

Hawaii Marine

1,000 more yards for snipers' target

Lance Cpl. James A. Sauter
Combat Correspondent

PUULOA RANGE TRAINING FACILITY, Ewa Beach — History was made at the Puuloa Range Training Facility with the opening of a 1000-yard range, Dec. 9. Marines from Marine Corps Base Hawaii and guests attended the opening ceremony.

The U.S. Military Reservation Puuloa lays several mile west of the entrance to Pearl Harbor. It opened in 1915 as the weapons qualification range for Marines stationed on Oahu. The Corps gained authority of the range in 1940 and established the first formal sniper school based out of Puuloa in 1960.



Lance Cpl. James A. Sauter | Hawaii Marine

Lance Cpl. Kyle Niro, scout sniper, 2nd Battalion, 3rd Marine Regiment, listens to Col. Nathan I. Nastase, 3rd Marine Regiment commanding officer, spoke about the significance of the new thousand-yard range at Puuloa Range Training Facility, Dec. 9. "This range is a simple piece of dirt with a couple of targets on the far end and it probably doesn't register as a great expenditure of the Department of Defense," Nastase said. "But it does register highly with the people who need a piece of dirt like this to train and do what they need to do."

"From the early times of World War I to the attack on Pearl Harbor and World War II, it was here at Puuloa that the Marine Corps took a hard look at the validity of a Marine Corps scout sniper program by establishing the first sniper doctrine and training," said Chief Warrant Officer 2 Brian K. Somers, Puuloa Range officer-in-charge and Marine gunner. "This range has contributed to the victories and successes on battlefields in the past and today. We're very fortunate to have neighbors so tolerant of our often-loud training and because of their support, we'll have the best trained snipers in the Pacific region."

The ceremony started with a march on the colors and a prayer by Cmdr. Jeffery A. Logan, chaplain, 3rd Marine Regiment. He then turned it over to guest speakers Col. Brian P. Annichiarico, Marine Corps Base Hawaii commanding officer and Col. Nathan I. Nastase, 3rd Marine Regiment commanding officer, who both talked about the significance of the new range for the Marines.

Nastase said he was the most appreciative about the range opening.

"I can say on behalf of the warriors here that they are going to use this range to become more proficient [snipers]," Nastase said to the crowd. "I represent the [scout snipers] here and about 3,500 Marines over at K-Bay, and on behalf of them, I appreciate all the hard work that has gone into this range."

See SNIPER, A-7

Danger Close Fire mission



Cpl. Colby Brown | Hawaii Marine

An emergency response truck with Marine Corps Air Station Kaneohe Bay, Crash Fire Rescue rushes to respond to a fire on Range Training Facility, Kaneohe Bay here, Dec. 7. The fire was sparked while Marines from Weapons Company, 2nd Battalion, 3rd Marine Regiment conducted live fire and maneuver on the range. Elements from the Honolulu Fire Department, Crash Fire Rescue and the base Federal Fire Department responded to the fire. Wind blew the fire away from the range and the Wildlife Management Area and was doused approximately 40 minutes after it began to burn.

HONORING FALLEN 1/12 MARINE



Lance Cpl. Jacob D. Barber | Hawaii Marine

Maria Ibarra embraces her son's photo during his memorial service Dec. 8 at Dewey Square. Her son, Pfc. Josue Ibarra, Echo Battery, 1st Battalion, 12th Marine Regiment, died in Helmand province, Afghanistan. Many Marines, families and friends were in attendance to pay tribute to the fallen warrior, who left a legacy many say they will remember.

Remembering the 'Day of Infamy'

Christine Cabalo
Photojournalist

More than 100 voices, some speaking in Japanese, others in Latin and English, offered their prayers at historic sites during a ceremony held Dec. 7.

The majority of the group visiting were from the Japan Religious Committee for World Federation, with religious officials of Shinto, Buddhist and Catholic faiths. This year is the 30th anniversary of the committee's first visit to Hawaii where they prayed for peace at the USS Arizona Memorial. Delegates didn't regularly pray at Kaneohe Bay until years later.

"In the beginning there was hesitation to come and do prayers for peace [at Kaneohe Bay]," said Hosen Fukuhara, temple bishop, Valley of the Temples Memorial Park in Windward Oahu. "But now, how nice of [the military] to accept the committee onto the base."

Fukuhara said delegates initially weren't sure

if they would be welcomed, but later discovered base officials were more than receptive to an annual visit. In 1999, Marine Corps Base Hawaii officials and the committee's director of public relations, Mihoko Maier, helped family members recover the helmet of a crashed World War II Japanese pilot, Lt. Fusata Iida.

The group now annually prays for peace at Lt. Iida's crash site near Reed Road, as well as the Kaneohe Klipper Memorial and the Pacific War Memorial. Attendance from Japanese religious officials tripled since last year's visit of 30 people.

Each group of religious delegates offered their own rites for honoring the dead. Dressed in white, members of the Association of Shinto Shrines poured salt and sake on the ground at each site to symbolically calm the spirits. Religious officials who practice Japanese Buddhism, dressed in orange and purple, offered their prayers while others ceremonially rang a bell.

See JAPAN, A-7



Christine Cabalo | Hawaii Marine

Navy Cmdr. Robert Delis, command chaplain, Marine Corps Base Hawaii, joins visiting Japanese Catholic priests during a Dec. 7 ceremony remembering the dead. The visiting priests were several of the 100 religious delegates from the Japan Religious Committee for World Federation who pray for peace. The group has prayed for peace at Kaneohe Bay for more than 10 years.



Healing through Horses
Wounded Warriors work with horses.
See B-1



Santa's Village
Families from the Base community get ready for Christmas with a visit to Santa.
See C-1

Saturday

High — 78
Low — 70

Sunday

High — 79
Low — 71

NEWS BRIEFS

Volunteer opportunities with Navy-Marine Corps Relief Society

Publicity Coordinator - Use your journalism skills to help Marines and sailors discover unknown resources. Editing a newsletter, conducting a publicity campaign and designing other public affairs materials are just a few of the accomplishments we can add to your resume if you're the right person.

Layette workers - Do you love knitting and crocheting? Use your skills to make baby blankets for our Budget for Baby program. These blankets are added to the Gerber gift set given for newborn babies.

Caseworkers - Are you good with finances and want to help Marines and sailors with financial education and assistance? A position is open and we provide training and reimbursement for childcare and mileage.

If you're interested please contact the local office at 257-1972/1973 or email kaneohenmcrs@gmail.com.

Post Office holiday closures

The Base Post Office will be closed from 4 p.m. on Dec. 23, through Dec. 26, in observance of Christmas. Normal business hours will resume on Dec. 27. The Base Post Office will also be closed from 4 p.m. on Dec. 29, through Jan. 2, in observance of the New Year. Normal business hours will resume on Jan. 3. Call Chief Warrant Officer 2 Randall Howell at 257-1834 with questions.

Presidential visit

Planning for the possible visit of President Barack Obama to Hawaii is underway. In previous years, the President and his family have frequented MCB Hawaii on a daily basis. If the president does visit the base, expect the following:

- Unexpected road closures and heightened security.
- Closure of Semper Fit parking lot after the gym closes in the evening, until the president finishes his morning workout.
- Restricted facility access during the visit.
- Select-off-limits parking at Barracks 7021 and 1633.
- Security checks.
- Closures for portions of Manning Street and detours if the president plays golf.
- Marines and sailors leaving town for the holidays should consider leaving their keys with a responsible person in the event their vehicle needs to be moved while they are gone.

It is an honor for us to host the president and his family on base. Plan your schedule accordingly to de-conflict facility access, and expect unannounced facility closures. For questions contact the Public Affairs Office at 257-8870.

Locker use at Semper Fit Center

Due to security reasons, the U.S. Secret Service has required that all rental lockers be left unlocked or vacated from Dec. 17 to Jan. 3, 2012. Customers may also provide Semper Fit Center Management with a copy of the key or combination to have on file for the USSS. Customers may also request to use a Semper Fit Center lock during that period. All locked lockers may be cut by security personnel. ALL LOCKERS WILL BE SUBJECT TO SEARCH DURING THE NOTED TIME PERIOD. For details, call Semper Fit at 254-7597.

Important phone numbers

On-Base Emergencies	911
Military Police	257-7114
Child Protective Service	832-5300
Fraud, Waste, Abuse & EEO	257-8852
Pothole & Streetlight Repair	257-2380
Base Information	449-7110
MCB Hawaii Chaplain	257-3552
DEERS	257-2077

Hawaii Marine

www.mcbh.usmc.mil

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Cpl. Reece Lodder | Regimental Combat Team 5

Maj. Gen. John Toolan, Jr., the commanding general of Regional Command (Southwest) and II Marine Expeditionary Force (Forward), introduces the students of Lejeune High School on Marine Corps Base Camp Lejeune, N.C., to Afghan students during a video teleconference at the Garmsir Agricultural High School here, Dec. 8. The VTC, the second of the year in Garmsir, was hosted by the nonprofit organization Spirit of America in coordination with Marines from 3rd Battalion, 3rd Marine Regiment.

Afghan, American students build relationships via video teleconference

Cpl. Reece Lodder

Regimental Combat Team 5

HAZAR JOFT, Helmand province, Afghanistan — For the second time in Garmsir district this year, Afghan and American high-school students interacted over a video teleconference here, Dec. 8.

The VTC, held at the Garmsir Agricultural High School, was hosted by the nonprofit organization Spirit of America in coordination with Marines from 3rd Battalion, 3rd Marine Regiment, currently serving in the Garmsir.

In April, the Los Angeles-based organization partnered with 2nd Battalion, 1st Marine Regiment to host a VTC for Afghan and American students at the Kadalo Drab School further south in Koshtay.

"The VTCs are an extension of our mission — connecting the American people to the coalition mission on the ground in Afghanistan," said Matt Valkovic, the manager of Spirit of America's commander support program. "They provide students on opposite sides of the world an unfiltered cultural exchange."

The organization responds to needs identified by deployed service members, and has helped provide humanitarian assistance in Afghanistan, Africa and Iraq, Volkovic said.

Since arriving in Helmand province in 2010, Spirit of America has helped supply blankets and winter coats for local children, and shovels and boots for farmers. It has also supported a school refurbishment in the neighboring Marjah district.

"The youth are the future of Afghanistan," Volkovic said. "Giving them a small window into the outside world shows them American kids are similar to them, despite some cultural differences. The common factor is that the kids on both sides are at school to better their lives and improve their future."

Seated in front of a laptop, the Afghan students spoke with counterparts from Lejeune High School on Marine Corps Base Camp Lejeune, N.C. Through a translator, they gave the American students a glimpse into their school lives, families, hobbies and culture.

As the translator described the American students' response, the group of approximately 40 Afghan students smiled and talked amongst themselves.

"There are a lot of differences between our

classes and schools, but I appreciate being able to learn new things from the American students," said 16-year-old student Mohammad Zakaria.

Zakaria proudly read the Afghan national anthem to familiarize the American students with Afghan culture, while another classmate shared an important part of his life by reciting verses from the Qu'ran.

The Afghan students shared excitement for their studies with their far-away counterparts, crediting the students' military parents for helping the Afghan government bring educational opportunities to Garmsir.

"Since the Marines have helped us build a school, we're able to learn about agriculture and progress in our studies," said 16-year-old student Mohammad Fared. "We want to become educated so we can help build our country. Today, everything is done with knowledge. There will be no fighting in the future if we are educated."

Though insurgent activity is now infrequent in Garmsir, the local government is working with coalition forces to repair years of damage to district schools and infrastructure.

The improvement in educational opportunities will strengthen their country's future, said Mohammad Nasir, the district education director.

"For many years, Afghanistan has been at war," Nasir said. "Everything we used to have was demolished, including our schools. Without them, many people remained uneducated for a long time. But we are fortunate the international community has come to help us. Today, we have schools, students and the opportunity to talk to you because of your help and support."

Maj. Gen. John Toolan, Jr., the commanding general of Regional Command (Southwest) and II Marine Expeditionary Force (Forward), thanked the Camp Lejeune High School students for helping further the Afghan-American relationship.

In his closing remarks, the district education director heartily echoed Toolan's thanks.

"I'm very happy about this opportunity for our students to talk together," Nasir said. "We have an environment to engage with one another today because of the Marines. Now, we're building a great relationship between Afghan and American students."

"In Afghanistan, we are a very hospitable people," he continued. "When we create relationships with other people, we keep these relationships forever."



Sergeant's Course honor graduate presented noncommissioned officer sword

Sgt. Alfred Joseph, honor graduate of Sergeant's Course class 1-12, is presented the class noncommissioned officer sword from guest speaker 1st Sgt. Coleman R. Kinzer, Headquarters Company first sergeant, 3rd Marine Regiment, during the graduation ceremony of Sergeant's Course class 1-12 at the base chapel here, Wednesday.

Lance Cpl. James Sauter | Hawaii Marine

Congratulations Sergeant's Course Class 1-12

Sgt. Manuel R. Arceo	HQBN	Sgt. Jonelle N. Lytton	CLB-3
Sgt. Durrell M. Bennett	HQBN	Sgt. Timothy C. McLaughlin	CLB-3
Sgt. Daniel K. Brown	3rd Marines	Sgt. Kent M. Palmer	3rd Marines
Sgt. Andrew J. Brown	MAG-24	Sgt. Phillip C. Peterkin	CLB-3
Sgt. Reynaldo Campos	HQBN	Sgt. Carlos S. Ramos	CLB-3
Sgt. Alexander R. Dalzell	2nd Bn. 3rd Marines	Sgt. Clifton D. Sams	Jot POW MIA
Sgt. William A. Dutton III	1st Bn., 12th Marines	Sgt. Kelly B. Sawielski	2nd Bn., 3rd Marines
Sgt. Kalani D. Garber	2nd Bn., 3rd Marines	Sgt. Charles A. Soto	1st Bn., 12th Marines
Sgt. Ian A. Garbi	1st Bn., 12th Marines	Sgt. Brandon L. Tartar	3rd Marines
Sgt. Luisandro Garza	CLB-3	Sgt. Daniel M. Vallejo	2nd Bn., 3rd Marines
Sgt. Ernesto A. Hipolito	HQBN	Sgt. Darryl E. Webb	HQBN
Sgt. Chisoni B. Husband	2nd Bn., 3rd Marines	Sgt. Christopher L. Wiszczak	MCAS
Sgt. Alfred J. Joseph	CLB-3	Sgt. Wing S. Ye	HQBN
Sgt. Timothy N. Lobb	HQBN		

AROUND THE CORPS

Marines prepare for 2012 Warrior Games

Aquita Brown

Marine Corps Wounded Warrior Regiment

PHOENIX — More than 20 wounded, ill and injured Marines gathered at the Virginia G. Piper Sports and Fitness here today to learn how to play wheelchair basketball. The camp was hosted by the Wounded Warrior Regiment's Warrior Athlete Reconditioning program and serves as a precursor to the 2012 Marine Corps Trials aboard Marine Corps Base Camp Pendleton, Calif., Feb. 13-22 and the Warrior Games in Colorado Springs, Colo., April 30 to May 6.

This is the last of a seven-sport camp schedule which hosted athletes with ability levels from novice to elite. The sports camps include swimming, cycling, shooting, archery, wheelchair basketball and seated volleyball. For the new participants in the wheelchair basketball camp, such as Lance Cpl. Artelaleksandrovich Lazukin, the challenges of a new sport were apparent.

"We struggled to learn how to shoot, pass and maneuver a chair while remaining seated," said Lazukin. "After that, it was a lot of fun.

[Wheelchair basketball] definitely evens out the playing field for us guys who have no legs. I think that many people will have an appreciation for the Marines and this sport after watching it for the first time."

Lazukin and his family came to the U.S. in 2009 from Evpatoria, Ukraine. In December 2009 Lazukin decided that he would enlist in the Marine Corps. "I joined the Marines because I wanted to earn my citizenship and serve as an American."

On June 22, 2011, Lazukin was injured while conducting a dismounted patrol in the Sangin district, Helmand province, Afghanistan. He stepped on a 15-pound IED that resulted in the loss of both of his legs above the knee.

Although Lazukin was injured only five months ago, he has quickly found many activities to participate in through the Wounded Warrior Regiment's, WAR program.

"This program takes my mind off my injury and the hospital. I can now focus on other things in my life," said Lazukin. "I have gotten to know other Marines and see the struggles that they have gone through. I have built a lot of friend-

ships by attending these camps and overall I have had a lot of fun."

Lazukin plans on attending this year's Marine Corps Trials and is a Warrior Games hopeful. He would like to participate in seated volleyball and air-rifle shooting. During the Marine Corps Trials wounded, ill and injured Marines, Marine veterans and international Marines and soldiers will compete in seven paralympic sports. These athletes will comprise four teams that will compete against each other, East, West, Veteran and International.

The mission of the Trials is to incorporate approximately 200 wounded, ill and injured athletes into a competitive sports setting and to provide a forum to select 50 athletes as members of the All-Marine team for the Warrior Games. The Warrior Games is an annual competition between all branches of service for wounded, ill and injured service members.

Lazukin wants to encourage other newly injured Marines, "to attend one of these events and see how you like it. You will make many bonds here that will help you through your own recovery."



Aquita Brown | Marine Corps Wounded Warrior Regiment

Lance Cpl. Artelaleksandrovich Lazukin looks to make a pass during a wheelchair basketball camp at the Virginia G. Piper Sports and Fitness Center here.

Operation Western Gambit clears insurgents in Now Zad

Cpl. Clayton VonDerAhe

Regimental Combat Team 8

Now Zad, Afghanistan — Marines and sailors wait in the cold, dark, desolate Afghan desert. The air is heavy with moisture, teasing the troops with a potential downpour. If the rain came, then the aircraft wouldn't. The rain never came.

An MV-22 Osprey swooped down into position next to the Marines and in an instant they were loaded inside. Each Marine was carrying enough water, food and gear to last them for several days away from any kind of support.

On Nov. 26, Operation Western Gambit began. Marines from 2nd Battalion, 4th Marine Regiment, loaded into helicopters and trucks from their bases in Now Zad and Musa Qal'eh Districts to enter into villages where coalition forces had never been to disrupt the insurgent forces controlling the area.

"There is a lot of enemy activity and a lot of things to expect. We expect direct and indirect fire; the threat is really real," said 1st Lt. Okechukwu Ihenacho, the platoon commander of 2nd Platoon, Weapons Company, 2/4, before the operation began. "The biggest threat, obviously, is the (improvised explosive device) threat. The Taliban knows that we are in Now Zad and have anticipated our movement. They have likely established IED belts in our direction of travel, in plans to mitigate our movements into those towns. They are not necessarily fighters, but do facilitate IED making and IED emplacement."

This threatening insurgent strong hold in the battalion's area of operation is mostly home to impartial Afghan citizens. Their lives are ruled by an impeding insurgent presence ultimately controlling their lives with threats of pain and death. Operation Western Gambit opened the door for the Government of the Islamic Republic of Afghanistan to help bring order and justice to the people of the villages.

"We will introduce the Afghan National Army to the outskirts so they can secure the security bubble around the area," Ihenacho, a Fontana, Calif. native, said. "We will introduce the Afghan National Police to the population centers so they can control them and influence the populace. The tribal elders, which are very linked to the central government, will be brought into the fold. We will introduce them to GIROA and hopefully that will lead into the development of those areas."

The operation began with night inserts from an MV-22 Osprey into the desert, several kilometers outside the villages. The Marines trudged through the uneven terrain aided by night vision goggles and navigated their way to the villages as the sun rose on the horizon. The plan for disrupting enemy forces was to not just merely make a presence, but to go through the villages and, with the aid of the ANA, clear houses,

riding any remaining traces of insurgent supplies.

"Clearing will take no more than four days from the start, but the continuous operations will be ongoing until certain conditions are met," Ihenacho said. "We want to build up the ANSF and GIROA forces in the area until it is safe to turn back to them. There is a clear delineation between the insurgents and the local populace. The insurgents don't really have a lot of sympathizers, they are pretty much fence sitters, they're gonna go with whoever the winning side is. Once we show that we're the winning side they're gonna come to our table. It is that simple."

The ANA soldiers huddled together in a calm silence, aside from U.S. forces, as the Osprey landed. For most of the soldiers, the operation was unlike anything they had yet experienced. They were mentally preparing to undertake the huge upcoming responsibilities. Most of the soldiers had never been in a helicopter before.

The movement began unhindered, moving through three adjacent villages in the first day of the operation. Marines could be heard joking that the operation was over after the first day, but they understood the reality the mission was far from complete.

The Marines with 2nd Platoon inserted by helicopter and cleared their way through two villages by mid-afternoon. They encountered no resistance from small arms fire or improvised explosive devices. The next stop was a third village where they met up with other platoons from Weapons Company for a meeting with village elders.



Cpl. Clayton VonDerAhe | Regimental Combat Team 8

Marines help each other climb atop a roof to establish a security position against insurgent forces in an insurgent influenced area of the Now Zad District, Nov. 27.

For more of this story, visit <http://www.marines.mil>.

Patrol Squadron 9 hosts World War II veterans

Lt. j.g. Jacob Clark

Patrol Squadron 9

The Golden Eagles of Patrol Squadron 9 recently had the privilege to host five World War II veterans aboard Marine Corps Base Hawaii.

The veterans were traveling with the College of the Ozarks' Patriotic Education Travel Program.

The Patriotic Education Travel Program pairs College of the Ozarks students with World War II veterans, taking them back to the very locations where many of them fought.

The program is designed to honor the veterans and to help educate the younger generation about the sacrifices of American service members.

Students are selected from a pool of applicants who submit essays defining their desire to learn from the

veterans.

The highly competitive process has produced student-veteran pairings who share not only experiences, but more importantly, a bond between two very different generations that is cherished by both.

The veterans observed a survival equipment demonstration and toured the P-3C Orion during their visit.

The veterans were very thankful for the opportunity to come back to Hawaii.

"I enjoy talking to the youngsters, and I will answer their questions truthfully," said Guy Piper, who served in the U.S. Navy for nearly 21 years.

While visiting Hawaii, the veterans observed the anniversary of the attack on Pearl Harbor on Dec. 7.

They will continue on to visit Japan prior to returning home later this month.



Petty Officer 2nd Class Scott A. Buchholz | Patrol Squadron 9

Navy Cmdr. Rich Prest, commanding officer of Patrol Squadron 9 greets World War II veterans traveling with the College of the Ozarks' Patriotic Education Travel Program as they tour VP-9 spaces and aircraft here.



REPETITIVE ... yet reliable

VEHICLE CHECKPOINTS PROTECT
AFGHANS AND MARINES



Photos by Cpl. Reece Lodder | Regimental Combat Team 5

Lance Cpl. Walter Gary, a 25-year-old mortarman with Weapons Company, 3rd Battalion, 3rd Marine Regiment, and native of St. Louis, searches Afghan men at a vehicle checkpoint, Dec. 1. During their seven-month deployment in Helmand province's Garmsir district, the VCPs are a regular part of the mortarman's duty rotation, which also includes security patrols and standing post. Though they spend hours stopping vehicles and searching passersby, their presence isn't a mere formality. The Marines are constantly on alert for anything out of the ordinary, especially information that can be used to locate and disrupt insurgent activity.



Lance Cpl. Andrew Penwitt, a 22-year-old mortarman with Weapons Company, 3rd Battalion, 3rd Marine Regiment, and native of Manhattan, Ill., examines the documents of an Afghan man at a vehicle checkpoint, Dec. 1.

Cpl. Reece Lodder
Regimental Combat Team 5

SAR BANADAR, Helmand province, Afghanistan — A short distance off a dusty Afghan road, two U.S. Marines brave the chill of an early winter morning as they await a flood of local traffic.

Lance Cpls. Jesus Oliver and Andrew Penwitt are unusually chipper for this early in the morning, and have an increased level of alertness from a four-hour shift at the guard post. A motorcycle exhaust mutters in the distance and interrupts their quiet chatter.

They're in business. Oliver perches atop a mound of dirt and waves a red flag, signaling for the driver to stop. Simultaneously, Penwitt walks onto the road to greet the Afghan man with his best attempt at Pashto. His vocabulary is limited, but Penwitt pairs simple phrases with hand signals to ask the man to dismount his motorcycle for a search.

After countless hours of observing and searching, these Marines have become masters at conducting vehicle checkpoints. Their efforts are

matched by the remainder of the 81mm mortar platoon from Weapons Company, 3rd Battalion, 3rd Marine Regiment.

During their seven-month deployment in Garmsir district, these VCPs are a regular part of the unit's duty rotation, which also includes security patrols and standing post. Though they spend hours stopping vehicles and searching passersby, their presence isn't a mere formality.

The Marines are constantly on alert for anything out of the ordinary, especially information that can be used to locate and disrupt insurgent activity.

"When we're searching, we don't necessarily have to find an IED," said Oliver, a 20-year-old Sacramento native. "It can be photos, intelligence or a high value individual."

These types of finds are the fruits of otherwise monotonous labor, a recurring cycle that tests each Marine assigned to VCP duty.

"Sometimes it's hard not to get lost in the repetition," Oliver said. "We see a lot of the same people. We don't always feel like searching them again, but we'd rather be safe than sorry."

This repetition is a battle for each Marine, but it's a welcome change to the grind of standing post, said Penwitt, a 22-year-old native of Manhattan, Ill.

"At a VCP, we're outside the wire and interacting with the local people,"

Penwitt said. "This helps get our face into the community and shows them we're trying to catch the bad guys."

Despite the Marines' best intentions, some local travelers feel the weight of frequent VCPs.

"Most people are friendly but some get a bit annoyed," Oliver said. "We're stopping them in the middle of their day when they're busy, so they're probably going to get kind of irritated. But they've had Marines here a long time ... They know we're working to make it safer here."

The mortarman's task of manning these checkpoints is often tedious. But when the cost is measured against the results these checkpoints yield, each repetitive moment is worth it, Oliver said.

"There's a big difference between taking the post seriously and gaffing it off," Oliver said. "It's finding something that could be sitting in the road three hours later and taking out some of our boys."

“ There’s a big difference between taking the post seriously and gaffing it off. It’s about finding something that could be sitting in the road three hours later and taking out some of our boys.”

— Lance Cpl. Jesus Oliver, mortarman



Lance Cpl. Phil Schiffman, a mortarman with Weapons Company, 3rd Battalion, 3rd Marine Regiment, searches Afghan men and their tractor at a vehicle checkpoint, Dec. 1. Schiffman, 22, is from Phoenix.



Lance Cpl. Phil Schiffman, a 22-year-old mortarman with Weapons Company, 3rd Battalion, 3rd Marine Regiment, and native of Phoenix, waves to two Afghan men on a motorcycle after searching them at a vehicle checkpoint, Dec. 1.

Greatest Generation



Paul Kennedy, 91, an Indianapolis native, walks to the Pacific War Memorial as part of the “Greatest Generation” tour here, Dec. 9.



Photos by Lance Cpl. Jacob D Barber | Hawaii Marine

John Tait, 91, a Concord, Calif. native, observes the Pacific War Memorial during the “Greatest Generation” tour here, Dec. 9. Tait, a Pearl Harbor survivor, said he reflected on many memories while he walked the same ground he once protected. The group was made up of Marines, sailors, coastguardsmen and soldiers who defended the attacks on Pearl Harbor.

World War II vets visit military installations in Hawaii

Lance Cpl. Jacob D. Barber

Combat Correspondent

Seventy years ago the Japanese attacked Oahu, starting one of the largest wars not only in American history, but world history. Service members who defended and protected the island during the attacks, visited Marine Corps Base Hawaii, Dec. 9.

The visit was an island-wide tour to military installations on Oahu where veterans reminisced on the grounds they protected seven decades ago.

The Greatest Generation’s visit to MCB Hawaii was the last stop on their tour. They were greeted at the Pacific War Memorial by MCB Hawaii Commanding Officer Col. Brian P. Annichiarico, who said meeting the veterans was an awe-inspiring moment.

“It’s an honor to have them here,” Annichiarico said. “I’m very glad that I was able to meet them and talk to them. It was a privilege just being around these guys.”

After visiting the Pacific War Memorial, they began a base tour. The group included Marines, sailors, coastguardsmen and soldiers who survived the attacks on Pearl Harbor. After completing the tour, the veterans ate at Anderson Hall Dining Facility in the company of active duty service members.

“I’ve been out here a time or two after getting out [of the military], but it’s affected me more this time around,” said Charlie Boswell, 90, a Clifton, Texas native. “A lot of things have changed since my time here, but I’m impressed with all the installations. They’ve definitely upgraded and renovated a few areas.”

Boswell, a Navy veteran, clearly remembers the attack on Pearl Harbor. From the torpedo blasts to the fires, Boswell was in the midst of it all. He was stationed on the USS Tennessee for the majority of his four-year career, which supported island-hopping assault campaigns in Guam, Saipan, and Tinian.

The group of men shared many conversations during the tour on base. Harold Mayo, 89, a Navy veteran from Groveland, Calif., shared his story after he arrived at the Pacific War Memorial.

“I was stationed here in the air wing,” Mayo said, pointing at the plane models around the front gate. “I remember working on the air strip the morning of the attacks. I heard planes and thought they were our pilots until I saw the bold, red dot on the sides of the planes. I knew right away something wasn’t right.”

Mayo, a former Navy aviation machinist who fought at Guadalcanal, said visiting brought back many memories, some he has always remembered

and some he seemed to forget.

Though all of the veterans reminisced in their own way, emotions were brought back collectively as they continued to converse during the tour.

John Tait, 91, a Concord, Calif. native, was aboard the USS St. Louis as the attacks began. When asked about his experience, Tait said his ship was rushed to get out of the bay during the attacks.

After successfully fighting through enemy fire and reaching open water, his ship met two Japanese submarines who fired torpedoes directly at the ship. However, the “Lucky Lou” was saved by coral reef directly in front of the ship. The ship received no major damages during the attacks on Dec. 7, 1941, giving her the nickname “Lucky Lou.”

As the veterans walked the grounds they were fighting on many years ago, their memories returned. The former Marines, sailors, soldiers, and coastguardsmen put the rivalry between service branches aside and told the active duty Marines present what it was like the morning of the attack.

“It wasn’t about your service or your rank,” said Paul Kennedy, 91, an Indianapolis native. “It was all of us defending our home, fighting for those who call Hawaii home as well and just simply trying to survive.”

“TIS THE SEASON!”



Cpl. Vanessa American Horse | Hawaii Marine

The Windward Choral Society performed their fourth annual holiday concert, titled “Tis the Season” at the Base Chapel, Dec. 9. Joining the choral members of the WCS was the First Presbyterian Handbell Choir. The concert was dedicated to the Marines and sailors of 3rd Battalion, 3rd Marine Regiment, currently deployed in Afghanistan, and their families.

‘JINGLE BELL JUKEBOX’ ROCKS MOKAPU ELEMENTARY



Cpl. Vanessa American Horse | Hawaii Marine

Mokapu Elementary School Chorus and Drama students performed a collection of holiday hits during their “Jingle Bell Jukebox” at the school cafeteria, Dec. 9. The children spread holiday cheer with song and dance for an audience of family members. “This is our family’s first Christmas together in Hawaii,” Taina Movete, parent and Marine spouse, said. “This is also the first time we’re watching our daughter perform together. It’s really special, and I’m glad to have my husband home from his deployment.”

JAPAN, from A-1

Dominic Chitoshi Noshita of the Nagasaki Catholic Center, was one of several religious officials visiting from Japan. His participation is especially meaningful as Nagasaki was the second city in Japan where atomic bombs were dropped during World War II. Noshita is also vice president of the Japan Religious Committee for World Federation.

“I attended the meeting of the very first group to pray for peace in the 1980s,” he said. “Since then, I’ve come back at least 19 times, so the memory of [World War II] days isn’t forgotten.”

Navy Cmdr. Robert Delis, command chaplain, MCB Hawaii, joined Noshita and another visiting Catholic priest to recite prayers

in Latin. Delis later travelled with the group to Byodo-In Temple, located in the Valley of the Temples Memorial Park. At the temple, the assembled had a celebration of peace.

For Tsunekiyo Tanaka, Association of Shinto Shrines president, having inter-faith prayers for peace is important to continue to do every year. He said many religious officials make it a point to visit annually, not only to remember those who served the military, but for all lives lost during World War II.

“In the war, many people died,” said Tanaka, with translation from Toku Fujiebayashi. “So we’re here to hope for peace for everyone. We have to continue to do this, to remember and pass it onto the next generation forever.”

No matter the language, many who prayed shared his sentiment.



Lance Cpl. James A. Sauter | Hawaii Marine

Sgt. Luke Focer, scout sniper, 2nd Battalion, 3rd Marine Regiment, is one of three guests honored to christen the new 1,000-yard range by firing two shots each during the range’s opening ceremony, Dec. 9.

SNIPER, from A-1

The previous 1,000-yard range, used for known distance sniper rifle qualification, was closed in 1979 and a committee was formed to close the Puuloa facility entirely. In 1998, use of the range increased and the facility was upgraded with the latest training technology.

“The Marine Corps is famous for its austerity in that we focus on our people. This range is a simple piece of dirt with a couple of targets on the far end and it probably doesn’t register as a great expenditure of the Department of Defense,” Nastase said. “But it does register highly with the people who need a piece of dirt like this to train and do what they need to do.”

Carlos Hathcock Jr., son of the famous sniper, retired Marine Gunnery Sgt. Carlos Hathcock, was in special attendance. Hathcock Sr. became one of the most respected snipers in U.S. military history for achieving 93 confirmed kills during the Vietnam War. Hathcock Jr., along with Ed

Sobieranski and Sgt. Luke Focer, scout sniper, 2nd Battalion, 3rd Marine Regiment, were the guests honored to christen the new range by firing two shots each at their targets.

“It was an honor to shoot during this ceremony and to see this capability return to Hawaii,” Hathcock said. “I felt like my dad was here in spirit, and if his voice could be heard, he would be emphasizing the basics of marksmanship.”

The ceremony concluded with the Marines’ Hymn, played by Alan Miyamura, a bagpiper with the Celtic Pipes and Drums of Hawaii.

Those in attendance who were interested could shoot sniper rifles used for the ceremony at the 300-yard line.

“I again appreciate everyone’s hard work, I thank you for the opportunity to say a few words about why this range is so important to the guys who really need it,” Nastase said. “I thank the community and some of our Marine legends for being here today [for their] help opening this range.”

Sports & Health



Photos by Lance Cpl. James A. Sauter | Hawaii Marine

Kevin Thomas, 10, practices dribbling around cones during basketball practice at the newly opened gym at the Youth Activities Center, Dec. 7.

New year, new court

2012 youth basketball season just around the corner

Lance Cpl. James A. Sauter
Combat Correspondent

The 2012 Youth Basketball Season is just a few weeks away and preparation has begun. Team practices started Dec. 7, and the Youth Basketball League is first sports program to use the new basketball gym at the Youth Activities Center here.

The new gym, recently completed this year, has been in planning and construction for more than 10 years. It is the largest youth basketball gym in the Marine Corps and is tailored to the different divisions within the league.

"The teams are practicing in the new gym, since flag football and volleyball are over," said Clark Abbey, youth activities sports specialist, Semper Fit Center. "Now, the basketball teams are conditioning themselves for the upcoming season in January."

The league is broken down into five divisions based on age and height of the basket.

In each division, teams from Marine Corps Base Hawaii will compete against teams from Joint Base Pearl Harbor-Hickam. There are 22 teams in the league.

Abbey said the teams would model their names and jerseys after National Basketball Association teams of their choice.

"It's a brand new season, so I'm trying to provide a good atmosphere for the kids," said Quentin Redmond, Ter-mites Kay Bay Hornets' head coach. "It's important for the kids to learn the fundamentals of the game early on."

Redmond demonstrates proper offensive and defensive stances to his players to help develop basic skills. He also set up cone obstacles to teach defensive coverage techniques and practice catching rebounds.

"I have the cones to look at their balance and correct posture," Redmond said. "The league looks at the teams out in town and see how they coach. The younger kids' basic skills are more developed, so we do the same for our kids."

After dribbling and coverage drills, the Ter-mite Hornets scrimmaged for the remainder of practice, implementing each skill they learned.

"This is my third year playing basketball and I like the things the coach is teaching us," said Kevin Thomas, 10, whose dad is with Patrol Squadron 4. "This year is going to be a lot of fun."

X THE FIVE DIVISIONS BY AGE AND BASKET HEIGHT

- Mini-mites — age 5-6, basket height 8-feet
- Mighty-mites — age 7-8, basket height 8-feet
- Ter-mites — age 9-10, basket height 10-feet
- Pee-Wee — age 11-12, basket height 10-feet
- Midgets — age 13-15, basket height 10-feet

✓ NUMBER OF TEAMS IN EACH DIVISION

- 6 Mini-mites
- 6 Mighty-mites
- 4 Ter-mites
- 4 Pee-Wees
- 4 Midgets



Joya Arnold, 10, whose dad is a Marine with 4th Force Reconnaissance Company, practices dribbling and evading a defender during a basketball practice at the newly opened gym at the Youth Activities Center here, Dec. 7. "It's a brand new season, so I'm trying to provide a good atmosphere for the kids," said Quentin Redmond, Ter-mites K-Bay Hornets' head coach. "It's important for the kids to learn the fundamentals of the game early on." Redmond demonstrates proper offensive and defensive stances to his players to help develop basic skills. He also set up cone obstacles to teach defensive coverage techniques and practice catching rebounds.

Semper Fit offers Muscle Conditioning class

Kristen Wong
Photojournalist

"Four! Three! Two! One! ... Go!" calls Honey Cushman to her latest batch of students in the aerobics room at the Semper Fit Center, Tuesday. The students of the Muscle Conditioning class switch from sit-ups to push-ups to dumbbell lifts — and they don't stop there.

Cushman is one of several group exercise instructors teaching the Muscle Conditioning class at the Semper Fit Center. The class, which offers a total body workout, is offered from 9 to 10 a.m. and 6:30 to 7:30 p.m. on Tuesday, and 6:30 to 7:30 p.m. on Thursday.

An average of 15 to 20 people attend the class, which is usually held in the gym. However, due to renovations on the bleachers, the class is currently being held in the aerobics room.

Before heading to class, Cushman recommends students eat, particularly carbohydrates, for much-needed energy.

At the start of the class, Cushman has her students warm up in the aerobics room with brisk movements such as jumping jacks. Following the warm-up is a series of various activities. On Tuesday, Cushman



Kristen Wong | Hawaii Marine

Students engage in exercises using the TRX suspension trainer during Muscle Conditioning class at the Semper Fit Center, Tuesday.

led the class through numerous exercises using a TRX suspension trainer, in addition to repetitions of body bar lifts, mountain climbers and more.

Cushman changes her routine to keep each class different from the last. She said doing the same sets of exercises repeatedly can result in the body becoming accustomed to the routine, making it less effective.

Cushman recommends that students stay hydrated throughout the class. When the class comes to a

close, Cushman leads the students through a series of stretches.

Danielle Littlefield, a Manana Housing resident, has been attending Muscle Conditioning since August. The class fits into her schedule, and she said she has seen great results. Not only does she have more energy, Littlefield said she has also lost 10 pounds. She said it is a challenge because each class is different.

Base resident Nicia Platt attended her second Muscle Conditioning class on Tuesday. Platt, who recently injured her foot, joined the class to continue physical training. She said it's a good combination of muscle and cardio workouts.

"This class keeps a person's heart rate up," Platt said. "Honey is an excellent motivator. She has high energy and a great attitude."

But even though the class can be quite "intense," as Cushman calls it, one may hear occasional cheers and laughter, and even see smiles.

"You've got to have a little bit of fun," Cushman said.

Muscle Conditioning is free to active duty service members. For more information about Muscle Conditioning and other aerobics classes offered at the Semper Fit Center, call 254-7597.

If it hurts, TAP OUT!

Sgt. Scott Whittington
Combat Correspondent

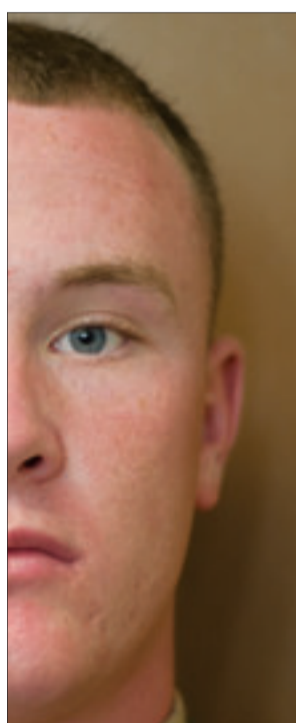


Should Nogueira have tapped out?

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



WHITTINGTON



BARBER

Man up!

No pain, Nogueira

Lance Cpl. Jacob D. Barber
Combat Correspondent

Frank Mir and Antonio Nogueira battled it out in the octagon and both fighters showed great will. Nogueira didn't win but did take the spotlight considering the "John Wayne" move he pulled toward the end of the fight.

I don't know what critics have said, but only the softest would criticize him on not tapping out when the opportunity arose. Chuck Norris wouldn't tap, so why should an ultimate fighter?

Nogueira has gained a massive amount of my respect because he didn't take the easy way out. I hate fans of this sport who watch for blood, a knockout or a painful submission.

But when a man doesn't tap, critics open their mouths and talk about how dangerous or unsafe the situations can be. That's soft like when the softy, Cuba Gooding Jr., starts crying for no reason in every film he is in.

I'm sure Nogueira was fully aware of the situation. Not tapping proved to the fans and viewers how fearless he is. He took that submission like a real man.

Remember the scene in the movie "Karate Kid," where Daniel LaRusso was hit in the leg several times, grimacing in pain?

People who watched this movie could see that his leg was clearly broken. But when he executed the crane kick, knocking his opponent to the ground, viewers went crazy. What if he tapped and just walked out of the

ring? That movie probably wouldn't be as popular as it is today.

Rocky Balboa is another example of fighting to the finish. That man received numerous painful punches although I guess he didn't believe in dodging or ducking. The more beat-up Rocky was, the more viewers wanted to watch. Rocky always won, but what if Apollo Creed would have gotten up first in "Rocky II?" I wouldn't have watched "Rocky III."

Nogueira showed his heart by taking the pain to finish the fight. At the end of the day he can at least say he didn't tap. Broken arms will heal but broken pride isn't something you can cast up.

Some don't fully understand what pride is, but I'm glad I was able to watch a fighter who knows the importance of being a man.



Nogueira showed his heart by taking the pain to finish the fight. At the end of the day he can at least say he didn't tap. Broken arms will heal but broken pride isn't something you can cast up."

This isn't the World Wrestling Federation where a fighter can miraculously come back from injury and jump off the top rope to win the match."

This could result in Nog's retirement from fighting. He's only 35 and maybe that's elderly in UFC years, but he is ... was still a great fighter. It's not worth it to "man up" or hold on. This isn't the World Wrestling Federation where a fighter can miraculously come back from injury and jump off the top rope to win the match. I don't think the Bushwhackers could have saved his arm by running into the ring with chairs. I'm not sure what he was thinking but it wasn't about his future. I don't think Big Nog is any tougher than before the fight. I just think he's a little slow.

He's got a career to

think about and it's easy for the judgmental, armchair fighters sitting at home to say he did the right thing by not tapping. The professional fighters have to worry about their next paycheck and they don't get paid if they don't fight. Sponsors don't want broken fighters either. Even if he heals, he's sitting out of fighting and training for a while.

I've only seen one exception to hanging on and not tapping. Georges St-Pierre had Dan Hardy in an arm bar and Kimura. Hardy refused to tap, but St-Pierre also refused to break his arm even though he could have. GSP still won but Hardy only kept his arm because GSP is a good guy. Fans aren't going to think less of a fighter if he taps, but they will not think of him at all if he never returns to the octagon.

Referees shouldn't have to be the ones to stop fights. If you watch the replay, Nogueira isn't tapping until after his arm breaks and Herb Dean is rushing in to stop the fight. Nogueira should have known by his pain receptors that the break was coming. I hope he fights again, but he'll never be 100 percent or be a title contender again. Big Nog might feel good about not tapping, but Mir feels great about it too. Dana White, the UFC president called it the Submission of the Year and gave Mir \$75,000 for it.

SPOTLIGHT ON SPORTS

Sports and Health

Semper Fit Center and Base Pool holiday hours

Patrons are welcome to workout on Christmas Day and Dec. 26 from 7 a.m. to 6 p.m. The Base Pool will be open Christmas Eve from noon to 5 p.m., before closing during Christmas Day and Dec. 26. For more information about upcoming holiday hours into 2012, go to <http://www.mccshawaii.com/holidayhours.shtml>.

Youth Winter Water Sports

Take the one-week "Introduction to Water Sports" class at the Base Marina. Children 8-18 can spend their holidays in the water. The class includes sailing, kayaking, stand-up paddle boarding and snorkeling. Sessions will occur from Dec. 19-23 or from Dec. 26-30. For more information, call 254-7666.

Spring Board Diving Class

Diving classes are available for children as old as 13. Sessions are held Wednesdays and Fridays in the afternoon. Learn how to dive off of the 1-meter and 3-meter spring boards at Marine Corps Base Hawaii's main pool. Class fees include four sessions. For more information about the class, call 754-4602.

Semper Fit Juniors Program

The Semper Fit Juniors Program, which started Thursday and will be held every second Thursday of each month, is a program open to 14- and 15-year-olds who, upon the completion of a Fitness Basics class, will be issued an individualized pass to use the center without an adult present.

There is a registration fee to cover materials and a replacement fee for lost badges.

The Fitness Basics class covers several topics including a review of facility policies, fitness center etiquette and attire, and cardiovascular and strength training equipment instruction.

Upon completion of the class the participants will receive a badge and will be granted independent access to the Fitness Center from 2 to 5:30 p.m., Monday through Friday, and during regular operational hours on the weekends and holidays.

For more information, call the center at 254-7597.

Happy, Healthy, Hapai: dispelling myths and discovering truths

A free 90-minute pregnancy and childbirth seminar will be tailored to your individual interests! Have some of your personal questions answered and learn the truth behind one of the

most miraculous experiences of human life: pregnancy and childbirth.

Couples with base access are eligible for this seminar, held Saturday from 9:30 to 11 a.m. at the conference room of the Waikulu Community Center.

Possible topics include key questions to ask your care provider, tips and tricks to help dilation and labor, breastfeeding and postpartum care.

This is a product of community outreach, sponsored and supported by Normal Birth Hawaii. Event facilitators are aspiring childbirth educators Jessica Fujimoto, a Dona International-trained Doula and Nicia Platt. For more details, email reclaimingmotherhood@gmail.com or call 561-1383.

High Intensity Tactical Training Center Hours

Work out with TRX trainers, kettlebell weights, tethered medicine balls and more at the High Intensity Tactical Training Center at Building 1034. Marine units or groups may use the center on weekdays from 6 a.m. to 9 p.m.

Personnel who wish to use the facility must request the key from the Satellite Fitness Center at Bldg. 1033 next door. A noncommissioned officer must be responsible for returning the key and cleanup of the center after use.

2012 INTRAMURAL SPORTS CALENDAR

Jan. 13 Men's/women's 1st bowling session starts (Bowling Ctr)

Jan. 20 Men's basketball starts at SFC

Jan. 25 Men's baseball starts at Riseley field

Feb. 10 Co-ed softball starts at Annex field

April 20 Men's softball starts at Annex field

May 21 Soccer league starts at Pop Warner field

May 19 Men's/women's volleyball starts at SFC

June 11 Men's/women's 2nd bowling session starts (Bowling Ctr)

June 20 swim meet

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

Aug. 1 Tackle football practice starts

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

Sept. 17 Intramural softball tournament (Annex Field)

Oct. 22 Intramural softball tournament (Annex Field)

Nov. 19 Intramural softball tournament (Annex Field)

A new avenue of healing

Wounded Warriors use EAGALA method for therapy

Lance Cpl. Jacob D. Barber

Combat Correspondent

HALEIWA — Marines with Wounded Warrior Battalion West — Detachment Hawaii visited the Happy Trails Horse Ranch, Wednesday, to begin a healing process — through horses.

Happy Trails Horse Ranch is certified in the Equine Assisted Growth and Learning Association method, involving equine-assisted psychotherapy and learning.

Program contributors feel that being around horses, brushing them, guiding them, and sometimes riding them is the cure to many mental health issues.

The program consists of a Marine teamed up with a horse. Once the team is established, they must learn to trust one another.

Gunnery Sgt. David A. Cleaves, a participant in the program, said he was a believer in the program after seeing one of the horses show complete adoration toward one of his Marines.

"I showed up the first time for my Marine," Cleaves said. "I wanted to lead by example and show support to whatever the Marine Corps suggested for him. I never heard of something like this before. When I saw a horse walk up to Cpl. Justin Tankersley and literally lay her head in his chest, hugging him, that was an experience I continue to talk about."

Though a traditional psychologist charges about \$300 for an hour of "talk therapy," Mark and Tammy Becker, the ranch owners, offer their help for free.

"These guys have all been through so much," Mark Becker said. "They fight for us and our freedom. I was a Vietnam-era guy and saw the way veterans were treated after arriving back to America. They were shunned, and now you see a lot of vets on the streets, homeless, and mentally messed up. Now, I have this ranch where I can offer my help to these wounded warriors and give them a [better opportunity]. My wife is a military brat so that is a big part of it too. We welcome all military."

Some say horses understand non-verbal messages and in a sense can communicate with their human counterparts. This, in turn, can help promote healthy communication styles. The participants must respond to the unpredictability of the horses and discover ways to make the horse calm in order to "control" it.

Sarah Teske, a program coordinator, is a firm believer in the program and the power behind horses.

"We call them the magic horses," Teske said. "I think oftentimes the horses themselves are offering therapy. We have psychologists and psychiatrists present who are here in case anything comes up that we can't answer or address. But really, out here the horses offer everything from building trust to building relationships and overcoming fear and obstacles. They have to build trust with the animal and in a way this treatment is just a metaphor for life. We want to offer peace and tranquility away from [the] base while also providing a psychotherapy approach. I think it's remarkable how horses heal, and I've witnessed it myself. It's very powerful."

The program started off with three people. Now, the program has now grown to 12 participants. There are three sessions a day of differing lengths. Participants are in either an hour-and-a-half sessions or a two-hour session.



Photos by Lance Cpl. Jacob D. Barber | Hawaii Marine

Sgt. Scott Smith, Wounded Warrior Battalion West — Detachment Hawaii, brushes a horse during his participation in the Equine Assisted Growth and Learning Association model Wednesday at Happy Trails Horse Ranch. The model utilizes the strengths and knowledge already implemented by the military.

By teaming the horse with licensed mental health professionals, the program is set on changing lives.

"I feel great about this program," said Lance Cpl. Russay Hernandez, patient, Wounded Warrior Battalion West — Detachment Hawaii and first time participant. "Just being around the animals is peaceful, and you forget what's going on out in the world. It feels good being out here. Try it out."

When asked if he felt horses helped him heal, Hernandez smiled and said, "Absolutely."

The program is offered to all service members struggling with post-traumatic stress disorder, other mental issues, or who just want to adopt a peaceful hobby. Some horses are wounded themselves.

The horse, which made a powerful impact in this program, was the one that showed complete adoration toward Tankersley. Theadora had a broken leg with a good chance of being put down.

When the two met, the moment was unforgettable. The affection the horse showed was remarkable, and both showed improvement in their well being.

This incident triggered much more attention and made some participants believers — horses can heal.



Lance Cpl. Kenton Kurz, Wounded Warrior, guides one of the horses while participating in the EAGALA Model, equine assisted psychotherapy and learning, program Wednesday at Happy Trails Horse Ranch.

Devil dogs on hogs gear up



Kristen Wong | Hawaii Marine

More than 30 service members from Combat Logistics Battalion 3 left the Marine Corps Exchange Annex parking lot for their quarterly CLB-3 Motorcycle Riders Club ride, Thursday morning. The route, which is approximately 90 miles, includes a ride up Kamehameha Highway to the North Shore and lunch at Cholo's Homestyle Mexican restaurant. The riders then come down Interstate H-2, hook into Interstate H-3, and return to Marine Corps Base Hawaii. "[This] motorcycle safety program makes sure we have operators who operate safely," said Lt. Col. Henry Lutz, commanding officer, CLB-3. "It gives me an opportunity to see if riders are trained properly and also if their motorcycle is properly registered and safe. It's also an opportunity for more experienced riders to teach the less experienced riders in the battalion."



Kristen Wong | Hawaii Marine

Sgt. Brad McKinstry, fiscal chief of the Communications and Information Systems Directorate, and his family work on a turkey craft during Turkey Tales, held at the Base Library on Nov. 19. The Base Library will be hosting a Crafty Christmas event on Dec. 17, from 10 to 11 a.m.

Library offers resources for service members

Lance Cpl. James A. Sauter

Combat Correspondent

Since the dawn of written language and record keeping, libraries have been the collective center for storing all forms of knowledge to be passed on to future generations. Nothing has changed since then and Marine Corps Community Services base libraries uphold that tradition by providing service members and their families with all kinds of tools and resources.

"We have books, eBooks, books available on CD and iPod format," said Murray Visser, supervisory librarian, MCCS. "There are so many different varieties of media here to cover everyone's style of learning."

Located at the base theater on the second floor, the library has two separate sections, one for adults and one children. Each section has a vast variety, including access to the latest best sellers and magazines. Visser arranged a special section dedicated to the Marine Corps, which includes the Marine Corps Professional Reading List, known to Marines as the Commandant's Reading List.

"There are only two Marine Corps libraries in Hawaii," Visser said. "I thought it was the right thing to do to have a special section dedicated to Marine Corps history."

Also, the library offers service members unlimited access to the Rosetta Stone language software in CD format for use in the library.

Visser said the Marine Corps cut the Rosetta Stone language software programs from MarineNet because of high costs in favor of a cheaper program.

"In addition to keeping Rosetta Stone on CD, the Marine Corps now has the transparent language software online," Visser said. "It's cheaper but it's one of the many databases paid for by the Marine Corps."

The library offers service members and their families, who are taking college courses, the chance to use College Level Examination Program exams study guides in print or online in addition to previously owned text books, guides to taking courses and other guides for seeking a career in a specific field such as CIA or law enforcement.

"There are so many guides and materials here,"

Visser said. "We have a lot of material for educational support."

For the keiki, the library offers children and their parents several programs, such as arts and crafts and reading sessions like a Crafty Christmas, which will be held Saturday, to help bring the families together to network with one another and make friends.

"On Thursdays, we have story time at 10 a.m. for the families to get together," said Merri Fernandez, library technician, MCCS. "We have events on Saturdays to celebrate the holidays and a broad variety of books for kids of all ages."

"Using the library is beneficial for [service members] and anyone who wants to better their education," Visser said. "Whether a [service member stays on active duty] or gets out for a civilian job, education will help them to be promoted or find that job."

Fernandez suggested that the best way for families to know what events are going on at the base library is to check out the library's Facebook page, "MCBH Libraries," or by clicking on the MCCS library link on the base website, <http://www.mcbh.usmc.mil>.

'TIS THE NORTH SHORE SEASON



North Shore local, John John Florence, became the youngest surfer ever to win the Mens 2011 Triple Crown of Surfing. Florence, a 19-year-old professional surfer, captivated judges throughout all three events by his style and expertise in riding challenging waves. This year's Triple Crown winner grew up riding these types of waves, sometimes more than 25 feet tall. The Triple Crown is an annual professional surfing competition consisting of three major events that draws people from all over the world.

Jay Parco | Hawaii Marine

Power off personal computers daily

At work, if you are wondering when you should turn off your workstation for energy savings, MARADMIN 438/09 and CO's Energy Conservation Policy Statement indicate that all personal computers, monitors, and peripherals have to be powered down at the end of the workday. During the workday, if you are not going to use your PC for more than 30 minutes, turn off the monitor as well. In addition, the Department of Energy suggests that you can turn off both the computer and monitor if you are

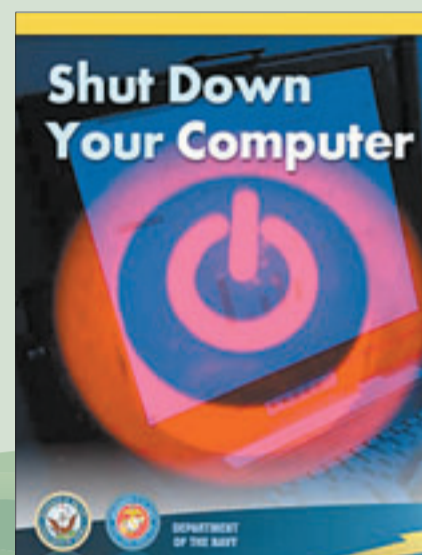
not going to use them for more than two hours.

Most PCs reach the end of their "useful" life due to advances in technology long before the effects of being switched on and off multiple times have a negative impact on their service life. Moreover, NMCI has now the capability to turn on your PC remotely to allow software updates and/or download security patches.

As long as you shut down your computer by going to the "Start/ Shut Down" selection in the lower left hand corner of your monitor

and make sure your PC is plugged into surge-protected power that won't be switched off when you leave, your computer can be energized remotely during the night.

At home, in addition to shutting equipment off when you don't need it, you can save energy by buying Energy Star equipment and ensuring that power management "sleep mode" settings are enabled. You might also consider using a laptop instead of desktop unit for an energy savings of 50 to 80 percent.



ENERGY CORNER

HOLIDAY SAFETY TIPS AND REMINDERS

To keep you and your loved ones safe during this holiday season:

- When preparing a holiday meal for friends and family be sure to wash hands, utensils, sink, and anything else that has come in contact with raw poultry. Keep in mind that a stuffed bird takes longer to cook.
- Never defrost food at room temperature. Thaw it in the refrigerator, in cold water or in the microwave.
- While doing holiday cooking, keep your knives sharp. Most knife injuries occur due to dull blades.
- When displaying a tree, cut off about two inches off the trunk and put the tree in a sturdy, water-holding stand. Keep the stand filled with water so the tree does not dry out quickly.
- Make sure the tree does not block foot traffic or doorways.
- When putting up holiday decorations, always use the proper step stool or

ladder to reach high places. Don't stand on chairs, desks or other furniture.

- When you climb, always face the ladder and grip the rungs to climb - not the side rails. Always keep three points of contact on the ladder whether two hands and one foot, or two feet and one hand.
- When climbing, keep your hips between the side rails and do not lean too far or overreach. Reposition the ladder closer to the work instead.
- Use a designated driver when celebrations include alcohol.
- Do not leave lit decorative candles unattended in your home.
- Fireworks are not authorized for use aboard MCB Hawaii.

**Hope you all have a safe and happy holiday season!!
See you in 2012!!!**

ASK AUNTIE K-BAY

Dear Auntie K-Bay,

Help! I want to potty train my twins, a girl and a boy. I have read so much conflicting information. They just turned two years old. Is it too early and is it important for their development or just convenient for me? Drowning in Diapers.

Dear Drowning in Diapers,

People have lots of different potty training stories, but the experts pretty much agree on the basics. Girls often train earlier than boys as their anatomy makes it easier for them to know when they have to go. Your son may not be ready until he is closer to three years old. Potty training is usually more of a priority for adults than children but with a little motivation kids are usually willing. Be honest with yourself about how important the potty training is to you because it requires lots of planning, organization, effort and consistency. And LOTS of patience. You need to set aside a period of two to three weeks where potty training will be a priority in the household. You also need a reward system so the child knows this is a big deal and is willing to get on board.

FOOD FOR THOUGHT

Eating the right food all year can help those trying to lose or maintain their weight. Dan Dufrene, Health Promotions Program coordinator, Semper Fit Center, suggests several food to try.

Almonds: These can be a good source of meatless protein.

Avocados:

The fruit can be heart healthy and do a good job of smashing cholesterol.

Macadamia nuts: This food offers heart healthy benefits and good fiber.

Natural peanut butter: It contains antioxidants vitamin E, bone building magnesium, muscle building potassium and immune boosting vitamin B6.

Olive oil: This oil is the best all around for cooking and salads. It helps lower "bad" LDL cholesterol without affecting good HDL cholesterol. The greener the oil the more antioxidants, so go for the extra virgin.

Pistachio nuts: These contain lutein and zeaxanthin, two carotenoids that help protect against age-related macular degeneration or loss of vision.

Semi-sweet or dark chocolates: This sweet treat has excellent potential to protect against heart disease, stroke, cancer and diabetes.

Sunflower seeds: As a treat, they are packed with vitamin B1, which plays an important role in protecting against inflammation. They are an excellent source of vitamin E. Sunflower seeds are also great for curbing hunger.

Walnuts: These contain omega-3 fatty acids, which help protect your heart and preserve brain health.



Courtesy photo

The Health Promotions Program offers advice on nutrition and other health topics all year round. The program's office suggests choosing to eat healthy foods in normal-portioned all year round and not waiting until New Year's Day to begin a healthy lifestyle.

Have a healthy holiday

Christine Cabalo

Photojournalist

A single glass of holiday eggnog averages 400 calories or 20 percent of an average person's daily-calorie need, according to a Fall 2009 newsletter from the agency of Federal Occupational Health.

Enjoying the holidays doesn't have to come at the cost of good health. Resources like the Health Promotions Program can aid in being festive and fit. The program's office provides health information and other assistance to units as well as individual clients all year.

"Don't assume holiday weight gain is inevitable," said Neil Morgan, Health Promotions Program educator, Semper Fit Center. "Expecting to gain weight during the holidays pretty much guarantees you will, because you won't bother to watch what you eat."

Planning meals ahead of time can also help to avoid holiday overindulging, said Dan Dufrene, Health Promotions Program coordinator, Semper Fit Center.

"As the holiday season occurs, eating right and enjoying the festivities should be done in tandem," Dufrene said. "Select healthy foods with low calories, like raw vegetables and fruit."

When eating festive meals, Dufrene and Morgan advise using healthy strategies to ensure sticking to normal portions. Morgan suggests people should eat well through out the day and not "save room for later."

Eating regular-sized meals maintains normal metabolism, he said, and eating on time discourages overeating. Dufrene said slowly chewing food as well as using smaller plates can stimulate feeling full after a meal. Both agree anyone worried about weight gain should focus on eating good food, rather than drinking high-calorie beverages.

Healthy eating during social functions for the holidays can be challenging but not impossible, said Army Capt. Joy Metevier, Nutrition Clinic chief dietician, Tripler Army Medical Center. Metevier, who offers weekly lunchtime classes at Kaneohe Bay about nutrition, said committing to healthy living is possible with simple steps.

"If you're going to a potluck, bring something healthy you can take large portions from to eat," she said. "You can take a little of everything at the meal, but plan on not going back for seconds. You can also choose a single desert for maintaining weight."

While preparing food or dining with family members, Metevier said

people should communicate their nutrition needs and work together with their families to find healthy options for everyone. Rather than worrying about overeating on one day or one meal, Metevier suggests people should look at their overall health over the long term.

"You can't do much damage in one meal, but days of overeating can turn into weeks," she said. "Think of a plan for leftovers, so you're not tempted to eat all of it yourself."

To offset any changes in eating, she and the Health Promotions Program office recommend regular exercise or increasing physical activities. The program's office is currently taking sign-ups for the "Crews Into Shape" challenge in March 2012, which promotes healthy eating and celebrates National Nutrition Month. However, Morgan said people can start making healthy changes right away.

"Don't wait for New Year's Day," Morgan said. "Keep a healthy-eating approach all year round and always get plenty of exercise. Planning to start after New Year's Day is like giving yourself permission to eat as much as you can between now and Jan. 1. Eat right now, and set goals for improvement in the near future."

For more information or other resources, call at 254-7636.

FISHING FOR FUN



Christine Cabalo | Hawaii Marine

Staff Sgt. Rufino Xavier, supply administration and operations clerk, 1st Battalion, 12th Marine Regiment, (right) helps Gunnery Sgt. Edwardo Santillan, maintenance management specialist, 1/12, out of a boat at the Base Marina. The two were among several people fishing in Kaneohe Bay using equipment available at the marina for rent. The marina will be open on Christmas Eve and New Year's Day, but closed on Christmas Day.



Christine Cabalo | Hawaii Marine

AN UNDERWATER ADVENTURE

Cpl. Jordan Rhodig, electronics maintenance technician, 3rd Radio Battalion, shows his youth robotics team how to pilot their underwater robot in the Base Pool at Marine Corps Base Hawaii Dec. 7. His team, the "Barracudas" was one of several participating in SeaPerch, a national program that teaches children science through robotics. Volunteers from 3rd Radio Bn. and several other military units helped the children assemble the robots from scratch during several sessions at the Youth Activities Center.

Children, Youth and Teen Programs to offer Part Day Program

Kristen Wong
Photojournalist

Children, Youth and Teen Programs will soon be hosting a Part Day Program at the Youth Activities Center, Bldg. 6753, starting Jan. 17.

The Part Day Program is open to eligible military children ages 3 to 5. Registration is currently open for the program, which runs from 8:15 a.m. to 12:15 p.m. Only 48 children will be accepted.

"We think it'll be a positive experience for the kids," said Jeff Anderson, director, Youth Activities. "It's their first step away from home into a structured educational environment and experience. We have a great facility, we have a great staff and we're looking forward to offering this new program."

Anderson said the program was created to fill a child care need for the

base community. Parents will have a choice between two classes. One session will meet on Monday, Wednesday and Friday, while the other will meet on Tuesday and Thursday. There will be two classes of 12 children for each session. The program will not be held on days when there is no school, due to the conflict with the School Age Care program.

According to Kathy Kim, the supervisor of curriculum and training for CYTP, there will be approximately three to six caregivers devoted to the program each day. All caregivers are skilled in CPR, first aid and have experience working with children.

Children will have opportunities to engage in various activities, from math to music. Kim said the activities will help encourage growth in skills such as socialization, confidence and communication.

"They will learn through their play," Kim said.

During each morning, children will also be given a Department of Agriculture-approved snack.

One of the staff members who will be part of the Part Day Program is Christina Fitzgerald, the program lead for the School Age Care program. Fitzgerald, of Malverne, N.Y., is involved in day camps, the Teen Center and has experience working with young children.

"I'm excited for our program," Fitzgerald said. "Our building's really nice and it can offer a good program to the kids. They're going to have a lot of fun."

The fee for the program will depend on total family income. For more information, call the Resource and Referral Office at 257-7240 or visit <http://www.mccshawaii.com>.



Courtesy photo

The Part Day Program will be available on base for children ages 3 to 5.

Hawaii Marine Lifestyles

Santa, SNOW & Sunshine

Story and photos by
Cpl. Vanessa American Horse
Combat Correspondent

With the return of 1st Battalion, 3rd Marine Regiment and 1st Battalion, 12th Marine Regiment, many families stationed in Hawaii had plenty to celebrate this year at the 3rd Marine Regiment Holiday Party.

All Marines, sailors and their families from the 3rd Marines and 1/12 were invited to Hangar 105 to take part in the festivities, free food and fun, Dec. 8.

"I wish we had all of the units home for the holidays, but [3rd Battalion, 3rd Marine Regiment] just left," Ed Hanlon, family readiness officer, 3rd Marine Regiment, said. "Hawaii is a unique duty station, in that it's separated geographically. We wanted to bring the families together for this party, our largest event of the year."

The highlight of the party was the delivery of snow. Two large trucks dumped a heaping pile of holiday cheer near the outside of the hangar. As event volunteers gave permission for partygoers to play in the snow, a flurry of snow balls began to fly.

"I love playing in the snow because I get to throw a snowball at my dad," Riley L. Johnson, 6, said. "I'm excited to have a snowball fight because it never snows in Hawaii."

Shortly after the snow arrived, Santa Claus appeared waving from the turret of a Mine Resistant Ambush Protected vehicle. Children flocked around him as he gave hugs to his fans.

Amphibious Assault Vehicle rides, crafts, bounce houses and several other activities were available for children and adults. Each year the event gets bigger, according to Hanlon.

"We've had a busy few years," said Hanlon. "Regiment puts this event together to thank the more than 4,500 Marines, sailors and family members we have."

Sara Chae, 5 months, has her first visit with Santa Claus at the 2011 3rd Marine Regiment Holiday Party at Hangar 105, Dec. 8.



Santa greets his fans at the 3rd Marine Regiment Holiday Party at Hangar 105, Dec. 8.



Lance Cpl. Adam M. Meyer, mortarman, 3rd Marine Regiment, supervises children on the bounce house at the 3rd Marine Holiday Party at Hangar 105, Dec. 8.



Alexis B. Nelson, 5, pegs her dad with a snowball at the 2011 3rd Marine Regiment Holiday Party at Hangar 105, Dec. 8.

PASS REVIEW

Your weekly guide to the best aspects of entertainment

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

1/4 — No Impact, No Idea

Horrendous. Among the worst of the worst in its genre. Dedicating time to this is not only wasteful, but unforgivable. Avoid at all costs.



2/4 — High And To The Right

Mediocrity at its best. Lacks a few things that might have made it really good. A decent time waster, partake only if you have nothing better to do.



3/4 — On Target

Praiseworthy. A great endeavor, not quite an instant classic but still very entertaining. This is a sound investment of your time.



4/4 — Confirmed Kill

Genius. In the top 10 percent of its genre. This is the stuff legends are made of. Missing out on it would be a disservice to yourself.



So, there you have it and we hope you enjoy our weekly reviews. Don't forget, The Hawaii Marine accepts submissions from its readers so if you consider yourself a film buff, music aficionado, gaming geek or bookworm feel free to submit your own better reviews.

Better Know A Critic



COLE

Garrett Cole believes that filmmaking is less about big-budget blockbusters and special effects and more about effectively telling a story through pictures and good screenwriting. A great movie is one that is both thought provoking and as well as visually stimulating for the audience to appreciate it.



CALLAHAN

Lance Cpl. Matthew A. Callahan knows that a good video game is about a lot more than good graphics and stellar physics engines. A phenomenal game encompasses an excellent plot, tight game play, and outstanding sound all used in support of rendering an immersive atmosphere that creates a lasting impression on him.

'J. Edgar' is not Hoover's legacy

Garrett Cole

Contributing Writer

Clint Eastwood's long-awaited film, "J. Edgar," fails to live up to reputation and should have remained in the "confidential" files of the FBI.

Conspiracy films have always been an endless source of entertainment. Films like "The Untouchables" and the "Mission Impossible" series have been both engaging and motivating especially when rooting for the "good guy." However, Clint Eastwood's new thriller is less about the Bureau and more about the awkward and almost disturbing personal life of former FBI Director, J. Edgar Hoover (Leonardo DiCaprio).

"J. Edgar" semi-chronicles the political ascension and ethical degradation of Hoover from a small-time idealist working for the Department of Justice into one of the most powerful men in the U.S.

Throughout his career he obsessed about snuffing out radical groups and communists for the sake of the country's sanctity. While a very successful director, he falls short in balancing his

personal and professional life.

Within the first 10 minutes, the audience's attention is caught by an explosion of Hoover's boss's house, but that was the highpoint of the movie. As the film went on you could predict the gradual degradation of Hoover's morals and sanity as well as the movie's unforeseen plot. It was difficult to understand who the actual villain was. Hoover's character was frustrating and hypocritical on all levels. He claimed to be in the fight against radicals and communists, but would blacklist anyone he had a conflict with.



At the same time, Hoover himself was a radical when it came to convicting criminals. He started out as a hopeful hero, but was portrayed as a very dangerous villain.

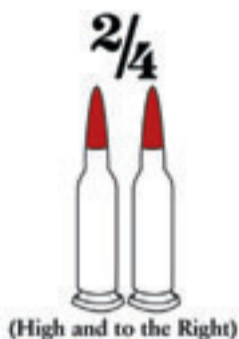
The unorthodox timeline also made it difficult to follow the progression of the story. This film was truly a twisted love story with strong

political overtones woven into the fabric, which detracted from the actual plot.

Clint Eastwood's fans have always admired his work as a director and as an actor. However, this movie tainted his credibility in my eyes and ranked him in with other directors, such as Oliver Stone, who sensationalize and embellish historical films by transforming them into works of fiction.

One redeeming factor was Leonardo DiCaprio's performance. DiCaprio's immersion into the character was uncanny and at times made him almost unrecognizable. He completely went the extra mile in maintaining the integrity and energy of the real-life controversial figure.

"J. Edgar" is a good attempt at shining light into a seemingly dark and mysterious character, but not enough to motivate the audience into joining the FBI. It's definitely not a film for the family and certainly not one I would take my parents to. Sitting through "Immortals" again would have been a better waste of money than this film.



'Halo: Combat Evolved Anniversary' piles on the nostalgia

Lance Cpl. Matthew A. Callahan

Contributing Writer

It has been an entire decade since the Spartan Master Chief John 117 first blazed his way onto Xbox consoles blasting away the antagonistic Covenant in "Halo: Combat Evolved," setting the bar for what every console first person shooter aspired to be — amazing.

"The Xbox game that premiered 10 years ago had everything; tight and intuitive controls, frenzied gameplay, compelling science fiction, and characters that have burned their legacy into every facet of popular culture today.

When game developer Bungie, creators of the Halo franchise, left their beloved masterpiece behind to pursue new projects after the completion of "Halo: Reach," 343 Studios picked up the tab of the longstanding Halo phenomenon. The 343 developers have since worked diligently to produce a revamped version for the Xbox 360, "Halo: Combat Evolved Anniversary."

This isn't just a rehash of old tricks with a prettier display; 343 developers were out to let the gamer relish in nostalgia with "Combat Evolved" rebuilt from the ground up.

The most noticeable change, aside from the graphics overhaul, is 343 used the original game's physics

engine and molded it to work with the engine used in "Halo: Reach." This allows the game mechanics to match the current console generation, but still play and feel like the original game.

Adding online multiplayer to the old-school "Halo" was something the original game lacked and served as an awesome treat. Without the armor power-ups and new weapons from "Reach," and a redo of the original maps from "Combat Evolved," the same crazy fire fights many gamers experienced with their friends on split screens is now playable with more people.

The most notable return from "Combat Evolved" is the dreaded and ridiculously overpowered pistol. I relished in the hope that one day, I could slay my opponents online with this weapon, in all of its simply elegant glory. "Anniversary" made my dream a reality. Some gamers scoff at being able to drop a Spartan with a mere three



shots to the dome, but I exploit that tactic constantly. I had more fun playing "Anniversary" online than any of the previous "Halo" matchmaking entries.

There are improvements, however, like new character designs, facial animations and other graphical tweaks which make the game refreshing. However, campaign play in "Anniversary" stays faithful to the original game.

If you're unsatisfied with the revamp the game received and wish instead to play the campaign in its original Xbox platform, you merely have to hit the select button and "Anniversary" renders itself back to the original look gamers fell in love with a decade ago.

At \$40, "Anniversary" is well worth every penny and proves a massive tribute to fans and the game franchise that established the Xbox console as a long-term contender in the gaming market.



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



- "Puss in Boots" PG Today | 7:15 p.m.
- "In Time" PG13 Today | 9:45 p.m.
- "Johnny English Reborn" PG Saturday | 7:15 p.m.
- "The Three Musketeers" PG13 Saturday | 9:45 p.m.
- "Puss in Boots" PG Sunday | 2 p.m.
- "In Time" PG13 Sunday | 6:30 p.m.
- "The Three Musketeers" PG13 Wednesday | 6:30 p.m.

Families find holiday spirit at Santa's Village

Lance Cpl. James A. Sauter

Combat Correspondent

"Twas two weeks before Christmas and all through the school, children met Santa and thought it was cool.

Families from the base community cheered and laughed in celebration of the coming holidays and the arrival of Santa Claus during Santa's Village hosted at Mokapu Elementary School, Saturday.

Parents and children mingled while they participated in a variety of events, entertainment and took an opportunity to pose with ol' Saint Nick himself for a photo.

"I've done [Santa's Village] for the past five years and it's been a lot of fun," said Merrie Han, office automation clerk, Base Library. "I get to be around the families and see them have a good time. Every year, we have something different and something fun to offer."

Several teenage volunteers from the base came to help coordinate booths and stations at the village. Booths included games, carnival rides, a climbing tower, arts and crafts and entertainment from Bungie the Clown, who juggled and performed several tricks with a hula-hoop.

"I thought the juggling with three bean bags was fun," said Eden Batt, 9, whose father is a Marine stationed here. "Santa's Village is really cool."

But the main attraction children anxiously waited to see was the magical Santa Claus himself. A long line formed outside his house, as parents waited to take pictures and children looked forward to a turn to tell Santa what they wanted for Christmas.

"I really liked meeting Santa and taking a picture with him," said Ireland Sharpless, 9, whose father is a Marine with 3rd Battalion, 3rd Marine Regiment. "I hope he brings me a lot of presents this year."

At the end of the event, children and their parents went home with goodie bags, artificial tattoos, donuts and pictures to remember their time at Santa's Village.

"Santa's Village is just a great time and good fun for all of the community," Han said. "I think it's very nice to provide something to bring the families together."



Photos by Lance Cpl. James A. Sauter | Hawaii Marine

Families from the base community join the festivities during Santa's Village at Mokapu Elementary School, Saturday. Several teenage volunteers from base came out to help coordinate booths and stations at the village. Booths included games, carnival rides, a climbing tower, arts and crafts and entertainment from Bungie the Clown, who juggled and performed several tricks with a hula-hoop.



A child tells Santa Claus what he wants for Christmas while his mother takes a photo during Santa's Village at Mokapu Elementary School, Saturday. Booths included games, carnival rides, a climbing tower, arts and crafts and entertainment from Bungie the Clown, who juggled and performed several tricks with a hula-hoop.

Commentary:

The Journey Home

Cpl. Colby Brown

Combat Correspondent

Little more than three weeks ago, I was in Afghanistan. I was there with 1st Battalion, 3rd Marine Regiment for my first combat deployment. When it came time to return to the United States of America, a mix of emotions ran through my mind. The one thing I wanted most was to go on leave, which for me is a realm of living where responsibility is more foreign than the country I had called home for the past seven months.

Looking back, the few days of transit while returning home were a blur. But when we live those memories, each minute seems to drag for hours.

Before staging at the passenger terminal at Camp Dwyer, the few static days in between leaving my battalion's area of operations and leaving Afghanistan were filled with enjoying the amenities of a large base. I frequented the fully catered chow halls and general store like a fat kid in a candy store. When I wasn't getting fat, I was practically glued to my computer, where I could access the base wide Wi-Fi network. Gluttony isn't the word I would choose to describe my intake of these few amenities but I did gain 10 pounds.

My flight home was scheduled for a mid-morning departure. We were required to stage at midnight the night before and waiting for the flight consisted of many anxious and sleepless hours.

As we boarded the transport plane, I felt light as a feather. This must have been evident to the Marines I was traveling with, who were returning from their third or fourth deployment, because nearly every one was looking at me as if to say 'I remember my first beer.'

I fell asleep on the plane ride. I awoke in a different country. At the Transit Center at Manas, Kyrgyzstan, which is the main transit inlet and outlet to Afghanistan, I returned to my gluttonous habits of food and Internet; things I hadn't independently partook in for seven months. The amenities at Manas are even better than Dwyer; it's like the Aspen equivalent of Army and Air Force Exchange Services.

After a couple days of the Aspen-esque Manas, we palletized our gear and staged for the flight to K-Bay. We left the morning of thanksgiving and arrived the morning of Thanksgiving due to the international dateline. To make the trip into even more of a time warp, I was asleep for nearly the whole ride. The experience of falling asleep on one side of the world and waking up on the exact opposite side of



Cpl. Colby Brown | Hawaii Marine

Marines from 1st Battalion, 3rd Marine Regiment and 1st Battalion, 12th Marine Regiment return from a seven-month deployment at Hangar 105 here, Nov. 24. Both battalions deployed to Helmand province, Afghanistan in support of counterinsurgency operations.

the earth at virtually the same time I fell asleep is a little paradoxical. But as the plane taxied up to the hundreds of family and friends screaming at Hangar 105, I don't think any of us were worried about time travel.

Every head of the Marines and sailors in the plane was turned to the windows, either searching for family are just viewing the spectacle of raving mothers screaming at the top of their lungs and children joining in the fanatic chorus in a smiling confusion of what was going on.

The plane stopped, the doors opened and we wait one last time as some flight technician did a quick, post-flight check on the bird. As I stepped out of the plane, I was met by a screaming crowd and a docile Hawaiian overcast; the contrast of the two just expounded the elation I had of finally being back.

I walked down the stairs, snapped some photos and found some friends. They had come just to see me home, which isn't like any other experience I have had. Although the conversation, after hugs and jokes, was quiet and awkward, I was glad they had come.

That was it, I was back from being in the fish bowl. The following couple of hours included getting my

bags, turning in my rifle and changing into civilian clothes. By that time, I had completely forgotten that it was Thanksgiving. My friends reminded me and we went to Thanksgiving dinner at some other friends' house. Before I ate I called my parents; my mom spoke indecipherably through tears and my dad was barely able to control the volume of his voice.

I ate, had some brewskies and relaxed. The amazement of thinking about where I had come from to where I was at that exact moment, as friends and the warm aroma of thanksgiving dinner surrounded me, was priceless. It's something in my life that will never be duplicated.

After three weeks of being back and returning to work, I have transitioned back to the nine to five grind of normalcy. But I still have moments, checking out at a cashier, walking around at the mall or driving on the highway, where I think back to what I did and realize that there are still Marines and sailors in the fish bowl, endlessly working to accomplish whatever mission they have. Although their experience of returning home won't be the same as mine, I know that it is something to motivate you to wake up every day during deployment.

BASE AND COMMUNITY EVENTS, VOLUNTEER OPPORTUNITIES

Kaneohe Bay Parade of Lights

Saturday

Kaneohe Yacht Club and Makani Kai Yacht Club are combining their annual holiday Parade of Lights around Kaneohe Bay on Saturday. They will meet in the center of the bay near the coral patch prior to 6 p.m. and steam in a giant circle until dark. Join the line at any convenient opening if you wish to participate. The lead boat from Makani Kai will provide instructions on VHF Channel 68. The parade will first enter Makani Kai and then venture on to Kaneohe Yacht Club harbor, pass by the bulkhead, then up to the base. A pupu pot luck on KYC's G Pier will follow the parade. Base patrons may view the boat parade from the marina pier.

Call or email Don Brown from KYC at Kolonahae@hawaii.rr.com or 722-5771, or Richard Denton MKYC at richard.denton@simplecruising.com or 266-0605.

Slow Art Friday Festival

Friday

The Slow Art Friday Festival is scheduled from 6 to 10 p.m. The event is sponsored by the Arts District Merchants Association. Traffic will be diverted starting at 6 p.m. for the event. The event will close Pauahi Avenue, all traffic lanes/sidewalk areas, from Bethel Street to Nuuanu Avenue. For details, visit <http://www.artsdistricthonolulu.com>, or call Kimi Morton Chun at 561-1864.

Ewa Beach Lions Club Christmas Parade

Saturday

The Ewa Beach Lions Club Christmas Parade runs from 10 a.m. to noon. The parade is sponsored by the Ewa Beach Lions Club. It will start and end at Ilima Intermediate School parking lot. Call Sam Fisk at 685-3693 or email samfisk63@gmail.com.

Homeward Bound 5K Run/Walk

Sunday

The Homeward Bound 5K Run/Walk runs from 5:30 to 9:30 a.m. The event is sponsored by the Institute for Human Services. It will start and finish at Manoa Rec Center. For details call Gaylen Shintaku at 447-2830 or email gaylens@ihs-hawaii.org.

Crafty Christmas with the Base Library

Saturday

Join the Base Library for an annual Crafty Christmas event, Saturday at 10 a.m. Children will make crafts and hear Christmas-inspired stories. Children and library patrons are invited to bring in a homemade ornament during the entire month leading up to Christmas to add to the library tree. For details, call the Base Library at 254-7624.

Making it through the holiday

Wednesday

Ideas to survive the holiday season when you're on your own or not in the mood! Marine Corps Family Team Building is featuring a workshop from 9 a.m. to noon at Bldg. 244. The class is open to spouses, active duty service members, and others as space permits. Childcare expense reimbursable. For more information, call Jocelyn Pratt at 257-2653.

Congressional Gold Medal Parade

Saturday

The Congressional Gold Medal Parade is scheduled from 10 to 11 a.m. The parade will honor WWII 442 RCT/100th Battalion veterans.

The parade will run from Fort DeRussy to Kalakaua Avenue and end at Kapiolani Park. Call Alan Hayashi at 441-2593 or email alan.hayashi@baesystems.com for details.

MOKAPU BRIEFS

Winter Break

Students will be out of school from today through Jan. 3. School will resume Jan. 4. The school office will be closed on Dec. 26 and Jan. 2. Happy Holidays!

Spring Carnival Planning

The PTA is beginning to plan for our annual Spring Carnival, which will be held on March 31. We are also looking for vendors to be set up during the carnival. If you are interested in helping us plan or being a vendor, please contact the PTA at PTAMokapu@gmail.com, subject: Spring Carnival.



Courtesy photo | Marine Corps Air Station Kaneohe Bay

ALL THEY WANT FOR CHRISTMAS

For his 8th birthday Troy Bieren, son of a Marine from Marine Corps Air Station, Kaneohe Bay donated all of his presents to the Toys for Tots campaign. Marines and sailors were on hand at Bieren's birthday celebration at the Base Pool to collect the donated toys. Donations for the Toys for Tots campaign will continue to be accepted across the island at various drop-off locations. For more information about donating visit <http://kaneohe-bay-hi.toysfortots.org>.

Hammers for Heroes gets hand from Marines and sailors

Kristen Wong

Photojournalist

HONOLULU — Marines and sailors from Headquarters Battalion and Patrol Squadron 9 caulked, painted and dug for “Hammers for Heroes,” volunteering with Honolulu Habitat for Humanity to help build a home here, Dec. 5.

“Hammers for Heroes” consisted of 21 houses around Oahu being constructed or renovated for families in need by Habitat for Humanity from Dec. 1 - 7.

More than 150 volunteers, including active duty service members from various branches, worked on a house on Auwaiolimu Street from Dec. 2 to 6.

“It’s just been totally amazing to have so many committed and willing volunteers representing so many different units of the military community to help [the owner] and his family,” said Ashley Gauer, volunteer coordinator of Honolulu Habitat for Humanity. “They come onsite with an open and willing heart ... it really exudes the true meaning of aloha, and that’s what we’re about.”

Gauer said during the event, volunteers made friends, and asked to continue working on the house for additional days and come to the house’s dedication in March 2012.

Wallace Bailey, the owner of the house in progress on Auwaiolimu Street, is a former soldier and Vietnam veteran. Bailey, originally of Wildwood, Fla., plans to move in with his wife, son, daughter and grandchild in February 2012. He said working with the service members brings back memories from when he was in the service. He noted that there continues to be camaraderie in the military.

Come February, Bailey looks forward to one simple pleasure — “sitting on my brand new porch, kicking back.” He said he was thankful to Habitat for Humanity and the volunteers for “a job well done.”

Among the volunteers is Lance Cpl. Kali Lamarine, separations clerk, Headquarters Battalion. She previously volunteered with Habitat for Humanity in 2009. The 21-year-old spent Dec. 5 painting the interior of the house.

“I love being able to get involved,” Lamarine said. “It was a good experience.”

Lamarine, of Manchester, N.H., also plans to wrap gifts at Windward Mall in support of Habitat for Humanity.

Also from Headquarters Battalion, Lance Cpl. Angelo Lopez, a travel clerk, helped with the landscaping portion of the event, digging into the driveway

with a pickaxe.

Lopez, of Rio Rancho, N.M., has done construction work in his hometown, so work came naturally while volunteering for Habitat for Humanity for the first time.

“It was like familiar territory,” Lopez said. “It felt good to work with my hands and at the same time, knowing that you’re helping someone feels even better. It’s kind of like a win-win for me.”

Both Lopez and Lamarine said they liked Habitat for Humanity’s process in choosing families for a home. According to Gauer, families must work on a house for another family, then help work on their own.

“The home is then sold to the family at no profit and zero interest,” according to a press release from Habitat for Humanity. “Their monthly payments are returned to a ‘Fund for Humanity’ that is used to build more houses.”

Danyl McGarr, the site supervisor for Habitat for Humanity, is in charge of training and supervising volunteers at Bailey’s home. She said there was an average of 20 volunteers onsite each day.

“They are great people,” McGarr said of the volunteers. “They are perfectionists.”

Petty Officer 1st Class Josephcris

Romero, logistics specialist, VP-9, said being able to work with his fellow sailors while volunteering with Habitat for Humanity was fun. He also enjoyed using the jackhammer. Romero, of Honolulu, also helped install drywall in the house.

“I would love to go back [and] see the progress,” Romero said of volunteering. “It’s good to give back to the community.”

Some volunteers, like Petty Officer 2nd Class Hervin Barahona, logistics specialist, VP-9, were able to learn something new about building. Barahona, of Phoenix, said through volunteer work he learned what to expect if he ever needed to cement a driveway. He said everyone was welcoming and friendly.

“I feel like I’ve known these people for a really long time,” Barahona said.

Petty Officer 1st Class Stephanie Acs, yeoman, VP-9, painted the ceiling, did some caulking and helped work on the driveway.

“I’d recommend it, and I’d do it again if I had the opportunity,” she said.

Honolulu Habitat for Humanity was founded in 1988 and has built more than 60 homes on Oahu. For details, visit <http://www.honoluluhabitat.org>.