

Hawaii Marine

REMINDER: Basewide power outage - Saturday from 6:30 a.m. to 7 p.m.

MCB Hawaii uniform, civilian attire regulations revised

Base Inspector's Office
Marine Corps Base Hawaii

Individual appearance should be a matter of personal pride for all personnel aboard Marine Corps Base Hawaii.

Whether an individual is a service member, dependent, civilian employee, retiree or guest, presenting a neat, conservative appearance is part of being a member of the MCB Hawaii community. Members of the MCB Hawaii community are held to a higher standard than the general off-base population and are representative of themselves, their sponsors, their service and the United States of America.

On numerous occasions, dependents and guests have argued that Marine Corps regulations do not apply to civilians. However, United States federal regulations grant the commanding officer authority

to enact regulations applicable to all personnel aboard the installation — regardless of their status (active duty or reserve military members, dependents, retirees, civilians, etc.).

The Uniform and Civilian Attire Regulations apply to all public areas aboard MCB Hawaii. A public area is defined as any place visible to the general public; including but not limited to all government buildings, medical and dental clinics, Marine Corps Community Services' facilities, child development centers, Marine Corps Exchange facilities, commissary, community centers, neighborhood playgrounds, roads, recreation areas, stores, parks, restaurants, and housing areas and yards visible from public thoroughfares. This order does not apply to private areas such as inside an assigned housing unit.

No order or policy could possibly address all acceptable or unacceptable civilian clothing. Wearing

civilian attire that presents a conservative, clean, inoffensive and neat appearance is the standard for all personnel on MCB Hawaii.

Every person aboard this installation is a member of the MCB Hawaii community. These regulations are put in place in order to make MCB Hawaii an enjoyable place to live and work for all members of the community. Please dress appropriately and enjoy being part of the community.

If you have questions, contact the Base Inspector's Office at KBAZ_HQBN_INSP@usmc.mil.

Semper Fidelis.
Lt. Col. D. H. Bohn
Base Inspector
Marine Corps Base Hawaii

See more about the regulations on A-2

Green takes SMMC post

Cpl. Cuong Le
Defense Media Activity

The 17th sergeant major of the Marine Corps Micheal P. Barrett relinquished his post to Sgt. Maj. Ronald L. Green, Feb. 20, at the Marine Corps War Memorial in Arlington, Va.

The passage of the sword of office symbolizes the responsibility of taking care of the Marines and sailors. This duty now lies in the hands of Green.

The post of sergeant major of the Marine Corps was established in 1957 and fills the function of advising the commandant about enlisted matters. The post was the first of its kind in all four branches of the United States armed forces. In 1970, a new rank insignia was created specifically for the post. The Eagle, Globe and Anchor flanked by two five-point stars is worn, as opposed to a single five-point stars worn by other Marine Corps sergeants major.

"As we say goodbye to the 17th sergeant major of the Marine Corps, we are fortunate to have another Marine step up as our 18th sergeant major of the Marine Corps," said Gen. Joseph F. Dunford, the commandant of the Marine Corps. "Sgt. Maj. Ronald Green has established himself as a superb Marine leader over the course of 31 years."

Barrett has fulfilled the duties of the post since 2011. During his term he provided guidance on enlisted matters such as: training, education, compensation, quality

See SMMC, A-7



Sgt. Maj. Micheal P. Barrett congratulates Sgt. Maj. Ronald L. Green in becoming the 18th sergeant major of the Marine Corps at the Marine Corps War Memorial in Arlington, Va., Feb. 20. The post of sergeant major of the Marine Corps was established in 1957 as the senior enlisted advisor to the commandant of the Marine Corps, the first such post in any of the branches of the United States armed forces.

2014 Marines, sailors of year honored

Kristen Wong
Hawaii Marine

Two Marine Corps Base Hawaii Marines and three sailors were honored for their performance aboard the base in 2014.

Sgt. Brittany N. Kroha is the 2014 Non-commissioned Officer of the Year and Cpl. Destry C. Walrath is the Marine of the Year. Petty Officer 1st Class Raymond Grindle is the 2014 Sailor of the Year and Petty Officer 2nd Class Nikolas Jaggan is the 2014 Junior Sailor of the Year. Seaman Johntha Minor, a boatswain's mate with Waterfront Operations, is the 2014 Blue Jacket of the Year.

"I didn't expect to get it," said Minor, a native of Winston-Salem, N.C. "It's a pretty tough competition. (There are) people more deserving than me. I'm honored to (have been) nominated for it."

Headquarters Battalion and Marine Corps Air Station Kaneohe Bay leaders submit nominations for NCO of the Quarter, Marine of the Quarter and Sailor of the Quarter four quarters of the year. Those who are chosen for the quarter are eligible for the year's title.

Kroha, a military financial technician and pay noncommissioned officer at the Finance Office, was also chosen as the 2014 Marine Corps Installations Pacific Marine of the Year. She and Walrath, travel noncommissioned officer at



Sgt. Brittany N. Kroha, military financial technician and pay noncommissioned officer at the Finance Office, speaks in front of the Kaneohe Business Group at the Pohai Nani Retirement Community club room, Wednesday.

the Finance Office, spoke at a Kaneohe Business Group luncheon in the Pohai Nani Retirement Community club room, Wednesday.

"I was very surprised (and) honored

a uniform inspection and question and answer board, according to Kroha. Sailors also had to stand before a board, and were tested on Naval history, according to Minor.

Kroha said one of the most challenging aspects of the competition was the question and answer board.

"You never know what they're going to throw at you so they always keep you on your toes," Kroha said.

Kroha, of Ironton, Ohio, enlisted in the Corps Aug. 24, 2009. She received orders to MCB Hawaii last January. She said the Marine Corps has helped her grow mentally and physically, as well as challenge her academically. She encourages junior Marines to keep pushing on, even if they fail.

"Never give up," Kroha said. "You're going to fall on your face so many times, you just have to know you can get back up and you can try again because you're only going to do better."

Kroha said she was grateful for her mother, whom she considers her best friend, and her husband, for providing support. She also recognized Master Sgt. Daniel Locke, from her previous duty station at Marine Corps Base Camp Lejeune, N.C., who never gave up on her, as well as Gunnery Sgt. Robyn Brown whom she had known since she was a junior Marine.

See NCO, A-7



Back to basics
HQB defeats CLB-3 52-50, CLB-3 refocuses on fundamentals,
B-1



Buzzed?
Be warned about the dangers of caffeine powder,
B-3



WORDS FROM THE BASE INSPECTOR

Specifics of the revised civilian attire regulations

- Shoes shall be worn in all retail, commissary and eatery establishments aboard Marine Corps Base Hawaii. Sandals and slippers (without a heel strap) are authorized shoes while on leave or liberty. Shower shoes are not authorized footwear for wear in retail, commissary, dining or recreation activities.
- Service members will be clean-shaven in accordance with Marine Corps regulations. This applies to all personnel serving in other branches of service while visiting MCB Hawaii. All personnel shall present an acceptable and conservative appearance by grooming their hair, moustaches and beards as applicable.
- Headgear such as “doo rags,” bandannas, skullcaps and nylon stockings are considered inappropriate for service members at any time in public and are prohibited. All headgear is to be worn in a manner it was designed, e.g., ball caps will be worn with the bill to the front only. All headgear shall be removed while indoors any building on MCB Hawaii, regardless of type of building or activity, i.e., office spaces, retail/eatery establishments, fitness centers, commissary, exchange, Marine mart, etc. Exceptions may be made for work, hygiene or safety requirements and medical conditions.
- Physical training gear is any clothing designed for the primary purpose of physical training and is not appropriate civilian attire when not engaged in physical training. Sweatpants/shorts, warm-up pants/shorts, yoga pants, bicycling or compression shorts, basketball shorts, board shorts and swimwear are considered PT gear and are not authorized attire at any exchange complex, commissary, clubs, golf course or eating establishments aboard MCB Hawaii. The exception exists when making a short stop at MCB Hawaii child development centers for pick up or drop off children; clean, conservative fitness attire is authorized for wear. PT gear is authorized in fitness centers and while exercising on MCB Hawaii. PT gear must be conservative, clean and present neat appearance. Sleeveless shirts (tank tops and muscle shirts) are permitted as PT gear and while at base marina, pools and beach recreation areas. Shirts designed for wear as undergarments, regardless of color, are not authorized as outer garments at any time.
- Tank tops/muscle shirts/athletic tops are not authorized as appropriate civilian attire for males, except when worn as PT gear. Due to the climatic conditions, societal norms and local customs, halter-tops, camisole tops, tank tops and strapless dresses are permitted for females, providing they are of proper fit to maintain modesty and the midriff area (front and back) is not exposed.
- Clean and serviceable trousers, shorts and skirts are required. These items will be of length and fit to maintain proper modesty. Soiled, frayed or torn pants and cut-off shorts are not appropriate and are prohibited. Revealing clothing (i.e. clothing that exposes midriff, the buttocks, any portion of under garments) or items designed to be worn as under garments (and worn exposed) are not authorized. Bicycle or compression pants/shorts, yoga pants, leotards, boy shorts and other garments which do not maintain appropriate modesty are prohibited.
- Swimwear is appropriate while participating or traveling to and from beach, pool and aquatic activities only, and not authorized for wear as civilian attire anywhere aboard the installation. This is a significant change from the previous version of this order. Swimwear and beach attire is not authorized for wear during stops at the Marine Mart, Marine Corps Exchange or base commissary.
- Any clothing, which has been altered, cut or otherwise worn in a manner presenting a sexually provocative appearance, is not authorized. Any garment inscribed, printed or bearing patches with slogans, words, pictures, symbols or print, which may be interpreted to be profane, offensive, supremacist, racist, sexually suggestive, obscene or supportive of, or oriented towards the glamorization of alcohol or any illegal activity, derogatory towards any ethnicity, religious group, military service, the flag or symbol of any nation is prohibited. Clothing designed as sleepwear, housecoat or bathrobe is not appropriate attire in public areas.

This week in Corps history

Feb. 28, 1991: Operation Desert Storm ended when the cease- fire declared by President George Bush went into effect. I Marine Expeditionary Force has a strength of more than 92,000 making Operation Desert Storm the largest Marine Corps operation in history. A total of 24 Marines were killed in action during the Gulf War.

- U.S. Marine Corps History Division

Hawaii Marine

www.mcbhawaii.marines.mil
www.hawaiimarine.com

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MARINE CORPS BASE HAWAII EVENTS

Future Events

The first 10-kilometer race of the Commanding Officer's Fitness Series, The Beast 10k, is scheduled for March 21 at 7 a.m.

Open to everyone, The Beast 10k goes from Dewey Square, up and down Radar Road, and along the Nu'upia Ponds trail.

Entry is open to individual runners and 10-person formations, both military and civilian. Formations can include military units, high school teams, or friends who want to compete together. All formations must consist of 10 runners who must begin and finish together.

All entries include a race T-shirt if registered before March 13. Registration is \$30 for individuals and \$140 for 10-person formations. Late fees will be charged for entries received after March 13 at a cost of \$10 for individuals and \$40 for formations. Register online at www.mccshawaii.com/races. Online registration closes at 4:00 p.m. on March 17. A free, one-mile family fun run will be held following the race at no charge. T-shirts are not provided for the fun run.

Race packets for civilians will be available for early pick-up at the H-3 main gate March 19 from noon to 5 p.m. Service members can pick up race packets at the Semper Fit Center, March 20 from 10 a.m. to 4 p.m. Packets may also be picked up the morning of the race beginning at 5:30 a.m. at Dewey Square. For more information, call 254-7590.

Register now for the Commander's Cup, scheduled April 3 from noon to 5 p.m. at the Kaneohe Klipper Golf Course. All ranks are welcome to play in this four-man scramble tournament. Registration prices are \$50 for E-1 to E-5, \$55 for E-6 to O-3, \$60 for O-4 and above as well as Department of Defense civilians. Civilian guests, who must participate with an authorized patron, pay \$69. There will be prizes. Team registrations will be accepted at the Klipper Pro Shop until close of business, April 1. If you have any questions, call the Pro Shop at 254-1745.

SATURDAY

A power outage is scheduled Saturday from 6:30 a.m. to 7 p.m. for the entire base. Facilities Department, Marine Corps Base Hawaii Kaneohe Bay, along with the Resident In Charge of Construction, are in the process of upgrading the main electrical power service to the base. This extremely important work is required in order to adequately support both existing and new facilities on base by installing additional electrical service cables into the base power grid. Additionally, major work will be accomplished across the base to support myriad projects and contracts involving maintenance, repair and surveys. For more information, call the MCB Hawaii Operations Center at 330-9636/257-8457.

TUESDAY

The Anger Management class is scheduled Tuesday from 7 to 9 p.m. in building 244. This is a one session class providing education on the dynamic of anger. The class offers a variety of acceptable coping strategies to handle angry feelings and behaviors. Anger Management is open to active duty and family members. For

more information, call Marine Corps Family Team Building at 257-2650.

The Defense Language Proficiency Test is scheduled for 9 a.m. in classroom A of building 220. Marines qualified to receive foreign language proficiency pay are required to test annually.

The Lower Range Constructed Response DLPT5 in Dari is currently available. Six hours of testing required; must register in advance. The test is open to all active duty personnel. For more information, call Maria Fullenwider at 257-2158.

WEDNESDAY

The Personal Financial Management Program is offering a free Car Buying Strategies class Wednesday from 11:30 a.m. to 12:45 p.m. in classroom G of the Education Center, building 220.

Feel like a winner after the purchase of your next car by developing the knowledge and skills that will empower you to research the purchase, ask the right questions during the sale, and practice negotiation techniques to get a great deal. Register online at www.mccshawaii.com/pfmpworkshops or call the PFMP office at 257-1232 for more information.

Baby Boot Camp is scheduled for Wednesday from 8:30 a.m. to 4 p.m. in room 63 of building 216. This class prepares expectant parents for labor and delivery, newborn care, postpartum changes, and breastfeeding basics.

This class is open to all active duty and eligible dependents. Reservations are required. For more information, call the New Parent Support Program at 257-8803.

THURSDAY

The Personal Financial Management Program is offering an E Komo Mai “Welcome to Hawaii” Personal Finance Workshop Thursday from 2:30 to 4:30 p.m. in classroom E of the Education Center, building 220. Let the PFMP help you get on the right financial path during your time on island. Topics include establishing financial goals, setting up an emergency fund, and how to use COLA wisely. All ranks and spouses are welcome. Please bring a copy of your LES. Register at www.mccshawaii.com/pfmpworkshops or call the PFMP office at 257-1232.

The Exceptional Family Member Program is offering a “What’s the Big I.D.E.A.?” class Thursday from 9 to 10 a.m. and 10:30 to 11:30 a.m. in room 1 of building 219. This workshop is a two-part special education overview for parents. Please call to register for a seat. For more information, call EFMP at 257-0290.

The next New Arrivals Orientation is scheduled Thursday from 7:30 to 11:30 a.m. in the Kahuna's Community Ballroom. The orientation provides important information about MCB Hawaii policies, services and programs. Service members and family are welcome to wear appropriate civilian attire. No reservations are necessary. For more information, call the Family Member Employment Assistance Program & Relocation Services at 257-8354.

AROUND THE CORPS

Marine Quick Reaction Force combats enemy threats

Lance Cpl. Jenna Loofe
I Marine Expeditionary Force

MARINE CORPS BASE CAMP PENDLETON, Calif. — Marines with 1st Law Enforcement Battalion, employed a Quick Reaction Force to combat imminent “enemy threats” during I Marine Expeditionary Force Exercise 2015, aboard Marine Corps Base Camp Pendleton, Calif., Sunday.

I MEF conducted a large-scale exercise to evaluate its training and readiness to deploy in support of combatant command operations. It is designed to allow I MEF command element staff and Marine Headquarters Group to rehearse and execute their responsibilities as the I MEF main command post.

The culminating event captured all of the training the Marines received throughout the last two weeks in support of MEFEX-15, including machine gun drills, vehicle formations, tactical site exploitation, gathering of evidence and QRF rundown drills.

“What we just did was a QRF to go snatch up a known high-value individual, and try to stop them from hitting us with indirect fire here on the forward operating base,” said 1st Lt. Jacob Rittenhouse, platoon commander, Charlie Company, 1st Law Enforcement Battalion, I Marine Headquarters Group.

The Marines knew someone or something was influencing the local nationals, and over a half-hour period, the Marines observed activity in the target area, said Rittenhouse. There were multiple armed military-aged individuals with a mortar tube who began laying sand bags down. As soon as the Marines confirmed the FOB activated the QRF, the QRF went out to capture the individual responsible for bringing all of those people together as well as that mortar tube, he added.

“An infantry platoon was conducting a raid as a QRF for the FOB that we are on right now, and in that infantry



Lance Cpl. Jenna Loofe | I Marine Expeditionary Force

The QRF security element posts up four-corner security around an objective site during a Quick Reaction Force drill, as part of Marine Expeditionary Force Exercise 2015 aboard Camp Pendleton, Calif., Sunday.

platoon, we had a Law Enforcement Detachment, from the LEB attached to the infantry platoon,” said Rittenhouse. “The infantry platoon includes dog handlers, military working dogs and criminal investigation agents who carry out investigations and recover forensic evidence, as well as some of our Special Reaction Team members which are the military version of SWAT. All of those enablers come together to form an LED, and then we attach to an infantry platoon and support them in their operations.”

The security element posted up four corner security around the objective site once the house was identified and the

security element maintained defense, allowing the assault group to approach the house, make entry, clear it and take care of any remaining enemy.

“Once the team made entry into the house, they found an individual lying inside the door,” said Gunnery Sgt. Brian Spiehs, company gunnery sergeant, Charlie Co., 1st LEB, I MHG. “As they made it around to the back of the house, they had a bodyguard and a HVI, who is the planner of this exercise we are conducting up here.”

During the mission, the MEF was about to take some indirect fire that, had this been a real scenario, could have caused some fatalities that would

have disrupted some communication, said Rittenhouse. MEF is helping coordinate across the Marine Corps during invasion-style scenarios, so had they lost communication that would have thrown a wrench in the plans for moving in the right direction.

“The Marines have been planning, rehearsing and practicing the scenario over the last two weeks to get in the mindset. It was good practice for the Marines and they learned a lot from it,” said Spiehs. “They were able to evacuate the casualties and the HVI while they continued doing the tactical site exploitation at the end. I think it worked out very well.”

Sentry Savannah 2015 takes off

Pfc. Jonah Lovy
Marine Corps Air Station Beaufort

MARINE CORPS AIR STATION BEAUFORT, S.C. — The skies above Savannah, Ga., scream and roar with the sound of aircraft as Marines, airmen and guardsmen participate in the Sentry Savannah 2015 exercise hosted by the Savannah Combat Readiness Training Center, Feb. 9 through 21.

Marine Corps Air Station Beaufort’s Marine All-Weather Fighter Attack Squadron 224, also known as the Fighting Bengals, are participating in the annual event, designed to give pilots valuable experience flying alongside a large number of aircraft.

A total force of 1,400 air warfighters are training off the coast of Savannah and performing bombing runs at the Townsend Bombing Range throughout the exercise.

The Bengals participated in an exercise with more than 30

Air Force aircraft. The training mission had an offensive and a defensive team. The goal was to not let the offensive team reach the defended area.

“We were the only Marines there and we rarely get to integrate with (the Air Force),” said Capt. Nathaniel Griggs, a pilot with Marine Aviation Training Support Squadron. “They all wanted to know how we do things and we wanted to know how they do things.”

Joint exercises are valuable training experiences. Pilots can see how other branches operate and showcase their own skills and strategies.

“The integration was pretty exciting,” Griggs said.

Exercises like Sentry Savannah prepare pilots to work with other branches in a time of war.

The skies above Savannah, Ga., scream and roar with the sound of aircraft as Marines, airmen and guardsmen participate in the Sentry Savannah 2015 exercise hosted by the Savannah Combat Readiness Training Center, Feb. 9 through 21.



Pfc. Jonah Lovy | Marine Corps Air Station Beaufort



Photo courtesy of Jessica Burns

DEFY CLASS CLEANS UP

Drug Education for Youth Program students Izaiah Mejia and Caleb Wood pause for a moment during a beach clean-up Saturday aboard Marine Corps Base Hawaii. Students and mentors from the DEFY Program did a beach clean-up for their service project at the beach near the Mokapu Gate of Marine Corps Base Hawaii. Lance Bookless, the senior natural resources manager at the Environmental Compliance and Protection Department escorted the group to a protected beach area where he discussed the history of the area, native plants and the effects of what trash does to wildlife. The group then walked along the beach and collected trash. One of the DEFY mentors also recently taught the students about community service, its importance, benefits and opportunities in the local community.

‘KINGS OF BATTLE’ RETIRE UNIT’S FIRST FEMALE MARINE



Photo courtesy of Sheldon Comer

Staff Sgt. Rosemarie Cruz prepares to speak during her retirement ceremony at the Pacific War Memorial, Feb. 11, but is interrupted by her child. Cruz, the outgoing deputy family readiness officer for 1st Battalion, 12th Marine Regiment, is the first female staff noncommissioned officer to retire from the artillery unit. She was the first female member assigned to the unit, working as the battalion’s data chief in June 2012. She also began serving as the deputy FRO for the battalion in February 2014.

MCCS HOSTS FINANCE, EDUCATION EXPO



Photo courtesy of Thaiha Vo-Le

Service members chat with Cheryl Chiu, an education and career specialist with the Education Center, during the Personal Finance and Education Expo at Tiki Island, Tuesday. The expo was open to all service members, Department of Defense employees, veterans and military families. Exhibitors included colleges, base financial, resource activities, state government agencies and nonprofit organizations. Part of the expo promoted Military Saves Week, which runs from the Feb. 23 through 28. Service members are encouraged to take the Military Saves Pledge at militarysaves.org.



ENVIRONMENTAL CORNER



Endangered ‘Hawaiian Coot’ on Mokapu Peninsula

Did you know there are five endangered birds protected by Marine Corps Base Hawaii on the Mokapu Peninsula? This week we’ll discover one of them; the Hawaiian coot, also known as the `ālae ke`ōke`ō (in Hawaiian).

The Kaneohe Klipper Golf Course ponds on the peninsula are prime locations to find the `ālae ke`ōke`ō. This large 15-inch waterbird is fiercely territorial and capable of adapting to various wetland habitats like drainage ditches and golf club ponds.

This waterbird is a dark gray color with a white bill



Courtesy photo from U.S. Fish and Wildlife Service

and a large patch on the top of its head. The patch is usually white and varies from bluish white to yellow to dark blood red. Male

and female coots look alike with white undertail feathers seen while swimming or during their courtship displays. They’re usually silent

but have been heard uttering chicken-like “keck-keck” and “keek” notes. It is currently listed as an endangered species and its population ranges from 2,000 to 4,000 individuals. Most live on Oahu, Kauai and Maui.

MCB Hawaii protects these and other wildlife and their habitat by removing invasive weeds in the ponds. Every other month volunteers work alongside natural resources managers to improve wildlife habitats during Weed Warrior service projects.

Contact Environmental Compliance and Protection Department natural resources managers at 257-7000 or 216-7135 for more information to get involved.

Base tax center open

The base tax center is open until April 20 in building 455, located on Lawrence Road across from the Base Housing Office and next to the Veterinary Treatment Facility.

The tax center hours of operation are Monday through Friday from 9 a.m. to 4 p.m. (The tax center will remain open during meal times).

The mission of the tax center is to offer free federal and state tax filing services for active duty, reservists, retirees and dependents.

Please bring your military ID card, Social Security card (including dependents), W-2 and other tax documents, birth certificate (for dependents) and a copy of the tax returns from the previous year (if an itemized deduction was taken). Please call 257-1564 if there are any questions or concerns.

NOTE: All tax preparers are certified by the IRS.

For more information, call Capt. Adam Lindberg, the officer in charge of the base tax center, at 257-1251.

MCB Hawaii hosts annual whale counters

Kristen Wong
Hawaii Marine

Volunteers will be conducting the second of three whale-counting sessions for the seasonal Sanctuary Ocean Count project this Saturday.

The project, coordinated through NOAA’s Hawaiian Islands Humpback Whale National Marine Sanctuary, monitors the endangered humpback whale, which migrates to Hawaii between approximately December and May.

There are nearly 63 designated sites across three islands, 20 of which are on Oahu. Two are aboard Marine Corps Base Hawaii: Atop the Coast Guard-owned tower at Pyramid Rock Beach and at Mokapu Point near Kaneohe Bay Range Training Facility, both restricted areas.

Volunteers conducted their first whale count, Jan. 31. According to their preliminary findings, posted on the sanctuary’s website, volunteers recorded 20 adult whales from the Pyramid Rock site, while volunteers at the Mokapu Point site recorded 25 adult whales and four calves.

According to Jordan Ching, who was last year’s Sanctuary Ocean Count project manager of National Oceanic and Atmospheric Administration Hawaiian Islands Humpback Whale National Marine Sanctuary, the counts occur during the last Saturday in January, February and March, which NOAA considers the season’s peak.

Ching explained that two volunteers share one record sheet, monitoring and tallying how many whales they see and how many times they perform certain behaviors, such as pectoral fin slaps. Because



Courtesy photo | NOAA Fisheries

The Sanctuary Ocean Count Project, coordinated through NOAA’s Hawaiian Islands Humpback Whale National Marine Sanctuary, monitors the endangered humpback whale, which migrates to Hawaii between approximately December and May.

the whales are a far distance away, Ching said volunteers should do their best to avoid counting the same whale twice.

Volunteers of all ages are welcome to participate, and they don’t have to be Hawaii residents. Interested parties can register as a volunteer or a site leader. Site leaders, however, must stay at one site for all three

counting sessions while volunteers can count at three different sites. The website reported an average of 2,000 volunteers annually.

“The Ocean Count is important because it supplements the scientific information gathered by researchers and provides information on how whales use our waters. It also raises public awareness about whales and the sanctuary,” said Nicholas Joly, the current project manager of the sanctuary.

Humpback whales have been listed as an endangered species since 1973 under the Endangered Species Act, according to the NOAA website. In 1992, Congress established the sanctuary, which supports humpback whales through various programs, lectures, workshops and publications. The first Sanctuary Ocean Count project was conducted in 1996.

All whale count volunteers at MCB Hawaii must attend a brief at Fort Hase Beach with a Base Safety Directorate representative and Jason Fisher, a wildlife technician with the Environmental Compliance and Protection Department. All volunteers must arrive at 7 a.m. for the brief.

Joly recommended that all volunteers arrive at each site at 7 a.m. so their site leader can conduct a briefing. Though supplies for the count are provided, Joly recommended volunteers bring sunscreen, plenty of water, a chair, umbrella, hat and binoculars if they own a pair.

This year’s final count will be March 28 from 8 a.m. to noon. To volunteer aboard MCB Hawaii specifically, email oceancount@noaa.gov. To volunteer, register at www.sanctuaryoceancount.org. For more information, visit hawaiihumpbackwhale.noaa.gov.

PMO Corner

PMO corner is a recurring series provided by the Provost Marshal's Office, providing crime prevention and safety information to Marine Corps Base Hawaii.

Lost and Found

Here is a list of the items currently stored in our Lost and Found storage:

- two bikes
- two scooters
- driver's license
- medic bag
- one Navy Federal Credit Union card
- USAA credit card
- Social Security card
- Chevrolet car key
- meal card
- sport watch
- sunglasses
- wallet

Lost and Found is located at PMO in the Physical Security section of building 1095.

A person claiming ownership of items is required to provide a detailed description and proof of ownership of the article prior to release. Call Jessica Burns at 257-8312, for more information.

PMO contacts

To report suspicious activity/behavior or for non-emergency calls, contact the desk sergeant:
257-1018/2123 (building 1096)

Check in/out, fingerprinting or weapon registration:
257-6994 (building 1095)

Pet registration, fishing regulations or lost/ found animals, contact the PMO game warden:
257-1821 (building 3099)

Vehicle decals, base passes and vehicle registration:
257-2047/0183 (building 1637/1095 for MCB Hawaii)
477-8734/8735 (building 601 for Camp H.M. Smith)

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>

In an emergency, call 911

Topic of the Week: Firearms registration

In compliance with Hawaii State law, all firearms must be registered in person, within 72 hours of their arrival on island, at the Honolulu Police Department, 801 S. Beretania St. in Honolulu. Ensure you bring the signed bill of lading, listing each firearm, unloaded, safe locked, preferably in a hard case. Base residents must also register firearms with the Provost Marshal’s Office Service Center, building 1095. Bachelor Enlisted Quarters residents must store weapons in their unit armory. Other weapons requiring registration: Underwater spear guns, air pistols and rifles, air-compressed gas pistols and rifles that fire a pellet, BB, or dart and crossbows and bolts. For more information, contact PMO at 257-0183.

Crime Prevention Tip: Preventing bicycle theft

Keep bicycles locked any time they are unattended with a good “U” type lock. Be sure the “U” lock or cable goes through the front wheel or rear wheel and the frame, and secure it to a fixed object. A good second choice would be a case-hardened padlock and cable. You can also use an engraver to place an identifying mark on unpainted major bicycle components. Make sure you retain all evidence of purchase, including the serial number. It is also important to be able to identify the bicycle, not only by its color, but also by its features. Lastly, register the bicycle in the Department of Public Safety and Police or County Police registration program.

SMMC, from A-1

of life, bachelor enlisted quarters, on-base housing and family support programs. He oversaw all these efforts while the Corps finished its operations in Iraq and Afghanistan and began restructuring to meet the needs of the United States of America.

“The Corps is in great hands and will continue to be in great hands because there is no shortage of young people to put on the cloth of this nation,” Barrett said. “I am leaving with a happy heart.”

Green takes his post during a time of transition. A Corps poised to answer the crises of tomorrow. Whatever or wherever it may be.

“We are committed to our nation, to our Corps and to our families,” Green said. “That is what today is all about. It’s about reaffirming our commitment.”

Commandant of the Marine Corps Gen. Joseph F. Dunford, Jr. (left), passes the sword of office to Sgt. Maj. Ronald L. Green during the relief and appointment ceremony at the Marine Corps War Memorial, Arlington, Va., Feb. 20. Dunford relieved Sgt. Maj. Micheal P. Barrett and appointed Green as the 18th sergeant major of the Marine Corps.



Sgt. Gabriela Garcia | Headquarters Marine Corps

NCO, from A-1

Walrath said being chosen Marine of the Year was an honor. “It was humbling, but it’s also a shock.”

A native of Clinton, Mo., Walrath enlisted in the Corps March 19, 2012, and arrived at MCB Hawaii in December of that same year. He said he plans to re-enlist and eventually retire from the Corps.

For any junior Marines seeking advice from the Marine of the Year, Walrath recommends ultimately deciding whether or not the Corps is the right lifestyle.

“Choose if (you) want to be a Marine or choose if (you) want to be something other than a Marine,” Walrath said. “To be a Marine, you need to act a certain way on and off duty.”

Walrath said the Corps has improved his public speaking and confidence.

“I’d like to thank Sgt. Kroha,” he said. “She actually was my NCO (when I first) won, so she helped develop me the first seven months she was here. (I want to thank) my wife for providing great support, and really everyone in my command because they (are) all supportive and they do everything they can to make sure we succeed.”



SAILOR OF THE YEAR
PETTY OFFICER 1ST CLASS
RAYMOND GRINDLE



JUNIOR SAILOR OF THE YEAR
PETTY OFFICER 2ND CLASS
NIKOLAS JAGGAN



BLUE JACKET OF THE YEAR
SEAMAN
JOHNTHA MINOR

Photos courtesy of Marine Corps Base Hawaii Combat Camera

Sports & Lifestyle

HQBN pulls off narrow victory defeating CLB-3 TSC, 52-50

Lance Cpl. Harley Thomas
Marine Corps Base Hawaii

Marines and sailors from Headquarters Battalion scored their second intramural basketball victory, 52-50, from Combat Logistics Battalion 3's Transport Service Company, at the Semper Fit Center gym, Tuesday.

"It was a hard, well-fought game," said Headquarters Bn. player Giovanni Dominguez. "They played to win and did a good job of keeping us on our toes. Luckily for us, we stayed strong in our defense and didn't buckle under pressure."

Dominguez said the team was able to get the ball where they wanted because they had worked as a team for the whole game.

"We stuck together the entire time, whether we were on offense or defense," Dominguez said. "Teamwork really is the key to winning any game, and I think we have finally figured that out. It's all about our chemistry — it's not a one-man show out there, it's a team sport."

Dominguez said that while they may not be professional athletes, he and his team members should all continue to aim high and keep up the good work.

"While we're on the court, typically, we don't run many plays, we just play with each other — that way, we grow to know each other's strengths and weaknesses, and see how we work," Dominguez said.

Like Dominguez, CLB-3 TSC coach James Didomenico shared the same sentiment about teamwork, which made this game one of the team's best, despite their loss.

"Even though we're playing with about half our usual team, we certainly came together more than we have in any of our previous games," Didomenico said. "We need to focus on getting back into the game after we take a shot."

He said the players shouldn't get down on themselves for missing a shot, but just take it and continue on with the game.

"The players might not get the rebound so they stay down and don't get back on the defense — they just need to keep their heads up and keep playing," Didomenico said. "This is our first season together, so of course there is room to grow and improve. We've got a small team, so we can always use improvement on our defense. Boxing out will be key for us, and if we don't - when playing against these teams with a higher number of players - we are going to lose a lot of games. It all starts with the fundamentals."

Didomenico said basketball is all about the fundamentals and, if people don't really know those, they can't play effectively.

"Athleticism can only take you so far, so, in the end, you have to rely on the fundamentals and each other," he said. "It's important to know everyone out on the floor — it's cliché, but there is that saying, 'There is no 'i' in team.'"

Daniel Arivett, the CLB-3 TSC assistant coach, said one of the team's biggest difficulties is not having the luxury of playing together year-round.

"A couple of us, including myself, are going to be leaving soon, so that is definitely going to impact the team," Arivett said. "Both coaches are being taken off the court, and we have to find people who can run the team while keeping up with practices and fundamentals. Someone is going to have to fill in our shoes while we're gone."

Didomenico said Tuesday's game was a good one and TSC looks forward to playing with Headquarters again, but it isn't necessarily all about winning.

"We just want (the team) to put out 100 percent," Didomenico said. "What we're hoping to get out of this first season together is to form more camaraderie and mesh together as a team. That way we will be a serious threat next season. We want to play to win, but we've got to remember to have fun doing it, that's the most important thing. Even if we lose, I want us to be able to say we played well as a team."



Photos by Lance Cpl. Harley Thomas | Marine Corps Base Hawaii

A Headquarters Battalion team player takes a shot during a basketball game Tuesday at the Semper Fit Center gym aboard Marine Corps Base Hawaii. After a close match, Headquarters Battalion came out in the lead with an overall score of 52-50.

"It was a hard, well-fought game. They played to win and did a good job of keeping us on our toes. Luckily for us, we stayed strong in our defense and didn't buckle under pressure."

- Giovanni Dominguez



Players with Headquarters Battalion and Transportation Service Company, Combat Logistics Battalion 3 struggle for control of the ball during a basketball game Tuesday at the Semper Fit Center gym aboard Marine Corps Base Hawaii.



Terrance Tyson, Headquarters Battalion center, (left) braces for the initial toss of the ball during a basketball game Tuesday at the Semper Fit Center gym. His team won against Transportation Service Company, Combat Logistics Battalion 3. The CLB-3 TSC team is scheduled to play 1st Battalion, 12th Marine Regiment at 6:30 p.m., Monday at the gym.

PASS

IN

REVIEW

Your weekly guide to the best aspects of entertainment

Welcome to the Pass In Review, your No. 1 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. 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

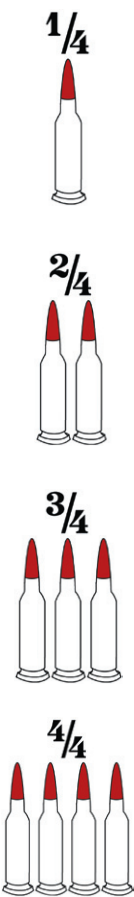
Horrendous. Among the worst of the worst in its genre. Dedicating time to this is not only wasteful, but unforgivable. Avoid at all costs.
- 2/4 — High And To The Right

Mediocrity at its best. Lacks a few things that might have made it really good. A decent time waster, partake only if there’s 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

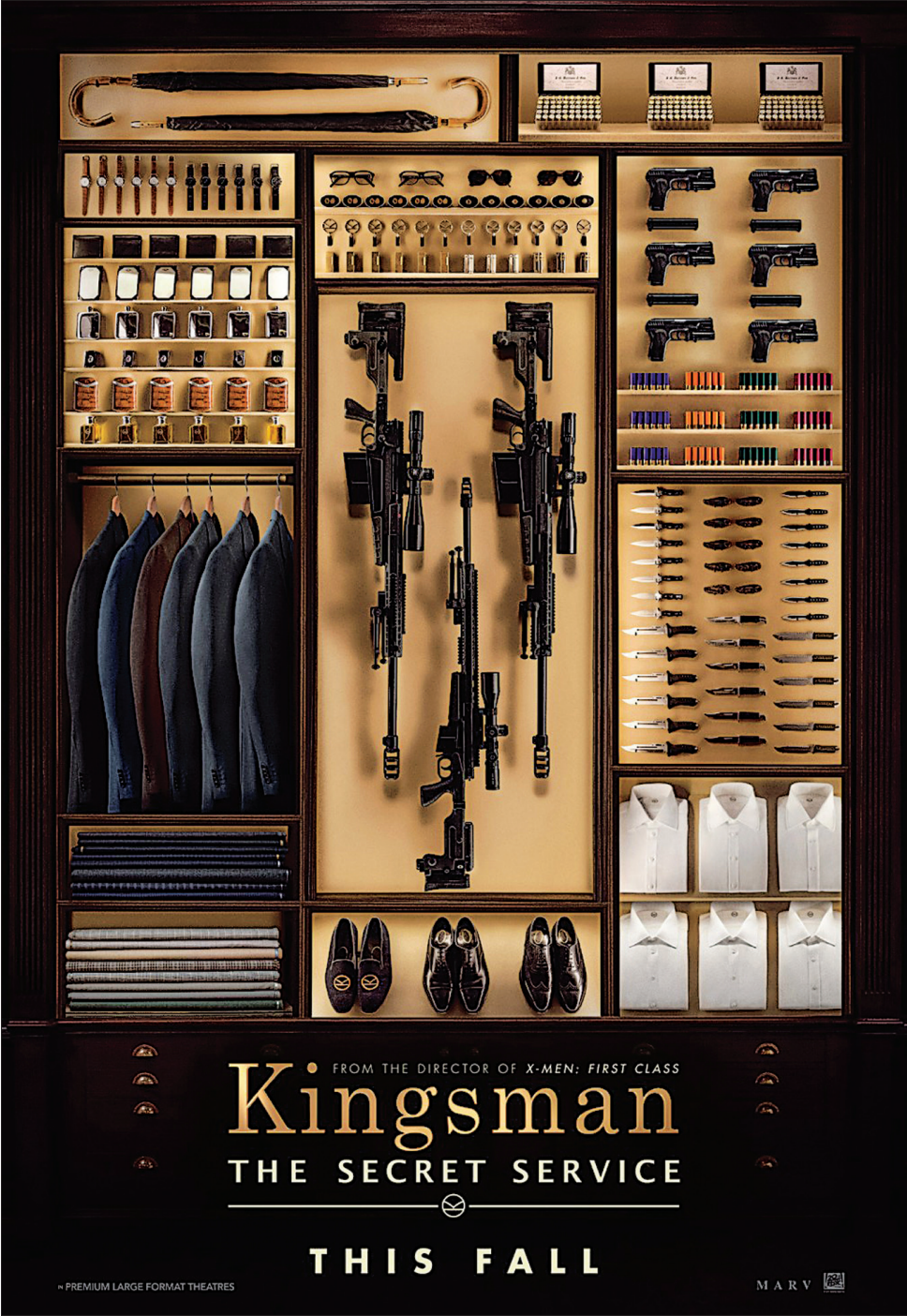
Lance Cpl. Brittney Vella describes herself as a self-diagnosed narcoleptic film watcher. She spends copius amounts of money on movie tickets, just to fall asleep minutes after the movie starts. It’s hard for her to appreciate movies because she rarely gets through the whole film.

THIS WEEK’S RATING:

4/4

(Confirmed Kill)

‘Kingsman’ thrills, completes mission



Lance Cpl. Brittney Vella
Marine Corps Base Hawaii

The recently released Michael Vaughn movie “Kingsman: The Secret Service,” loosely based on the 2012 comic book series, has all the right moves. Vaughn, who has directed movies such as “Stardust,” “Kick-Ass” and “X-Men: First Class” created a James Bond-like spoof that brings back the British spy genre with an added twist.

Eggsy Unwin (Taron Egerton), is a city boy and the movie’s main character. He grew up without his father, a Kingsman secret service agent, who died saving another Kingsman, Harry Hart (Colin Firth). Harry promised he would always give back to their family — since he blamed himself for his death.

In the present time, a Kingsman is killed in action and a spot opens up for a replacement. Each Kingsman is required to send up a prospect and immediately, Eggsy comes to mind. While chatting over some drinks at a local bar, Harry and Eggsy get into a tussle with some local rabble-rousers who have it out for Eggsy. Things escalate quickly; within minutes Harry has knocked out the not-so-tough six-man posse who started the fight. Without wrinkling his suit, Harry still looks dapper as ever, like a Kingsman should.

Eggsy is in complete shock. Harry prepares to wipe out Eggsy’s memory but the boy promises not to tell anyone. I guess you can say this is a James Bond-meets-“Men in Black” action-comedy spoof ... a lot, I know.

Eggsy goes home and is instantly threatened and pummeled by his abusive stepfather. He demands to know who caused the ruckus at the bar. Before things get ugly, Harry and

his super-secret spy gadgets save Eggsy. As directed by Harry, Eggsy goes to a tailor shop and starts his adventure to a perilous boot camp to determine if he would be worthy enough to earn the title of “Kingsman.”

Valentine (Samuel L. Jackson), the villain of the movie, has a diabolical plan using free SIM cards for cellphones and Internet access. Although he appears to be a philanthropist, audiences should not be fooled. The heart of Valentine’s plan is bloody. This movie was much more violent than I expected, although I was warned.

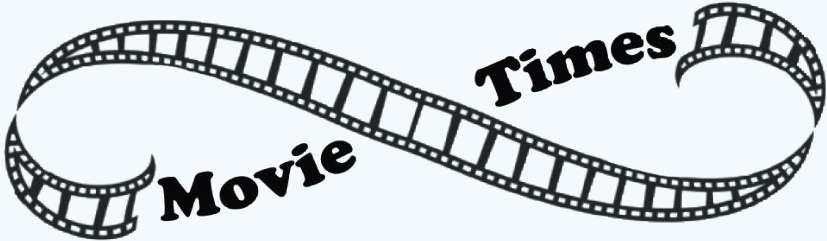
Prior to seeing the movie I heard on the radio how violent the movie was. Now I understand why.

“Kingsman” can be considered an action movie as well as a comedy. Throughout the movie I felt so many different emotions — happiness, sadness and fear. But, of course, there was also tons of laughter. This is the only movie I know that’s simultaneously extremely violent and hilarious.

Vaughn did a smashing job with this one. The main and supporting roles were all well chosen, especially Egerton, who has only been professionally acting for about three years. The stunt doubles were extremely convincing and made everything seem realistic. If it wasn’t action packed it was hysterical or emotional and constantly kept me guessing.

I highly suggest this movie to anyone who is into action or comedy. The 129-minute movie made more than \$36.2 million opening weekend falling in a not-so-close second place to “Fifty Shades of Grey.”

With the amount of confirmed kills during “Kingsman,” I might as well give it one more.



“Project Almanac” PG-13	Today 6:30 p.m.
“Selma” PG-13	Today 9:15 p.m.
No movie showings due to scheduled power outage	Saturday 6:30 p.m.
No movie showings due to scheduled power outage	Saturday 9:15 p.m.
“Paddington” PG	Sunday 2 p.m.
“Black or White” PG-13	Sunday 6:30 p.m.
“The Boy Next Door” R (Final Showing)	Wednesday 6:30 p.m.

Prices: All shows are \$5 for adults and \$3.25 for children. All 3-D shows are \$8 for adults and \$6 for children. For ticket pricing, the base theater box office defines an adult as a patron 12 years and older and defines a child as a patron from 6 to 11 years old. 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.

Deadly doses: Corps warns against powdered caffeine

Christine Cabalo
Hawaii Marine

Pure powdered caffeine supplements are packing more than just an energy boost.

Warnings about taking pure powdered caffeine supplements were issued by the U.S. Food and Drug Administration and recently described in Marine Administration Message 47/15.

Two deaths across the country in 2014 have been attributed to a pure powdered caffeine overdose, prompting recent warnings. A teaspoon of pure caffeine in powdered form has the same amount as 25 cups of coffee, according to an online safety alert posted by the FDA.

“Caffeine in the appropriate amounts can be useful for mental alertness or physical performance,” said Army Capt. William Konkright, chief of the nutrition outpatient clinic at Tripler Army Medical Center. “But there are mental and physical side effects from too much of it.”

The MARADMIN message warns several of these supplements are labeled as an energy source rather than a stimulant in a powder form. The FDA’s recent alert also reminds consumers a single teaspoon or less could be lethal. Common kitchen measuring tools aren’t adequate to measure out safe amounts, which is variable depending on body weight.

“Moderate daily (caffeine) consumption of 400 milligrams has been deemed safe for healthy adults and non-pregnant or non-lactating women,” Konkright said. “Caffeine in moderate doses up to 200 milligrams has improved cognitive performance in rested, sleep-deprived and fatigued individuals. Doses from two to six milligrams per kilogram of body weight are associated with improved



Christine Cabalo | Hawaii Marine

The U.S. Food and Drug Administration recently issued an alert warning about the dangers of powdered caffeine supplements sold online and through supplement retailers. The pure form of caffeine has caused two deaths across the country in 2014, prompting the FDA and Headquarters Marine Corps to issue recommendations against using the product. One teaspoon is equivalent to 25 cups of coffee.

physical performance. A smaller dose typically will exert a longer-lasting and larger effect for individuals who do not normally consume caffeine.”

Konkright said caffeine could also be hidden in other types of supplements, named in their herbal forms. The substance is naturally occurring in some plants. He said consumers should look out for ingredient lists including extracts of yerba mate, green tea and kola nuts, which are herbal caffeine forms.

Manufacturers are also not required to list how much caffeine is in their products because it’s not a nutrient needed to survive, according to the FDA basics section of the agency’s website. The FDA reports too much caffeine can

cause irregular heartbeat and lead to cardiac arrest.

For help with nutrition and evaluating any health supplement, the Human Performance Resource Center runs a website approved by the Department of Defense. Several credible organizations also verify if supplements are safe, said Tracy Navarrete, the Naval Health Clinic Hawaii’s Health Promotions Health and Wellness director.

Verification organizations like the National Sanitation Foundation, Consumer Labs, Informed-Choice and Banned Substances Control Group label products they approve.

“Other resources can also offer reliable recommendations like the U.S. Pharmacopeial

Convention or USP,” she said. “Everything that has the USP seal on it means a third party has tested the supplement.”

She said there are other methods to gaining the supposed health benefits claimed by powdered caffeine manufacturers. People who want higher metabolism can ensure they have more lean body mass and consistently work out. Athletes can also include high intensity training exercises into their routines to help metabolism. Navarrete said supplements should only complement other fundamental strategies for good health.

“If you already have a balanced diet you don’t necessarily need anything

more than a multivitamin, if that,” Navarrete said.

Those considering taking any supplement can check with dietitians at the Tripler nutrition clinic for help. Konkright said patients can make appointments directly or get referrals from their primary care provider.

For additional nutritional help, call the TAMC nutrition outpatient clinic at 433-4950.

Those who experience caffeine toxicity from powdered caffeine supplements should call 911 for immediate assistance. Powdered caffeine side effects can also be reported to the FDA by calling 240-402-2405 or emailing CAERS@cfsan.fda.gov.



Photos by Lance Cpl. Harley Thomas | Marine Corps Base Hawaii



VARSITY SOFTBALL SCORES NEW PLAYERS

Marine Corps Base Hawaii personnel play a round of softball during the men’s varsity tryouts, Wednesday at Riseley Field. Romeo Ibrao, the head coach for MCB Hawaii’s male varsity softball team said that anyone is welcome to join and he likes to keep an open roster, due to the high number of service members coming onto and leaving the base. Tryouts are being held through March 11, and the players selected will compete in a softball tournament March 13, 14 and 15. For those interested in joining one of the base’s softball teams, contact Romeo Ibrao at 257-8400.

COMMUNITY, VOLUNTEER BRIEFS

Learn new games with Honolulu Go Club

Learn how to play the Asian board game that goes by many names: Go, Weiqi and Baduk. Casual free games are held every Saturday from 1 to 5 p.m. at the Hawaii Kiin at the Palolo Hongwanji at 1641 Palolo Ave.

The next beginner’s day is March 7 at 1 p.m. Play with other beginners or other long-time players. Take the free hourlong class to learn the rules and basic strategies. For more information, email honolulugoclub@gmail.com or see honolulugoclub.com.

Watch history unfold in “Mai Poina: The Trial of a Queen”

See the re-enactment of the 1895 trial of Queen Liliuokalani and learn the history about the annexation of Hawaii. The living history performance is scheduled inside the Hawaii State Supreme Court, Aliiolani Hale, at 417 S. King Street. Performances are scheduled today and Saturday at 7 p.m.

Matinee performances at 2 p.m. are also scheduled Sunday. Discussions will follow after each performance by Hawaiian scholars and community leaders. Admission is free, but reserve a seat due to limited seating in the courtroom. For more information, call 534-8880 or see www.hawaiiiponoi.info.

Lectures offered at Hawaii State Art Museum

The last of the free public lecture series regarding cemetery preservation at the Hawaii State Art Museum is scheduled Thursday at noon in the No. 1 Capitol Building, 250 S. Hotel St.

The lecture features Jessica Puff and Regina Hilo, Hawaii State Historic Preservation Division, and is titled “Evaluating and Nominating Cemeteries and Burial Places: The State and National Register of Historic Places.” For details, visit www.historichawaii.org.

Windward Choral Society to perform free concert

Members of the Windward Choral Society will sing together in “The Storm is Passing Over: A Celebration of African-

American Gospel and Spirituals,” March 8. The free concert is scheduled to start at 5 p.m. at 920 Keolu Drive in St. John Vianney Parish. The concert features special guest baritone Leon Williams.

Volunteers needed for upcoming Honolulu Festival

The 21st annual Honolulu Festival is scheduled March 7 and 8 with free performances from 10 a.m. to 6 p.m. Volunteers are needed for various events and exhibits including providing event schedule and information to visitors and more. Register at www.honolulufestival.com/en/contact/volunteer.

WaikiKitchen returns March 8

Gourmet restaurants will gather together to celebrate Hawaii’s favorite foods at WaikiKitchen. Admission is free to this food festival, which is scheduled March 8 from 8 a.m. to 2 p.m. at Kapiolani Park.

WaikiKitchen is part of the Honolulu Rainbow Ekiden. Ekiden, a long distance relay race, was a concept born in Japan more than 90 years ago as a sport to unify teams in a competitive environment. At the end of the Ekiden is the WaikiKitchen Food Festival. For more information, visit www.honoluluekiden.com

Arts and crafts volunteers needed at TAMC

The American Red Cross is seeking volunteers interested in improving the quality of stay for patients and their families at Tripler Army Medical Center through arts and humanities.

Those interested in volunteering can contact Yolanda Gainwell at 433-6631 or yolanda.m.gainwell.vol@mail.mil.

Traveling exhibit to premiere at Pacific Aviation Museum

Pacific Aviation Museum Pearl Harbor, the site of America’s first aviation battlefield, will serve as the first stop of the “National Memories” 2015 United States tour, March 14.

The exhibit, which first went on display in the southern Chinese city of Shenzhen in 2010, has toured through mainland China and Taiwan. Through

the use of imagery and more than 100 historic photos taken by the 164th U.S. Signal Photo Company in the China Burma India Theater, “National Memories” brings to life the unusual and little known camaraderie that existed between Chinese and U.S. soldiers as their countries joined forces during World War II.

The exhibit is free to museum members or with museum admission. For more information about the exhibit or other events, call 441-1007 or email education@pacificaviationmuseum.org.

Register for lei making workshops

The Department of Parks and Recreation will hold free lei making workshops before the 88th Annual Lei Day Celebration at Queen Kapiolani Regional Park and Bandstand.

The lei contest exhibit will be open to the public on May 1, from 1 to 4:30 p.m., in the area between the bandstand and the Waikiki Shell. There are categories for all ages and skill levels, so everyone is encouraged to enter. For more information, visit www.honolulu.gov/parks.

Conference on disability, diversity scheduled

Volunteers are needed as greeters, ushers and for several other positions during the Pacific Rim International Conference on Disability and Diversity.

The conference is scheduled from May 18 to 19 at the Hawaii Convention Center in Honolulu. Keynote speakers will discuss a wide variety of topics on diversity and disability including mental health concerns and disability access. For more information call 956-7539 or email prinfo@hawaii.edu.

Habitat for Humanity seeks volunteers from community

No construction experience is necessary. Honolulu Habitat for Humanity

brings volunteers from the local community and communities all over the globe to build homes with low-income families in Oahu.

The need for affordable housing remains high on Oahu and Honolulu Habitat is attempting to increase the rate at which it builds in order to help as many families as possible.

In order to participate and become a volunteer, register at volunteerup.com/Login.asp?w=i&o=227.

VolunteerUp.com provides a calendar that shows all the ongoing projects, scheduled dates.