Hawaii Marines.mil

REMINDER: Power outage for entire base • Saturday from 6:30 a.m. to 10:30 p.m.

ATTENTION ON DECK



Cpl. Brittney Vella | Marine Corps Base Hawaii

Maj. Gen. Charles L. Hudson (left), the commanding general of Marine Corps Installations Pacific, Col. Eric W. Schaefer, the commanding officer of Marine Corps Base Hawaii and Chief Warrant Officer 2 James Robertson, the Range Control officer in charge, discuss the newly built Range One, also known as Battery Bluff, during a range tour, Tuesday. Hudson and Sgt. Maj. Robert K. Williamson, the MCIPAC sergeant major, visited MCB Hawaii Monday and Tuesday to see new improvements made to the base, and receive feedback from the Marines and Sailors stationed here. During the trip they went around to get face to face meetings with Marines in various sections, touring Marine Corps Air Station Kaneohe Bay and the range training facilities. Williamson said the base has seen some big changes and there's more coming in the future. Each year the base should see an increase of renovated barracks, the base in the next two months will have all their power lines underground which will ensure those who live on MCB Hawaii have power, even when the weather gets bad, he said. He emphasized the new Wi-Fi that has been installed in the barracks. This trip provided a chance for the commanding general and sergeant major to observe base operations. The two embarked on their journey back to Japan Wednesday, and said they were pleased with their visit to MCB Hawaii.

Hawaii snipers train in high-angle shooting

Sgt. Sarah Anderson

U.S. Marine Corps Forces, Pacific

Scout Sniper Platoon with Weapons Company, 2nd Battalion, 3rd Marine Regiment, conducted high-angle live-fire training Wednesday and Thursday, on top of Ulupau Crater at Range 10 aboard Marine Corps Base Hawaii.

The platoon, mixed with scout snipers and scout sniper prospects, climbed the north side of the crater before setting up firing positions at the top.

The exercise was led by Cpls. Johnathon Solinsky and Eric Washa, scout snipers with the platoon, who recently returned from Mountain Scout Snipers Course at Marine Corps Mountain Warfare Training Center Bridgeport, Calif.,

while senior leaders supervised.

Only a handful of Marines in the platoon are qualified scout snipers, and the majority will be either attending the Scout Sniper School this year or training to do so.

"Cpl. Washa and Cpl. Solinsky are out here sharing their knowledge from the course with the other Marines," said 1st Lt. Jeff Diprimio, Scout Sniper Platoon commander, Weapons Co., 2nd Bn., 3rd Marines. "We are trying to get these guys comfortable shooting."

Snipers are typically placed in an elevated position, looking down at a target. The shoot proved more difficult for the Marines to calculate their shots, as opposed to the normal flat-level live-fire training they are accustomed to

as physics must be taken into consideration. For example, one factor is the wind speed and direction. The wind at the firing position is not the same as wind near the target.

"Getting correct formulas is absolutely critical," Diprimio said. "If they don't know how to do this, (they are ineffective shooters)."

With 60 rounds each, two Marines trained on the M110 Semi-Automatic Sniper System and the M40 Sniper Rifle. They fired on targets as far as 850 yards away while the rest of the platoon practiced calculating their shots.

"We are always training," said Washa, a native of Ogallala, Neb. "There is rarely down time. We

See SNIPER, A-7



Cpl. Khalil Ross | Marine Corps Base Hawaii ment fires an M40 Sniper Rifle.

Cpl. Curtis Cebula, a Marine with Weapons Company, 2nd Battalion, 3rd Marine Regiment fires an M40 Sniper Rifle, Wednesday. The "Island Warriors" fired both M40s and M110 Semi-Automatic Sniper Systems at varying targets from more than 800 meters on Ulupau Crater at Range 10. Marines were firing from two different sniper posts, with an impact observer providing wind and impact readings.



Susan Schultz | Naval Health Clinic Hawaii Public Affairs

JOINT BASE PEARL HARBOR-HICKAM — Lt. Cmdr. Charles Rainey, physical therapist at Naval Health Clinic Hawaii, performs trigger point dry needling to alleviate pain. Rainey is the 2014 Navy Senior Physical Therapist of the Year out of 111 other Navy physical therapists.

NHCH Sailor selected 2014 Navy Senior Physical Therapist of the Year

Susan Schultz

Naval Health Clinic Hawaii Public Affairs

JOINT BASE PEARL HARBOR-HICKAM — Naval Health Clinic Hawaii is proud to have one of its own selected as the Navy's Senior Physical Therapist of the Year. Lt. Cmdr. Charles E. Rainey was selected for this prestigious award by demonstrating outstanding proactive clinic management and business acumen in physical therapy.

Rainey was nominated for the award by Navy Capt. Andrew L. Findley, commanding officer, Naval Health Clinic Hawaii and competed with 111 active-duty physical therapists throughout the Navy.

"I feel very honored to be selected as the Navy Senior Physical Therapy of the Year and to be included in such a talented group of Medical Service Corps officers," Rainey said. "I contribute this honor to the great mentors that have inspired and challenged me throughout my naval career. I have been most fortunate to have served with the some of the best leadership within Navy Medicine."

Rainey is the senior physical therapist of Naval Health Clinic Hawaii's Physical Therapy/Sports Medicine and Rehabilitation Therapy Clinic and director of clinical support services. Since reporting

See THERAPIST, A-7



Fight for your rightMarines endure Martial
Arts Instructor Course for
instructor tab, **B-1**



Ready? Wrestle!All-Marine coach
searches for potential
wrestlers at K-Bay, **B-3**





Words from the Base Inspector

Why are there piles of junk on the curb in my neighborhood?

No one likes to look around their neighborhood and see piles of trash.

The base has a process by which residents and tenants can arrange for the removal of bulk trash, so that it does not pile up on the curb or get deposited next to a dumpster in a public area.

Normal household refuse is picked-up every Tuesday. Bulk trash items are picked-up every other Wednesday. For residents of Forest City Housing, there is a schedule posted at www.fcmarineshawaii.com/ trash-schedules. Hana Like residents may contact the housing office at 257-2361 for the bulk trash schedule.

Please deposit trash and bulk trash at the curbside before 6:30 a.m. on the scheduled pick-up day, but no earlier than 6 p.m. the day before. Placing bulk trash on the curb several days before scheduled pick-up detracts from the appearance of the entire neighborhood and presents a persistent hazard to residents. Please be considerate of your neighbors by complying with

Acceptable bulk trash items are appliances, bed frames, box springs, mattresses, furniture, minor home repair/remodeling materials not to exceed one cubic yard, rolled-up and fastened carpeting, and satellite dishes that must be broken down.

Not collected for bulk pickup is hazardous material such as batteries, oil, paint, propane tanks, household chemicals, concrete, construction material, automobile and boat parts or tires.

If you need to dispose of household chemicals, explosives, pesticides, pharmaceuticals, batteries, propane or fuel tanks and similar materials, please call 257-0770 for proper procedures to dispose of hazardous wastes.

Base Order 5233.1 prohibits depositing household

waste, hazardous waste or bulk trash in public dumpsters, barrels, and trashcans. Please use the scheduled pick-ups for household waste and

For health reasons, do not place dead animals in trash containers. Call the Provost Marshal's Office Game Warden at 257-2123 for instructions and

Please ensure all members of our military community may enjoy MCB Hawaii by complying with the base regulations and behaving responsibly.

If you have a question for the base inspector, please contact us at KBAZ_HQBN_INSP@usmc.mil.

Semper Fidelis.

disposal of remains.

Lt. Col. D. H. Bohn Command Inspector

Marine Corps Base Hawaii

Command inspector general hotline: 257-8852 KBAZ_HQBN_INSP@usmc.mil

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

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Base Sergeant Major	Sgt. Maj. Gregory L. Hall
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Combat Correspondent	Cpl. Khalil Ross
Combat Correspondent	Lance Cpl. Adam O. Korolev
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> Hawaii Marine, Box 63062, Building 216, MCB Hawaii, Kaneohe Bay, Hawaii 96863 Email: HawaiiMarineEditor@gmail.com Fax: 257-2511, Phone: 257-8837

This week in Corps history: April 10, 1959: Lt. Col. John H. Glenn, Jr. was named as one of the original seven Project Mercury astronauts selected for space training. The seven astronauts, all volunteers, were selected by NASA from an initial group of 110 leading military test pilots. Three years later, on Feb. 20, 1962, Glenn would become the first American to orbit the Earth.- U.S. Marine Corps History Division

ICE COMMENTS

COMMENT: The Auto Skills Center staff helped me tremendously in my desire to do auto repairs myself. Their guidance provided me the confidence (to know) that I was doing the repairs properly, so that I could do it myself. As the shop upgrades and transitions, I'm concerned that it will not have the ability to fulfill requirements to "break even." Though I know it can, many similar services have not and have subsequently closed. The service they provide to service members is invaluable. Affordable and safe auto repairs maintain military readiness. Over the past couple of years alone I was able to save \$1,500 to \$2,000 in doing maintenance myself with the staff's oversight. All while in a safe and controlled environment. The shop should consider the Hickam Wood Shop practices as a model to remain a service to military members while keeping in the black. I for one would be interested in classes on engine rebuilding, auto body and painting and small engine repair. Consider it not only a service but an educational experience, utilizing the staff on hand. Possibly even offering opportunities to obtain Automotive Service Excellence certification. There are many options that could be considered. I would certainly provide my input on options that may be of interest, if desired. To revert to the current shop business model upon reopening will provide a service to military members, but will not provide longevity. Most military hobby shops have closed due to narrow scopes of practices, fluctuation of customers from deployments, limited income and high overhead. Thank you to the entire Auto Skills staff for their help on numerous occasions.

RESPONSE: Aloha, my name is <omitted>. I am the manager of the Auto Skills Center. First, I want to thank you for using one of many Marine Corps Community Services facilities and for taking the time to provide us feedback on the services you encountered during your visit to the Auto Skills Center. I want to personally thank you for acknowledging the staff for their professionalism and service. The staff and I take pride in providing the best customer service. I am very pleased that we were able to assist, give you knowledge and most of all saved you money. Secondly let me put your mind at ease as for the mission of the Auto Skills Center this is not going to change, instructions, classes and the turning of wrenches with our patrons will continue. We are going to add new services, have a new name and a modern facility. As time goes by we will continue to improve the program. Our mission is to become a model for the auto skills centers and provide a world-class service to our patrons and their families and protect the core values of this program. Please visit us after the completion of our renovation for the grand opening. We are here for you. Semper Fi.

*Note: ICE comments may have been edited for space and anonymity

Interactive Customer Evaluation is:

- A web-based tool for collecting feedback about the services provided by various organizations throughout the Department of Defense.
- Allows customers to submit online comment cards to rate the service providers that they have encountered at military bases and related facilities around the world.
- Allows service providers to collect customer satisfaction data in a standardized format which is stored in the ICE database. Provides customers with a convenient and efficient method to express their opinions to service providers and receive

feedback. ICE is NOT:

- To be used as a sole source to report safety concerns. **Base Safety should be contacted directly at 257-1830.**
- Intended for use to submit complaints regarding fellow employees or management, to spread rumors, to threaten or to make public announcements.

Visit the ICE site at http://ice.disa.mil. For ICE FAQs, visit mcbhawaii.marines.mil, then click Departments, Business Performance, then ICE FAQs.



MARINE CORPS BASE HAWAII EVENTS

FUTURE EVENTS

The Eco-Friendly In The Park event is scheduled for April 21 from 4 to 6 p.m. at Riseley Field. Participating entities include the Environmental Compliance and Protection Department, the Facilities Department, U.S. Marine Corps Forces, Pacific Band and more.

The event's purpose is to promote protecting the environment and ecofriendly activities such as making crafts from recycled items. For more information, call Michele Chang at 257-9974.

The Hawaiian Culture In the Park event, the last of the "In the Park" series, is scheduled for April 28 from 4 to 6 p.m. at Riseley Field.

The series was created in honor of the Month of the Military Child. The events are open to all active duty, family members and Department of Defense civilians.

For more information upcoming events, call Marine & Family Programs at 257-0372.

For the April observances of child abuse prevention, sexual assault awareness and alcohol awareness, a

Strike Out Abuse event is scheduled April 30 at K-Bay Lanes. Free, open cosmic bowling will be available from 4 to 8 p.m., as well as

is available on a space-available basis. There will be bumpers available for keiki 10 and under, a parent/child tournament and a unit tournament

tournament-style bowling. All bowling

(four-person teams). Additional activities will include arts and crafts, face painting, and information tables. All Marines, Sailors

and their family members are welcome. For more information, call MCCS Behavioral Health at 257-7776

The 2015 Navy-Marine Corps Relief Society Active Duty Fund Drive runs through April 30. The society helps active-duty Sailors and Marines deal with crises, schedule and pay for emergency travel, and takes care of their family in tough times.

The society also supports Navy and Marine Corps widows, widowers and the children of Sailors and Marines who have died — as well as wounded Marines and Sailors across the country who are seen in their homes by the society's visiting nurses. The drive raises funds for the society and awareness about what the society offers. For details, call Cheryl Milca at 257-1972.

SATURDAY

The next power outage aboard Marine Corps Base Hawaii is scheduled Saturday from 6:30 a.m. to 10:30 p.m. The entire base will be affected. For more information, call the Facilities Department at 257-6899.

The next Weed Warrior Service Project is scheduled for Saturday from 8 to 11:30 a.m. on base.

Volunteers improve habitat for endangered and protected wildlife by removing invasive weeds from native fish and wildlife wetlands. For more information, call Michele Chang at 257-9974.

MONDAY Middaugh Street will be closed during the weekdays from April 6 through May 1, between the hours of 7:30 a.m. and 3 p.m. There will be a complete closure of Middaugh Street

between Harris Avenue and Fort Hase

Beach for new sewer construction

work. Motorists should find alternate

routes around the closed section. Both

lanes will be re-opened after 3 p.m. daily. Call Philip Lum at 257-6900 with questions.

The base theater's air conditioning system will be inoperable today through May 17 due to upgrades. During this period, regular show times will continue and all movies will be free of charge. For current movie listings, www.mccshawaii.com/theater. For more information, call Marine Corps Community Services Business Operations at 254-7638.

Starting today and going through Thursday, the K-Bay 24 hour selfservice laundromat in building 1255 will be closed for floor resurfacing and painting. The laundromat will re-open for business April 17 at 9 a.m. For more information, call Marine

Corps Community Services vending at 257-2775.

TUESDAY

at 257-0372.

Single or unaccompanied Marines and Sailors are eligible to sign up by Tuesday to volunteer with the Single Marine & Sailor Program at the Hawaiian Humane Society, April 19 at 8 a.m. Volunteers will assist with dog-running other duties. Transportation provided. Call the SM&SP coordinator for more information or to RSVP at 254-7593.

The Art In the Park event is scheduled for Tuesday from 4 to 6 p.m. at Riseley Field. This series of events created to bring awareness to autism, child abuse prevention and Month of the Military Child. The events are open to all active duty, family members and Department of Defense civilians. For

details, call Marine & Family Programs

WEDNESDAY

K-Bay's Front Porch event is scheduled for Wednesday from 2 to 6 p.m. at Dewey Square. The event caters to all ages with demos, music, displays, volunteer opportunities and activities. Meet your neighbors and learn about opportunities available at K-Bay.

THURSDAY

The National Library Week Bookmark Contest ends April 18. Stop by the library to pick up a template.

The top drawing in each age category will be printed on bookmarks and distributed at the library. The contest is open to all ages. For more information, call the base library at 254-7624.

The next "Budgeting 101" class is scheduled Thursday from 9 to 10 a.m. in classroom E of building 220.

Get control of financial affairs, develop financial goals and develop a budget that will get you on the road to wealth. Don't forget to bring your financial documents and your calculator.

This workshop is open to all active duty, family members and Department of Defense civilians. Go to www. mccshawaii.com/pfmpworkshops to a register for this class. For more information, call the Personal Financial Management Program 257-7783/1232.

Semper Fit is seeking applications for the 2015 All-Marine Triathlon Team. The team will compete at the Armed Forces Triathlon Championship June 4 through 8 in Hammond, Ind.

Interested Marines must submit an application to the athletic director no later than Thursday. This team is open to Marines only. For more information, call 254-7590.

Your weekly guide to what's happening around the Corps **East Coast**



Cpl. Scott Whiting

MARINE CORPS BASE CAMP LEJEUNE, N.C. — Marines with Scout Sniper Platoon, 1st Battalion, 2nd Marine Regiment, executed a combined machine gun and sniper rifle range exercise April 6, aboard Camp Lejeune.

See https://www.dvidshub.net/news/159318/scout-snipers-perform-machinegun-sniper-rifle-exercise#.VSRvOWZ979J

MARINE CORPS BASE CAMP PENDLETON, Calif. — An urban training town aboard Camp Pendleton, California, was tranquil during the afternoon of April 1. Targets were spread across the town to simulate enemy insurgents, but they remained in position without harassment. Only small gusts of wind were audible as they swept across buildings, but the silence was abruptly broken when a scout sniper began engaging targets from a hidden position several hundred meters outside the town.

See https://www.dvidshub.net/news/159132/recon-marines-execute-live-fireraid#.VSRvdGZ979I

Overseas



Lance Cpl. Carlos Cruz Jr.

MARINE CORPS AIR STATION IWAKUNI, Japan — Personnel at Marine Corps Air Station Iwakuni, Japan, conducted a mass casualty exercise, April 3, in preparation for the Japan Maritime Self-Defense Force/ MCAS Iwakuni Friendship Day 2015 Air Show.

http://www.marines.mil/News/NewsDisplay/tabid/3258/ Article/583575/marines-maintain-operational-readiness.aspx

West Coast



Sgt. Joseph Scanlan

A-4 • April 10, 2015

Marines, Sailors attend Easter service at sunrise



Lance Cpl. Adam O. Korolev | Marine Corps Base Hawaii

Eric Freitas, who performs with Revival Christian Fellowship, dances during an Easter service on Sunday at Landing Zone Eagle aboard Marine Corps Base Hawaii. The event, which was held at sunrise, was a nondenominational Christian service featuring the Chaplain Joseph W. Estabrook Chapel praise team and scripture readings.



ENVIRONMENTAL CORNER

'The most secretive native waterbird'

Of the four endangered waterbirds protected on Mokapu Peninsula, the endangered Hawaiian moorhen or alae ula are secretive by nature and like to hide. Yet you'll see them in Kaneohe Klipper Golf Course's man-made fresh water ponds where they're accustomed to seeing people.

Ula in Hawaiian means "red," referring to the bird's red fore-head and its role in Hawaiian mythology for bringing the secret of fire-making to the Hawaiian people.

It's a dark bird, about 13 inches long, with a black head

and neck, dark slate blue underside, with a white stripe along its flank and undertail. Its most distinctive feature is a red frontal shield and yellow bill tip. Their legs are greenish colored with lobed feet, not webbed like other waterbirds. Both sexes look alike and emit chicken-like cackles and croaks. Historically, alae ula were found on six of the Hawaiian Islands. Today they're only found on two, Oahu and Kauai. They prefer fresh water less than two feet deep and dense vegetation to hide in (e.g., marshes, wet agricultural areas, reservoirs and pastures).

MCB Hawaii is fortunate to be one of the few places this feder-



ally protected endangered bird exists due to many conservation measures to improve their habitat and protect them from disturbance and predators. Off-base they can be seen in Kailua's Hamakua and Kawai Nui Marshes. So open your window and be on the lookout for a glimpse of this "secretive" bird.

Delve into shelves of books at MCB Hawaii's library

Kristen Wong

Hawaii Marine

Age is just a number for Marine Corps Base Hawaii's library, which turned 51 Thursday. When patrons step inside the facility, they will see an evolving world.

Since its 1964 opening, the base library has been changing, most recently undergoing a 10-day renovation last year, which resulted in new furniture, carpet, shelves, a young adult room and circulation desk.

Located on the second floor of building 219, the base library is open Monday through Thursday from 9 a.m. to 7 p.m., Friday from 9 a.m. to 5 p.m., Saturday and Sunday from 9 a.m. to 4 p.m., and closed on federal holidays.

Active-duty service members, dependents, reservists, Department of Defense civilians, contractors and retirees are eligible to use the library's services.

In addition to acquiring 7,000 new books within the last two years, the library has e-books available for checkout. The facility has expanded its DVD collection to include mainstream selections. Patrons may also borrow video games, Nooks and use one of the library's eight iPads while visiting.

"We're trying to make the library a place where you want to hang out and feel comfortable," said Meri Healey, the supervisory librarian with the base library.

In addition to its regular circulation services, the library hosts various activities, events and programs throughout



Meri Healey, supervisory librarian with the base library, reads "Max's Chocolate Chicken" during Toddler Storytime at the base library, Tuesday.

the year.

The Teen Advisory Council, for example, is open to eligible patrons ages 12 to 18 with base library privileges. The council, which meets monthly, allows its members to address their library needs and wants, from movie nights to ordering new library books, and can even establish rules for the teen section.

Adult library patrons can also find a niche of their own with the monthly book club. The book club, which is little more than a year old, gives members the opportunity to chat with each other

about various books.

Library events are listed on mccshawaii.com, like Open Mic Night, scheduled for April 22. All base library patrons 14 years and older are eligible to participate. Registration is preferred but not required and performances should be kept suitable for a PG-13 audience.

Though Healey said Open Mic Night honors National Poetry Month, participants are not limited to performing poetry. The purpose of Open Mic Night, she said is "helping people create (the types of) things that we circulate."

"We love the written word in all forms," Healey said.

These are just a few features of the base library. More events will be coming up as the year progresses. Along with other libraries nationwide, the base library will be hosting a free comic book day, May 2, from 9 a.m. to 4 p.m. Participants are invited to come to the library wearing a costume for the event, and free comic books will be available.

The library is also looking for volunteers. Volunteers have various tasks such as re-shelving or processing books, and helping with library events. The staff also recruits teens during the summer time to help with programs. Healey said those interested in volunteering can fill out an application at the library and make an appointment to speak with the volunteer coordinator.

Susan Ellis, a registered nurse at Queen's Medical Center in Honolulu, has been volunteering with the base library for nearly four months. Because her specialty in the medical field is working with infants and children, Ellis offered to help with the Preschool and Toddler Storytime sessions. She also helps re-shelve books in the children's section.

For Ellis, the library is appealing because it's a good way to keep up with current literature without spending money.

"I really enjoy volunteering," Ellis said. "Everyone is so welcoming. Very quickly (I felt like I was) part of the family, library ohana, as we say."

PLAYTIME 'IN THE Park'



LEFT: Emilia Parsons (left) and Sophia Monbouquette play with toys provided by Marine Corps Community Services during Music In the Park at Riseley Field, Tuesday. RIGHT: Maurice Thomas assembles a kite. MCCS provided kites, bubbles, beach balls and other free items during the event. The "In the Park" series honors the Month of the Military Child with an event each Tuesday throughout April. The next three events scheduled are "Art In the Park" on April 14, "Eco-Friendly In the Park" on April 21 and "Hawaiian Culture In the Park" April 28, all at Riseley Field.



Photos by Kristen Wong | Hawaii Marir



DAVIS-MONTHAN AIR FORCE BASE, Ariz. - A retired P-3C Orion maritime patrol aircraft, once belonging to the "Golden Eagles" of Patrol Squadron 9, is used for parts and supplies for active planes at the 309th **Aerospace Maintenance** and Regeneration Group at Davis-Monthan Air Force Base in Tucson, Ariz, March 31. The 309 AMARG is responsible for the storage and maintenance of aircraft for future redeployment, parts, or proper disposal following retirement by the military.

P-3C Orion cruises to final destination

Petty Officer 3rd Class Amber Porter

Patrol Squadron 9

The P-3C Orion designated as aircraft 916 debuted Feb. 28, 1973 as the premier frontline, land-based maritime patrol aircraft for the U.S. Navy.

During the plane's 42 years of service, aircraft 916 has added to the rich history of the maritime patrol aircraft by flying a variety of tactical missions nearly nonstop in arduous circumstances, providing surveillance and reconnaissance in support of military actions and needs.

The plane took one last flight with the "Golden Eagles" of Patrol Squadron 9, March 27. Crews flew from the aircraft's home station in Kaneohe Bay, Hawaii over the Pacific to the 309th Aerospace Maintenance and Regeneration Group at Davis-Monthan Air Force Base in Tucson, Ariz.

"It was an honor to be a part of 916's last voyage," said Lt. Emily Cordle, a pilot on the reposition flight. "The entire crew couldn't help but reflect on the countless missions she has flown, the numerous crew members she has carried, and the endless maintainers that have kept her flying for 42 years."

Touted on their website as "the largest



Photos by Petty Officer 3rd Class Amber Porter | Patrol Squadron 9

OVER THE PACIFIC OCEAN — Sailors belonging to the "Golden Eagles" of Patrol Squadron 9 watch the sunrise on aircraft 916, a P-3C Orion maritime patrol aircraft, during its last flight before retiring, March 27. The plane traveled to the 309th Aerospace Maintenance and Regeneration Group at Davis-Monthan Air Force Base in Tucson, Ariz. The 309 AMARG is responsible for the storage and maintenance of aircraft for future redeployment, parts, or proper disposal following retirement by the military.

aircraft boneyard in the world" 309 AM-ARG is a one-of-a-kind specialized facility within the Air Force Materiel Command structure. The 2,600-acre field is home to 4,400 aircraft and 13 aerospace vehicles from the Air Force, Navy, Marine Corps,

Army, Coast Guard and several federal agencies including NASA. The 309 AMARG is responsible for the storage and maintenance of aircraft for future redeployment, parts, or proper disposal following retirement by the military.

Traffic is expected to be steady for patrol squadrons with aircraft heading to the boneyard. As the P-3C Orion is phased out, units are adjusting to the first new maritime patrol Navy aircraft in more than 50 years, the P-8A Poseidon.

According to Naval Air Systems Command, the Navy plans to buy 117 P-8A Poseidons up to fiscal year 2018 as half of the plan to replace about 225 Lockheed Martin P-3C Orions.

The P-8A is a military version of Boeing's 737-800 airliner. According to the company, "The P-8A Poseidon is a longrange anti-submarine warfare, anti-surface warfare, intelligence, surveillance and reconnaissance aircraft. It possesses an advanced mission system that ensures maximum interoperability in the future battle space. Capable of broad-area maritime, and littoral operations, the P-8A will influence how the U.S. Navy's maritime patrol and reconnaissance forces train, operate and deploy."

Being scrapped for parts or otherwise left in an open field to roast under the scorching Arizona sky might seem like an unbefitting conclusion to the P-3C Orion's story, but no erosion can destroy

the aircraft's lasting influence in history. For more about the squadron, see www.vp9.navy.mil.

THERAPIST, from A-1

to the command in September 2014, he has managed the physical therapy and rehabilitation needs of active-duty service members ensuring their medical readiness, and oversees all ancillary support operations throughout the command to include pharmacy, laboratory and radiology services.

Rainey was specifically nominated for his outstanding management of physical therapy consults, appointment processes and network referrals. He championed changes to optimize patient care thorough utilization of more thorough template analysis, enhanced consult management and simplified appointment processes. His efforts resulted in improved access to care, maintenance of referrals in the direct care system and increased network recapture. He also has obtained dual board certification in both Orthopaedics and Sports Physical Therapy and has authored and published numerous peer-reviewed articles.

He has received advanced training in trigger point dry needling, diagnostic ultrasound and electroneuromyography and is currently one of only five Navy physical therapists to be credentialed in electroneuromyography. In 2013, while deployed with SEAL Team 7 in support of Operation Enduring Freedom to Afghanistan and United Arab Emirates, Rainey was one the first physical therapists to complete the Small Boat Coxswain qualification authorizing him to wear the Small Craft Officer in Charge Insignia.

"Lt. Cmdr. Rainey is a leader within his specialty. His caring and compassionate nature, along with the gift to mentor and motivate, leads his staff to accomplish the mission with excellence," said Findley. "In addition, he is an extremely talented physical therapist who receives accolades from patients, medical staff and consultants."



Cnl. Khalil Ross | Marine Corns Rase Hawaii

A Marine with Scout Sniper Platoon, Weapons Company, 2nd Battalion, 3rd Marine Regiment hikes up a mountainside to reach Range 10 at the top of Ulupau Crater, Wednesday. The Marines had to reach the top to conduct live fire with either an M40 Sniper Rifle or M110 Semi-Automatic Sniper System.

SNIPER, from A-1

are constantly moving and working. (It) is really important that they have this knowledge."

Unfortunately, the high-angle

live-fire training is a rare opportunity for the platoon. Due to limited availability and ranges on MCB Hawaii, the Marines took advantage of the short time they were allotted. "This is valuable training I wish

Time is variable training I wish

we could do more often," said Solinsky, a native of Tucson, Ariz. "It helps a lot that we get to practice this before (the new Marines) get thrown into a situation and they don't know what to do.

Sports & Lifestyle

Lance Cpl. Harley Thomas Marine Corps Base Hawaii Marines attending the Martial Arts Instructor Course graduated from the three-week training program April 3 in building 223 aboard Marine Corps Base Hawaii. The MAI Course provided students with extensive training in combat conditioning, handto-hand combat, nutrition, classroom instruction and leadership. New instructors leave the course with the ability to train and certify Marines to appropriate belt levels, conduct a combat

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

A Marine with the Martial Arts Instructor Course must fireman carry another Marine acting as a casualty during a beach run in the course's culminating event April 2, near Heleloa Beach aboard Marine Corps Base Hawaii.

conditioning program, supervise skill sustainment and integrate the Marine Corps Martial Arts Program into unit training.

"I thought the course was very challenging, not only physically, but mentally as well," said Sgt. Robert Bowen, a Marine with the Marine Corps Embassy Security Group Region 1, based in Tokyo. "It reveals everyone's true character, each event pushing you to your breaking point. Whether it's a squad or partner exercise, you always work with someone and you must co-exist to ensure everyone is pushed past their own limits."

Bowen, the course honor graduate, said he came into the course thinking it was only going to be physically demanding and he wasn't aware of how much it would truly challenge him.

"I thought it was going to be a complete slayfest don't get me wrong, it definitely was, but it was so much more than that," Bowen said. "It went beyond my expectations. The idea of being mentally tough and to challenge each other was drilled into us, and this certainly wasn't an individual-based course. You wouldn't have gotten through if you didn't have the support of your squad."

Sgt. Jameke McDonald, a Marine with the Marine Security Guard out of Mongolia, said he heard about the course from another Marine, who said it was one of the best courses he had attended.

"He told me it was meant to break you," said McDonald, the course "gung ho" recipient. "He said, 'You're going to be sore and it's going to be tough, but I promise you, you will have a good time.' He

was right. The course was dynamic, exciting and tough once you thought you couldn't go any further, the instructors continued to push you. Honestly, it surprises you. You think, 'Whoa, turns out, I can do this,' and realize that you've been psyching yourself out when you say you can't do something or it's too much.'

Bowen said seeing everybody exceed their limits and work together to succeed was the best part of the course. He said each Marine attending the course graduated because of each other.

"I want the people in the course to know I wouldn't have made it through without

them," Bowen said. "They always motivated me to be a better leader and professional around them because we were always relying on each other. (I've learned leadership) is a two-way street; you have to

know what your breaking point is and push past that in order to help push your Marines past

Sgt. Francisco Pliego, the chief instructor for the MAI Course, said the Marines couldn't graduate on their individual effort alone, but by motivating the Marines to the left and right of them.

"We put them in stressful situations where their character comes into play and they must lead the Marines," Pliego said. "They must work as a team to overcome whatever the obstacle may be, encouraging leaders to step up. When it comes to

than they thought they could go. It's all about how bad they want it."

Marines in the program go through the obstacle course, ensuring that no gear

touches the ground and no Marines are left behind, April 2, at Boondocker Training

Area. This exercise was meant to promote the use of teamwork amongst Marines.

Pliego said whenever Marines graduate the course, he hopes they go back to their units humbled and pass their newly acquired knowledge onto their

"From the beginning to the end, I told them their transformation began on day one," Pliego said. "Once they leave here, they should hold themselves to the highest standard expected of them. I gave them a lot of tools to make them better, deadlier warriors, but I also want them to practice being good gentlemen. The Marines need to hold themselves to that standard and remember three things: Never give an excuse, never be lazy and always take pride in what you do."

McDonald said he intends to use what he has learned in the MAI Course in order to better not only himself, but his Marines as well.

"I would certainly say I've learned to be a better leader," McDonald said. "I hope to continue to progress, not only as a Marine, but as a person. I may be a black belt, but you've got to keep the mindset of the 'eternal student,' continuing to learn as much as





s you unwind reading the paper while you eat breakfast in the morning, wait at the doctor's office or ride the bus home, check out "At Ease" for some stress relief. Look no further for a funny story, a comic or a puzzle. Are you a budding journalist? Do you have some witty stories, movie reviews or insightful columns our base readers might enjoy? Email your submissions to hawaiimarineeditor@gmail. com. Please keep your submissions approximately 500 words, and make sure to include your first and last name along with a title for your article. Hawaii Marine staff reviews content and edits submissions. No explicit content, graphic language or topics inappropriate for a general audience. If you have any questions, feel free to call 257-8837.

Meat and Potatoes of Life: Confessions of a TV junkie

Lisa Smith Molinari

Submission

(In the basement of a dingy community center, a florescent light buzzes over a dozen or so people seated in a circle of metal folding chairs. Some nibble anxiously at storebought sandwich cookies, while others sit in nervous silence. There is a screeching of chair legs against linoleum, as one bleary-eyed woman stands with a trembling Styrofoam coffee cup to speak).

Hello, (clears throat) my name is Lisa ... and I, ... I am a binge watcher.

It's been one week since my last television fix, and I'm here to share my story.

Believe it or not, there was a time when I didn't even know what binge watching was. In fact, while our Navy family was stationed in Germany, we felt lucky that the Armed Forces Network aired day-old episodes of "Survivor" and "American Idol." The rest of the time, we entertained ourselves with middle-of-thenight live football broadcasts, quirky BBC cooking shows, and strange AFN public service

announcements.

But when we moved back to the states, my husband and I discovered the joys of digital video recording. Despite this, our television use was purely recreational. We were mere "social watchers," catching a recorded program here and there, and streaming a movie over the weekend. Little did we know, we were perched on the slippery slope of instant gratification.

Eventually, we needed more episodes to be entertained. Our digitally savvy kids introduced my husband and I to the allure of services such as "On Demand" and Hulu.com. How intoxicating it was to take a double hit of "The Bachelor" and chase it with "Deadliest Catch" all in one evening!

Soon, we were hooked, and there was no going back.

Before we knew it, we were spending perfectly sunny weekends holed up in the family room of our base house watching episode after episode of random television series. We told everyone that we were "just catching up on 'Modern Family'" or that we were "simply wondering what

all the hubbub was about 'Downton Abbey.'"

Ironically, it was the show "Breaking Bad" that nudged us into the deep dark abyss. We'd been jonesing to see the AMC series for a while, and when we found out that the first 54 episodes were On Demand for a limited time leading up to the final season, we knew we had just scored.

During our epic three-week "Breaking Bad" bender, we finally hit rock bottom. Our family room looked like the scene of a rave party, strewn with soda cans, popcorn and Chinese take-out boxes. Our pupils were permanently dilated as we stared, transfixed, into the psychedelic LCD screen, our cold, clammy fingers gripping the smudged remotes.

We were so strung out after that binge, we quit cold turkey for a while, satisfying our cravings with short doses of "House Hunters" and "Seinfeld" reruns in hopes that we'd avoid the painful withdrawal symptoms of rapid detox.

However, lately, ads keep popping up for April premieres

of "Game of Thrones," "The Real Housewives of New York," and "Wolf Hall." The final season of "Mad Men" premiered on April 5th, and we still haven't finished watching "House of Cards" and "Downton Abbey" ... What's a TV junkie to do? Binge watch, of course!

I must confess that spring premiere season has triggered my recent relapse. Although I'm not sure there's a 12-step recovery program for binge watching, I'm absolutely certain I'll gain 12 pounds if I don't get up off the couch and stop watching so much TV.

So, mark my words: I'm quitting binge watching for good this time. I'm 100 percent serious. No more lounging in sweatpants on Sunday afternoons pressing "play" hour after hour. Spring has sprung, and I'll be spending all my time in the great outdoors. I swear, I'm going to do it, and there's no time like the present.

And I'll start just as soon as the "Mad Men" final season is over.

www.themeatandpotatoesoflife.com



Lisa Smith Molinari is an awardwinning syndicated columnist, author, blogger and speaker. After earning a coveted spot on the Law Review and graduating cum laude from law school, Molinari was on top of the world, envisioning a future that included promotions and partnerships. What she didn't know was that she would fall in love with a military man, have a bunch of kids, move all over the world, and neglect her legal career to manage their hectic military life. One of her essays got published in "The Washington Post," and the rest is pretty much history. Molinari and her family are currently stationed at the Naval War College in Newport, R.I.





"Cinderella" PG Today | 6:30 p.m.
"Run All Night" R Today | 9:15 p.m.
No movie showings due to power outage Saturday | 6:30 p.m.
No movie showings due to power outage Saturday | 9:15 p.m.

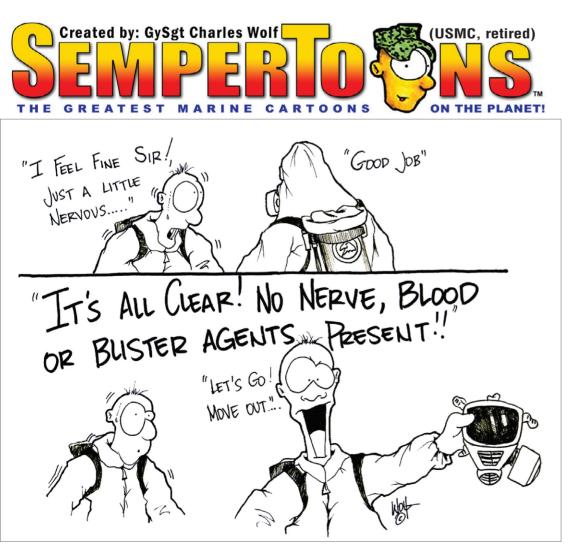
"Cinderella" PG Sunday | 9:15 p.m.

"The Second Best Exotic Marigold Hotel" PG Sunday | 6:30 p.m.

"Run All Night" R Wednesday | 6:30 p.m.

shows are \$8 for adults and \$6 for children. For

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.



SUDOKU

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Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Fun By The Numbers
Like puzzles?

evel: Advanced

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

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YNSMEB:									

Slam! Bam! Boom!

All-Marine coach searches for potential wrestlers at K-Bay

Cpl. Khalil Ross

Marine Corps Base Hawaii

Gunnery Sgt. James R. Shillow held a wrestling screening for the All-Marine Wrestling Team April 1 through 3 at the Marine Corps Martial Arts Program room in building 223 aboard Marine Corps Base Hawaii.

"I came out here to get a firsthand look at the Marines, talk face to face with them and see them perform on the mat," said Shillow, the assistant coach for the All-Marine Wrestling Team.

The three-day screening process was comprised of the Marines performing various stretches, techniques and wrestling bouts between each other. The sessions lasted nearly two hours long.

"I expected the wrestling to be challenging, which it definitely was," said Lance Cpl. Cane Wilson, a motor vehicle operator with Headquarters Battery, 1st Battalion, 12th Marine Regiment. "I knew he was mainly focused on seeing what we knew already instead of teaching and coaching us."

There were quite a bit of different wrestling styles, which contributed to the diversity of techniques and skills in the room, Wilson said.

Technique wasn't the only thing



Lance Cpl. Andrew Bongiovanni (left) grapples with Lance Cpl. Kamwren Aiken during the All-Marine Wrestling clinic in the Marine Corps Martial Arts Program room in building 223, April 2. The two Marines were the last two to finish wrestling of the seven groups.

Shillow was looking for when he came out to Kaneohe Bay.

"The first thing we are looking for is a good Marine," Shillow said. "Most Marines are physically fit and great athletes, but any Marine who comes out still needs to be squared away, organized and do what he is told. Being

on the All-Marine Wrestling Team is no different from being in the Fleet Marine Force; you still need to qualify in all the same aspects Fleet Marines do."

Shillow said the wrestling background and personal achievements are looked at only after their effectiveness is confirmed.

"When someone joins us they are with us for at least six months," Shillow said. "But we would like to keep them for a year and give them a good chance to go to the Olympic trials."

Anyone who has wrestled in high school or college, dreamt of competing in the Olympics or with the All-Marine Wrestling Team have a good chance of making the team, he said.

"I think there are similarities in the mentalities of wrestlers and Marines," Wilson said. "They both have the mindset of never giving up and pushing through anything that is difficult."

That is one thing that will always help a Marine come out on top, be it in a match or in a firefight; the determination to never give up, Wilson added.

The All-Marine Wrestling Team is based out of Marine Corps Base Camp Lejeune, N.C. With the base for the wrestling team being so far from Hawaii, Shillow said it makes it hard to get out and screen Marines on the island. The last time Shillow was able to get out and hold a screening in Hawaii was 2004.

"Even if you don't think you can make it or don't have the skill you should still go out for it," he said. "It'll be a good experience either way."

PMO defeats VPU-2 in first game of the intramural season

Lance Cpl. Adam O. Korolev

Marine Corps Base Hawaii

The Provost Marshal's Office defeated Special Projects Patrol Squadron 16-8 after a six-inning game on Monday at Annex Field.

For the first game of the intramural season, PMO went up to bat first. The first inning saw singles, doubles and triples, leading to PMO's four-point lead from the beginning.

Tanner Smith, a PMO player, says he was surprised how quickly the team began to score.

"We started pretty good with the bats, and we came out strong and got the ball rolling," Smith said. "We looked pretty good out there, and I'd have to say the

(first) and second inning were our best." It was time for VPU-2's attempt to come back, but the inning was cut short after a few pop flies were caught.

Matthew Miles, a pitcher for VPU-2 and an aviation electronics technician, says players who are up to bat not only have to worry about their fly ball being caught by an outfielder or other player, but have to be sure their drives aren't directed towards the batter.

"There is a box rule, where if you hit at the pitcher, the umpire calls it an out," Miles said. "Even if the ball bounces. It's up to the pitcher to call it."

PMO returned to the plate, and just as they did in the first two innings of the game, continued to consistently get their players on base. However, according to Smith, their fielding could use some honing.

"With the fielding, we were a little shaky," Smith said. "It looks like they need some help in the outfield, like we do."

During the final inning, VPU-2 had only one opportunity to make an eightpoint comeback, but were cut off by the sound of the buzzer.

"The other team played great," Miles said. "But our weakness right now is not knowing each other. I didn't know where to put people. There are people who were in the outfield who play better in the infield. We played as a team, though."

Marines with the Provost Marshal's Office and sailors with Special Projects Patrol Squadron 2, faced each during the season's first intramural softball game on Monday at Annex Field aboard Marine Corps Base Hawaii. The game began at 6:30 p.m. and concluded after six innings with a 16-8 victory for PMO.



Lance Cpl. Adam O. Korolev | Marine Corps Base Hawaii

B-4 • April 10, 2015

3rd Marines partners with Mokapu Elementary

Lance Cpl Harley Thomas

Marine Corps Base Hawaii

Service members with the 3rd Marine Regiment and representatives from Mokapu Elementary School gathered to renew their adopt-a-school partnership April 2 during an informal ceremony in the school cafeteria.

The renewal of the partnership means Marines with the regiment will continue to support the school by volunteering throughout the year, whether by mentoring or working at school events. It also provides opportunities for the Marines to give back to the community.

"This program allows us to get involved with our community, show them that we are here to support the school and gives them the chance to show that they support us," said Sgt. Zachary Coe, a field operator with 3rd Marines and a school liaison for Mokapu Elementary. "Most of the Marines here probably have kids that go to this school and they just want to show that they are still involved in their (children's) lives, even though they may not be able to be there all the time."



Lance Cpl. Harley Thomas | Marine Corps Base H

Lt. Col. Bruce Sotire, the executive officer of 3rd Marine Regiment, signs a contract with Charles Fradley, the principal of Mokapu Elementary School, renewing an adopt-a-school partnership between 3rd Marines and the school April 2, during an informal ceremony in the school cafeteria.

Coe said having the unit step in to show their support and be role models help the students feel more at home, knowing there is someone there eager to help them out. He also said it isn't just the children who get something out of this partnership.

"Typically, the Marines enjoy coming out and being able to lend a helping hand," Coe said. "They feel good about volunteering because they do so on their own, they aren't being 'voluntold.' From

the goodness of their heart, they're willing to give up their time to help out the kids and teachers, and make their lives a little easier."

Everybody wants to do some good in their life, and this is one way the Marines are able to do that, he added. He said this is his way of showing support for the community.

"I grew up in the military, so volunteer work was something my family has always done," Coe said. "It's like second nature to me; if someone wants or needs help, I am going to help them in any way I can and try to get the job done to the best of my ability. At home, I have a wife and two kids – I work for them and I volunteer for any of the things they do, so I figured, 'Hey, why not help out the community too?' This is a great way to get out and do things you haven't done before, and everyone will certainly take something from it."

Jennifer Lynch, the parent community network Mokapu coordinator Elementary, said having Marines helping at the school makes the parents and students more proud, seeing that the outside community takes an interest in the school. She said the Marines come in and lead by example, and others naturally want to join in.

"This is a two-sided relationship," Lynch said. "I don't want the Marines to have to come and pick up trash or cut grass, I want them to have more interaction with the students. While mom or dad may not be home, a strong sense of community is really built because they have someone from the 3rd Marine Regiment to support them. It's really exciting to see the

relationships grow between the Marines and the students."

Lynch said working with the Marines is an incredible experience and she's happy the Marines are able to make these connections while being so far from home.

"Hopefully they can find a little piece of home or anything they may be missing," she said. "We all come from different places, but here we can really fill those voids for each other. That's what this partnership is. We don't focus solely on what the Marines can do for us, but what we can do for them and how we can show our appreciation."

Lynch said the chance to volunteer at Mokapu is open to anyone who is interested.

"The Marines come out, act as role models and, while they can still be silly, show the students how to be respectful and responsible," Lynch said. "The students are gaining a lot from their time spent with them. I feel very proud of the Marines and I think we, as a school, have become very protective of them. We want to take care of them the same way they take care of us. I want to say 'thank you' from the bottom of my heart; it's been so much more than I expected."

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 identification card, Social Security card (including your dependents' card), 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.

COMMUNITY, VOLUNTEER BRIEFS

Bellows AFS offering free movies

Bellows Air Force Station is offering free movies and popcorn, Mondays and Wednesdays, at 4 p.m. at Turtle Cove. Schedule is subject to change, contact Turtle Cove for details at 259-4136. The schedule is:

Monday: "Dracula Untold" Wednesday: "The Best of Me"

April 20: "Interstellar" April 22: "The Hobbit: The Battle of the Five Armies"

Volunteer officers needed for ceremonies

Active and reserve officers from all of the uniformed services (Army, Navy, Marines, Air Force, Coast Guard, Public Health Service and National Oceanic Atmospheric Association Corps) are being sought to volunteer as medal presenters for the 2015 Hawaii Junior Reserve Officer Training Corps Awards ceremonies from April 16 through May 20. The ceremonies are usually held on school grounds, or in community centers in the evening hours after school. Contact Arthur Tulak at Hawaii@mofwus. org or call 477-8195 during business hours.

NPS hosting Junior Ranger Program

On April 18, at 11 a.m. and 3 p.m., Join the National Park Service ParkEd Team at the Pearl Harbor Visitor Center for several Junior Ranger Program events, including a scavenger hunt, USS Arizona documentary, boat ride to the memorial and pinning ceremony.

Tickets for this program will only be available at the visitor center ticket and information desk (Request the 11 a.m. or 3 p.m. program). All participants must be present to receive their tickets. Admission is on a first come, first serve basis. No purses, handbags, camera bags, backpacks or other items that offer concealment are allowed.

Then, from 5:30 to 9 p.m., on the Pearl Harbor Visitor Center lawn, families are invited to a showing of the movie "Pixar Planes 2: Fire and Rescue." Park Service Rangers will hand out goodies to junior rangers. The movie will begin shortly after sunset. The no-bag policy will be in effect. Visitors are welcome to bring dinner and blankets in clear/transparent bags. Beach chairs are welcome. Umbrellas and alcohol are not allowed.

Waikiki Aquarium hosts expo

The eighth annual Mauka to Makai Environmental Expo is scheduled for April 18, from 9 a.m. to 2 p.m. at the Waikiki Aquarium. The free expo will have interactive booths, arts and crafts and more. Free parking and shuttles will be available at Waikiki Elementary School beginning at 8:45 a.m. For details, call 768-3248 or visit www.cleanwaterhonolulu.com.