

Hawaii Marine

'Island Warriors' arrive in Australia

Lance Cpl. Ian M. McMahon
Okinawa Marine staff

ROBERTSON BARRACKS, NORTHERN TERRITORY, Australia — Approximately 200 U.S. Marines and sailors from Hawaii arrived at Royal Australian Air Force Base Darwin, April 3.

The Marines and sailors are part of a new rotational force that will be based at Robertson Barracks in accordance with an announcement made by President Barack Obama and Australian Prime Minister Julia Gillard last November.

The rotational force, currently Company F, 2nd Battalion, 3rd Marine Regiment, will conduct bilateral training with our Australian allies to maximize interoperability between our forces.

"This is very much an historic day, it is an historic day which is wedded deeply in the United States-Australian Alliance, forged over 60 years ago," said Stephen Smith, Australia Minister for Defence, during a press conference the next day. "That alliance was forged in the Pacific in the course of World War II, where United States Defense Force personnel including Marines, and Australian Defence Force personnel stood shoulder to shoulder, not just in the defense of Australia but in the defense of the Pacific."

"The United States Marines are here to facilitate the reinvigoration of our partnership with our Australian brothers and sisters in arms," said Lt. Col. AnDroy Senegar, the officer in charge of the III Marine Expeditionary Force command and control element assisting Company F during the first days of their deployment.

Exiting the plane, Marines were greeted by Australian and U.S. officials, including Smith, Australian Army Maj. Gen. Michael Krause, head of the U.S. Force Posture Review Implementation team, Jeffrey L. Bleich, U.S. ambassador to Australia, and Lt. Gen. Duane D. Thiessen, commanding general of U.S. Marine Corps Forces, Pacific.

Petty Officer 3rd Class Sean M. Hasenberg, a corpsman attached to the company, was among the first to set foot on the tarmac in Australia.

"It is definitely a change of pace," said Hasenberg.



Lance Cpl. Ian M. McMahon | Okinawa Marine staff

Approximately 200 Marines from Company F, 2nd Battalion, 3rd Marine Regiment, are greeted by U.S. and Australian officials as they arrive in Australia, April 3.

"I was not expecting it to be as hot as it was when I walked off the plane."

The III MEF command and control element was already in Australia for approximately two weeks before the arrival of the company, which allowed for the coordination of numerous logistical details and helped ensure a smooth arrival, said Senegar.

Though tired from the long flight, the Marines' and sailors' spirits were high.

"I am absolutely excited to be here," said Sgt. Andrew R. McConnell, a squad leader for Company F. "I want to see what we can learn about how the ADF operates, especially in close quarters battles and their interaction with locals during operations."

The Marines are scheduled to train in Australia and other southeast Asian nations for approximately six months before returning to their home base in Hawaii.

"This is a great opportunity for both the U.S. and Australia," said Senegar. "Now that the arrival is done, I look forward to getting started on what Marines do best – training and getting involved in the local community."

The Australia defence minister expressed similar sentiments – looking forward to what the enhanced Australia-U.S. partnership will bring to both militaries and the citizens of Australia.

See AUSTRALIA, A-7



Lance Cpl. James A. Sauter | Hawaii Marine

Cpl. Thomas Masters, a Marine Corps Instructor Course of Water Survival student, acts as a panicking victim while grabbing hold of Sgt. Matthew Koetting, another MCICWS student, during a rescue swimming exercise at the Base Pool, Wednesday.

Surviving the cut

Marines train to be water survival instructors

Lance Cpl. James A. Sauter
Combat Correspondent

Marines from Marine Corps Base Hawaii endured strenuous training to become water survival instructors during a Marine Corps Instructor Course of Water Survival at the base pool, Wednesday.

For three weeks, MCICWS tests Marines' endurance as they go through exhausting exercises such as rescue swimming, emergency response, first aid and combat scenarios. By the end of the course, the Marines who pass will be certified instructors to teach other Marines water survival skills.

"This course teaches the Marines how to instruct and supervise water survival training," said Gunnery Sgt. Ivan Del Valle, chief instructor and course manger. "It also teaches the safety aspect of the training in addition to the instructional part in order for them to deliver classes in the future."

During the day's training, the Marines were given a classroom instruction on proper

techniques and swimming strokes in preparation for a rescue swimming practical application session in the pool.

"After they see the initial demonstration, they're going to do three different rescue techniques," Del Valle said. "The first rescue is approaching the victim from the front and escaping underwater from the victim after he grabs hold. The second rescue is rescuing from behind, and the third is rescuing while escaping from the victim's hold and then towing the victim across the pool."

During the exercises, simulated victims shouted, "help, I'm drowning!" and the rescuers shouted, "don't worry buddy, I'm coming!" The victims were instructed to grab the rescuer when they grabbed onto them to take the rescuer underwater.

"During a rescue, the preferred method is to approach the victim from behind," Del Valle said. "When you come from behind the victim

See SURVIVAL, A-7

ON PATROL WITH 'AMERICA'S BATTALION'



Cpl. Reece Lodder | Regimental Combat Team 5

HELMAND province, Afghanistan — Afghan children walk alongside Lance Cpl. Jacob Kartchner, a team leader with 4th Platoon, Kilo Company, 3rd Battalion, 3rd Marine Regiment, and 28-year-old native of Long Beach, Calif., in the hopes of receiving candy as he patrols with fellow Marines and Afghan National Police outside the Hazar Joft Bazaar, April 8. See more photos on A4-A5.

BUILDING BALIKATAN



Cpl. Vanessa American Horse | Hawaii Marine

Marines and sailors from Combat Logistics Battalion 3 unload their gear from a truck upon arrival to Crow Valley in the Philippines, Sunday. More than 500 Marines and sailors will conduct a Field Training Exercise in the area with the Armed Forces of the Philippines starting, Monday. See full story on A2.



CPRW-2 vs. MCAS
Battle for the win in intramural basketball, B-1



Return of the Bunny
3rd Marine Regiment celebrates Easter in style, C-1

Saturday
High — 80
Low — 71

Sunday
High — 79
Low — 71

NEWS BRIEFS

Pets in housing

In compliance with the Marine Corps Order, the waiver allowing banned breeds of dogs previously grandfathered into base housing will expire Oct. 1. Banned breeds include Rottweiler, Pit Bulls, and wolf-mixed breeds. Those residents who lived with any banned breed of dog in housing prior to the ban and were granted a waiver temporarily allowing them to remain in housing must either make off-base adoption arrangements for the dogs, or plan to vacate base housing prior to the Oct. 1 deadline. Reference Marine Corps Order P11000.22, Ch 6.

Free tax preparation service

The Base Tax Center is open through April 17. The center's hours are Monday and Wednesday, 8:30 a.m. to 7 p.m., Tuesday and Thursday, 7:30 a.m. to 7 p.m. and Friday 8:30 a.m. to 5 p.m. Bring all W-2s (including spouse's), bank account and routing numbers, copy of last year's tax return, all other tax forms (1099s, etc.) and Social Security cards for all family members. The tax center is located at Bldg. 455, across the street from the Family Housing Office and next to the Youth Activities Center. To schedule an appointment call 257-1564.

Malama Ka Aina

Marine Corps Base Hawaii is holding the biannual "Malama Ka Aina" April 24-25. Come out and show your support and participate in conducting a basewide clean up of all buildings and grounds.

"Malama Ka 'Aina" is a Hawaiian term translated as "Caring for the Land." It is based on the way traditional Hawaiians viewed interactions among people and their environment. As tenants of MCB Hawaii, we should pride ourselves similarly in the cultural stewardship and sustainability and continue to make MCB Hawaii the epitome of "paradise."

A general clean up of all office and billeting areas and immediate surroundings will be conducted, i.e., courtyards, walkways, stairways, police sheds, etc.

Other areas include parking lots, dumpsters, Marine Corps Training Area Bellows, boondockers, environmental ponds, wetlands, and family housing common areas.

The Recycling Center will be prepared to support the excess trash and miscellaneous items as necessary.

Please coordinate with the Base Inspector Office at 257-8861 to access the training facilities at MCTAB and Boondocker Training Areas for clean-up projects. For questions regarding recycling and garbage disposal at the landfill call James Sibert at 257-4300. For questions regarding disposal of hazardous materials call the Environmental Compliance and Protection Department at 257-6930, ext. 241.

Waimanalo Health Center seeks volunteers

The Waimanalo Health Center is looking for volunteers in several areas including gardening, landscaping, carpentry, maintenance, and administration. If you feel you have any other special skills that you'd like to offer the Waimanalo Health Center or if you are interested in volunteering in one of the preexisting programs, please contact the Waimanalo Health Center Director of Community Services at 259-7949 or visit <http://waimanalohealth.org/donate/volunteer-opportunities/>.

Important phone numbers

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

Hawaii Marine

www.mcbh.usmc.mil

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MCB Hawaii teen wins poetry contest, competing in nationals

Christine Cabalo

Photojournalist

Brady Jernigan's well-rehearsed verse has landed him this year's state "Poetry Out Loud" championship and a shot at winning the national poetry-reciting contest.

Jernigan, a Marine Corps Base Hawaii resident and ninth-grade student, is the youngest Hawaii winner. Out of more than 200 local students who competed, he is the second Hawaii winner in the contest's history to be homeschooled.

"I like how you can take an entire story and put it in a poem that's only a page long," he said. "You need to chose better words and expand your vocabulary. I can tell an entire story in three minutes."

A fan of narrative epic poetry, Jernigan said his favorite poems are vivid adventures like "The Iliad," "Beowulf" and "The Song of Rowan."

For the contest, Jernigan was required to choose three poems from a list of hundreds provided by the Poetry Foundation and the National Endowment for the Arts.

He recited "The New Colossus" by Emma Lazarus, "What Work Is" by current U.S. poet laureate Phillip Levine and "A Satirical Elegy on the Death of a Late Famous General" by Jonathan Swift.



"He knows each poem inside and out," said

Mercedes Welch, his coach and whose daughter was a previous

Christine Cabalo | Hawaii Marine

Brady Jernigan, a Marine Corps Base Hawaii resident, performs several poems at Trinity Christian School in Kailua, Wednesday. Recently Jernigan became the youngest state champion of the "Poetry Out Loud" contest held in March. He will go on to compete for the national title in May.

CLB-3 constructs Camp Palacio in Crow Valley

Cpl. Vanessa American Horse

Combat Correspondent

CROW VALLEY, Philippines

— Continuing a long-standing partnership, the Marine Corps will once again participate in Exercise Balikatan 2012.

The exercise, formally starting April 16, is an annual event where the Armed Forces of the Philippines collaborate with U.S. military forces to enhance interoperability in sea, air and ground operations. Balikatan translates to "shoulder-to-shoulder" in Tagalog, a language of the Philippines. Stepping up to the plate this year from Marine Corps Base Hawaii are more than 60 Marines and sailors from Combat Logistics Battalion 3.

The advanced party arrived at Clark Air Base in Angeles City, March 31, followed by the main body, Saturday. Their efforts are focused on providing logistical support for Headquarters Battalion, 3rd Marine Division.

"We have a two-part goal," said Lt. Col. Henry W. Lutz III, commanding officer, CLB-3. "We're going to provide tactical logistical support including transportation, water, and power to 3d Marine Division units and train CLB-3 Marines and sailors to operate in an austere environment."

Due to the combined efforts and hard work from Marines of CLB-3 and 3rd Marine Division,



Photos by Cpl. Vanessa American Horse | Hawaii Marine

Lance Cpl. John F. Fogarty (left), a motor transportation maintenance technician, 3rd Marine Regiment, sets up tents in Crow Valley, Sunday.

completion of billeting, showers, an air-conditioned chow hall and wireless Internet service are some of the amenities available for incoming Marines.

"I didn't know what to expect," said Lance Cpl. Joe A. Garcia, an administrative clerk, CLB-3. "This is my first time being in the field since boot camp or Marine Combat Training. I like that we don't have to eat Meals Ready to Eat all the time, and we have big tents to live in."

Upon the opening ceremony, approximately 500 Marines and

sailors at Crow Valley will begin their field training exercise. The training will include live-fire ranges and small-unit tactical exercises with AFP.

"My expectations are to further refine our logistics support capabilities," Lutz said. "Unlike in Afghanistan, we started with no infrastructure here, and our ability to quickly establish an expeditionary camp will enhance our capability to conduct operations anywhere in the Pacific."

See more stories from Balikatan in future Hawaii Marine issues.



An early morning view shows the progress of Camp Palacio, Monday. Marine and sailors from Combat Logistics Battalion 3 traveled to Crow Valley in the Philippines to provide support to Headquarters Battalion, 3rd Marine Division, for Exercise Balikatan 2012.

AROUND THE CORPS

Former Pendleton Marine adopts MWD

Cpl. Michelle Brinn

Marine Corps Base Camp Pendleton Public Affairs

CAMP PENDLETON, Calif. — Former Cpl. Megan Leavey wanted nothing more than to reunite with her best friend, and her wish finally came true at Camp Pendleton's K-9 Unit, April 6.

Military Working Dog Rex retired after 10 years of service and was officially released into Leavey's care so they can continue their friendship that was once formed during their Marine Corps career.

"Hopefully his last days will be happy," said Leavey. "He'll have a big fenced-in backyard to play in with a ton of toys and a nice, comfortable dog bed. He might even just sleep in bed with me. I can't wait to bring him home."

Leavey left the Marine Corps in Dec. 2007, and had initially submitted the adoption paperwork, but was denied since Rex could still perform his duties for Camp Pendleton. However, Rex was recently diagnosed with facial paralysis, so his days as a MWD were unfortunately put to a halt.

"We served in two combat deployments together, so we have quite a history," explained Leavey, referencing a time when insurgents detonated an Improvised Explosive Device near them in Iraq, and both of them were injured. Rex and Leavey had recovered from their injuries, and Rex was returned to service. "You just have a special bond with your personal [MWD]. We did everything together and he was at my side 24/7."

Leavey said that during their deployments, Rex saved many people's lives, including her own, mostly looking for IEDs. Throughout his career, Rex provided over 11,575 hours of military support consisting of searching over 6,220 vehicles during random anti-terrorism searches in Iraq.

Leavey continued her passion of being a dog



Cpl. Michelle Brinn | Marine Corps Base Camp Pendleton Public Affairs

Former Cpl. Megan Leavey pets Military Working Dog Rex during his retirement ceremony and adoption at Camp Pendleton's K-9 unit, April 6.

handler after the Marine Corps and now works for an independent contractor in New York with her new working dog, Patriot. So now when the two return home, Rex will have a new friend to play with.

Leavey and Patriot have provided security at the Yankee Stadium during baseball games and concerts. After hearing of Leavey's struggle to adopt Rex, Randy and Mindy Levine, owners of the Yankees, intervened.

"My husband and I are both dog lovers," said Mindy

Levine. "I think Megan really represents women in the military very well. She's a great role model. The New York Yankees are very proud of Megan and we're grateful for all the service that she and Rex have done for our country."

Mr. and Mrs. Levine have both agreed to pay for all medical expenses that Rex may need for the rest of his life. Leavey plans to return to New York April 8, except this time; not without her best friend.

Corpsmen save crash victims

Cpl. Mark W. Stroud

Marine Corps Bases Japan

CAMP DELARAM II, Afghanistan — Two corpsmen were recognized for saving the lives of mass-casualty victims during a ceremony here March 28.

Petty Officer 1st Class Louis Bismonte and Petty Officer 2nd Class Frederick B. Ehlers were awarded Navy and Marine Corps Achievement Medals for their life-saving actions March 25, when a traffic accident turned into a mass-casualty situation.

Both Bismonte and Ehlers are hospital corpsman supporting combat operations in Afghanistan with Embedded Partner Team, Combat Logistics Battalion 4, currently attached to 1st Marine Logistics Group (Forward), Regimental Combat Team 6.

"(Corpsmen) are never off duty," said Chief Petty Officer Charles R. Schaefer, medical chief with CLB-4. "We all have to be ready at any time."

The two hospital corpsmen were relaxing in their sleeping quarters when EPT interpreters knocked on their door, telling the sailors to grab their medical supplies and come to the Afghan National Army medical tent, according to Ehlers.

"When we got to the tent, the first casualties had already been brought



Cpl. Mark W. Stroud | Marine Corps Bases Japan

Sgt. Maj. Robert H. Brown Jr., left, congratulates Petty Officer 1st Class Louis Bismonte, a hospital corpsman with CLB-4, after Bismonte was awarded the Navy and Marine Corps Achievement Medal on Camp Delaram II, Afghanistan March 28. Brown is the sergeant major for CLB-4, 1st Marine Logistics Group (Forward), RCT-6.

in," said Ehlers. "(The ANA) were making trips back and forth from the accident site, bringing back groups of the injured."

A civilian Afghan bus had crashed near the camp's entry control point resulting in 28 casualties, including the

death of five Afghan civilians.

"We were working with the ANA medics to provide the first level of care," said Ehlers. "If (the casualties) needed a higher level of care, we sent them to the (Shock-Trauma Platoon)."

The sailors had previous experience

instructing ANA medical personnel with the 5th Kandak, 2nd Brigade, 215th Corps, in battlefield medical care, but had not worked with Afghan medics in an operational environment until the March 25 mass casualty, according to Ehlers.

"We are here to train the trainers," said Ehlers. "These ANA medics who go to our courses will be able to go back to their units and teach others."

The ANA medics from the corpsmen's most recent four-week course graduated March 17 and had already left Delaram II to assume their duties at different units throughout the ANA when the mass-casualty event occurred.

The Afghan medical personnel working to treat the injured civilians were not former students of the EPT corpsmen.

"Like any mass-casualty event, it was very chaotic but the (ANA) did well," said Bismonte.

The rapid and professional conduct of the corpsmen in responding to the mass-casualty event directly led to the survival of casualties, according to Schaefer.

"I saw the bus ... and it was near totally destroyed," said Schaefer. "(The bus) looked like it had been bent in half ... if it were not for our corpsmen, there would have been more killed."

Barracks Marine becomes meritorious gunnery sergeant

Cpl. Jeremy Ware

Marine Barracks 8th and 1

WASHINGTON — A Barracks Marine was meritoriously promoted to the rank of gunnery sergeant in the United States Marine Corps, April 2.

Gunnery Sgt. Corey J. Nawrocki, 29, enlisted in the Marine Corps Aug. 2001, and attended recruit training at Marine Corps Recruit Depot Parris Island. He has served as Guard Company's gunnery sergeant at Marine Barracks Washington since June 2011.

The rank of gunnery sergeant is unique to the Corps. It is the seventh enlisted rank and a company gunnery sergeant is typically in charge of coordinating logistics for a company-sized element of Marines.

It is very rare for a Marine to earn this rank meritoriously, as there is a lot of competition for the promotion.

"It's a great honor to meritoriously earn the rank of gunnery sergeant, and it comes with high responsibility," Nawrocki said. "I represent Lansdale every day, and my only wish is to make them proud, and today I have done that."

While stationed at the Barracks, Nawrocki is responsible for ensuring the Marines of Guard Company are properly trained and prepared for the next step in their careers. He also handles the logistical aspects to Guard Company.

His awards include a Bronze Star with a valor device, two Purple Hearts, a Navy Achievement Medal with a valor device and two combat action ribbons.

Nawrocki is excited to pin on the rank of gunnery sergeant and lead the Marines of Guard Company in the future.

"I accredit this promotion to my past leaders, both enlisted and officer. Without them constantly pushing me to be my best I would not have won this board," Nawrocki said.

Barracks Marines support ceremonial and security missions in the nation's capitol. Each year, the Marines support more than 30 parades and hundreds of ceremonies and functions to include funerals and sporting events across the country and globe while maintaining proficiency in their respective military occupational specialties and meeting their annual training requirements.



Cpl. Jeremy Ware | Marine Barracks 8th and 1

Gunnery Sgt. Corey Nawrocki, Guard Company's gunnery sergeant, takes the Oath of Enlistment during his meritorious promotion ceremony at Marine Barracks Washington, April 2.

AFGHAN NATIONAL POLICE, 'AMERICA'S BATTALION' MARINES MAINTAIN SECURITY IN GARMSIR



(Above) An Afghan boy watches Afghan National Police and Marines with 4th Platoon, Kilo Company, 3rd Battalion, 3rd Marine Regiment, walk past his house during a security patrol, April 8, 2012.



(Right) Afghan National Police patrolman Babu Jan controls the flow of traffic moving through a vehicle checkpoint outside the Delhi Bridge, April 8, 2012. Members of the ANP partnered with Marines from 4th Platoon, Kilo Company, 3rd Battalion, 3rd Marine Regiment, at the checkpoint to maintain security around the Hazar Joft Bazaar, one of the busiest commercial centers in Helmand province's Garmsir district.

Photos by Cpl. Reece E. Lodder | Hawaii Marine

Marine Cpl. Mark Jensen (center), a team leader with 4th Platoon, Kilo Company, 3rd Battalion, 3rd Marine Regiment, and 22-year-old native of Nyssa, Ore., joke with Afghan National Police patrolmen and local children while providing security at a vehicle checkpoint outside the Hazar Joft Bazaar, April 8, 2012. On the patrol, the Kilo Co. Marines partnered with members of the Afghan National Police to maintain security in and around the bazaar, one of the busiest commercial centers in Helmand province's Garmsir district. Their partnership is a vital part of preparing the Afghan National Security Forces to assume lead security responsibility in Garmsir.



Marine Cpl. Mark Jensen, a team leader with 4th Platoon, Kilo Company, 3rd Battalion, 3rd Marine Regiment, shares a water bottle with an Afghan boy while providing security at a vehicle checkpoint outside the Hazar Joft Bazaar, April 8, 2012.



Marines with 4th Platoon, Kilo Company, 3rd Battalion, 3rd Marine Regiment, patrol past the Garmsir district center during a security patrol, April 8, 2012.



An Afghan teenager walks a herd of sheep past members of the Afghan National Police (center) and Afghan National Army at a vehicle checkpoint manned by Afghan forces and Marines with 4th Platoon, Kilo Company, 3rd Battalion, 3rd Marine Regiment, outside the Hazar Joft Bazaar, April 8, 2012.



Afghan National Police Lt. Naib (second from left) interacts with an Afghan National Army soldier outside a fuel store in the Hazar Joft Bazaar while manning a vehicle checkpoint, April 8, 2012.

Marine's daughter battles illness

Family and friends raise funds for cause

Kristen Wong

Photojournalist

Gunnery Sgt. Patrick Tyrrell is going bald again — with a purpose.

Three years ago, Tyrrell and his family were walking home, Tyrrell's wife, Wendy, took notice of five-year-old Haley, as she and her brother ran ahead of their parents. Haley was wobbling.

Tyrrell and his wife took Haley to Tripler Army Medical Center, where doctors found a Medulloblastoma, a tumor the size of a lemon, in her brain.

"It was pretty scary," said Haley's brother, Zachary, 6. The family had never dealt with this type of situation before, and after her initial surgery, her condition worsened as she was temporarily unable to move or speak due to Posterior Fossa Syndrome.

"The odds of a kid getting Medulloblastoma are very small," Tyrrell said. "The odds of a girl as opposed to a boy getting a Medulloblastoma are even smaller and the odds of the child getting Posterior Fossa Syndrome right after, smaller still. We could have [just] as easily won the lottery."

As his daughter would endure much more in the coming years, Tyrrell would learn about her medical condition, and help raise money for research.

A native of Rochester, N.Y., Tyrrell enlisted in the Marine Corps in June 1993. Tyrrell had always wanted to be a Marine, wear a dress blue uniform, and be a part of what he felt was the "toughest branch" of the military.

Currently, Tyrrell is the staff noncommissioned officer in charge of the Warrior Athletic Reconditioning Program at Wounded Warrior Battalion West — Detachment Hawaii.

Over the years, he has been stationed in Texas, North Carolina, Okinawa and here. Tyrrell has been stationed at Marine Corps Base Hawaii for the last six years, deploying twice with 1st Battalion, 3rd Marine Regiment, before transferring to 1st Battalion, 12th Marine Regiment.

Staying in one place allowed Tyrrell's daughter to receive the medical treatment she needed. By 2010, after one full year of chemotherapy, doctors could find no trace

of cancer in Haley, and her family threw a big celebration.

But three weeks before 1/12 was scheduled to deploy to Afghanistan, Tyrrell stayed with the remain behind element for 1/12, to be with his daughter as an MRI showed evidence of what appeared to be another tumor.

While visiting TAMC, Tyrrell heard about St. Baldrick's Foundation, a nonprofit organization dedicated to raising money for researching childhood cancer. St. Baldrick's Foundation hosts fundraisers in which participants not only donate funds to the cause, but also shave their heads bald, in support of the fight against cancer. The first annual event in Hawaii happened at Dave and Buster's in Honolulu, in 2011. Among the participants was Tyrrell, who started Team New Research, and raised more than \$8,000 last year.

"Seeing how resilient and amazing sick kids are, you do whatever you can to help them out, because you can't take their place," Tyrrell said. "The next best thing we can do is try and find a cure."

This year, Tyrrell is the head captain of Team New Research 2, and hopes to raise at least \$7,000. Team New Research 2 so far consists of 13 members, including at least six Marines and one sailor. Staff Sgt. Adam Wagner, a Marine from Wounded Warrior Battalion West — Detachment Hawaii, joined the team and will be shaving his head at the event.

"There's something out there that's worth more than my hair," Wagner said. "If shaving my head means raising money for a good cause, if that's the least I can do, I want to do it to help Haley and children like her."

The challenges were still not over for Haley this year as she had a Grand Mal Seizure, caused by a cavernoma, in February. A cavernoma is a "condition consisting of clusters of abnormally dilated thin-walled blood vessels," according to the Children's Memorial Hospital website in Chicago.

Haley needed surgery to remove the cavernoma. However, there weren't enough blood platelets available for her on the island. Haley's parents asked family and friends to donate blood platelets.

Tyrrell said so many people came to the TAMC Blood Donor Center to donate their platelets, even long after there was enough for Haley. According to a March post on Haley's blog, her mother wrote that she had received at least six bags of platelets. A picture of Haley is now being featured on posters displayed at blood drives for TAMC's Blood Donor Center.

Tyrrell said he is grateful to many people who helped his family these past few years, including Hawaii Fi-Do, who donated a labradoodle as a companion for Haley, and the Exceptional Family Member Program on base for providing funding for a baby sitter for Haley and her brother.

In 2010, the Make-A-Wish Foundation sent Haley and her family on a trip to Squaw Valley in California, so she could fulfill her wish to see snow. Haley also visited the 535th Airlift Squadron at Joint Base Pearl Harbor-Hickam, and became a "pilot for a day" last year.

"Wendy and I are always talking about how amazed we are by the support both by the organizations we belong to and our friends and family," Tyrrell said. "There are so many organizations I couldn't possibly name them all ... Haley has touched so many lives



Photos courtesy of Tyrrell family

Haley Tyrrell, 8, gets a kiss from her brother, Zachary, 6. Haley has had two tumors and three surgeries during the last three years and is still undergoing treatment.

in such a small amount of time — it's amazing how much people donate of their time and money."

Today, Haley has an adult with her at all times as she attends school, helping her in various ways. She has difficulty writing, and needs someone to write for her. She is still undergoing treatment, and occasionally deals with intermittent petit mal seizures. She also requires physical and occupational therapy during and after school.

Despite this, Haley has a smile on her face as she plays with her younger brother, Zachary. Zachary kept his sister company while she was hospitalized, enjoying stories with their mother, watching television and sharing a gigantic bowl of popcorn. Tyrrell said he also helps his sister with anything she may need.

While Haley was once considered terminally ill, and there's always a chance the Medulloblastoma may return, Tyrrell said doctors currently do not detect any tumors in her system — a positive sign.

In the meantime, Tyrrell learned to cope with his daughter's condition through humor, while his wife makes sure each day counts.

"We live in the moment," Wendy said. "It's hard to look back and sometimes harder to look forward. We live each day the best we can and never miss a moment. I feel we are more present for our children and all of life's joys are heightened, even the simple and insignificant things. For the challenges Haley faces, we take them on as a family, one day at a time."

For details about the St. Baldrick's Foundation event, visit <http://www.stbaldricks.org>. Haley also has a blog at <http://www.caringbridge.org/visit/HaleyTyrrell/journal/30>.

"It would be so nice to give our little girl a rest from all this, but there are no choices here," Wendy posted on Haley's blog. "She is so brave, just going back to the hospital to take her chemo again ... so brave to just to keep fighting."



AUSTRALIA, from A-1

"So, I am absolutely confident that the Marines will enjoy very good training experience," Smith said. "They'll work well with our Defence Force personnel, and they will be particularly welcomed by the people of Australia; but in particular, by the people of Darwin and the Northern Territory."



Lance Cpl. Ian M. McMahon | Okinawa Marine staff

Marines from the III Marine Expeditionary Force command and control element in Darwin visit with the Honorable Sally Thomas AM, the administrator of the Northern Territory, April 3 to discuss the anticipated arrival of the rotational force consisting of Marines with Company F, 2nd Battalion, 3rd Marine Regiment, and the unit's planned training in the Northern Territory.

SURVIVAL, from A-1

[he/she] cannot see you and cannot grab you. If the victim grabs hold of the rescuer, chances increase of both the victim and rescuer becoming victims."

Del Valle explained that in a real life situation, the victim is panicking and is trying to grab onto something that floats.

When a rescuer comes, the victim's instinct is to grab on. So during the training, the students are taught how to approach the victim, escape if the victim grabs on and then tow the victim, once he's passive and calm, using the proper swimming techniques.

"Initially we had 25 students for the pre-screening, but only 20 made it," Del Valle said. "This course has a 50 to 55 percent attrition rate."

After several minutes in the pool, repeating the rescue drills, fatigue set in as some Marines said they couldn't perform the proper technique due to cramping and lack of breath. Before the exercise was over, two Marines dropped on request, bringing the total number of students down to 18.

"I heard a few of those guys talk about how they couldn't do it anymore," said Cpl. Thomas Masters, a MCICWS student, and native of

Kearney, Mo. "I was expecting hell and a gut-check when I decided to sign up for this course. Even if you're a decent swimmer, it's a mind game. It's more than just pushing yourself, it's also convincing yourself that you can do it."

Masters signed up for the course to make himself more valuable to his unit. Although there were points during the day's training when Masters wanted to quit, he convinced himself that he could do it.

Masters also said he was an avid swimmer before coming to the course. He said being a decent swimmer beforehand does help when performing the required techniques for the rescue strokes.

"Most of swimming is technique because once you get that down, then your strength conditioning comes into play," Masters said. "When you try hard and listen to what the instructors have to say, then the course is actually a lot of fun. It does suck at times, but every time you get out of the water, the urgency to do it all over again comes back."

For the course's final test, the students will have to swim 1,500 meters and perform various swimming exercises with combat gear, including helmets and rifles, in order to graduate as certified water survival instructors.

MCB HAWAII EASTER SUNDAY WITH ALOHA

Sgt. Derek Cotton | Hawaii Marine

Hundreds of Marines, sailors, friends and family observe hula dancers as the sun peeks over the shore in the traditional sunrise service Easter Sunday, here at Fort Hase Beach.

Sports & Health



Lance Cpl. James A. Sauter | Hawaii Marine

Eric Cotton, Commander, Patrol and Reconnaissance Wing 2 center, leaps for a basket against Marine Corps Air Station Kaneohe Bay defenders during the first intramural basketball game of the second round playoff at the Semper Fit Center, Monday. CPRW-2 defeated MCAS, 70-35. "After we got our rhythm going in the second half, everything just took off from there," Cotton said. "Even though we're winning, we're playing a whole lot better in this half. Playing the game better made winning it easier."

CPRW-2 obliterates MCAS in second round playoff

Lance Cpl. James A. Sauter
Combat Correspondent

Victory was ever so sweet for Commander, Patrol and Reconnaissance Wing 2 after annihilating Marine Corps Air Station Kaneohe Bay, 70-35, during the first intramural basketball game of the second round playoff at the Semper Fit Center, Monday.

After shaking hands for a fair game and the opening tip off, the rivals charged into an intense first half. Immediately, CPRW-2 scored a few baskets to take the lead due to MCAS making simple mistakes like bad passes and failed layups. After eight minutes into the first half, CPRW-2 held onto an 11-6 lead.

"Our strategy so far is to basically come out and run hard," said Rick Parkinson, CPRW-2 shooting guard. "We're trying to use our speed and agility to beat the defense. Most of these teams play zones, so if we can get them out of their zones, we can get the ball back quicker."

By moving the MCAS offensive players out of their zones, CPRW-2 had more scoring opportunities while putting MCAS on defense more often. MCAS called a time out while trailing behind CPRW-2, 17-8, with eight minutes left in the first half. But as soon as gameplay resumed, CPRW-2's razzle-dazzle playing jumped them ahead, 28-19, ending the first half.

"I felt good going into halftime. We have a comfortable lead," Parkinson said. "Now we just have to come back out, play hard and finish the game."

Within a minute and 30 seconds into the second half, CPRW-2 put five more points on the board as well as intensifying their play over MCAS which forced them to give up the ball more. With 13 minutes left in the game, CPRW-2 was putting the final nail in the coffin.

"After we got our rhythm going in the second half, everything just took off from there," said Eric Cotton, CPRW-2 center. "Even though we're winning, we're playing a whole lot better in this half. Playing the game better made winning it easier."

As the clock wound down, a CPRW-2 victory drew ever closer. But when they relaxed on their offense and defense, CPRW-2 gave up a few baskets. But to give the game a last minute play, Parkinson slam-dunked a basket to bring the game 59-29 with six minutes left. From there, both teams loosened their playing until the game ended 70-35.

"For the semifinals, I'm expecting 1st Battalion, 12th Marine Regiment, to come out hard and play well like us," Cotton said. "I'm hoping that we can turn up our offense and defense, grab some turnovers and play like we did during this game."

The final intramural basketball game is tonight at Semper Fit at 6:30 pm.



Christine Cabalo | Hawaii Marine

JUMP STARTING HEARTS

Mokapu Elementary School students jump rope and enjoy other physical fitness activities meant to keep their hearts healthy during the Jump Rope for Heart event held Tuesday. Volunteers from several units at Marine Corps Base Hawaii assisted at the school. The national campaign helps educate students on heart-health issues and gathers support for the American Heart Association.

Van Gundy is Van 'Gone'dy

Sgt. Derek Cotton
Combat Correspondent



Howard vs. Van Gundy: Who's right?

VS is a recurring column tackling debatable issues in the sports and entertainment world. Hawaii Marine readers can submit a subject for future columns by e-mailing their ideas to HawaiiMarineEditor@gmail.com. If there's a topic you would like to discuss/defend or if you think we missed the mark, let us know and you could see your "opinion," regardless of how wrong it is, featured below.
 Suit up, ladies ... it's game time.



COTTON



WHITTINGTON

Dwight's not right

Sgt. Scott Whittington
Editor

I don't usually follow the NBA. I prefer real sports — but when I heard a player, hiding in the shadows, was trying to get a coach fired, I was a little irate. Then the coach made it public and everyone is mad at him for airing dirty laundry.

Orlando Magic's head coach, Stan Van Gundy, said Dwight Howard, Magic center and probably one of the best in the NBA when he's not suffering from back injuries, made it known to the higher ups that he wanted the coach gone. Who are you to suggest this buddy?

This season, Howard has been frustrating the Magic organization with multiple trade requests but at the last second changes his mind or signs amendments to his contract. Orlando should be done with him no matter how many records he's broken.

That tells me Howard has loyalty issues and doesn't want to be there to begin with. He will hopefully be a free agent next season, and I feel sorry for the next team that picks him up. Perhaps team owners will finally make an example of this guy and not take him in. We can only cross our fingers.

How can a player with no loyalty and questionable participation have any say over a coach's future with the team? Howard plays his hardest on his own schedule. He may be the star player in Orlando for now, but it's obvious he knows nothing about being a team player.

Since when did players dictate front office decisions? It's a disturbing trend that's on the rise this NBA season. From Kobe's pseudo-secret team meetings in the midst of Pau Gasol trade rumors to this latest mess with Howard, NBA owners are actively allowing their players to deface their organizations. Players need to realize the NBA is a business; nothing more, nothing less. NBA owners need to regain control of their teams and make their players realize why they're paid millions to play. Owners and general managers don't need business advice from players. I can find better business consultation at a fast food restaurant — and I do, often. Thanks for the Roth IRA tip Burger King cashier!

Since the press conference, Howard said he and the coach are "on the same page" and will focus on winning games, but we all know that's just politically correct bull snot to save face.

In sports, the coach is "the man," and the players follow him. If a player has a problem with the coach ... too bad, so sad ... suck it up, do your job and be a man. Howard could be one of the greatest players of all time but leading the league in technical fouls is a long way from where he started of wanting to "raise the name of God within the league and throughout the world."

Some analysts say that choosing between a superstar player and a coach is easy. Players bring in the fans, but I disagree. Players are made because they win a lot, their characters shine brightly in the community, and most importantly the coach inspires them to play their best. You can be the greatest player of all time, but if your coach is horrible, you'll never see a big sponsorship based on pure talent.

Of course I know this isn't how it really works, but it's a big reason why our sports' "role models" are all arrogant thugs. I'm ready for someone to stand up to these talented jerks and say, "I don't care that you're a great player. You're not right for this team." Also it would help if sports fans stop buying their jerseys.

Each course consists of four one-day sessions held on Sundays from 9 a.m. to 3 p.m. Learn to sail on a Capri 16.5', Boston Whaler Harpoon 5.2' and American 18'. Call 254-7666 to sign up.

Give up tobacco

The Health Promotions Office and the Navy Health Clinic Hawaii staff help smokers and dip users quit tobacco in this free four-session class. Learn how to cope with cravings. Tobacco users can also get help obtaining nicotine medication. Class is held Tuesdays at Kaneohe Bay and Wednesdays at Makalapa. For more information, contact Health Promotions at 254-7636.

Golf into shape at Kaneohe Klipper Golf Course

Marine Corps Community Services has authorized a special rate for all Wellness Program participants. Enjoy nine holes of play at the Klipper Golf Course from Monday to Thursday at a discount. Take advantage of another opportunity to exercise.

Specifically, all who are registered with the Wellness Program will be extended the discounted sunset rate for nine holes of play, for walking the course. For details, call 254-1745.

This "off the court" game that is being played is always incumbent on bad coaching and never on the players because it is part of the duties of the coach."

"off the court" game that is being played is always incumbent on bad coaching and never on the players because it is part of the duties of the coach. If Van Gundy was busy throwing it down on the ball-court, then someone else would be responsible for this fiasco.

Red Auerbach, arguably the greatest coach and general manager in NBA history, said, "The only correct actions are those that demand no explanation and no apology."

On these terms, most can at least agree that Van Gundy is in the wrong to drop the bomb about Howard wanting him fired, but it may be time for him to step down. If "Superman" can banish his Lex Luther, maybe it will be time to see Howard and the Magic kissing the Larry O'Brien Championship Trophy this year, but according to Otis Smith, the Magic's general manager, Van Gundy will at least finish out this season.

SPOTLIGHT ON SPORTS

Surf and Turf 5K

Need a change of scenery for your morning run? Check out the Surf and Turf 5K run tomorrow at 6:30 a.m. The run will take you from the Officers' Club on through the Klipper Golf Course, and along North Beach. This event is open to the public and racers can still register. Packet pickup will take place today from 9 a.m. to 4 p.m. at the Semper Fit Center.

Aqua Aerobics

The seasonal Aqua Aerobics class offered by the Semper Fit Center will begin tomorrow. The Aqua Aerobics classes will be held Saturdays from 9:30 to 10:30 a.m. at the Base Pool.

High Intensity Tactical Training Center Hours

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

Marine units or groups may use the center weekdays from 6 a.m. to 9 p.m. Anyone who wishes to use the facility must request the key from the Satellite Fitness Center at Bldg. 1033 next door. A noncommissioned officer must be responsible for

returning the key and cleanup of the center after use. For details, call 254-7594.

Bowl in the East West Travel League

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

Semper Fit Juniors Program

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

Sail away at Base Marina

Learn the basics of sailing! Classes are offered in the morning and will be available in the evenings beginning in May.

Sports and Health

2012 INTRAMURAL SPORTS CALENDAR

April 20 Men's softball starts (Annex Field)

May 21 Soccer league starts (Pop Warner Field)

May 19 Men's/Women's volleyball starts (SFC)

June 11 Men's/Women's 2nd bowling session starts

July 18 Men's basketball starts at SFC 2nd session

Aug. 1 Tackle football practice starts

Sept. 4 Tackle football season starts (Pop Warner Field)

Sept. 17 Intramural softball tournament (Annex Field)

Oct. 22 Intramural softball tournament (Annex Field)

Nov. 19 Intramural softball tournament (Annex Field)

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



Photos by Christine Cabalo | Hawaii Marine

Parading out to the "Marine's Hymn," members of the Marine Corps Base Hawaii team are introduced in the second day opening ceremonies of the Hawaii All-Military Bowling Tournament. Four K-Bay team players broke into the top ten individual high scorers list.

K-Bay bowling team relishes HAM

Christine Cabalo
Photojournalist

Placing second to the bottom in this year's Hawaii All-Military Bowling Tournament didn't stop Marine Corps Base Hawaii's team from getting its players to finish at the top.

Four Kaneohe Bay bowlers broke into the tournament's final top 10 individual high score list: active duty Marines Mark Gleason, Brad Rehrig and Anthony Mannino as well as retired Marine spouse Kathy Moore. The MCB Hawaii players made up 20 percent of the annual tournament's top scoring bowlers.

"We've been bowling like crazy," said Mannino, who has competed in the HAM annually since 2009. "We practice Thursdays, playing 10 to 15 games. We must meet up in a group to play three to four times a week."

The tournament pits players from the Marine Corps, Navy, Army, Air Force and retiree teams against each other in four all-day sessions. The K-Bay team collectively scored 40,158 points, but fell behind the team effort of the Air Force who placed first with 45,212 points.

"There are a lot of good bowlers in this tournament," said Gleason, who ranked fourth overall in the men's category. "Other teams have both high scoring bowlers and deep teams with multiple players who bowl really well."

The games were held at a different military bowling alley each day, featuring single and double matches.

The MCB Hawaii bowlers had the home turf advantage when the tournament came to K-Bay Lanes on the second

day. Some tournament players were impressed at MCB Hawaii's historic wooden bowling lanes.

"It's a great retro alley," said Calvin Haynes, an Army specialist who bowls two-handed. "With the mood lighting, it reminds me of home, since we have a lot of bowling alleys that have wooden lanes. When I play at Schofield Barracks, it's a synthetic surface."

Besides knowing the sweet spots of the lanes, the MCB Hawaii team also had the Marine Forces Pacific Band as backup. Two of the K-Bay bowling team's players are senior leaders in the band, prompting the musicians to come out to support their colleagues. The band played the National Anthem as well as each service's fight song as the teams were introduced in the opening ceremonies.

This year's event was the first time Marine spouse Rebecca Gaglio played in the tournament. Gaglio said even though the competition was impressive, she felt relaxed and enjoyed the camaraderie she felt even with players from other teams.

"During the doubles women matches all the players were really nice, and it eased the tension," she said. "It didn't matter what team you were on."

Many on the K-Bay team, including Gaglio, play in league games hosted at K-Bay Lanes. She said she hopes the tournament encourages more people to try out for next year's team or to bowl in one of the several leagues held at MCB Hawaii during the year. While bowlers of any age can join in the leagues held through out the year, Mannino said nothing beats the excitement he feels each year at the HAM tournament.

"I love being able to play 24 games in four days," he said. "It's a rush, but it's taxing on the fingers. So getting ready and staying ready is crucial. Keeping up overall body conditioning helps."



Anthony Mannino, who has played in the tournament since 2009, bowls at K-Bay Lanes during the second day of play, April 4. Mannino was one of four K-Bay players who made the top 10 high scorer's list.

No guts, know glory

Kristen Wong
Photojournalist

While some relax and enjoy lunch aboard Marine Corps Base Hawaii, others hit the gym, sweating through sit-ups, side plank positions and more at the Gut Cut class at the Semper Fit Center.

Semper Fit offers Gut Cut on Monday, Wednesday and Friday from 11:45 a.m. to 12:15 p.m. The class is \$2 for eligible gym patrons, but free for active duty service members.

Gut Cut includes a series of exercises focused mostly on the core of the body. Honey Cushman, group exercise instructor, Semper Fit, said many patrons who attend Gut Cut are hoping to work toward having a "six-pack." But Cushman said patrons may not only achieve "chiseled abs," but also improved flexibility, an easier time with other exercises and a stronger core. To a certain extent, Gut Cut can promote weight loss, however, Cushman said a healthy diet is also necessary for weight loss.

For students coming to Gut Cut, Cushman recommends bringing water. Other materials for the class are available at Semper Fit. Students use workout mats and weights. Cushman leads her classes through exercises such as the plank position, crunches and leg lifts.

"It was so hard, intense," said Kourtney Tolek, of her first Gut Cut class. "[But] everything I struggled with [in the beginning] I can do now."

Tolek said taking Gut Cut got her in the habit of engaging her abs, which she also incorporates into her other workouts, such as TRX training, Zumba and Cardio and Tone.

"It's hard [working out in Gut Cut] but afterward it's worth it," Tolek said.

Though Gut Cut may seem like a challenge at first, Cushman shows students modified versions of each



Kristen Wong | Hawaii Marine

James Adams balances in a side plank position during Gut Cut at the Semper Fit Center, Monday. Gut Cut is offered at Semper Fit three times a week.

exercise. Not everyone may be able to take a Gut Cut class, such as those with back issues. However, depending on their individual situation, some students may be able to learn modified exercises.

"Abs are not my strongest point," said James Adams, who has been taking Gut Cut for two years. "Gut Cut is about toning your abs ... shredding the fat off."

Adams simply described Gut Cut as "painful." "Some days hurt more than others," Adams said. "Overall it's a good class, allows you to stretch [and] helps you out with flexibility."

For more information, call 254-7597, or visit <http://www.mccshawaii.com/fitnessprograms.shtml#aer>. Class schedules are available at Semper Fit.

Tripler recognizes fifth annual National Healthcare Decisions Day

Lt. Col. Matthew Studer

Tripler Army Medical Center

HONOLULU —Tripler Army Medical Center will join other healthcare facilities around the country this Monday, April 16, to recognize the fifth Annual National Healthcare Decisions Day.

One may ask, “What is National Healthcare Decisions Day, and how does this pertain to my health?” The answer is quite simple, and highlights the importance of patient-centered care and open dialogue between patients, their families, and their healthcare providers.

National Healthcare Decisions Day is intended to inspire, educate and empower the public and providers about the importance of advance healthcare planning. Too often, patients and their family members do not communicate their concerns, values and wishes regarding future healthcare decisions with their healthcare providers.

Admittedly, this is a very personal, potentially complex, and at times challenging discussion. At issue are considerations of what healthcare a patient would want and not want, and who they would wish to speak on their behalf if they were unable to do so. As such, National Healthcare Decisions Day hopes to raise awareness about the importance of this dialogue between patients, families, and providers. All patients have the right, as set forth by Congress in the 1990 Patient Self-Determination Act, to articulate their future healthcare wishes in writing in the form of an “advance directive.”

Patients should be empowered and encouraged to openly communicate their wishes regarding future healthcare and/or end-of-life care they would like to receive. In addition, they have the right to designate a family member, relative or friend to speak on their behalf if unable to do so.

These wishes may be formally documented in an advance directive, which is a legal document reflecting these advance care decisions.

Medical evidence supports this dialogue and the importance of advance healthcare planning. In a 2008 issue of the Journal of the American Medical Association and 2010 issue of BMJ, research was published that found these discussions can improve end-of-life care and patient quality of life, and reduce stress, anxiety, and depression in surviving family members.

However, according to the U.S. Agency for Healthcare Research and Quality, despite this data, less than half of severely or terminally ill patients evaluated in a study had an advance directive in their medical record and only 12 percent of patients with an advance directive had received input from their physician in its development. Additionally, between 65 and 76 percent of physicians whose patients had an existing advance directive were not aware that it existed. We should all, patients and providers alike, be aware of the healthcare rights and choices of individuals and do all we can to promote autonomy through patient-centered care.

National Healthcare Decisions Day serves as an important day to recognize that early healthcare discussions and decisions are important and will positively impact both the care we give and the care we receive.

(Editor's Note: Lt. Col. Matthew Studer is the chief of Pediatric Cardiology and associate chair of the Ethics Committee at Tripler Army Medical Center.)

Cut your healthcare clutter, go online

Brian P. Smith

TriWest Healthcare Alliance

When you go to the doctor, do you sit by the mailbox, waiting for your claims statement to come in? Or do the envelopes and statements just pile up? Cut your clutter and get access to your TRICARE healthcare information quickly when you register for a secure <http://www.TriWest.com> account and sign up for paperless Explanation of Benefits statements, referral and authorization letters and fee statements. Your paperless communications are housed safely in your secure, password-protected account. You can log into your account at any time from your desktop, your phone, or your tablet — anywhere with an Internet connection. Keep your health information organized online, at your fingertips while you cut the clutter of your printed and mailed healthcare records. Cut the clutter!

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NEX pharmacy begins taking hand-written prescriptions

News Release

Pacific Regional Medical Command

HONOLULU — Tripler Army Medical Center is excited to announce a new service at the satellite pharmacy located at the Navy Exchange Pearl Harbor.

The NEX pharmacy began accepting handwritten prescriptions for formulary medications from civilian physicians, March 15. As the pharmacy expands its services and hires additional employees, any prescription dropped off regardless of the day will be ready to pick up in 48 hours.

As the service is streamlined, prescriptions can be dropped off Monday – Friday by 6 p.m. and they will be available for pickup within 48 business hours.

In addition, the NEX pharmacy provides a new secure video teleconference service for those patients who desire to speak with a pharmacist if they have any questions on their medications, or should a pharmacist need to speak with them about their medication history. Patients can talk one-on-one with a licensed pharmacist at Tripler from the convenience of the NEX location.

For your convenience the NEX refill pharmacy is open Monday-Saturday, 10 a.m.-6 p.m. (closed for lunch 2-2:30 p.m.) Please feel free to call the Tripler pharmacy at 433-7880 or the NEX pharmacy at 422-2602 for more information.

Oahu's Military Medical Treatment Facility Pharmacies Hours of operation

Tripler Main Pharmacy 433-7882

Monday-Friday (8 a.m.-9 p.m.); Saturday (8 a.m.-4 p.m.); Closed Sundays and holidays

Tripler Refill Pharmacy 433-6248

Monday-Friday (8 a.m.-4 p.m.)

Schofield Barracks Main Pharmacy 433-8427

Monday-Friday (8 a.m.-6 p.m.); Saturday (8 a.m.-4 p.m.); Closed Sundays and holidays

Schofield Barracks Refill Pharmacy 433-8420

Monday-Friday (8:30 a.m.-5 p.m.)

Makalapa Branch Medical Clinic Pharmacy 473-1880, Ext 2229

Monday-Friday (7:30 a.m.-5 p.m.); Saturday (8 a.m.-4 p.m.); Sunday (8 a.m.-noon); Closed holidays

Kaneohe Bay Pharmacy 257-3365 Ext 107

Monday-Friday (7:30 a.m.-5 p.m.); Closed Weekends and holidays

Hickam Pharmacy 448-6261

Monday and Friday (8 a.m.-4:30 p.m.); Tuesday and Thursday (7:30 a.m.-4:30 p.m.); Wednesday (7:30 a.m.-3 p.m.); Closed third Thursday of the month, weekends and holidays

NEX Pharmacy 422-2602

Monday-Saturday (10 a.m.-6 p.m.); Closed Sundays and holidays

Warrior Ohana Medical Home Pharmacy, 433-6962

Monday-Friday (8 a.m.-4:30 p.m.); Closed weekends and holidays

Dive into MCBH pool changes

Christine Cabalo

Photojournalist

Marine Corps Base Hawaii pools are floating some changes for recreational swimming time starting this week.

The Base Pool is modifying their hours for recreational swimmers through April 25 due to Marine Corps training that requires the pool. Lap swim will be available Tuesday to Friday from 11 a.m. to 1 p.m. During the weekends, lap and open swim will be available from noon to 5 p.m. The main pool is closed on Mondays.

"Swim lessons are still happening during regular times, but diving lessons have moved to Saturdays or can be scheduled to later dates," Dino Leonard, assistant manager, Marine Corps Community Services Aquatics, said. "Aqua Aerobics is meeting normally too."

The main pool is also scheduling another closure May 29 to June 1 for upgrades to the facilities. Leonard said workers will be tearing out the current deck and replacing it with new non-slip flooring that covers the entire bathroom and locker areas. The main base pool will re-open June 5 in time for the first day of summer swim lessons.

Leonard said people could still sign up for swim

lessons during the closure but are advised to call the pool for assistance. For the best chance of enrolling for lessons, families can register at the pool as early as May 26 from 8 to 10 a.m.

Updates are also continuing at the Officers' Club pool, nicknamed Hilltop pool. The Base Facilities Department said the smaller pool is currently projected to reopen by August.

"There are two projects going on simultaneously," said Philip Lum, engineering branch head, Facilities Department. "Everyone can see we've taken out the deck. But we've done that to change out the drainage pipes that go around the perimeter of the pool that were under the deck."

Lum said the pipes will be replaced and new concrete decking will surround the pool. Workers will also even out the retaining wall near the pool and replace its glass panel inserts.

The engineering branch head said the second project at the Officers' Club pool would include structural repairs to another important area.

"We're also doing fixes to the pump room," he said. "The pump room's function is to re-circulate the pool water and ensure it's filtered."

For more information about the temporary closures or MCCA Aquatics services, call 254-7655 or see <http://www.mccshawaii.com/aquatics.shtml>.



Christine Cabalo | Hawaii Marine

Marine Corps Base Hawaii pools are adjusting their schedules for recreational swimming due to updates and training. The Base Pool will have limited hours for recreational swimming until April 25 and another closure May 29 to June 1. The Officers' Club pool remains closed due to updates and is projected to reopen by August.



Photo courtesy

ENVIRONMENTAL CORNER

Earth Day and Energy Conservation

Marine Corps Base Hawaii Facilities department takes every opportunity to get out the often familiar message of energy and water conservation. Two of these major opportunities are Earth Day in April and Energy Awareness Month in October. Since April has arrived and Earth Day is quickly approaching, here we are again, reminding everyone to practice responsible use of electricity and water, not only to preserve our fragile island environment, but also to become a good steward of taxpayer dollars.

In April 1970, a U.S. Senator introduced the first Earth Day

in an attempt to create a better understanding of the impact we have on our planet, calling us to take action that would result in positive environmental changes within our community. Twenty years later, in 1990, over 200 million people were participating in Earth Day. Clearly, residents of the planet have expressed their interest in wanting to make sure that energy, water, and other resources are used wisely and without waste. Locally on Base, we also hope to encourage everyone to eliminate energy waste, and to conserve our limited island resources. Please



attend the Earth Day Expo and ITT Travel Fair on Saturday, April 21 at Mokapu Mall. See you there!

BASE AND COMMUNITY EVENTS

11th Annual Lanikai Triathlon

Swim, bike and run in this fast-paced trip around Kailua scheduled April 22. Triathletes will start with a 500-meter swim at Kailua Beach Park, then bike for 20K, and finish off the race with a 5K run back to the park. Packet pickup begins April 20, and awards will be given to the top three finishers and by age category. For details, visit <http://www.bocahawaii.com>.

An Evening with the Arts

Join us for a Hawaiian Art Charity Auction, today. Preview starts at 6 p.m., Auction begins at 6:45pm. Located on Marine Corps Base Hawaii, Hangar 103, bayside. Includes drink ticket, door prize ticket, and pupus. Visit <http://koschawaii.com> for more information. This event is open to the public. Visitors needing base access should email artauction2012@hotmail.com sponsored by Kaneohe Officers' Spouses' Club.

Aloha Detachment Marine Corps League Scholarship

Approximately ten scholarships (\$2,000-\$4,000) will be awarded for the 2011-2012 academic school year based on Academic Achievement, Community Involvement, Leadership, Merit and Recommendations. Applicants must be a high school senior in good standing and be one of the three:

- enrolled in either a Marine or Navy Junior ROTC program on Oahu
- a dependent of a Marine or sailor stationed with Marine Corps Base Hawaii
- a dependent of a retired Marine or sailor employed aboard Marine Corps Base Hawaii or a dependent of a member in the MCL Aloha Detachment

Completed application must be postmarked no later than April 16, and mailed to:

Marine Corps League
Aloha Detachment
Attention Scholarship Committee
P. O. Box 1101
Kailua, Hawaii 96734

Applications postmarked after the deadline will not be reviewed. The scholarship committee will review and evaluate each application before final selections are made. Scholarship committee selections are final. Selectees will be notified early May 2012. For details or an application, call Aloha Det. Commandant John Ah Chick at 227-9115.

Unit Recycling Competition

Earn money for your unit at the Earth Day Unit Recycling Competition. A \$250 check will be presented to the small unit (300 personnel or less) and large unit (301 personnel or more) with the most Hi-5 recyclables: aluminum cans, plastic bottles and glass bottles. Plus, you can keep the redemption cash for your unit MWR fund. For details, call 257-4300 or 216-3468.

Earth Day Expo

Meet Taylor Wily (aka Teila Tuli), the local shrimp truck vendor and part time informant on the hit series, "Hawaii Five-O." Wily will be greeting fans, signing autographs and posing for pictures at Earth Day, April 21, from 10 - 11:30 a.m. and 12:30 - 2 p.m. at the Mokapu Mall MCX. The Exchange will be open to all DoD employees during Earth Day. Other highlights include free entertainment, giveaways, a travel fair, eco-friendly booths and more. For details, visit <http://www.mccshawaii.com/earthday.shtml> or call 254-7502.

The Lucky One

The Base Theater will show a free full-length preview of the upcoming release "The Lucky One," rated PG-13, Sunday. Ticket distribution begins in

the theater courtyard at noon. Doors open at 1 p.m. and the movie begins at 2 p.m. For details, call 254-7664.

Vocational Rehab Testing Appointments

All Vocational Rehab Testing Appointments will now be held in the Relocation Assistance Office in Bldg 244. For details, call 257-7790/7787.

MOKAPU BRIEFS

Scholastic Book Fair

The Book Fair returns from April 16 to 20. Purchase books for yourself, teachers or others.

2012/2013 PTA Executive Board

Nominations for next year's board positions are being accepted until today. Nomination forms can be returned to P-6 or the PTA box in the front office. Any questions can be emailed to PTAMokapu@gmail.com, subject line: Board Nominations.

PTA Bingo Night

The PTA invites you to a fun evening of spaghetti and Bingo! Dinner will be served from 6 - 6:30 p.m. (cost is \$3 per person, children 5 and under are free), and Bingo will begin at 6:45 p.m. (cards are \$1 each). We will even be including a few rounds of "Picture Bingo" for our younger attendees. This is going to be a great time, so please make plans to join us!

Hawaii Marine Lifestyles



Families, friends, Easter fun

Families of 3rd Marine Regiment dash to collect Easter eggs and other goodies at an Easter egg hunt during the 3rd Marine Regiment Easter party at Riseley Field, April 5. During the family get-together, children played in bouncy houses, danced to music and ran wild in egg hunting games with their parents. "Today we have a couple hundred kids and their parents, and we want to show them a quick fun event with this Easter egg hunt," said Ed Hanlon, 3rd Marines family readiness officer. "We also have arts and crafts as well."

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

Family time was the holiday setting as service members and their families enjoyed each other's company while celebrating Easter during a 3rd Marine Regiment family holiday party at Riseley Field, April 5.

During the family get-together, children played in bouncy houses, danced to music and ran wild in egg-hunting games with their parents. Also, the Easter Bunny made a special appearance at the celebration, posing for pictures with the children.

"Every spring we want to do something fun for the families of 3rd Marine Regiment," said Ed Hanlon, 3rd Marine Regiment family readiness officer. "This Easter party is really for the kids of all of the battalions, including 1st Battalion, 12th Marine Regiment, to come out and have fun."

An Easter egg hunt was what Hanlon meant by having fun. The objective for the children and parents was to collect as many eggs and a number of other goodies as possible before the field is cleared of all prizes.

"Today we have a couple hundred kids and their parents and we want to show them a quick, fun event with this Easter egg hunt," Hanlon said. "We also have arts and crafts as well."

While children played and participated in the various activities during the party, the parents could relax, talk and acquaint themselves with each other. For them, this party was an opportunity to meet other families aboard MCB Hawaii.

"I appreciate it that they're thinking about the families," said Amanda Parra, 2nd Battalion, 3rd Marine Regiment, spouse. "It's a great time for everyone — especially for the kids who can mingle with each other and have fun too, instead of being home all the time. It's just really nice family time."

Near the end of the party, the parents played in their own Easter egg hunt. Just like their children, the parents ran wild trying to collect prize-winning golden eggs for a chance to win gift cards and a stay at a hotel suite in Waikiki.

"I really like events like this because the FROs understand what people would want to do," said Melissa Hasenberg, 2/3 spouse. "The parents want to relax while watching their kids have a good time. There is something here for all ages."



Jayden, 5, and Kenleigh Ballance, 2, take their picture with the Easter Bunny at the 3rd Marine Regiment Easter party at Riseley Field, April 5.



Francisco, 7, and Christian Cornejo, 7, dance to music at the 3rd Marine Regiment Easter party at Riseley Field, April 5.



Juliana Castillo, 2, plays with arts and crafts during the 3rd Marine Regiment Easter party at Riseley Field, April 5.

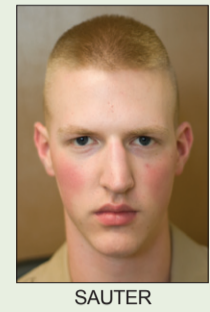
PASS IN REVIEW

Your weekly guide to the best aspects of entertainment

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

- 1/4 — No Impact, No Idea**
Horrendous. Among the worst of the worst in its genre. Dedicating time to this is not only wasteful, but unforgivable. Avoid at all costs. 
 - 2/4 — High And To The Right**
Mediocrity at its best. Lacks a few things that might have made it really good. A decent time waster, partake only if you have nothing better to do. 
 - 3/4 — On Target**
Praiseworthy. A great endeavor, not quite an instant classic but still very entertaining. This is a sound investment of your time. 
 - 4/4 — Confirmed Kill**
Genius. In the top 10 percent of its genre. This is the stuff legends are made of. Missing out on it would be a disservice to yourself. 
- So, there you have it and we hope you enjoy our weekly reviews. Don't forget, The Hawaii Marine accepts submissions from its readers so if you consider yourself a film buff, music aficionado, gaming geek or bookworm feel free to submit your own reviews.

Better Know A Critic



SAUTER

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



WHITTINGTON

Sgt. Scott Whittington is an action movie junkie. As a kid he would sneak on roller coasters he was too short for, rode dirt bikes without his mom's permission and occasionally smacked bullies in the face with schoolbooks. He loves the rush.

Old friends I don't want to see

Lance Cpl. James A. Sauter
Combat Correspondent

Fortunately for people around the world, moviegoers only have one more month to endure before the beginning of summer-blockbuster season. But until then, audiences will be tortured by sub par, romantic comedies, dramas and whatever else Hollywood may throw at them.

"American Reunion" is certainly no exception to the swarm of horrid movies to hit theaters after the Oscars. The eighth installment of the "American Pie" franchise has brought the series to a new low point. "Reunion" is a prime example of the Hollywood system just watering their ever-quenching thirst for more Benjamins.

Set 13 years after the original film, Jim (Jason Biggs), Oz (Chris Klein), Kevin (Thomas Ian Nicholas), Finch (Eddie Kaye Thomas), and Stifler (Seann William Scott) have all gone their separate ways — working jobs, getting married and starting families. But just because the characters have supposedly matured, it doesn't mean sex isn't the main centerpiece of the whole film.

Jim and his wife Michelle (Alyson Hannigan) haven't been romantically intimate since their

son was born. Jim is invited to his 10-year high school reunion and plans to meet up with his old friends, but also promises to have alone time with Michelle.

As soon as Jim meets up with his old friends, he's thrown into a seemingly never-ending party cycle that has Jim and his friends reliving their debauch high school experiences all over again.

When the first "American Pie" came out in 1999, it was applauded by the teenagers of the day as a pretty good comedy. That targeted audience could relate to the characters as they grew up while following them throughout the "American Pie" saga. Now with "American Reunion," the characters are mature adults (except for Stifler) as well

as the audience. So I'm guessing Universal Studios is expecting to see a lot of 30-something year olds in the theater with families and crying kids even when they have better things to do.

Instead, the majority of people in the audience were of my generation — 20-something year olds.

Having never seen any of the previous films, I judged this film as its own movie, and I wasn't impressed. It was impossible to relate to the characters that obviously have a lot of back-story due to the previous films. That explains why I missed a lot of punch lines and jokes.

With the intended audience staying home and a newer group of youngsters packing the theater, it would have been better if studio heads casted all new actors and developed new characters for the next generation.

The only thing left to do is to wait for two more sequels ... or maybe a prequel with a young Eugene Levy, who plays Jim's dad.



1/4



(No Impact, No Idea)

'Wrath of the Titans' yawns with average status

Sgt. Scott Whittington
Editor

"Wrath of the Titans" was a boring drag race. The plot started fast and was very hard to keep up and then fell short of a great climatic ending.

Since Hollywood has run out of original storylines, I understand why they remade "Clash of the Titans," but why would they choose to make a sequel to a movie that didn't live up to expectations? "Clash" was OK, but if you didn't like it, you'll hate "Wrath."

It's been 10 years since Perseus (Sam Worthington) stopped the Kraken. Now he has a son of his own and continues to live as a man even though Zeus (Liam Neeson) offered him a position as a god at Olympus. <Sinister voiceover> ... Meanwhile in the underworld, Hades (Ralph Fiennes) is plotting to release his and Zeus' father, Kronos, and the other titans from underworld bondage.

The movie is completely predictable. I won't spoil it for you, but Perseus saves the day. Oops, pretend you didn't just read that. Poseidon, weak and dying, comes to Perseus after Zeus is captured. He tells Perseus to find Hephaestus (Bill Nighy), a fallen god who created the gods' weapons and his demigod son, Agenor (Toby Kebbell). Along with Queen Andromeda, they

make their way into the bowels of the underworld to free Zeus and leave Kronos in his rocky prison.

In most epic films, the characters are on a journey and there's plenty of time to develop the story and introduce the various, colorful characters, but not in this film. We're briefly introduced to both Agenor, who has been jailed for stealing the crown jewels, and the warrior queen Andromeda.

That's about all we learn about them. They set out and use Poseidon's trident to locate Hephaestus.

Three inept Cyclopes and various jungle traps protect Hephaestus, who is hanging out on a mystical island — not on any map. Probably the most watchable fight scene in the movie because it was laughable. The rest were sad.

Hephaestus has apparently lost his mind and talks to people who aren't there or it was Bubo, the metal owl from the original 1981 "Clash." I'm not sure what the director was thinking

with this guy, but it was a waste of a character.

Together, they cross miles of terrain in a matter of seconds hence the drag race reference. Not because they're moving fast but because the movie's editor must have cut a lot of cruddy scenes he couldn't use.

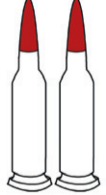
There are a few more fights, but nothing too dramatic. To say anymore would ruin the plot. There isn't enough trial and tribulation or encounters with magical creatures, trying to destroy them. The creatures they do fight were short lived and even Kronos moves at a snails pace. I was expecting more, but most of the action was covered in the "Wrath" previews.

"Wrath of the Titans" moved too rapidly, and the acting was 10 times worse for the sequel.

The first one wasn't that great anyway. I thought about my comfortable bed more than once while sitting in the theater.



2/4



(High and to the Right)



Prices: All shows are \$3.25 for adults and \$2.25 for children. For ticket pricing, the Base Theater Box Office defines an adult as a patron 12 and older and defines a child as a patron from 6 to 11. Children 5 and younger are admitted free of charge. Parents must purchase tickets for R-rated movies in person at the box office for children 16 and younger. Patrons must present their military identification card when purchasing tickets. Call 254-7642 for recorded information.



- "Tyler Perry's Good Deeds" PG13 Today | 7:15 p.m.
- "Act of Valor" R Today | 9:45 p.m.
- "Gone" PG13 Saturday | 7:15 p.m.
- "Act of Valor" R Saturday | 9:45 p.m.
- "The Lucky One" PG Sunday | 2 p.m.
- "This Means War" PG13 Sunday | 6:30 p.m.
- "Act of Valor" R Wednesday | 6:30 p.m.

What are the early signs of autism?

Shari Lopatin

TriWest Healthcare Alliance

Did you know a child as young as 1 year old can show signs of autism, according to Autism Speaks?

"If your child does have autism, early intervention may be his or her best hope," the organization says on its website.

If you're planning to have a baby or are currently pregnant, getting to know the early warning signs of autism can be a huge advantage for you and your kids. In fact, research suggests if you already have one child with autism, your risk of having another autistic child increases by about 20 percent, says Daniel Openden, vice president and clinical services director of the Southwest Autism Research and Resource Center.

What are the early warning signs?

The following is a list of early warning signs that should serve as "red flags" to get your child checked, from SARRC and Autism Speaks:

- No good eye contact with you: babies learn through engaging with others.
- No large smiles or other happy expressions by 6 months.
- No variety of sounds (i.e. ba, ma, da) starting around 6 months.
- No interest in exploring the world around them.
- No back-and-forth sharing of sounds and facial expressions by 9 months.
- No babbling by 12 months.
- No single words by 16 months.
- No meaningful phrases (without imitating or repeating) by 24 months.

"Thus far, research presented by experts at several autism conferences suggests that, while we typically cannot reliably diagnose autism until children are about 2 years old, the earliest signs of autism may begin to emerge between 6 and 12 months of age," Openden says.

My baby shows red flags. What should I do?

Talk to your pediatrician immediately. Together, you will determine the best steps to get your child evaluated for an autism spectrum disorder as quickly as possible.

The Centers for Disease Control and Prevention say that early intervention methods can greatly improve a child's development. Therefore, if you suspect anything, don't wait—have your child evaluated and, if necessary, begin early intervention right away.

TRICARE Covers ABA Therapy

TRICARE, the military healthcare benefit, covers Applied Behavior Analysis (ABA) therapy for eligible children under its Enhanced Access to the Autism Services Demonstration.

To get ABA services, children must have an active duty sponsor and be enrolled in TRICARE's Extended Care Health Option—or ECHO. Then, they must have an eligible diagnosis, be living in the United States and be 18 months or older.

The Autism Demonstration covers all therapies that fall under the umbrella of "Educational Interventions for Autism Spectrum Disorders," which includes ABA. It also covers services from more providers than are available under the basic TRICARE coverage. Available providers must be TRICARE-authorized in order for the treatments to be covered.

For more information on ECHO and the Autism Services Demonstration, visit <http://www.tricare.mil/echo>.

Hop to it!

MCB Hawaii families come to BunnyTales at the Base Library



Merri Fernandez, library technician and program coordinator, Base Library, reads "The Best Easter Eggs Ever" by Jerry Smath, to patrons at the Base Library, Saturday.



Ashley Matthew, 6, and her brother, Beam, 3, make crafts at the Base Library, Saturday.



Annastazia Delgado, 5, and her brother Daughnavin, 4, make Easter Bunny door-hangers at the Base Library, Saturday.



Ava Aja, 4, and her father work on a purple bunny door-hanger at the Base Library, Saturday.

Discover the Significance of MCB Hawaii

What's so special about the environment on MCB Hawaii? Sign up today for the "Local Environmental Awareness" class on April 18, from 7:30 to 11:30 a.m. Everyone is encouraged to attend ... families, civilians, contractors, visitors, and military personnel. You'll discover the endangered and threatened plant and animal species we're protecting, the historic and cultural significance of this area, and about one of America's historic landmarks. You'll also learn about Energy Conservation, storm water protection, how to get free products at the Base ReUse/Self Help Room, and Recycling. Being responsible stewards of the environment so our Marines and sailors can continue to train here is our mission; you and I play a vital role in it. This half-day class is held on MCB Hawaii Kaneohe Bay in building 1359. Seats are limited, and registration is required. Contact Michele Chang, training coordinator for the Environmental Compliance and Protection Department at michele.chang@usmc.mil, or 257-9974.