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Hawaii Marines honor ANZAC Day

Lance Cpl. Ian M. McMahon
Okinawa Marine staff

ROBERTSON BARRACKS, NORTHERN TERRITORY, Australia — Approximately 150 Marines with Fox Company, 2nd Battalion, 3rd Marine Regiment, participated in Australia-New Zealand Army Corps Day celebrations in the Darwin area, April 25.

ANZAC Day commemorates the anniversary of the landing of the Australia-New Zealand Army Corps, whose soldiers were known as "Anzacs," on the shores of Gallipoli during World War I and has become a national holiday honoring Australian and New Zealand veterans.

"It is an honor for the Marines to celebrate ANZAC Day with the Australians," said 1st Sgt. Jesus Deniz, the company first sergeant for Fox Co. "This is a very important day for them, and just to be a part of it is definitely a great feeling."

To start the day, the Marines attended a dawn service at Robertson Barracks commemorating Australian service members who gave their lives in conflicts throughout history including Gallipoli, World War II, Vietnam, Iraq, and Afghanistan.

According to the official website of the Australian War Memorial, the dawn service's origins started on the battlefield. The early hours of the morning were favored attack times. To combat the morning attacks, soldiers were awakened a few hours before sunrise so they would be alert and have their weapons ready as light crossed the battlefield.

As they watched the frontline sunrise, the soldiers typically had time to reflect on their experiences in the war and their loved ones back home. Anzacs returning from war recreated that time as a form of remembrance to the fallen.

After the service, all attendees were invited to share a "gunfire breakfast" with the Australian soldiers at the officers' mess hall at Robertson Barracks. The Marines then took part in two parades, one in Darwin and the other in the nearby city of Palmerston.

Deniz, along with other senior members of the company, led the Marines marching in Darwin.

"For the Marines and sailors to be a part of an event that

See ANZAC, A-8



Elizabeth Boughton | Courtesy photo

HONOLULU — Marines stand in formation during the Australia-New Zealand Army Corps Day ceremony at the National Cemetery of the Pacific, April 24. Marines from 3rd Marine Regiment; Headquarters and Service Battalion, U.S. Marine Corps Forces, Pacific; and Charlie Battery, 1st Battalion, 12th Marine Regiment, attended the ANZAC Day ceremony. The regiment provided a firing detail, and Headquarters and Service Bn., MarForPac, presented the American, Australian and Marine Corps flags.

Cross training in Crow Valley

Cpl. Vanessa American Horse
Combat Correspondent

CROW VALLEY, Philippines — Deep in Central Luzon, Marines set up camp in the dried up areas of the O'Donnell River, known as Crow Valley.

As one of three simultaneous events for Exercise Balikatan 2012, Marines and sailors conducted bilateral cross training and field training exercises with the Armed Forces of the Philippines, as well as other U.S. armed forces, from April 16 to 27 to maintain a high level of interoperability and to enhance military relations and combined combat capabilities.

"The beauty of this bilateral training is that we have the ability to share [techniques, tactics and procedures] with each other as far as tactical operations," said Col. Michael L. Kuhn, commanding officer, Headquarters Battalion, 3rd Marine Division. "The biggest success factor is that Marines get to train with the AFP, and it's going great so far. We have a big advantage here in Crow Valley to get back to learning how to deploy to an austere environment. The concept of field training exercises in Crow Valley have always been similar, but this year we have increased the participation on all sides."

More than 800 Marines, sailors and AFP in the valley trained at the main camp and at five different ranges spread across six miles of the riverbed. Combat Logistics Battalion 3; Battalion Landing Team, Charlie Company, 1st Battalion, 4th Marine Regiment; and Combat Assault Battalion, 3rd Mar Div all fall under Headquarters Battalion, 3rd Mar Div. The division set up a traditional command operations center to organize deconflicting ranges between the nations.

See CROSS TRAINING, A-8



Cpl. Vanessa American Horse | Hawaii Marine

CROW VALLEY, Philippines — Col. Michael L. Kuhn, commanding officer, Headquarters Battalion, 3rd Marine Division, watches the Security Platoon, Combat Assault Battalion, 3rd Mar Div, conduct bilateral training with Philippine Army soldiers of 31st Mechanized Platoon, Light Armored Division, at Range 5 in Crow Valley, during Exercise Balikatan 2012, April 21.



Lance Cpl. Jacob D. Barber | Fox Company, 2nd Battalion, 3rd Marine Regiment

KANGAROO FLATS TRAINING AREA, Australia — Pfc. William J. Rogers, a rifleman with Fox Company, 2nd Battalion, 3rd Marine Regiment, peers through tall grass during a patrol at Kangaroo Flats Training Area, April 18. During a weeklong field exercise, the Marines trained at several different ranges where they executed combat marksmanship, foot patrols, and ambushes to accustom themselves to operating in the Australian outback.

Marines train in Australian outback

Lance Cpl. Jacob D. Barber
Fox Company, 2nd Battalion, 3rd Marine Regiment

KANGAROO FLATS TRAINING AREA, Australia — Marines with Fox Company, 2nd Battalion, 3rd Marine Regiment, conducted a field training exercise, April 16-20 to reinforce their knowledge of basic infantry tactics, techniques and procedures.

During the weeklong field exercise, the Marines trained at several different ranges where they executed combat marksmanship, foot patrols, and ambushes to accustom themselves to operating in the Australian outback.

While on foot patrols, the Marines practiced land navigation, and the point man of each squad practiced identifying possible threats on each path, including dangerous animals and potential combatants played by other Marines, said 2nd

See OUTBACK, A-8



Exercise Balikatan 2012
U.S. Marines visit local community of Santa Juliana, **A-4, A-5**



Gun Club
Who wants tickets to the Gun Show?, **C-1**

Saturday	Sunday
High — 79	High — 81
Low — 74	Low — 74

NEWS BRIEFS

Town Hall Meeting at Base Chapel

The date and time for the upcoming Town Hall meeting has changed. The base commanding officer, Col. Brian Annichiarico, will host the meeting Monday at 6 p.m. at the Base Chapel. All Department of Defense civilians, military spouses and service members are welcome. Call Bobbie Brock at 254-7502 for more details.

Trash collection schedule for MCB Hawaii

Manana Housing and Camp H.M. Smith

• Trash - every Thursday (except Thanksgiving week when it will be picked up on Wednesday).

• Recycling and bulk trash - alternating Mondays. (Next bulk trash collection - Monday, next recycling collection - May 14)

K-Bay Section 1 (Hawaii Loa, Heleloa, Kapoho, and Waikulu)

• Trash - every Tuesday (except for the weeks of Christmas and New Year's when trash will be collected on Monday).

• Recycling and bulk trash - alternating Wednesdays (next recycling collection - May 9, next bulk trash collection - May 16)

K-Bay Section 2 (Kaluapuni (Pond Road), Mokolea (Maxam Place), Mololani, Nani Ulupau, Pa Honua, and Ulupau)

• Trash - every Friday

• Recycling and bulk trash - every other Wednesday (next recycling and bulk trash collection - May 16)

The schedules are also available at http://www.fcmarineshawaii.com/trash-schedules/. For details, stop by or call the Manana office at 839-8750 or K-Bay office at 839-8700.

NMCRS drive donation deadline extension

The Navy-Marine Corps Relief Society has extended the deadline for donations through Monday. The society will accept cash or check donations directly. If you would like to donate by pay allotment, contact your unit's NMCRS fund drive coordinator. Deployed units should also contact their NMCRS fund drive coordinator if they need an extension. For details, call 257-1972 or your unit coordinator.

Volunteer for Military Appreciation Day

The Honolulu Zoo will host a Military Appreciation Day on May 19, and 60 active duty volunteers are needed. Help with volunteer check-in, refreshment stands, parking lot, first aid stations, clean-up crew, and more.

Two volunteer shifts are available: one from 8 to 11:30 a.m., the second is 11 a.m to 3 p.m. Spouses may volunteer with their service member sponsor. Contact Sgt. Danny Woodall at daniel.woodall@usmc.mil or 257-8832.

Waimanalo Health Center seeks volunteers

The Waimanalo Health Center seeks volunteers in several areas including gardening, landscaping, carpentry, maintenance, and administration. Call the Waimanalo Health Center Director of Community Services at 259-7949 or visit http://waimanalohealth.org/donate/volunteer-opportunities/.

Important phone numbers

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

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Legal Corner

How to keep your landlord from making life miserable

Courtesy story
Legal Assistance Office

A bad landlord can make your life very difficult. Even if your landlord seems like a really great guy, a sweet lady, or a reputable company, he or she may change very fast when things go wrong. Screen and choose a landlord carefully, rather than just falling in love with an apartment. Following the recommendations below will protect your rights as a tenant.

Get everything in writing. This means everything. If you agree to something with your landlord and that agreement is not in writing, it may not happen, and there will be very little you can do about it. If the landlord says, "I'll fix that leak after you move in," or "I'll only make you pay half of the first month's rent," get this in writing in the lease. If the agreement is not in writing, you cannot prove the landlord agreed to anything at all. Therefore, it will be hard to make the landlord do whatever is it they said they would do.

Read your lease and have someone else read your lease before you sign it. You can bring your lease to the Legal Assistance Office to get it read over. Make sure you understand it, because you will be held to everything in the lease. If you sign a lease that says you will plant flowers by the front door and pick avocados from the avocado trees every day, you will have to do those things.

Do a thorough walk-through with the landlord when you move in. When you do the walk-through, bring a witness and a camera. Take pictures, and make sure the landlord sees you taking pictures. In addition, take your time. The walk-through is not something you should rush. Look hard for problems, and document them. Look for spots on the carpet, chipped or cracked tiles, holes in the walls, and anything else that does not look perfect. If you do not keep evidence that these problems were there when you moved in, the landlord can charge you for them when you move out. You may end up paying for new carpet and paint, when the stains and holes are not something for which you are responsible.

Do a walk-through with the landlord when you move out. Again, have a witness and a camera. This time, it is up to the landlord to find any problems that were not there before. Have the landlord show you any problems that he or she finds. Then have the landlord put in writing that those are all of the problems that they found, so that they cannot come back later and say they found a broken shelf in the closet that they did not show you during the final walk-through.

Request repairs in writing. If something needs to be fixed, tell the landlord in writing. You can send a letter or an email. Only send a text message if you are able to save and print the text message. Never ask the landlord to fix something over the phone. Again, if something is not in writing, it may not happen, and you cannot prove that you ever talked about the issue. Keep a copy of your written request. After a written request, Hawaii law gives the landlord time limits (which depend on the type of maintenance issue) on when they need to start fixing the problem. Only a written request, not a verbal one, starts this clock ticking.

If you are PCSing or deploying for more than 90 days, you may terminate your lease. Give early notice to your landlord, and put the notice in writing along with a copy of your orders.

Your landlord must return your security deposit within 14 days or give a written explanation as to why he or she is keeping all or part of it. This explanation should include receipts and invoices of work done on the apartment. If you did a thorough walk-through before and after you moved out and documented all damage, there should be no surprises.

If you have any questions, visit the Legal Assistance Office in Building 215, across from the base flagpole. Walk-in hours are Tuesdays and Thursdays at 7:30 a.m., on a first come, first serve basis. The number to the office is 257-6738.

Fast and the fixed



Christine Cabalo | Hawaii Marine

Motor transport mechanics Cpl. Clay Patterson [left] and Cpl. Jose Morales, from Combat Logistics Battalion 3, repair a vehicle using a simplified checklist their unit created. The unit has drastically shortened repair time and helped new Marines learn with simpler forms similar to rental car checklists. It is one of several projects in the unit's Continuous Process Improvement, a free program offered to help any Marine Corps units become more efficient.

Drop of conservation



Christine Cabalo | Hawaii Marine

Diane Moses, community relations specialist, Board of Water Supply, talks about water conservation with third-graders at Mokapu Elementary School, April 27. Moses showed the children how to save water as well as how all of Oahu's water is filtered by the mountains then collected from the aquifer.

AROUND THE CORPS

Marine earns Bronze Star with Combat 'V'

2nd Lt. Dave Baugh
31st Marine Expeditionary Unit

CAMP HANSEN, Okinawa — "As we came up to the choke point I was thinking to look out for victim-operated IEDs, but not an ambush," said Staff Sgt. John Rudd, an explosive ordnance technician with Combat Logistics Battalion 31, 31st Marine Expeditionary Unit. "We had made a push through the area about two days prior, so at that particular spot, we were expecting to encounter an IED but found ourselves in a gunfight."

Rudd earned the Bronze Star with a combat distinguishing device for actions he performed on July 27, 2011, while assigned to Explosive Ordnance Disposal Company, 9th Engineer Support Battalion, in Afghanistan during Operation Enduring Freedom.

The award citation describes how on that day, after courageously walking into the kill zone to disarm an IED by hand, he came under heavy small arms fire. Although under fire from multiple positions, he continued to disarm the device to allow the patrol to move from the site.

During the ambush, a local national was holding his eight-year-old daughter who was severely wounded by enemy fire. Rudd rushed to the girl, expertly applying lifesaving care to her injuries, which included a severe chest wound, and ultimately was responsible for saving the girl's life.

When asked what was going through his head during the ambush Rudd responded abruptly with two words, "my daughter."

"When I got to the little girl and saw her looking at me with fear in her eyes, I was trying to tell her that she would be ok and I was there to help rather than hurt her," said Rudd.

He described the receiving the nation's fourth-highest combat award as a humbling experience to share with his EOD brothers.

The award came as an unsurprising feat from the perspective of Capt. Donald Pilcher, EOD Company commander, 9th ESB, whose unit provides the EOD detachment for the 31st MEU. "Staff Sgt. Rudd has been a leader from the time I met him as a bright-eyed, bushy-tailed lance corporal, and has continued to develop into a fine man, excellent Marine and outstanding EOD technician," said Pilcher. "I'm not surprised in the least that he earned this award."



2nd Lt. Dave Baugh | 31st Marine Expeditionary Unit

Staff Sgt. John Rudd, an explosive ordinance disposal technician with Combat Logistics Battalion 31, 31st Marine Expeditionary Unit (center right) stands with his wife and Lt Col. William Arick, commanding officer of CLB-31 (left) and Capt. Donald Pilcher, company commander of EOD Company, 9th Engineer Support Battalion, after receiving the Bronze Star with combat distinguishing device here, Apr. 30 for his actions in Afghanistan in 2011 during Operation Enduring Freedom. Rudd earned the medal for both disarming an improvised explosive device under fire and saving a local child's life.

Rudd's wife also received a certificate of appreciation in conjunction with his Bronze Star award for her continual support during the deployment, supporting their daughter alone while her husband was deployed. By ensuring the family was strong back home, she said she allowed Rudd to devote his mind to the fight in Afghanistan without distraction.

After the ceremony, the imminent explosion of handshakes and hugs proved to be something Rudd couldn't defuse. The room filled with pride for Rudd receiving the award on behalf of the tightly-knit EOD community.

"SSgt Rudd proved that the professionalism of the Marine Corps is alive and well," said Pilcher. "In a field full of exceptional Marines to begin with, he continues to find a way to bring it up a notch."

Rudd recently returned from a deployment to the Asia-Pacific region with the 31st MEU, which included doing theater security cooperation and helping keep the region stable and secure.

The 31st MEU is the only continuously forward-deployed MEU and remains the nation's force in readiness in the Asia-Pacific region.

CLB-4 expands patrols to new supply route

Cpl. Mark Stroud
III Marine Expeditionary Force

AFGHANISTAN — Marines with Company A, Combat Logistics Battalion 4, conducted a combat logistics patrol along Route Red-West for the first time recently.

CLB-4 is assigned to 1st Marine Logistics Group (Forward), I Marine Expeditionary Force (Forward), and was providing tactical logistics support to Forward Operating Base Now Zad, Afghanistan, in addition to several other FOBs and combat outposts.

The patrol delivered 235 short tons of supplies and 5,000 gallons of fuel during the operation. In addition, it retrograded 155 short tons of supplies and equipment.

"Taking a new route during a (combat logistics patrol) is a challenge because we have to learn what the atmospherics are along with the route," said 2nd Lt. Charlsie M. Brooks, a platoon commander with Co. A, CLB-4. "We don't know what the terrain is like, what the enemy's disposition in the area is, or how the locals are going to act when we go through the city (of Now Zad)."

Co. A worked with the battlespace owners, 2nd Battalion, 5th Marine Regiment, Regimental Combat Team 6, and the CLB-4 intelligence section to help prepare for the route and overcome the challenges, according to Staff Sgt. Luis R. MartinezBido, a platoon sergeant with Co. A, CLB-4.

"We talked to the units who had been there before us, who were familiar with the route, to learn what to expect," said MartinezBido. "We also looked at any (significant acts) which took place along the route recently to see what was happening in the area."



Cpl. Mark Stroud | III Marine Expeditionary Force

Lance Cpl. Adam R. Tornatore, helps an Afghan driver change a damaged tire on his truck at FOB Now Zad, Afghanistan, April 23. The Afghan truck was embedded in the CLB-4 convoy. Tornatore is a motor vehicle operator with CLB-4.

The CLB-4 patrol also continued to provide support to FOB Edinburgh and Combat Outposts Eredvi and Shirghazi during the operation, a mission the Co. A Marines have become proficient at, according to MartinezBido.

"The Marines have made very dramatic progress since (the first FOB Edinburgh combat logistics patrol)," said MartinezBido. "They know what is required of them, and they come out here and get it done."

Vehicle maintenance is one of the key areas where the Marines improved, according to Brooks.

"This convoy had the least amount of maintenance issues; and part of that is because we had a maintenance stand-down where we halted missions for a week to thoroughly (inspect) the vehicles and fix any issues," said Brooks.

Afghan National Police aided the combat logistics patrol by providing security at a series of checkpoints along the roadways, according to Brooks. They also patrolled the area near FOB Now Zad.

The maintenance stand-down, preparation for patrolling the new route, and security and counterinsurgency operations conducted by the ANP, all played into making the mission a success.

"We met the timeline for the mission, avoided any major maintenance issues and continued to support the battlespace owners," said Brooks.

Marines and sailors foster relationships with Filipinos in Crow Valley during Balikatan



Navy Lt. Gary W. Foshee, command chaplain, Combat Logistics Battalion 3, tells a biblical story to Santa Juliana villagers during a worship service held in the local multi-purpose room, April 22. Together with local villagers and Armed Forces of the Philippines service members, Marines and sailors repaired two water pumps, hung tire swings in common areas, renovated the local schoolhouse and donated books and school supplies to children in need during Exercise Balikatan 2012.

Story and photos by
Cpl. Vanessa American Horse
Combat Correspondent

CROW VALLEY, Philippines — While supporting Exercise Balikatan 2012 in Crow Valley, Marines and sailors reached out to the local community of Santa Juliana in several ways.

Command Chaplains Lt. Gary W. Foshee, Combat Logistics Battalion 3; Lt. Kevin S. Wilkinson, Battalion Landing Team, 3rd Marine Division; and Lt. Steven Mayfield, Combat Assault Battalion, 3rd Marine Division, organized a series of events to build community relations with locals while the Armed Forces of the Philippines and U.S. armed forces fostered relationships through bilateral training, April 16-27.

"It's been a great honor to work side by side with the villagers and the Armed Forces of the Philippines," Foshee said. "The local villagers are descendants from the Aeta Tribe, one of the original indigenous tribes of the Philippines, and they make on average $150 a year. The support from Marines and sailors will impact the community for years to come and has greatly touched all involved."

Together with local villagers, Marines and sailors repaired two water pumps, hung tire swings in common areas, renovated the local schoolhouse and donated books and school supplies to children in need. A worship service was held in the community where approximately 100 AFP service members and villagers came to sing, listen to scripture and be baptized, if desired. After the service, a community meal was shared and a health class was given on proper hygiene techniques, such as hand washing and treatment of wounds, from Navy medical personnel. All expenses were paid for by donations from service members in Crow Valley.

"I look forward to when the Americans come each year," local citizen Christiana Carnate, 13, said. "It brings everybody together and makes people happy. It's cool to see them with [AFP service members.] I feel proud to be a part of this and I'm glad they spend time with us."

Throughout the week, Marines and sailors played basketball games with different AFP teams. The Filipino teams looked professional in matching jerseys, and their skills impressed onlookers, while the competitive environment helped strengthen the bond between service members of both forces.

"This experience boosted everyone's morale," said 1st Lt. Michael D. Anderson, supply officer, Headquarters Battalion, 3rd Marine Division. "It's awesome to know that sports, such as basketball, can bring culture and groups together. I personally enjoyed myself and would encourage others to make a positive impact in the community. This was a great opportunity for all military members involved."

After each event hugs, handshakes and high fives were exchanged between the groups and smiles on the faces of those involved resonated the bond that had formed. It was clear that the two nations were different, but could easily come together for greater good.

"I'm glad I got to be a part of the community relations out here," said Senior Chief Petty Officer Ferdinand A. Tapaoan, a Philippine native and medical logistics specialist with Medical Logistics Platoon, Combat Logistics Regiment 35. "We're sharing our blessings with them and they get to see that we're lending a hand. Some of the children here have never seen Americans and to watch us work hand in hand with their military paints a picture in their eyes that will last for generations."



Navy Lt. Gary W. Foshee, command chaplain, Combat Logistics Battalion 3, baptizes members of the Philippine Marine Corps during a worship service held in the local multi-purpose room April 22.



Marines and sailors participating in Exercise Balikatan 2012 watch as Jacob Laurel, 9, swings on a recently constructed tire swing in the village of Santa Juliana April 23.



Petty Officer 1st Class Heidebelle Queddeng, field medical corpsman, Combat Logistics Battalion 3, helps serve a community meal to Santa Juliana villagers in a nearby local multi-purpose room April 22.



A local Santa Juliana villager is baptized by Lt. Gary W. Foshee, command chaplain, Combat Logistics Battalion 3, during a worship service held in the local multi-purpose room April 22.



Marines participating in Exercise Balikatan 2012 volunteer their free time to repair a local school in the Santa Juliana Village April 23 as local children watch.

Navy corpsmen treat Afghan police wounded by suicide bomber

Cpl. Reece Lodder
Regimental Combat Team 5



Cpl. Reece Lodder | Regimental Combat Team 5

Petty Officer 2nd Class Randy Ball *[center]*, a hospital corpsman with Headquarters Platoon, Kilo Company, 3rd Battalion, 3rd Marine Regiment, and a 23-year-old native of Mamou, La., is aided by fellow corpsmen while using an ultrasound machine to search an Afghan National Policeman for internal injuries in the battalion aid station here after he was injured in an attack by a suicide bomber in Helmand province's Garmsir district, April 19. The 3/3 corpsmen treated eight injured Afghan policemen after being faced with a mass casualty situation following the attack on an ANP precinct headquarters in Garmsir's Lakari region. After initially being stabilized by three 3/3 corpsmen at Combat Outpost Sharp, eight casualties were transported to Forward Operating Base Delhi and treated by a team of 28 Navy personnel. Medical evacuation helicopters later transported six ANP casualties to Camp Dwyer's Casualty Support Hospital for further treatment, while the remaining two were treated and released.

FORWARD OPERATING BASE DELHI, Afghanistan — The sounds from a controlled flurry of medical activity drifted through a narrow hallway packed with patients, stretchers and Navy hospital corpsmen, funneling their calm conversations and unbreakable focus into the buzzing aid station.

Faced with a mass casualty situation following an attack by a suicide bomber in southern Helmand province's Garmsir district, corpsmen with 3rd Battalion, 3rd Marine Regiment treated eight wounded Afghan National Policemen, April 19.

Shortly after the attack, which targeted the police precinct headquarters in the Lakari region of Garmsir, the Afghan police transported 10 wounded men to the nearest coalition forces position, Combat Outpost Sharp. Initially triaged by three corpsmen from Kilo and Weapons Companies, 3rd Bn., 3rd Marines, the policemen's injuries demanded advanced care.

Due to adverse weather conditions, no air medevac assets were immediately available so the ANP transported eight of the casualties by vehicle to Forward Operating Base Delhi.

"Many of our corpsmen went through most of their deployment without having to respond to a serious incident," said Chief Petty Officer Christopher Arredondo, the senior enlisted medical department representative for 3rd Bn., 3rd Marines, and a 27-year-old native of Duarte, Calif. "They were grateful they didn't have to exercise their trauma skill set because this meant none of their Marines had been injured."

Then, without notice, Arredondo said the corpsmen had to "step up and shine."

At FOB Delhi, the team of 28 Navy medical providers received the wounded Afghan police and began treating them in the battalion aid station.

Seaman Robert Ortiz was among these corpsmen. The situation was the first combat-related incident to which he had the opportunity to respond.

"We prepare for this type of situation in training, but you can't fully prepare for how it actually feels," said Ortiz, a 22-year-old native of Orlando assigned to 3rd Bn., 3rd Marines' Trucks Platoon. "I had to fight my adrenaline from taking over … to slow down, take a breath and depend on my training."

Crowded by necessity, the already-tiny room shrunk around bloodied men lying on makeshift trauma tables. Teams of corpsmen huddled closely around their patients, pouring countless hours of knowledge and training into their efforts to stabilize them.

Pungent odors of latex, sweat and bodily fluids filled the cramped room. The stagnant air cooked it to an uncomfortable temperature, but the corpsmen's focused vision and steady hands proved them unaffected by the challenging setting.

In the moment, Petty Officer 2nd Class Dustin Koch, the senior line corpsman with 3rd Bn., 3rd Marines' Jump Platoon, said he didn't even notice people hustling in and out of the room.

"We were just focused on the patients we had in front of us … it didn't matter who they were or where they were from," said Koch, a 26-year-old native of Las Cruces, N.M. "If we paid too much attention to everyone moving around us, we could risk losing focus on our patients and begin missing steps in treating them."

Directed by their battalion surgeon, Navy Lt. Sean Stuart, team leaders worked with their two corpsmen to treat wounds, announce vital signs and determine priority of care.

Recorders received the information and scratched it onto medical charts plastered on clipboards. Each team member kept their patients engaged by reassuring them through interpreters.

"Nothing is routine in a mass casualty situation," said Stuart, a native of Sugar Hill, Ga. "Our corpsmen have learned medical basics, and practiced communication and mass casualty drills. We can absolutely prepare for this type of situation, but no matter how much we do, each has its own unique challenges."

Once weather conditions improved, medevac helicopters arrived under the cover of darkness and transported six of the ANP casualties to Camp Dwyer's Casualty Support Hospital for further treatment.

Despite the terrible circumstances requiring the employment of their skills, the 3rd Bn., 3rd Marines corpsmen were thankful for the opportunity to preserve the lives of their Afghan brethren.

"At the lower levels of leadership, it's a challenge to understand the big picture changes happening in Afghanistan — like how we've helped the Afghan forces stand on their own," Koch said. "This situation allowed us all to see the immediate difference we've made."

Vietnam-era 'Lancers' reunite at K-Bay

Kristen Wong
Photojournalist

The only sound in the Base Chapel was the gentle trickle of water from the baptismal fountain as Marines unfurled the American flag in remembrance of fallen Marines lost nearly 40 years ago during the Vietnam War.

More than 20 Vietnam veterans who served in Marine Fighter Attack Squadron 212 visited Marine Corps Base Hawaii, April 27.

On April 10, 1972, VMFA-212, a unit of then-Marine Corps Air Station Kaneohe Bay, deployed to Da Nang, Vietnam. Many years later, these Marines would keep in touch and have reunions in various locations. This year, they decided to return to MCB Hawaii, near the anniversary of their deployment.

"It's always nice to see everyone," said Richard Revie, the former commanding officer of VMFA-212. "I was very anxious to see [the changes on the base]."

Revie, 80, of Hilton Head, S.C., had not seen Marine Corps Base Hawaii in 40 years. When asked of his fondest memory of the base, Revie simply replied that it had always been a desire to be stationed in Hawaii.

"I wanted to be stationed here for so long, Revie said with a smile. "Every time I volunteered to come here, they'd send me overseas."

He noted there is a lot more construction going on, and described it as an "entirely different base."

The "Lancers" and their families arrived on base in the afternoon. After briefly meeting Col. Brian P. Annichiarico, commanding officer, MCB Hawaii, the Lancers held a memorial service for their fallen comrades in the Base Chapel. The McDonnell Douglas F-4 Phantom II which sits as a static display near the base's H-3 gate, bears their names: Capt. Ben L. Tebault, 1st Lt. Mike J. Konow, and Capt. Jack W. Consolvo, Jr.

A fourth name also appears on this aircraft: Capt. Jim Castonguay, who survived and today lives in Spearfish, S.D.

Castonguay was Consolvo's radar intercept officer on May 7, 1972, when their plane was shot down just north of the Demilitarized Zone in Vietnam. Castonguay was able to eject, but Consolvo was not as fortunate.

"Father, we ask for your blessing on these proceedings to honor you and to remember those who briefly and bravely risked their lives to stand in the gap between tyranny and freedoms that we hold dear," retired Maj. Jeb Strickland, of Houston, said in an opening prayer at the memorial.



Photos by Kristen Wong | Hawaii Marine

Retired Maj. Jeb Strickland, of Houston, presents a plaque and American flag to retired Col. Richard Revie, of Hilton Head, S.C., during a memorial ceremony at the Base Chapel for three fallen Marines, April 27.

The veterans softly named additional comrades who were not lost in combat but have also passed away with time. The crack of gunfire could be heard just outside of the Base Chapel's doors, as Marines of an honor guard firing detail, in dress blues, held their rifles in a salute to the fallen. In true Marine Corps fashion, Strickland rendered a salute to the younger Marines, accepting an American flag and passing it along with a special plaque to Revie.

Castonguay said the "young Marines did a beautiful job" providing the firing salute and ceremonial flag folding. He remembered Consolvo as one "heck of a guy" and a good pilot. The former assistant avionics officer visited the base for the first time in 38 years.

"It brought back some old memories, some of them good, some of them bad," Castonguay said of returning to the base.

The group left the Base Chapel and headed for the hangars. Between Hangars 103 and 104, at the edge of the flightline, the veterans and their families approached the cool waters of Kaneohe Bay. After a prayer and a few words from retired Col. Ed McMenamy, of Palm Beach, Fla., Revie's wife, Joanne, Maureen Jackson and Patty Chime (formerly Tebault) each threw a flower lei into the bay.

The group headed to the Officers' Club, where Revie shared his memories of MCAS Kaneohe Bay. Active duty service members and civilians from the base also chatted with the veterans.

"I'm really in awe of the young Marines of today," said Jackson's husband, Dennis, of Annapolis, Md. "They're tough, they're flexible, they deploy all the time and they don't complain."

Jackson, now a retired colonel, was a captain when he was stationed at MCAS Kaneohe Bay between 1969 and 1972.

The veterans of VMFA-212 have a reunion every two years in various places, but this is the first year they chose to meet at Marine Corps Base Hawaii. Jackson considers the group to be like "brothers from another mother."

"I'm just grateful to be part of this group," Jackson said. "We have a reunion every two years because we realize that we're losing some of us with age so we want to hang in there together until the last one is standing."



Patty Chime (formerly Tebault) leads the group of veterans and families as they leave the Base Chapel. Chime and two others threw flower leis into Kaneohe Bay for three fallen Marines from Marine Fighter Attack Squadron 212, April 27.

from ANZAC, A-1

Australia honors yearly is something to remember," said Deniz. "We have a shared military heritage, and we want to honor their sacrifices."

The Marines marched with members of Darwin-based units of the Royal Australian Army, Navy, and Air Force, along with sailors from the US Navy destroyer USS Halsey.

"I think it is great that we took part in this parade," said Lance Cpl. Corey Sammons, "I am definitely excited to be out here in Australia marching alongside our Australian allies."

As the Australian and American service members marched through the streets, they were given a warm reception from the crowd.

"It was interesting coming out for the parade; there were a lot more people here than I expected," said Cpl. Derek Spaulding, a mortarman with Fox Co. "It is important that we join with this community in celebrating their heroes."

"Because of our close friendship with Australia, they're our heroes too," added Spaulding.

For details about ANZAC Day visit http://www.awm.gov.au.

from CROSS TRAINING, A-1

After practicing safety and procedure drills at the camp, convoys of service members traveled the various ranges to engage in joint,live-fire operations, combined-arms exercises, infantry armor integration training, patrolling and casualty evacuation training in a bilateral setting. Marines and sailors that spoke Tagalog, the prominent language in the area, helped translate for AFP personnel during the training.

"This training has been great for the [AFP]," said Lance Cpl. Johnriehle T. Cardenas, heavy equipment mechanic, 5th Platoon, CAB, who translated for his unit on the ranges. "I'm excited to get to use my language again, and all the Filipinos have been cooperative and excited to familiarize themselves with our weapon systems. This has given them a chance to experience something different and we've learned a lot from them, as well."

The camp and ranges were built from ground zero and the ranges were highlighted with new markers to distinguish them from gradual vegetation overgrowth for future operations. Marines arrived as part of an advanced party on March 31 to start setting up the camp for the arrival of the other units.

"Everybody is getting their training knocked out that they would in a contingency event," said CWO5 David V. Bednarcik, division gunner, 3rd Mar Div. "Being that this is an expeditionary exercise, Marines are practicing their [military occupational specialties] in depth all while fostering the interoperability we need to one day work side by side with the [AFP] in any situation."

Different events occurred each day to maximize the training potential between the nations. AFP service members remained enthusiastic to support and participate alongside Marine Corps units in Crow Valley.

"We're thankful for having the chance to participate in joint exercises," said Philippine Army 1st Lt. Ryan R. Hicban, platoon leader, 31st Mechanized Platoon, Light Armored Division. "We might not be a unit in the Marine Corps, but we feel welcome in their training and are very happy to be here."



Lance Cpl. Jacob D. Barber | Fox Company, 2nd Battalion, 3rd Marine Regiment

KANGAROO FLATS TRAINING AREA, Australia — Marines with Fox Company, 2nd Battalion, 3rd Marine Regiment, 3rd Marine Division, III Marine Expeditionary Force, patrol through thick grass at Kangaroo Flats Training Area, April 18. During a weeklong field exercise, the Marines trained at several different ranges where they executed combat marksmanship, foot patrols, and ambushes to accustom themselves to operating in the Australian outback. The Marines of Fox Co. are the first to deploy to Australia under a bilateral agreement to establish a rotational Marine presence in Darwin.

from OUTBACK, A-1

Lt. Gregory Jurschak, platoon commander for 1st Platoon, Fox Co.

"The purpose of the patrols our Marines were conducting at Kangaroo Flats was really to get back to the basics as far as patrolling is concerned," said Jurschak. "Most of my Marines have experience patrolling in Afghanistan and a combat environment, but the environment here in Australia, because it is so different, from a terrain and vegetation standpoint, is forcing us to get back to the basics."

The squads would also have to watch out for ambushes, react to them if seen, and fight their way through them, said Jurschak.

"Overall I would say this was just good training, period," said Lance Cpl. John Nakamura, a machine gunner with Fox Co. "We were able to do some cool stuff and learn about terrain none of us are really familiar with. I think all my Marines in my peer group learned something new."

The terrain at Kangaroo Flats, though rugged and unfamiliar to most of the Marines, provided many different possible training scenarios.

"The area had great training value to it," said Gunnery Sgt. Bradley T. Pesek, the platoon sergeant for Weapons Platoon, Fox Co. "It was very well rounded and had good vegetation, hills, and terrain for patrols and platoon movements.

"I think all the ranges provided great feedback and it really helped us to work on our marksmanship," said Pesek.

Australian pilots flew in support of the patrols, providing simulated close air support and aerial reconnaissance.

Pfc. John Sargent, a rifleman and team leader with 2nd Platoon, Fox Co., said the support of the pilots and helicopters added value to the training.

"It definitely made it more realistic," Sargent said. "We did land navigation through the jungle while also being scouted in the air by the helicopter."

"It was different than what we usually do and that was my favorite part," said Sargent.

Australian dining facility workers prepared hot breakfast and dinner for the Marines every morning and evening, which many of the Marines said they were thankful for, according to Pesek.

"The food was a major morale booster," Pesek said with a smile. "We had chefs preparing actual meals for us from scratch every morning and night."

"Being out in the field all day, the Marines are looking forward to that nice hot meal and that's what they gave us," said Pesek. "We were grateful for that and I think it motivated a lot of them to keep training hard."

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Sports & Health

Ohana Blues strikes out Sandbaggers, 13-7



Lance Cpl. James A. Sauter | Hawaii Marine

Wesley Anliker, CLB-3 Sandbaggers short stop, smacks a ball during an intramural softball game against Headquarters Battalion Ohana Blues at Annex Field, Monday. The Ohana Blues defeated the Sandbaggers 13-7.

Lance Cpl. James A. Sauter
Combat Correspondent

Headquarters Battalion Ohana Blues kept Combat Logistics Battalion 3 Sandbaggers at bay with a substantial victory, 13-7, during an intramural softball game at Annex Field, Monday.

The two teams hadn't faced each other yet during the season.

According to Robert Hosey, the Ohana Blues' coach and pitcher, what each team learns from the other during this game will affect their next encounter.

"For this game we switched players around to different positions to see what we can do and what we can't do," he said. "They seem to be an above average team so we'll see what happens."

Hosey's comment about the Sandbaggers being an above-average team didn't fit them during the top of the first inning when the Ohana Blues drove in an astounding nine runs.

During the Sandbaggers turn at bat, their players were only able to make a few runs but pop flies and force-outs made the inning come to a close.

"This game is really going good for us this early," said Arthur Cannon, a designated hitter for the Ohana Blues. "We're a really tight team and we're in tune with everyone's weaknesses, so when game time comes, we go out and just start making hits."

The second inning saw little game play because batters struck out or were forced out.

At the top of the third inning, the Ohana Blues had runners on first and second. Another hit was made to the right field that drove in two runs, bringing the score to 11-0.

The Ohana Blues made the Sandbaggers pay again in the top of the fourth inning with two more additional runs, raising their lead to 13-0.

According to the intramural softball league rules, if the Sandbaggers were unable to complete two runs in the bottom of the fourth inning, the game would automatically end.

"Come on, all we need is two runs to stay in this game," shouted Anthony Bondio, the Sandbaggers first baseman.

In a remarkable turn of events, the Sandbaggers scraped by the minimum two runs to stay in the game and again at the bottom of the fifth inning, scoring another two runs, making it 13-4.

The Ohana Blues quickly gave up their batting opportunities in the top of the sixth and allowed the Sandbaggers to bat again, scoring three runs, before the game ended 13-7.

"This was a good game but there are not too many teams except for MALS-24 that can really compete with us," Hosey said. "I'm imagining this team facing MALS-24 in the championship and claiming first place."

SAPR hosts self-defense classes at gym

Kristen Wong
Photojournalist

The Sexual Assault Prevention and Response Program rounded off the end of Sexual Assault Awareness Month by hosting two self-defense classes, April 27 and 28.

Approximately 30 service members and dependents learned various techniques in self-defense from Gunnery Sgt. Andrell Durden, currently the Taekwondo instructor at the Semper Fit Center. Durden also conducted demonstrations with several of his regular Taekwondo students.

In addition, Special Agent Philip Camero, from the Naval Criminal Investigative Service on base, gave students advice on how to stay safe and information about common perpetrator methods.

"Self-defense is a great way to gain confidence and skills to increase personal safety," said Brenda Huntsinger, manager, SAPR. "Being familiar with self-defense techniques is an opportunity to lower your risk of being physically or sexually assaulted."

Huntsinger said she has had requests for self-defense classes and made arrangements to host them in April. She said the program will consider hosting more based on the positive feedback from the recent classes.

Attendees included Lauren Harvey, an administrative specialist with Marine and Family Programs, who also brought her daughter. Harvey, of Kailua, said she wanted to take the class so she would be able to defend herself if need be. She also wanted her daughter to learn about self-defense, which may prove useful as she heads for college in the future.

"I thought that all of the lessons were very useful and engaging," Harvey said. "I found the lesson on how to use common items, such as car keys, as a weapon against an attacker the most interesting."

Harvey said the class learned techniques that individuals of all ages would be able to use, both to defend and escape.

"[Self-defense classes are] especially relevant to military families, because we often find ourselves playing an independent role away from familiar surroundings," Harvey said. "So, having some knowledge of self-defense gives you a sense of empowerment, knowing that you are prepared to handle any situation."

Gayle Lightner, an assistant for the Relocation Assistance Program at Marine and Family Programs, also attended the class and found Camero's presentation about how others who have survived attacks interesting.



Lance Cpl. James A. Sauter | Hawaii Marine

Taekwondo student Arianna Flores, demonstrates a palm strike on a rebreakable training board, with Gunnery Sgt. Andrell Durden, Taekwondo instructor, at the Semper Fit Center, April 27.

Through the classes, she learned that a person doesn't necessarily need to be stronger than her attacker, but rather, knowledgeable of weak spots.

"Military spouses in particular are sometimes alone and isolated while their [service member is] deployed and may be in more situations where their safety is compromised," Lightner said. "It is important to be able to empower them and let them feel more in control if something should occur."

Service members, like Staff Sgt. Jason Bailey, who serves as a uniformed victim advocate for Wounded Warrior Battalion West — Detachment Hawaii, also attended the class.

"On-base classes give great ways for service members, family members and base workers to increase their self-defense at a convenient location," Bailey said.

Bailey, a green belt in the Marine Corps Martial Arts Program, accompanied his wife to the class. In particular he liked the arm bar techniques Durden and his students taught.

"You were able to get a good feel of escaping an attacker mounted on top of you," Bailey said.

Bailey's wife took her first self-defense class at Semper Fit. She wanted to be able to protect not only herself but also her family and friends.

"I was able to learn to use every part of my body as a weapon, even the small parts like fingers to stop the attacker and to give myself a chance to escape unharmed," she said. "It would be great if there are more self-defense classes, especially to those who have not attended."

For details about sexual assault awareness in the military and Department of Defense, visit http://www.sapr.mil/index.php/saam/, or call SAPR at 257-7777.

Track? Will the real sports please stand up?

VS



MCCUTCHEON WARREN

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 e-mailing 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.

Gunnery Sgt. Larry McCutcheon versus Staff Sgt. James Warren

McCutcheon: I was a bit flustered the other day when I was told, track and field is not a "real sport." I felt as if my eyes had been taped open and filled with sand, while I stared at the instigator, allowing the disbelief from this comment to settle in. For all the true runners out there who would be more than willing to co-sign with me and say that track and field is a "real sport," we know that not only does it take determination and athleticism, but it takes pure heart! This is not something that can be mastered with one shot, but rather, with practice just as any other sport does. Running track separates the men from the boys, the women from the girls, and the adults from the children. Take it as you may, but this sport is for thoroughbreds only.

Warren: Track isn't a "real sport" because they run around in circles. There are no real skills or hand-eye coordination needed to participate. Even though it might be said that it requires endurance, speed and the know-how on the field, it isn't a valid argument. Track runners are handed a baton squarely in their hand (hopefully they don't drop it) and some people say that's a skill. Let me know when you have a house full of individuals sitting on their couch on a Monday night or a Sunday afternoon watching the "Wide World of Track and Field." That scenario will never happen because to a lot of people like me, track is not considered to be a real sport.

McCutcheon: Track would not be considered a "real sport" to someone who has never participated in it. Track is not a real sport? I scoff at the notion. Not only does it take physical endurance, but it takes coordination as well. Have you ever tried taking the baton from another runner going full speed while you go from zero to 100 percent? Running is considered to be an art that takes form and agility, and like a true artist; it takes admiration to appreciate it.

Warren: Oh, I participated in it and if I didn't, I wouldn't have room to talk. During the "real sports" off-season (e.g., basketball, football, ping-pong), some coaches make you do some kind of track and field. Nobody looks forward to having anything to do with track. Some reasons why real sport players don't look forward to staying in shape with track are: it's boring to a lot of people to push your body and feel like a hamster on the wheel, the excitement factor is missing, looking forward to participating in a meet isn't the same feeling as participating in a soccer tournament, a golf match or any other sporting event, there's a lack of notoriety in winning, it doesn't have that star athlete that everyone wants to know or be cool with — track and field lacks in these aspects. Also, you talk about it as an "art form." If you scribble on a canvas, throw some colors on it and a $20,000 price tag, it may make it look like art, but not to everybody.

McCutcheon: Your arguments speak volumes for the typically lazy "real sports" athlete frame of mind. It would be easy to make up all the reasons not to do it just like you mentioned, but the better term of use would be "excuses." Endurance is the key to any and all sports and without it, you would be deemed useless. Look at what the lockout did to the NBA or to the NFL. Players need conditioning to be competitive. Track has been labeled an individual sport at times, but it has also been viewed as the "you have it or you don't." Running is not a game, like most sports are. Therefore it is easy to see how the confusion can blind the outsider looking in on what a real sport is.

Warren: Well, the typical lazy "real sport" athlete is making a lot of money and you're contributing to it by buying their sneakers and athletic apparel. I can't remember the last time anybody said "I'm going to the mall and I'm going to buy somebody's particular shoe who runs track." The NBA and NFL lockouts meant that no organized team meetings or practice could be conducted, so you and your teammates' timing would be off. The outsider being blind? I believe that considering it a real sport is a little farfetched. If it's only good enough to hold your attention once every four years, at the Olympics, that doesn't speak highly of the event to me. The reason there is no track league or professional track is because it wouldn't be able to compete with real sports leagues.

McCutcheon: For the record, I did own a pair of the golden Nike track shoes that Michael Johnson endorsed in his record-setting year. And each year I ran I had the recently-released track attire. But you won't see or hear those conversations if you aren't surrounded by the people who indulge in the sport. Trust that the groups and conversations are out there. Just like any other media or news outlets, publicity will follow the majority and so will all other followers on the bandwagon. In track you only have one shot so you're always ready, whether it is one or four years from now. The difference between a gold medal and a bronze medal is two to three tenths of a millisecond; unlike "team sports" where the difference between winning and losing comes at the cost of a lazy "real sport" athlete who doesn't have the heart or endurance to close out the game.

Warren: I can't change your opinion, especially now that I know you have Michael Johnson shoes underneath. I can recite to you the last NFL, NBA, MLB and a few other sports' last champs of the decade, while for track I can't remember who won a medal yesterday. I'm sure a lot of people would be the same. "Real sports" take the heart to stay calm, cool and collected under pressure, to drive your team down the field for that last scoring drive or when you have five seconds on the clock to hit the shot before the buzzer. That's where heart comes into play; people look up to Jordan, Kobe, and heck, Tim Tebow, when the game is on the line to get the job done. Where is that in the track world — nonexistent.

SPOTLIGHT ON SPORTS

Sports and Health

High Intensity Tactical Training Center Hours

Work out with TRX trainers, kettlebells, tethered medicine balls and more at the High Intensity Tactical Training Center at Bldg. 1034.

Marine units or groups may use the center weekdays from 6 a.m. to 9 p.m. Anyone who wishes to use the facility must request the key from the Satellite Fitness Center at Bldg. 1033 next door. A noncomissioned officer must be responsible for returning the key and cleanup of the center after use. For details, call 254-7594.

Sail away at Base Marina

Learn the basics of sailing! Classes are offered in the morning and will be available in the evenings beginning in May. Each course consists of four one-day sessions held on Sundays from 9 a.m. to 3 p.m. Learn to sail on a Capri 16.5', Boston Whaler Harpoon 5.2' and American 18'. Call 254-7666.

Give up tobacco

The Health Promotions Office and the Navy Health Clinic Hawaii staff help smokers and dip users quit tobacco in this free four-session class. Learn how to cope with cravings.

Tobacco users can also get help obtaining nicotine medication. Class is held Tuesdays at Kaneohe Bay and Wednesdays at Makalapa. For details, call 254-7636.

Bowl in the East West Travel League

Sign up for this new league including adult and junior bowlers! Play here at K-Bay Lanes and at Barber's Point Thursdays at 6:30 p.m. The league is pay as you play. For more information, call K-Bay Lanes at 254-7693.

Semper Fit Juniors Program

The Semper Fit Juniors Program will be held every second Thursday of each month. The program is open to 14- and 15-year-olds who, upon the completion of a Fitness Basics Class, will be issued an individualized pass to use the center without an adult present. For more information about the Semper Fit Juniors Program or when the next class will be, call the Semper Fit Center at 254-7597. Information is also available on http://www.mccshawaii.com.

Sprint Triathlon

The Sprint Triathlon is scheduled for May 13 at 6:30 a.m. Start your morning with a brisk 500 meter swim in beautiful Kaneohe Bay, followed by a fast paced 11.1 mile bike ride around MCB Hawaii K-Bay, finishing with a scenic 5K that ends on the Bravo Taxi Way at Hangar 101. This race is open to the general public. Online registration will close on May 9 at 4 p.m. HST.

Packet pick-up will be held on May 10 at the front gate from 10 a.m. to 5 p.m., and May 11 at the Semper Fit Center on MCB Hawaii Kaneohe Bay from 9 a.m. to 4 p.m. If you are not able to pick your packet up prior to the race you may get it on race morning beginning at 5:30 a.m.

MCBH Runway Run 5K

Come support VP-47 on July 4 at 6:30 a.m. for the Runway Run 5K. Enjoy a rare opportunity to run on runway on the Marine Corps Air Station at Kaneohe Bay, with beautiful scenery of the Ko'olau Mountains. This event is open to the general public. Packet pick up will be July 3 from 9 a.m. to 4 p.m. at the Semper Fit Center. If you can't make it, you can still pick them up on the morning of the race. Online registration closes on July 2 at 4 p.m. Once it closes you may still register at the Semper Fit Center and the morning of the race.

Camp Smith 5K Grueler

Come join us for a run at Camp Smith on July 28, at 6:30 a.m. This run will incorporate a partial trail run. Packet Pickup will be July 26 from 9 a.m. to 4 p.m. at the Semper Fit Center, and July 27 from 9 a.m. to 4 p.m. at the fitness center on Camp Smith. If you cannot make those days you can pick up your packets the morning of the race.

Online registration will close July 25 at 4 p.m. After this day and time you can still register at the Semper Fit Center and at the site the morning of the race.

2012 INTRAMURAL SPORTS CALENDAR

May 21 Soccer league starts (Pop Warner Field)
May 19 Men's/Women's volleyball starts (SFC)
June 11 Men's/Women's 2nd bowling session starts
July 18 Men's basketball starts at SFC 2nd session
Aug. 1 Tackle football practice starts
Sept. 4 Tackle football season starts (Pop Warner Field)
Sept. 17 Intramural softball tournament (Annex Field)
Oct. 22 Intramural softball tournament (Annex Field)
Nov. 19 Intramural softball tournament (Annex Field)

For more information about intramural sports on base, call 254-7591.

Celebrating patriots, pets at Hawaiian Humane Society



Noelle Mark-Shaughnessy | Courtesy photo

Army Sgt. Megan Bates, assigned to the Schofield Barracks Veterinary Treatment Facility, is greeted by Shamrock Donnelly a therapy Boxer with Tripler Army Medical Center's Human-Animal Bond program, Saturday. Bates and Shamrock were at Paws and Patriots, an event honoring the military at the Hawaiian Humane Society. Sponsored by the Society and Hawaii Military Pets, this celebration and educational event featured information on low-cost spay/neuter services, Lost and Found, Hawaii animal law, military housing pet policies, micro-chipping, boarding facilities, Army veterinary care and other pet resources.

Get fit at the library

Christine Cabalo
Photojournalist

Exercise the mind and muscles with help from the Marine Corps Community Services Library Program and online courses offered by UniversalClass.

Marine Corps library users at Kaneohe Bay and around the world can now take free online classes in fitness and more than 40 other subjects. After registering for UniversalClass at the Base Library, civilian and military patrons can take as many as five classes at a time.



Christine Cabalo | Hawaii Marine

Marine Corps library users at Kaneohe Bay and around the world can learn about fitness and dozens of other subjects for free online through UniversalClass.

"There are a lot of quirky, interesting subjects in addition to traditional ones like math or GED Training," said Lisa Recklies, library technician, Base Library. "The courses are so varied, it's up to the user to choose what they want to get out of it. The best part is that the government is able to provide it free."

Recklies has taken the online courses for academic subjects such as genealogy, but she said anyone who wants to learn new subjects could benefit. Among the fitness offerings include learning physical activities like yoga and weight training. The online classes also feature health courses about nutrition and weight loss management.

The free tool could help junior Marines who might not know the basics of sports health, said Staff Sgt. Juan Avalos, staff noncommissioned officer in charge of Martial Arts Instructor Course, School of Infantry West, Hawaii Detachment. Although Avalos hasn't completed any of the classes, he said the free online courses about nutrition could feature new information to beginning fitness enthusiasts. In his course, Avalos said the Marines conducting intensive physical training must ensure they have balanced meals.

"They'll notice that if they continue to eat things they shouldn't eat, their bodies will tell them," he said. "We do stress here at the school the importance of having good nutrition."

The online courses are similar to other free resources already available to Marines through Marine.net and the Marine Corps Institute. However, the UniversalClass courses are offered to immediate family members of service members who have library privileges.

"If anything, it can help give Marines or spouses a base to build on," said Staff Sgt. Nathan Aja, chief instructor of Marine Corps Martial Arts Program.

Those interested in the UniversalClass courses can check in with library staff to receive a registration key. Library users then can sign up for their own account. The online courses can be accessed from any computer or personal electronic device with Internet access.

Each course is divided up into several lesson plans, which can include video tutorials and suggested books for further study. A live instructor leads each class and can be emailed for additional questions, unlike other training tools.

"It is different from NMCI classes," Avalos said. "In those classes you don't get to talk to the instructor or other people taking the class at the same time online."

Users will have six months to complete all the lessons, but can complete their course objectives at their own pace and can re-enroll if needed. After completing the course, users can print out a free certificate of completion.

For Recklies, who has finished three courses, having free access to the online learning service was eye opening.

"It's easy to use," she said. "You can have as much or as little communication with the rest of the class as you like, and it can be done on your own time."

For more information about UniversalClass, visit the Base Library located on the second floor of Bldg. 219 or call 254-7624.

Build up for pull-ups

Combat engineers Cpl. Jordan Dellicker *[left]* and Lance Cpl. Jackson Phelps from Combat Logistics Battalion 3, install 10 new pull-up bars along 3rd Street at Marine Corps Base Hawaii, Monday. The new bars were constructed by the Navy Seabees and were raised near the starting point of Physical Fitness Test site.



Christine Cabalo | Hawaii Marine

III MEF Marines run cross-country in Australia



Lance Cpl. Jacob D. Barber | Fox Company, 2nd Battalion, 3rd Marine Regiment

DARWIN, NORTHERN TERRITORY, Australia - Marines with Fox Company, 2nd Battalion, 3rd Marine Regiment, 3rd Marine Division, III Marine Expeditionary Force, run through the Australian countryside as part of the five-kilometer portion of the Darwin Runners and Walkers Inc. Cross-Country Championship near Robertson Barracks April 12. Approximately 150 Marines and 100 members of the local community participated in the event. The Marines of Company F are the first to deploy to Australia under a bilateral agreement to establish a rotational Marine presence in Darwin.

MCAS HOSTS SAAM FIELD MEET

On April 26, from 10 a.m. to 2 p.m., Marine Corps Air Station Kaneohe Bay hosted a field meet at Riseley Field followed by a barbeque. More than 40 service members attended a field meeting, playing games such as kickball, volleyball and tug of war. The field meet was held in support of Sexual Assault Awareness Month, which is during the month of April. "The goal is to raise the awareness about sexual violence and to educate the personnel of MCAS on how to prevent sexual violence," said Petty Officer 1st Class Jason Resendez, air traffic controller, MCAS.

Petty Officer 1st Class Jason Resendez | Courtesy photo



Environmental Corner:
Is that the smell of nature?



Courtesy photo

Phew! What is that smell?! It's not every day but every so often while driving on or off MCB Hawaii Kaneohe Bay you'll get a whiff of a powerfully odorous stench. What is that stinky smell and where is it coming from? Is it us? Nope.

In a report from a Honolulu Advertiser news article dated May 30, 2009, it's the Kailua Wastewater Treatment Plant on Kaneohe Bay Drive in Aikahi, a small neighborhood just outside our gates. For several years Aikahi residents have asked the city to fix this stinky problem. The city has spent millions of dollars in attempts to stop the odor but complaints still come in.

The smell is primarily caused by the release of hydrogen sulfide and volatile acids. But relief is in sight. On August 26, 2010, the City and County of Honolulu announced that work is beginning on odor control improvements at the Kailua Regional Wastewater Treatment Plant.

"This important project is part of our continuing effort to upgrade our island's wastewater infrastructure," (Acting Mayor) Kirk Caldwell said. "It will help eliminate the hauna smell that changing wind conditions sometimes blow toward nearby homes."

Sources http://www.staradvertiser.com, http://www.hawaiinewsnow.com, http://www1.honolulu.gov/menu/



Energy Corner
Be water-wise outside

As you know, water here in Hawaii is a precious resource and is quiet expensive. Due to our hot climate, up to 75 percent of a home's total use during the growing season is for outdoor purposes.

To help us conserve water, do your best to detect and repair the leaks in your irrigation systems. Water the lawn or garden during the coolest part of the day (early morning is best). Keep in mind that the commanding officer's energy/water policy statements says not to irrigate between the hours of 8 a.m. to 6 p.m. Do not water on windy days.

Irrigation is permitted only for plantings, use care to minimize overspray and avoid watering pavements. Limit opening of the valve to only enough flow to soak into the ground and avoid wind-blown overspray and surface runoff. Hoses must have a nozzle with shut-off valve, or a sprinkler attached. Do not leave sprinklers unattended. Do not use hot water for hosing – down decks, walls, or ramps. Unnecessary use of hot water wastes electricity, oil, and/or gas as well as fresh water. Set sprinklers to water the lawn or garden only – not the street or sidewalk. Raise your lawnmower cutting height – longer grass blades help shade each other, reduce evaporation, and inhibit weed growth. Sweep with brooms to clean work area decks, driveways, sidewalks, patios, and steps rather than hosing them off. Wash the car with water from a bucket/pail, or use a commercial car wash that recycles water. You can also go green and use waterless carwashes. When using a hose, control the flow with an automatic shut-off nozzle.

Following these water conservation tips will help save money that we can use on other vital funding, like training for our Marines and sailors.

For addition information, see the following sources: MCB Hawaii CO's Energy and Water Conservation Policy Statement, Board of Water Supply (http://www.hbws.org), Environmental Protection Agency (http://www.epa.gov/watersense/pubs/res.html).

MOKAPU

PCNC coffee hour
May 9

The Parent Community Networking Center at Mokapu Elementary School is scheduled to hold a coffee hour on May 9 in P-6 from 8 to 9 a.m.

Please bring a breakfast treat to share as you meet with other Mokapu Elementary School supporters.

Papa John's pizza night

Support Mokapu by ordering pizza! Place your order for May 17, and submit the total price sticker from the side of the box to the front office or to P-6. Papa John's donates a portion of the sales directly back to Mokapu. This is a great way for our community to help our school.

PTA general meeting
May 10

Join the PTA for our last general meeting of the 2011/2012 school year on May 10.

We will be holding elections for next year's board positions, and we will be having an amazing drawing!

Everyone who has submitted their PTA membership form and paid their dues for next school year before or during our May meeting will be entered into a drawing to receive an Isle Discount card! This card offers discounts and freebies at hundreds of merchants throughout the islands and is an excellent money saver for families. Check out Mokapu PTA on Facebook.

BASE AND COMMUNITY EVENTS

ASBP Tripler Blood Donor Center drive

There will be a blood drive for the Armed Services Blood Program Tripler Army Medical Center Blood Donor Center, Monday, from 9 a.m. to 1 p.m. at the Base Chapel. For more information, call 433-6148. Also, visit http://www.militaryblood.dod.mil/hawaii.

Cruising down the river concert

On Friday, June 1 at 7 p.m., Artistic Director Susan McCreary Duprey and the Windward Choral Society present "Cruising down the river," the fourth annual Spring Concert at the Base Chapel.

Several members of the Windward Choral Society and the Big Island's Kona Music Society will be "cruising down the river" this summer with concert performances in several historic churches along the Danube River.

Our spring concert will include "river" songs from the British Isles, the Republic of Cameroon, Hawaii, Israel, the Ukraine, and the USA. The concert will end with a rousing choral, organ, and brass rendition of Gustav Holst's Jupiter Theme from "The Planets."

This concert is free and open to all who have MCBH access. Special guests include the Windward Children's Chorus, and members of the U.S. Marine Corps Forces, Pacific Band. Contact 261-9879 for more information.

CYTP Summer Day Camp registration opens

Summer Day Camp is for CYTP member children, K-12 years of age. Children will be provided care between May 29 to July 27 from 6 a.m. to 6 p.m.

Campers will participate in arts and crafts, sports, field trips, music, and other fun activities. Space is limited, so register early! Parents can register for the entire nine-week summer session or for one week or multiple week segments.

Registration started on Tuesday for single and dual active duty households. Registration for working spouse/full-time student households will be on Monday, and Wednesday for all other households.

Register at the CYTP Resource and Referral Office located in Bldg 5082. A non-refundable deposit is required per weekly session to secure your place in camp (does not apply to current SAC families).

Call the Resource and Referral Office at 257-7240 with questions.

Hawaii Marine
Lifestyles

May 4, 2012
Volume 43, Number 18
www.mcbh.usmc.mil

Marines, sailors enjoy leisure time shooting targets

Story and photos by
Lance Cpl. James A. Sauter
Combat Correspondent

For five Marines and sailors, the opportunity to shoot a variety of weapons ranging from .22-caliber Rueger rifles to Smith and Wesson .44 Magnums was more than an excuse to venture to the Waikiki Gun Club during a trip organized by the Single Marine and Sailor Program, April 27.

Established in 1988 across the street from the Hard Rock Cafe, the gun club has provided a fun and safe environment for people to enjoy shooting firearms in an indoor range facility. Visitors have the opportunity to shoot well-known firearms such as the AK-47, AR-15, Thompson submachine gun, Uzi 9mm, Glock .45 ACP and the .50-caliber Desert Eagle hand gun.

"I was at the gym and I saw the poster for the event hanging up on the events board," said Pfc. Mike Lam, a 1st Battalion, 12th Marine Regiment fire direction controller. "The initial price of the package of weapons we shot was a little expensive but with the 20 percent discount, it was more affordable."

After receiving eye and ear protection and reading the range's safety rules, the Marines and sailors walked to their assigned firing booths where they first shot 20 rounds from a .22 Rueger rifle. When a shooter depleted the ammunition, they would call the range safety instructor over for either a reload or a switch to a different weapon.



Marines and sailors chat and joke during their visit to the Waikiki Gun Club during a Single Marine and Sailor Program event, April 27.

"Out of that whole experience, my favorite weapon to shoot was the .44 Magnum," Lam said. "I never shot [one] before and I was excited to feel the power and kick it gives."

After the shooters finished, they were allowed to keep their targets. Everyone compared their targets to see who shot the best. For Seaman Alex Moreno, a Marine Aircraft Group 24 hospital corpsman, the best part of coming to the range was not cleaning the weapons or picking up brass cases after everyone finished shooting.

"Coming here was a great opportunity to meet other people and just enjoy the camaraderie of casually shooting weapons and get bragging rights," Moreno said. "The shooting went by quickly but I never shot anything bigger than 5.56 mm. Shooting the [Magnum] was the most intense experience out of any of the firearms that we used, and I will definitely be coming back here in the future."



Marines and sailors watch Seaman Alex Moreno shoot a Smith and Wesson .44 Magnum during a Single Marine and Sailor Program event at the Waikiki Gun Club, April 27. Established in 1988 across the street from the Hard Rock Cafe, the gun club has provided a fun and safe environment for people to enjoy shooting firearms in an indoor range facility. Visitors have the opportunity to shoot well-known firearms such as the AK-47 rifle, AR-15 rifle, Thompson submachine gun, 9mm Uzi, Glock .45 ACP and the .50-caliber Desert Eagle hand gun.

PASS IN REVIEW

Your weekly guide to the best aspects of entertainment

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

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

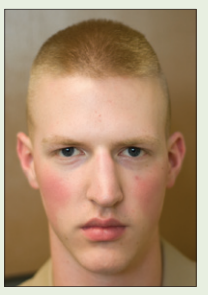
2/4 — High And To The Right
Mediocrity at its best. Lacks a few things that might have made it really good. A decent time waster, partake only if you have nothing better to do.

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

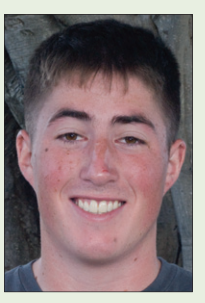
4/4 — Confirmed Kill
Genius. In the top 10 percent of its genre. This is the stuff legends are made of. Missing out on it would be a disservice to yourself.

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

Better Know A Critic


SAUTER

Lance 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.


CALLAHAN

Lance Cpl. Matthew A. Callahan likes amazing movies. He believes that a good movie doesn't always have to get the highest rated reviews or do the best at the box office. It's all about context. If there's an action movie that claims it's all about action, then he watches it just for the action. It's as simple as that.

Nothing is going to sink this 'Battleship'

Lance Cpl. James A. Sauter
Combat Correspondent

I'm not one to agree that Hollywood always paints the military in a positive light since their focus seems to be about traumatized, battle-hardened war veterans in movies such as "Platoon" and "The Deer Hunter." However, within the past few months, filmmakers have given service members well-deserved attention and credit with the February release "Act of Valor," starring active duty Navy SEALs. Now continuing the salute to troops, Universal Studios, and all its movie making might, rolled out the red carpet to feature the pride of the Navy on the silver screen — "Battleship."



I'll admit that I was pretty stoked about seeing this film after seeing all of the previews with warships fighting an unstoppable onslaught of superior extraterrestrial beings. I was even more stoked after standing in line for three hours in the sun in a service uniform to barely make the 400-ticket limit before witnessing guest appearances of the cast, including Rihanna, Taylor Kitsch ("John Carter") and Alexander Skarsgard, who played Sgt. Brad Colbert in HBO series "Generation Kill."

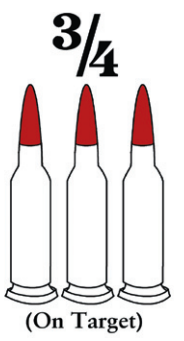
I'm not going to give away much of the plot because anyone can understand the movie by watching a trailer. Aliens come to earth and they try to use our satellites to send a signal to their home planet in order to bring about an invasion of Earth and the only people who can stop them is the U.S. Navy.

Critics have already blasted the film for using a classic board game as a basis for a Naval warfare film mixed with, what at first appears to be a knock off, Decepticons from the "Transformers" trilogy. Just to say, "Transformers" and "Battleship" are both owned by Hasbro — so no wonder the two franchises seemingly crossed paths. But honestly, no one who sees this film is going to care. This movie is filled with a lot of cool ideas that obviously can't be real, so why are there so many people complaining that this film is not realistic?

I'm pretty sure aliens are not real or at least ones who want to kill us and take over our planet. Basically, this movie is all about seeing a special cameo of a particular vessel and watching it rip apart alien ships.

But like a lot of action films, it's not without a few flaws. The acting and character development fall short because of the filmmakers' focus was on awesome action violence to carry the movie. Liam Neeson, who plays a minor role despite being a 4-star admiral, should have been making more major decisions in fighting the invaders to propel the story or maybe just more dialogue so the audience can listen to his grizzled voice. A few plot holes pop up here and there that could have been easily fixed. What stood out to me the most were a few discrepancies with the visual portrayal of Marines at Marine Corps Air Station, Kaneohe Bay, which had a very unfortunate and wicked encounter with an alien drone weapon.

Overall, "Battleship" is a must see summer blockbuster. Be sure to spend a good wad of cash on popcorn and soda to gain a salt, sugar and caffeine high to compliment the adrenaline rush of an alien beat down.



'Take Shelter' blankets in a storm of thrills

Lance Cpl. Matthew A. Callahan
Special to the Hawaii Marine

I regularly find myself searching for films that effortlessly displace my grip on reality and completely suck me into their fiction. Having spent more than a long time looking for a new one, I stumbled upon a thriller I doubt I will ever forget. "Take Shelter," from start to finish, rocked my beliefs on good filmmaking and left me breathless in its wake.

Curtis (Michael Shannon) is a midwestern family man wrought with horrifying end of days dreams and hallucinations that spur him to question his sanity and his family's safety as an ever-looming sense of dread begins to grip him.

Bent on the idea that a massive, destructive storm is on the horizon, Curtis begins to repair a shelter in the back of his home. Costing him his job, the medical help for his deaf daughter, Hannah (Tova Stewart) and shaking the relationship with his wife Samantha (Jessica Chastain), Curtis simultaneously pursues a possible medical explanation for his nightmares.

Perfectly paced and character driven, "Take Shelter" forced me to connect with the cast on an intimate level, sky rocketing the chill factor every time Curtis experienced one of his terrifying dreams or otherworldly hallucinations throughout the movie.



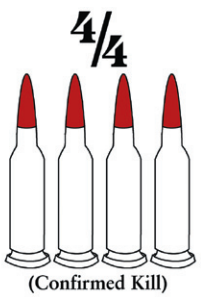
Several times I caught myself holding my breath as his world fell apart around him in his dreams, and through the crippling disconnect he experienced with his friends and family in his waking life.

Since his mother was diagnosed with schizophrenia, there is no telling throughout the entire film whether Curtis is experiencing an intuitive glimpse into the future or merely suffering the same fate his mother did years earlier when he was a little boy. As the plot progresses, Curtis becomes more and more estranged and obsessed with his visions. This is the main selling point of "Take Shelter." The film spared no expense in enveloping me in a veil of mystery I struggled with throughout. The suspense, even in the most odd and serene moments in the movie, drove my heart rate up and kept me captivated.

With his friends left in bafflement, and his wife desperately trying not to lose him, Curtis goes through a roller coaster ride of doubt and fear, with a few ridiculously emotional climaxes that still left me scratching my head all up until the very end.

"Take Shelter" isn't for the fast paced, action-oriented moviegoers. It's not studded with stars.

If you're willing, tighten your seatbelt and hang on, because "Take Shelter" will hurl you through one of the most unique thrill rides. I can safely say I've never experienced anything else like it.



Movie Times

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.*



"John Carter"	PG13	Today | 7:15 p.m.
"A Thousand Words"	PG13	Today | 9:45 p.m.
"The Vow"	PG13	Saturday | 7:15 p.m.
"21 Jump Street"	R	Saturday | 9:45 p.m.
"John Carter"	PG13	Sunday | 2 p.m.
"Silent House"	R	Sunday | 6:30 p.m.
"21 Jump Street"	R	Wednesday | 6:30 p.m.

Marines awarded for service during colors ceremony



Photos by Lance Cpl. James A. Sauter | Hawaii Marine



[Above] Marines salute "Old Glory" as it's raised at the base flagpole across from Dewey Square during a colors ceremony, April 27. The practice of morning and evening colors originated from British naval tradition of raising and lowering a ship's ensign at 8 a.m. and at sunset. The practice was adopted by the U.S. Navy and codified in the 1843 Rules and Regulations for the government of the Navy. The practice is presently described in Article 1206 of Navy Regulations.

[Left] Col. Brian P. Annicharico, commanding officer, Marine Corps Base Hawaii, bestows three awards during the ceremony. Capt. Nicholas M. Merlino and Gunnery Sgt. Larry McCutcheon were awarded the Navy and Marine Corps Commendation Medal for meritorious services and Staff Sgt. Jason W. Gates was awarded his second Navy and Marine Corps Achievement Medal for superior performance of duties.

Navy-Marine Corps Relief Society extends drive

The Navy-Marine Corps Relief Society aboard Marine Corps Base Hawaii has pushed the deadline for its annual drive to Monday.

More than $111,000 has been collected so far, though it's less than last year's total.

"By contributing to the Navy-Marine Corps Relief Society, they are truly taking care of their own," said Marty-Ann Grant, the director of the Marine Corps Base Hawaii branch of the NMCRS. "We want to be [the Marines' and sailors'] first resource when it comes to financial assistance."

The drive is different than past years in that Marines are able to donate at the Marine Online website. Although this may seem more convenient, Warrant Officer Ioannis Vrachnos, the active duty fund drive base coordinator, said this is also one of the drive's biggest challenges.

"It's easier to say 'no' when you're clicking on a box [online]," Vrachnos said.

He said even if people clicked on "no," they still have an opportunity to donate to the society. Each unit should have a representative who is collecting donations. Even deployed units can still donate, but need to contact their NMCRS fund drive coordinator for an extension. All funds support services for Marines, sailors and their families.

Vrachnos said he has seen the society in action various times, including a Marine who was able to get an interest-free loan from the society when he needed to return home for a loved-one's passing.

"I do believe in what the Navy Marine Corps Relief Society does," Vrachnos said. "I've seen it affect a lot of Marines."

The society has locations worldwide, and offers interest-free loans, budgeting workshops and more. For details, visit http://www.nmcrs.org or call 257-1972.