

Hawaii Marine

WITH OPEN ARMS

Taking charge

Lava Dogs assume responsibility for FOB Geronimo

Sgt. Brian A. Tuthill
Regimental Combat Team 7

NAWA DISTRICT, Helmand Province, Islamic Republic of Afghanistan — Five months ago, the Marines and sailors of 1st Battalion, 5th Marine Regiment, arrived in Nawa District to the sounds of gunfire, rockets and mortars.

Today, Nawa is quiet — a place where they can walk through the city center without body armor as children crowd at their feet.

On Dec. 11, at Forward Operating Base Geronimo, in front of Marine leaders from II Marine Expeditionary Brigade, local Afghan leaders and Marines of 1st Battalion, 3rd Marine Regiment, Lt. Col. William F. McCollough, commanding officer of 1/5, cased his battalion's battle colors during a transfer-of-authority ceremony, marking the end of their successful deployment.

The commanding officer of 1/3, Lt. Col. Matt Baker, called forward his battalion's colors and unfurled the flag and streamers to the wind marking the start of their operational commitment to the Nawa District.

Through the success of 1/5's Marines over their five months in Nawa, "Colonel Bill" has become the stuff of legends in the district, forging strong ties to local Afghan leaders and much of the population, said Mohammed Khan, Nawa District administrator, at a lunch celebration held in McCollough's honor, Dec. 8. McCollough dressed in traditional Afghan clothes and a headdress for the party to show his sincere respect for Afghan culture.

"Colonel Bill" and his Marines patrolled in the heat, drenched in sweat every day, and brought security to our streets and wonderful jobs to our

See TRANSFER, A-2

3/3 Change of Command



LanceC pl.Ronald W.Stauf fer| HawaiiM arine

Lt. Col. Jonathan C. Goff (right), relinquishes his command to Lt. Col. Jeffery C. Holt by passing on 3rd Battalion, 3rd Marine Regiment's battle colors during the battalions change of command ceremony at Dewey Square Dec. 11. America's Battalion, bid farewell to Goff, and welcomed Holt, the former operations officer for 3rd Marine Regiment. Goff has received orders to detach from the battalion and report to the commanding officer of 3rd Marine Regiment for duty until early next year when he will be assigned to U.S. Pacific Command as a Japanese, Far East expert. Within the last year, under Goff's command, 3/3 conducted Operation Task Force MP in Iraq, guarding the lines of communication and convoys traveling across the desert lands of Western Iraq.

Marines use furlough Friday to show students different side of the Corps

Lance Cpl. Vanessa M. American Horse
Combat Correspondent

On the morning of Dec. 11, 11 children took a journey to places even some Marines haven't been. They participated in the first Aviation Career Day on Dec. 11 sponsored by the Marine Corps Air Station, Kaneohe Bay, Hawaii.

Service members' dependents ages 10 to 18 were encouraged to participate in this event as an education opportunity on a furlough Friday, when Hawaii's public schools were closed.

"A lot of the kids see the Marine Corps as a ground operation," said Staff Sgt. Juan Garcia, supply chief, MCAS. "They never get to see the air side and how much is involved in making an airplane go up in the air."

Students started exploring at the top of the air traffic control tower, experiencing a 360-degree view of MCB Hawaii. Marines from the Air Traffic Control Maintenance Branch explained the radar systems and how they designate different landmarks as markers for incoming aircraft.

See AVIATION, A-6



Kristen Wong | Hawaii Marine

Mikko-Dakota Roberts, 4, welcomes his father home at Hangar 103 Tuesday. Approximately 20 sailors of Helicopter Anti-Submarine Squadron Light 37, Fourth Detachment arrived both on Marine Corps Base Hawaii and Pearl Harbor Naval Station. The sailors, who spent six months on the USS Crommelin, traveled to many Asian countries in the Pacific region, participating in Cooperation Afloat Readiness and Training exercises.

HSL-37 Detachment Four returns from deployment

Kristen Wong
Photojournalist

Upon spotting his father emerging from the helicopter, Mikko-Dakota Roberts, 4, charged across the cement, flower lei swinging at his sides, for a big swoop off his feet and a hug. Soon, friends, family and coworkers followed, showering five returning sailors with hugs and handshakes Tuesday.

The personnel from Helicopter Anti-Submarine Squadron Light 37, Detachment 4, were part of approximately 20 sailors returning from a six-month deployment. The rest arrived with the USS Crommelin at Pearl Harbor Naval Station later that morning.

Holding a lei of green ti leaves and eggshell white orchids, Liisa Roberts waited patiently for her husband at Hangar 103. Wanting to look her best and adjusting her shawl, the Boulder, Colo. native was worried about her mascara.

"I'll have black eyes in a minute," Roberts said, smiling.

This was her husband's second deployment while stationed aboard Marine Corps Base Hawaii, and it hasn't gotten easier.

Chatting with her husband during the deployment via the Internet, Roberts endured background annoyances from his locale, like parrots and monkeys. Even without animal disruption, conversations suffered at the hands of connectivity issues. In the meantime, Roberts kept busy with her work as a photographer, and spent her free time hiking and kayaking. She looks forward to having her husband join the activities.

"I'm so happy that my husband's home," she said.

Among those waiting outside Hangar 103 were Army Reserve Capt. Steve Scatterd and Kaneohe resident Dane Martin. Scatterd and Martin were waiting for their friend and fellow canoe paddler Navy Lt. Roland Guerra, and discussing what they

would do for the day when he returned.

"It looks like a good day to hike," Scatterd said.

Guerra, a pilot for HSL-37 Detachment 4, not only received a welcome home from his buddies, he also received a gift bag from the Kaneohe Officers' Spouses Club, which included bananas, cereal, orange juice and skim milk.

"We saw a lot of places in Asia, that was pretty good. Got to see a lot of different cultures," Guerra said. "There was a lot of interaction between the different nations."

The San Antonio native recalls fond memories of this first deployment, including his temporary switch from the USS Crommelin to the USS Chafee to work with HSL-37 Detachment 1. Guerra had previously worked with Detachment 1 and enjoyed working with old friends again.

"We were doing it all day ... from sunrise to sunset, it was nonstop," Guerra said. "I was pretty dead after it [because I was in the helicopter literally all day.]"

He fondly recalled participating in the "Fight for Fish" mission headed by the U.S. Coast Guard in the islands of Micronesia.

The detachment assisted in catching illegal fishermen to ensure the Micronesians were not deprived of their main source of food.

Under the command of Lt. Cmdr. Greg Zimmerman, officer in charge, Detachment 4, HSL-37, the dets made many stops in the Pacific region, from Guam to Thailand to Singapore.

The main reason for the deployment was not only to push the Navy's newest campaign, "Global Force for Good," but also to engage in exercises under Cooperation Afloat Readiness and Training.

Back home now, Guerra said he missed surfing the most, and was not able to attend the 25th annual Quiksilver in Memory of Eddie Aikau 2009 surfing competition.

"I heard the waves were 50 feet [high]," Guerra said. "My friends were there. I can't wait to see their pictures."

There was a lot of interaction between the different nations."

— Lt. Roland Guerra

New buoy attempts to capture energy

Christine Cabalo
Photojournalist

Redesigned and ready for more experiments, the Wave Energy Technology program's new buoy is equipped for any rough waves ahead at Marine Corps Base Hawaii.

On Monday, WET coordinators launched the buoy in a continuing experiment to harness waves for power. The technology has been in development since 2003, said Brian Cable, ocean energy program manager, Naval Facilities Engineering Command Engineering Service Center.

"It's always an initiative for us to explore sources of alternative energy," Cable said. "This project is part of how we're working to follow the executive order and legislation to reduce fossil fuel use."



Warren Bartel | U.S. Navy

Experimenting with capturing energy generated from Hawaii's waves, a new power buoy is one of several potential alternative energy sources at Marine Corps Base Hawaii.

This is the third launched prototype from contracted company Ocean Power Technologies, and scientists will be monitoring data to see how much power is

captured from motions of the water. Previous models have captured an average 3 to 4 kilowatts before being recovered for more onshore testing, with a maximum capacity to generate 40 kilowatts.

The buoy, located a mile offshore north of MCB Hawaii, will connect to an underwater cable and power system hooking into the base's power grid. Cable said the two components still need to be installed, and crews plan to safely complete the work after the holiday season.

The latest buoy is a small-scale experimental device, although it weighs approximately 20 tons and towers at 50 feet tall. Ocean Power Technologies is commercially testing the technology with larger buoys in Europe and Australia, which

See BUOY, A-6

Inside today's Hawaii Marine




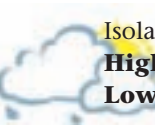
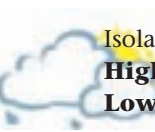
Steppin' Off
K-Bay Marines hike the 2009 Honolulu Marathon to raise money for Wounded Warriors, **B-1**

Hawaiian Ice

There's no need to take leave to chill out, the coolest place on island is just 30 minutes away at the Ice Palace, **C-1**



Weekend Forecast

Today	 Sunny High — 77 Low — 69
Saturday	 Isolated Showers High — 81 Low — 68
Sunday	 Isolated Showers High — 81 Low — 67

— NEWS BRIEFS —

See You Again In ‘10

Starting next week, the Hawaii Marine will be taking a holiday break through the second week of January. We'll be back Friday, Jan. 8, to start another year covering the greatest base in the Marine Corps! Happy holidays to all and best wishes for the New Year.

School Furlough Satisfaction Survey

The School Liaison Office and MCCS would like parent input to determine levels of satisfaction with School Furlough Activities offered by MCCS. Please take a short survey via <http://www.surveymonkey.com/s/6VHNVK8> or by visiting the MCCS Hawaii Web site at <http://www.mccshawaii.com>. Responses will be accepted from Dec. 7-21. For more information, contact Amy Madsen, School Liaison Officer, at 257-8826.

Liberty Bus Cancelled

The Liberty Bus has been cancelled for Dec. 25 and 26. For more information, contact William Otto at 216-6244.

School Bus Policy Changes Effective Jan. 2010

Some students in grades 6-12 will stop riding the school bus due to the continuing budget challenges faced by the State Department of Education and escalating student transportation costs. The distance a student in grades 6-12 must reside from school in order to qualify for public school bus service will be increased from 1 mile to 1.5 miles effective the first school day of the upcoming second semester. Curb-to-curb services remain unchanged. Maps showing the new 1.5 mile walk-out distance for schools are being distributed to schools and are available at <http://doe.k12.hi.us>.

Also, the DOE will discontinue public school busing services at the end of the current semester (December 2009) for high school students who reside along select Oahu island bus routes where City busing services are available.

For more information, contact DOE District Student Transportation Officers: Windward, 235-9181; Leeward, 677-6684.

Naval Health Clinic Hawaii
H1N1 Vaccinations

Naval Health Clinic (NHC) Hawaii received a limited supply of the H1N1. The vaccine is available at all NHC Hawaii immunization clinics only to the following high-risk DoD family members and those in close contact with them who present a valid military ID card: Pregnant women; adult caregivers and family members of infants age newborn to 6 months; family members of high-risk children; healthcare staff involved in direct patient care and first responders; persons 25-64 years old with medical conditions; and persons 6 months-24 years old (non-military members). Vaccine is available on a walk-in basis at the immunizations clinics at Makalapa Clinic (Pearl Harbor) and Kaneohe Bay Branch Health Clinic. Allow 30 minutes to complete paperwork.

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
MCBH Duty Chaplain	257-7700
DEERS	257-2077

Correction

In the story "All in the Family" that appeared in the Dec. 11 issue of Hawaii Marine, Master Gunnery Sgt. Iosefo Elisara's rank was misidentified in the second headline.

Hawaii Marine
www.mcbh.usmc.mil

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MCB Hawaii
Marines
share holiday
festivities with
Waimanalo

Lance Cpl. Ronald W. Stauffer
Combat Correspondent

Marines took it one step at a time as they marched with members of the local community in the Waimanalo Christmas Parade down Kalaniana'ole Highway, Saturday morning. Community members lined the highway, for the festivities, and to see the colorful floats and automobiles on their journey down the long stretch of asphalt. 3rd Marine Regiment's color guard held their flags high as they marched in the front of the parade. In pursuit, Col. Robert Rice, commanding officer, Marine Corps Base Hawaii, waved to the crowds as he expressed his holiday greetings. "We consider the people of Waimanalo to be good partners and we want to be good neighbors," Rice said. "We want to come together as one, so when times are tough we can work together on the relationships that have been going on for years."

Rice said among the Marines who marched in the parade, were combat veterans. He added the people need to see who is representing them when service members go overseas. "It's important to us because we want to continue to show and emphasize that we're good partners with the local community," Rice said. "Everything we do around here is a partnership and we can't do anything by ourselves." A marching detail of Marines from Combat Logistics Battalion 3 followed Rice, keeping in step and standing tall in their Dress "D" uniforms. "It was excellent," said Andrew Jamila Jr., parade coordinator. "It showed a lot of patriotism." An Army veteran, Jamila said his hat's off to the Marines. He also said he was proud to see the Marine and the color guard marching down the highway. He's especially grateful that the commanding officer of MCB Hawaii participated. "To have them here is inspirational to our sons and it personalizes the Marine Corps," Jamila said. Roxanne Cobb-Adams, who attended the event, said it was awesome to see the Marines in their uniforms and it's not something people get to see a lot. As the parade moved on, Marines from CLB-3's Motor Transportation Company and Aircraft Recue Firefighting Unit drove in their big trucks, which brought smiles to the children's faces and



Lance Cpl. Ronald W. Stauffer | Hawaii Marine

A Marine color guard from 3rd Marine Regiment stationed at Marine Corps Base Hawaii, leads the way for the Waimanalo Christmas Parade along the Kalaniana'ole Highway, Saturday morning.

cheers from the crowd. "I thought it was really cool that [the Marines] brought out the big equipment," said Ryan Kauahikaua, who attended the event. "It was enjoyable to see the Marines participating in the parade." Once the Marines passed, an exhibition of hot rod cars, floats carrying church organizations, local bands and more littered the streets with candy for children. Rice said he believes the Marines who participated in the parade made a positive impact. "[The community] knows we exist and they know we're here," Rice said. "We don't always agree on everything, but what we do agree on is that we'll be good partners and work together to keep each other well informed about ongoing events." For individuals who did not get to attend the parade, a television showing is scheduled to air Dec. 24 at 8:30 a.m. on channel 49, and Dec. 25 at 4:30 p.m. on channel 52.

CLB-3 celebrates holidays, return
from deployment together

For first time,
entire unit on
base together

Lance Cpl. Vanessa M. American Horse
Combat Correspondent

It's that time of the year again — Christmas parties for each battalion and unit. One particular unit had an even bigger reason to celebrate the holidays. Combat Logistics Battalion 3 is, for the first time, back from deployment as a whole. They are the youngest battalion, and CLB-3 brought everyone home from their recent deployments to Afghanistan and Iraq. "Everyone is on deck tonight between two deployments," said Staff Sgt. Matthew Yetter, maintenance chief, CLB-3. "We do a lot of good things as a battalion so it's great for us to all come together with our families and celebrate the holidays."

The Christmas party was held at the base

See TOGETHER, A-6

TRANSFER, from A-1

people," said Khan. "They touch our children on the heads and give them candy, and when they play in streets they pretend to be 'Colonel Bill' or one of his brave Marines. We thank you." "When we first came here, we had no friends. Now, we are leaving as more than friends. We slept in this very spot in the dirt and we sweat and bled together here," McCollough said to the crowd before him. McCollough also took time to recognize the bravery of the Afghan men gathered before him and remembered the three who were assassinated only months ago by the Taliban for stepping forward to lead in their communities. After lunch, Afghans and 1/5 Marines exchanged parting gifts with one another. Khan adorned McCullough, Sgt. Maj. William T. Sowers, sergeant major of 1/5, and Capt. Brian Huysman, commanding officer, Charlie Company, 1/5, with colorful paper arrangements which hung from their necks — reminiscent of large Hawaiian leis — traditionally given by Afghans at celebrations. To Abdul Manaf, Nawa District governor, and Khan,



Lance Cpl. Vanessa M. American Horse | Hawaii Marine

Staff Sgt. Jared Stiles, calibration chief, Combat Logistics Battalion 3, Marine Corps Base Hawaii, gives his son a high-five through the bounce house netting at the CLB-3 Christmas party at the base marina, Saturday. CLB-3 arranged several fun activities for its service members and their families during the celebration including boat rides, bounce houses and volleyball.

McCollough presented Marine Corps officer's mameluke swords. "Many years ago after fighting alongside our Muslim brothers in Africa, Marines were presented a sword — a sword we still carry today," said McCollough. "Now it is my great honor to be able to present you with that sword as a symbol of the struggles we

have endured together and the friendship we have built here in Nawa." McCollough also presented Manaf and Khan's sons with KA-BAR fighting knives, saying, "You do a great job protecting your father, but if anything happens, you'll be ready, just like Marines are."

Others received wristwatches to recognize their consistent punctuality and reliability in helping to revitalize Nawa. "Whenever I or my men hear about Afghanistan, we will stop and wonder how our friends are doing," said McCollough. "We will remember each other for the rest of our lives."



Sgt. Brian A. Tuthill | Regimental Combat Team 7

Sgt. Maj. Dwight D. Jones and Lt. Col. Matt Baker, sergeant major and commanding officer of 1st Battalion, 3rd Marine Regiment, respectively, uncased 1/3's battle colors during a transfer-of-authority ceremony at Forward Operating Base Geronimo, Dec. 11. The Marines of 1/3 assumed responsibility for Nawa District from 1st Battalion, 5th Marine Regiment.

AROUND THE CORPS

Your weekly guide to what's happening around the Corps

East Coast



LanceCpl. Santiago G. Colon Jr. | Marine Corps Air Station Cherry Point

Evergreen Extravaganza: FedEx, MCCS Deliver Trees to Troops

MARINE CORPS AIR STATION CHERRY POINT, N.C. — Military families of the Cherry Point community received an early Christmas gift, Dec. 7, at Pelican Point. The Trees for Troops program, in partnership with Marine Corps Community Services and FedEx, delivered 350 Christmas trees, from Hickory, N.C., to the air station.

See <http://www.marines.mil>

West Coast



LanceCpl. Daniel Boothe | Marine Corps Base Camp Pendleton

Pendleton Snipers receive congressional award

MARINE CORPS BASE CAMP PENDLETON, Calif. — Two Camp Pendleton sniper teams received special congressional recognition after crushing snipers from around world in two recent Army sponsored competitions. Representatives from California's 49th congressional district delivered Congressional Recognition Awards to the five School of Infantry West Marines, on behalf of San Diego congressional representative and Army veteran Darrell Issa.

See <http://www.marines.mil>

Overseas



Sgt. Josh Cox | Marine Corps Air Station Iwakuni

Japanese, American bikers support Toys for Tots

MARINE CORPS AIR STATION IWAKUNI, Japan — More than 130 rumbling motorcycles invaded Marine Corps Air Station Iwakuni's streets during the Toys for Tots Motorcycle Rally here Dec. 6. The annual event, coordinated by the MCAS Iwakuni Motorcycle Club and Single Marine Program, promotes the Corps' Toys for Tots campaign.

See <http://www.marines.mil>



This week's top story



Cpl. Bobby J. Yarbrough | Marine Barracks 8th & 1

To mark the 68th anniversary of the attack on Pearl Harbor, the U.S. Marine Drum and Bugle Corps performed at the National Museum of the Pacific War Dec. 7 in Fredericksburg, Texas.

D&B plays at reopening of National Museum of the Pacific War

Cpl. Bobby J. Yarbrough
Marine Barracks 8th & 1

FREDERICKSBURG, Texas — To mark the 68th anniversary of the attack on Pearl Harbor, the U.S. Marine Drum and Bugle Corps performed at the National Museum of the Pacific War Dec. 7 in Fredericksburg, Texas.

Approximately 5,000 people attended the ceremony that honored World War II veterans and their accomplishments in the Pacific War. Distinguished guests included former President George H.W. Bush and wife Barbara, Texas Gov. Rick Perry, and Gen. James T. Conway, 34th Commandant of the Marine Corps.

During the ceremony, Bush, who was the youngest naval aviator in WWII, reminded patrons it is important to remember the sacrifices made by his generation, but also remember those that continue to fight for freedom today.

"It is right and important that we honor the genuine valor of men and women who throughout our history have made the ultimate sacrifice for their country, for the cause of freedom, and perhaps most of all for each other," Bush said.

"We're also right to pause and thank the living for the honor and commitment they've shown, and continue to show, to preserving and protecting this, the greatest and freest nation on the face of the earth."

Keynote speaker Conway, said the war that took place within the Pacific is an event that we as Americans must remember.

See <http://www.marines.mil>

Top story from the front



LanceCpl. Walter Marino | Regimental Combat Team 7

A Marine with 3rd Battalion, 4th Marine Regiment, conducts combat operations in Now Zad, Afghanistan, during Operation Cobra's Anger, Dec. 4. Operation Cobra's Anger disrupted enemy supply lines and communication in Now Zad, once a safe haven for Taliban forces.

Cobra's Anger: Marines Assault Into Now Zad

Lance Cpl. Walter Marino
Regimental Combat Team 7

NOW ZAD, Afghanistan — After many months of planning, the Marines of Alpha Company, 2nd Combat Engineer Battalion and Lima Company, 3rd Battalion, 4th Marine Regiment arose to Afghanistan's 3 a.m. cold winter chill to kick off Operation Cobra's Anger. An unusual silence surrounded the Marines as they boarded their vehicles.

No jokes, no talking, just business. The stoic faced Marines in the six wheeled, armored vehicle, known as the "Cougar," listened intently to the chatter over the radio.

"The Afghan army just got their first kill in combat," said a Marine on the communication line.

Stoicism turned into wide grins after hearing the news.

A few minutes later the convoy stopped. They had reached a river bed too deep to cross. Bulldozers were brought in to fill the bed with sand in order to make a bridge for their vehicles. They had entered enemy territory.

The road to Now Zad was known to be infested with roadside bombs. So rather than take a chance, assault breacher vehicles fired numerous line charges, which demolished the road ahead and detonated any possible roadside bombs in a massive explosion.

With the road to Now Zad clear, Marines from 3/4 and 2nd CEB blasted music from their vehicles and attacked into the Now Zad Taliban stronghold.

At this point, radio chatter flooded the communication lines again.

See <http://www.marines.mil>

Adm. Mullen tours Afghanistan market with Marines, views progress

Sgt. Brian A. Tuthill
Regimental Combat Team 7

NAWA, Afghanistan — Chairman of the Joint Chiefs of Staff Adm. Mike Mullen visited Patrol Base Jaker yesterday to tour the base and the Nawa District center and spend time with Marines and sailors assigned here.

Mullen, the president's top U.S. military adviser, accompanied Brig. Gen. Lawrence D. Nicholson, commanding general, II Marine Expeditionary Brigade Afghanistan, and Lt. Col. Matt Baker, commanding officer, 1st Battalion, 3rd Marine Regiment, on a tour of the district's downtown market area just outside of Jaker.

To showcase the peace and tranquility to the chairman, the group walked the streets outside of Jaker with only a security team and without body armor.

While in the market, Mullen spoke with Nawa District residents about their security and needs. He also spoke with Abdul Manaf, Nawa District governor, about the changes brought to the area by Marines since the arrival of 1st Battalion, 5th Marine Regiment, in July.

“One of the reasons [for my visit] is to see and recognize the improvement and change which has happened here since the Marines came into this area,” Mullen said. “I was here within two weeks of when the Marines came in here initially, so it's very easy for me to observe where we were then to where we are now.”

Manaf told Mullen how happy he is having Marines in Nawa since their arrival months ago and hopes they can find a way to stay longer in Afghanistan to maintain Nawa's security.

“The plan for all of us is to transition security to the local forces,” Mullen said, reinforcing President Barack Obama's 2011 plans for U.S. forces to leave Afghanistan. “I am confident the Afghan national security forces will be

able to do this job. I can fully understand the governor's elation [with our presence] because of the changes here.

“He's so excited about the positive changes and it makes sense he would want us to stay, but when that security prevails when we leave, he will still be happy,” Mullen said. “To be able to walk through places like this, I see how it has literally turned over from an insurgent stronghold to a town that is open and violence-free.”

Mullen returned to Jaker and spent a few moments with Marines and sailors there. He explained how their seven months serving here in harm's way will pave the way for the security of the region, and that he fully understands this sacrifice can be harder during the holidays.

“It's great to be able to come out here and see you,” Mullen told the platoon assembled before him. “I've been around Marines my entire career, and I can tell you I'm very proud of the work you're doing right now.”

The chairman answered questions from the platoon, and then shook each service member's hand and presented them his personalized challenge coins before departing.

“It was great to see him come out here,” said Sgt. Christopher L. Privitar, section leader, police mentoring team, 1/3. “We hear about celebrities coming out to bigger camps, but they're not really in harm's way. I think it's great for us to see the senior officer in the military out at our level, where the troops are fighting here in Helmand province.”

“It's good for the Marines' morale and we could all see he really cares about how we're doing and what we need out here,” said Privitar, 25, from Universal City, Texas. “He made sure we all got his coin, and that made it special for us. We'll all be able to look back on the day Adm. Mullen came to see us in Nawa.”



Adm. Mike Mullen, chairman of the Joint Chiefs of Staff, speaks to a platoon of Marines and sailors with Alpha Company, 1st Battalion, 3rd Marine Regiment, during his visit to Patrol Base Jaker Thursday. Mullen visited the Nawa District and spent time with service members.

Lava Dogs look to boost job market, solve water dilemma in Afghanistan's Nawa District

Sgt. Brian A. Tuthill
Regimental Combat Team 7

HELMAND PROVINCE, Afghanistan — A platoon of Marines from 1st Battalion, 3rd Marine Regiment, patrolled nearly four miles through rural farmland of Nawa District Dec. 6, to search for the source of a water dilemma.

Earlier that week, a Nawa resident walked those four miles to speak with civil affairs Marines at a patrol base in the heart of the district about a problem in his neighborhood where the irrigation canal occasionally runs low on water, affecting many farms in that area.

With the crucial rainy season approaching, Marines went to the canal area to assess the situation and looked at small bridges and other obstructions in the canal, which may have been affecting water flow. If a solution was identified on the patrol, 4th Civil Affairs Group assigned to 1st Battalion, 3rd Marine Regiment, could contract the job out to local Afghan laborers.

Although the man who submitted the claim could not be found, Lt. Col. Matt Baker, commanding officer of 1/3, spoke with elder Afghan men living along the canal about the problem.

“The population is our focus here, and civil affairs [are] a big part of that,” said Baker, who joined the patrol to get first-hand knowledge of the area and people in 1/3's area of operations.

Baker said civil affairs projects such as building and renovating buildings or improving local infrastructure through local contractors are some of the main driving forces in helping the people of Nawa stand firmly on their own feet.

After speaking with a man at the canal who has lived in the area his entire life, the Marines



Marines of 1st Battalion, 3rd Marine Regiment, speak to a Nawa family living along a canal as to why water flow might be interrupted there during a patrol Dec. 6. The issue was brought up to 4th Civil Affairs Group Marines assigned to 1/3. Solving problems like this to help local communities is the heart of 1/3's mission in Nawa, said Lt. Col. Matt Baker, commanding officer, 1/3.

deduced that the problem may lie at locks a few miles up the road, and they would have to return at a later date for more analysis.

Back in the heart of Nawa's District center, Marines of 4th CAG often meet with local citizens and contractors to plan future projects throughout the district. Some of those include improving the school, police station, district government offices,

health clinic and marketplace. They also visit the district center weekly and hear suggestions for improvements or complaints against projects or current military operations.

“The ideas for these improvement projects are not only collected by Marines on patrol, but we take ideas from our customer, who is ultimately the civilians out there on the ground,” said Maj. Rudy Quiles, CAG team leader. “We encourage them to bring ideas to Marines or through their community council.”

Currently, CAG Marines are commissioning a number of projects throughout Nawa which will cost less than \$5,000 and use local contractors for the work.

This helps to stimulate the local economy and job market. Small loans may be issued to local businessmen to get their enterprise running or back on its feet.

“We also sometimes hear bogus or exaggerated claims, too, and have to sort through them all to make sure they are legitimate,” said 1st Lt. Christopher L. Koch, a 4th CAG civil affairs officer, after inspecting a cab driver's broken window. The driver said he suspected Marines had broken the window during a patrol the previous night.

Koch took the man's information down and researched patrol routes and times to see if the stories matched up. If it did prove legitimate, CAG Marines can be authorized to pay for damage Marines may have caused, said Quiles.

“If we break something on accident or destroy something in battle, we're going to pay for it. It's the responsible thing to do,” said Koch, 25, from Washington, D.C. “Imagine someone coming to your front yard and destroying things, even on accident, and just leaving it there for you. That's not going to help us here in our mission.”



Gunnery Sgt. Steven J. Taylor, platoon sergeant, Guard Platoon, Headquarters and Service Company, 1st Battalion, 3rd Marine Regiment, inspects the chamber of an Afghan National Army soldier's M-16A2 service rifle before firing near Forward Operating Base Geronimo, Helmand province, Afghanistan, Monday. Taylor, 34, is from Buffalo, N.Y.

A spent brass casing ejects from a M-4 rifle during firing near Forward Operating Base Geronimo, Helmand province, Afghanistan. Marines of Guard Platoon, Headquarters and Service Company, 1/3, coached a squad of ANA soldiers in various drills to improve their combat marksmanship.



Lance Cpl. John B. Kavanaugh, a member of Headquarters and Service Company, 1/3, explains to an ANA soldier how his firing stance can affect his balance and accuracy near Forward Operating Base Geronimo, Dec. 14. Kavanaugh, 20, is from Warner Robins, Ga., and is a 2008 graduate of Warner Robins High School.



Sayed Alim, a soldier with the Afghan National Army, smiles at his success after firing accurately on a series of targets during a combat marksmanship exercise near Forward Operating Base Geronimo. Alim was one of the best shooters of the soldiers in his squad, who were coached by Marines of Guard Platoon, Headquarters and Service Company, 1/3, in various drills to improve their combat marksmanship.

Photos by Sgt. Brian A. Tuthill | Regimental Combat Team 7

ON Target



Sgt. Mason L. Crawford, squad leader, Guard Platoon, Headquarters and Service Company, 1/3, calls firing commands in Pashto, and observes Sayed Alim of the Afghan National Army, as he fires on targets near Forward Operating Base Geronimo. Crawford is a 28-year-old from Baton Rouge, La.

Lava Dogs hone Afghan soldiers' marksmanship

Sgt. Brian A. Tuthill
Regimental Combat Team 7

NAWA, Afghanistan — Sayed Alim stood on the firing line, a Marine by his side and M-16 service rifle in his hand. When the whistle blasted, the Afghan National Army soldier quickly spun to his left and delivered two rounds without hesitation nearly center into a 12-inch circle, drawn on a silhouette target.

He smiled broadly at his fellow soldiers, but his focus quickly returned, as his Marine instructor used hand gestures to explain how Alim needed to modify his stance to make best use of his momentum with his rifle.

Alim was one of more than a dozen Afghan National Army soldiers who joined a squad of 1st Battalion, 3rd Marine Regiment, near Forward Operating Base Geronimo, Monday, to improve their combat marksmanship with one-on-one mentoring.

The ANA soldiers practiced shooting techniques and drills, such as timed target engagements, firing rounds in controlled and speed pairs, and failure to stop drills. They also practiced engaging three different targets while walking.

Marines observed their firing stances, weapons handling, and coached shooting accuracy, using basic Pashto commands and phrases learned from their interpreters.

“The biggest challenge was the language barrier,” said Lance Cpl. Jason M. Cooper, a member of Guard Platoon who helped coach ANA soldiers. “We learned basic numbers and commands, which definitely helped, but we were still limited without an interpreter next to us and pantomiming only goes so far.

“Some of these guys really needed assistance out here, and they did get better,” said Cooper, 20, from Auburn, N.Y. “We wanted them to get the fundamentals of combat marksmanship down the best we could. There were a few who shot really well, too.”

One of the top shooters was Alim, a 25-year-old Afghan soldier from Sar-i-Pol province, who said the training was beneficial for him and his unit.

“I learned tactics to help me shoot the enemy,” said Alim. “I feel more comfortable shooting now. Working with the Marines is good, and helps us for the security of the Afghan people.”

Although the session only lasted a few hours, Marines say the training is valuable, and will continue training ANA units to improve their combat effectiveness.

“If we keep working with them, they can definitely be a force to be reckoned with,” said Cooper. “It just takes time, practice and patience.”

Custom Kitchen Home-cooked meals brings 1/3 together in Afghanistan

Sgt. Brian A. Tuthill
Regimental Combat Team 7

HELMAND PROVINCE, Islamic Republic of Afghanistan — When Marines hear they must live at a small patrol base for a long period of time, many think of primitive facilities, dirty conditions and bland, prepackaged meals coming from brown bags.

For Marines with the Police Mentoring Team assigned to the 1st Battalion, 3rd Marine Regiment, living on Patrol Base Jaker near the Nawa District's bazaar means good eats. Dozens of Marines of Alpha Company, 1/3, and Charlie Company, 1st Battalion, 5th Marine Regiment, skipped the regular meal lines, Dec. 5, and followed their stomachs to the improvised wood stove kitchen on camp, where Sgt. Juan A. Flores and his team were frying chicken, cooking rice and topping it all with fresh pico de gallo over Afghan flat bread. Their fresh ingredients were purchased from the bazaar earlier that day.

The 1/3 Lava Dogs living at Jaker inherited the kitchen from the Marines of 1/5, from whom they recently took over the area. The hand-built, dual-burner stove is made from engineer stakes, barrier steel wire grates, British military ammunition cans and parachute cord.

“Before we made it in October, everyone had their own little cooking areas when we first got here, so we consolidated them into one big one,” said Cpl. Michael H. Gobel, a Humvee driver for Charlie Company, 1/5, who helped construct the kitchen.

“We looked through the junk pile and scavenged parts to build with,” said Gobel, 21, from El Cajon, Calif. “I used it to cook on every night I was here. It was way better than the usual chow and I'm glad we're able to pass it on



Cpl. Carlos Martinez, military policeman, Police Mentoring Team, 1st Battalion, 3rd Marine Regiment, stirs frying chicken by flashlight at Patrol Base Jaker's custom field kitchen, Dec. 4. Marines constructed the kitchen from scrap materials and purchase flat bread, rice, vegetables and other basic ingredients from local Afghan shops for use in their cooking. Martinez is a 22-year-old from Roma, Texas.

the 1/3 Marines so they can enjoy it.”

“Out here, real chow halls are not easily accessible, so you rely on your Marine ingenuity to make things better,” said Flores, PMT platoon sergeant and a 28-year-old from Los Angeles. “We want to live as comfortably as possible, and dinner is a big deal to all of us. Preparing a meal together, cooking together and eating together — it's just like family.”

Flores said he was very happy to see a

kitchen already in place on the camp, saving his Marines the effort of building one. Before his team deployed from Military Police Company at Marine Corps Base Camp Pendleton, Calif., he had already dreamed of making his own meals while deployed.

“When I was deployed to Iraq last year, my staff [non-commissioned officer in charge] wanted to make life better and decided we were not going to eat [Meals, Ready-to-Eat] every day

if we can avoid it. We were living in a house with the Iraqi police as we trained them, so we bought and rented pots and pans, a stove — everything we would need to make a good dinner every night.

“Pretty soon, we had infantry Marines from down the street fighting to come over to our house for dinner,” said Flores.

Meals usually start early in the afternoon with PMT Marines chopping vegetables, gathering wood scraps, preparing and seasoning meat, cleaning pots and pans, and buying last-minute ingredients. Their seasonings and spices are mostly collected and donated from care packages. “Out here we can grill it, boil it, bake it or fry it,” said Flores.

Flores admits his team's cuisine has a Mexican bias, since his main chef and more than half of his Marines are Mexican-American or married to Hispanic women. Judging by the crowd and smiles on faces of Marines gathered around the kitchen, nobody seems to mind.

For other Marines like Cpl. Carlos J. Orellana, PMT, 1/3, who are not as experienced with cooking, they take it as a great opportunity to learn.

“It's exciting for me to be able to do this here,” said Orellana, a 22-year-old from Houston. “I cooked a little back home, but this is cooking in the raw. It's a whole new experience and I'm going to learn a lot, too.”

“What's great about this is that it all comes down to taking care of people,” Orellana said. “If someone says, ‘Wow! This is really good!’ then that made everything worth it for us.”

As the PMT Marines begin training local Afghan national police forces, they won't always be at Jaker to cook, but when they are, “you'll see us cooking,” Orellana said.

Patrol Squadron Nine embarks across fleet

Lt. j.g. Thomas W. Gallagher
Patrol Squadron NINE PAO

Members of Patrol Squadron Nine participated in exercises around the globe last month, making the Golden Eagle presence known throughout the fleet. One combat aircrew detached to San Diego to train alongside the USS John C. Stennis (CVN 74) Carrier Strike Group. A second crew departed west to Kadena, Japan to participate in ANNUALEX 21G, while still another aircrew flew to Waco, Texas to pick up a newly repaired P-3C to augment Wing Two's fleet of aircraft. Back in Hawaii, Patrol Squadron Nine joined with other Wing Two aircrews to participate in Operation Koa Kai. Patrol Squadron Nine's Combat Aircrew 5 spent six days in San Diego, Calif. training with the USS John C. Stennis Carrier Strike Group. The exercise, involving multiple surface ships and air assets, enhanced coordination and built teamwork while

operating in a combat environment. Patrol Squadron Nine's aircrew flew a total of five missions over six days, acting as the Strike Group's primary aerial anti-submarine warfare platform. Patrol Squadron Nine sent Combat Aircrew 6 to Kadena, Japan to participate in ANNUALEX 21G, a yearly readiness exercise featuring air and surface elements from U.S. Pacific Fleet working in conjunction with Japanese Maritime Self Defense Force (JMSDF) units. Patrol Squadron Nine flew several events over the course of the exercise, honing its readiness posture in preparation for deployment. The trip also enabled them to get an advanced look at Kadena Air Base, which will likely serve as Patrol Squadron Nine's base of operations their next deployment. Patrol Squadron Nine pilot Lt. j.g. Mike Garcia felt the trip was a success. "The Golden Eagles seized the opportunity to survey the facilities at Kadena as well as train with our Japanese

allies with whom we will be working during the upcoming deployment." Meanwhile, back at Marine Corps Base Hawaii, Wing Two aircraft participated in Operation Koa Kai, a large scale exercise simulating a real-time combat environment. Wing Two aircrews operated in a constantly changing tactical picture, receiving up-to-the-minute intelligence briefings before takeoff. A Japanese Yaeshio Class submarine also participated in the exercise, posing as a hostile submarine in the area. Following the exercise, Japanese submariners were met by Patrol Squadron Nine personnel and toured one of the squadron's P-3C Orion aircraft. Lt. Alex Plumer, who led the P-3 tour, enjoyed his experience with the Japanese submariners. "It was a great opportunity to see a different perspective," he said, "and they were very interested in seeing the aircraft that only a few hours prior they had been training with."

TOGETHER, from A-2

marina Saturday. Their theme was football and families came out in jerseys or gear from their favorite team. Footballs were tossed around in the parking lot and the service member's children played a mini game of touch football. Several service members helped cook a free feast of burgers, hot dogs and chicken. A highlight was a chili cook off. A group of Marines from Support Company took the overall best chili award. Vans with video game consoles were brought to the event and three bounce houses were inflated for the children. Free boat rides were also offered for guests. "It's good to get Marines out of the barracks and squad bays," said Staff Sgt. Jared Stiles, calibration chief, CLB-3. "This is the first

time our families have gotten together in an outdoor setting." The unit was established in June 2008, previously know as Combat Service Support Group, and is the only logistics battalion on base. They can support all military operations at an intermediate level according to Yetter. More than 300 Marines from CLB-3 took part in a one-year deployment to Afghanistan from November 2008 to November 2009. Although some Marines are just returning, 134 will leave for Pohakuloa Training Area on the Big Island next month. "It feels great to be back in Hawaii," said Sgt. Victor Orozco Diaz, data chief, CLB-3. "Gatherings make you appreciate things after being in a dangerous area and after my second deployment, my wife was glad to have me home."

BUOY, from A-1

could generate 150 kilowatts in ideal conditions. First launched in Kaneohe Bay in 2004, the initial buoy used hydraulic systems to capture wave energy, but the latest device is outfitted with newer technology. "We made some mechanical and structural improvements to enhance the survivability of the buoy in storm conditions," said Bill Powers, vice president, Ocean Power Technologies. "It's based on past observations where we've seen we may need some extra struts or extra reinforcement in certain critical areas." Powers said mass scale use of wave energy is still in the future, but has the potential to be a dependable energy source. He noted the ocean outputs energy regularly and could be harnessed at least 80 percent of the time. It has the potential to be more reliable than solar technology, which generally can't be harnessed at night. To install the buoy, officials from Waterfront Operations, the MCB Hawaii Facilities Department and Hawaii based company Sea Engineering Inc. teamed together to ensure the device works. Sea Engineering Inc. will handle the majority of maintenance and provided much of the equipment needed to install the buoy. "Sea Engineering Inc. workers mentioned Hawaii's been having rough water this winter," said Warren Bartel, civil/ocean engineer, NAVFAC ESC. "We all thought now was a perfect time to do it. It's been very calm for four to five days, so we can have divers go into the water and not get hurt."

Compared to other locations in Hawaii, Bartel and Cable note Kaneohe Bay has moderate waves but is a good candidate to use wave energy because military facilities with their own power grids are nearby. Cable said after improving on design and function, everyone working on the project was excited to get the buoy back in the water now. "Winter is a good time for waves in Hawaii," Cable said. "Our dilemma is always trying to find a safe time to put equipment in the water while capturing the bigger waves."



Nathaniel Gribbins, 10, explores the cockpit of an Orion P-3 aircraft. Navy pilots in the aircraft accompanied Gribbins for Aviation Career Day, Dec. 11. The event was sponsored by Marine Corps Air Station, Kaneohe Bay, Hawaii as an alternative activity for students on that furlough Friday.

AVIATION, from A-1

Students then watched an Aircraft Rescue Firefighting unit demonstration where Marines let the students spray water hoses and blare emergency sirens. They shared rescue procedures, including a Jaws of Life presentation and a chance to be strapped in and lifted in an inflatable rescue cot. "It was nice to be able to get hands on with all the equipment," said Kevin Daisey, an 11-year-old student attending the event. "This is stuff I usually just see on television and now I get to play with it." The next stop was Hangar 104 to explore an Orion P-3 aircraft. The children climbed throughout the cabin and examined various gadgets in the rear of the plane. They also tried on pilot helmets and various aviation gear. "This event really allows them

to experience aviation," said Capt. Adam Taylor, supply officer, MCAS. "It's awesome that they get to interact with the pilots and ask any questions they have." Afterward, they explored a CH-53 Sea Stallion helicopter. Children slid around because of the ever-present hydraulic fluid on the floor and laughed with excitement. The children even climbed into the cockpit of the helicopter. "This is so cool," said Nathaniel Gribbins, 10, as he flipped switches and yelled out the window of the aircraft. "This makes me want to be a pilot one day." It's uncertain if the event will be held again. However most students agreed it was a great way to spend a furlough Friday morning. "I had fun in the tower because of the view," said Annika Goodell, 10. "It was better than sitting at home and I got to see a bunch of cool stuff."

Sports & Health



Cpl. Fernando Camacho, rescue man, aircraft rescue and fight fighting, Marine Corps Air Station, and native of Chicago, Ill. hoists a donation box during the Honolulu Marathon on Sunday. The Marines accepted monetary donations from fellow competitors and spectators for the Wounded Warriors Hawaii Regiment.

Cpl. Danny H. Woodall | Hawaii Marine

Marathon Men

Marines raise money for Wounded Warriors at Honolulu Marathon

Cpl. Danny H. Woodall
Combat Correspondent

On a cool Sunday morning, though far from quiet, approximately 23,000 competitors and spectators lined Ala Moana Boulevard for the 2009 Honolulu Marathon. Appropriately fitting for a 26.3-mile marathon, most racers donned clothing designed to give runners an aerodynamic and climate-manipulating advantage over their opponents. Amidst the chaotic starting point, these runners re-laced their sneakers for a final time and anxiously jogged in place. Meanwhile another, smaller group, calmly

tightened pack-straps and boots in preparation for the marathon's start.

Shunning traditional marathon gear, five Marines from Marine Corps Base Hawaii donned boots and utility uniform trousers, and carried about 65 pounds of supplies in packs in an effort to raise money for the Wounded Warriors Hawaii Regiment.

"This all started when I first decided to run the marathon," said Cpl. Nathan Whitaker, rescue man, aircraft rescue and firefighting, Marine Corps Air Station, and native of Burlington, Iowa. "I discovered that other Marines in my unit wanted to run [in

the marathon] also, so I asked them to run with me. After deciding to hike it in boots and utes, I thought to myself, if we're going to do this crazy thing, we might as well do it for a cause."

The sight of woodland digital trousers and large military packs in the middle of thousands of marathon runners inevitably raised the curiosity of others. "What's in those packs?" asked several marathon participants while those who recognized the sight of Marines on a hump simply shouted "ooh-rah!"

Wearing boots and utilities, relinquishing normal running gear, represents a challenge

and signifies the daily struggles of wounded warriors, said Cpl. Brandon Cox, crew chief, ARFF, MCAS, and native of Franklin, Ind.

"We want to show the public that we are serious about raising money for our cause," Cox said. "Anyone can [run a marathon] with [physical training] gear, but we want to put sweat and tears into this just, as those wounded or fallen of all services have done for us in past and current conflicts."

For most marathon participants, the 5 a.m. crack

See WARRIORS, B-4

Get a grip



Christine Cabalo | Hawaii Marine

Demonstrating the proper way to hold free weights, Dejuan Hathaway, personal trainer, begins a few reps of Olympic lifts at Semper Fit. Hathaway, who is certified by the U.S. Weightlifting Association, said good technique is important to avoid injury.

Learn how to weightlift properly

Christine Cabalo
Photojournalist

For anyone who wants a balanced workout, learning how to properly lift weights is important to harness the full benefits.

With the holidays and the new year around the corner, Semper Fit Center users can exercise with the gym's weight machines or try their hand at free weights in any size.

"Weight lifting helps your overall physical fitness and is another way to keep you healthy," said Dejuan Hathaway, personal trainer, Semper Fit. "It reduces your body fat, and your confidence level increases."

Hathaway, who is certified by the U.S. Weightlifting Association, said anyone who wants to reap the benefits of Olympic weightlifting should start with a good foundation of regular physical activity. He noted whenever working with clients, he begins by showing them two general exercises to practice.

"The high pull and hang clean are the basic fundamental motion for lifts," he said. "Most exercises require these two movements."

Those who don't want to use the standard weightlifting bar and additional weights can also practice the exercise with hand weights. Once weightlifters learn the right technique to pull off these lifts, Hathaway said they can begin to add more weight or learn more challenging maneuvers like the power clean and power snatch. However, Hathaway stressed weightlifters must take the time to refine their grip and stance.

"Those lifts are for the more advanced and it takes more time to learn them," he said. "They're really different movements and it takes a lot of practice to get right."

Strength training with weights can have a number of benefits according to findings from the August 2009 New England Journal of Medicine. Research suggests breast cancer survivors who have painful arm swelling called lymphedema can find relief with moderate weightlifting.

For others, the overall health benefits to weightlifting include better lower and upper body strength, according to an August 2009 report from the U.S. Department of Health and Human Services.

See WEIGHTS, B-4

Take it to the HOOP!

Lance Cpl. Ronald W. Stauffer
Combat Correspondent

Children from 5 to 14 years old ran the courts during a Youth Activities basketball practice session at the Semper Fit gymnasium Tuesday.

Separated into age groups, the athletes set off with their coaches to learn some of the fundamentals of basketball and have a little fun as well.

"I like basketball," said Vickie Russell, whose children play at Semper Fit. "We've done soccer and football and now it's basketball. We're trying them all out to see which ones we may like or not like."

Russell's son and daughter play basketball. She said youth sports are great for children and a stress reliever. She also said it helps them get exercise, which helps them perform better in school.

The Youth Activities Center hosts 11 teams here and more at Manana. Each team receives replica jerseys of National Basketball Association teams and is scheduled to play teams at Naval Station Pearl Harbor and Hickam Air Force Base.

"It's all about the kids fundamentally getting involved, developing a love of basketball and being part of the team," said Jeff Anderson, Youth Activities director.

"It's not about winning and how many points you score. It's about developing into the game."

According to Anderson, younger children play on the smaller baskets and play with different rules. The older children will play on larger baskets and can be more competitive.

"It's all set up for them to succeed at whatever level they're at," Anderson said. "Hopefully, when they play, they will develop a yearning to continue through grade school, high school and maybe even college."

See PRACTICE, B-4



Lance Cpl. Ronald W. Stauffer | Hawaii Marine

Mathew McComas (right) takes on Kekoa Norman during the youth activities basketball practice at the Semper Fit gymnasium, Tuesday.

Competitors get down on trikes for tykes

Toys for Tots gets boost with downtown showdown

Sgt. Scott Whittington
U.S. Marine Corps Forces, Pacific

HONOLULU — Grown businessmen and women took a leap back in time to the childhood days of carefree laughter and competition by racing tricycles around their 28th floor downtown office in the name of charity.

Employees of Merrill Lynch posted a challenge to KMH LLP, an accounting and business consulting firm in the Pauahi Tower at Bishop Square.

The challenge called for employees to sit way down on small, red tricycles with their knees sticking out, and zoom around office cubicles, avoiding fake plants and other office supplies as a part of their holiday party and to raise awareness for the Marine Reserves' Toys for Tots campaign.

"We're happy to do this for the Marines and the kids," said Diane Kimura, vice president and wealth management advisor for Merrill Lynch.

"We're so proud of what the Marines are doing (for the children of Hawaii) and we

wanted to give back to the community, too," she continued.

KMH proved to be a force to be reckoned with, winning four of the five heats and taking bragging rights until next year.

Kimura said this was the first tricycle race of what she hopes will be an annual event.

The employees have collected more than 75 toys and donated nearly \$800 so far this year for the campaign.

The state's goal this year is 45,000 toys and Kimura continues to put the word out in the community in support of the campaign to get the Marines as close to or over the goal as possible. All new, unwrapped toys and money collected in Hawaii stay within the state to support Hawaii's less-fortunate children.

There's still time to help. Anyone wishing to donate can visit the campaign's Web site at <http://www.toysfortots.org> for toy drop-off locations or to make monetary donations. Donations need to be made soon to ensure they are ready in time for the children.

"I don't think we can thank the Marines enough for what they do for this country and the kids of Hawaii," said Kimura.



Sgt. Scott Whittington | U.S. Marine Corps Forces, Pacific

Master Sgt. Scott Crockett, Toys for Tots representative, races Dani Taramoto, KMH LLP employee, during a tricycle race on the 28th floor in the offices of Merrill Lynch to raise awareness for Toys for Tots.

Meals keep giving after holidays

Keep bacteria at bay when dealing with leftovers

Partnership for Food Safety Education
<http://www.fightbac.org>

Having leftover turkey and other dishes means you can have additional tasty meals the day after your feast. But there are limits on how long you can safely keep leftovers.

Temperature and time cause bacteria to grow, which is why it is so important your refrigerator be cold enough and you not keep leftovers too long. Even when refrigerated properly (at 40 degrees F), leftovers should be eaten, frozen or discarded within three to four days.

Keep the following in mind:

- Refrigerate cooked leftovers promptly, within two hours. Use an appliance thermometer in your refrigerator to ensure your refrigerator is at 40 degrees F or below.
- Divide leftovers into smaller portions and store in shallow containers in the refrigerator.
- Wash hands with warm water and soap for 20 seconds before and after handling food.
- Reheat cooked leftovers to 165 degrees F as measured with a food thermometer. Sauces, soups and gravies should be reheated by bringing them to a boil.
- When microwaving leftovers, make sure there are no cold spots in food (where bacteria can survive). Cover food, stir and rotate for even cooking.

See the table for food storage guidelines. Also remember turkey and dressings need careful handling not only after the meal but

Product	Refrigerator (40 degrees F)	Freezer (0 degrees F)
Fresh Eggs, in shell	3 to 5 week	Do not freeze
Soups and stews – vegetable or meat added	3 to 4 days	2 to 3 months
Fresh turkey, whole	1 to 2 days	1 year
Fresh turkey, pieces	1 to 2 days	9 months
Giblets	1 to 2 days	3 to 4 months
Cooked meat and meat casseroles	3 to 4 days	2 to 3 months
Vegetable casseroles	3 to 4 days	2 to 3 months
Gravy and meat broth	3 to 4 days	2 to 3 months
Cooked poultry casseroles	3 to 4 days	4 to 6 months
Stuffing, cooked	3 to 4 days	1 month

Cold storage guidelines for some holiday foods provided by the Partnership for Food Safety Education.

also before it ever hits the plate. The single most important thing to know, no matter the cooking method, is that the turkey must be

cooked to the proper internal temperature as measured with a food thermometer. A stuffed turkey will take additional time to cook. Stuffing

should be prepared and stuffed into the turkey immediately before it's placed in the oven. Mix the wet and dry ingredients for the stuffing separately and combine just before using. Stuff the turkey loosely, about 3/4 cup stuffing per pound of turkey. Bake any extra stuffing in a greased casserole dish. Cooked inside or outside the bird, all stuffing and dressing recipes must be cooked to a minimum temperature of 165 degrees F. (For optimum safety and more even cooking, it's recommended to cook your stuffing in a casserole dish.)

Take the temperature. Insert a meat thermometer into the thickest part of the thigh, not touching bone. Cook to a minimum internal temperature of 165 degrees F as measured with a food thermometer. Check the internal temperature in the innermost part of the thigh and wing and the thickest part of the breast. For reasons of personal preference, cook turkey to higher temperatures but not to exceed 170 degrees F in the breast and 180 degrees F in the thigh. (If the turkey is done and the stuffing is not yet 165 degrees F, remove the stuffing from the turkey and place it in a greased casserole dish to continue cooking to temperature.) It's best to let the turkey rest for 20 minutes before carving to allow the juices to set, so the turkey will carve more easily.

Use a clean cutting board that has a well to catch juices. Remove all stuffing from the turkey cavity. Make sure your knife is sharp before you start carving. Do not leave any extra turkey, stuffing or other leftovers out for more than two hours. Remove the stuffing and carve the extra turkey meat from the bones.

For more food safety information, see <http://www.holidayfoodsafety.org>.

Study explores deployment and children

Coping skills better in relation to caregiver's mental health

Elaine Wilson
American Forces Press Service

Children in military families experience emotional and behavioral difficulties above national averages, a study has revealed.

The Rand Corp. study, commissioned by the National Military Family Association, explored how older children from military families deal with the deployment of a parent. The results were published in the journal "Pediatrics" on Dec. 7.

The study surveyed 1,500 military children, ages 11 to 17, from across the nation and their non-deployed parents or caregivers.

"This is one of the first studies that I'm aware of where the children were the ones providing the information," said Barbara Thompson, director of the Pentagon's office of family policy and children and youth. "It's groundbreaking."

About one-third of the children in the study reported symptoms of anxiety, somewhat higher than the percentages reported on other studies of children, the results indicated. Also, the number of child difficulties was linked to the total months deployed in the past three years.

"The study serves as an important reminder that when a servicemember deploys, the entire family deploys," Thompson said. "The findings contributed to our understanding of how longer and repeated deployments weigh on families."

Findings also suggested that children whose caregivers had better self-reported

mental health were better able to cope with deployments.

"We are definitely aware that the resiliency and coping mechanisms of the stay-behind parent will make a deployment that much easier for the child," Thompson said. She cited Defense Department programs such as Military OneSource, which provides around-the-clock access to military family life consultants.

"The key is to talk about challenges and work together to find solutions," she said, "so you can be a strong parent for your children."

The study also served to highlight populations that may be more vulnerable to deployment-related stress. The study indicated that "families living off-base, girls during the reintegration period, and middle and late adolescents were especially vulnerable," Thompson noted.

"We know that two-thirds of our military families live off the installation," she said. "We know how tough it is to access brick and mortar with a deployed family member, as you're juggling work schedules [and] children's activities."

Thompson said she hopes the department's virtual programs can help fill the gap. "Virtual technology offers a great support for families off installation and for those families who are geographically separated, such as our Guard and Reserve [service members], who often don't have easy access to the programs and services designed to support them," she said.

The study is useful in that it provides scientific data that can help to identify vulnerable populations and to steer the department's future decisions on military family programs, Thompson said.

"We now have some very important data that will drive decisions and that we can use to create a dialogue," she

added. "We know military families also serve, and the National Military Family Association knows that as well. We greatly appreciate their efforts with this study."

While the study was beneficial, Thompson noted, it included few lower-ranking enlisted families and only dealt with a limited age group. However, the department will launch a comprehensive survey of military families this spring called the "DoD Military Family Project," she said. This survey of active-duty members and their spouses will include a representative sample of the active duty force, spanning all ranks and ages of children.

"This is going to be a landmark study," Thompson said. "It will track families over time, after going through a deployment cycle, so we can see the changes and challenges. That information will be very critical as we look at how we provide support and information to people."

In the meantime, Thompson said, she welcomes studies on military families such as the Rand study.

"The more we know about the impact of multiple, long-term deployments on families, the better we will be able to serve them," she said.

"This is an unprecedented time, not only for our military children, but for other nations'. This type of knowledge is contributing to the universe of knowledge about the impact of separation on children.

"Those of us who work with families know separation affects children, and affects them differently in different stages," she continued. "Our focus is, how do we keep a child in the mind of a deployed parent and the parent in the mind of a child at home? How do we keep connections vibrant and ongoing? That is our mission."

Rock, Sandler among the performers on free album for troops

Shari Lopatin
TriWest Healthcare Alliance

A funny thing happened on the way to the front.

A famous rock star recruited top comedians to donate their best for a free comedy CD especially for those in uniform and their families, "Stand Up for the Troops."

You can't laugh this off.

Chris Rock dogging on big pieces of chicken for dads. And Adam Sandler's musical escapades of Sloppy Joes during "Lunch Lady Land."

It's here for you, for free, as thanks for your service.

Led by Grammy-nominated singer-songwriter John Ondrasik, from the band "Five for Fighting," this year's CD for the Troops also includes comedy acts from Ray Romano, Jeff Foxworthy, Dana Carvey, Dennis Miller and more.

You just need your valid military ID to download the tracks for free at <http://cdforthetroops.com> or <http://AAFES.com>, the Web site for the Army and Air Force Exchange Service.

Ondrasik included his song, "Brothers in Arms," from the award-winning documentary, "Brothers at War." TriWest Healthcare Alliance, Sony and the AAFES all partnered with Ondrasik to bring this gift to service members, veterans and their families.

In addition to the free downloads, 200,000 CDs will arrive at military bases, Armed Services YMCAs, USO Centers, Fisher Houses and other locations throughout the U.S. and overseas.



Spotlight On Sports

Sports Briefs

The Warrior Games

Calling all active duty, reserve and veteran athletes! If you aspire to be or already have the skill level to be a warrior athlete, now is your chance!

The Warrior Games will take place May 10-14, 2010, at the U.S. Olympic Training Center in Colorado Springs, Colo. Sports include swimming, cycling, track and field, shooting, archery, wheelchair basketball and seated volleyball. This program is designed to elevate abilities through athletic competition for wounded, ill and injured servicemembers, providing a focal event to empower the incorporation of athletics into Military Service wounded warrior programs.

The Warrior Games will be an annual event to celebrate the achievement and abilities of wounded, ill and injured servicemembers. This process provides the opportunity for servicemembers to qualify for U.S. Paralympics, while building camaraderie and raising awareness for adaptive sports.

The Wounded Warrior Regiment will begin taking applications for athletes in mid-December. The Marine Corps will field a team of 50 athletes plus 10 alternates. Details on the application will be announced in a MarAdmin in mid-December.

If you are interested and/or would like more information, please e-mail WWRWarriorGames@usmc.mil.

Okinawa Kenpo Karate

Every Tuesday and Thursday, join MCCS Youth Activities for Kenpo Karate Kobudo classes, held from 6 to 7:30 p.m. in Building 1391, located behind the old 7-Day Store. Adults and children are welcome.

Costs for classes are \$35 for adults, \$25 for children and \$20 for additional family members.

For information, call MCCS Youth Activities at 254-7610.

Fishing charters available at MCB Hawaii

Spend the day aboard one of the Base Marina's fishing charter boats. For more information, stop by the Base Marina located in Building 1698, across from Hangar #101, or call 254-7666/7667.

Parents for Fitness

The Parents for Fitness Program is a cooperative babysitting effort available at the Semper Fit Center for all active duty service members and their families.

The PFFP participants are required to volunteer to babysit three times per month and is open for parents with children 6 weeks and older.

For more information, call Allison at 744-5977 or e-mail MCBHcoop@hotmail.com.

Personal trainers available at Semper Fit

For those looking to get into a tailored exercise regimen, or just looking for good advice on weight management and weight control, the Semper Fit Center offers free personal training consultation.

You can schedule an appointment with a trainer who will take body-fat measurements, blood-pressure and heart-rate readings.

They will do all this and tailor a program, based on your physical needs and ambitions.

For only \$5 per workout, a professional trainer will actually work with you to ensure maximum efficiency.

Patrons may sign up for an initial assessment and one session a week up to three weeks.

Because of a high demand for personal trainer appointments, patrons must wait four weeks between sessions following the initial three visits.

For more information, contact Semper Fit at 254-7597.

Semper Fit group classes

Boot Camp

This class is an extremely intense cardio workout with a tough strengthening portion that is sometimes held in the basketball court for a more intense workout.

Cardio Kick

If you're trying to get rid of pent up frustration or just looking for an awesome workout, this is the class for you! This high-energy class incorporates punches and kick combos to improve endurance, speed and agility, while burning calories and increasing muscle tone.

Cycling

Tired of those boring three-mile runs? Well, come for a ride with us. This class uses specialized stationary bikes to help you burn a large amount of calories and tone up while improving your core strength. Set to specialized music as you pedal off the pounds.

Gut Cut

You've heard the stories. Come experience it for yourself — or are you scared? This 30-minute abdominal class is designed to strengthen your core muscles.

High Intensity Circuit Training

Put the "fun" back into functional training! This is a great workout for people on the go. This hour-long class will incorporate a series of circuits designed to challenge your muscular endurance and will strengthen your cardiovascular system.

Lower Body Blast

Want to tone up your legs? This class targets all the major muscle groups in your legs, including your core muscles. Strengthening these muscles will not only help firm up those areas but also maintain a healthy posture.

Keiki and Me

Don't have a sitter? This class is designed for the active parent done in an outdoor setting involving the kids. Build strength and cardiovascular endurance during this fun group setting. With the use of resistance bands, body weight exercises, abdominal work and plyometrics this can help strengthen your body and mind. Bring your own stroller.

Muscle Conditioning

Not coordinated for a traditional aerobics class? This class has minimal choreography so this is safe. A muscular endurance workout using hand weights and bands to work all muscle groups.

Pilates

This amazing class uses a powerful series of non-impact exercises for total body sculpting. This class will help develop strength, flexibility, balance, and weight loss to sculpt lean, long muscles and reshape your body from head to toe.

PiYo

If pilates and yoga were mixed together, this is what you would get. This class will help develop strength, flexibility and balance to sculpt long, lean muscles. With pilates, yoga and a combo of upbeat moves, this mat class will get your blood flowing while re-shaping you from head to toe.

Power Yoga

If you're looking for a class to increase strength, stamina and flexibility, this class is for you. They use yoga postures that are an excellent cross-training routine for athletes, along with poses to calm the mind and body.

Speed and Agility

Swifter, Higher, Stronger ... Train like an athlete. This class focuses on developing strength, power, balance and agility while maintaining flexibility. Dynamics of this class include plyometric type exercises designed to produce fast, powerful movements and improve functions of the nervous system while increasing foot speed.

Step

This is a tried and true classic. Fads come and go, but step endures all. This fundamental class focuses on getting a great workout on the steps with basic choreography — nothing fancy — just hard work and a ton of sweat.

Step and Tone

The best of both worlds in one class! A great step class and some resistance training in an hour and 15 minutes. Get your heart pumping with an upbeat step session that will tone your muscles.

Step Challenge

To step it up even more. This class is for the seasoned stepper or for those just looking for a challenge. This class is a full hour of fun and challenging choreography.

Water Aerobics

This non-impact workout is excellent for cardiovascular conditioning, flexibility and strengthening. Aqua training is a terrific way to gain fitness without the stresses of gravity experienced in land-based training.

Holiday Hours:

There will be no group exercise classes from Dec. 21 to Jan 3, 2010.

Classes will resume Jan. 4, 2010.

The gym will still be open.

Semper Fit will be open on Christmas Day and New Year's Day from 7 a.m. to 6 p.m.

Commander's Fitness Series

To register for events in the Commander's Fitness Series visit the Semper Fit Center or go to the MCCS Web Site at <http://www.mccshawaii.com/cgfit.htm>. For more information about the events, call Tina Lui at 254-7590.

3rd Annual VP-9 King of the Hill 5K Run

Sat., Jan. 16

VP-9 hosts its annual King of the Hill 5K on Saturday, January 16 at 7 a.m. The race begins and ends at Dewey Square, and the course takes runners up the hill to the Officers' Club, then up the even bigger hill of Kansas Tower.

CLB-3 Swamp Romp

Feb. 20

The race begins at the Boondocker building, neighboring the Marine Corps Exchange Annex parking lot. Six-person teams will negotiate an obstacle-laden course that includes mud, crawling, jumping, mud, swinging, sounds of combat, and more mud.

WARRIORS, from B-1

of a discharged pistol signaled the start of the race, but for the Marines, the sound represented something more. With their gear packed, the five Marines were ready to hike the course and continue collecting monetary donations.

“I heard about [raising money for wounded warriors] through word of mouth,” said Cpl. Erik Gamboa, administration clerk, MCAS, and native of Los Angeles, Calif. “The good thing about Marines is they love a challenge and are always willing to help out their brothers.”

In the weeks leading up to the event, the Marines had personally collected more than \$700 for the wounded warriors, and hoped to raise at least \$1,000 more during the marathon and the following week.

By hiking the marathon, they hoped to spread awareness of the daily struggles of the service members in Wounded Warrior detachments, said Cpl. Fernando Camacho, rescue man, ARFF, MCAS, and native of Chicago, Ill.

“Just because our wounded warriors are back in the states doesn’t mean their struggle for recovery and to resume

living a normal life are over,” Camacho said. “The funding we raise can help to accomplish this and to bring some morale to these Marines and sailors during the holiday season.”

Twenty-six grueling miles, 10 hours and \$660 later, the Marines had completed the marathon. Despite their experience in triathlons, a 26-mile hike is no walk in the park, although the marathon did take them through several different recreational areas in Honolulu.

Although the Marines completed the marathon, their mission is not over.

The Marines want everyone to do what they can by supporting the Wounded Warriors.

“The more people who know and donate, the more we help these warriors,” Whitaker said. “From all of us who took part in the marathon, we’d like to thank all of those who have helped, donated to or supported this cause.”

For more information on the hike or how to donate to the wounded warriors, visit <http://woundedwarrior.co.cc>.

All donations received will immediately be forwarded to the Wounded Warrior Foundation.



Cpl. Danny H. Woodall | Hawaii Marine

Wearing boots and utilities and carrying approximately 65 pounds of gear and supplies in their packs, Marines with Marine Corps Air Station set off on the 26.3-mile course of the 2009 Honolulu Marathon.



Lance Cpl. Ronald W. Stauffer | Hawaii Marine

Renee Hanks, volunteer coach, talks defensive strategies with her young athletes during the youth activities basketball practice at the Semper Fit gymnasium, Tuesday.

PRACTICE, from B-1

Anderson said the athletes take away more than just a love for the game as they continue playing.

“They learn teamwork and discipline, and other traits that are good for character building,” Anderson said.

Providing knowledge of the game are volunteers from Marine Corps Base Hawaii community. Anderson said he’s proud to have such willing volunteers and the program wouldn’t survive without them.

One of those willing coaches is Amber Jensen, who has three daughters involved in the program.

“I love the program,” Jensen said. “I think kids need

something to get away from school work and stay active. It’s about having fun and learning the basics.”

Jensen believes some competition is good and healthy, but she doesn’t want to focus on winning. She wants to make the game fun for the athletes.

“I think team sports are really important,” Jensen said. “I think they learn to respect leadership, their teammates and help each other out.”

As the young athletes worked on passing and dribbling, coaches supported every effort made for the upcoming season.

The basketball season is scheduled to begin Jan. 9. For more information on youth sports, call the Youth Activities at 254-7611.

WEIGHTS, from B-1

Improper weightlifting could result in few health benefits and possibly serious injuries, Hathaway said.

“It’s not safe if you do it the wrong way, and you end up with bad habits. You could strain any part of your body. I’ve seen a lot of back injuries from weightlifting the wrong way. I’m always here for helping anyone and showing them the proper technique.”

To avoid injury, Hathaway recommends beginners start an Olympic lifting routine just two times a week.

Novice lifters should do five repetitions in three to four sets. Hathaway also recommended consulting with a proper

instructor and practicing with a bare bar, which weighs 45 pounds. The exercise can also be modified for those who want to use dumbbells.

Hathaway said he consistently works hard to ensure his technique is great.

He noted both advanced lifters and novices shouldn’t expect to see results overnight and to carefully practice their exercises over time for the best result.

“Improving your technique is the hardest part of weightlifting,” he said. “It’s important to learn and take things slowly.”

For more information about weightlifting, call Semper Fit Center at 254-7597.

Is this worth our undivided attention?

Cpl. Danny H. Woodall
Combat Correspondent

The United States and its allies are threatening sanctions against Iran unless they discontinue their nuclear program. The war in Afghanistan is escalating. National health care debates are increasing the partisan divide. A nation at a crossroad has one question on its mind: what’s up with Tiger Woods?

Woods allegedly cheated on his wife with several women. He’s sorry that he was caught. He’ll probably golf again. He’s ashamed, his wife is irate and the multitudes of women claiming to have been with Woods are currently seeking 15 minutes of fame and some money. That’s it. Done. Let’s move on.

Woods is an exciting athlete in an otherwise tedious sport. His image can be seen in magazines, television commercials and billboards promoting everything from sports drinks to razors. For many years, Woods has remained one of few public figures with a completely untarnished slate, until now. The media firestorm surrounding the events of his domestic dispute/car crash and subsequent leaking of alleged indiscretions is one of callous, checkout-counter reporting rather than of legitimate journalism.

Already, Woods has dropped out of a few tournaments and lost several key endorsements, costing him money, while his marriage and career are in jeopardy. In the spirit of the holidays, let’s forgive and forget. Why do we need to shatter the spirit of man who is clearly so far down? Would Santa Claus unremittingly flog a beleaguered Tiger Woods? Of course, he wouldn’t!

Besides, Woods cheated on his wife with about 15 women ... allegedly. Even in infidelity, Woods can’t settle for anything less than being the best! He’s just living his life like he plays on the courses — like a pro. (Come on, it’s hard to defend this guy, give me a break).

I’m not defending Woods’ alleged actions. I’m merely saying that the media circus and America’s fascination with another human being’s personal life has, yet again, surpassed the necessary level of attention. Many argue that Woods deserves the negative publicity

because, through interviews and advertisements, he presented himself to the public as an upright, virtuous person — evidently in contrast to the real Tiger Woods. Looking closer at this argument, we find, much like Communism, that it succeeds in theory but fails in all practical applications. If commercials reflected the true image of those peddling their products, this is what your children will be subjected to:

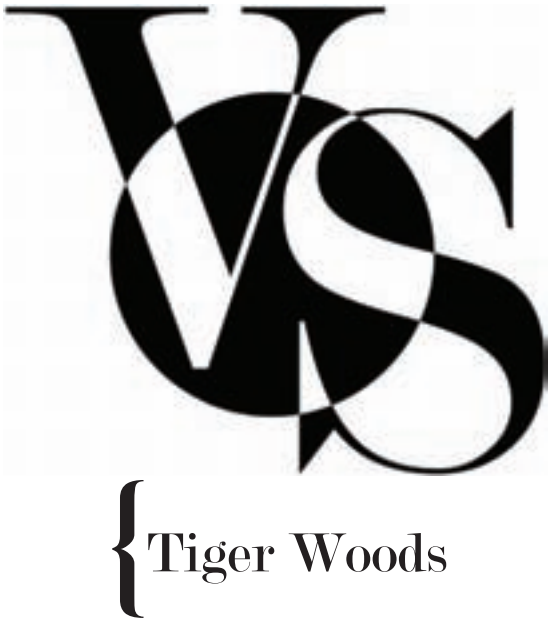
Hello there. I’m Tiger Woods. Do you know what’s more satisfying than the taste of Gatorade? That’s right, the sweet caress of a beautiful mistress on a sultry August evening. Until then kids, drink like a champion ... drink Gatorade!

Or worse:
Hey guys! I’m golf superstar Tiger Woods. Do you hate razor burn and monogamy as much as I do? Thankfully, I’m here to introduce a new Gillette product for people, like me, with sensitive skin and a low tolerance for a single partner! Though this razor won’t, in any way, appease my insatiable and indiscriminate hunger for the female form, it is aesthetically pleasing and feels good on my skin, much like ...

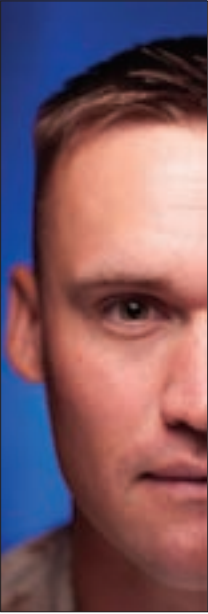
I think you get the point. So what, then, is the alternative? Replace him with a more “honest” celebrity? Find me someone worth \$100 million who is willing to make even more, and I’ll show you a man who’ll likely be just like Woods, or worse, given a few years. Personally, I wouldn’t be surprised if Peyton Manning has a few skeletons in his closet.

Should we glorify select human beings only to crucify them at the first sign of trouble? Upholding a moral code is up to the individual. It’s up to us, though, to control our reactions when those “heroes” we’ve built up come toppling down — even though we’ve created unrealistic expectations for them.

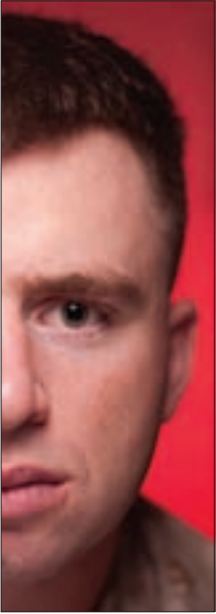
After all, Woods never said he was perfect. We did.



VS is a recurring column tackling debatable issues in the sports world. Hawaii Marine readers can submit a subject for future columns by emailing their ideas to hmeditor@hawaiimarine.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, below. So, suit up ladies ... it’s game time.



WOODALL



BROWN

Our right to know Celebrities have no privacy

Lance Cpl. Colby W. Brown
Combat Correspondent

One alleged mistress said he enjoyed enthusiastic sex. Another nine or so have come out to claim sensual relations with him.
I guess Tiger Woods must have misunderstood the whole marriage thing. You know, one man, ONE woman, forever after, through sickness, through health, all that good wholesome stuff. But nay, says this billionaire and adulterer, “I want to risk everything just for a little nookie.”

It is our right to know when a hero falls, when a priest lies, and when a role model for golf enthusiasts young and old goes from smiling on the side of a Gatorade bottle to becoming an adulterous husband.

This man, this sports icon, was doing well at being a pure, clean role model for golf and sports fans everywhere. Now he is just another celebrity who cheated on his wife, lost all his credibility and advertisement deals, and is being drowned by his own actions.

Some may ask who are we to hold celebrities to a higher standard? Who are we to judge them? Fact 1: They are celebrities. They are viewed by millions and entertain nations. Their names are known across the land, therefore without knowing what their favorite color is, the masses will hold them above all because they’re famous.

Fact 2: Woods isn’t stupid. He went to Stanford. Therefore, he knows being in the limelight gives him the responsibility to form his own reputation. If he screws up he knows millions of people, without skipping a step, will pass judgment on him.

Fact 3: Woods is rich. Being a poor person, I’m justly prejudice.

With these in consideration, and the main fact that he is a married man, you should, without a doubt, understand why this is such a big deal.

How would you feel if you were married to someone and they not only cheated on you, but you found out about it while watching the six o’clock news?

Imagine you’re the advertising manager for a sports drink company, having a wonderful week. You have a cool slogan, sales are up and your golden boy is getting this kind of press coverage. No one is going to buy the same drink that a well-known philanderer drinks. So, your week is ruined; you have to fire your golden boy and sales plummet.

How would you feel if your son was in the school golf club? He has won a couple tournaments and wants to be just like his favorite golfer, good ol’ Tiger. Then he sees on the news his role model likes to cheat, commit adultery, break a lifelong commitment — and your son still wants to be just like him.

This Tiger Woods scandal is golf history. Although I’m not a fan, I know with this much coverage and that many girls, he has opened the door for the “bad boy” to enter the golf arena. Who knows, maybe golf will finally be fun to watch ...

Let us not forget the most upsetting fact of this scandal. The golf hero, the best of the best, the legend Tiger Woods has pulled the proverbial trigger. He has died, like Superman did in the 1992 storyline “The Death of Superman.” It’s that big a deal.

The media may be responsible for bringing light to the real Tiger Woods, but I thank them. I would rather know that my favorite golfer is an adulterer than blindly following him while he cheats on his wife, fans, sport and ruins his life.

“It is our right to know when a hero falls, when a priest lies, and when a role model for golf enthusiasts young and old goes from smiling on the side of a Gatorade bottle to becoming an adulterous husband.”

Hawaii Marine Lifestyles



Lance Cpl. Colby W. Brown | Hawaii Marine

At the Ice Palace, it is just \$8.75 for any age to rent skates and have an all day pass. There is also a pro shop where you can purchase many items including sweatshirts, skates and hockey sticks.



Lance Cpl. Vanessa M. American Horse | Hawaii Marine

The Ice Palace, located near Aloha Stadium, is a great place to cool off and ice skate for a day. It is the only ice skating rink in Hawaii and offers a different experience for both tourists and Oahu residents.



Lance Cpl. Vanessa M. American Horse | Hawaii Marine

Two high school boys from Aiea play video games at Ice palace skating rink Wednesday. According to the boys, the ice skating rink is a fun place to hang out at with their friends and stay out of the heat.

Ice skating

Lance Cpl. Colby W. Brown
Combat Correspondent

Hawaii is hot. Whether it's on the beach, in the car or at the office; anywhere on island, it will always be a tropical climate. Except for one place, or better put palace, and that is the Ice Palace Hawaii

Located near Aloha Stadium, it is the only ice skating rink in Hawaii and draws ice skaters from neighbor islands and different countries. The Ice Palace was established 28 years ago and continues to be busy with customers, young and old.

"Ice Palace is a novelty of Oahu, being the only ice rink in Hawaii," said Anita Owen, administrative assistant, Ice Palace. "Everyone has memories of birthday parties or a field trip here."

To go skating all day and rent some skates costs is only \$8.75. There is also a snack bar and a variety of arcade games for entertainment when taking a break from skating.

The hours on weekdays are from 9 a.m. to 3 p.m. and weekends 11 a.m. to 8 p.m. Also on Thursday, Friday, Saturday and Sunday, there is night skating, which is under colored spotlights, with varying times that start from 6:30 p.m. and end at 11 p.m.

The Ice Palace also has hockey, skate school, dance school and a pro shop. With these options you could fulfill your dreams of



Lance Cpl. Vanessa M. American Horse | Hawaii Marine

A mother teaches her daughter how to ice skate near the training area on the Ice Palace skating rink Wednesday.

in Hawaii?

Beat the heat at the Ice Palace

becoming a hockey player or dance on the ice and learn how to figure skate even in Hawaii.

"It's for people who love to skate," Owens said.

There are also skate shows held at the Ice Palace with such titles from the past including "The Nutcracker" and a dedication to the skaters heroes "A Gift for You."

"Something as

simple as ice skating teaches the kids how to take risks," said Dwayne Yuen, 2nd grade teacher, Momilani Elementary School. "A lot of the kids have never skated before so it is good to see them try something new and go from crawling on the ice to skating around."

Even though Hawaii may be near the equator and has an average temperature of about 80 degrees, there is still the opportunity to skate on top of ice at 50 degrees.

The Ice Palace is most busy on weekdays so if the goal is a romantic glide on the ice, weekends are recommended.

"It is a kind of cold homey feeling for those who may be visiting or not natove of Hawaii, being able to ice skate in Hawaii," Owens said. "Plus you can go to the beach after you're done here."



Lance Cpl. Vanessa M. American Horse | Hawaii Marine

On-lookers watch as children play on the ice at Ice Palace skating rink Wednesday. Daytime hours yield less of a crowd and allow more room for skaters to play and practice on the rink.

PASS

IN

REVIEW



Talk about ‘happily ever after’

Cpl. Regina A. Ochoa

Combat Correspondent

I grew up on “The Little Mermaid.” Actually, like many of my generation (and the generations before and after us), I grew up on Disney movies, and like most little girls my favorite movies were the “princess” movies.

Belle, Ariel, Cinderella, Snow White and Jasmine taught little girls one day their prince would come, sweep them off their feet and save the day. “The Princess and the Frog” is the polar opposite.

Disney’s newest animation tells the classic tale of “The Frog Prince” (you know, ‘witch turns prince into a frog, frog needs to have a princess kiss him despite the fact he’s slimy, they live happily ever after) but in a whole new light. The story takes place in Jazz-era New Orleans, and the “princess” isn’t a princess at all, but a hard-working young woman with the dream of opening a restaurant. Tiana works two jobs in order to save money for her dream, but loses sight of all the wonderful things in life.

New Orleans gets a high-profile visit from Prince Naveen of Maldonia, a handsome, charming and charismatic young man who needs to find a bride with family money after being cut off for being a party boy. Naveen, drawn into the new and interesting culture, meets the Shadow Man to have his Tarot cards read. The Shadow Man does a bit of voodoo and POOF, Naveen is a frog. He searches for a princess to change him back, finds Tiana, kisses her and, POOF, she’s a frog too.

The rest of the story finds Naveen and Tiana’s conflicting personalities trying to work

together (Tiana does most of the working) to set everything straight. Through the help of some swamp creatures, the two frogs find there’s a big difference between what you want and what you need — and as The Beatles put it, all you need is love.

The movie is classic Disney in every possible, wonderful way. The animation is beautiful, a real step back to the “good ol’ days” when cartoons were hand drawn and real artistry was required. The music is fantastic, complete with jazz, ragtime and gospel.

The reinterpreted story was a great take on a classic, and had a lot to offer its audience. There was humor, romance, drama, and magic. I especially liked the fact that the prince doesn’t come in on his white horse and save the damsel in distress, but rather the two inadvertently save each other.

A little warning for parents wanting to take their young ones to the theaters — the Shadow Man is kind of scary. All the Voodoo and dark magic may be a little frightening to children.

After watching the movie, I had to wonder when was the last time I had seen such a frightening “bad guy” in a Disney film, and the only one I could think of was Maleficent in “Sleeping Beauty.”

If your children are very young or prone to having nightmares, this may be one to hold off on until they’re older.

I found this movie to be a real treat. It’s been a while since Disney put out a traditional animated movie, and “The Princess and the Frog” was a great addition to the “princess” collection.

Your weekly guide to all aspects of entertainment

Welcome to the Pass In Review, your number one source for cinema, music, videogame and book reviews. The Pass In Review crew consists of more than 10 critics, each with their own idea of what makes a movie, album, game 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.



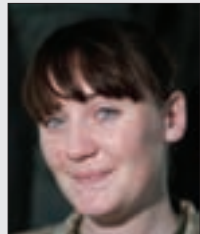
So, there you have it and we hope you enjoy our weekly reviews. Don’t forget, The Hawaii Marine accepts submissions from its readers so if you consider yourself a film buff, music aficionado, gaming geek or bookworm feel free to submit your own reviews. Or, if you disagree with a review published and want fellow readers to know the real scoop, send in a condensed review and we’ll run it as a second opinion.

Better Know A Critic



Kristen Wong has made an attempt to reconnect with the written world. Somewhere between the picture books and now, she lost the thirst for leisure books. Yet high school and college fed her a good mix of classics and contemporary literature, from Shakespeare to Zora Neale Hurston. Kristen enjoyed all seven “Harry Potter” books and takes out some time for eyewitness accounts on the paranormal.

WONG



Cpl. Regina A. Ochoa feels a good movie should inspire you. She thinks the Golden Age of Hollywood was in the ‘30s and ‘40s, because movies then were less about special effects, and more about the plot and the actors’ abilities. Her favorite movie is “Gone With the Wind.” However, she is proud to admit she has a soft spot for cheesy romantic comedies, especially “Sleepless in Seattle.”

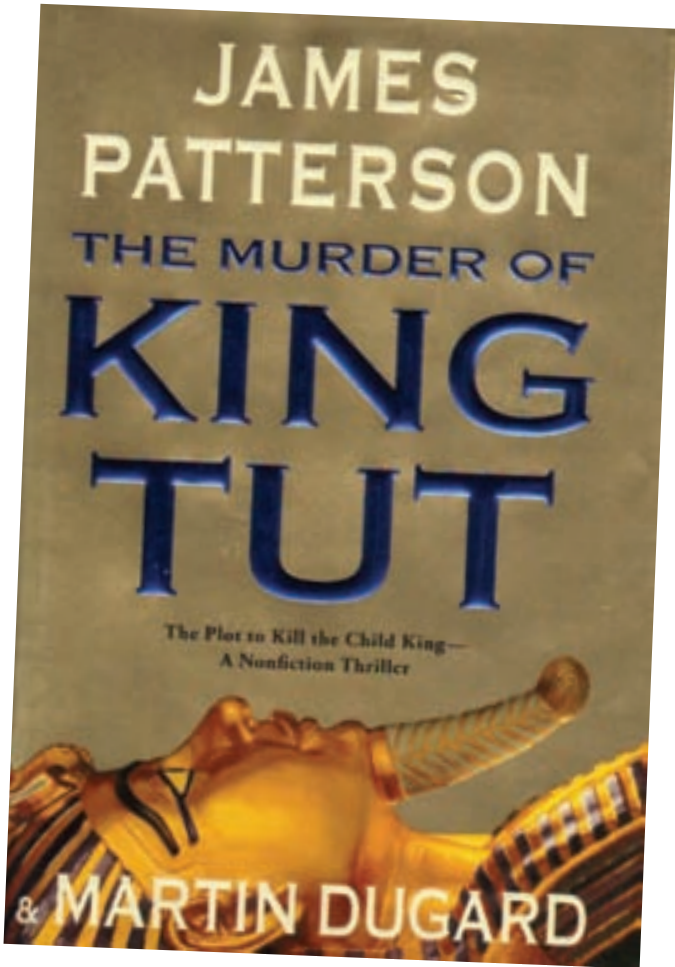
OCHOA

Quick Hit

“Breaking Bad, Season 1”
4 out of 4 (Confirmed Kill)

The main guy is a science teacher. He is diagnosed with cancer. He cooks meth. He becomes a drug lord. This American Movie Classics original series is one of the best television shows I have ever seen. It is like watching a movie every episode and the lead actor, Bryan Cranston, is outstanding. This series is so good that it doesn’t matter what kind of show you like, you will love it. There is heart wrenching drama, hit-you-off-your-seat action and hilarious unpredictable humor. To be honest, when I bought this series I sat down thinking it would last a couple weeks. But after the first episode I couldn’t stop. I watched the whole series non-stop over one weekend. I recommend this to anyone.

—Lance Cpl. Colby W. Brown



If only the king had a diary...

Kristen Wong

Photojournalist

My earliest memory of Tutankhamen took place in the passenger seat of my mother’s car on the way home from elementary school.

I had picked up a copy of “Mummies, Tombs and Treasure: Secrets of Ancient Egypt,” from the library. Aaron Neville’s “Everybody Plays the Fool” played on the radio as I turned to the page bearing the king’s badly deteriorated body. I was approximately 10 years old at the time, the very same age when he was officially named pharaoh.

Many years later, the Egyptology bug bite still lingers in my skin. A mere glimpse of those raven black-lined eyes, staves and gold complexion are enough to pique my curiosity. The most recent Tutankhamen

book to catch my eye was 2009’s “The Murder of King Tut,” by James Patterson. Though I applaud his efforts, I remain skeptical of its claim as “nonfiction.” Patterson thinks of the story like a murder mystery and is bent on solving it. After conducting

research with Martin Dugard “to help make this story as authentic as possible,” Patterson weaves three stories together — the first being his own writing journey, the second chronicling events in ancient Egypt and the third telling of Egyptologist Howard Carter, who discovered the king’s tomb.

There was likely as much imagination as there was research at work throughout this book. Patterson assigns personalities and behavior to each of the real life Egyptian citizens. He creates stories

such as the king and his wife playing as children and disobeying their teachers. He assumes the thoughts, weaponry and tactics of the alleged murderer.

I am obviously not an Egyptologist, but I believe if researchers had known this amount of detail, there would not have been a mystery. There is less of an issue with the chapters on Carter. Here, Patterson has the luxury of perusing real diary entries, news reports, pictures and published studies for his research into Carter’s life.

Patterson obviously has a knack for storytelling, creating two neat, almost parallel stories — both which follow Tutankhamen and Carter as children then as adults. Through the story, the two are given a symbolic connection as one meets the other through the remnants of a tomb.

Patterson’s personal narrative, detailing his own thoughts, schedule and experiences while writing seems rather unnecessary. If anything, it belongs in an “author’s note” before or after the story, but not within.

Without giving away too much of the ending, I found conflict with Patterson’s portrayal of Queen Ankhesenpaaten.

What is the sense in depicting her as this frightened young queen without the support of family and friends, only to spend the last few pages accusing her of being a power hungry conspirator to her husband’s death? I saw her actions not as malicious intent but as acts of desperation and fear — but I digress.

This book is worth at least one read for high school students and adults. There are a few graphic details which may not be appropriate for children. Though it can’t claim to be the definitive story of the past, it’s enough to pique one’s interest in history and perhaps encourage further exploration on ancient Egypt.



TALK*
STORY

December 21, 2012 is doomsday according to the ancient Mayan calendar. The Hawaii Marine wondered ...

What eerie predictions have you heard before?

*[tōk stōreɪ] Hawaiian slang for an informal, lengthy conversation. Often used as a method to bond, or a good way to kill time.



“I guess that the world will become a new world order. Just the fact that the world is going to be run by one person.”

— Jose Morales, HN



“2010 is the worst year. Prices are going to go sky high. I was going to retire in 2010.”
— Sila Veavea

“I’m pregnant.”

— Petty Officer 3rd Class Terrance Veal



HMH-362 DELIVERS

No sleigh or reindeer necessary

Lance Cpl. Ronald W. Stauffer
Combat Correspondent

Two CH-53D Sea Stallions from Marine Heavy Helicopter Squadron 362, full of Marines and more than one ton of toys, made an early Christmas delivery during an island hopping trip to Molokai Thursday.

The special voyage was made in support of the Toys for Tots, a nationwide program which collects toys and distributes them to children of less fortunate families.

"Every toy that is collected in the state of Hawaii stays in Hawaii," said Capt. Luke Gaffney, Toys for Tots representative. "It's our goal here that no child in Hawaii goes without this Christmas if we can do something about it."

Gaffney said looking at the need for this year, the organizers realized some of the outer islands are harder hit than Oahu.

"Molokai seemed ... that if we didn't bring [toys] to them, they wouldn't be receiving [toys] this

year," Gaffney said. "Christmas isn't necessarily about receiving. It's nicer to be able to give to others and who doesn't like to be able to give a toy to a kid?"

One of the Marines flying to the small island east of Oahu is Maj. Gary "Grinch" Thomason, operations officer, HMH-362.

Although a fitting call sign for Christmas, Thomason laughingly said he's got a big heart.

"It's a very heartwarming thing to do and we're glad to do it," Thomason said. "These are great missions. It's a lot of fun to be able to support the local community and I think it's one of the ways that we give back, not only with our service, but also with the program."

Thomason said it's not only important for all the little kids, but also for the Marine Corps. He also said it shows the Corps is doing things locally as well as for the entire nation.

"Our main mission is assault support and the biggest piece of



Lance Cpl. Ronald W. Stauffer | Hawaii Marine

Service members and Toys for Tots representatives load up crates filled with more than one ton of toys, delivered to the Hawaiian Island Molokai by Marine Heavy Helicopter Squadron 362, Thursday.

assault support is lifting cargo from one place to another," Thomason said. "Instead of going to Afghanistan, and lifting food and ammunition for Marines, we're lifting toys and giving them to kids, and I think it's great."

Thomason said the squadron is called upon to do many different things like this and it's important to give back to the community, fulfilling an ongoing promise to help

where needed.

Molokai is only one small step in the spirit of giving for the holidays. More than 20,000 toys have been collected for the Toys for Tots program already.

The program is still trying to collect 20,000 more toys before the holiday season ends.

"There's a greater need this year than there was last year," Gaffney

said. "We still have a ways to go and a little bit of time left to get there."

Gaffney said the program has been really happy with the amount of community support received this year and every bit helps.

Toys for Tots is still taking donations. Anyone wanting to donate toys or make a cash donation can find drop-off locations at <http://www.toysfortots.org>.

Child donates birthday gifts to Toys for Tots



Lance Cpl. Colby W. Brown | Hawaii Marine

Logan Jordan celebrated his 11th birthday Saturday at the base bowling alley. Instead of getting presents for himself, Jordan donated all his presents and raised \$150 to buy even more gifts for the Toys for Tots drive. Jordan has many experiences that have built his giving personality. He was diagnosed with Juvenile Rheumatoid Arthritis when he was 3 and has been living and managing it since. Also, his father is in the Marine Corps so he has gone through deployments and moving stations with his father.

Lance Cpl. Colby W. Brown
Combat Correspondent

Birthday List

- Cool clothes
- Dirt bike
- Video games
- Nerf Guns ...

It's birthday time and the list was ready three weeks ago. Invitations were sent out and reservations for the party have been made. The anticipation rises, as the days grow closer to the celebration. Nothing else in the world exists except for the party, the cake and the presents.

The day arrives, the party was great, and every item on the birthday list is sitting next to plastic forks and remnants of the cake. The presents are packed into the back of the car but aren't headed home. They're headed for other homes, other families and other kids.

This is how Logan Jordan celebrated his 11th birthday Saturday. He didn't give his mom and dad a birthday wish list, and he didn't keep any presents, but got exactly what he wanted for his birthday.

He donated all his birthday gifts to Toys for Tots. He also raised \$150 to buy toys for the drive. He did it with a smile and a hope to do the same thing next year.

"I just couldn't do knowing other kids didn't have presents at Christmas," said Jordan, a native of Louisville, Ky. "I just like when other people are happy."

He remembered being in Alabama a couple years ago with his mom and dad, working at a Toys for Tots warehouse. He said he remembers being able to help people and this year came up with the idea of donating his birthday presents to Toys for Tots.

Jordan's father is a master sergeant with 1st Battalion, 12th Marine Regiment, and his mother is a nurse at the Hawaii Medical Center East. He has lived in Louisville, Jacksonville, N.C., Birmingham, Ala., and here in Hawaii.

When he was three he was diagnosed with Juvenile Rheumatoid Arthritis, and has the two most crippling kinds — Polyarticular and Systemic.

"The doctors have been shocked because children with this disease are usually in a wheelchair at this age," Jordan's mother said.

According to WebMD.com, Juvenile Rheumatoid Arthritis is a common type of arthritis in children. It is a chronic disease, which causes joint pain and inflammation, and may

“

My goals are to continue to help other children or people, and hope they are happy.”

— Logan Jordan

lead to joint damage. Some symptoms are joint stiffness when waking up in the morning, limited range of motion, slow rate of growth or uneven arm or leg growth, back pain and may cause a child to stop using an affected limb.

"Telling a 10 year old kid that he can't go outside because his knees are hurting so bad and that he has to go to the library during recess at school — it's not fair to tell someone his age that," Jordan's father said. "He knows what he has isn't going away."

Living with this disease and being the man of the house when his father is deployed has made Jordan mature for his age and has cultured his naturally giving personality.

"As much as I'm gone, he takes a lot on his shoulders," Jordan's father said. "He knows there's a consequence for everything. He has grown up a lot because of his health issues; he has to manage them day-to-day when most kids just have to worry about playing outside. He is just mature for his age. He knows what the right thing is to do."

Even with JRA, Jordan still loves playing sports. Last year he was awarded for running the most miles of the children in the boys running club at Mokapu Elementary School.

He also loves skate boarding.

Not just a jock, Jordan enjoys to write. Although it's just a hobby, he has been recognized for a first place essay submitted to the Young Men's Christian Association Armed Services Global Essay Contest.

"I like writing, just not a lot," Jordan said. "I like making up stories and sometimes writing poetry, but when I get tired of writing I stop."

In the future Jordan either hopes to follow in his father's footsteps and become a Marine or professional football player.

"At first, I was really worried about my dad, then years gone by and he progressed. Then my dad was gone to

Iraq a couple times and got severely injured and I just want to step up to that challenge," Jordan said.

For now, Jordan looks to continue to help people less fortunate than him.

"My goals are to continue to help other children or people, and hope they are happy," he said.

He is a 5th grader and just turned 11, but can be seen as an example of when someone acts on their thoughts. Jordan has moved to four different places throughout his life, has been diagnosed and lives with JRA, and still has the interest to change peoples' lives by just simply helping them with whatever he can do.

"I hope they will be happy for what they have and grateful now, and someday they'll grow up like me," Jordan said.



Families board an antique fire truck for a free ride around base. Marine Corps Community Services hosted Santa's Village for service members to celebrate the holidays.

Santa's Village

Lance Cpl. Vanessa M. American Horse
Combat Correspondent

Flurries of artificial snow flow through the air. Reindeer and snowmen greet approaching children. It looks like the North Pole, but in actuality it is the 30th annual Santa's Village aboard Marine Corps Base Hawaii.

Marine Corps Community Services held its largest event at the Youth Activities Center Saturday. It included numerous activities for service members and their families to get in the holiday spirit with more than 1,300 guests who attended the event.

As Santa Claus arrived carrying a bag of gifts, children flocked around him as he made his way into the center.

"I was taking my daughter to piano lessons when I noticed Santa," said Jenny Urbano, a parent who attended

the event. "Her lesson was cancelled so we decided to come check out the festivities."

Inside the center, St. Nick encountered a line that wrapped around the building, full of excited children eager to share Christmas wishes and snap a free photo.

One unique aspect of this year's event was the free rides on an antique fire truck. Families rode it around the block while its bell rang. Other activities included ornament making, face painting, carnival games, and arts and crafts.

Goody bags were distributed with coupons for free malasadas and shave ice from MCCC.

Entertainment included holiday music from the U.S. Marine Corps Forces Pacific party band ensemble, a performance from the Dance Movement Academy and carols sung by Mokapu Elementary School Choir.



Photos by Lance Cpl. Vanessa M. American Horse | Hawaii Marine

Isabel, 9, and Hanna Navarro, 5, smile for a photo with Santa Claus. Marine Corps Community Services welcomed St. Nick to the Santa's Village event, Saturday.



UPCOMING EVENTS

Drop-off locations listed at <http://kaneohe-bay-hi.toysfortots.org/>

Deadline for Donations
Today

Final collections from stores are scheduled for Dec. 18. It’s strongly encouraged all patrons as soon as possible so toys can reach children by Christmas morning.

For a list of drop off sites, including those at Marine Corps Base Hawaii locations, see <http://kaneohe-bay-hi.toysfortots.org/local-coordinator-sites/lco-sites/donate-toys.asp>.

The Marine Corps 2009 Toys for Tots Hawaii collection effort is in its final stage, and has collected more than 20,000 toys and more than \$14,000 to purchase toys as it entered its final days. The goal this year is to collect 45,000 toys to help make the holiday brighter for Hawaii’s less-fortunate keiki. Every toy and every dollar donated to purchase toys stays here in Hawaii.

Cruise by, drop off toys in Honolulu
Today

If you’re shopping in the Ala Moana area today, why not buy a new, unwrapped toy, cruise down the boulevard, enjoy some entertainment and make a needy kid’s holidays brighter?

Local radio station Island 98.5 will host a Toys for Tots broadcast from 6 a.m. to 7 p.m. on Ala Moana Boulevard next to Cutter Chrysler/JEEP/Dodge.

There will be local celebrities and musicians throughout the day, a contest to win a Dodge Challenger, plenty of parking and people to help pick up donations — toys or monetary — for Toys for Tots.

Since 1996, the Marines Corps’ Toys for Tots Hawaii program has collected nearly 640,000 toys and more than \$350,000 to purchase toys for distribution to nearly 400,000 of Hawaii’s children. For more information on the Hawaii Toys for Tots program, visit <http://www.toysfortots.org> and select Hawaii or see <http://kaneohe-bay-hi.toysfortots.org>. Call 257-7125.

Sound off!



Sgt. Scott Whittington | U.S. Marine Corps Forces, Pacific

Trumpeters from the U.S. Marine Corps Forces, Pacific Band sound off during the second annual Na Mele o na Keiki, “Music for the Children” Toys for Tots concert, sponsored by BAE Systems, a worldwide partner of the USO Dec. 9 at the Neal S. Blaisdell Concert Hall. The campaign is in its final week.

NORAD to track eight tiny reindeer, jolly old elf in skies

Press Release
Armed Forces News Service

PETERSON AIR FORCE BASE, Colo. (AFNS) — It’s that time of the year again and North American Aerospace Defense Command officials are getting ready to track Santa Claus.

The NORAD Tracks Santa Web site, <http://www.noradsanta.org>, is now live and features fun holiday games and activities that change daily.

The Web site is available in seven languages: English, French, German, Italian, Japanese, Spanish and Chinese.

On Dec. 24, the Web site will stream videos, captured by NORAD “Santa Cams,” from numerous cities along Santa’s journey.

This year, children and the young-at-heart are able to track Santa through Facebook, Twitter, YouTube, Flickr, and TroopTube.mil. To follow on any of these Web sites, type in @noradsanta into the search engine and start your tracking.

New this year, OnStar is partnering with NORAD to provide OnStar subscribers with live Santa updates as they travel in their vehicles on Christmas Eve. Subscribers simply push the blue OnStar button to get status reports on Santa’s whereabouts.

Also new and beginning at midnight MST on Dec. 24, visitors to the Web site can watch Santa as he prepares his sleigh, checks his list, and goes through all his preparations to ensure he has a successful journey.

As soon as Santa takes off from the North Pole, children can also track him with up-to-the-minute Google Maps and Google Earth reports.

Santa trackers will begin answering phones and replying to e-mail at

4 a.m. MST (6 a.m. EST) on Christmas Eve. Children of all ages can call the NTS toll free number 877-Hi-NORAD (877-446-6723) or send an e-mail to noradtrackssanta@gmail.com.

The NTS program is carried out with the assistance of many corporate partners. Booz Allen Hamilton has designed the NTS Web site.

Other sponsors helping with the event include Verizon, who donates the toll-free number, Time Warner, Avaya and PCI provide communications engineering, while OnStar, 5 Star Bank, Pepsi Distributing and First Choice Awards and Gifts keep the trackers happy with food, beverages and souvenir tracking pins.

The NTS program began on Dec. 24, 1955, after a phone call was made to the Continental Air Defense Command Operations Center in Colorado Springs, Colo. The call was from a local youngster who dialed a misprinted telephone number in a local newspaper advertisement.

The commander at Cheyenne Mountain Air Force Station, Colo. who answered the phone that night gave the youngster the information requested; the whereabouts of Santa.

This began the tradition of tracking Santa, a tradition that was carried on by NORAD when it was formed in 1958.

The NTS program has grown immensely since first presented on the Internet in 1998. The Web site receives millions of unique visitors from hundreds of countries and territories around the world.

In addition, the NTS Operations Center will be occupied for 25 hours with more than 1,200 volunteers on Christmas Eve, who will be receiving hundreds of thousands phone calls and e-mails from families around the world.



NORAD photo by Lt. Cmdr. Gary Ross

Santa Claus drops in to NORAD Headquarters Dec. 23, 2008, for a pre-flight brief before launching on his annual Christmas eve flight. NORAD tracks his trip each year and kids of all ages can follow his progress through a special Web site.

Children, Youth and Teen Programs expand offerings

Beverly Ching
Children Youth and Teen Programs

Children Youth and Teen Programs has expanded its part-day programs at the Olina and Kupulau Child Development Centers.

The current programs provide child care for children 14 months to 5 years old. There is a morning program from 8 am to noon and an afternoon program from 1 to 5 p.m. The part-day program is an enrichment program that offers a wide variety of activities which support children’s growth and development in cognitive, social-emotional, physical, language and self-help skills.

Both programs use the Creative Curriculum Model to assess and plan for children’s learning experiences. The model fosters the belief that children learn best by participating in “hands on experiences” which provide children with opportunities to explore, discover and build concepts about the world they live in.

The Kupulau Child Development Center continues to provide full-day child care for children 6 weeks to 5 years old. Their hours are 6 a.m. to 6 p.m.

The Olina Child Development Center provides hourly child care services for children 6 weeks to 10 years old. Their hours are 7:30 a.m. to 4:30 p.m. The cost is \$4.60 an hour and families can use up to 10 hours per week.

Marine Corps Base Hawaii, Kaneohe Bay has 17 certified family child care providers who provide full day, part-day and hourly care for families who need child care. It has recently expanded services to include Manana Housing where there are three certified providers. Their hours range from 6 a.m. to 6 p.m. Some providers are available for nights and weekends and overnight care.

Call 257-2535.

A place for honor

Col. William E. Barber fought in World War II, and the Korean and Vietnam wars. While serving, Barber earned a Medal of Honor, Silver Star, Legion of Merit and two Purple Hearts. Barber passed away in April 2002, but his heroic actions will never be forgotten.

Maj. Andrew J. Belovarac
Base Historian

Barber enlisted in the Marine Corps in March 1940 and completed his recruit training at Parris Island, S.C., followed by parachute training at the Naval Air Station, Lakehurst, N.J., was designated a paramarine and assigned as a parachute instructor at the newly activated Parachute Training School, Marine Corps Air Station, New River, N.C.

In May 1943, he entered Officer Candidates School at Marine Corps Schools, Quantico, Va., and was commissioned a second lieutenant on Aug. 11, 1943.

Barber served with the 1st Parachute Regiment on the West Coast until 1944. Assigned as a platoon commander with the 26th Marine Regiment, 5th Marine Division, at Marine Corps Base Camp Pendleton, Calif., he embarked for the Pacific area and later took part in combat on Iwo Jima.

After being wounded, he was evacuated and later returned to his unit, serving as company commander during the last two weeks of the operation. Shortly after, he was promoted to first lieutenant and again commanded the company during the initial occupation of Japan.

He was awarded the Silver Star and the Purple Heart for his actions on Iwo Jima in which “he disregarded his own wounds and directed enemy fire to rescue two wounded Marines from enemy territory.”

Barber returned to the United States in 1946; he served on recruiting duty in Milwaukee, Wis.; served as a rifle company commander with the 8th Marines, 2nd Marine Division, at Marine Corps Base Camp Lejeune, N.C.; Inspector-Instructor of the Marine Corps Reserve’s Company D, 6th Infantry Battalion, in Altoona and Philadelphia, respectively.

In October 1950, as a captain, Barber was

ordered to Korea and took part in the action for which he was awarded the Medal of Honor and the Purple Heart.

During the Battle of Chosin Reservoir in November and December 1950. He led his company in a desperate five-day defense of a frozen mountain pass vital to the 1st Marine Division’s breakout to the sea.

Fighting in sub-zero temperatures against overwhelming odds, he was wounded on the first night of the action (Nov. 29, 1950), but refused evacuation and remained in action in command of his company.

He was evacuated on Dec. 8, and hospitalized in Yokosuka, Japan, until his return to the United States in March 1951.

In April 1951, he joined the San Diego Recruit Depot as a company commander and later executive officer of the 1st Recruit Training Battalion.

He was promoted to major in July 1952.

On Aug. 20, 1952, Barber was presented the Medal of Honor by President Harry S. Truman in ceremonies at the White House for service as set forth in the following citation:

For conspicuous gallantry and intrepidity at the risk of his life above and beyond the call of duty as Commanding Officer of Company F, Second Battalion, Seventh Marines, First Marine Division (Reinforced), in action against enemy aggressor forces in Korea from Nov. 28, to Dec. 2, 1950.

Assigned to defend a three-mile mountain pass along the division’s main supply line and commanding the only route of approach in the march from Yudam-Ni to Hagaru-ri, Barber took position with his battle weary troops and, before nightfall, had dug in, and set up a defense along the frozen snow-covered hillside.

When a force of estimated regimental strength savagely attacked during the night, inflicting heavy casualties and finally surrounding his position

following a bitterly fought seven-hour conflict, Capt. Barber, gave assurance that he could hold if supplied by air drops. He requested permission to stand fast when orders were received by radio to fight his way back to a relieving force after two reinforcing units had been driven back under fierce resistance in their attempts to reach the isolated troops. Aware that leaving the position would sever contact with the 8,000 Marines trapped at Yudam-ni and jeopardize their chances of joining the 3,000 more awaiting their arrival in Hagaru-ri for the continued drive to the sea, he chose to risk loss of his command rather than sacrifice more men if the enemy seized control and forced a renewed battle to regain the position, or abandon his many wounded who were unable to walk.

Although severely wounded in the leg the early morning of the 29th, Capt. Barber continued to maintain personal control, often moving up and down the lines on a stretcher to direct the defense and consistently encouraging and inspiring his men to supreme efforts despite the staggering opposition. Waging desperate battle throughout five days and six nights of repeated onslaughts launched by the fanatical aggressors, he and his heroic command accounted for approximately 1,000 enemy dead in this epic stand in bitter sub-zero weather, and when the company was relieved, only 82 of his original 220 men were able to walk away from the position so valiantly defended against insuperable odds. His profound faith and courage, great personal valor and unwavering fortitude were decisive factors in the successful withdrawal of the division from the deathtrap in the Chosin Reservoir sector and reflect the highest credit upon Captain Barber, his intrepid officers and men and the United States Naval Service.

Signed, Harry S. Truman

Barber completed the Advanced Infantry Course, Fort Benning, Ga., in March 1954, then served as Operations and Training Officer, 2nd



Battalion, 2nd Marines, MCB Camp Lejeune.

From 1956 to 1958, he served in Thailand as Assistant Naval Attache and Assistant Naval Attache for Air at the American Embassy in Bangkok. During the next four years he was assigned to Marine Corps Schools, Quantico, and served as assistant chief instructor of the Junior School. While there, he was promoted to lieutenant colonel in April 1960.

Again ordered overseas, Barber joined the 3rd Marine Division on Okinawa, Japan, in July 1962 as commanding officer, Reconnaissance Battalion.

Following his return to the United States, he served at Headquarters Marine Corps as head, Combat Requirements Section, until January 1966 when he became head, Marksmanship Branch, G-3 Division, and served in this capacity until July 1967.

He was promoted to colonel on Sept. 22, 1965. Transferred to the 2nd Marines, 2nd Marine Division, MCB Camp Lejeune. Barber served consecutively as division plans officer, assistant chief of staff, G-2 (Intelligence), and commanding officer of the 2nd Marines, until May 1969.

In 1969, he was ordered to the Vietnam where he served his last tour of active duty as psychological operations officer, III Marine Amphibious Force, Military Assistance Command, Vietnam.


Colonel Barber retired from active duty on May 1, 1970. Barber died at his home in Irvine, Calif., on April 19, 2002.

Awarded for awareness



Kristen Wong | Hawaii Marine

Col. Robert Rice, commanding officer, Marine Corps Base Hawaii, and Annette Ostrem, principal, Mokapu Elementary School, present fourth grader Sydney McKenna with a certificate at the school’s awards assembly yesterday. Six Mokapu Elementary School students from the fourth and fifth grade received prizes and certificates signed by Col. Robert Rice, commanding officer, Marine Corps Base Hawaii. After teaching the students about energy conservation in September, the Energy Branch of the Facilities Department held the contest.



Movie Times

Prices: All shows are \$3 for adults and \$2 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.

Sneak Preview Policy: One hour and 45 minutes prior to the movie, tickets will be issued to first priority patrons waiting in line, then second and third priority patrons.

In an effort to prevent piracy, the following security measures will be enforced on base for sneak preview screenings: bag checks, confiscation of cameras or cell phones with picture taking capability (items will be returned after screening), magnetometer warning, audience scanning with night vision goggles during screening.

The Base Theater and film companies thank you in advance for your cooperation and hope you will enjoy the show. For recorded information, call the Base Theater at 254-7642.

“Astro Boy” - PG	Today 7:15 p.m.
“Paranormal Activity” - R	Today 9:45 p.m.
“Amelia” - PG	Saturday 7:15 p.m.
“The Box” - PG-13	Saturday 9:45 p.m.
Michael Jackson’s This Is It” - PG	Sunday 2 p.m.
“Paranormal Activity” - R	Sunday 6:30 p.m.
“Cirque Du Freak ...” - PG-13	Wednesday 6:30 p.m.

For more information about the theater’s schedule and to check movie times, call the Movie Hotline at 254-7642.

Mokapu Beat

What’s happening at Mokapu Elementary School

Volunteers Needed

Mokapu Elementary School needs volunteers all year long for a variety of jobs, from classroom needs to administrative help and special activities.

Particularly needed are volunteers for Popcorn Fridays.

Please contact Heidi or Shelley in the PCNC office in P-6, or call 254-7964 for more information or to volunteer.

Hawaii Gun-Free Schools Act

Important reminder: If a student brings a BB gun, air gun or paintball gun to school, he/she will be dismissed and won’t be able to attend school for at least one calendar year.

Parents, it is a good idea to talk this over with your child. Check your child’s backpack for anything that could be considered unsafe.

Mokapu T-Shirts

Newly designed Mokapu T-shirts can be purchased in room P-6. Mokapu T-shirts with the old design are being sold as well. PTA members receive a discount off each Mokapu T-shirt purchase.

Before/After School Care

Kama’aina Kids organization provides the on-site before and after school care.

For more information about openings and cost, call 254-7931(Mokapu) or 262--4538 (main office).



WORD TO PASS

On Base

Anger Management Workshop

Tuesdays

This group focuses on anger management techniques and communication skills. This is a six-session series, and participants receive a certificate upon completion of all six sessions.

Classes run from 9 to 11 a.m., and are open to active duty and family members.

An orientation must be attended before enrollment into the class.

Orientations are every Tuesday at 8 a.m. Classes meet every Tuesday.

For more information, contact Counseling Services at 257-7780.

In the Community

Arboretum Tours

Tuesdays and Saturdays

Enjoy the sights and sounds of the Lyon Arboretum, University of Hawaii.

Knowledgeable guides will share highlights of the arboretum collections. Tours are Tuesday 10 to 11:30 a.m. and Saturday 1 to 2:30 p.m.

Registration is required.

Call 988-0456 for more information.

Guided Tours of the Hawaii Theatre

Tuesdays

The one-hour tour offers a unique insight into the history, art, architecture and restoration of the beautiful

Hawaii Theatre in Chinatown, including a performance on the 1922 Robert Morton theatre organ. There is a fee for admission. To book a tour or for information, please call 528-0506.

Free Lauhala weaving class

*First Saturdays,
10 a.m. to 2 p.m.*

Learn to weave lauhala leaves from the Lauhala Weaving Hui members who gather to weave and share information with each other. Classes are held at the 553 South King St. in Honolulu. For more information about these Hawaiiana classes, call 531-0481.



Oahu High School Robotics

Ongoing

Mentors are needed for Oahu's high school robotics teams and upcoming events. Military and civilian personnel have volunteered on robotics programs, finding it a wonderful opportunity to encourage students to go into math and science fields and to stay in school, and connect what they are learning to real world applications.

Large-scale robotics competitions start in January. Hawaii students have participated in VEX and FIRST contests, competing at national events.

Call Ashlee Snodgrass at 473-8000, ext.

5173, for more information or to volunteer.

All Enlisted Spouses' Club Thrift Store

Holiday Notice

The All Enlisted Spouses' Club Thrift Store will be closed for two weeks for the holiday season starting Dec. 21. The store will reopen for business on Jan. 4. Donations of household goods will be accepted during open business hours only (Monday, Tuesday, Thursday and Friday between 9 a.m. and 1:30 p.m.) so please plan accordingly if you have items to drop off before the holiday closure. There will not be a Bag Sale the first Saturday of January. If there are any questions please call 254-0841.

Toys for Tots

Ongoing

The 2009 Toys for Tots season is now in full swing, and it promises to be a busy year!

Organized by the I&I staff for Detachments 4th Force Reconnaissance Company, and Fox Company, Anti-Terrorism Battalion, each year, local businesses and numerous organizations host Toys for Tots fundraising and donation events to collect toys for the less fortunate keiki in Hawaii, and the Salvation Army distributes the toys before Christmas so less fortunate children will have presents.

Come help us support these events! Look for collection boxes around base and contribute a new, unwrapped toy! For more information, contact Master Sgt. Scott Crockett at 216-3295.