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Hawaii Marine

New MCB Hawaii Commander



Cpl. Vanessa American Horse | Hawaii Marine

Lt. Col. Michael P. Antonio presents the Marine Corps Base Hawaii battle colors to Col. Brian P. Annichiarico during a change of command ceremony at the base flagpole Thursday. Antonio will resume his previous position as the base director of operations and training after serving as the interim base commanding officer for a month.

Lance Cpl. James A. Sauter
Combat Correspondent

Col. Brian P. Annichiarico assumed command of Marine Corps Base Hawaii from Lt. Col. Michael P. Antonio during a change of command ceremony at the base flagpole Thursday.

Antonio will resume his previous position as the base director of operations and training after serving as the interim base commanding officer for a month.

During the ceremony, the guest of honor, Col. Leo A. Falcam, deputy commanding officer, Marine Corps Installations Pacific, applauded Antonio for his leadership as the base commander.

"Lt. Col. Antonio, your experience and leadership [as commanding officer] has served you well and should be commended," Falcam said.

Annichiarico, an AV-8B Harrier pilot, recently performed the duties as head of the Aviation Branch for Marine Corps Forces Command in Norfolk, Va. He said he plans to continue the MCB Hawaii Strategic Plan for 2011-2015, of supporting current and future training requirements, heighten safety awareness, environmental conservation and maintaining a quality workforce.

"It's truly humbling to be here," Annichiarico said. "You never get a second chance at a first good impression and the impression I have of the team here is unbelievable. We have challenges ahead with an uncertain economic outlook, but this well oiled team here is prepared to take on those challenges."

Annichiarico said that his main goal is continuing the ongoing support of the warfighter and their families as they train for deployments and other exercises.

"He has excelled as the [Ace of Spades] commanding officer and has an in-depth experience as a [Marine Air Ground Task Force] officer," Antonio said. "He is well versed in strategic studies and policy and the diversity of his career has more than prepared him to succeed as the commanding officer of Marine Corps Base Hawaii."

Annichiarico's previous awards include the Bronze Star, Meritorious Service Medal, four Air Medals, a Navy and Marine Corps Commendation Medal and two Navy and Marine Corps Achievement Medals.

'America's Battalion' celebrates 236th Marine Corps birthday in Afghanistan

Cpl. Reece Lodder
Regimental Combat Team 5

GARMSIR DISTRICT, Helmand province, Afghanistan — For the second year in a row, "America's Battalion" celebrated the Marine Corps birthday in Helmand province, Afghanistan.

A year ago, the Marines and sailors of 3rd Battalion, 3rd Marine Regiment were wrapping up a deployment in Nawa district.

They're back in Afghanistan, but not in Nawa.

Upon arriving in Garmsir District this past week, 3/3 began relieving their fellow Hawaii-based unit, 1st Battalion, 3rd Marine Regiment. The "Lava Dogs" are nearing the end of their deployment, which began in April.

Within the confines of combat outposts and patrol bases, they celebrated their 236th birthday in camouflage utilities here, Nov. 10. Though their attire was less formal than the iconic dress blue and white uniforms they wore to an early birthday ball in Waikiki, Oct. 7, honoring their heritage in combat afforded the battalion perspective for the months ahead.

Lt. Col. Matthew J. Palma, 3/3's commanding officer, said the birthday celebration allowed "America's Battalion" to remember the sacrifices of previous generations of Marines, and realize the commitment now required of them in Afghanistan.

After a long period of preparation for deployment, Palma said it's exciting to finally begin the battalion's ultimate task.

See BIRTHDAY, A-7



Cpl. Reece Lodder | Regimental Combat Team 5

The commanding officers and sergeants major of 1st Battalion, 3rd Marine Regiment and 3rd Battalion, 3rd Marine Regiment serve birthday cake to their Marines and sailors while celebrating the Marine Corps' 236th birthday, Nov. 10. The battalions celebrated the birthday together following the recent arrival of "America's Battalion in Garmsir. A year ago, 3/3 was nearing the end of a deployment to Nawa District. They've recently returned to Helmand province to relieve the fellow Hawaii-based 1/3 "Lava Dogs", who began their deployment in April.



Lance Cpl. Matthew A. Callahan | Hawaii Marine

Cpl. Anthony Clark, an ammo technician with security platoon, Headquarters Battery, 1st Battalion, 12th Marine Regiment breathes a sigh of relief under the embrace of his wife, who eagerly awaited the return from her Marines first deployment. "It really was really long, and seemed to drag on," she said, "but the wait is over; he's finally home."

1/12 Headquarters Battery returns from Afghanistan

Lance Cpl. Matthew A. Callahan
Contributing Writer

With the departure of 3rd Battalion, 3rd Marine Regiment in October, the month of November is heralding the return of 1st Battalion, 12th Marine Regiment aboard Marine Corps Base Hawaii. The Marines and sailors of Headquarters Battery, 1/12 arrived home from their deployment to Afghanistan Wednesday morning.

This is the battalion's first deploy to Afganistan as an entire unit and one of five artillery battalion's to deploy to the region to provide fire support to a division. The battalion not only conducted fire support, but also conducted route security, counter-insurgency operations, and trained the local Afghan National Army how to operate as a battalion.

"Our deployment took us to several different locals within Helmand province" said Major Jeffery Goodell, battalion executive officer, 1/12. "We played a very dynamic role for the area of operation, not only providing artillery support for adjacent units, but training new ANA troops and conducting counter insurgency operations in the areas of forward operating base Camp Leatherneck, Camp Dwyer, and FOB Payne. Our battalion's operation and reach spanned over 300 miles on this deployment."

Marines and sailors exited the commercial aircraft to a red carpet at Hangar 105 and a line of spouses and friends dawning them with leis and a warm welcome home from the six-month deployment. Among the family and friends was

See 1/12 RETURN, A-7



Surf Driving
The Amphibious Assault Vehicle Platoon trains in K-Bay
See **A-4, A-5**



Football Match
HQBN Warriors and 1/12 battle it out in semi-finals
See **B-1**

Saturday	Sunday
High — 81	High — 81
Low — 74	Low — 72

NEWS BRIEFS

Blood drive at Base Chapel

The Armed Services Blood Program at Tripler Army Medical Center will be having a blood drive at the Base Chapel on Nov. 21 from 9 a.m. to 1 p.m. For more information, please call the ASBP at 433-6699, or visit http://www.militaryblood.dod.mil/.

Pro Bowl tickets on sale at Information, Tickets and Tours

Pro Bowl 2012 is coming to Aloha Stadium Jan. 29, 2012. Marine Corps Community Services' Information, Tickets and Tours office at Mokapu Mall and Camp H.M. Smith has a selection of sideline and end zone seat tickets available. For more information, call ITT at 254-7563 (Kaneohe Bay) or 477-5143 (Camp Smith).

Hilltop Pool closure

The Hilltop Pool at The Officers' Club will continue to be closed through February 2012. Call 254-7655.

MCB Hawaii tree lighting ceremony

MCB Hawaii will host the 2011 tree lighting ceremony at 5 p.m. Dec. 4 at the Base Chapel.

The tree lighting ceremony will be open to all military and civilian personnel, their families and members of the local community.

2012 Tuition Assistance

Headquarters Marine Corps sent out a message stating the Marine Administrative Message explaining that tuition assistance has been cut by 75 percent was nullified. The previous MarAdmin 576/04 has been reinstated. For more information, call the Education Center 257-2158.

Pistol recreational fire

The Kaneohe Bay Range Training Facility in Ulupau crater will host a recreational pistol fire event today from 1 to 3:30 p.m. to promote marksmanship proficiency and firearm safety for all pistols/revolvers, .45 cal and below.

The firing event is open to active, reserve and retired service members and their guests (limit two), state and federal law enforcement personnel, and DoD civilians and contractors who work aboard MCB Hawaii. Minimum age to participate is 14; under age 18 requires adult supervision.

Refer to Base Order 5500.15b for more details. Park outside the main gate, follow the signs and report directly to Range Control. Contact Range Control at 257-3180.

Photocopying of U.S. Government IDs prohibited

Personnel are reminded that the photocopying of US Government Identification is a violation of Title 18, US Code Part I, Chapter 33, Section 701 and punishable by both a fine and/or imprisonment. Many military members, family members and DoD employees are unaware of this law. Please pass to the lowest level and include in training for force protection, information security and OPSEC.

Important phone numbers

On-Base Emergencies	911
Military Police	257-7114
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

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Commanding Officer	Col. Brian P. Annichiarico
Base Sergeant Major	Sgt. Maj. Robert E. Eriksson
Public Affairs Officer	Maj. Alan Crouch
Deputy Public Affairs Officer	1st Lt. Diann Olson
Public Affairs Chief	Gunnery Sgt. Matthew O. Holly
External Media Chief	Sgt. Brian A. Tuthill
Internal Media Chief/Managing Editor	Sgt. Skyler Tooker
Community Relations	Sgt. Danny H. Woodall
Community Relations	Sgt. Scott Whittington
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Kailua students take a civics lesson from Marines



Photos by Christine Cabalo | Hawaii Marine

Kailua Elementary School students high-five Master Gunnery Sgt. Robert Heidrich, Manpower, Personnel and Administration chief, Headquarters Bn., during the Nov. 10 visit. Heidrich and 12 Marines from the unit visited the school to perform morning colors and teach children about Veterans Day.

Christine Cabalo
Photojournalist

KAILUA — Students from Kailua Elementary School discovered a little history and civic pride with a visit by volunteers from Marine Corps Base Hawaii Nov. 10.

The children learned about Veterans Day and how to raise the school flags from 13 Marines and the director of Headquarters Battalion's Manpower, Personnel and Administration Directorate. Gunnery Sgt. Tanya Fitch, acting officer-in-charge Administration Assistant Team, spoke about the day's origins as Armistice Day, and the Marines took a few questions from the assembled crowd.

"I was expecting some fun questions, but a lot of children were into asking about history," she said. "So it's great for them to learn about Veterans Day and the Marine Corps Birthday. They really impressed me."

The section and several other Kaneohe Bay units are part of the Adopt-A-School Program, which has teamed up Hawaii schools with neighboring military units since 1999. The directorate volunteers visit the school twice each week, tutoring reading in one-on-one sessions and helping students in their physical education classes.

"It's the first time we've had them here for Veterans Day," said Lanelle Hibbs, principal, Kailua Elementary School. "It was a wonderful feeling. The students were awed, and I think they learned a lot in a short time. Even the parents stayed and watched the flag-raising along with the talk."

The volunteers made an impression on many students, visiting the school this time in their Dress Blue Delta uniforms with crisp khaki shirts.

"We hardly ever get to see the Marines in uniform at Kailua Elementary doing things they do on base, like raising the flag," said Kaiea Wright-Paredes, an 11-year-old student.

Kalai Hanohano and Miyuu Hanada, two 11-year-old students who help raise the school's flag daily, agreed they learned how to take the task seriously and do it properly from the Marines. Hanohano said she was inspired by how the Marines confidentially carried themselves as they handled school flags and while answering questions in the school cafeteria.

"I like how they hold their hats to their chest," Hanohano said. "I can't do that all the time."

The students also left a lasting impression on volunteers, including Master Gunnery Sgt. Robert Heidrich, Manpower, Personnel and Administration chief, Headquarters Bn. Giving students high-fives, Heidrich said he's glad his unit can be buddies to students who need a positive influence in their lives.

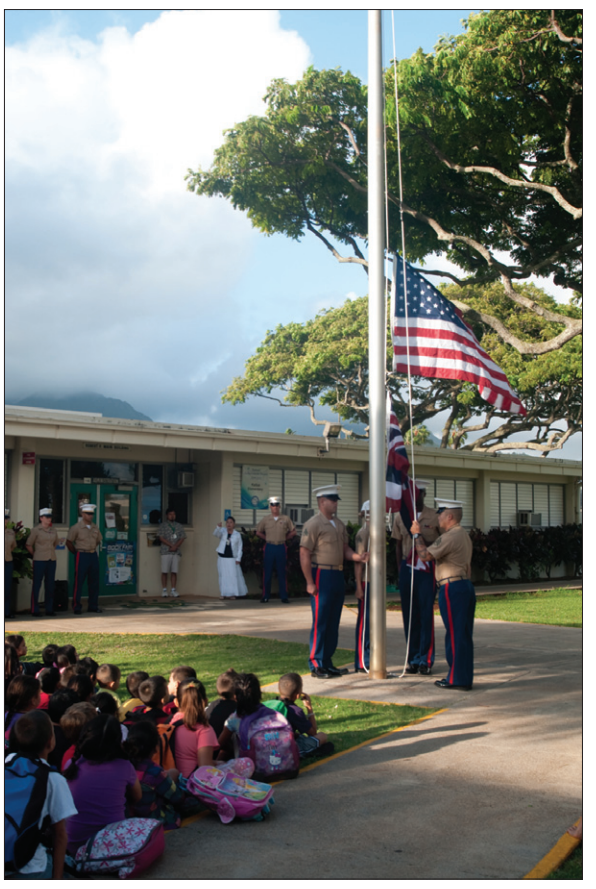
"We love being partnered with Kailua Elementary School," Heidrich said. "We're proud to be a single section dedicated to helping out an entire school."

Many of the school's staff, including the school's principal said they truly appreciate the partnership because Marine volunteers are great with the students.

"They provide so much help," Hibbs said. "They're so willing to help do anything whether it's tutoring or doing fitness activities."

Many children are also eager for the Marine's next visit. Wright-Paredes said he had a lot of fun learning about World War I and World War II from the Marines. He was inspired by how the group didn't appear nervous in front of the many students who attended.

"I learned a lot about Veterans Day and Armistice Day from the Marines," he said. "I didn't know it was based on a treaty."



Students watch Marines from Headquarters Battalion's Manpower, Personnel and Administration Directorate perform morning colors at Kailua Elementary School Nov. 10. After the morning ceremony, the Marines also spoke to the school about the history of Veterans Day. The Marine unit volunteers twice a week to help Kailua students in reading and physical education.

Happy Birthday USMC!



Christine Cabalo | Hawaii Marine

Cpl. Marc Hendon, food service specialist, Anderson Hall Dining Facility, carefully slices a piece of cake celebrating the Marine Corps 236th birthday, Nov. 9. The facility opened its doors to civilian employees, retired service members, active duty service members and their families for lunch. Besides cake, the facility also served Alaskan king crab legs, roast prime rib and shrimp cocktail.

AROUND THE CORPS

Lucky Red Lions fly last Sea Stallions

Cpl. Justin Boling
2nd Marine Aircraft Wing (Forward)

CAMP BASTION, Afghanistan — The CH-53D Sea Stallion has been serving the Marine Corps since the Vietnam War. Today, Marines still rely on this gray, school bus-sized helicopter.

One of the last squadrons to use them, Marine Heavy Helicopter Squadron 363 began flying the Sea Stallion in January 1969. In Afghanistan, the squadron flies these aircraft with 2nd Marine Aircraft Wing (Forward).

"It is a good aircraft that has performed very well," said Lt. Col. Mark Revor, the commanding officer of HMH-363. "Our mission out here is assault support. Our aircraft support the movement of equipment, cargo and combat troops throughout the battlefield."

Many of the CH-53D Sea Stallions flying in Afghanistan today also flew in Vietnam, said Master Sgt. Jason Vernam. Vernam, from Stafford, Va., said he has 15 years experience in the CH-53D Sea Stallion community and is currently serving as an advisor for 2nd MAW (fwd)'s maintenance operations.

"There is nothing that out flies it," said Gunnery Sgt. Travis Riddick, the squadron's quality assurance chief, and a CH-53D Sea Stallion crew chief. "For everything the Marine Corps has put into this helicopter, we have gotten ten times out of it."

The Sea Stallion serves as a rotary-wing workhorse for 2nd MAW (fwd). The wing is the aviation combat element for the southwestern regional command of the NATO International Security Assistance Force in Afghanistan.

"As a conventional helicopter, its mission is well suited for this environment," said Revor. "The short leg flights to lots of [forward operating bases] carrying a fair amount of cargo is no problem with the engines on this thing.

"It is still a 40-year-old airframe though, and I have had a lot of good memories flying it," said Revor.

The Marine Corps is phasing out the aging CH-53D platform. Some Sea Stallion squadrons will begin flying the newer, more powerful CH-53E Super Stallion, while others will transfer to the MV-22B Osprey tiltrotor aircraft.

At the end of their deployment to Afghanistan, the squadron will leave the Sea Stallions behind and transition to the MV-22B Osprey becoming Marine Medium Tiltrotor Squadron 363.

"Knowing this is our last deployment with our aircraft, and as a squadron, gives it a historical perspective," said Revor. "We are working hard regardless if it is the first time or the last time we fly this aircraft."



Cpl. Justin Boling | 2nd Marine Aircraft Wing (Forward)

Cpl. Aaron Byard watches the Afghan landscape behind a .50-caliber machine gun mounted on the CH-53D Sea Stallion, Nov. 2.



Courtesy photo

A Navajo Code Talker relays a message on a field radio.

U.S. secret weapon: Navajo Code Talkers

Cpl. Alexandra M. Vasquez
Marine Corps Air Station Miramar

MARINE CORPS AIR STATION MIRAMAR, Calif. — Despite punishment for speaking their own language in government boarding schools and not having voting rights in their own states, approximately 400 Americans became their nation's secret weapon during World War II — the Navajo Code Talkers.

Today, most people in the United States have heard about code talkers in passing conversations, but few have looked into the history of the code talkers.

"It's important to know this piece of history because it had such a profound impact on World War II, and it's something we can all be proud of," said Chief Warrant Officer 4 John Hawthorne III, who has researched the Navajo Code Talkers' training at Marine Corps Air Station Miramar, Calif. "[American Indians] are just one of those pieces that make up the American mosaic. It's not just their history — it's my history — it's American history."

The Navajo Code Talkers were part of a classified program that began with Philip Johnston. The son of a Presbyterian missionary to the Navajos, he was one of the few outsiders at the time who spoke the unwritten Navajo language. Johnston, a veteran, was familiar with the military's small-scale use of American Indian languages during World War I.

In early 1942, Johnston met with Maj. James E. Jones, the force communications officer at Camp Elliot — modern MCAS Miramar, and proposed using the Navajo language as a military code because it was difficult to learn without exposure at a young age and incomprehensible to non-Navajo speakers.

On Feb. 28, 1942, four Navajos demonstrated their capabilities to encode, transmit and decode a message in 20 seconds during a field test at Camp Elliot. Maj. Gen. Clayton B. Vogel, the commanding general of Amphibious Corps, Pacific Fleet, was impressed by the demonstration and asked the commandant of the Marine Corps to approve the program.

"The demonstration was interesting and successful," wrote Vogel in his letter to the commandant March 6, 1942. "Mr. Johnston stated that the Navaho is the only tribe in the United States that has not been infested with German students during the past twenty years. These Germans, studying the various tribal dialects under the guise of art students, anthropologists, etc., have undoubtedly attained a good working knowledge of all tribal dialects except Navaho. For this reason the Navaho is the only tribe available offering complete security for the type of work under consideration … It should also be noted the Navaho tribal dialect is completely unintelligible to all other tribes and all other people, with the possible exception of as many as 28 Americans who have made a study of the dialect. This dialect is thus equivalent to a secret code to the enemy, and admirably suited for rapid, secure communication."

Editor's note: Navaho is a common spelling for the tribe in historic documents

Machiko Hamamoto named honorary Marine

Lance Cpl. Kenneth Trotter
Marine Corps Air Station Iwakuni

IWAKUNI, Japan — Marine Aviation Logistics Squadron 12 recognized Machiko Hamamoto, affectionately known as "Mama-san," as an honorary Marine for her many years of dutiful service in a ceremony at the Strike Fighter Squadron 94 hangar, Nov. 8.

The title of Honorary Marine is an award bestowed on civilians who have made extraordinary contributions to the Marine Corps. The award is approved solely by the Commandant of the Marine Corps.

"She's a big proponent for advocating all the good things the U.S. military does," said Lt. Col. Charles A. Redden, MALS-12 commanding officer.

Redden went on to describe how much Hamamoto's influence extended past the station and into other areas of Japan.

"Whether it's an earthquake or tsunamis, we've always helped in any kind of disaster, but it's always been through Mama-san's efforts to get a point of contact and a place to go," said Redden. "She's helpful to the U.S.-Japanese relationship, particularly with MALS-12, but it's more than just that; it's MAG-12, the air station and the Marine Corps as a whole."

Hamamoto, 82, has spent 43 years working alongside Marines, organizing cleanup and community relations projects. She also collects Christmas gifts for local handicapped children and for children at Shobara Sakura Gakuen orphanage. Her helping hand has reached even to the U.S. She received an American Red Cross certificate of appreciation for her role in delivering Red Cross services after the 1989 Loma Prieta earthquake near San Francisco.

Hamamoto was also able to strengthen the bond between the U.S. military and Japan during the subsequent aftermath of the earthquake and tsunami that struck the northeastern region of Japan on March 11.

In June, Marines from MALS-12 volunteered their personal time off to go to the city of Higashimatsushima to aid relief efforts. Hamamoto helped spearhead getting service members there to help over several days.

"It wasn't a surprise to us when right after the [disaster], Mama-san put in a call to the commanding officer requesting to go there," said Jeffrey A. Fleming, MALS-12 family readiness officer. "Mama-san wanted to go immediately and lead the charge. She was the communicator for us all, the [liaison]."

Fleming, who first met Hamamoto when he arrived as part of MALS-12 in 1990, spoke highly of his experiences with her and how she has helped afford him and countless others an opportunity to not only aid relief efforts, but see Japan from a different perspective.

"It's something I will always treasure," said Fleming.

Humbleness and appreciation are also what grounds Hamamoto as she continues in keeping the relationship strong between service members and Japanese residents. She works hard to arrange community relations projects and organize orphanage visits.

Modesty was apparent as she comprehends the magnitude of the award presented to her.



Lance Cpl. Kenneth Trotter | Marine Corps Air Station Iwakuni

Cpl. Matthew L.E. Doyle, Marine Aviation Logistics Squadron 12 community relations coordinator, escorts Machiko Hamamoto, during a ceremony at the Strike Fighter Squadron 94 hangar, Nov. 8.

"I was surprised, almost like it was a dream," said Hamamoto. "I feel I don't deserve it. I can't believe it happened."

Though she now has the official designation of Honorary Marine, Hamamoto has considered herself a part of the Marine Corps family well before reaching 43 years of dutiful service.

"[The Marines] are like my family members," said Hamamoto. "Even when I take one day off, they miss me. They'll ask where I am, call me and look for me."

It is this close, family-like relationship she has had with Marines, especially junior Marines, that has helped many transition when stationed here.

Hamamoto was able to bring a small reminder of home for some by taking them to different places around Japan said Cpl. Marcie L. McWaters, MALS-12 supply personnel administrative division clerk.

McWaters, a self-described country girl, who after being here for nearly two years, grew homesick and looked for different ways to remind her of her home. "One day, she took me out in town to a horse farm." McWaters said.

Hamamoto's generosity extends well beyond that, sometimes inviting service members to her home to experience Japanese lifestyle and to get off the station and see all that Japan has to offer.

Even though she's now officially an Honorary Marine, it is quite clear that many of the Marines already consider her as one. With the amount of dedication she has shown toward the Marine Corps over the years, it may safely be assumed Hamamoto still relishes the experiences and opportunities she has taken to help improve the perception of the Marine Corps and improve its relationship with the people of Japan.

Hang on

After braving the high seas on Nov. 9 for as far as they could safely go, the Amphibious Assault Vehicle Platoon of Combat Assault Company, 3rd Marine Regiment, turns around and heads back to its splash point. The training operation allowed the vehicle drivers to practice cross steering, a method employed to reduce impact and prevent the vehicle from taking on water by maneuvering across the waves instead of directly into them.





"We really wanted to get everyone out and experience the open ocean and surging waves."

– 2nd Lt. Lucas Shlueter

During the training exercise on Nov. 9, one of the amphibious assault vehicles broke down, prompting the platoon to perform a bump plan. A bump plan allows the Marines to transport personnel and equipment from a downed vehicle to an operational one without incident. "All of our training really played out well today because we had an actual problem and everyone knew exactly what to do to correct it," said 2nd Lt. Lucas Schlueter, AAV Platoon commander, CAC, 3rd Marines.



The Amphibious Assault Vehicle Platoon Marines smoke and joke on their vehicles at the Pacific War Memorial after conducting a nearly three hour long training exercise in Kaneohe Bay. The AAV Platoon was originally going to splash at Pyramid Rock Beach, but due to surf conditions, they opted to slash into Kaneohe Bay from an entry point near the Pacific War Memorial. Training standard operating procedures dictate that water operations cannot be conducted if the surf exceeds six feet. The swell at Pyramid Rock was over seven and a half.

We're in for some chop!



Marines with the AAV Platoon, CAC, 3rd Marines, check communications as they prepare to move out of their gator square. Circling around each other in a stationary position, the gator square allows the Marines to gain accountability and status updates immediately prior to the start of an operation. The Marines also form gator squares if they have to halt the operation for any reason.

Story and photos by Lance Cpl. Matthew A. Callahan

Contributing Writer

Many people, including the previous Commandant of the Marine Corps, retired Gen. James T. Conway, for the past few years have suggested that the Marine Corps has become "in some ways, a second land army." Stating that fighting in the landlocked regions of Iraq and Afghanistan has taken away from the Corps' amphibious roots, Conway pushed for a return to the traditional sea-borne ways of the Corps. To the Marines with Combat Assault Company, 3rd Marine Regiment; this couldn't be better news.

It was a sunny morning on Nov. 9 as the Amphibious Assault Vehicle Platoon of CAC, 3rd Marines, splashed into Kaneohe Bay from the Pacific War Memorial here. The platoon was out to test their mettle in conducting a water march in high seas, and practice maneuvers for boarding and egress from a notional amphibious assault ship. Their march took them from the Pacific War Memorial to the rough seas past the flight line, totaling about eight kilometers, and nearly three hours of water time.

Originally being staged to take place at Pyramid Rock Beach, the operation had to be moved elsewhere because the waves were topping out over seven feet. Training standard operating procedures for the AAVs doesn't allow them to tread in waters over six feet.

"We really wanted to get everyone out and experience the open ocean and surging waves," said 2nd Lt. Lucas Shlueter, AAV Platoon commander, CAC, 3rd Marines. "It afforded our drivers the opportunity to practice cross steering into the waves among other exercises."

Cross steering is when the AAV driver zigzags through the waves to avoid hitting them full force, allowing the vehicle to avoid impact and unnecessarily taking on water.

The AAV crews are skilled in towing and recovery, and each vehicle has at least five extra Marines to simulate troop transport as well. These skills paid off enormously when one of the AAVs went down during the training exercise.

"When we had a vehicle go down, we conducted a bump plan, and successfully moved personnel from the inoperable vehicle to a working one," Schlueter said. "All of our training really played out well today because we had an actual problem and everyone knew exactly what to do to correct it."

The remaining vehicles consolidated in a roving circle called a gator square which is used to take accountability of the platoon before an operation or if a vehicle goes down during one.

Accompanying the AAV Platoon were some of the sailors from Waterfront Operations aboard Marine Corps Base Hawaii. Acting primarily as a safety vehicle, the small boat circled the amphibian formation ensuring that communications were in check between them, and guiding the AAVs away from barrier reefs and sandbars as they trekked further out to sea.

As the Marine Corps begins to shift its focus toward its roots, the AAV Platoon, of CAC, 3rd Marines, is making headway in transitioning the Marine Corps and remains a full-fledged amphibious fighting force.



One amphibious assault vehicle is ground guided out of the bay after the training operation, Nov. 9. With guidance from Waterfront Operations, the AAV Platoon, of CAC, 3rd Marines, successfully completed a seven to 10 kilometer water march.

Progress in Garmsir

Cpl. Colby Brown
Regimental Combat Team 5

GARMSIR DISTRICT, Afghanistan — Walking down the street of a local bazaar without a flak jacket or Kevlar seemed a little risky. I hustled past the group of local Afghan government officials, took a knee and snapped another photo. A local man involved in a pending investigation was released from custody and the district leaders wanted to celebrate his return. Marines from 1st Battalion, 3rd Marine Regiment escorted the man to the district center and were in turn invited to take a walk around the Hazar Joft bazaar, Nov. 2.

A little more than three years ago the same bazaar was considered "hot," with daily mortar explosions and small arms fire; thus the anxious feeling when walking around "slick," or with no body armor.

"In 2008, the Hazar Joft bazaar was a haven for insurgents," said Lt. Col. Sean Riordan, battalion commander of 1/3 and a native of Montclair, Va. "There were gun fights regularly, right here in this area. As we walked through, the provincial National Directorate of Security director stopped and pointed out a building where he was captured by insurgent forces."

"My role as the battalion commander with senior representatives of the Afghan government, local leaders and tribal leaders in Garmsir is unique," Riordan said. "Where they may have very good relationships with other people, they're focused heavily on the leaders and commanders of Marine units because we represent a rough equivalent to their tribal elder system. They know the points of influence are through guys like battalion commanders, company commanders and platoon commanders.

"That's why I walk through the bazaars with no body armor," Riordan added. "You've got to accept some level of risk, and you also need to be mindful that everything we do sends a signal. So walking around with senior Afghans with no body armor means the Americans and senior Afghans are comfortable enough to do that. You hope it is sending the right signal to the people that things are returning to normal."

Not every Marine gets to spend an evening with district leaders, but many Marines throughout Garmsir spend time with their local elder. It's part of the counter insurgency mission in Afghanistan: the better you know the local people, the better you will know the local area, the better you will know how to operate and provide security.

"It's definitely a requirement to be successful," Riordan said. "You have to have personal relationships across the whole district with every aspect of the population. With elders, government officials, key influencers who may not be in the government, mullahs and businessmen … with everybody. You have to know them and they have to know you.

"We maintain really good relationships with people we don't trust because we have to, regardless," Riordan added. "This is a place where the old adage, 'keep your friend close and keep your enemies closer' really applies."

The fact that the local leaders invited us on a walk on their own accord is a symbol of progress in Garmsir. It means the local people are confident in the security of the area; they feel safe.

Not only has the battalion commander developed relationships with the local leaders but the platoon commanders and company commanders of 1/3 have as well.

These relationships often parallel the atmosphere of an area. If the presiding Marine commander has a good relationship with the local leaders, the area often progresses in the same manner the relationship does.

"It takes good relationships from the beginning," Riordan said. "If [local leaders] didn't trust my motives then they might not ever want to sit down to discuss things with me. Once you are accepted by them, you open up the communications and communication is the key to being effective.

"What I found over the course of seven months and being an advisor to two foreign armies for more than three years is that you have got to have a mix of firmness and accommodation," Riordan added. "I am the anomaly, I am the outsider so I need to know when, where and how to apply being firm and directive. I have 1,300 Marines in the battle space with guns, I am the strongest individual in the district, but I need to conduct myself appropriately so we continue to have good relationships."



Cpl. Colby Brown | Regimental Combat Team 5

Lt. Col. Sean Riordan, battalion commander, 1st Battalion, 3rd Marine Regiment, walks with National Directorate of Security, Provincial Director Nazar Ali, Nov. 2.

Riordan's relationships with the local leaders have been successful during his seven-month deployment. The collateral effects of these relationships are readily apparent across the district.

Garmsir has the most permanent school building projects in Helmand. Afghan National Security Forces in the district are as prepared as any in Helmand to transition authority of security. Further evidence of infrastructure development can be found in bazaars across Garmsir, many with electric street lamps and newly christened shops opening daily.

"The way I do things as battalion commander here is not unlike the way I did things when I was an adviser … by, with and through Afghan counterparts," Riordan added. "It's being flexible enough to understand that their culture is stronger than the way I want to do business. You have to go with the local solution and reinforce the local power brokers or local decision makers. Then, when you are patient and have good relationships and you need to emphasize something or disagree with something, you do that from a position of being a friend."

During the past seven months, the relationships made between Marines of 1/3 the people of Garmsir have been instrumental in overcoming these difficulties.

"Every relationship I have with the district community council members and the district governor himself, has affected our whole mission. Everything we are doing here is by, with and through the Afghans to set them up to be ready to take the lead security responsibility in Garmsir," Riordan said. "Our Afghan National Security Forces are very successful. They are showing all the necessary capabilities to take responsibility of security… when 3rd Battalion, 3rd Marine Regiment comes in, the Marines will fully be in support of ANSF. When we arrived, the ANSF were in support of us, we were the battle space owners."

Building relationships between government officials and local residents ultimately helped build Garmsir into one of the most secure districts in Helmand.

"We'd never have been as successful, we'd never had gotten the schools projects through … we would have never been able to target the insurgents that we did and we would have never been able to have as much access to information if we didn't have the personal relationships. By making friends you're actually setting the conditions to be successful."



Col. Leo A. Falcam, deputy commanding officer, Marine Corps Installations Pacific, welcomes Col. Brian P. Annichiarico as the new commanding officer of Marine Corps Base Hawaii during a change of command ceremony at the base flagpole Thursday. Annichiarico assumed command of the base from Lt. Col. Michael P. Antonio. Antonio will resume his previous position as the director of operations and training after serving as the base commanding officer for a month. "It's truly humbling to be here," Annichiarico said. "You never get a second chance at a good first impression and the impression I have of the team here is unbelievable." Annichiarico has held numerous staff positions and deployed with the 26th Marine Expeditionary Unit in support of Operation Determined Falcon in Kosovo in 1998. He commanded Marine Attack Squadron 231 "Ace of Spades" while deployed to Al Asad Air Base, Al Anbar Province, Iraq, in support of Operation Iraqi Freedom, as well.

Cpl. Vanessa American Horse | Hawaii Marine

BIRTHDAY, from A-1

"We're ready to take Garmsir to the final step of transition back to Afghan National Security Forces, and to bring Afghanistan one step closer to accepting responsibility for its own security and future," he said.

At the battalion headquarters, Sgt. Thomas Settle, Jump Platoon sergeant, Headquarters and Service Company, 3/3, and other Marines were wished a happy birthday with a steak and lobster dinner.

They topped off the festivities with a cake cutting ceremony hosted by 1/3 and attended by both battalions.

"Celebrating our birthday at the beginning of this deployment is a boost of morale and motivation before starting our job in Garmsir," said Settle, 29, from Culpeper, Va. "It's our turn to make a difference here now."

Settle, the recipient of two Purple Heart Medals, is on his third combat deployment.

This deployment is the third for his five-year-old daughter and the first for his two-year-old son.

He said milestones like the birthday help keep him focused, which is essential for enduring the long separation from his family. Despite the hardship, he stands resolute in the knowledge that his efforts far from home are making a difference.

"When this country is running on its own, we'll look back and know we contributed to its success," Settle said. "My kids will come back from school and say, 'Daddy, I learned about what you did in Afghanistan at school today.'"

1/12 RETURN, from A-1

Erikah Messamer, a Marine spouse awaiting the return of her husband, who is a point man with security platoon and lead vehicle machine gunner for quick reaction force, Headquarters Battery, 1/12.

"This was our first deployment together," said Messamer. "It was long and tough, but nothing I couldn't get through; I had a lot of support from the friends I made while Luke was away."

Cpl. Seamus Murphy, a designated marksman with security platoon, Headquarters Battery, valued the experience he gained while deployed.

"I really think going there and doing what Marines are supposed to do changed my outlook entirely about the Marine Corps," said Murphy. "I was humbled by the environment and culture over there. It gave me a much deeper appreciation and respect for the daily life back home. It was definitely an electrifying experience, and something worth considering re-enlistment for."

Cpl. Luther Ransom, an intelligence Marine working within the headquarters intel shop, was able to effectively utilize his military skills on his first deployment to support the entire area of operation 1/12 inhabited. During the deployment, Ransom was appointed the battalion S-2 chief as a lance corporal.

"Being an intelligence specialist, deployment really is the only place we can do our job," said Ransom. "It was really good to get out there and be able see how to orient tasks like collections assets, taking reports from patrols as they come in and out, going ahead and compiling everything together to figure out what the enemy is up to, and in turn, effectively using that intel against them."

After the homecoming welcome, the Marines and sailors headed to their armory to return their weapons and were released on liberty. Through the next week, other elements of 1/12 will be returning home from their deployment, with the last flight expected at to return Thanksgiving Day.



Cpl. Vanessa American Horse | Hawaii Marine

Marines and sailors with Headquarters Battery, 1st Battalion, 12th Marine Regiment take their first steps onto U.S. soil after returning from a six-month deployment to Afghanistan.

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Sports & Health
November 18, 2011
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Lance Cpl. Jacob D. Barber | Hawaii Marine

Headquarters Battalion Warriors fullback Anthony Fultz faces a big hit from a 1st Battalion, 12th Marine Regiment defender during their intramural football semifinal game Tuesday at Pop Warner Field. Motivated by their landslide win against the Marine Corps Air Station Renegades last week, 1/12 came out with high spirits, but in the end could not break the Warriors' defense, losing 28-0. With this win the Warriors secured their spot in the championship game at Pop Warner Field Nov 22 at 6 p.m.

Undefeated Warriors dominate base tackle football once again

Lance Cpl. Jacob D. Barber
Combat Correspondent

Families and friends filled the bleachers as the Headquarters Battalion Warriors and 1st Battalion, 12th Marine Regiment battled it out in a semi-final intramural football game at Pop Warner Field, Tuesday.

Motivated by their landslide win against the Marine Corps Air Station Renegades last week, 1/12 came out with high spirits, but in the end could not break the Warriors' defense.

The first quarter featured several strong defensive efforts. From sacks, force fumbles, and interceptions, both teams struggled to gain field position. A few pass plays put the Warriors within ten yards of their end zone. However, a pass from quarterback Julio Aquayo to tight end Craig Cercone resulted in the first touchdown of the night.

"Offensively we played well," said Juan Lopez, Warriors' linebacker. "I thought we kept the ball moving at all times and showed a lot of consistency on our play executions."

At the start of the second quarter, 1/12 worked aggressively to try to put some points on the scoreboard, but once again they were outmatched by the Warriors' defense and found themselves fighting to stay in the game. The Warriors, on the other hand, were able to work their way into the end zone, leaving the score 12-0 at the half.

"Defense came out and we did what we were supposed to do," said Shawn Simms, Warriors defensive captain and linebacker. "Offense put the points on the board and defense kept the intensity up the whole game. Everybody did their job on the field."

The second half of the game didn't work out well for 1/12. The Warriors' cornerbacks played tight coverage, interrupting the routes of 1/12 receivers, while the defensive lineman broke through gaps and put constant pressure on the 1/12 quarterback and running backs. A lobbed pass from the 1/12 quarterback turned into a Headquarters Bn. interception and that interception lead to another touchdown by the Warriors.

At the start of the fourth quarter, 1/12 found itself struggling to catch up. However, like the three previous quarters, they were unable to stop the Warriors offense and could not break the Warriors defense.

A turnover on downs put the ball back into Warriors possession. Lineman paved a way for running backs to move freely, and also protected the quarterback well, giving him plenty of time and space to operate in the pocket.

Forcing the ball downfield once again, the Warriors faced the 1/12 goal line defense. Expecting a run, 1/12 stacked up on the line hoping to rush through and get a quick stop.

However, the Warriors came out with a quick pass play and a diving catch from Cercone put the team up 20-0 after a two-point conversion.

Pass plays were being executed by 1/12 on their next possession, but there was no luck for them when it came to scoring. Warriors defenders stopped the team once again and put their offense in great field position for another touchdown.

In the final minutes the Warriors were able to score yet again. A two-point conversion put the game ending score at 28-0.

"Headquarters played well and my hat goes off to them in the finals," said Franck Alphonsen, 1/12 defensive coach. "My boys showed up and they played until the last second and that's all I asked for."

Headquarters Bn. will face the Marine Aircraft Group 24 Bandits for the championship on Nov. 22 at Pop Warner Field at 6 p.m.

236 miles for 236 years

Lance Cpl. James A. Sauter
Combat Correspondent

A few adventurous Marine and civilian cyclists from Marine Corps Base Hawaii and Oahu arrived at the Aikahi Shopping Center parking lot outside the base's back gate to start the 2nd annual Marine Corps Birthday Bicycle Ride around the island in celebration of the 236th Marine Corps birthday Nov. 10.

"In 2006, I had a different idea for a birthday celebration and I wanted to do a bike ride," said Chief Warrant Officer 5 John Bandy, bike ride coordinator. "The bases have a birthday run and I thought this would be wonderful to do."

Bandy said he wanted to have the ride start at midnight on Nov. 10, so the ride would begin on the Marine Corps birthday and end on the same day. The choice of having the ride cover more than 236 miles was the idea of former Sgt. Michael Vander-Blooman, of Marine Aviation Logistics Squadron 24, who rode with Bandy last year, to have "one mile for every year since 1775."

"Last year, I advertised what the concept of the race was [in the KBAZ message]," Bandy said. "This year I advertised in February and 26 people were interested while only five are riding."



Lance Cpl. James A. Sauter | Hawaii Marine

Riders prepare for the start of the 2nd annual Marine Corps Birthday Bicycle Ride at midnight celebrating the 236th Marine Corps Birthday, Nov. 10.

Bandy said that he called each person who was interested in riding to be sure that they knew they were riding 236 miles around the island for 19 hours. According to Bandy, the majority of the 26 interested dropped out after contemplating the time and distance.

The course took the riders down the east coast of the island with a lot of flat surfaces but a lot of wind from the cool ocean water. This route led them to Waikiki, through Honolulu and on to Ford Island and Joint Base Pearl Harbor-Hickam. The riders then turned around and ended at MCB Hawaii.

"The toughest part is to mentally push through it," said Cpl. Patrick Murphy, disperser, Headquarters Battalion. "My riding mileage [experience] is high enough to compensate for the distance on the ride."

During the long ride, it was important for all of the riders to keep themselves hydrated and properly nourished with carbohydrates. Gel packets and fruit were available for the riders to eat in the safety vehicle as they rested.

Bandy explained that by eating 50 grams of carbs with one bottle of water every 30-45 minutes could keep a cyclist going all day if they're physically fit.

Bandy will be retiring and Murphy will reach his end of active service before the start of next year's ride. But both hope to be able to start the planning and possibly ride again.

"I hope there will be more riders next year," Murphy said. "We need to get more Marines to ride because it shows your endurance limits, and I highly encourage it to everyone."

A win's a win for the 'Fighting Congressman'

Cpl. Vanessa American Horse
Combat Correspondent

As soon at the boxing match was over between Manny Pacquiao and Juan Manuel Marquez last week, social media was buzzing with hate for the Pride of the Philippines fighter with his win over Marquez, who previously fought Pacquiao to a draw in 2004 and a split decision in 2008.

Perception is reality and I don't know what fight Marquez fans were watching, but Pacquiao clearly pummeled him landing 176 punches to Marquez's 138. Usually being the more active combatant, Pacquiao had 17 more power punch connections and fired off 142 more punches total.

If that's not enough to win a 12-round boxing match, then I don't know what else he has to do. It seems that the fighters can both be considered hard-core scrappers for duking it out for the entire fight, but maybe fans wanted to see a full-blown knockout in 64 seconds like the Cain Velasquez versus Junior Dos Santos mixed martial arts fight.

"They say, 'What happens in Vegas, stays in Vegas,' and Pacquiao's win is there in the record books."

Wait. Fans complained about that, too. And that fight was free to watch on TV.

Maybe boxing and MMA fans are disgruntled in nature and can't be satisfied no matter what the outcome.

Probably not. It's more likely they just want Pacquiao to go against Floyd Mayweather Jr. in a fight to the death sometime in the near future.

Maybe they should just be mad at Pacquiao's promoter, Bob Arum, who claims the Mayweather/Pacquiao fight will go down in November 2012, but was quick to reschedule a match with Marquez for Spring 2012. But Mayweather's promoter Oscar De La Hoya said it best when he found out the news Monday.

"I say to Manny, fighter to fighter, 'Step it up, tell Arum what you want,'" De La Hoya said. "You're the fighter. You're a congressman. You call the shots here and decide who you're going to fight."

We'll see how and when that actually goes down, but back to the point. Pacquiao is still the World Boxing Organization's Welterweight World Champion (and Super Champion). He's also rated as the best pound-for-pound boxer in the world by most sporting news and boxing websites.

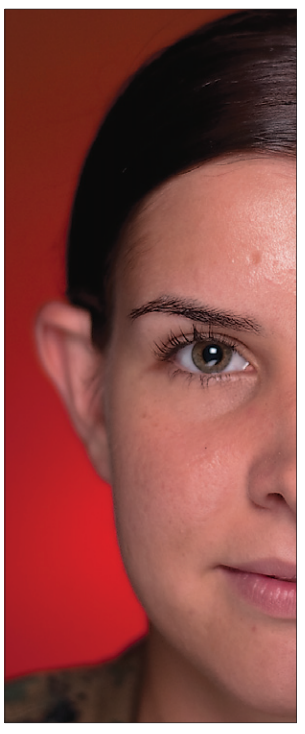
He may have fumbled the last five rounds in his match against Marquez, but he dominated the first seven. Statistics don't lie, and even critics who went back and scored the fight for themselves can agree that Pacquiao's score of 114-114, 115-113, and 116-112 from the three judges is justified.

My counterpart, Jacob Barber, is just upset he doesn't know how to score a boxing match. In fact, he's probably struggling with Math for Marines. Maybe I'll give him a period of military education on boxing so he can even stand a chance in this argument.

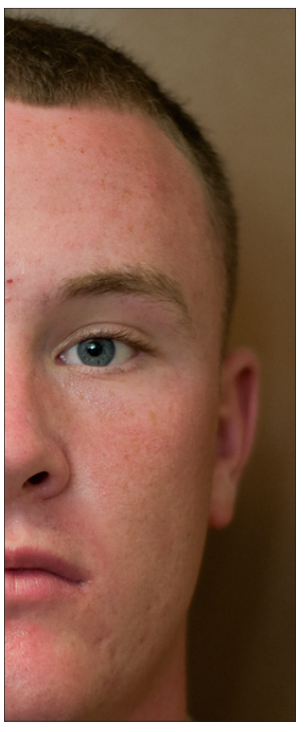
They say, "What happens in Vegas, stays in Vegas," and Pacquiao's win is there in the record books, folks. Get over it.

"Did Paquiao actually win the fight?"

VS is a recurring column tackling debatable issues in the sports 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.



AMERICAN HORSE



BARBER

Judges stick to script and name Paquiao winner

Lance Cpl. Jacob D. Barber
Combat Correspondent

On Sunday I found myself watching a "fixed" boxing match, and witnessed a true championship contender get robbed in front of hundreds of fans that agree with me. From the first round of the Manny Paquiao and Juan Manual Marquez trilogy fight, it was easy to see that coordinators and even the announcer had there eyes fixed on a Paquiao victory.

Before the opening bell even rang, the announcer praised Paquiao for rushing to the center of the ring ready to fight. He was still in his corner! Close to a minute later, there was clearly no activity in the ring, both fighters were bouncing around throwing a missed jab here and there and I heard the announcer say Paquioa is fighting intelligently, he looks very strong and much quicker. Mr. Announcer the fight hasn't even gone a minute yet. Why are you telling people this when there is barely any movement in the ring and only a few missed jabs were thrown?

"Anybody that has common sense can say that the quantity of punches doesn't dictate a fight – the quality of punches does."

If you don't get my gesture by now, I'm claiming that the fight was fixed. HBO clearly favored Paquiao without even giving Marquez a chance. A thundering hook to the body toward the end of the first round left Paquiao grimacing. It was clear that this punch was a painful one to take however, the announcer and the judges must have been playing "Words With Friends" on their cell phones at the time because he stated after the punch that Paquiao looks very good.

The narrative for the fight was extremely biased and I can go on and on with more examples, but the fact is — the judges were just there to look at the ring girls and the announcer was reading off a sheet of paper and clearly wasn't watching the fight.

I'm angered that Marquez didn't have a fighting chance from the get go. Since the coordinators and even the network which the fight was broadcasted favored Paquiao, it leaves me to think how many of these individuals were on a pay roll?

Punch counts? Paquiao connected a whopping 2 percent more of his punches than Marquez did. Is this really important since anybody that has common sense can say that the quantity of punches doesn't dictate a fight– the quality of punches does.

After the final bell rang, the judges erased the tic tac toe games on their scorecards and decided to put some quick numbers together. While the referee raised Paquiao's hand he sighed, cleary showing the whole world that he was relieved the fight was over, and more importantly he was relieved that he actually won the fight.

Marquez wasn't the aggressor in this fight. He fought calmly and reacted on the actions of Paquiao, though the punch count doesn't say, I would say that Marquez was more consistant. It wasn't that he threw more punches, it was that he threw fight-ending punches—and connected on majority of them.

After three bouts with Paquiao, Marquez' record is 0-2-1. I believe it should be 1-1-1, but clearly Marquez wasn't given a chance since the first round of the fight. I think what upsets me more is Paquiao knew he just slid by.

SPOTLIGHT ON SPORTS

Sports and Health

Turkey Trot

The Commanding Officer's Fitness Series will host its annual Turkey Trot Saturday at 7 a.m.

Take a running tour of the base with the last 10K of the season. The race will start and finish at Pop Warner Field. This race is open to the public. Late registration is possible on the day of the race.

For more information, visit http://www.mccshawaii.com.

Semper Fit CFT Challenge

Register for the CFT Team Challenge in teams of four through Nov. 22. The event will be held at Riseley Field from 9 a.m. to 1 p.m., Nov. 22. Register by filling out a form at the Semper Fit Center.

A dry-fit shirt will be given to the top three teams overall, top men's and women's teams within age categories, top mixed team (with at least two female participants), and the top open team (mixed ages). The event is open to active duty only. For details, call Semper Fit at 254-7597.

Semper Fit Turkey Burn-Off Aerobathon

Join the Semper Fit Center on Nov. 25, the day after Thanksgiving, for an aerobathon including group class favorites such as Boot Camp, Pilates, Cardio and Strength, Gut Cut, Cycling and a special Zumba blowout.

Prizes will be given out at the end, the more classes you attend the more opportunities to win. Bring an unwrapped toy for the Toys For Tots campaign. Call Semper Fit at 254-7597 for more information.

Youth Winter Water Sports

Take the one-week "Introduction to Water Sports" class at the Base Marina. Children 8-18 can spend their holidays in the water. The class includes sailing, kayaking, stand-up paddle boarding and snorkeling. Sessions will occur from Dec. 19-23 or from Dec. 26-30.

For more information or to register, call 254-7666.

Commander's Cup Bowling League at K-Bay Lanes

The league continues to play on Mondays at 6 p.m. at K-Bay Lanes. Watch your favorite four-player teams duke it out through 2012.

For more information about the games, call 254-7693.

Commander's Cup Golf Classic

The Commander's Cup Golf Classic will be held Dec. 16 at the Kaneohe Klipper Golf Course. The tournament is open to active duty service members, dependents and military civilians.The fee is $48 for E-5 and below, $53 for E-6 to O-3, and $58 for O-4 and above, and civilians. Registration ends Dec. 12.

For more information, call 254-2107 or stop by the ProShop.

Winter Break Kid Fit

From Dec. 19-23 or 27-30, the Semper Fit Center will be hosting Kid Fit, to keep kids fit while on break from school. There is a $30 registration fee for the first child, and $25 for each additional child. For more information, call Semper Fit at 254-7597.

Semper Fit Center and Base Pool holiday hours

The Semper Fit Center aboard Kaneohe Bay will be open Thanksgiving Day and Nov. 25. The center will also be open Christmas Day and Dec. 26 from 7 a.m. to 6 p.m.

The Base Pool will be closed on Thanksgiving, but open Nov. 25 from 11 a.m. to 6 p.m. The pool will also be open Christmas Eve from noon to 5 p.m., before closing during Christmas Day and Dec. 26. For more information about upcoming holiday hours into 2012, go to http://www.mccshawaii.com/holidayhours.shtml.

Intramural Tackle Football Championship Game

Nov. 22 at 6 p.m.

Pop Warner Field



Jonathan Barkley waves several signs to nearby drivers and joggers during the inaugural Great American Smokeout Fun Walk/Run Nov. 17. The course was a 3.36-mile trail around Nuupia Ponds, ending near Pollock Field. The signs depict the toxic chemicals inside a single cigarette and the diseases caused by long-term smoking.

STEP IN, SMOKE OUT

Story and photos by Christine Cabalo
Photojournalist

Marines and sailors pledged their support in quitting tobacco by running the inaugural Great American Smokeout Fun Walk/Run at Marine Corps Base Hawaii Thursday.

At sunrise, walkers and runners navigated the 3.36 miles around Nuupia Ponds, starting and ending their trek near Pollock Field. Some participants were former smokers while others joined the event in solidarity with those who quit.

"I'm definitely looking forward to having more energy now that I'm quitting," said Josiah Halstead, a sailor from Eugene, Ore. with Marine Aviation Logistics Squadron 24. "I'm hoping to be healthier and feel happier, but especially get more energy. I'll need it to chase my son around."

Halstead, who's quitting tobacco along with his wife, said he was motivated to make the change to be a role model for his three-year-old son. The day of the run was Halstead's first official smoke-free day. He anticipates having more time to spend with his family after quitting for good.



***Left*: Josiah Halstead, a sailor with Marine Aviation Logistics Squadron 24, looks at models of diseased teeth and other visual health aids on the dangers of smoking. Halstead was one of several participants running in the anti-smoking event. The run was also the first day he officially quit cigarettes.**

***Right*: Melissa Tejeda, a spouse of a member of Combat Logistics Battalion 3, runs through the first leg of the Nuupia Ponds course with her daughter. Although Tejeda does not smoke, she said she especially wanted to come out to participate in the event and encourage others to quit tobacco for good.**



"We'll be doing a lot of hiking and jogging," he said. "I'll be taking my son out to the park more now."

Halstead and his wife are currently enrolled in tobacco cessation classes at Kaneohe Bay Branch Clinic, supported by the Semper Fit Health Promotions Department and Naval Health Clinic Hawaii. Besides learning about how to handle cravings, Halstead and others taking the weekly class are also using nicotine gum and patches to make the switch.

As the group circled the ponds, Jonathan Barkley held up signs highlighting the dangers of smoking. Barkley, who is a certified prevention specialist at the Base Substance Abuse Counseling Center, said he wanted to involve drivers and other joggers passing by.

"It's all about the message," Barkley said. "People weren't coming over to our booth, so I thought I should bring it to them."

The signs depicted physical deformities caused by smoking and showed a detailed list of all the toxic chemicals inside a single cigarette. For those who wanted to know more, Barkley directed them to an information booth near the finish line showing the illnesses smokers may face. On display were plastic models of diseased teeth and lungs that smokers could develop in long term.

For Jeff Weimer, a Marine with MALS-24 running with the group, it was these dangers of tobacco that prompted him to come out to join the event.

"I've never smoked and I'm completely against it," Weimer said. "There are a lot of people in my family who smoked. I figured the more people who are out here to support [the event], the more likely people are to quit."

Running with her child, Melissa Tejeda said she wanted to get involved to help encourage other smokers to quit. Tejeda, a spouse of a member of Combat Logistics Battalion 3, said she's seen the unhealthy side of tobacco use.

"The quality of life for smokers as they get older goes down and you can't enjoy your life," she said. "You're more likely to get emphysema or lung cancer."

As the last of the group reached the finish line, volunteers offered free stress balls and other giveaways to all participants.

With sugar-free gum and other prizes in hand, Halstead said the run was a perfect way to continue being tobacco free. For smokers who weren't at the event but want to quit, Halstead said to attend the base's tobacco cessation classes and have loved ones offer support.

"If people just wait to get ready to quit, they'll never quit," he said. "They need to buckle down and try it for themselves."

For online resources to help quit tobacco or to speak live with a tobacco quit coach, see http://ucanquit2.com/facts/gaso/default.aspx.

Clean work out? No sweat!

Kristen Wong
Photojournalist



Kristen Wong | Hawaii Marine

A Semper Fit Center patron cleans one of the treadmills in the weight room with disinfectant and a clean rag, Tuesday. Patrons are asked to clean the equipment after use.

As patrons work up a sweat at the gym throughout the year, perhaps the last thing on their mind is worrying about germs. Germs are everywhere, but what types can you encounter in a gym? Many people use the same equipment at a gym every day, whether it's a gym mat or an elliptical.

According to Army Lt. Col. Tomas Ferguson, a doctor and the chief of Infectious Diseases at Tripler Army Medical Center, there are possible infections that have been observed and studied that can occur at the gym.

The gym has been host to Herpes viruses, and the bacteria known as Staphylococcus aureus.

For example, he explained if a wrestler with a cold sore used a mat and it was not cleaned afterward, wrestlers that use the mat after that person have the potential to contract the herpes simplex virus.

This type of herpes, which causes an infection known as herpes gladitorum, may need treatment with an anti-viral medication prescribed by a medical professional. These particular Herpes infections consist of painful fluid filled cysts under the skin. Herpes can affect a person for a lengthy period of time, recurring even with treatment.

Ferguson said Staphylococcus aureus bacteria can colonize in warm, moist parts of the body such as the nose or the arm pit. When allowed to invade the skin, the bacteria can cause painful abscesses that would need to be treated with drainage by a doctor and possibly antibiotics.

Some theories suggest that people can contract respiratory infections from exposure to viruses at the gym, though it has been difficult to prove.

For patrons hitting the gym to workout, Ferguson has some advice on preventive measures against bacteria and viruses. When using exercise machines, Ferguson suggests washing your hands with soap and water or applying hand sanitizer. As a precaution, he suggests cleaning the equipment before beginning a workout.

"Unless you watch them do it, you can't account for the person before you to have cleaned the machine," Ferguson said.

When finishing a workout on a certain machine, Ferguson recommends wiping the machine down on every part that was touched. Though some may want to dry off the machine prior to wiping it down with disinfectant, Ferguson recommends air drying, to allow the disinfectant the proper method to kill bacteria and viruses.

Patrons should not share towels. If patrons have open sores, they should either make sure the sores are covered, or they should not come to the gym at all. Patrons should not come to the gym when they are sick. He recommends that athletes shower and change soon after playing sports.

"Showering right away [gives the bacteria] less time to gain a foothold on your body," Ferguson said.

The Semper Fit Center, aboard Marine Corps Base Hawaii takes measures to help keep the germs at bay.

Jon Shiota, manager, Semper Fit Center, said the gym is mopped twice a day. Usually once or twice a day the staff cleans every machine with a heavy disinfectant. Beckie Page, assistant manager of Semper Fit, said there are three stations with disinfectant and clean rags in the weight room, and one station in the aerobics room. These stations are set up for the gym patrons to clean the machines after use. Shiota said for the customers' safety, this disinfectant is milder than the one used by the staff.

The Semper Fit staff regularly washes the towels throughout the day, and they are periodically bleached. The towels are washed with "food service grade" laundry detergent [detergent's quality equals that of food service standards], which is anti-fungal and anti-microbial. There is also a hand sanitizer installed in the weight room.

Ed Campbell, personal trainer at Semper Fit, said the staff wipes down racquetball equipment, weight belts and medicine balls when patrons return them.

Page added that the gym conducts what is known as "high bay cleaning," on an as-needed basis. During "high bay cleaning," professionals with high-powered vacuums clean excess dirt and dust from the high vents and windows of the gym.

"It's our number one priority to provide a clean facility," Shiota said. "It's the job of the staff to maintain that."

So, what can Semper Fit patrons do to help the staff combat the germs?

"If you sweat on it or the equipment has dirt on it, clean it," Campbell said.

There is also a method to cleaning the machine.

"Spray into a towel and wipe down [the] machine. Do not spray machine directly," Campbell advised. "Do this before and after use. Bottom line, treat the facility [and] equipment as if [they] belong to you."

For more information about infections, visit the U.S. National Library of Medicine at http://www.nlm.nih.gov.

War Dogs ravaged Falcons by landslide



Lance Cpl. James A. Sauter | Hawaii Marine

Dary Selgren, receiver, Marine War Dogs, sweeps the ball outside of the Air Force Falcons' defense for a first down at Pop Warner Field, Marine Corps Base Hawaii, Nov. 14. The War Dogs crushed the Falcons 66-30 and remains undefeated at 6-0 going into the playoffs. "I like the 66 but we have to work on the 30," said Stephen Lane, head coach, War Dogs. "We'll likely see the Air Force offense again, but I feel ending the regular season undefeated was a direct reflection of the girls' hard work and dedication."

ENVIRONMENTAL CORNER

Water Conservation at MCB Hawaii

The island of Oahu sustains a population approaching one million people. Our primary source of drinking water is groundwater: fresh water filtered through mountain watersheds and held within the porous volcanic rock of the island. With the increasing demand for water from population growth and new construction on the island, it will take several years of increased rainfall to recharge the aquifer.

At Kaneohe Bay, MCB Hawaii used about 650 million gallons of water last fiscal year at a cost of nearly $2.1 million.

The good news is that Base-wide conservation efforts have resulted in a steady decline in water usage over the past several years. A major contributor to the reduction in water use has been the installation of energy efficient, low-flow plumbing fixtures in our Family Housing units and in the new Barracks construction projects. However, projects alone will not sustain our water conservation efforts.

For example, to further ensure that water is used wisely, MCB Hawaii issued a water conservation policy statement stipulating that lawn watering is allowed two times a week, either from 6 to 8 a.m. or 6 to 8 p.m. In addition, irrigation is permitted only for plantings, not for pavements. Policy statements like these strongly communicate the importance of our role in paying attention to how we are both using water, and how we may be wasting it.



Henry Kapono visits K-Bay, rehearses with MarForPac Band for upcoming concert

Garrett Cole
Contributing Writer

Christmas came early as Henry Kapono, of the Hawaiian music duo Cecilio and Kapono, came to Marine Corps Base Hawaii to rehearse with the U.S. Marine Corps Forces, Pacific Band, Tuesday.

Kapono will be joining the MarForPac Band for the fourth annual Na Mele o Na Keiki Holiday Concert at the Neal S. Blaisdell Concert Hall, Dec. 1.

"This rehearsal is to be one of many in preparation for the concert," said Chief Warrant Officer 3 Michael Smith, band director, MarForPac Band, explaining the importance of preparing for the concert.

"This event is particularly a great collaboration between local musicians in Hawaii and the Marine Corps band," Smith said. "To get this kind of collaborative concert … it's a gift. Just to be in the [concert] hall … it's huge, it's gorgeous. Every one of the guest celebrities that are performing with us are professional musicians. They're donating their time to come rehearse with us and to perform."

The concert is set to kick off the holiday season and help attendees escape from the hustle and bustle of the commercial barrage. By encouraging the donation of toys for Toys for Tots, the concert also helps strengthen ties with both military and local communities.

Cpl. William Baumann III, piano player, MarForPac Band said, "We not only play military music but holiday music with various entertainers around the island and local musicians. I like how it not only brings the unit together, this brings the public into the military perspective and not only gives them a positive view of what we do but gives back to the community."

During their rehearsal, Kapono and the band members worked hard to perfect and merge their sound for the performance. Kapono has shown his admiration and respect toward the military members ever since he started playing for service members in Vietnam.

"I love it, I've always been a big supporter of the military," Kapono said. "Way back in the day I played in a rock band in Vietnam, so I got to go all over Vietnam and play for the troops. I learned a lot about what they do, and I appreciate everything. I've made a connection to the military, and I've always been supportive of them. With this gig, I try to do something for them every year, and this is a great opportunity for me to participate in something for this organization."

For more about Toys for Tots and the concert, visit the band's website at http://www.facebook.com/ToysForTotsHawaii.



Garrett Cole | Hawaii Marine

Local musician Henry Kapono rehearses with the U.S. Marine Corps Forces, Pacific Band here for an upcoming holiday concert.

Have you seen this bird?



The months of November and December make up the "annual shearwater fallout" season on base and around the islands.

Juvenile wedge-tailed shearwaters (seabirds) that are learning to fly often get disoriented by city lights, and fly inland instead of toward the sea.

Consequently they fall to ground and get injured or become vulnerable to predators or other hazards.

If found, please contact the Military Police Department at 257-2123.

Military Police will mobilize designated personnel who will take follow-on actions to rescue and safely re-release these birds to the wild or to rehab.

What's cooking at Anderson Hall Dining Facility?

Week of Nov. 18 through Nov. 24

Today
Lunch
Minestrone Soup
Pork Adobo
Lemon Baked Fish Filets
Dinner
Chicken Cacciatore
Chili Conquistador
Burritos
Saturday
Dinner Brunch
Chicken Cordon Bleu
Simmered Succotash
Broccoli Polonaise
Sunday
Dinner Brunch
Cream of Potato Chowder
Honey Glazed Cornish Hens
Monday
Lunch
Beef Noodle Soup
Chinese Five Spice Chicken
Dinner
Beef Noodle Soup
Beef Porcupines
Braised Pork Chops
Tuesday
Lunch
Cream of Mushroom Soup
Barbequed Chicken
Ale Battered Fish Portions
Dinner
Bean with Bacon Soup
Caribbean Chicken Breast
Wednesday
Lunch
Manhattan Clam Chowder
Split Pea and Ham Soup
Dinner
Meat Loaf
Pork Ham Roast
Thursday
Lunch
Tomato Soup
Swiss Steak w/Brown Gravy
Chicken Vega
Dinner
Beef Yakisoba
Tempura Sweet/Sour Pork

Hawaii Marine
Lifestyles

November 18, 2011
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THANKSGIVING ACTIVITIES FUN FOR ALL

Lance Cpl. Jacob D. Barber
Combat Correspondent

Thanksgiving season is finally here and Marine Corps Community Services has a full schedule of events for the families, friends and service members who will be spending their Thanksgiving on base.

From a pre-ordered Thanksgiving dinner from The Officers' Club to a nice long run to erase the turkey and pie calories, MCCS is offering a variety of ways to bring holiday fun to Marine Corps Base Hawaii.

In need of a Thanksgiving dinner-to-go? The Officers' Club has turkey meals, ham meals, combo meals, and pies ready for delivery. Today is your last day to order, so act fast. Pick up your meal on Nov. 24.

The Single Marine and Sailor Program will hold a Turkey Bash dinner at Kahuna's Sports Bar and Grill Nov. 23 for all service members E-5 and below. For those who won't be able to make this dinner, the program will hold another Thanksgiving dinner at Formaggio Grill on Nov. 24 at noon. Contact SM&SP for more details, 254-7593.

For the children, MCCS will be holding Turkey Tales and Activities Day Nov. 19 at 10 a.m. at the base library. Children are encouraged to come listen to heart-warming Thanksgiving stories while also creating arts and crafts for home displays.

With an amazing meal comes many calories. The Semper Fit Center encourages all to start their pre-Thanksgiving festivities with the Turkey Trot 10K Run on Saturday at 7 a.m. at Pop Warner Field.

Participants will be able to run individually or in a six-person formation during the event. Registration is $20 for an individual or $90 for a six-man group.



Courtesy photos

Marines and sailors with the Single Marine and Sailor Program enjoy a nice Thanksgiving dinner at Formaggio Grill. All service members E-5 and below are invited to get their bellies full while enjoying conversation, laughs and smiles.

Semper Fit will also hold a Turkey Burn-Off Aerobathon on Nov. 25 from 8 a.m. to noon for those who want to wait until after their feast to lose those holiday pounds. Contact Semper Fit for more details, 254-7597.

The holidays are here and MCCS encourages all to get out and enjoy themselves with their many upcoming activities for people of all ages.

"We are always working hard to enhance the quality of life for our Marines, sailors and families aboard Marine Corps Base Hawaii," said Bobbie Brock, the MCCS area coordinator. "With the holiday season upon us, MCCS offers a variety of fun activities and services to keep everyone busy. We hope to see you around and look forward to celebrating the holidays with you!"

For more information about upcoming events and holiday hours, go online to http://www.mccshawaii.com.

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


BARBER

Lance Cpl. Jacob D. Barber has a deep passion for music. From alternative rock to rap, he tries to stay up-to-date with new releases in the music industry. When it comes to rap, a good lyricist is better than a good beat.

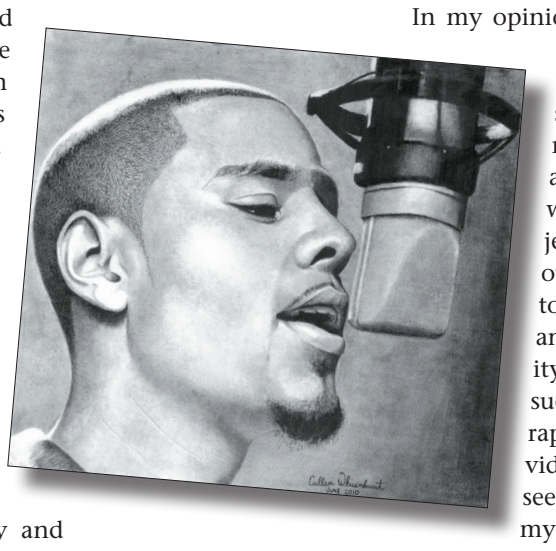

COLE

Garrett Cole believes that the selling point of graphic novels goes way beyond just superheroes in spandex. A monumental graphic novel encompasses the reader and consistently provides a gut check visually.

Diamond found in the rough

Lance Cpl. Jacob D. Barber
Combat Correspondent

It wasn't too long ago when I found myself staring at a CD display at the store. From right to left I saw rappers on the cover with their shirts off, tattoos showing, money in the background, and massive chains that weighing down their necks. I was perfectly fine not buying any of these albums when I saw one that seemed a little bit different, and I'm truly glad that I picked it up. It was like finding a needle in a garbage pit.



Jermaine Cole, also known as J Cole, released his debut album, "Cole World: Sideline Story" Sept. 17. The album was much anticipated among his fans and Cole's lyrics, personality and mentality put him above many other rappers of his time. After signing with Jay-Z in 2009, all that was left to do was prove his talent.

This CD has been reviewed many times and has received much praise in the music industry, selling more than 200,000 copies in the first week.

In my opinion this album is the best of the year. He displayed the struggles of a young man trying to make a difference in music without using subject matter that every other rapper seems to use. His "dollar and a dream" mentality brought him great success as not only a rapper, but as an individual people want to see grow. His album, in my opinion was a true reflection of him.

Some hardcore fans believe the album should have been deeper, since Cole is known for his down to earth lyrics and touching songs. However, I couldn't disagree more. I feel like the album has a perfect mix of slow songs to relax, deep songs for those who like realism, and up-beat songs for the radio. He did well mixing them all together for his debut project.

The CD also gives younger listeners music to experience that doesn't relate to drugs, gangs, violence and money. I can't forget the female audience, because I would be a liar if I didn't say there weren't a couple songs for the ladies on this album.

I encourage all fans of music to listen to his album for the simple fact that he did it by himself. There must be a lot of pressure that comes with signing with Jay-Z, and many new artists look for guidance when making their first album. J. Cole differs in that category due to the fact he did the majority of the musical work by himself. This is solely his project, and I can't say that about other rappers or singers.



(Confirmed Kill)

Frank Miller sucker punches Al-Qaeda

Garrett Cole
Contributing Writer

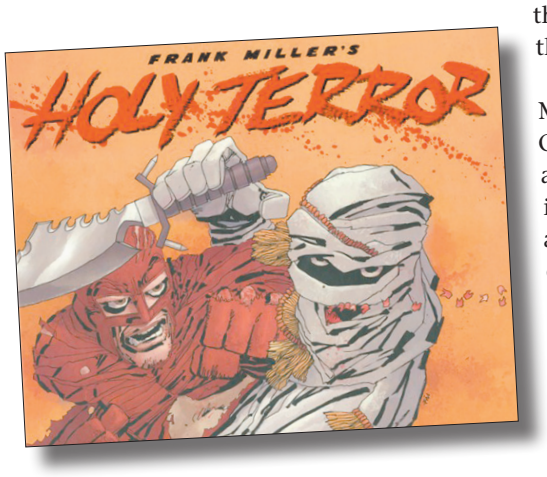
After five years, award winning comic book creator and graphic novelist Frank Miller dealt a heavy blow to terrorism through graphic artwork and "Pulp Fiction" style writing in his latest work.

Miller finally released the long awaited "Holy Terror" about a super hero who goes toe-to-toe with the terrorist group Al-Qaeda.

Miller may not be a household name but most people are aware of the film adaptations based on his work such as the neo-noir action/thriller "Sin City," the epic "300" and "The Spirit" (in which he made his directorial debut). Inspirations were also drawn from his work for "Batman Begins," "The Dark Knight" and "Daredevil."

Anyone familiar with Miller's work knows how he relishes shock value and violence in his stories and the much anticipated and highly controversial "Holy Terror" doesn't disappoint. The graphic novel was originally titled "Holy Terror, Batman," where Batman went head-to-head with the Al-Qaeda after an attack on Gotham City. During the book's development, Miller decided to create a new superhero called the Fixer, who took on the Al-Qaeda. Regardless, the story still holds true to Miller's vision where a hero stands up to the ever present villainy of terrorism.

The story starts out with a chase between the Fixer and the Cat Burglar (homage to Batman and Catwoman) across rooftops in the fictional Empire City, which was modeled after New York. Things take a dramatic turn when terrorist attacks are reported all across the city. After regaining their composure, the Fixer and the Cat Burglar put aside their child's play and divert their focus to stopping the citywide invasion of the Al-Qaeda.



Throughout the story the battle rages through the chaos and confusion to send a message that terrorism will not be tolerated.

The entire book is filled with Miller's signature gritty style, and with the abstract style of "The Dark Knight Strikes Again."

As an avid comic book fan, I was intrigued by the whole concept of masked vigilante fighting the same terror that the world is fighting today. It falls in the same vein as Captain America and Superman fighting Hitler in World War II comics.

Miller completely went against the grain with "Holy Terror" unlike most comic creators who go along with the mainstream. Most of the comic industry was against this book due to their view on the war. Miller continues to assert his point that this is a real threat and not just the elephant in the living room that no one talks about. At times the artwork detracts from the story and can be confusing, but it does an excellent job of representing the confusion the world was feeling after the attacks of 9/11.

What drew me into the story was Miller's ability to tell a story using Quentin Tarantino-style visuals as well as dialogue. There's a sense of realism in this fantasy world. The reader can almost smell the chalky smoke from the explosions, and feel the sweat of the heroes as they fight not only for their own lives, but the rest of Empire City.

This book definitely has my seal of approval for anyone who really wants to read a good action story about a superhero killing terrorists and saving the day, although it may not be suitable for children. The artwork is great and the action is enough for any fan to appreciate. After five years of development, "Holy Terror" is definitely worth the wait.



(Confirmed Kill)

Movie Times

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



"Dream House" PG13	Today | 7:15 p.m.
"50/50" R	Today | 9:45 p.m.
"Abduction" PG13	Saturday | 7:15p.m.
"Moneyball" PG13	Saturday | 9:45 p.m.
"Dolphin Tale" PG	Sunday | 2 p.m.
"Dream House" R	Sunday | 6:30 p.m.
"50/50" R	Wednesday | 6:30 p.m.



Above; Staff Sgt. Andrew Herzberg, electronics maintenance at Headquarters and Service Company, 3rd Radio Battalion, repaints one of the continents at Kaelepulu Elementary School. In past years, 3rd Radio Battalion has volunteered with the school and traditionally comes each year to repaint the decorative map on the school grounds in addition to other activities. *Below*; Marines from 3rd Radio Battalion paint the hopscotch squares at Kaelepulu Elementary School, Saturday.

3rd Radio Battalion helps improve Kaelepulu Elementary School

Story and photos by Kristen Wong
Photojournalist

KAILUA — The map of the world looks a lot brighter now at Kaelepulu Elementary School, thanks to the work of many volunteers including 3rd Radio Battalion, Saturday.

More than a dozen service members from 3rd Radio Bn. spent a few hours at the school, giving the grounds a new coat of paint; particularly the school's map, the hopscotch squares and the stairway.

"It's really refreshing to get this much support from the unit," said Sgt. Lindsay Landers, the Adopt-A-School liaison for 3rd Radio Bn.

Landers, 26, has been the liaison between the school and the unit since 2009. She volunteered when there was a need for a new one. Landers gave the hopscotch squares a fresh, red coat of paint.

The unit has partnered with Kaelepulu Elementary for more than 10 years, through the Adopt-A-School program. Throughout the year, the service members volunteer at various events the school holds.

On Saturday, a mix of ranks, including noncommissioned officers, staff noncommissioned officers, junior Marines and even the battalion commander came to lend a hand.

The Marines kneeled on their hands and knees, scrubbing dirt stains off of the pastel colored map of the seven continents and an additionally more detailed map of the U.S.

The Pali Lions Club, students from the school, and spouses and children from the base also came to the school to help paint.

"We're always looking for ways to build upon our partnership," said Christine Udarbe, principal, Kaelepulu Elementary School.

Udarbe is new to the school this year, having become principal in April. Future plans for the partnership have yet to be determined.

In addition to helping re-paint the school's world map and other areas of the school, members of the unit also assist in presenting awards to students at the school's annual awards ceremony.

Along with the Parent Teacher Student Association, the unit assists with the school's annual fun fair and silent auction, providing setup and cleanup support. They also help with the school craft fair, and the annual school field day and picnic.

"It's really fun interacting with the kids," said Landers, of Mimbres, N.M. "The school takes very good care of us."

Landers said during the silent auction event, which lasts until well into the evening, the school provided the unit with refreshments.

"We love being out here," said Staff Sgt. Daniel Castillo, company gunnery sergeant, HMSB, 3rd Radio Bn. "I'm glad the Marines are making an effort to help out."

Castillo and 1st Lt. William Rathgeber, company commander, Headquarters and Service Company, 3rd Radio Bn., came out to volunteer for the first time on Saturday.



"It's good to give back to the community," Rathgeber said. "[Volunteering] makes it easier for the community to relate to us on a personal basis."

Rathgeber, of Mendham, N.J., said volunteering "humanizes" the Marines, instead of viewing the base as "monolithic."

Lance Cpl. Kyle Bergen, an electrician for HMSB 3rd Radio Bn., rolled fresh coats of yellow paint on the school steps. Bergen has volunteered for at least four prior events with Kaelepulu Elementary.

The Cedar Rapids, Iowa, native said volunteering "gets me out of my room for the weekend," and helps to improve the school's physical appearance.

"This is a better turnout than last year," Bergen said. "[But] I wish more people would get involved."

BASE AND COMMUNITY EVENTS, VOLUNTEER OPPORTUNITIES

Waimea Valley's Makahiki season
Saturday

Waimea Valley will be featuring a series of Hawaiian game demonstrations at the Hawaiian games site that guests of all ages will be able to play. The demonstrations will be at 10:30 a.m., 11:30 a.m., 12:30 p.m. and 1:30 p.m. There will be food and craft vendors, keiki activities, and Hawaiian crafts. Throughout this Makahiki season, a variety of programs will be held in historic Waimea Valley. For details visit http://www.waimeavalley.net.

Waimanalo Makahiki
Saturday

The second annual Waimanalo Makahiki, sponsored by numerous local organizations, will be held Saturday from 10 a.m. to 3 p.m. at Bellows Beach Park This event is free to the Public. Packaged food donations are welcome. Contact Kahu Ryan Kalama at 753-2190 for details, or visit http://www.hoolua.org, and click on the Makahiki tab.

LifeSkills: Thoughts become things! Choose the good ones
Saturday

Marine Corps Family Team Building's LifeSkills class, "Thoughts become things! Choose the good ones" will be held at Bldg. 244 from 9 to 11 a.m. Saturday. Discover how one's thoughts affect personal mental, emotional, social and physical wellbeing. The workshop is ospen to spouses, active-duty, and others as space permits. Childcare expense reimbursable. For details, call Jocelyn Pratt at 257-2653 or email Jocelyn.Pratt@usmc.mil.

Polynesian Cultural Center opens transformed 'Gateway' restaurant

The Polynesian Cultural Center recently opened the doors to its renovated — and re-envisioned — Gateway restaurant, resulting in one of the largest enclosed restaurants and special events venues on Oahu.

Now boasting a grand 24,400 square foot dining hall and seating for more than 1,000, Gateway offers two bountiful, buffet spreads. The Gateway renovation is part of a number of new features being added to bolster PCC's already impressive list of offerings. Within the next five years the PCC hopes to unveil a new immersive experience in the Hukilau Theater, an expanded market place and a bevy of hands-on activities just to name a few.

For reservations or more information, visit http://www.polynesia.com or call the PCC ticket office at (800) 367-7060. On Oahu, call 293-3333. The center is open every day, except Sunday.

Making it through the holiday
Dec. 21

Ideas to survive the Holiday Season when you're on your own or not in the mood! Marine Corps Family Team Building is featuring a workshop from 9 a.m. to noon at Bldg. 244. Learn creative ways to enjoy each day and celebrate you! The class is open to spouses, active duty service members, and others as space permits. Childcare expense reimbursable. For more information, call Jocelyn Pratt, the LifeSkills Trainer, at 257-2653 or email Jocelyn.Pratt@usmc.mil.

Windward Choral Society fourth annual holiday concert

On Dec. 9, at 7 p.m., Artistic Director Susan M. Duprey and the Windward Choral Society will present "'Tis the Season," the 4th Annual Holiday Concert at the Base Chapel. On Dec. 10, at 7 p.m., a free concert will also be performed at the First Presbyterian Church of Honolulu at Koolau. This performance will not only include a set of very traditional Christmas carols, but music from around the globe. The audience will also get to join in and sing along to a few familiar holiday tunes! This MCB Hawaii concert is free and open to all who have base access. The concert to the church is also free. The concert is dedicated to the deployed Marines and sailors of 3rd Battalion, 3rd Marine Regiment and their families.

Fourth annual Na Mele o na Keiki Holiday Concert
Dec. 1

The fourth annual Na Mele o na Keiki (Music for the Children) holiday concert, is scheduled for Dec. 1 at 7 p.m. at the Neal S. Blaisdell Concert Hall. The concert features the U.S. Marine Corps Forces Pacific, Band, as well as an exciting lineup of guest artists for a memorable evening of music and dance.

This year, principle dancers from the Hawaii State Ballet will perform selections from "The Nutcracker" accompanied by the MarForPac Band. Marines will be on hand to accept donations of new, unwrapped toys or cash for this year's Toys for Tots collection effort.

General admission tickets for this concert are free and available now at the Blaisdell Box Office, which is open from 9 a.m. until 5 p.m. Monday through Friday (excluding holidays), limit six tickets per person, please. Doors will open the evening of the event at 6 p.m. Any unclaimed seats will be open to the public ten minutes prior to show time. For details about Toys for Tots, call Chief Petty Officer Lorenzo Branch at the 4th Force Reconnaissance Company/Anti-Terrorism Battalion at 257-7148.

HPU seeks poetry entries

Hawaii Pacific University is seeking entries for the James M. Vaughan Award for Poetry. Send three poems with a 100-line limit each along with name, address, phone number, e-mail address, names of poems on a cover page and a five-line biography to: James M. Vaughan Award for Poetry, 1060 Bishop Street, LB 7A, Honolulu, HI 96813. No author identification should be on the actual poems. Participants must have resided in Hawaii for at least one year.

Submitted poems must not have been previously published. Submissions must be postmarked by Dec. 15. Contact Dr. Patrice M. Wilson at pwilson@hpu.edu or 544-1108 for more information.

MOKAPU ELEMENTARY SCHOOL BRIEFS

Mokapu gear sale

Mokapu logo gear available for sale. Cash or checks should be made payable to Mokapu PTA. Order forms and samples are available to view in P-6. For details email PTAMokapu@gmail.com.

Family Craft Night

Please bring the whole family and join the PTA for a holiday craft night, Dec. 2 at 6 p.m. We will be making a banner, holiday cards, ornaments and having a cookie swap. Light refreshments served.

Winter Wonderland
Dec. 2 - 9

Students will have the opportunity to visit the village during school hours to purchase small gifts for friends and family. For details email PTAMokapu@gmail.com.

Jingle Bell Jukebox
Dec. 9

Mokapu Elementary School is scheduled to present "Jingle Bell Jukebox," Dec. 9, at 6:30 p.m. in the school's cafeteria. Everyone is welcome to attend.



‘Soldiers’ Angels’ donates computers to wounded warriors

Marines with Wounded Warrior Battalion West — Detachment Hawaii stand with Theresa Johnson of the Soldiers’ Angels organization, brandishing new laptops donated to the combat-wounded Marines in celebration of Veterans Day. The laptops were given to Marines who needed them to aid them in their recovery, allowing them to keep better track of medical appointments and recreational therapy events. “I understand as a military spouse and mother, the importance of organizations like this,” Johnson said. “We’re honored to help these wounded Marines in any way we can.” Soldiers’ Angels supports all branches of the military.

Lance Cpl. Matthew A. Callahan | Hawaii Marine

Running with the right crowd

VP-9 takes Kaneohe Elementary School under its wing



Courtesy photo | U.S. Navy

Petty Officer 1st Class Dan Faulkner, aviation warfare operator, Patrol Squadron 9 runs with students at Kaneohe Elementary School. The squadron and Kaneohe Elementary School team up for the Navy’s Partners in Education program, which brings sailors into local schools once a week.

Lt. j.g. Jacob Clark
Patrol Squadron 9

KANEOHE — The Golden Eagles of Patrol Squadron 9 assist Kaneohe Elementary School students each week by providing positive role models through the U.S. Navy’s Partners in Education program.

The squadron’s Partners in Education program takes place every Wednesday at Kaneohe Elementary School. It improves the education, health, fitness and citizenship of the Kaneohe Elementary School youth. As an added benefit, the VP-9 personnel also assist students, faculty, staff, and families in improving the physical appearance of the Kaneohe Elementary School campus.

Petty Officer 2nd Class Ryan White, aviation warfare systems operator, VP-9, is lead sponsor and spearheads Kaneohe Elementary School’s physical fitness program. Once a week, he works with a different class.

“The kids really seem to look forward to us coming every week and we feel the exact same way,” White said.

In addition to physical fitness, the Golden Eagles have also volunteered for a variety of school special events. The volunteers have helped in reading and math programs.

“Being examples to today’s youth is something we take very seriously and this is a great way to really get out there and be involved,” White said.

Mokapu students place second in Lego competition



Courtesy photo | Stephanie Tsuzaki

Mokapu Elementary School sponsors two First Lego League Robotics Teams, Mighty Mokapu and Mokapu Tinkers. The Mighty Mokapu team came in second place at the District Tournament held Saturday at Kahaluu Elementary School. Only the top two teams advance to the FLL State Championships to be held at the Neal S. Blaisdell Center on Saturday, Dec. 3. The state championship is open to the public.