

Hawaii Marine

Marines carry out command post exercise at MCTAB

Lance Cpl. Jacob D. Barber
Marine Corps Base Hawaii

MARINE CORPS TRAINING AREA BELLOWS, Hawaii — Marines with Combat Assault Company, 3rd Marine Regiment, took part in a command post exercise with Marines from Headquarters Company, 3rd Marines, Wednesday.

The Marines participated in the training by executing an amphibious landing on Bellows Beach Park, clearing out mock enemy forces, and assembling a combat operations center and several communication antennas throughout the operating base.

"This training is focused around the regiment's ability to control and facilitate an area of operation," said Gunnery Sgt. Chris Shaw, a platoon sergeant with Combat Assault Company, 3rd Marines, and native of Kansas City, Mo. "Our mission was to execute a smooth beach landing with our amphibious assault vehicles, rush to and secure our objective, and open up the area for follow-on forces."

The beach landing was the start of the evolution, simulating



Lance Cpl. Jacob D. Barber | Hawaii Marine

Lance Cpl. Brandon Klawitter, a combat engineer with Combat Assault Company, 3rd Marine Regiment, and native of Tacoma, Wash., talks to his squad leader after a security patrol during a command post exercise at Marine Corps Training Area Bellows, Wednesday.



Lance Cpl. Jacob D. Barber | Hawaii Marine

Marines with Combat Assault Company, 3rd Marine Regiment, carry out a security patrol during a command post exercise at Marine Corps Training Area Bellows, Wednesday. Along with completing a beach landing scenario, CAC Marines also executed night patrols, engineer reconnaissance and held classes on breaching.

See MCTAB, A-8



Cpl. James A. Sauter | Hawaii Marine

Base ordnance Marines close the door of a subterranean tunnel magazine at the Ulupau Crater and reset the security system after collecting ammunition and ordnance for a training exercise, Wednesday. The exact reason the magazines were built in the manner they were has been lost to history, but the magazines may have originated as fallout shelters during the post-World War II era of the late 1940s, said Chief Warrant Officer 4 Al Crespo, the base ordnance officer in charge and a native of New York City. At any time, base ordnance is required to maintain a prescribed stockpile to keep with the current and future demands of tenant units and training operations.

Marines, sailors handle MCB Hawaii's ordnance supply

Cpl. James A. Sauter
Marine Corps Base Hawaii

For the majority of service members and residents on Marine Corps Base Hawaii, one of the best kept secrets is where the vast array of ammunition and ordnance is stored for the Marine's ongoing cycle of training operations, through which they maintain their status as a force in readiness.

The secret lies underground in one of the most isolated areas of the base. Very few base employees or residents know of its existence and even fewer have the privilege to handle the manifest inside the nine subterranean tunnel magazines.

Spread out over 30 acres, MCB Hawaii has the only tunnel magazines in active service, a one-of-a-kind in the Marine Corps. A single concrete road

runs up and down the crater from each magazine entrance to another. The most noticeable aesthetic feature of the magazine is the jungle camouflage painted over the entrance and surrounding area to make air surveillance difficult or impossible.

"As part of the supply department and base ordnance division, we provide ammunition and ordnance to the 17 different tenant commands on base," said Chief Warrant Officer 4 Al Crespo, the base ordnance officer in charge and a native of New York City. "We store and maintain about 85,000 pounds of ammunition and explosives, ranging from 5.56 mm bullets, AT-4 rocket launchers, Claymore mines and even, occasionally, 500-pound bombs."

The exact reason the magazines were built in the

See ORDNANCE, A-8

'Lava Dogs,' III MEF Marines master bridge building in Japan

Lance Cpl. Donald Peterson
Marine Corps Installations Pacific

CAMP HANSEN, Okinawa, Japan — As Marines traverse through the dense jungle, they stumble upon a 70-foot-wide trench approximately 50 feet deep. Without hesitation, the Marines pull out a 100-foot rope and lower a Marine down to cross the trench and start building a one-rope bridge.

Marines with 3rd Marine Division, III Marine Expeditionary Force, practiced building one-rope bridges, Jan. 10, at the Central Training Area near Camp Hansen during a tactical rope suspension techniques course taught by Special Operations Training Group, III MEF Headquarters Group, III MEF.

"A one-rope bridge is an expedient and convenient way to get a team and its gear across a wide gorge or trench," said Staff Sgt. Timothy M. Fleming, an instructor with SOTG. "The Marines have to construct a bridge in less than 20 minutes to be able to pass the course."

A one-rope bridge is a complex rope system that stretches across a gap while tied to a tree or solid anchor on both sides of the gap. Marines attach themselves to the bridge and pull themselves across, according to Fleming.

The Marines began the training with a practical application of all the knots they had previously learned. Each Marine was blindfolded and timed while tying each knot, which were checked to ensure they were tied properly and securely.

"You have to be able to properly tie a knot under pressure to ensure that if you need to do it in a moment's notice to save a life, you can," said Lance Cpl. Gage L. Theriot, a rifleman with 1st Battalion, 3rd Marine Regiment, which is currently assigned to 4th Marine Regiment, 3rd Marine Division under the unit deployment program.

Once they were proficient in knot-tying techniques, the Marines started learning the basics of creating a one-rope bridge.

"To start building the bridge, you anchor a rope to a live tree that is at least five inches wide and five feet tall," said Cpl. Trenton A. Douglass, a reconnaissance

See LAVA DOGS, A-8



Special delivery
Intramural league basketball heats up with win by Postal team over HQBN, B-1



Fall in love
Maunawili Falls Trail offers stunning views of Oahu, C-1

Saturday
High 77
Low 67

Sunday
High 78
Low 69

NEWS BRIEFS

Base Tax Center opening soon

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

Exceptional Family Member Program walks

Start your new year off right. Join the EFMP walking group and meet other families on Monday at 8:15 a.m. at Mokapu and Lawrence Roads. The group is open to all exceptional family members and their families. For more information, call the Exceptional Family Member Progra at 257-0290.

L.I.N.K.S. for Spouses

If you have attended the L.I.N.K.S for Spouses class and want to give back to your community of spouses by volunteering to mentor others, please call to register for this class, scheduled for Monday and Wednesday, from 5 to 9 p.m. This class will give you the tools and presentation skills to facilitate a L.I.N.K.S. session. Child care is reimbursable. For more information, call Marine Corps Family Team Building at 257-2410.

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 or to participate, contact Gunnery Sgt. Curtis Bradley at 257-7720 or curtis.bradley@usmc.mil.

2013 Pacific Division Matches

The Marine Corps Base Hawaii 2013 Pacific Division Matches are scheduled from Feb. 1 to 15 at the Puuloa Range Training Facility. It will consist of two weeks of classroom instruction and CIAP individual and team matches. Unit teams and individuals will compete for unit awards and shooting medals. Every Marine who participates will receive their annual rifle training qualification and will also have the opportunity to qualify with the service pistol. Additionally, units will have the option to send their Marines who have participated in the PACDIVs to an additional week of follow-on training that will fulfill the combat marksmanship coach program of instruction (Feb. 18 to 22). For details, email Gunnery Sgt. Saeung at narong.saeung@usmc.mil or call 474-8058.

DSTRESS Line available 24/7/365

The DSTRESS Line is a pilot program for active duty, reserve, veterans and retirees, as well as their families, in the western U.S., Hawaii, and Alaska. Callers will speak with veteran Marines, former corpsmen, and other licensed behavioral health counselors who have been specifically trained in Marine Corps culture and ethos. The anonymous 24/7/365 call center and resource directory helps increase resilience and develop the skills necessary to deal with the challenges of life in the Corps. Visit <http://www.DStressLine.com> or call 1-877-476-7734.

Important phone numbers

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

Hawaii Marine

www.mcbhawaii.marines.mil

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Lance Cpl. Jacob D. Barber | Hawaii Marine

Seaman Recruit Cameron Wheeler, an air traffic controller with Marine Corps Air Station Kaneohe Bay and native of Vancouver, Wash., places utensils on more than 280 homecooked meals made by Marines, sailors and civilian volunteers from the Marine Corps Base Hawaii community at the Institute of Human Services, Jan. 19.

Cooking, serving up hope for needy

Lance Cpl. Jacob D. Barber
Marine Corps Base Hawaii

HONOLULU — Marines, sailors and civilian volunteers from the Marine Corps Base Hawaii community prepared and served homemade meals to more than 280 people at the Institute of Human Services, Jan. 19.

The program was created four years ago before being adopted by Navy Lt. Robert L. Crabb, the chaplain for Marine Corps Air Station Kaneohe Bay, in 2011. He thought the event was a great way to increase involvement of service members in the Oahu community. Crabb believed it would be a great way to lend a helping hand in a community that has hosted military members for decades.

Since then, volunteers around MCB Hawaii have continuously bought, prepared and served meals for thousands of people on the third Saturday of every month.

"We want people to know the military does care about the community and the people in it," Crabb said. "By lending a helping hand to the areas that need it most, we can provide a good bridge

between military personnel and civilians. We have a few volunteers who come out and dedicate their whole Saturday to preparing several hundred meals for people who need it. It's a selfless act and a very rewarding experience."

Seaman Recruit Angelina Springs, an air traffic controller with MCAS and native of Harrisburg, Pa., participated in the event for the first time, Jan. 19.

"It's a humbling experience because every day I see people get upset about minor things in life like, 'I can't find my phone,' or, 'The water in my shower isn't hot,' but there are so many people who are living homeless with empty stomachs," Springs said. "We don't have to look on the news to see this struggle. It's all over. I think this event is amazing but we need more people to get involved. If we can do that, we would be able to hit more locations and increase our impact in the community."

When asked about his favorite part about the day, Seaman Recruit Cameron Wheeler, an air traffic controller with MCAS and native of Vancouver, Wash., smiled and

said, "The assembly line."

"After we spent a couple of hours cooking everything, it was time to actually hand out the meals," Wheeler said. "There was a long line that stretched from the front door of the building to what looked like down the block. We had an assembly line going, where we pumped out plate after plate. It was definitely my favorite part because I was able to interact with the people."

As tables began to fill, many people in attendance complimented the volunteers and thanked them for the meal. Smiles and conversations were seen and heard around the room as people began to filter in and out of the building.

"There were a lot of people there that said things like, 'We always get the good food when the Marines and sailors come, they take good care of us,'" said Seaman Recruit Natalie Karsh, an air traffic controller with MCAS and San Diego native. "That in itself was powerful. If I could bottle that feeling up and share it, we would have many more volunteers the next go around."

VP-47 Officer Spouses' Club hosts fundraiser to benefit Fisher House

Lt. j. g. Eric Wallace
Patrol Squadron 47

HONOLULU — The Patrol Squadron 47 Officer Spouses' Club recently hosted a charity auction event to raise money for the Fisher House at Tripler Army Medical Center in Honolulu. The club presented the donation to Theresa Johnson, the Fisher House manager, at TAMC, Monday.

The November event, which was open to the friends and families of VP-47, accepted donations for the event from a variety of local businesses, which ranged from tickets to skydive on the North Shore to a night of babysitting provided by the club. In total, the club raised \$5,000 for the Fisher House.

"We are very happy with the event and the outcome," said Julia Aland, head of the event's planning committee. "Everyone had a swell time and we were able to provide significant financial support to the Fisher House."

According to Fisher House, the program is "a unique private-public partnership that supports America's military in their time of need. The program recognizes the special sacrifices of our men and women in uniform and the hardships of military service by meeting a humanitarian need beyond that normally provided by the Department of Defense and Veterans Affairs. Because members of the military and their families are stationed worldwide and must often travel great



Petty Officer 2nd Class Stacy D. Laseter | Patrol Squadron 47

Theresa Johnson, manager of the Tripler Army Medical Center Fisher House receives a donation from the Officer Spouses' Club of Patrol Squadron 47. The club raised \$5,000 in donations for the Fisher House, which assists service members in need of long-term medical care.

distances for specialized medical care, Fisher House Foundation donates 'comfort homes,' built on the grounds of major military and VA medical centers. These homes enable family members to be close to a loved one at the most stressful times — during the hospitalization for an unexpected illness, disease, or injury."

"The money will be used for bills, providing cable, updating furniture, maintaining the standard of living in the house, and taking the financial burden off of the family visiting their family member," Johnson said.

Both service members and their families use Fisher House. It offers a pleasant getaway from

nearby TAMC, and a chance to relax in between a busy day of appointments at the hospital.

Erin Ellis, a member of the spouses' club, summed up the presentation ceremony when she stated how proud she was of all the women who organized the event — Danielle Castillo, Edda Hernandez, Rachel Stecker, and Julia Aland. She said the club was happy about the money they raised through the auction, and hopes to continue to raise awareness for its cause.

The TAMC Fisher House is planning a charity run, walk or roll, in August. For more information about TAMC's Fisher House, visit <https://www.facebook.com/Triplerfisherhouse>.

HMH-463 'PEGASUS' RECEIVES AVIATION SAFETY AWARD

Maj. Gen. Christopher S. Owens (left), the commanding general of 1st Marine Aircraft Wing, presents an aviation safety unit award to **Maj. Jeffrey Marantette** (center), the executive officer of Marine Heavy Helicopter Squadron 463, during an awards ceremony at Marine Corps Air Station Kaneohe Bay, Wednesday. The award was in recognition of HMH-463's 40,000 mishap-free flight hours.



Lance Cpl. Kevin Jones | Marine Corps Base Hawaii Combat Camera

AROUND THE CORPS



Lance Cpl. Mel Johnson | 2nd Marine Division

Assaultmen with Weapons Platoon, Bravo Company, 1st Battalion, 6th Marine Regiment, 2nd Marine Division, fire the MK153 SMAW during a live-fire training exercise, Jan. 16 at Marine Corps Base Camp Lejeune, N.C.

1/6 gets crew served

Lance Cpl. Mel Johnson

2nd Marine Division

MARINE CORPS BASE CAMP LEJEUNE, N.C.

— A breeze blew across the field, picking up dust and depositing it on the Marines preparing themselves for an assault. After receiving the cue from their section leader, the Marines began their assault and with that, Marines from weapons platoon, Bravo Company, 1st Battalion, 6th Marine

Regiment, 2nd Marine Division, took aim in combined fire exercises, Jan. 16.

This exercise was conducted in order to prepare for a larger scale training exercise they will conduct in Yuma, Ariz., later this year.

The crew-served weapons training exercise provided Marines the chance to perform fundamental marksmanship training with the M240B medium machine gun, M224 60 mm practice mortar rounds and the MK153 shoulder-

launched multipurpose assault weapon.

"We are a weapons platoon," said Gunnery Sgt. Emir Hadzic, the weapons platoon sergeant with Bravo Company, 1st Bn., 6th Marines. "It is our primary responsibility to ensure that these weapons systems are employed by confident and well-trained Marines."

Prior to the live-fire exercise, Marines received classroom instruction on the handling, troubleshooting, basic characteristics of the weapons systems

and establishing firing positions.

"The training puts a lot of the fundamentals of these weapons systems to use, especially for the guys that are new to the unit and fleet," said Naples, Fla., native Lance Cpl. Bryan C. Frazier, 23, mortar section leader with weapons platoon, Bravo Co., 1st Bn., 6th Marines. "So it's important we emphasize the fundamentals so they become basic instincts."

While the training meets the battalion's training and readiness requirements, the classes are designed to help Marines gain proficiency with the weapons systems.

"We do 'prep for combat' drills in garrison," Hadzic said. "That plus the classroom time allows for an easier transition into the live-fire portion of their training and ultimately increases their confidence and competency of the weapons."

During the exercise, Marines were placed into pairs consisting of a gunner and assistant gunner. The assistant gunner delivered the commands as the gunner engaged targets.

"We train as if we were to employ the weapons in combat," said Danville, Ill., native Pfc. Peyton C. Lenten, 19, a machine-gunner with Bravo Co., 1st Bn., 6th Marines. "Running up the berm and setting up the weapons system quickly and accurately how we would while under stress."

After three days and more than 18,000 rounds downrange between mortars, rockets and machine guns, not much was left except shell casings, mangled targets and craters. With this training complete and multiple exercises in the near future, the Marines of weapons platoon felt more confident in their abilities to use crew-served weapon systems.

"Whether it's on a truck or sitting down in a support by fire helping the 0311s move across the battlefield, for weapons platoons, this is what we do," Frazier said.

III MEF Band entertains ROK Marines

Lance Cpl. Peter Sanders

III Marine Expeditionary Force

CAMP MUJUK, Republic of Korea

— The III Marine Expeditionary Force band performed for the Republic of Korea Marine Corps' 1st Marine Division, Jan. 13, at the division's headquarters in Pohang, Republic of Korea.

The III MEF band performs annually for ROK service member, and this year's event included III MEF's ceremonial, party and rock bands.

"I was very surprised with (the performance) and appreciated it," said Maj. Sang-Ho Son, a public affairs officer with the ROKMC 1st Marine Division. "It was not only the sound, but the stage presence as well. I was very impressed."

The band rehearses extensively to put on high-quality performances its audiences will remember.

"Events like this one aren't easy," said Lance Cpl. Michael B. Barnett, a member of the III MEF Band. "It takes months of preparation, but it's worth it. The way the ROK Marines

responded was incredible."

The III MEF band performs concerts to foster goodwill and strengthen the relationships between the U.S. and other countries.

"We call it 'friendship through music,'" said Gunnery Sgt. Shannon L. Farquhar, the enlisted conductor for the band. "We do it to broaden our horizons and strengthen our ties."

Son agrees the concert is part of a bigger picture that includes building friendships.

"It can make the ROK and U.S. Marine Corps relationship better and encourage ROK Marines to do more to improve their relationship with the U.S.," Son said.

Both the ROK Marines and members of the III MEF band enjoyed the concert.

"Our Marines enjoyed coming out here and playing for the ROK Marines, and the ROK Marines told us they enjoyed the show," Farquhar said.

The performance will have an effect on the ROK Marines long after the last note sounded, according to Son.

"It builds our Marines'



Lance Cpl. Peter Sanders | III Marine Expeditionary Force

Lance Cpl. Zachary T. Jones performs during the III Marine Expeditionary Force pop and rock band's performance Jan. 13 at the ROKMC 1st Marine Division headquarters in Pohang, Republic of Korea.

morale and gives them the courage to keep moving forward," Son said.

Following the performance, Maj. Gen. Byung-Hun Jun, commanding general of the ROKMC 1st Marine Division, presented Master Gunnery Sgt. Michael R. Montoya,

the bandmaster for the III MEF band, with a plaque of appreciation. Jun also awarded each band member in attendance with a challenge coin as a symbol of his appreciation. The band eagerly awaits its next trip to a foreign country to continue mastering

its mission outside of music.

"One of our main goals is to be foreign ambassadors," Barnett said. "Performing for and interacting with other countries' militaries and citizens is an important part of what we do, and I look forward to the next opportunity."

Long Island Marine shoulders heavy responsibilities

Cpl. Anthony Ward Jr.

Regional Command Southwest

Helmand province, AFGHANISTAN — One of the easiest ways to supply Marines in combat with essential gear and equipment are vehicle convoys. These logistics trains can carry more supplies than a helicopter and reach areas that may not be feasible to reach by air. The responsibility of orchestrating these multiple vehicle trips usually doesn't fall upon the shoulders of a junior noncommissioned officer.

Cpl. Stephen Karavolos is one of the exceptions, serving as an asset to the Georgian Liaison Team for Regimental Combat Team 7, Regional Command Southwest. Karavolos, a motor transport operator by trade, enlisted into the Marine Corps during September 2009, after an unfortunate injury opened the door for him.

"I wrestled for Longwood High School in New York," said Karavolos, 22. "I injured my neck, so I wasn't able to go to college. I had a scholarship to go to Penn State. I decided to take my next step and join the Marine Corps. I wanted to serve my country honorably."

Karavolos first served in Afghanistan with Combat Logistics Battalion 8.



Cpl. Anthony Ward Jr. | Regional Command Southwest

Cpl. Stephen Karavolos, a motor transport operator, is currently deployed to Afghanistan with the Georgian Liaison Team for Regimental Combat Team 7, Regional Command Southwest.

"On my first deployment, I was a MK-19 gunner and a vehicle commander," said Karavolos. "That's pretty much all I did."

Karavolos was in Afghanistan from January 2012 to August 2012. He volunteered to return and was sent back as a part of the GLT during September 2012.

A seasoned veteran, Karavolos has a much higher workload than his previous deployment and is expected to conduct work above his pay grade.

"This time around I'm the convoy commander," said Karavolos. "I'm the motor transport chief, as well as the operations chief."

A convoy commander is usually a billet held by a junior officer. The motor transport chief and operations chief billets are usually held by staff noncommissioned officers, usually a staff sergeant or gunnery sergeant. Karavolos holds all these billets and the responsibility that comes with them.

"As a convoy commander, you're responsible for the entire convoy," said Karavolos. "Every person, every action the Marines do and getting the mission done. As a motor (transport) chief, all the operators and personnel have to be accounted for. As the operations chief, I have to be accountable for all the convoys, patrols and operations that are going on."

Karavolos has to keep track of nearly 47 Marines, 150 pieces of gear and provide logistical support for the Georgian battalions and the bases they have nearby.

His efforts and dedication to mission accomplishment has impressed his leadership.

"For him to step up as a junior NCO says a lot," said 2nd Lt. Robert E. Dzvonic, supply officer for the GLT. "He oversees everything, and he is in charge of the logistics train that keeps things going."

As his deployment draws closer to an end, Karavolos will continue to serve honorably and provide his unit with the support they need.

ALONE, UNAFRAID: 'Lava Dogs' tackle new skill sets at Okinawa's Jungle Warfare Training Center



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

Cpl. Michael Ellmer, a squad leader with second platoon, Alpha Company, 1st Battalion, 3rd Marine Regiment, crosses a rope bridge during the endurance course at the Jungle Warfare Training Center, Camp Gonsalves in Okinawa, Japan. "Trust your equipment and the rope," Ellmer recommends as the best course of action throughout the training operation. This and more than 30 other obstacles awaited Marines on the last day of training at the center.

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

CAMP GONSALVES, Okinawa, Japan — Though it was wet, very wet, the infantrymen of Alpha Company, 1st Battalion, 3rd Marine Regiment carried on with the same eager swagger synonymous with motivated infantryman.

After becoming acclimated to their new home in Okinawa, Japan, on a six-month unit deployment program, the "Lava Dogs" were ready to muster themselves from garrison into their home away from home — the field. The Alpha Company Marines trudged through a perilous, unfamiliar and often miserably uncomfortable new world while training at the Jungle Warfare Training Center here, from Jan. 7 to 15.

Taking a glance at the terrain maps of JWTC and its erratic cartography, it's easy to visualize the hazardous terrain within its vast expanse. Add an impenetrable array of flora, enough torrential downpours to satisfy any amphibious Marine, several toxic creatures, compasses, a squad of armed Marines and they begin an exercise in overcoming adversity in the Corps' only training area that facilitates true jungle survival.

Throughout the evolution of JWTC, often referred to by Marines as "JDub," the "Lava Dogs" were introduced to the basics of adapting in a heavily forested area, conducting classes on indigenous wildlife and plant life, land navigation, and moving stealthily and hastily through steep, bamboo laden terrain.

Having spent the greater part of the last decade training mostly for urban environments to prepare for combat deployments to Afghanistan and Iraq, the Marines began adopting a new skill set to supplement their combat expertise.

Cpl. Mark Washburn, a squad leader with Alpha Co.'s second platoon, described the event as adding immensely to a broad base of techniques, tactics and procedures already honed by his men over their pre-deployment training.

"We spent the majority of our time focused on military operations on urban terrain and mostly linear warfare," Washburn said. "The skills we learned at JWTC help us to operate at a broader spectrum in a changing battlefield."

The small unit leadership in Alpha Co. generally agreed that training in the jungle beckoned back to their amphibious flexibility that Marines focused on before beginning extended tours supporting Operations Enduring and Iraqi Freedom.

"We're going back to the basics in many ways," said Cpl. David Lewis, an assault section leader with Alpha Co.'s weapons platoon.

Lewis emphasized the newly reconstituted skills harbored at JWTC will help Marines to operate more fluidly with allies in the Pacific Rim, an area on which the Marine Corps is currently focusing attention.

"The push to go back to Marine expeditionary units, amphibious operations and jungle warfare in this region helps us to better operate globally," Lewis said. "We can take what we learned in the Middle

East and apply it with what we're learning now." JWTC paid a strong tribute to the art of getting from one point to another — quickly. Marines learned how to effectively hasty rappel using only a rope and leather gloves. Relying solely on themselves for safety while rocketing down steep cliff faces, the "Lava Dogs" realized they needed to shove nerves aside and put full confidence and trust in their ropes.

"Bend at the ankles, not the waist and trust your equipment," said Cpl. Michael Ellmer, a squad leader with Alpha Co., after becoming acclimated to the technique. "If you don't do either of those, you're going to fall, and it's going to be a bad day."

By the end of the training evolution, the Marines established patrol bases for each platoon and conducted war games among them. Using what they had learned in the previous days, the Marines set out to hunt each other down, armed with their personal issue weapons, maps and compasses. Noise discipline and camouflage played a major role in their aversion and detection of oncoming enemy patrols. Squad leaders frequently whispered over the radio plans to ambush enemy patrols as

their opponents stepped only feet away from their position.

The culminating training event, lauded as the most fun and simultaneously miserable experience for the Marines, was held on the last day of training.

The endurance course was a long series of obstacles that forced Marines to replay what they had been taught and function as a unit to overcome a plethora of challenges.

Beginning with hasty rappelling onto a rope bridge crossing, the course has 31 obstacles that tested the Marines' mettle, capped off with a stroll through smelly, muddy water.

The Marines low-crawled the whole way under simulated gunfire, being dragged through underwater tunnels, barbed wire and areas laden with poisonous fire-bellied newts. This trek was followed by a casualty evacuation exercise through the rollercoaster terrain.

At the end of the day, the Marines were seemingly freezing and miserable, wet and covered from head to toe in mud. But smiles broke their silence as they

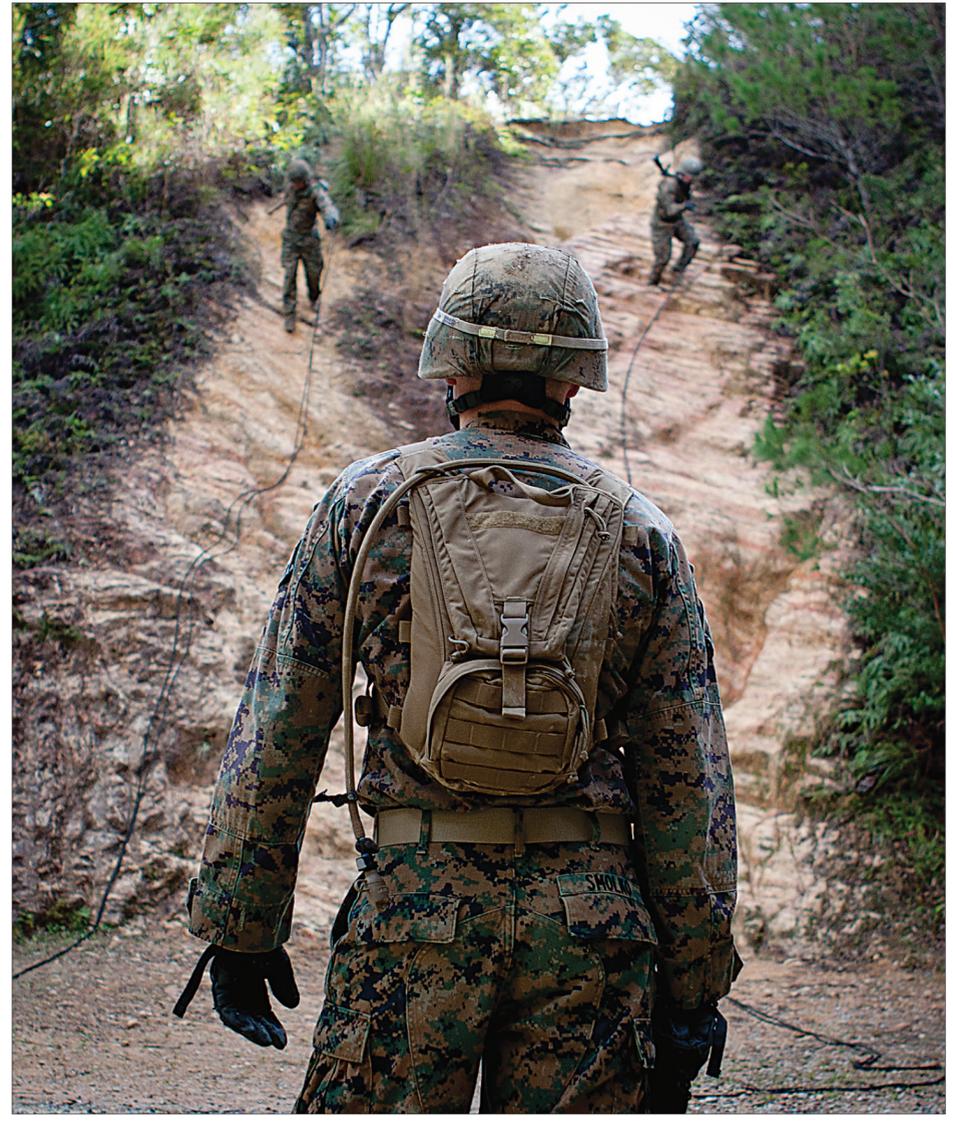
“The skills we learned at JWTC help us to operate at a broader spectrum in a changing battlefield.”

Cpl. Mark Washburn, squad leader, Alpha Company, 1st Battalion, 3rd Marine Regiment

recalled their experiences over Meals, Ready to Eat. Passing nacho cheese pretzels and wheat snack bread around, they discussed the misery of JWTC and how excellent the training was.



Marines with the heavy machine guns section, weapons platoon, Alpha Co., 1st Battalion, 3rd Marines set up a post on a ridge line to observe enemy movement during patrol base operations at the Jungle Warfare Training Center, Camp Gonsalves, in Okinawa, Japan. The Lava Dogs conducted a series of training events and classes to adapt them to a jungle environment.



Cpl. Edward Smolko, a squad leader with the heavy machine guns section, Alpha Co., 1st Battalion, 3rd Marines, watches as his junior Marines hastily rappel down a steep and slippery rock face during the endurance course at the Jungle Warfare Training Center, Camp Gonsalves, in Okinawa, Japan.



Lance Cpl. James Pavese of Alpha Co., 1st Battalion, 3rd Marines gasps desperately for air after being pulled through an underwater tunnel during the endurance course at the Jungle Warfare Training Center, Camp Gonsalves, in Okinawa, Japan.



Lance Cpl. Steven Brotcke, an assault section team leader with Alpha Co., 1st Battalion, 3rd Marines ducks and dodges barbed wire through swamp water brought on by torrential downpours during the endurance course at the Jungle Warfare Training Center, Camp Gonsalves, in Okinawa, Japan. After making it through this portion of the course, Brotcke and his squad mates finished training with a casualty evacuation exercise through the treacherous jungle terrain.

Be the boss: MCB Hawaii hosts free small business seminar

Christine Cabalo

Marine Corps Base Hawaii

Local experts answered questions and offered advice about starting a small business during a free seminar, Wednesday, in the Transition Readiness Program classroom of building 279.

The two-hour session was open to service members and their families who were interested in successfully running a small business. Marine Corps Base Hawaii's Transition Readiness Program first offered the free classes in 2012. The classes are scheduled quarterly, with the next planned for April.

"If you're on the fence at all, this can help you decide one way or another," said Jeff Esposito, the TRP manger at MCB Hawaii. "If you think you want to be an entrepreneur, it's good to attend because the speakers give you the truth about being a small business owner. No punches are pulled."

The latest session opened with speaker T. Mark Spain, who is the deputy director of the Small Business Administration's Hawaii District Office. Spain started his own business after being medically retired from the Marine Corps as a staff sergeant. He said there are even more resources available now for transitioning Marines than when he entered the business world after serving in Vietnam.

He told the crowd they needed to discover what they were passionate about in their work lives and to not feel rushed into business ownership after transitioning.

"Find out what you really want to do for rest your of life," Spain said. "Are you adequately prepared? Everyone can have their own success story."

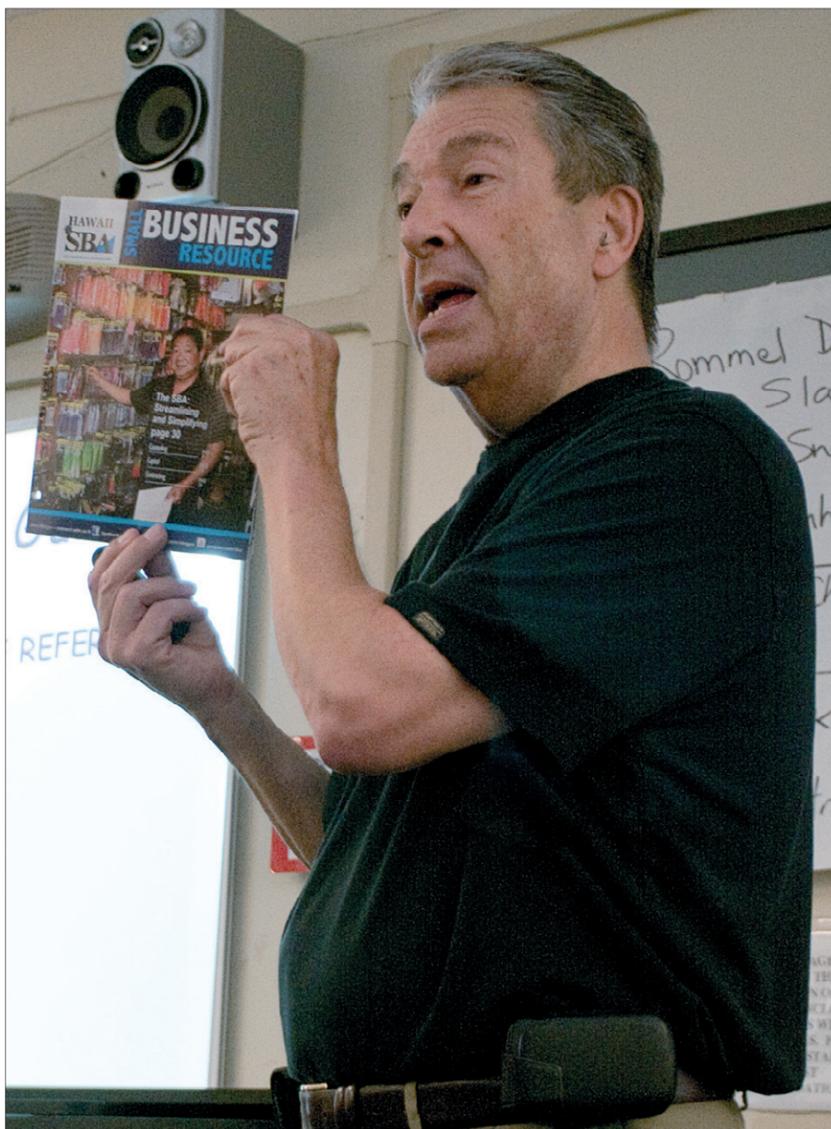
A recent SBA study found veterans are 45 percent more likely to be self-employed than non-veterans, said Jane Sawyer, district director of SBA's Hawaii District Office.

"For those who are ready to embark on a new path after their service, ready to launch a small business venture or to consider that opportunity, SBA helps them gain the business skills required, access the capital they need, compete for federal contracts and to create jobs," she said.

After Spain's remarks, Vince Dydasco, the vice chair of SCORE Hawaii, spoke about the fundamentals of a good business plan. He is a member of the local chapter of a national non-profit organization of volunteer executives who offer free small business counseling.

He said many military skills transfer to operating your own business. He

T. Mark Spain, deputy director of the Small Business Association's Hawaii District Office, speaks to a crowd of Marines and civilians interested in starting their own small business in a free seminar, Wednesday, at the Transition Readiness Program classroom in building 279. The crowd also heard from Vince Dydasco (second to right), the vice chair of SCORE Hawaii, a non-profit organization of volunteer executives who offer free business counseling.



Photos by Christine Cabalo | Hawaii Marine

T. Mark Spain, deputy director of the Small Business Association's Hawaii District Office, holds up a copy of a free workbook offered by the SBA to assist anyone starting a business during a free seminar, Wednesday, at the Transition Readiness Program classroom in building 279. He also offered additional online resources during the free two-hour session for help with financing and other business planning.

also sees an increase in the number of retiring senior officers and enlisted service members who have the drive and initial capital to be successful.

"A business plan is a standard operating procedure," said Dydasco,

who is an Army veteran. "It's a document that shows responsibilities and ensures everyone knows what to do."

Attendees received free copies of SBA workbooks that help them craft

their own business plans and include resources about financing. Cpl. Wilse Hernandez said she specifically attended the session to learn about the financial risks in starting her own business and what tools she can use.

"I'm glad I've learned about organizations like the SBA," said Hernandez, a supply administration clerk with Combat Logistics Battalion 3. "It's nice to know there is extra help available for veterans."

Both Spain and Dydasco said there are many resources available for both transitioning Marines and spouses interested in starting a business, but self-motivation is needed to cultivate them.

"All of it requires hard work," Spain said. "But I don't know of any Marine who is afraid of hard work."

Armed with the information, some are even more sure there's no business like small business.

Transition Readiness Program

For more information about upcoming events offered by the TRS, call 257-7790 or 257-7796. For more information online, see <http://www.mccshawaii.com/tap.shtml>.



New MCCS pregnancy course provides support, information

Kristen Wong

Marine Corps Base Hawaii

The new year is just beginning, and already budding parents are decorating the bassinette for the pitter-patter of little feet.

To prepare for the base's soon-to-be newest arrivals, the Marine Corps Community Services' New Parent Support Program is offering the Prenatal Education and Support Group, a monthly class available for active duty service members, military spouses and Department of Defense civilians.

Through activities, discussions, handouts and more, the class provides information about pregnancy, birth and infant care. The class covers various topics including labor, breastfeeding and infant massage.

Megan Shea, a licensed clinical social worker and home visitor for NPSP, leads and facilitates the class. She said she plans to feature guest speakers in some of the classes to talk about specialized topics like Lamaze.

"The Prenatal Education and Support Group is for women to come and explore and celebrate pregnancy and experience mutual support on their path of parenthood," Shea said.



Kristen Wong | Hawaii Marine

Megan Shea (right), a licensed clinical social worker and home visitor with the New Parent Support Program, facilitates the new Prenatal Education and Support Group in building 216, Jan. 14. Marine Corps Family Team Building is offering this new class, which will meet monthly throughout the year, where seasoned parents and parents-to-be can learn about the many facets of pregnancy and share their experiences with one another.

NPSP was inspired to create this course as they discovered pregnant women were interested in meeting other women going through pregnancy, she continued.

"We decided to create a space and a group which works to ensure the healthiest pregnancy possible for the participants through education," Shea said.

The two-hour class is free and all materials are provided. The classes are held in a conference room of Marine and Family Programs in building 216, and are tailored for first-time mothers in any stage of pregnancy. However, seasoned mothers are welcome to attend and share their own insights. Spouses of the mothers-to-be are also welcome.

Though NPSP continues to offer its regular Baby Boot Camp as in previous years, Shea said the group is focused more on support among peers rather than an informative lecture.

"They're nice complements to each other," Shea said. "I recommend that (students of the group) all take the Baby Boot Camp class toward the end of their pregnancy."

Tonya Robinson attended the inaugural Prenatal Education and Support Group Monday. A first-time mother-to-be, Robinson heard about the class as she was registering for other pregnancy-related courses.

"I like this class. It's pretty informative," Robinson said.

She said she liked being able to talk with other people about pregnancy during the class. During Monday's class, she said she particularly enjoyed the relaxation session Shea facilitated at its close. Robinson said she likes to learn, and is likely to continue attending the class throughout the year.

For more information about this and other classes offered by Marine and Family Programs, call 257-8803. The schedule of classes is available at <http://www.mccshawaii.com/pdfs/2013NPSPPreNatalED.pdf>.

Scams targeting military: Fighting for financial security at home

Stuart F. Delery

U.S. Department of Justice

When service members board the plane to return to the U.S. from overseas deployments, their family and friends are not the only ones waiting for them. Scam artists are also busy setting up storefronts, phone lines, and websites specifically targeting service members.

These consumer predators know that service members have to deal with unique pressures, such as spending extended periods of time abroad, moving to different cities multiple times, and being held to a higher standard for debt repayment under the Uniform Code of Military Justice. In addition, service members are known for having a steady income and trying to do what is best for their families.

At the Department of Justice, we are working hard to protect consumers like you. The Civil Division's Consumer Protection Branch has made fighting fraud aimed at service members and veterans a top priority. We are working internally with the Department's Civil Rights Division to ensure that businesses respect the rights of service members. We are working externally with other agencies, such as the Departments of Defense and Veterans Affairs, to identify potential fraud earlier. We are also collaborating with the Consumer Financial Protection Bureau's Office of Servicemember Affairs, led by Holly Petreaus, to engage in a dialogue with military leadership about how we can prevent this fraud together. And we have joined forces with

federal and state prosecutors — as well as the JAG Corps — to identify scammers and bring more cases against them.

We are committed to using all of the tools at our disposal to hold these swindlers responsible. But the best way to fight them is to deprive them of customers. Service members of each military branch have told us about their experiences, and we are dedicated to getting their message out.

Here are a few tips on how to protect yourself and your family.

Be wary of up-front fees.

- The sales pitch: "I can help you access benefits, get a good rate on a loan, and make a great investment. All you need to do is pay me an upfront fee."
- The defense: The military of-

fers legal assistance, interest free emergency loans, and financial planning tools. Ask your military installation offices for details.

Always find out what the total price is.

- The sales pitch: "I'll sell you this car, refrigerator, or anything else you want. Just give me a little bit of money every installment."
- The defense: Salespeople can offer misleading information about how much something really costs once all the payments and fees are added up. If the total price is too high, take your business elsewhere.

Don't trust promises about the future.

- The sales pitch: "Just buy the car with this higher interest

rate, and I'll call you later once I get the lower rate interest for you."

- The Defense: Make sure that everyone agrees to the final terms of a deal before you hand over any money.

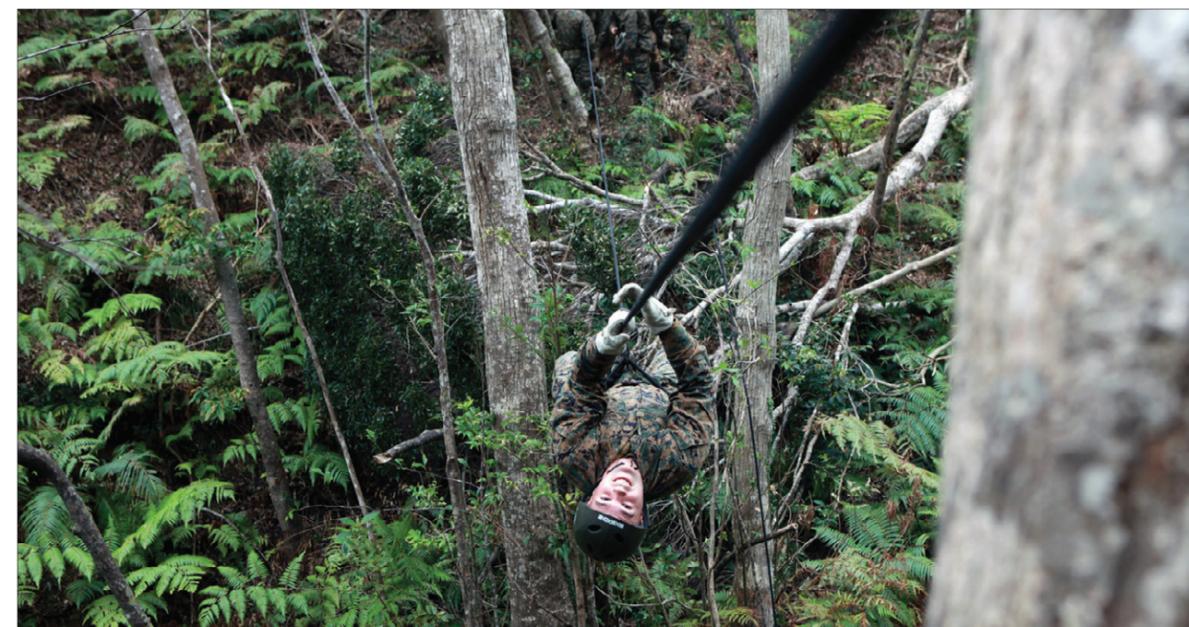
Find out who you are dealing with.

- The sales pitch: "I'm a veteran of the armed forces. Sign up with my program to make sure that your family has everything they need while deployed overseas."
- The defense: Ask your base community-service office about the company or individual. You can also contact the Better Business Bureau.

If you have been the victim of a scam, we encourage you to come forward and complain. So

often, financial fraud goes unreported because victims feel embarrassed or foolish. But only when you complain is it possible for you to get the help you need. And only when we know there is a problem can we and our law enforcement partners work to stop it. Consult with your military installation legal assistance office at 257-6738 or your state Attorney General — and log your complaint at <http://www.ftccomplaintassistant.gov> and <http://www.consumerfinance.gov/complaint/>.

With your help, we can continue to ramp up our fight against those who prey on the financial well-being of you and your families, and leave you free to focus on your invaluable work protecting the nation.



Lance Cpl. Donald Peterson | Marine Corps Installations Pacific

Lance Cpl. Rian M. Lusk, a rifleman with 1st Battalion, 3rd Marine Regiment, crosses a one-rope bridge during a tactical rope suspension techniques course, Jan. 10, at the Central Training Area near Camp Hansen, Okinawa, Japan.

LAVA DOGS, from A-1

man with 3rd Reconnaissance Battalion.

"This rope acts as a safety line, which is then carried across the gap by one Marine who secures it to another tree meeting the same requirements at a 45-degree angle across the gap," he said.

After both ropes are properly secured, Marines attach a carabiner to their rope harness and the one-rope bridge and pull themselves across, according to Theriot.

After several hours of practicing building a one-rope bridge, the Marines held a friendly competition to see

who could construct the bridge the fastest.

"We were split into two teams of eight and taken to a gorge in the jungle to have the competition," said Theriot. "The teams were taken individually and timed to complete the objective on the same trees."

With good teamwork and support, both teams were able to accomplish the mission and were separated by just under 60 seconds, according to Fleming.

With new skills acquired, the Marines completed the course better prepared to meet challenges throughout Okinawa and the Asia-Pacific region, according to Fleming.

MCTAB, from A-1

an amphibious attack from a ship. Marines with CAC then performed reconnaissance on the entire area, quelled a simulated enemy attack and provided security as their vehicles safely assembled.

"During this combined exercise, our primary job is to drive the enemy from the area so the regiment can come in and take command," said Lance Cpl. Jeremiah Moore, a combat engineer with CAC, 3rd Marines, and native of Lake View, Mich. "It's a simple scenario but goes a long way in teaching Marines the importance of an amphibious assault and how vital communication is when working with other units."

Along with completing the scenario, CAC Marines also executed

basic night patrols, engineer reconnaissance and held classes on breaching, which were followed by practical application. They also trained at MCTAB's military operations on urban terrain site, where AAV operators tested their urban mobility alongside a patrolling squad of Marines.

"This training is simple," said Gunnery Sgt. James Guinn, the engineer platoon sergeant for CAC, 3rd Marines, and a native of Six-Mile, S.C. "However, it is important and one of the Marines here learned something today I bet he didn't know yesterday. The scenario is one we could see at any time in any place. Whether you're an operator, mechanic, communications Marine or an engineer, everyone has a role and they need to know it."

According to Cpl. Manuel Toledo,

a squad leader with the engineer platoon, and native of Oklahoma City, the training was a great way to become familiarized with basic patrols while also improving small unit leadership.

"We have a lot of new Marines who haven't had an opportunity to fill a leadership role," Toledo said. "I'm a new squad leader and being out here with my Marines and executing security patrols has helped me get adjusted to the role. I know a lot of other Marines feel the same way, even if they're not squad leaders. This training may seem redundant, but the moment we stop doing this may be the moment we need to storm a beach, clear out an enemy and set up a combat operations center. You can never be too prepared."

ORDNANCE, from A-1

manner they were has been lost to history, but Crespo said the magazines may have originated as fallout shelters during the post-World War II era of the late 1940s. At any time, base ordnance is required to maintain a prescribed stockpile to keep with the current and future demands of tenant units and training operations.

"Even though we supply the bullets, we're not responsible for the armories on base. Those belong to the individual units," Crespo said. "The reason the weapons and ammo are kept separate is because there's no telling how much ammo a unit will need at any given time."

In addition to meeting requests from tenant units, Marines and sailors at base ordnance have to ensure strict safety and accountability measures so the explosive material is handled properly and the customer isn't under or over supplied.

According to Staff Sgt. Michael Causey, the base ordnance staff noncommissioned officer in charge and a native of New York City, the office knows exactly how much ammo has been distributed and is still in storage at any given time.

"What's also unique about the day-to-day operations here is the level of landscape upkeep we have to do to meet both security and environmental demands," Causey said. "For example, we need to make sure the vegetation stays away from the fence and magazine entrances for security purposes."

After receiving a ticket order, a team of three Marines pull up in a truck in front of the camouflage entrance to a magazine. One Marine turns off the security system and another unlocks the door, which itself weighs a ton. As the two Marines count the ammo and load them onto trolleys to be taken out to the truck, the third Marine observes their actions and provides another set of eyes on every piece of handled ammo. The Marines finish and reset the locks and security alarm, and then load the truck and return to their office with the order.

"What I enjoy the most out of this job is learning something new every day," said Cpl. Brandon Maier, an ammo technician and native of Toledo, Ohio. "You can never know your job 100 percent. I remember my sergeant taking me inside a magazine and teaching me about everything in there and how to handle it. The junior Marines are eager to learn and when they're eager, we as leaders want to know more so we can teach them. Safety and accountability is what we preach at base ordnance."

Sports & Health



Photos by Lance Cpl. Suzanna Lapi | Hawaii Marine

Players from the Headquarters Battalion and Postal intramural basketball teams go head to head in a fierce competition during a game at the Semper Fit Center gym, Tuesday.

Postal intramural basketball team delivers victory over Headquarters Battalion, 50-32

Lance Cpl. Suzanna Lapi
Marine Corps Base Hawaii

The Marine Corps Base Hawaii Postal basketball team sealed a successful victory over Headquarters Battalion during a game at the Semper Fit Center gym, Tuesday.

Both teams are part of the base's intramural basketball league. Some players are active duty and others are Department of Defense civilians.

The heated competition was readily apparent on the players' sweaty faces as they dribbled and drove to the net, hoping to secure bragging rights. The cheers of onlookers steadily climbed throughout the intense battle.

Through jump shots and layups, the struggle ensued up and down the court without any pauses in action. At first, the score stayed consistent along with the battle. Halfway through the first quarter, the score was 12-10 in favor of Postal. Near the end of the first quarter, Headquarters Bn. evened the score, 16-16.

Postal got its momentum during the second half with three-point shots. With this new display of determination, Headquarters Bn. began missing important shots.

The drive of the game was tilted in Postal's favor and they gained a demanding lead over Headquarters Bn.

The final score of 50-32 was also obtained by free throws and a solid defensive strategy that crumbled Headquarters Bn.'s chances.

James Warren, a forward for Postal, said his team was relentless in their pursuit of victory.

"We came back at halftime with a re-strategized plan," Warren said. "During the first half we got comfortable with each other, then we out hustled them. They tried to outplay us in the second half. There was no way they were going to stop us. The Headquarters Battalion team is no competition."

Warren also said his goal was to beat them by 30 points, but seemed satisfied with their 18-



Louis Claudy from the Headquarters Battalion team (in white) takes the ball to the hoop, during an intramural basketball league game at Semper Fit, Tuesday.

point victory. He said it came down to which team wanted it more and Postal was better suited for the task.

Terrence Tyson, a guard and forward for Headquarters Bn., felt his team didn't lack determination, but struggled to

find the elements for cohesion. "We played sloppy," Tyson said. "The guys didn't know each other. We need to bring

chemistry to the team, learn to know each other and we will improve."

Tony Gaisoa, Postal's forward for the past two years, said it was a difficult victory with the addition of new teammates.

"We started off slow trying to get used to one another," Gaisoa said. "But we ended on a good note."

He said his team's offense needed improvement, though their defense was solid. As for his personal performance, he said he plans to work on his free throws to help put points on the scoreboard.

Warren said Postal has their first game jitters out of the way, and are looking to carrying this win into future performances. They hope to keep the momentum going and be better with consistency throughout the game, not just a solid performance during the second half.



Players from the Headquarters Battalion intramural basketball team gather to discuss strategy during a game against Postal at Semper Fit, Tuesday.



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.

Half an NHL season: Does anyone care?

Lance Cpl. Jacob Barber VS. Cpl. James A. Sauter

BARBER: The National Hockey League finally ended, the lockout with the agreement of a shortened hockey season Sunday. For those of us who don't watch hockey, which is the majority of the world, this means the NHL is back. Many fans might be angered at the fact the season was nearly cut in half, but with some research, you will see it was the best move made within the sport in years. Let's be frank, I don't like hockey. I think it was made when a couple of 'tools' got bored in the winter and decided to step on a soda can and slide it back and forth on ice. It's boring, and the only entertainment in the sport is when a couple of angry players decide to bash in each other's faces while attempting not to fall on the ice. By shortening the season, the NHL has a better chance of filling arena seats, giving players a bigger paycheck and keeping fans interested in the season. It's a win-win.

SAUTER: Actually, hockey players get paid what their contracts owe them, and the most true hockey fans (people from Canada, Russia, Sweden and the U.S.) are in the streets rejoicing that their favorite pastime (not to be confused with "UFC on Ice") is back for a high intensity blowout to see who can claim the Stanley Cup in half the time. After the

strike, the players took pay cuts just to keep their jobs. Whatever resolution was settled by the court decision, the NHL still needs a hockey season to generate revenue to keep their multi-million dollar ice rinks cool and slick. Not to mention owing the players 57 percent of capital generated by all merchandise, stadium tickets and Alexander Ovechkin's front tooth, which is going for \$856 zillion on Craigslist. Just because you don't like hockey doesn't make it fair to say hockey players don't have the right to work. Have a heart and think of all the little children who would be saddened if the NHL was canceled for a whole season.

BARBER: I would tell those kids to watch football. I see you stated your facts so I'll go ahead and state mine. The Little League World Series gets more air on ESPN than the NHL. Also, buying these huge stadiums and arenas for a sport that isn't growing was a dumb decision on the league's part. This sport has and always will be overshadowed by football, basketball, baseball, etc. My main point in all of this is it doesn't matter if the hockey season is 100 games or four. Nobody is watching and this whole lockout is just one big debate on how to split funds,



BARBER



SAUTER

which are decreasing rapidly. I agree the players should get paid, but when there is barely enough money to 'support' the league, how can you support the players?

SAUTER: I beg to differ, sir. The NHL coffers are swelling so fast right now that tickets are selling out in seconds. Go ahead and check. <http://www.ticketmaster.com> and tell me how long you have just to buy a nosebleed ticket. No one may be watching in your arid hometown of Phoenix, which does have a hockey team by the name of the "Wile E." Coyotes, but there are hockey leagues around the world. Not to mention one of the greatest moments in international sports history was made in 1980 Winter Olympic games when the US beat the Soviet Union and coined, "Do you believe in miracles?" The NHL has nothing to worry about in keeping their star players, entertaining millions and being one the toughest sports to master.

BARBER: Yes, I saw the movie. I know the 'great' sports moment you are referring to. However, that was more than 30 years ago. Times have changed a wee bit. Since you're so good with your facts, name one of these leagues to which you are referring? You probably can't with-

out the help of the all-knowing Google. I am also aware that Phoenix has a hockey team but the arena is as empty as the NHL's pockets. When is the last time you've seen someone wear a hockey jersey? You need to consider that. Hockey is a dying sport, which has been living off the hearts and souls of 10 fans worldwide. I say if you don't get rid of it, shorten the season and save the rest of us the heart-break of turning on ESPN to a hockey game.

SAUTER: To answer your questions the Russian Kontinental Hockey League. I actually saw Canadian soldiers wear hockey jerseys on board USS Essex AT A HOCKEY GAME on the ship's flight deck. If that doesn't scream, "I love hockey," then I don't know what does. You think it's dying but it's gaining more and more followers every year because people love the high-speed adrenaline of seeing people crashing into the boards, clobbering each other with sticks over a puck and the occasional fistfight on skates. I think you need to reach deep inside yourself and man up because there's a hockey player inside of you just waiting to get out. Half a season is better than no season and it's going to be a great challenge for those who wish to have their names engraved on the Stanley Cup.

SPOTLIGHT ON SPORTS

Combat Logistics Battalion 3 Swamp Romp

The dirtiest race of the year is scheduled, Feb. 16, at 7 a.m. at Boondocker Training Area. Get ready for an exciting 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 a challenging run that 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>.

Semper Fit TRYathlon

Did you ever think you could complete a triathlon? If not, here's your chance. Complete the distances of a triathlon (an Ironman) in our TRYathlon over the course of one month.

Participants have from Feb. 1 to 28 to complete a 2.4-mile swim, 112-mile bike ride and a 26.2-mile run. It's a great way to kick-start your fitness goals for 2013. Stop by the Semper Fit Center or base pool, call 254-7597, or visit <http://www.mccshawaii.com> for more information about the event.

3rd Marine Regiment The Beast 10K

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

Klipper Junior Golf Program

All authorized patrons ages 6 through 17 are eligible for the Klipper Junior Golf Program, a year-round 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.com> or call 386-3500.

Cosmic Bowling at K-Bay Lanes

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

Fridays from 9 p.m. to midnight, Saturdays from noon to midnight and Sundays from 11 a.m. to 8 p.m. For more information about K-Bay Lanes, their hours and upcoming events, visit <http://www.mccshawaii.com> or call 254-7693.

Outdoor Recreation and Equipment Center open

Designed for campers, beach-goers and outdoor enthusiasts, the OREC offers tents, coolers, stoves, lanterns, surfboards, boogie boards, rods and reels, horse-shoes, picnic canopies, tables and chairs, and other outdoor needs, all available at low daily rates.

Make reservations for the Hale Koa Beach Campsite at the OREC, is located at the base marina. For more information, call 254-7666.

Tobacco cessation classes

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 and are a free service. For more information, contact health promotions at 254-7636.



Photos by Kristen Wong | Hawaii Marine

K-Bay Rockhound player Cadence Wisnewski (right) tries to make it to third base before being tagged out by K-Bay Storm player Brendan Fairweather (left) during a youth baseball game at Provost Marshal's Office Field, Saturday.

K-Bay Rockhounds, Storm go head to head

Kristen Wong

Marine Corps Base Hawaii

The early morning breeze wafted across the Provost Marshal's Office Field as parents and athletes gathered for the showdown as the K-Bay Rockhounds weathered the K-Bay Storm, 12-10, in a youth baseball game, Saturday.

The youth baseball season is underway with numerous games being played at Marine Corps Base Hawaii and Joint Base Pearl Harbor-Hickam. The Rockhounds and Storm are part of the Pinto Division, which consists of players ages 6 to 8 years old.

In the Pinto Division, most players are not yet ready to pitch on their own, so their coaches pitch when each respective team goes up to bat. At the helm last weekend were Storm's assistant coach Ryan Dickerson and Rockhounds head coach Danny Riesberg.

With encouragement from their coaches, the Rockhounds and Storm both hustled about the field, sometimes even sliding into the dirt to reach the ball. The crowd shared lighthearted laughter as the bat flew instead of the ball, and fouls kept parents and coaches alike on their toes.

Storm player Grant Wilkerson, 7, is playing youth baseball for the first time this year, though in previous years he played tee-ball. He called Saturday's game "awesome."

This year, Storm has tied in their first two games of the season. Dickerson took charge of the team Saturday, as the head coach was away at training. This is his first time volunteering in Hawaii.

Dickerson said the players must work on "fine tuning" fundamentals, but also enjoy themselves.

"Everybody's having fun, and learning," Dickerson said. "That's the name of the game."

Riesberg said the children on his team amaze him each week, whether they're practicing or playing a game.

"It's always a good experience every game, every practice," Riesberg said.

As the season progresses, he said, so do the Rockhounds. The coaches put emphasis on the children's ability to hit. Being able to hit the ball, Riesberg said, is a confidence builder for the children.

Riesberg's son is a Rockhound in his third season of playing youth baseball. He said the most challenging part about playing baseball is trying not to get tagged out at the base.

"You get to hit, you get to run and you get to field the ball," he said, listing all the reasons he enjoys baseball.

Landon Webber, 8, is also a Rockhound, and enjoys playing baseball, as it helps improve speed. A Boston native, Webber said his favorite team is the Boston Red Sox, and wants to keep playing baseball as he gets older.

"Both our teams were really good," Webber said of Saturday's game.

Registration for baseball, wrestling and volleyball is still being accepted until teams are full. Parents can still register their children for youth soccer starting April 1 at the Semper Fit Center.

For more information about Youth Sports, contact Clark Abbey at 254-7473.



K-Bay Rockhound Erik Cruz (left) attempts to tag out K-Bay Storm player Brendan Fairweather as he runs to second base during a youth baseball game at Provost Marshal's Office Field, Saturday.

MCB HAWAII FORMS BOWLING TEAM FOR UPCOMING TOURNAMENT

Sgt. Shawn Hazi, a manpower analyst with Headquarters Battalion and native of Pittsburgh bowls for the highest combined score over four weeks during tryouts for the Marine Corps Base Hawaii bowling team, Jan. 17. "I really want to make the team, but if I don't, I still get to play the game I love," Hazi said. Tryouts started Jan. 10, continuing every Thursday for four weeks. The team will consist of the top six males and top four female bowlers with the highest combined score from all four days. The bowlers chosen will compete in the Hawaii All-Military Bowling Tournament.



Lance Cpl. Nathan Knapke | Hawaii Marine

VARSITY PLAYERS UP TO BAT

Kasey Stark swings at a practice pitch during varsity softball practice at Riseley Field, Jan. 17. Tryouts for the varsity men and women teams were held during the week, as games begin in March. This year will be the first year the varsity softball team competes with Marine Corps Base Hawaii intramural teams.



Christine Cabalo | Hawaii Marine

COMMUNITY EVENTS AND VOLUNTEER LISTINGS

Interpersonal Communication Skills Class

The next Interpersonal Communications Skills class is scheduled for Jan. 31, from 5:30 to 7:30 p.m., in the Marine Corps Family Team Building conference room, building 216. Only seven percent of communication is achieved through the actual words we speak. Come to this training and learn how to get your message across more efficiently. This workshop is designed for active duty service members and their family members. Skills can be used at home, in the shop or in the field.

Kalakaua Block Party volunteers needed

The 2013 NFL Pro Bowl is seeking volunteers to assist with the Kalakaua Avenue Block Party in Waikiki, Saturday, Jan. 26, from 1 to 11 p.m. Each volunteer will receive a meal, a shirt and one ticket to the Pro Bowl game. Volunteers will be assisting with the staging and taking down of the event.

Marines should make arrangements for transportation. All volunteers are reminded to bring plenty of drinking water and wear khaki shorts, closed-toe sneakers and sunblock. For more information, email Johanna Marizan-Ho at johanna.marizanho@usmc.mil or call 257-8876.

Shelter evacuation exercise volunteer opportunity

The Kailua Neighborhood Board Disaster Subcommittee is looking for volunteers to participate as role players in a shelter evacuation exercise on Feb. 2, from 8:45 a.m. to 1 p.m. The location of the exercise is Faith Baptist Church, 1230 Kailua Road.

Role players will receive a snack and lunch. Volunteers should wear comfortable clothing, and bring items they would want to bring with them if they were to be evacuated from their residence, including blankets, radio, food, drinks, games and books.

For more information, call 257-8845 or email jacqueline.freeland@usmc.mil.

Kindergarten Readiness Fair

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

Hanauma Bay Education Program

Consider volunteering at Hanauma Bay. The most important qualities needed to be a successful volunteer with HBEP are enthusiasm, an open mind, and an interest in sharing information with park visitors. Currently, more than 100 volunteers share their time, knowledge, and passion for marine conservation with nearly one million visitors who travel to Hanauma Bay annually. 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. If you are interested in volunteering, review the different volunteer positions and benefits. Applications are available online or by mail. For more information, visit <http://hbep.seagrant.soest.hawaii.edu/>.

MCCS customer satisfaction survey

Help Marine Corps Community Services improve services and programs by completing a short, online customer satisfaction survey. The survey takes less than five minutes and can be accessed at <http://www.mccshawaii.com> and at <http://www.surveymonkey.com/s/January2013CSI>. For more information, call 254-7679.

Baby Boot Camp

The next Baby Boot Camp is scheduled for Feb. 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>.

Volunteer for IHS

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

Parenting Proudly

The next Parenting Proudly class is scheduled from Jan. 28 to March 11. This six-week parenting class will help parents explore issues such as roles and relationships in the home, communication, balancing work and family, self-esteem, discipline, child development, building a support network, and other parenting issues of interest. For questions, call 257-8803, or visit <http://www.mccshawaii.com>.

Prenatal Education and Support Group

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

Volunteer for the Hawaiian Humane Society

The society needs volunteers to work with animals and keep the shelter going. Volunteers can 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> or call 356-2216.

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.

Cosmetic hard cases for sale. Selling two lockable cases featuring multiple trays for storing small items. Offering one large silver case and one small metallic pink case. \$15 or best offer, willing to sell one or both. Call 257-8837 for more information.

If you would like to sell, buy or trade something in the Marine Makepono section of the Hawaii Marine, fill out a form at the Marine Corps Base Hawaii Public Affairs Office in building 216, room 19. Please have your military ID and a short write-up of what you'd like to run.

You can fill out the form on the spot or return it to the office later. Emails, faxes and telephone calls are not accepted for Makepono classified ads. Marine Makepono may only be used by active duty, reserve, retirees or their immediate families.



Crime Prevention Tip of the Month

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

PMO Contact Numbers and Locations

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

257-1018/2123 (building 1096)

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

257-6994 (building 1095)

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

257-1821 (building 3099)

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

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

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

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

257-6991/6992 (building 1095)

For all other numbers not listed, contact base information:

449-7110

For more information, visit the PMO website:

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

Topic of the Month

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

All pets/animals must be:

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

IN CASE OF EMERGENCY, DIAL 911!

Lifestyles

THE ADVENTURE OF MAUNAWILI FALLS TRAIL



Duncan Hasler (left) and Brett Trumbich, Marines stationed at Marine Corps Base Hawaii, survey the waterfall and natural pool at the end of the Maunawili Falls trail in Kailua.

**Story and photos by
Lance Cpl. Nathan Knapke**
Marine Corps Base Hawaii

KAILUA, Hawaii — The Maunawili Falls trail has clear water streams and thick green vegetation filling all available space that surrounds the trail. Mother Nature's music fills the air as the water hits leaves, streams, boulders and rocks.

The trail begins on the residential portion of the Maunawili neighborhood in Kailua. Parking is strictly enforced near the trailhead, so it is best to park on the other side of the bridge in the residential area and follow signs to the trail.

The approximately two-mile long trail is an easy hike, and is visited by tourist and locals alike. Children and their parents can easily trek through it. The amount of time it takes to complete will vary, dependent on how long hikers spend at the waterfall.

During the rainy season, the hike can be challenging due to muddy conditions. Following precipitation, the trail are often covered with thick, slippery mud. Though this creates a messy path, the hiker's reward is found in an abundant flow of water pouring down the waterfall at its end.

In the absence of rain, the route to the waterfall is very easily navigable.

Huge trees, vines and different kinds of vegetation coupled with a stream that runs clear water over boulders and rocks are all sights found along the trail. Parts of the trail have an incline that may give hiker's legs a good burn, but it's nothing extreme.

"The scenery is beautiful," said Duncan Hasler, a Marine stationed on Marine Corps Base Hawaii. "I love getting the chance to see the forest and wilderness of Hawaii. Hawaii has so much more to offer than just beaches and resorts. This is one of

the coolest parts about Hawaii people tend to overlook."

Once the hiker has made it to the falls, the pool of water is deep enough to enjoy a relaxing swim, with areas reaching as deep as 10 feet.

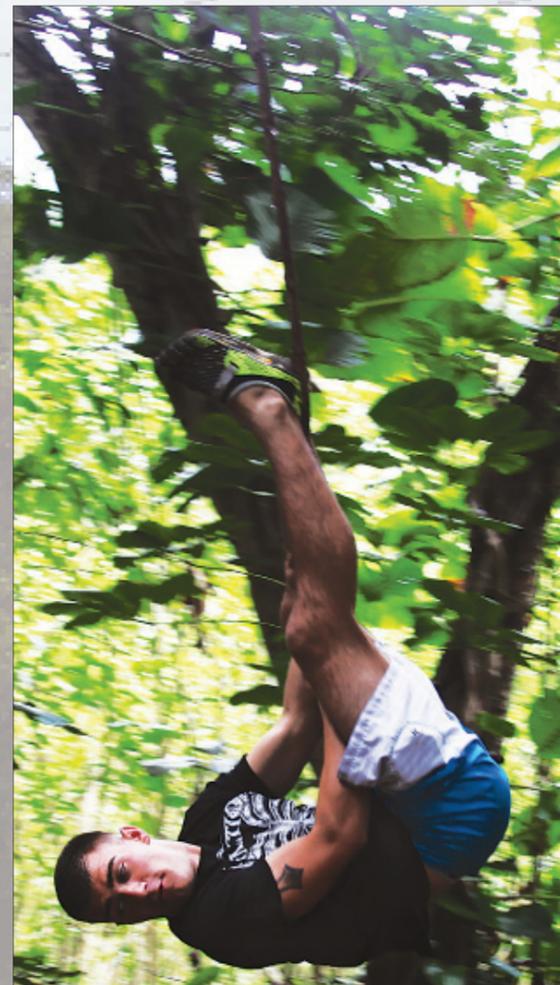
A popular activity people enjoy at the falls is jumping into the natural pool below. Visitors have their choice of jumping heights. There are three main jumps to satisfy any adrenaline junkie, ranging from approximately 35 to 80 feet.

Before climbing up the rocks surrounding the waterfall, however, hikers should ensure they're wearing shoes or foot protection, and that they know the water and surrounding area that lies beneath them.

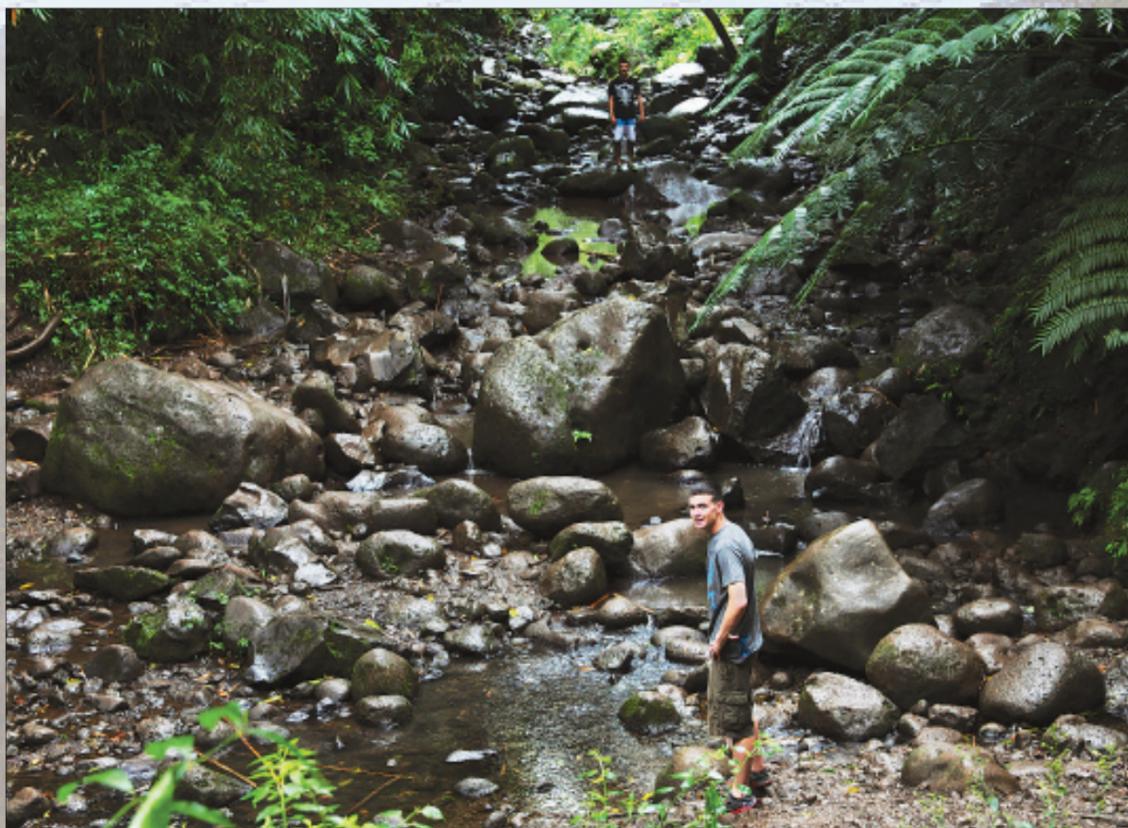
Overall, the beautiful hike has everything for the whole family with some scenic views along the way. If your trying to do something other than just the beach routine, try the Maunawili Falls trail. It's a great way to experience other activities Hawaii has to offer.



Hikers pause to look at thick vegetation while hiking on the Maunawili Falls trail in Kailua.



Brett Trumbich, a Marine stationed at Marine Corps Base Hawaii, swings on a vine hanging from a tree while hiking the Maunawili Falls trail in Kailua.



Brett Trumbich and Duncan Hasler, both Marines stationed at Marine Corps Base Hawaii, trek over rocks for the last part of the journey in order to arrive at Maunawili Falls.

PASS ^{IN} REVIEW

Your weekly guide to the best aspects of entertainment

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

1/4 — No Impact, No Idea
Horrendous. Among the worst of the worst in its genre. Dedicating time to this is not only wasteful, but unforgivable. Avoid at all costs.



2/4 — High And To The Right
Mediocrity at its best. Lacks a few things that might have made it really good. A decent time waster, partake only if you have nothing better to do.



3/4 — On Target
Praiseworthy. A great endeavor, not quite an instant classic but still very entertaining. This is a sound investment of your time.



4/4 — Confirmed Kill
Genius. In the top 10 percent of its genre. This is the stuff legends are made of. Missing out on it would be a disservice to yourself.



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

Better Know A Critic



CABALO

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



SAUTER

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

Getting happy with a little blues

Christine Cabalo
Marine Corps Base Hawaii

Let the good times and good music roll with Smoking Time Jazz Club's newest CD, "Oh Sister Ain't That Hot!"

The New Orleans brass band bewitches with 13 tracks, wailing with a bouncy energy that transports listeners straight to the French Quarter. The band's bluesy sound tempts listeners to get up to dance or relax to enjoy the tune.

Sarah Petey Peterson, the club's vocalist, uses her voice as a sultry instrument. She blends seamlessly with the powerful brass backing the band, and her voice sound like a gentler, soulful part of the horn section without becoming too brash in this CD. If Encyclopedia Britannica were still publishing a print edition, Peterson's picture would be on the page for swing music.



Her vocals blend with the talented band especially in the tracks "Singin' the Blues" and "Wild Man Blues." She has a chance in those songs to play with rhythm and finds even more colorful blues notes. Peterson easily conveys the delight in the first track of the new release. She captures the tone of lyrics, perfectly describing the thrill of jazz musicians and swing dancers gathering together just for the fun of it.

The band playing with Peterson is also an essential part of what makes this hot album so cool. Drummers Mike Voelker and Benji Bohannon find the right rhythm for each song, knowing when to kick it up or slow things down to let their other band mates work their magic. A perfect example is found in the opening of the "Froggy Bottom Blues" track, with a driving staccato beat rewarded with a deep brassy flourish.

The band is part of a long tradition of New Orleans-style jazz, but this new CD also shows how that sound can meld with other musical styles. In "Froggy Bottom Blues," the band achieves a cross of blues, folk

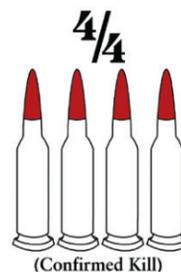
and tango. The skillful horn players sound like frogs who went to a jazz conservatory and sat in to harmonize.

Smoking Time Jazz Club finds the jazz even in bagpipe music, giving their take on what a blues musician playing bagpipes would sound like in "Riffin' the Scotch." If they were less skilled, the blending of those styles would sound like a standard cover. In the hands of this talented band, it's mellow music to the ears.

The group is also taking more chances this time, including featuring a few instrumental pieces. Their covers of "Black Bottom Stomp" and "Sidewalk Blues" are dynamic and peppy. It's hard to find any bad songs on the album; each track swings and feels like it would need great technique to play.

The album should definitely be on the play list for upcoming Mardi Gras parties. The singles can be streamed online for free, and the whole album is available by paid digital download.

Any way listeners swing it, those who make the wise choice to buy are guaranteed to have as much fun as the lady dancing on the album cover.



Hollywood win for spies, special ops

Cpl. James A. Sauter
Marine Corps Base Hawaii

It's a new year and 2013 is open to all kinds of possibilities. Frankly, I'm hopeful for this year's early movie season right before the Oscars start. In past weeks, the Academy made selections for best feature, best director, best actor and so on. Personally, my money is on "Lincoln" for them all.

But there's one film that warms my patriotic heart and makes me proud to be an American. Ironically, I'm giving praise to Kathryn Bigelow for a job well done on "Zero Dark Thirty," despite my reservations about her last feature film, "The Hurt Locker." I've been waiting for this film's release for a long time, and I wasn't disappointed for a moment.

From the trailer, anyone can tell this movie is about the manhunt for Osama bin Laden, but what people may not understand is this movie 'is based' on actual events. It frustrates me so much to hear people say, "That's not how it really was." Right off the bat, I know that every little detail in this film is not 100 percent accurate and it never could be for reasons such as story flow, classified material and movie editing for the sake of entertainment.

The movie follows the story of Maya (Jessica Chastain) and her quest to hunt down the most wanted man in the world. Sounds like a great spy thriller, James Bond-style, but the truth is the real spy world is a lot different from what popular culture

has romanticized it to be. Beginning Sept. 11, 2001, the movie chronicles Maya's journey over the course of a decade in relation to several other terrorist plots. Maya spends a lot of time questioning prisoners for information and sitting at her desk inside the U.S. embassy in Pakistan, painstakingly piecing together the enigma surrounding bin Laden's lengthy elusion from capture.

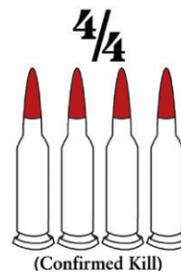
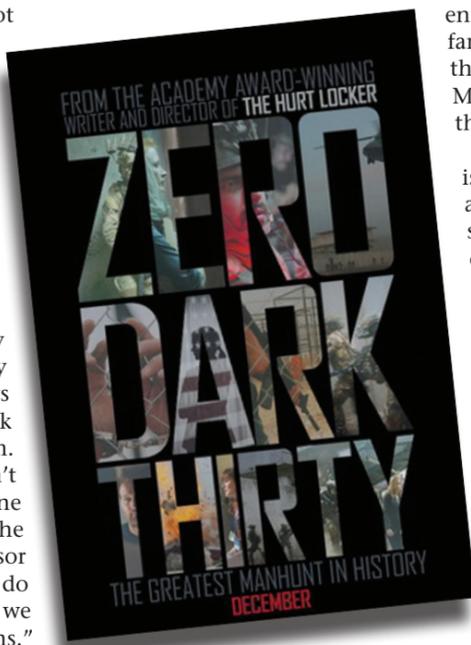
Bigelow purposefully crafted the film this way so the audience knows about all the work put into finding him. The audience doesn't feel the adrenaline start pumping until the National Security Advisor whispers, "If we were to do something, how would we do it ... give us options." From that moment on, the legendary operators of the Naval Special Warfare Development Group, famously known as SEAL Team

Six, have the audience's attention in a vice grip for the rest of the movie.

In every depiction of SEALs I've seen in entertainment, "Zero Dark Thirty" has by far been the best. During the entire film, the audience has only gotten to know Maya but everyone has been waiting for the SEALs to come on screen.

Once they do, their actual face time is limited so the audience can't develop a connection with them. This gives the sense the SEALs are anonymous and only meant to accomplish a single, high-stakes mission and then fade back into the shadows.

Overall, this movie is a great tribute to the men and women who hunted bin Laden for more than a decade. "Zero Dark Thirty" does a great job at summarizing such a complex narrative that can't entirely be known by the public. In honor of those men and women, "Zero Dark Thirty" deserves the Oscar for best picture.



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.

"Parental Guidance" PG-13 Today | 7:15 p.m.

"Guilt Trip" PG-13 Today | 9:45 p.m.

No movie showing (due to power outage) Saturday | 6:30 p.m.

No movie showing Saturday | All day

"The Hobbit: An Unexpected Journey" PG-13 Sunday | 2 p.m.

"Cirque du Soleil: Worlds Away" PG Sunday | 6:30 p.m.

"This is 40" R Wednesday | 6:30 p.m.

Well-baby doctor visits: Why they're important

Shari Lopatin

TriWest Healthcare Alliance

You've missed your baby's scheduled well-baby doctor exam. Should you be concerned? Your baby isn't sick, so it's not that important ... is it?

Because babies grow so quickly, regular well-baby doctor visits help keep them happy and healthy. Wellness visits start two days after discharge from the hospital and should continue on the following schedule: 2 weeks old, then 2, 4, 6, 9, 12, 15, and 18 months old.

These regular visits allow the pediatrician or nurse practitioner to check your baby's growth and development. They also give you — as the parent — important information about what to expect as your child grows up. Identifying any growth or development issues early helps your child get additional specialty care if needed.

During a well-baby visit, your child will also receive any vaccinations that are due. Vaccinations are a big part of protecting your child from disease. If your baby isn't vaccinated, these diseases could make your child very sick, or even cause death.

Make the most during your regular well-baby visits. Write down any questions or concerns you may have about your child's development and bring them with you. This way you won't forget to ask the provider during the exam.

Well-baby visits are a TRICARE-covered benefit with no authorizations, cost-shares, co-payments, or deductibles for those eligible.



Claudia LaMantia | Marine and Family Programs

VOLUNTEERS HELP BEAUTIFY KAILUA

Estella Euclide (center), a programs assistant with Marine and Family Programs, and Ana Staples Lynch (right) consolidate trash they collected on Kaapa Quarry Road in Kailua, Monday. Volunteers from Marine Corps Base Hawaii, and Marine and Family Programs, participated in the event by picking up debris left on the side of the road.

ENERGY CORNER

De-energize lights for 100 percent savings



The Navy's Utilities and Energy Cost Savings Tiger Team has traveled the world looking for low cost energy savings opportunities on Navy bases. One recurring opportunity involves de-energizing light fixtures that just aren't needed.

Where will you find these fixtures? Sometimes they are a by-product of a renovation that installed new walls, or buildings inside of buildings, leaving a few stray lights that nobody needs. Often the excess fixtures are in hallways. Light levels in hallways can be considerably lower than light levels in work areas. When hallways are bright and fixtures are

closely spaced, every other fixture can often be de-energized for energy savings.

If you see lights that don't seem to serve a purpose, or bright hallways, tell your supervisor or building energy monitor about the potential energy savings. Public works can evaluate the lighting requirements and de-energize unnecessary fixtures, helping your building and your base to be just a little greener. Many small contributions can add up to big savings.

SOURCE: Navy/Marine Corps Energy Efficiency Program –2013 Energy Management Toolkit – Articles for Publication