended her USO concert, noticed her.

Her commanding officer, Col. James Clark with R4OG,

was at one of the bases she visited, but he did not attend the concert. "From what I understand she's a very good singer, but I

know for a fact that she's a very

good Marine," Clark said and

native of Tellesboro, Ky.

Many Marines are surprised to hear Sanchez was a USO performer. That is until they hear her sing.

"I heard her sing in church, and I told her maybe she should go on one of those shows, like 'The Voice,' and that's when the story came out," said Gunnery Sgt. Mark Neil, electronic key management system manager with R4OG.

Sanchez no longer gets on a stage for service members, but that does not keep her from singing.

"Her voice is beautiful," said Neil, from San Diego. "She also sings around the office. I told her we are happy to have her in the Marine Corps, but I thought she could of made it as a singer."

Sanchez deployed Afghanistan only a couple months after giving birth to but leaving her son was harder.

her first child, David. Giving up a career as a singer was hard, "I left him when he was 6 months old," Sanchez said.

"He couldn't even sit up by

himself. That was the hardest

thing I'd ever done in my life."

David is at home with her husband, a military policeman with the Provost Marshal's Office at Marine Corps Air Station Miramar, Calif. For Sanchez, deploying to Afghanistan was a necessity to grow as a leader and a Marine. When the opportunity came, she jumped at the chance.

"I need to better myself in order to lead others," Sanchez said. "I have to have that experience. I decided to join the Marine Corps, and I take responsibility for my job. I wasn't afraid to deploy because I knew it was part of the job."

Sanchez has not backed down from the challenge. She stepped into her job at Camp Leatherneck and has impressed the Marines around her with

her maturity and work ethic. "She hasn't missed a beat," Clark said. "She's been highly professional out here, and I'm really thankful she was willing to come. She's just a

tremendous young lady and

someone the junior Marines

can look up to. She is a great

example of what hard work



Cpl. Rocio Sanchez, electronic

key management system clerk, Retrograde and Redeployment in support of Reset and Reconstitution Operational Group, Regional Command (Southwest), serves in Helmand province, Afghanistan.

and dedication will get you."

Whether as a Marine, a performer or mother, Sanchez puts forth the effort needed to be successful. Three years ago she was onstage entertaining Marines with her voice. Now she works side by side with them, as a vital piece of Operation Enduring Freedom.

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AAVs, Base Environmental team to tear up ponds



Lance Cpl. Brandon Erickson, an amphibious assault vehicle mechanic with Combat Assault Company, 3rd Marine Regiment, hoses down an AAV after the annual Mud Ops environmental exercise, Wednesday.



Lance Cpl. Brandon Erickson, an amphibious assault vehicle mechanic with Combat Assault Company, 3rd Marine Regiment, cleans an AAV after the annual Mud Ops environmental exercise, Wednesday.



The crewmen of Combat Assault Company, 3rd Marine Regiment clean the tracks of an amphibious assault vehicle while participating in Mud Ops, Wednesday.

Lance Cpl. Suzanna Lapi Marine Corps Base Hawaii

Destruction, like a wildfire, can sometimes clear the way for new life. This is the purpose for Mud Ops, an annual environmental exercise held at the Nuupia Pond Wildlife Management Area. Base Environmental and Marines from Combat Assault Company, 3rd Marine Regiment, worked together to improve and protect local wildlife during the exercise, from Tuesday to Thursday.

During the wetland management exercise, which has been held here for the past 31 years, the Marines used amphibious assault vehicles to break up an invasive species of grass called pickleweed. This grass covered the ground where the endangered Hawaiian Black-necked Stilt often nest. The tracks of the AAV also helped the area better absorb water.

This conservation effort also benefited other endangered bird species such as the Hawaiian Coot, the Hawaiian Gallinule, also known as the Moorhen, and the Hawaiian duck. These native birds also populate the mud flats on base.

Lance Bookless, the senior natural resources management specialist for Base Environmental, said the exercise is held in February because the Stilts nest in the early spring.

"Their mating season usually occurs in March, and forging from now until then, so it benefits them the most to conduct this exercise at this point. By the summertime, they are raising their chicks."



Marines with Combat Assault Company, 3rd Marine Regiment, splash in the mud with their amphibious assault vehicle over the mud flats of the Nuupia Pond Wildlife Management Area during the annual Mud Ops environmental exercise, Wednesday. The purpose of the exercise is to provide training for the Marines and a better environment for endangered bird species.

Bookless, a native of Zanesville, Ohio, said the base the mud flats benefits his Marines. has a steady number of Stilts, with approximately 10 percent of Oahu's population inhabiting the Nuupia Pond Wildlife Management Area.

"They are hard to track because they hide in the mud, but there are about 110 to 160 birds on base at any given time," he said.

is to open up the ground in order to help the birds to other benefits for his Marines to participate. they lay their eggs in April," Bookless said. "They are nest and live. For the Marines, the training offers an opportunity to learn.

3rd Marines, and a native of Canby, Ore., said training on related to the military."

"This exercise is good for the environment, but it's also an advantage for us because it's good recovery training," Durant said. "The Marines go out and learn how to operate in muddy conditions, and the amphibious assault vehicles run better as the engines work."

Sgt. Jedidiah Davis, a maintenance chief with CAC, 3rd The primary purpose for the environmental endeavor Marines, and native of Port Lavaca, Texas, said there are

"This training exercise is good for the Marines to show something to the community and give back," Davis said. First Lt. Kyle Durant, a platoon commander with CAC, "It's good for us to be involved in a way that's not directly

Davis said training opportunities like Mud Ops are essential for helping junior AAV crewmen to better understand their specialty.

"Most of the guys are new, so learning about the AAV's driving abilities and performing recovery training was beneficial," he said. "Tiring, but good."

Sgt. Salvador Torres, a ramp chief with CAC, 3rd Marines, said the exercise was key in displaying another side of the Marine Corps.

"This training is good for us to show the community that we are not only about combat," the Chicago native said. "We are also committed to helping the community when we can."



Marines with Combat Assault Company, 3rd Marine Regiment, drive their amphibious assault vehicle over the mud flats of the Nuupia Pond Wildlife Management Area during the annual Mud Ops environmental exercise, Wednesday.

A-6 • February 8, 2013

Splish, splash: Marine Corps Base Hawaii opens new splash park

Marine Corps Base Hawaii

Woosh! Visitors to the newly opened splash park were showered with waves of water at the push of a button during the park's first day of operations, Feb. 1.

The new park, located near the Mololani Community Center along Campion Drive, is a water recreation area designed to spray users in multiple ways. Forest City Hawaii residents and their guests may use the park from 10 a.m. to sunset, with adult supervision required for minors who are younger than 16 years old.

"This is a fun activity all of the children can do together in an open space," said Cindy Lintz, a Marine Corps Base Hawaii resident who brought her daughter Miya. "They can move around and interact with others easily at the park."

The 2,237-square-foot features water spray tunnels, towers of gushing water, arching mists spurting from underground nozzles and water carronades or cannons. Users are free to roam around in swimsuits and get sprayed. Pushing or stepping onto one of several buttons triggers each of the features. For those who prefer to stay dry, a clover-shaped boundary line marks where to stand or sit to avoid the spray.

"The park is something great for little children to do besides going to the playground," Lintz said.

Ensuring the area was safe for smaller children was an important part of the park's design, said Wendy Mekinda, general residential manager, Forest City Hawaii. The park is secured with fencing and gates locked by a timer, ensuring smaller children will not wander out of the park.

Katherine Monit, a MCB Hawaii spouse, brought her three children who are all under 7 years old. She said the park's textured concrete flooring and clover-leaf shape are good features to



Miya Lintz cools off with several sprays of water at the new splash park that opened Feb. 1 near Mololani Community Center. The new recreation area showers users in several interactive spaces using water that is continually cleaned and recycled. The park is open to Forest City Hawaii residents and their guests daily from 10 a.m. to sunset.

ensure the park isn't too slippery for moving around.

"This facility is great for our children, especially younger children," Monit said. "The park is gated, and it's easier to supervise them. The new bathrooms are clean, and there are so many things the children can interact with."

There are no current plans to build other splash facilities at MCB Hawaii, Mekinda said, but she is taking feedback about the park. Mekinda said new outdoor seating is being ordered and scheduled for delivery by March.

After anticipating the park's opening, Lintz said her daughter already requested to take a walk to the park with her friends for her upcoming birthday. Mekinda said the park was designed to be an area where residents could gather together.

"The park is part of the types of places we've planned with activities," Mekinda said. "The spaces beautify the community."

Many of the children who visited during the park's opening day said they loved coming down to play. Elijah, who is Monit's 6-year-old son, said the best part about visiting the new splash park is getting sprayed by the cool water on a sunny day.

"The cannons are my favorite," he said. "They're fun because you can move them around and spray people."

After seeing her three children play safely together and with other children, the park became a big hit for Monit too.

"I like this even better than the pool," she said. "You don't have to worry about drownings and it's free to visit."

For visitors, it's good to see water, water everywhere and not a way to sink.

2nd Battalion, 3rd Marine Regiment welcomes aboard new commander



Lt. Col. Justin Dunne (left) and Lt. Col. James Conway watch Marines from 2nd Battalion, 3rd Marine Regiment march past during the pass in review following a change of command ceremony at Dewey Square, Tuesday. Conway took command of the "Island Warriors" from Dunne during the ceremony. Dunne received a Meritorious Service Medal for his leadership while commanding the battalion during a recent unit deployment program to Okinawa, Japan. Before assuming command of the "Island Warriors," Conway served as 3rd Marines' future operations officer.

Knowing your GI bill benefits, possible future changes

Cpl. James A. Sauter

Marine Corps Base Hawaii

After completing their obligated time of military service, the next step for many veterans is using their GI bill benefits to attend a school of their choice and obtain a college education. Service members currently have access to the Montgomery and Post-9/11 GI Bills. But the two bills contrast in different ways that can impact the decision-making process for service members.

"Oftentimes, the majority of service members don't return to their home state for schooling," said Craig Lockwood, lead education specialist at Marine Corps Base Hawaii's education center. "There's nothing wrong with that, but this means they will have to deal with in-state versus out-of-state tuition rates if they're attending a public university."

Under current law, service members can use either the Montgomery or Post-9/11 GI Bills. Under the Montgomery GI Bill, the Department of Veterans Affairs gives service members a flat rate of approximately \$1,500 a month, which

the recipient can use for tuition, books, fees and living expenses. Under the Post-9/11 GI Bill, however, the VA pays more and covers the cost of tuition and fees by paying the school directly. Money for books and living expenses are given to the veteran separately. Despite how much more appealing the Post-9/11 GI Bill is, Lockwood says there are benefits for service members to hang on to their Montgomery GI bill while on active duty.

"If tuition assistance is not covered 100 percent and the student is having to pay out of pocket, money from a GI bill can be used to cover the difference through a program called Top-Up," Lockwood said. "It's a good way for an active duty service member to use their GI bill if they want to continue taking classes. But the service member would want to use the Montgomery GI Bill, not the Post-9/11, because they will lose fewer benefits."

Lockwood explained that service members could choose to use their Montgomery GI Bill to pay for tuition assistance while on active duty, and then switch to the Post-9/11 GI Bill after leaving the military. But the process is not reversible. If a service member chooses to use their Post-9/11 GI Bill to pay for tuition assistance, they will not receive those benefits back after active service and cannot employ the Montgomery GI Bill

"One of the big mistakes veterans make when trying to use their GI bill is talking to someone in a school's admissions who isn't a certified official and ends up giving false information," said Caron Ferguson, education and career specialist at the education center. "Money used for the bill may take time to kick in before it's actually sent from the VA to the school, and if a veteran doesn't have any savings, they could get them into financial trouble."

Veterans can find rates for different schools worldwide using an online program called WEAMS. Run by the VA, the program provides information on designated VA officials at a school and states the basic housing allowance rate for that area.

"Another thing people have to consider when they get out are the different public school tuition rates," Lockwood said. "If you're from the state of Maryland and you wanted to attend the University of Maryland, there are rates for Maryland residents and rates for people from out of state. The out of state rate could be two or three times more expensive than the in-state rate."

The Post-9/11 GI Bill only covers instate tuition rates. The student could face a tuition deficit and have to pay the remainder of the rate out of pocket if they're charged out of state tuition fees. However, several states, including Colorado and Arizona, have passed laws granting the privilege of in-state tuition rates for all veterans using a GI bill if they attend a public school in that state. As of the end of January, bipartisan legislation is being proposed by the Congressional House Committee on Veterans Affairs to extend this privilege nationwide.

"There are many good options for using this GI Bill that allow you to walk away with a free education," Lockwood said. "If this law passes, a veteran can go to a state school anywhere in the U.S. and everything will be paid for."

CHILDREN ENJOY RENOVATED SUPER PLAYGROUND

Toby George, 1, plays on the newly renovated Riseley Field Super Playground, Tuesday. The playground was shut down in November and re-opened in January with more than \$160,000 worth of new materials for children aboard Marine Corps Base Hawaii to enjoy.



Lance Cpl. Jacob D. Barber | Hawaii Marino

MART, from A-1

Several customers said they appreciated the large selection and convenience of having a new store near the flightline. The store will be a regular pit stop for Petty Officer 3rd Class Harly Cartwright, flight engineer, Patron Squadron 9. She said the store's location across the street from Hangar 104 is convenient for her to get snacks and water before taking a flight.

"Everything is very easy to find here," she said. "I'll definitely come by to get more fresh fruit and coffee."

Hasegawa said the store's layout was especially designed for people to "grab and go." Many customers who previously shopped at the smaller stores, including a minimart formerly located inside

Hangar 104, said they appreciate the new location.

"There's much more space," said Gunnery Sgt. Cord Browning, product control controller, Marine Aviation Logistics Squadron 24. "Marines and sailors shopping in the older stores were really crowded, and sometimes we couldn't all fit inside. The new store has a good layout and more amenities."

Among those new amenities is a brand new set of metal benches and shaded tables set up outside the store. The open areas inside and outside make for a faster, pleasant shopping trip, said Lt. j.g. Mike Einbinder, naval flight officer, Patrol Squadron 47.

"I like how the new coffee station does not block the checkout line," he said. "Sometimes you'd have three or four people waiting in line, and trying to get coffee was a hassle."

Both staff and customers said one of the best new features of the store is a shorter wait at the checkout line. Even the store's storage area is set up so that deliveries can be made smoothly without taking away personnel needed at any of the three registers.

"Before, in the other stores, there was just one person who had to assist all the customers during peak hours," Hasegawa said. "Lines could get really long. Now we have two staffers permanently here and an overlap of shifts to

cover customers."

The strategy has paid off.

During it's first day of sales, the store sold 2,291 items.

CHAPEL, from A-1

fourth Archbishop for the Military Services, U.S.A. "He led the way in the creation of this chapel. It's fitting that it is named in memory of Bishop Estabrook."

Estabrook used his final tour at MCB Hawaii to push for the replacement of the "chow hall chapel" with the current facility, a \$7.2 million project. The current chapel gives residents an opportunity to access chapel life. It can seat up to 750 people, features the biggest organ on Oahu, a \$30,000 carillon in the bell tower and a new audio visual system.

Estabrook wanted to create a closer community involving activities and organizations through the chapel. Since its creation, the chapel has grown to include programs to entertain any hectic schedule. Base residents are welcome to join ladies lunch in, Bible studies, retreats and activities like hiking and community charities to help people in need.

"All Marines need chaplains," said Maj. Gen. Peter Talleri, commanding general of Marine Corps Installations Pacific. "Chaplains are always there to help families and community members, and Bishop Estabrook was no exception."

During the ceremony, a plaque that honored Estabrook and detailed his service was unveiled. Talleri and Broglio removed the red drapes to unveil Estabrook's name inscribed on the front of the chapel.

Viewers rose to their feet and clapped. Estabrook's family members fought back tears of pride and joy that Estabrook will continue to be remembered for years to come.

Several attendants spoke about Estabrook, all describing the impact he had on them and many others during his lifetime.

"People can come to the Chaplain Joseph W. Estabrook Chapel with the ability to relax and find comfort, just like what Bishop Estabrook provided to people when he was alive," said Navy Lt. Bob Crabb, the chaplain for Marine Corps Air Station Kaneohe Bay. "The ceremony couldn't have gone any better. There isn't a better way to honor everything he has done for Marines and sailors on Marine Corps Base Hawaii."

MUC, from A-1

But the hard work started before 2010.

"[In] 1996, we made an agreement with Japan that we would reduce (our presence) in Okinawa," Robling said. "All of that work was done by this headquarters. So if you wonder what the work those officers and Marines in the decks up there do, that's what they are working on."

MarForPac coordinated Marine support during Operation Tomodachi in 2011 after a devastating tsunami in northeast

They also reconstituted III MEF by resuming the unit deployment program to Japan, modernized assault support capabilities by adding the MV-22 Osprey to 1st and 3rd Marine Aircraft Wings, and oversaw the reactivation of the 3rd Marine Expeditionary Brigade in Okinawa.

"Every day when I talk to (Adm. Samuel J. Locklear, commander,

U.S. Pacific Command), he tells me how proud he is to be on a base with Marines who have the ethic to work hard, (train) all the time and do those things," Robling said. "Quite frankly, I'm proud of that too."

But as MarForPac celebrated their accomplishments during the ceremony, Robling reminded them the work has just begun.

"It's really been tough work, so congratulations on that," Robling said. "The work is not over."

Hawaii Marine

Sports & Health



Sgt. Daniel Brown, a radio operator with 3rd Marine Regiment, swims laps at the base pool, Wednesday. Brown is competing in the Semper Fit Center's Try-Athlon this month, swimming 2.4 miles, biking 112 miles and running 26.2 miles at his own pace — the equivalent of an Ironman triathlon — during the month of February.

Swim, bike, run at your own pace

Kristen Wong

Marine Corps Base Hawaii

For many people, there's only one word for swimming 2.4 miles, biking 112 miles and running 26.2 miles in one day — "crazy." But for the second year in a row, the Semper Fit Center is encouraging the less athletically-inclined to give it a try.

The second annual Semper Fit Try-Athlon is currently in its first week. For a small fee, participants are given a month to run, bike and swim the distances equivalent to a regular Ironman competition. The top three finishing participants will win a prize.

Jon Shiota, manager of the Semper Fit Center, said more than 20 participants successfully finished the Try-Athlon last year.

"Last year's event was awesome," Shiota said. "Everyone loved it. They loved the idea of being able to complete the distance of an Ironman and doing it

at their own pace." Cpl. Jenna Greer, an expeditor with Marine Heavy Helicopter Squadron 463, and a native of Melbourne, Iowa, was one of last year's finishers. She had never participated in a triathlon before and was curious to see if she could complete the challenge, so she registered

for the Try-Athlon. Greer, 24, spent the week alternating between biking and running. On some days, she would do both. Greer said swimming was the most challenging of the Try-Athlon's three tasks.

"I was only able to swim on weekends so I had

to make the most of the time in the pool," Greer said.

Though participants are given an entire month, Greer completed challenge approximately two and a half weeks. Her desire to complete the Try-Athlon was enough motivation. She described the Try-Athlon as "fairly easy,"

and said it was simply a matter of making time for

For those who might be interested in participating in this event, Greer gave a green light.

"My advice is to just try it," Greer said. "Find a friend who would want to do it, too. Make it a

Some participants got their first taste of a triathlon well before this event. Lindsey Hartsell, 27, previously experienced a triathlon firsthand by competing in a Waikiki sprint triathlon the year before the inaugural

"I was so in love with the experience that when I saw the Try-Athlon at Semper Fit, I was very eager to sign up," Hartsell said.

During the four weeks of the Try-Athlon, Hartsell said she planned her workout schedule ahead of time so she would be able to finish by the deadline.

Her challenge was biking. Though she finished the swimming portion in a mere four days and ran twice a week, biking took a lot of her time. She rode her bike to and from work each day, but still had to log hours at the gym to finish the biking portion.

After completing the Try-Athlon, Hartsell said she became consistent with working out and saw an improvement in her endurance.

"It's an excellent experience, especially if you're interested in doing a triathlon," Hartsell said. "It's a good introduction to the strenuous workout schedule you must maintain in order to complete a regular triathlon."

Sgt. Daniel Brown, a radio operator with 3rd Marine Regiment, is trying the Try-Athlon for the first time this year. Brown, a native of Haltom City, Texas, previously competed in a mini-Ironman while he was stationed at

Marine Corps Base Camp Pendleton, Calif. Brown, 25, recently returned from leave and wanted to start getting back in shape, so he decided to participate in the Try-Athlon. He gets his running mileage from morning physical training, swims during lunch and rides his bike in the evenings. When asked why people should consider participating in the Try-Athlon, he said it could enable them to motivate and

Though the Try-Athlon has already begun, registration is still welcome, provided the participant has enough time to finish the challenge. For more information about the Try-Athlon, call Semper Fit at

Bush could strike him out.

better themselves.

3rd Radio Battalion calls in victory over Weapons Ordnance, 5-4

Lance Cpl. Suzanna Lapi

Marine Corps Base Hawaii

The Marine Corps Base Hawaii 3rd Radio Battalion intramural baseball team clinched a close 5-4 victory over Weapons Ordnance at Riseley Field,

Andrew Rios, the right fielder for 3rd Radio Bn., said he was pleased with his team's victory.

"We haven't had the entire team together this season until tonight," Rios said. "So coming away with a win the first time we played together is a good sign."

After a slow start, 3rd Radio Bn. scored first, and the competition was underway. The crowd participation was heated with chants for their favorite team, and the players were ready to add fuel to the mix. Weapons Ordnance lit a fuse and tied up the score early in the game, 1-1, in the second inning.

At the top of the third inning, a 3rd Radio Bn. batter sprinted for first and then stole second base after the Weapons Ordnance catcher dropped the ball. This was the first of many stolen bases throughout the battle.

The 3rd Radio Bn. team made their way to the field to kick up dirt and put some points on the scoreboard. They seemed on the verge of tipping the scales after loading the bases, but Weapons Ordnance pitcher Corey Dabney detonated a bomb on their chances by striking out the next three batters. The bottom of the inning end-

ed with no runs scored. During the middle innings, 3rd Ra-



Lance Cpl. Suzanna Lapi | Hawaii Marine

Andrew Rios, the right fielder for 3rd Radio Battalion, swings at a pitch during an intramural baseball league game against Weapons Ordnance at Riseley Field, Tuesday.

dio Bn. pulled ahead after some wellplaced singles and doubles. In the fifth inning, they made their way to the field and quickly returned to bat after a solid defensive display. By the top of the sixth inning, 3rd Radio Bn. was ahead three runs, following an infield home run that left their fans cheering. At the bottom of the sixth in-

ning, Weapons Ordnance unleashed their heavy artillery. They stole bases at third and then home plate after a dropped ball. Zachary Piragnoli, the right fielder for Weapons Ordnance, hit the ball deep into the outfield to score a run.

At the top of the seventh inning, 3rd Radio Bn. seemed to let up on their grip. Their first two batters struck out and the last was called out on first

However, the lead Weapons Ordnance batter followed suit by being tagged out at first base. The next batter hit a fly ball, which was caught in the outfield. The intense competition received an even bigger boost after the third batter was hit by an errant pitch

and granted first base. The rivalry between the two teams came down to one player, and the chance for Weapons Ordnance to tie up the game rested on his shoulders. It was 3rd Radio Bn.'s opportunity to clinch the win if relief pitcher Tommy

As the umpire velled, "Strike three, you're out!" the 3rd Radio Bn. players began celebrating, stepping off the field and greeting fans next to the dugout. After a close call, they squashed Weapons Ordnance's chance at becoming the comeback kid.

Rios said his team needed to work on their hitting, and their fielding was barely enough to win, but believes they have a lot of potential.

"We also had some base running mistakes that almost cost us the game," Rios said. "But we'll improve with practice."

Piragnoli, who has played baseball for most of his life, said he was pleased with both his personal and team performance.

"We had a couple of errors, but overall, I think we did well," Piragnoli said. "We had a solid defense, but 3rd Radio's offense was better, and they were able to brush off any errors they had. It seemed like they didn't let any mistakes get to them. I was trying to tell our pitcher, Dabney, and teammates to stay in focus because 3rd Radio seemed more focused than us."

Piragnoli said the battle was fought neck and neck, but 3rd Radio contacted the ball more than his team. He said he believed wins would be easier to come by if Weapons Ordnance worked on their offensive performance and stayed focused.



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.

Should the World Cup be an annual event?

Cpl. James A. Sauter VS. Lance Cpl. Nathan Knapke

Sauter: Most jersey-wearing sports fans can pinpoint America's favorite pastimes. As for the rest, fans flock to the professional sports games of basketball, baseball, football and ice hockey. Not even the richest man in sporting history could fathom the endless river of greenback greed generated by these sports. I propose that a fifth sport be added to this exclusive group and it doesn't have to be limited to the U.S. or an event held once every four years. Imagine the bounty of Benjamins in profits if soccer's World Cup (or football, if you live outside the U.S.) became an annual sporting event.

Knapke: People don't watch any kind of sport because they want to promote the "bounty of Benjamins." As a sports fan, I could care less about how much people are making off the sport. All people care about is how entertaining the games are. You're saying the World Cup should be an annual event. Well, soccer executives already make plenty of Benjamins, mainly because the World Cup is held every four years. What you're not realizing is that there aren't enough greenbacks in the pockets of people all over the world to attend games all over the world,

every year. If people didn't attend the World Cup like they do now — once every four years — the rivalries between fans wouldn't be nearly as strong or interesting.

Sauter: You've got the whole thing backward. The entire sports entertainment industry isn't run by fans, it's ran by business people who are in the business of making money off billions of spectators. These Rockefeller and Carnegie-like geniuses are the reason professional sports are the way they are today. I'm also guessing you think people will have to spend more money to follow and travel to see their home team. They don't have to. People around the world only need to spend mega-money when their team is playing at home, which is the current case. Imagine how much more money could be made if the World Cup was held every year. That's more than enough of a reason capitalists should make It would even spur job growth.

Knapke: If soccer fans ceased to exist, the rich executives would be left to watch the games alone in the stadium. Without the revenue they once spurred and with nobody in the seats, I don't



know how soccer would thrive. The reason soccer is huge all over the world is because of its international fan base. If these so called "Rockefeller and Carnegielike geniuses" thought it was a good idea to have a World Cup every year, they would have done it already. You're right, people wouldn't have to spend big money to see their favorite team when they play at home, but realize that the World Cup is played in a different country every four years. Many people would not be able to afford travel to the cup every year. Fans all over the world save money for four years just to attend it. Making a World Cup every year would greatly diminish the amount of fans that will show up to the event.

Sauter: A quick solution to this is for all the poor people to stay home and watch it 'on demand.' Everyone else can spend an obscene amount of money to travel to the World Cup. This will the World Cup an annual event. be good for the airline industry and tourism. And the World Cup won't lose fans. I'm tired of waiting every four years for the next World Cup, just like I'm tired of waiting four years for the next presidential election. Sure, athletes train for years to become the champions of the world,



but how much different is that from winning the Super Bowl or Stanley Cup every year? These athletes have to work four times as hard for something that happens each year. The World Cup could garner great financial benefits by being an annual event and, at the same time, still be the greatest international tournament beside the Olympics.

Knapke: The World Cup is far from similar to the Super Bowl and Stanley Cup. You are so far from the truth that it's stupid to even argue. The "World" Cup is an international tournament. The Super Bowl and Stanley Cup are played by teams strictly from the U.S. (and a few hockey teams from Canada). Every argument you have made has been false so far. There are already continental soccer tournaments to watch every year, which provide fans with quality games to watch. Without fans, soccer is nothing. If an annual World Cup were a good idea, it would already have been created. Fans need time to save money over the four-year long gap between the World Cup so they can afford the cost of attending the event. Your suggestion is a bad solution to something that isn't even a problem.

SPOTLIGHT ON SPORT

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.

Single Marine & Sailor Program Surf and Turf 5K

Come out for the Single Marine & Sailor Program on April 6 at 6:30 a.m. The run will takes 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.

Klipper Junior Golf Program

com or call 386-3500.

All authorized patrons ages 6 through 17 are eligible for the Klipper Junior Golf Program, a yearround program to bring 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 the more 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.

Glow-in-the-dark games at K-Bay Lanes are available

Pre-registration for MCB Hawaii Pop Warner /Armed Forces Hawaii Youth Football

Pre-registration for the 2013-14 season of the Armed Forces Hawaii Youth Football (formerly known as MCBH Pop Warner Football) is taking place Saturday from 1 to 5 p.m. and Sunday from noon to 4 p.m. outside of the base commissary. We provide youth tackle football, cheer and dance for kids ages 5-15. For more information, email Timothy Craig at mcbhpatriots@gmail.com.

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.

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 regis-

tration closes March 5 at 4:30 p.m. Visit http://www.

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 about K-Bay Lanes, call 254-7693.

mccshawaii.com to register. **Cosmic Bowling at K-Bay Lanes**

Nutrition class

The body composition program and weight management class is scheduled for Tuesday held in classroom two of 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.

Tobacco cessation 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.

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 on 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 and Equipment Center at the base marina at 254-7666.



Cpl. James A. Sauter | Hawaii Marine Patrol Squadron 9 and Headquarters Battalion players jump and fight for a rebound during an intramural basketball league game at the Semper Fit Center gym, Tuesday. VP-9 defeated Headquarters Bn., 33-27. The teams were tied by the second half, but the VP-9 players rallied at the end of the game to win.

VP-9 hangs tough with HQBN, wins 33-27

Tyson encouraged his team to push on and narrow the

gap between them and VP-

9. By the end of the half,

Headquarters Bn. remained

Battalion is definitely a

Cpl. James A. Sauter *Marine Corps Base Hawaii*

Hot sweat dripped from the faces of panting basketball players and the crowd cheered as the sailors of Patrol Squadron 9 defeated the Marines of Headquarters Battalion, 33-27, in an intramural basketball league game at the Semper Fit Center gym, Tuesday.

From the start of the first half, Headquarters Bn. trailed VP-9. Though they were only behind 10-6 at 11 minutes and 10 seconds, Headquarters Bn. fell into a trap by not taking the lead early in the game, which cost the momentum on the offense and, ultimately, the game.

From one side of the court to another, VP-9 and Headquarters Bn. dribbled and battled for baskets. Terrence Tyson, a Headquarters Bn. small forward, scored a few baskets to help his team stay within reaching distance of the lead.

"For me personally, the first portion of the game went really well," Tyson said. "We still need to work on our communication. The best thing we can do is call our shots better and get at least one person open to shoot."

with less than five minutes left in the first half,

We knew Headquarters Battalion was a good team and they were going to be a challenge."

— Kevin Witte, guard, Patrol Squadron 9

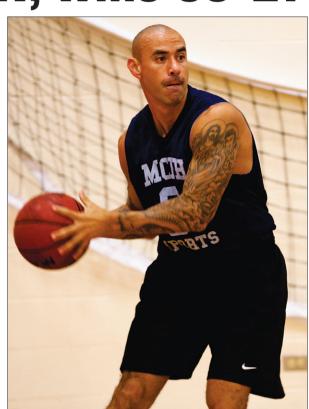
a three-point shot away, 1714, from tying the game.
"We didn't shoot as well
as we should have in the
first half," said Kevin Witte,
a VP-9 guard. "We played a
little lazy, but Headquarters

solid team and they've been moving the ball a lot. We knew Headquarters Bn. is a good team and they were going to be a challenge."

The two teams went full throttle and hustled as Headquarters Bn. struggled to catch up and VP-9 stumbled to hold onto their one-basket lead. Only a few minutes into the second half, Headquarters Bn. scored a basket that tied the game, 19-19.

But the pressure didn't let up. Both offenses scored and the defenses faltered in keeping the opponent from gaining a significant advantage over the other. As time on the clock ticked down, VP-9 squeaked ahead of the tired Headquarters Bn. team. By the end, VP-9 came out on top, 33-27.

"This game didn't go as well as we hoped it would have, but at least we kept with them until the game's end," said Levi Gothard, a Headquarters Bn. guard and head coach. "It was a close game and we're looking forward for our next encounter with them."



Cnl. James A. Sauter | Hawaii Mar

Randy Quitluis, a Patrol Squadron 9 forward, makes a pass around a Headquarters Battalion defender during an intramural basketball league game at the Semper Fit Center.

MARINE MAKEPONO

Means 'Marine Bargains' in Hawaiian

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

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.

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.

BASE, COMMUNITY EVENTS, VOLUNTEER LISTINGS

Become a base Weed Warrior

Remove invasive plants to protect the native fish and wildlife habitats around Marine Corps Base Hawaii. The on-going Weed Warrior project will have its next session Saturday, 8:30 to 11:30 a.m. Meet up at the H-3 gate visitor parking lot. Letters of appreciation will be issued. Wear suitable clothing for outdoor work, close-toed shoes and sunscreen. Bring plenty of water. For more information, call 257-7000 or 216-7135.

Be prepared with Baby Boot Camp

The next Baby Boot Camp is scheduled for March 6 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.

Help the hungry, homeless at 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.

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/.

Join Parenting Proudly class

The next Parenting Proudly class is scheduled from April 8 to May 13. This

Your first name and initial

six-week parenting class will help parents explore issues such as roles and relationships in the home, communication, balancing work and family, selfesteem, discipline, child development, building a support network, and other parenting issues of interest. For questions, call 257-8803.

Learn about healthy pregnancies in upcoming support group

The next Prenatal Education and Support Group is scheduled for Monday. 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 do a variety of tasks: dog walking, foster care, grooming and assisting with pet adoption. For more information about volunteering, visit http://www.hawaiianhumane.org call 356-2216.

Mree Tax Preparati Base Tax Center

Open from Feb. 5 to April 26 (Walk-ins only)

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 ctivities.

Or the year Jan. 1-Dec. 31, 2001, or other tax 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 (1099s, etc.)
- 6. Social Security cards of all family members
- If a joint return, spouse 7. The amount of interest earned last year in your checking and savings accounts
- *E-FILE = FAST REFUND*

For more information, call 257-1564







Crime Prevention Tip of the Month

Effective March 1, parking is only authorized in marked parking stalls. Parking on grass areas throughout Marine Corps Base Hawaii is unauthorized (base order 5500.15B). Violators will be cited accordingly.

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

Military and civilian police officers do their best to enforce the base orders, Marine Corps orders, and State of Hawaii laws aboard Marine Corps Base Hawaii. The MCB Hawaii community can help the Provost Marshal's Office in their mission, to protect and serve, by reporting all suspicious activity immediately. Those that call PMO to report suspicious activity or to report a known violation can remain anonymous; no personal information is required from the caller. At the minimum, when reporting suspicious activity, please provide PMO with the location, a description of person(s) involved, and the suspicious activity witnessed. To report suspicious activity, call the PMO desk sergeant at 257-2123. Also, if you witness a traffic violation on base you can report the incident by way of a third party citation. Please visit the MCB Hawaii website at www.mcbhawaii. marines.mil to utilize the Third Party Traffic Citation system. For more information on the third party citation system, call the traffic bailiff at 257-6991. PMO's Crime Prevention Division can also assist MCB Hawaii residents with organizing and starting neighborhood watches. For more information on neighborhood watches, please contact the Crime Prevention Division at 257-8312.

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 volunteerrun 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 and an ambassador for NMCRS. No matter where your interests lay, 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

B-6 • February 8, 2013

'LAVA Dogs' **BATTLE FOR BRAGGING RIGHTS DURING SQUAD COMPETITION**

Marines with Combined Anti-Armor Team 1, Weapons Company, 1st Battalion, 3rd Marine Regiment, begin their day with a battalion-wide squad competition on Camp Schwab, Okinawa, Japan, Feb. 1. Weighed down by roughly 45 pounds of gear, an average fighting load weight most infantrymen carry into combat, squads ranging from rifleman to motor transport mechanics ran a 10-kilometer course followed by a basic infantry skills test to keep their memories sharp. The focus of the event was to push the "Lava Dogs" out of their comfort zones and boost cohesion on a small unit level. "The squad competitions help to bring everybody together in the squad; to see what our weaknesses and strengths are and improve from there," said Lance Cpl. Rigoberto Zarate, an infantry automatic rifleman with Charlie Company, 1st Battalion, 3rd Marines. Zarate explained that the test, upon completion of the 10k run, was meant to gauge how well they retained basic knowledge after arduous physical activity.



Cpl. Matthew A. Callahan | 1st Battalion, 3rd Marine Regiment

ENERGY



The most common type of motor used in both industry and building air conditioning systems is the induction motor. It is the motor that is used in water pumps, air handling units (fans) and air conditioning compressors. It is reliable, fairly efficient, simple in construction, and can be counted on to last at least 20 years or longer. Unfortunately, it has one very major drawback if the goal is to save energy – it can only operate at one speed. This is a drawback because the energy consumption decreases as the speed of a motor does. But this doesn't happen just on a one-for-one, or even a squared basis. The power consumption of an induction motor is directly proportional to the cube of its speed, and motors do not always have to operate at top speed. In fact, for very many loads, they do not. If a motor's speed can be reduced by half, its power consumption will be reduced

SAVING ENERGY BY SLOWING DOWN MOTORS

to one-eighth of what it was previously ($\frac{1}{2} \times \frac{1}{2} \times \frac{1}{2} = 1/8$). There are various ways to effectively reduce the speed of a motor output in response to a reduced load. Air handlers have variable inlet vanes or outlet dampers that can be adjusted to match the flow of air

But the most efficient type of motor speed control is that in which the frequency of electricity driving a motor – usually 60 cycles per second – can vary in response to some physical characteristic such as temperature and pressure. Known by various names such as variable speed drives, variable frequency drives and adjustable speed drives, the technology for each is essentially the same. Sensors in an air conditioning system, for example, monitor a characteristic such as water temperature or air pressure, and vary the speed of a motor to achieve a desired value of that characteristic. For example, if an air handler senses that the temperature in a room is higher than it should be, the VFD will tell the air handler fan to speed up until the space cools down. The opposite action will occur if the temperature in a room is too low.

The end result is that the speed of a fan or pump according to need by the operation of the VFD. The goal is to have such motors operate only as fast as they have to in order to reach a set



SOURCE: Marine Corps Base Hawaii - E-Notes, Energy Saving Ideas, Issue #75, Sept. 15, 2008

Is it possible to be addicted to food?

Capt. Mary Staudter

Tripler Army Medical Center Nutrition Care Division

Why is it that the piece of chocolate cake sitting in front of you is so tempting, maybe even to the point that it is the only thing you can think about?

Scientific evidence supports that food, particularly high-sugar, high-fat food, can alter brain chemistry when eaten. These foods may cause an increase in your body's dopamine response, similar to that of sex and, to a lesser extent, like many addictive drugs.

This response may leave you always wanting more and is likely a large part of what makes eating so pleasurable, a necessary component of human survival.

However, more often than not, we are exposed to too many calories. The high level of processing, with excessive amounts of sugar, fat, and salt, may exaggerate our chemical response to such foods.

Dr. David Kessler discusses this phenomenon in his book, "The End of Overeating." He suggests that in order to distance ourselves from these highly 'addictive' foods, we need to start by decreasing the value we place on them.

The ultimate goal is to get to the point in which you look at that piece of chocolate cake or that double cheeseburger meal and think, "Ugh, that doesn't even sound good. I don't like that food because it makes me sick."

Perhaps we can start this transition by setting up the environments that we can control (like our kitchens) appropriately. Try to find healthier alternatives for the foods that you crave, and keep these foods front and center in your kitchen.

Stock up on fruit, yogurt, dark chocolate (small pieces), sugar-free pudding and fruit bars to curb that sweet tooth. Appease your salty cravings with air-popped popcorn, edamame, pretzels and hum-



If your cravings sometimes feel like a food addiction, you're not alone. Scientific evidence supports that food, particularly high-sugar, high-fat food, can alter brain chemistry when eaten, making you want more of the same food.

mus, or a small serving of nuts.

Finding healthy alternatives satisfies your cravings without feeling deprived.

Set yourself up for success also by eating small, well-balanced meals and snacks, and drinking adequately throughout the day. Controlling stress and shooting for seven to eight hours of sleep per night may also play a significant role in managing hunger and cravings.

Next time you feel a craving coming on, try to go out for a walk instead. Your body's release of endorphins from the physical exertion just may be enough to take your mind off of food.

Bottom line: You are not alone if you feel that your food has a stronghold on you. Don't beat yourself up about it, but act now, starting in your own kitchen, and gain some of that control back.

Editor's note: "Ask the Dietitian" is a monthly column.



Courtesy photo

'School Quality Survey' seeks parent feedback

Hawaii State Department of Education

HONOLULU — The Hawaii State Department of Education is encouraging parents to complete a survey to help schools set priorities for improving programs and services. Survey results will also be used to measure strategic plan goals for the DOE.

Beginning this month, schools will mail or ask students to bring the surveys home. Parents whose children are enrolled in grades 4, 5, 7, 8, 9 and 11

will be asked to complete the survey and return it in a prepaid envelope by

"Parent feedback is critical for schools to evaluate their services and ensure students' needs are being met," said superintendent Kathryn Matayoshi. "Their valuable input also plays a key role in our success and helps track progress of the strategic plan."

Last year, about 25 percent of participating parents statewide responded to the survey. The DOE has prepared public service announcements and partnered with grassroots organizations to raise awareness about the survey and increase return rates.

Survey results provide schools data on everything ranging from parent satisfaction with course offerings, support services and availability to discuss their child's progress to whether students feel safe and are meeting their goals. In addition to the parent survey, teachers and students from the selected grades will fill out separate surveys at school.

Survey responses are confidential.

Overall survey results should be available to schools by the end of the academic year. The reports will also be posted on the internet at http://arch. k12.hi.us.

An informational video about the survey is available online at http:// vimeo.com/57619187. Questions about the survey may be emailed to sqs@ notes.k12.hi.us. Parents may also call 733-4008 (Oahu) or 855-276-5801 (tollfree on neighboring Hawaiian islands) from 7:30 a.m. to 4:30 p.m., Monday through Friday.

Hawaii Marine Volt WWW.M



Story and photos by Kristen Wong

Marine Corps Base Hawaii

LAIE, Hawaii — Have you been in Laie with your tummy rumbling for "kau kau"? Those who have ventured down Kamehameha Highway toward the North Shore may have noticed a small sign in the midst of a residential area. If you follow the road down past a few houses, you will see Hukilau Café on your left.

The cafe is a small restaurant that serves local-style breakfast and lunch to more than 150 people daily. Once called "Sam's Place," owned by the family of famous local chef Sam Choy, the store was later taken over by Kalani Soren, the current owner and manager.

"It's like coming to my house to eat," Soren said. "It's a unique little local place."

Soren said the restaurant was named Hukilau Café to complement the nearby Hukilau Beach, as well as the tradition of hukilau fishing that has been widely practiced in the

Various celebrities have visited the eatery, most notably Adam Richman from the Travel Channel's TV show, 'Man VS. Food." Soren said many tourists come to visit after hearing about the restaurant through word of mouth and "Man vs. Food."

Laie area since his childhood.

Chances are, the Hukilau Café sounds familiar. The restaurant in the 2004 movie "50 First Dates,"

starring Adam Sandler and Drew Barrymore, shared the same name but was actually fictional. Soren said the movie producers requested the rights to use the name for the movie.

One of the many dishes offered at

Hukilau Café is the Hawaiian-style French toast, which is made from

local sweet bread.

The restaurant is only 1,400 square feet including the kitchen. The interior of the dining room is small and holds up to 30 people at a time. The walls are adorned with football memorabilia and autographed photos of celebrities who have eaten at Hukilau Café.

Several Hukilau Café patrons include professional football players who graduated from Kahuku High and Intermediate School, only two miles away from

Kemoeatu, who played for the Pittsburgh
Steelers and Maake Kemoeatu of the Baltimore
Ravens, are featured on the wall.

During breakfast, the café serves up local

During breakfast, the café serves up local favorites like Portuguese sausage, eggs and rice. Soren said many patrons order the Hawaiian-style French toast, which is made from local sweet bread.

Ema McCarthy, 18, and her friend Tyra Williams, 19, enjoy eating at Hukilau Café at least once a month. When asked which dishes she recommends, Williams responded that all of the café's meals are good, although her favorites usually include the supreme omelette and chocolate chip pancakes.

Kaimi Ah Puck, 24, has worked at Hukilau Café for seven years. She recommends patrons try the Hawaiianstyle French toast if they come in the morning. Ah Puck noticed that many tourists enjoy Portuguese sausage, including Richman, when he visited with the "Man vs. Food" crew. Her favorites include the restaurant's mushroom chicken, corned beef hash

and the Hukilau Burger.

"If tourists want to experience local food, come here," Ah Puck said.

"All the people who work here are deeply rooted in Howaii."

Hawaii."

Numerous customers are regulars at the Hukilau Café, like Beau O'Conner, 28, who eats there a few times each month. O'Conner, of Kahuku, has been visiting the eatery all his life, and his uncle is one of the cooks.

Conner said the atmosphere is laid back at the Hukilau Café, and folks can "cruise," or relax, with "a lot of food for a little money."

Other locals like Leif Colleado,

27, of Hauula, who was dining with James Tangaro, of Punaluu,

said he goes to Hukilau Café for the "best grinds," or best food.

Newlyweds Peabo Asperin, 25, and Diana Ang, 25, from Manila, Philippines, dined at Hukilau Café for the first time while vacationing in Hawaii. Inspired by Richman's orders on "Man vs. Food," Asperin also ordered the Hukilau Burger and Loco Moco.

"It's very homey," Ang said. "It's not intimidating." Ang added that the food was worth the second drive back from Waikiki to Laie, finding the restaurant

One of the most popular dishes offered at Hukilau Café is the Hukilau Burger. Adam Richman, host of the Travel Channel's show "Man vs. Food," tried the Hukilau Burger while the restaurant was featured on his show.

closed after their first drive out.

Ayesha Magalei, 21, and her friends have a tradition of eating at Hukilau Café every payday, taking turns treating each other to a meal. She calls the service at the café personal.

"They always know your order," Magalei said of the cafe' employees. "You can tell their food is made with love."

Hukilau Café is open Tuesday through Friday from 6 a.m. to 2 p.m., and Saturday from 7 to 11:30 a.m. On Saturday, only breakfast is served. The restaurant takes cash only. For more information, call Hukilau Café at 293-8616.



Another dish offered at Hukilau Café is the Hungry Hawaiian, which includes two scoops of rice, Portuguese sausage, Spam, eggs and a side of pancakes.



Tamia Fuller, 21, Tainui Nagy, 18, Ayesha Magalei, 21, and Barkley Fiso, 19, chat after finishing up breakfast at Hukilau Café, Feb. 1. The group of friends usually take turns treating each other at the restaurant each payday.



Your weekly guide to the best aspects of entertainment

Telcome 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 fourpoint 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

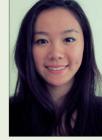
Praiseworthy. A great endeavor, not quite an instant classic but still very entertaining. This is a sound investment of your time.

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

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



Grace Qiu is probably the only advocate for the end of the world. Addicted to apocalypses and dystopias, she immerses herself in fictional literature while singing along to indie rock. With a love for also superheroes and flying cars, she believes the best movies trap you in the story even after you dazedly exit the theater, and the best books leave your perspective on life slightly shaken.



Lance Cpl. Jacob D. Barber enjoys a movie with a great story. Though he is fond of comedy in particular, he will watch any movie that is recommended. A perfect movie to Barber is one with great characters, a good storyline, and attention getters.

Little Red No-Writing Hood a horse.

Grace Qiu

Contributing Writer

Take a look at America in the present. Life is all about freedom of expression, freedom of speech, freedom to protest, freedom to pursue your goals and dreams. Freedom, freedom, freedom. Now imagine this America, in which we live today, completely turned inside out in "The Handmaid's Tale."

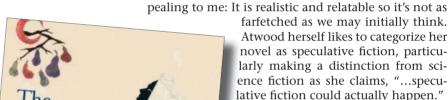
In this novel by Margaret Atwood, the entire feminist movement dating back to the 19th century has been completely flushed out of history in an oppressive military dictatorship of a convoluted, dystopian mess. The story is set in the Republic of Gilead, in what used to be the United States of America. The president and most of Congress have been killed in a staged terrorist attack that gave the "Sons of Jacob" an opportunity to suspend the constitution and establish a theocratic society dredged up from the Old Testament. Females have no rights, are banned from reading and writing, and are treated as reproductive machinery.

The novel's main character, Offred, is in the redclad female subgroup called the "handmaids," whose sole purpose is to produce children for the high ranking men in society called "commanders." These handmaids are stripped of everything that makes them a person, even their name. Offred is literally, "of-Fred", with "Fred" being her current commander's

name. As handmaids change commanders every two

years, so do their names. Offred's chilling tale of life as the first generation of handmaids is transcribed from a voice recording found years later, after the fall of Gil-

My first thought after finishing the novel was how extremely scary and realistic it seemed. "The Handmaid's Tale" is interspersed with flashbacks from the past, before the founding of Gilead, when Offred had a real name and a real family. She had everything we do today: Friends, a job, a house and credit cards. Yet we find her being ruled by machine guns and sexist authority, stuck in a stifling red dress with blinders on the sides as if she were



Handmaid

farfetched as we may initially think. Atwood herself likes to categorize her

This novel embodies what makes dystopias so ap-

novel as speculative fiction, particularly making a distinction from science fiction as she claims, "...speculative fiction could actually happen." What makes Offred's story magne-

tizing is that we know her past before Gilead. She knows what life was like as a free individual, which makes living in this oppressive regime even harder to bear. She has to reinvent all her perceptions about the meaning of life and reality, a process that could drive anyone insane.

I was left feeling unsettled to know the typical construct of life I am so familiar with is not the rule of the universe.

Anything happen, and Offred could be anyone.



wins worst movie of the year

Lance Cpl. Jacob D. Barber

Marine Corps Base Hawaii

A few days ago, I sat down and wasted two hours of my life watching one of the worst movies I have ever seen, "Looper." Before I start my review on this confusing, boring, and utterly useless film, I will say I am a fan of Bruce Willis and, if not for him, this movie would be complete garbage.

The movie starts in the year 2074. Time travel has been invented and quickly outlawed due to criminal organizations using loopers, or paid assassins. The loopers travel back in time to kill those who are targeted by the mobs and are then rewarded with silver bars strapped to their victims' bodies.

The concept of the movie is out of the ordinary and actually sounds interesting, until you watch the first five minutes and find yourself staring at the inside of your eyelids. The movie is hard to follow and skips scenes repeatedly. The film reel was like one giant puzzle with many missing pieces. I would love to watch the director's cut just to understand what the director and production team were thinking when shooting this film. I understand it is a challenge for directors to focus on a plot set in the past and tie it into the future. I also understand it takes years of practice to capture that aspect of a film and play it for the masses. However, this

director lost me quickly and I spent the rest of the movie trying to figure out what was happening.

The movie did have intense action scenes like any typical Bruce Willis movie, but the acting was subpar and almost shocking, like they were reading their lines from a projector while trying not to laugh at the corny lines coming out of their mouth. I kid you not — this type of acting display only happens when you have actors or actresses playing roles they

are not fit to play. For example, Joseph Gordon-Levitt, one of the main actors in this movie, plays an experienced looper. I don't judge the man for trying, considering he is a great actor, but he couldn't fulfill his role and make his character stand out. Instead of an actor known for playing a 'bad boy,' get Gordon who makes the same disgruntled face for nearly half the movie.

All in all, this movie is nowhere near a blockbuster and is on my list of movie failures, right next to 'Eragon' and 'The Last Airbender.'

This movie, in my opinion, was a disappointment. It was an interesting recipe made with all the wrong ingredients. Better actors, simplicity and a clearer

story line would have given

me a different opinion about the film. It was like watching the 1970's Star Trek for the first time. But unlike starting on episode one, you start on episode 76 and connect the dots from there.





(No Impact, No Idea)



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.



"Jack Reacher" PG-13 Today | 7:15 p.m.

"This is 40" R Today | 9:45 p.m.

"The Hobbit: An Unexpected Journey" PG-13 Saturday | 6:30 p.m.

"Silver Linings Playbook" R Saturday | 9:45 p.m.

"Les Miserables" PG-13 Sunday | 2 p.m.

"The Hobbit: An Unexpected Journey" PG-13 Sunday | 6:30 p.m.

"The Hobbit: An Unexpected Journey" PG-13 Wednesday | 6:30 p.m.

USO Hawaii celebrates airport center renovation in Honolulu

Kristen Wong

Marine Corps Base Hawaii

HONOLULU — When Army Pfc. Jennafer Salinas arrived at Honolulu International Airport, Monday, she had no idea she would be the first customer served at the United Service Organizations Airport Center on the day of its grand reopening.

The Corpus Christi, Texas, native had just made a permanent change of station to Hawaii, and came to the center to arrange for a ride to Schofield Barracks.

"I was told that you report to a reception desk (at the center)," the 33-year-old Salinas said.

But what she found was much more than she expected. After looking in the windows of the center, she said it looked like a four-star restaurant.

"I'm in total awe and complete admiration for the volunteers reinventing USO Hawaii," Salinas said. "It's mind boggling."

The project, which took approximately \$250,000 to complete, improved or added various amenities including a sleeping room, shower, 70-inch T.V., wireless internet, computers and refreshments.

"I think it's a great investment to give back to all branches," she said. "This is definitely a way of showing us appreciation for serving our country."

Guests including service members, local dignitaries and sponsors gathered for the center's grand re-opening and the USO's 72nd birthday, Monday.

After a special closed-door Hawaiian blessing inside the center, the outdoor ceremony began with a joint color guard, the national anthem and "Hawaii Ponoi."

Army Maj. Gen. Anthony G. Crutchfield, the chief of staff for U.S. Pacific Command, shared a personal USO experience as one of the guest speakers.

"I have been lucky enough to serve our country," Crutchfield said. "I have also been lucky enough to be served by USO volunteers."

Crutchfield said he once watched a newsreel of service members in



Kristen Wong | Hawaii Marin

Special guests and United Service Organizations Hawaii staff watch as Army Maj. Gen. Anthony G. Crutchfield, chief of staff of U.S. Pacific Command, and Maj. Gen. Darryll D.M. Wong, the adjutant general of the State of Hawaii, help Kahu Wendell Kalanikapuaenui Silva untie the traditional maile lei to officially open the USO Airport Center during a ceremony at the Honolulu International Airport, Monday.

Vietnam being entertained by the USO and remembered how lonely they seemed. It was not until 1990 that he stood in a crowd of service members in Saudi Arabia watching entertainer Bob Hope, and realized he was just like the service members he'd seen on the newsreel

"It was the USO that brought happiness to me and to thousands of others who were there," Crutchfield said.

Hawaii Air National Guard Maj. Gen. Darryll D.M. Wong, the adjutant general of the State of Hawaii, attended in place of Honolulu Gov. Neil Abercrombie. He said he was happy to fill in for the governor and personally thank everyone who helped with the renovation.

During the ceremony, local artist Henry Kapono performed a special military-inspired song called "I'm coming home." After special guests helped Kahu Wendell Kalanikapuaenui Silva untie the traditional Hawaiian maile lei, guests enjoyed refreshments in the center, while Waikiki street performers River Seine, 15, and Tiger Maximus, 12, provided music entertainment.

Volunteers were also impressed by the renovation, including Navy Petty Officer 2nd Class William Griffith, an electronics technician with Logistics Support Units 3. Griffith called the new center "amazing" and commented a lot of work was completed within the two months the center was closed.

Char Jensen, a USO volunteer, said the renovation was a "long time coming," and it looked "beautiful." Jensen said the most interesting aspect of the renovation was the fact that multiple businesses came together to rebuild the center.

The USO Airport Center is open from 8 a.m. to midnight seven days a week. For more information, call 836-3351 or visit http://www.uso.org/

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The Meat and Sentimental sofa Potatoes of Life: Sentimental sofa

Lisa Smith Molinari

Contributing writer

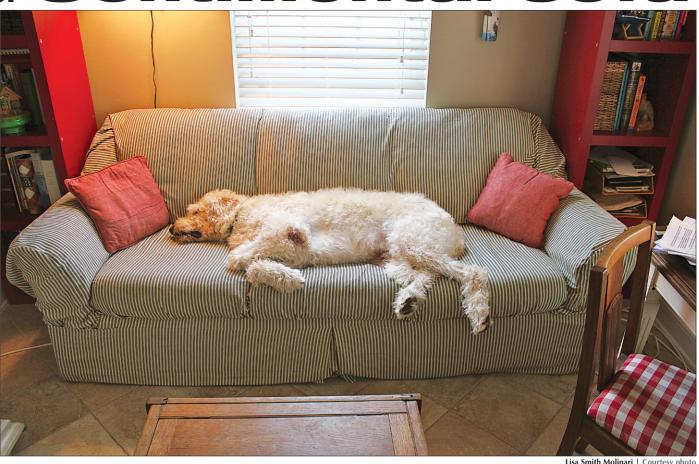
When I met my husband almost 20 years ago, he had a couch. It was his "bachelor couch," and even though it may have looked cool back in 1990 when he bought it to furnish his bachelor pad, the upholstery pattern on that piece of furniture can only be described as a cross between a Bill Cosby sweater and the wallpaper in a gynecologist's office.

However, I came into the marriage without a couch, so on our limited budget, I was thankful to have one at all. For the first couple years of marriage, the couch was a useful piece of furniture, despite her crisscrossing shades of teal, gray and mauve, and the outdated honey oak embellishments on the armrests.

Moving with the military every few years, I thought my husband's bachelor couch would eventually be jettisoned like other outdated items from our past — my black and white TV, his old girlfriend's wine glasses, the kids' worn out stuffed animals, my stirrup pants — but somehow, that old bachelor couch just never went away. Sure, we bought other furniture, but the old bachelor couch stuck around in a spare bedroom, or waited in a storage unit until we could find another use for her.

More than a decade into the marriage, I suggested that we donate my husband's bachelor couch to charity. "But she's so well built and still has so much use — we can't get rid of her!" he replied, incredulously. I never brought it up again, and as I sit here in my office writing this column at my desk, that 22-year-old bachelor couch sits just two feet away, made tolerable with a striped slipcover.

I could feel threatened by the fact that my husband has had a longer relationship with his bachelor couch than with his own wife. In fact, when I am alone in the room with his couch,



I sometimes feel her mocking me. But I have learned that as much as I dislike her distasteful appearance, my husband's bachelor couch symbolizes something for him, something with which he is not yet willing to part.

Perhaps, the couch that my husband purchased in his mid-20s reminds him of his youth, his virility, his long-gone full head of hair and former waistline. Or perhaps, she reminds my husband of buddies from his squadron days, who sat upon its sturdy cushions to watch football in unspoken camaraderie.

And as much as I don't like to think about it, perhaps she reminds my husband of old girlfriends, who were probably tacky, wore too much makeup, drank wine coolers and did God-knows-what with him while lying on her garish upholstery.

I guess I can't blame him for holding onto bygone virtues. Heck, I have two file boxes out in the garage that contain a useless jumble of high school yearbooks, photos, diaries, artwork, playbills, swimming ribbons, and even the bronze junior firefighter badge I sent away for from a Smokey the Bear advertisement in the back of Highlights magazine. If anyone tried to throw those file boxes away, I'd turn from middle-aged housewife into vicious cage fighter faster than you can say "aggravated assault."

Why? Because those scraps of crumpled paper and corroding metal symbolize a simple, carefree time. A time when my greatest worry was curling my bangs right or whether my

parents were going to let me have the car Friday night. So, on days when the minutia of my middle-aged life as military spouse bogs me down, it's nice to know that I still have in my possession, in two moldy file boxes in the garage, the hope that life can be simple and carefree again.

I will not begrudge my husband his reminder of days gone by, even if his "little memento" has had a longer relationship with him than I have and takes up eight feet of wall space in my office. She has provided the rest of the family some consolation by facilitating many an afternoon nap.

More of Lisa Smith Molinari's colums can by found by visiting http://www.themeatandpotatoesoflife.com.



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.

2nd annual Honolulu African American Film Festival Honolulu Museum of Art Doris Duke Theatre, Feb. 16-23

In honor of African American History month, we spotlight African American culture, history and cinema with eight films that will engage and inspire. Closing night is a special African American heritage concert featuring Chuck James and special guests. For details or ticket prices, visit http://www.honolulumuseum.org/events/films.

Film: "Jesse Owens"

The film "Jesse Owens" is scheduled for Feb. 16 at 1 and 7:30 p.m. Freedom Riders producer Laurens Grant pays tribute to the 1936 Olympic champion.

Opening night reception

The opening night reception for "Josephine Baker: Black Diva in a White Man's World" is scheduled for Feb. 16 from 6 to 7:30 p.m. Enjoy pupus and live music before the 7:30 p.m. screening. Come dressed for the Jazz Age.

Film: "Filling the Gap"

The film "Filling the Gap" is scheduled for Feb. 17 at 11:10 a.m. and 1 p.m. Learn about the inspired contributions of African Americans craftsmen, artists, inventors and entrepreneurs during the pre-Civil War era.

Film: "Soul Food Junkies"

The film "Soul Food Junkies" is scheduled for Feb. 17

at 4 p.m. and 7:30 p.m. Award-winning filmmaker Byron Hurt blends history and humor to place a rich culinary tradition under the microscope.

Film: "Wolf"

The film "Wolf" is scheduled for Feb. 18 at 1 and 7:30 p.m. A family struggles to come to terms with abuse in this story of betrayal, faith and reconciliation.

Film: "Bury the Hatchet"

The film "Bury the Hatchet" is scheduled for Feb. 19 at 1 and 7:30 p.m. The film is a portrait of three Mardi Gras Indian big chiefs descended from runaway slaves.

Film: "The Savoy King: Chick Webb and the music that changed America"

"The Savoy King: Chick Webb and the music that changed America" is scheduled for Feb. 20 at 1 and 7:30 p.m. The film is a toe-tapping portrait of Swing-era drummer bandleader Chick Webb,

Ella Fitzgerald, and Harlem's Savoy Ballroom.

Film: "Veterans of Color"

The film "Veterans of Color" is scheduled for Feb. 21 at 1 and 7:30 p.m. The film is a spotlight on heroic soldiers of all stripes who have had to conquer the enemy while battling for equality.

Film: "The Last Fall"

The film "The Last Fall" is scheduled for Feb. 22 at 1 and 7:30 p.m. The film is about an NFL journeyman adapting to life after football in this poignant coming of age tale.

Chuck James Quintet

The Chuck James Quintet is scheduled to perform Feb. 23 at 7:30 p.m. One of Hawaii's premier drummers and instructors, Chuck James teams up with Jason Gaye, Reggie Padilla, Ernie Provencher, Dave Yamasaki and Rea Fox to close out the African American Film Festival with some old-school flair celebrating the greats of jazz.