Hawaii Marine Two branches, one mission: MCAS Kaneohe Bay begins transition

Christine Cabalo

Marine Corps Base Hawaii

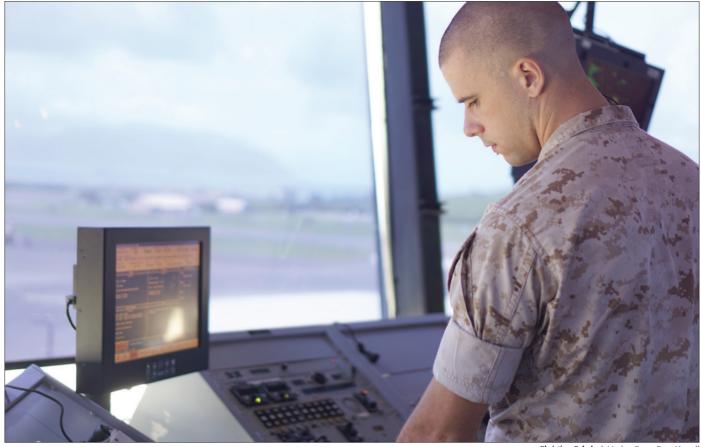
Marines and Sailors are moving toward the end of era at Marine Corps Air Station Kaneohe Bay, beginning a new chapter as a Marine Corpsadministered facility.

The unit's air traffic control is transitioning to a completely Marine staff administering Corps standards by 2018, instead of the current mixed Navy and Marine Corps team. Both Navy and Marine Corps staff leaders said they are managing the transition to ensure all air traffic controllers are set up for success after the final changes are complete.

"If no one notices a difference, we're doing it right," said Navy Lt. James Williams, the air traffic control facility officer for MCAS Kaneohe Bay. "We're doing a lot of simulations and preparation for the transition."

One of the main reasons for the transition is due to the changes of aircraft operating out of Marine Corps Base Hawaii, said Master Sgt. David Blake, the Marine air traffic control training chief for the unit. More Marine Corps assets will be based at K-Bay as older Navy aircraft will be phased out, Blake said. Among the aircraft leaving include the Navy's P-3 Orion.

Although both Navy and Marine personnel learn the same principles of air traffic control the branches have different ways of administratively recording their work. Senior leaders also face the challenge of planning their training schedules during the transition to ensure both the Marines and Sailors can get necessary qualifications to advance



Christine Cabalo | Marine Corps Base Hawaii

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Sgt. Michael Musick, an air traffic controller, monitors the flightline at Marine Corps Air Station Kaneohe Bay, Monday. Musick, of Mandeville, La., is among several Marines who transferred to the unit as personnel prepares it to become a Marine Corps-run facility. The unit is slated to have Marines running the air traffic control section, instead of the mixed Navy and Marine Corps team currently operating, by 2018.

in their careers.

"The uniqueness of (air traffic control) is that it's a constant training process," said Blake, a native of Washington, D.C. "We're always taking tests and our training is never complete. ... Every airfield you operate out of is different."

As the new Marine air traffic controllers arrive, they are learning about the unique operations aboard MCAS Kaneohe Bay. Foreign military flights regularly arrive in Hawaii and several branches of the U.S. military use the flightline, said Petty Officer 1st Class Stephen Bjorlie, an air traffic controller with MCAS Kaneohe Bay. Bjorlie is one of several

See MCAS, A-7



Lance Cpl. Jonathan E. LopezCruet | U.S. Marine Corps Forces, Pacific

HONOLULU – Veterans salute wreaths in honor of prisoners of war and those missing in action during the National Prisoner of War and Missing in Action

Four things to know on POW/MIA Recognition Day

Katie Lange Defense Media Activity

You are not forgotten — that's the central phrase behind POW/MIA Recognition Day, a day to honor the sacrifices made by America's prisoners of war, those who are still missing in action and their families.

Many of our service members suffered as prisoners of war during several decades of varying conflicts. While some of them made it home, tens of thousands more never did.

Here are four things to know about how this important remembrance day got started, what it means and how you can help recognize it.

The history

POW/MIA Recognition Day is commemorated on the third Friday of every September, a date that's not associated with

Recognition Day Ceremony at the National Memorial Cemetery of the Pacific, Hawaii, Sept. 18.

See POW/MIA, A-7

1/3 Marines maintain combat mindset

Cpl. Brittney Vito

Marine Corps Base Hawaii

Beneath the scorching Hawaiian sun, camouflaged in utilities, a flak jacket and kevlar, Marines with Bravo Company, 1st Battalion, 3rd Marine Regiment, conducted training at Training Area Boondocker aboard Marine Corps Base Hawaii, Sept. 15, to keep the Marine's combat mindset sharp and intact.

The Marines put their minds together to complete the Leadership Reaction Course, which empowers small-unit leaders to overcome various obstacles, such as moving a squad from one location to another, using minimal resources. They also worked on hand-to-hand and close-quarter combat techniques with the Marine Corps Martial Arts Program, completed multiple iterations of a modified obstacle course and busted down doors during military operations in urban terrain training. Leaders reminded Marines to train like they fight to stimulate their combat mindset.

"Combat mindset is always having a mental awareness of what is going on offensively with your guys and defensively with the enemy," said Sgt. Michael Kelley, a squad leader with Bravo Co., 1st Bn., 3rd Marines.

The Marines recently returned from Integrated Training Exercise at Marine Air-Ground Combat Center at Twentynine Palms, Calif., which is the last step in the Hawaii Marines' predeployment training cycle before departing Hawaii on the Unit Deployment Program later this year. To avoid complacency as well as sustain and build upon the skills they gained at ITX, the Marines will continue to train here while awaiting deployment.



Cpl. Brittney Vito | Marine Corps Base Hawaii

Marines with Bravo Company, 1st Battalion, 3rd Marine Regiment work together to complete an obstacle in the Leadership Reaction Course at Boondocker Training Area aboard Marine Corps Base Hawaii, Sept. 15. The LRC empowers small unit leaders by putting teams in difficult situations that must be accomplished through teamwork. Bravo Company was conducting sustainment training to ensure they keep their combat mindset sharp and intact before embarking on their upcoming Unit Deployment Program.

See 1/3, A-7



Running on sunshine Marines and Sailors push hard during sunset race, B-1



Crafting care Volunteers knit, crochet blankets for expecting parents at MCB Hawaii, **B-5**

Saturday High 86° Low 77°



HAWAII MARINE

NEWS BRIEFS Free CPR Training for children of DOD ID cardholders

The Hawaii Heart Foundation is partnering up with the Naval Health Clinic Hawaii to offer a free CPR training for any child of a Department of Defense ID cardholder. Kids will learn what to do in a cardiac emergency and how to save lives. This training is scheduled for Saturday from 10 a.m. to noon at the Joint Base Pearl Harbor-Hickam Fitness Center. Under the direction of the Hawaii Heart Foundation, the Kids Teaching Kids To Save Lives program trains more than 15,000 kids each year in Hawaii. Children will receive hands-on training with manikins and AEDs and be empowered to become superheroes and save lives. With effective bystander chest compressions, provided immediately after cardiac arrest, the survival rates can dramatically increase. For more information or to RSVP, visit www.hawaiiheart.org/ kids-teaching-kids---family-cpr-training.html. RSVP is not required but recommended.

National Take-Back Initiative is tomorrow

Turn in your unused and expired prescriptions during the National Take-Back Initiative, Saturday from 10 a.m. to 2 p.m. in the parking lot in front of the Marine Corps Exchange at Mokapu Mall. The Substance Abuse Counseling Center along with the Drug Enforcement Agency will be collecting expired prescription medications for safe disposal. The base is one of dozens drop-off locations nationwide. This service is free and anonymous to prevent potentially dangerous substances from being abused or polluting the environment. The initiative is conducted twice a year. For more information, call Quentin Redmon at 257-8377.

Community Emergency Response Training available

Free three-day Community Emergency Response Training is now available for Hawaii residents. The training teaches residents how to help their community following a disaster and Learn important disaster response skills. Classroom instruction is scheduled for Oct. 24 and 31 from 8 a.m. to 4 p.m. at Keolu Latter Day Saints Chapel, located on 1461 Kanapuu Drive, in Kailua, Hawaii. A practical exercise is scheduled Nov. 7 from 8 a.m. to 2 p.m. at the Diamond Head Battery Harlow Bunker. To register, email Leslie Kahihikolo at KailuaCERT@gmail.com.

2015 Kaneohe Bay Air Show Volunteers Needed

Be a part of the 2015 Kaneohe Bay Air Show. The "Food & Beverage Crew" is currently seeking volunteers. Volunteers that sign up for a shift will receive a Kaneohe Bay Air Show T-shirt and water bottle, volunteer meal and letter of appreciation (or certificate of commendation with 24 hours). There are three shifts per day Oct. 16, 17 and 18 from 8 a.m. to 4:30 p.m., 9 a.m. to 5:30 p.m. and 10 a.m. to 6:30 p.m. Call 254-7638 to sign up.

Sesame Street USO Experience coming to K-Bay

The Sesame Street USO Experience is scheduled for Wednesday at 2 and 6 p.m.; Oct. 1 at 6 p.m. in Kahuna's Community Ballroom. Doors open 30 minutes prior to the scheduled performance. Elmo and his Sesame Street companions are coming to K-Bay. In this special military performance the Sesame Street characters present Moving, featuring Katie, a military kid on Sesame Street who is moving to a new base. This Sesame Street and USO experience is free for military families and their children and includes a mini-show and giveaways. For more information, call 254-7502.

Important Phone Numbers

On-Base Emergencies	911
On-Base Emergencies (Non-medical)	257-2123/2124
Child Protective Services	832-5300
Fraud, Waste, Abuse & EEO	257-8852
Base Information	449-7110
MCB Hawaii Chaplain	257-3552
DEERS ID Center	257-2077





Cpl. Brittney Vito | Marine Corps Base Hawaii

Pfc. Carlton Fyfee, a rifleman with Bravo Company, 1st Battalion, 3rd Marine Regiment and Kilgore, Texas, native, hops over a log while running through the obstacle course at Boondocker Training Area aboard Marine Corps Base Hawaii, Sept. 15. Marines from Bravo Co., 1st Bn., 3rd Marines conducted sustainment training to ensure they keep their combat mindset sharp and intact before embarking on their upcoming Unit Deployment Program.

ICE COMMENTS

COMMENT: This is a recommendation to improve the bicycle/pedestrian path from Kaneohe Bay Drive (off base) to the Main Gate of Marine Corps Base Hawaii Kaneohe Bay. A repaved and marked path with improved lighting would encourage cyclists and pedestrians to utilize it. Currently the path is in a poor state with small broken shards of glass that has accumulated over the years and virtually no lighting. I have personally observed cyclists utilizing the H-3 to avoid getting a flat tire on the bike path. Also, this could be a way to cut down the number of vehicles on the installation.

RESPONSE: Good afternoon, I received your comment regarding the bike/walking path off of Kaneohe Bay Drive. The path is actually under the jurisdiction and is maintained by the State of Hawaii. Accordingly I will forward your comment to the State of Hawaii. Department of Transportation for their consideration. FYI - In the past I have submitted requests to repair paving, lighting, fencing, etc. along the path and the State responded in a fairly reasonable timeframe. Pls call me if you have any questions or need additional information. Thank You!

*Note: Comments have been edited for space and anonymity.

Interactive Customer Evaluation

ICE IS:

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

ICE is NOT:

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



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rumors, to threaten or to make public announcements Visit the ICE site at http://ice.disa.mil.

NMCRS Minute: Emergency traveling

ORPS RE

Rebecca White

Navy-Marine Corps Relief Society K-Bay Branch

Family emergencies happen and getting home quickly can be expensive. If you have a serious illness or recent death in your immediate family (including grandparents) and need to travel, come see the Navy-Marine Corps Relief Society at any of our offices.

We will:

- Help you on a walk-in basis or by appointment
- Give you priority access to a caseworker
- Work with a local travel agent to set up air travel
- Discuss other travel needs
- Set up an allotment from your paycheck to repay the loan over 10 months at zeropercent interest

Who qualifies:

- active duty service members
- active duty dependents
- retirees
- 20/20/20 spouses (married at least 20 years to a service member who has served at least 20 years, and have a 20-year overlap of marriage and service)
- reservists on a case-by-case basis

What you need:

- Your military ID
- Proof of emergency
- Proof of pending or an approved emergency leave

What to do after office hours:

If an emergency occurs after hours, contact the local American Red Cross office at 257-8848 for assistance.

> The 10-month repayment period will begin three months after the loan date. If you feel a 10-month repay is unaffordable, please contact the NMCRS upon your return to schedule a budget and a possible extension of the repay period.

If your urgent travel does not strictly qualify as emergency leave, contact us anyway. We may have other programs to

help you.

Proof of emergency can be by Red Cross message or you can bring a contact name/phone number for an E-7 or higher in your command.

Proof of approved leave can be by printed approved leave papers, approved leave status in the Marine Online Locator, or name and phone number for an E-7 or higher in your command who can confirm that leave has been, or will shortly be, approved.

In the case of dependent travel, the service member should come in with the dependent to sign for the loan.

If the service member is not in the area, NMCRS will accept a Power of Attorney that grants financial authority, or we will help you try to contact the service member for verbal authorization. If you have any questions, stop by the NMCRS office or call 257-1972.

<u>AROUNDCORPS</u>

Your weekly guide to what's happening around the Corps



W E S T C o a s t

Corporal Seysha Lek, a motor transportation operator with 7th Engineer Support Battalion, explains the Humvees capabilities to onlookers during San Diego Fleet Week 2015 aboard Naval Base Coronado, Calif., Sunday. Thirty-seven Marines from 7th ESB presented static displays during the event to demonstrate the quality of military assets to the citizens of San Diego.

Sgt. Laura Gauna | 1st Marine Logistics Group



U.S. Marines with Special-Purpose Marine Air-Ground Task Force Crisis Response-Africa arrive in Dakar, Senegal to test out a cooperative security location, Sept. 14. The CSL is a forward staging area that allows SPMAGTF-CR-AF to temporarily locate forces in areas where they can quickly respond to developing crises.



Staff Sgt. Vitaliy Rusavskiy | U.S. Marine Corps Forces Europe



Cpl. Sara Graham | Marine Forces Reserve

EAST COAST

Marines from Mike Battery, 3rd Battalion, 14th Marine Regiment, 4th Marine Division, fire the M240 machine gun at targets downrange at Pelham Range in Anniston, Ala., Saturday. The Marines attended training to hone skills and increase their proficiency in crew-served weapons systems.



Emily Yeh | Tripler Army Medical Center

Heidi Murkoff, (second to left) author of the book "What to Expect When You're Expecting" and her husband Erik meet Debbie Dunning and her family at Tripler Army Medical Center after Dunning had given birth. Army Maj. Valerie Palacios (fourth from left), and Army Staff Sgt. Carolyn Lange facilitated the visit in partnership with USO Hawaii.

TAMC, USO Hawaii partner for pregnancy program

Emily T. Yeh

Tripler Army Medical Center

TRIPLERARMYMEDICALCENTER—Mothers of newbornsand familiesfrom the TriplerCenteringPregnancyProgram hada unique opportunity to meet withHeidiMurkoff, the author of "WhattoExpectWhen You'reExpectWhen You'reSept. 16.

The visit came about as part of an ongoing partnership between Tripler Army Medical Center and the USO Hawaii. The event aligned with the USO's mission to lift the spirits of America's troops and families, as well as TAMC's mission of providing quality care to patients; serving those who are active duty, retired or family members, according to Carlos Rowe, the director of USO Hawaii.

"Working with Tripler Army Medical Center is a perfect example of how the USO Hawaii fulfills its mission to support warrior and family care initiatives," Rowe said. "Our missions align with providing critical support to those in need, supporting our military communities with programs and services that make a difference in their lives."

Tripler is one of the few military treatment facilities that has a

pregnancy program. The TCPP allows families a chance to increase their educational awareness about all aspects of a pregnancy through a group setting.

The TCPP is a great example of providing positive patient care experiences, said Christine Host, the TCPP coordinator.

"We, as healthcare professionals, want to positively affect the wellness of our military families and pregnancy is the perfect touch-point," she said. "It is a time when families naturally evaluate their wellness and are motivated to make positive changes. This can have lasting benefits for the whole family and for future generations."

Expecting families typically first learn about the program when they begin prenatal care. After an initial screening to ensure they qualify to be in the program, they begin their TCPP experience.

The program is in a group environment with a total of 10 prenatal sessions and one postpartum session. Expectant families learn about physical therapy, nutrition and lactation, among other healthpromoting programs.

"(Through the TCPP) mothers have learned to own their overall health and well-being, and especially their pregnancy," Host remarked. "The centering model increases engagement in wellness activities, increases empowerment and builds lasting s upport systems."

The TCPP strives to promote positive lifestyle changes and encourages the development of lifelong friendships through group sessions.

Many mothers continue to share experiences and recommend the program to future mothers and their families.

The program works to provide increased access, continuity and education so patients feel they are taken care of when they are at Tripler.

Everyday TAMC works hard to enhance the quality care experience for patients.

The Murkoff visit was a fun and unique way to do that, according to Army Maj. Manushka Angoy, the clinical nurse officer in charge of the Obstetrics Clinic at TAMC.

"Our patients are a top priority in the Maternal Child Product Line," Angoy said. "Partnering with the USO to bring Murkoff to our community of expecting and new families was an exceptional opportunity. This small gesture is one of many ways we express our gratitude and our honor to those we serve."



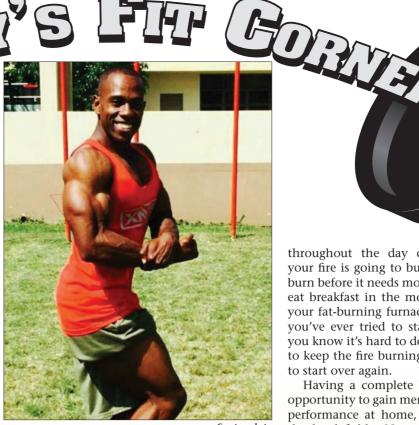
Author Heidi Murkoff visited with children and their parents at Tripler Army Medical Center.

Gunnery Sgt. Dimyas Perdue Contributing Writer

Rise and shine everyone! It's time to kick start that fat burning furnace. OK, to make sure we have everything we need to make this happen we are going to go through our quick fat-burning checklist. Here we go! Desire? Check! Ability? Check! Breakfast? Breakfast anyone? Crickets, crickets. If you're reading this article, by now you should have already had a full breakfast and be well on your way to a fat burning energy filled day. If you just woke up, this is your free pass.

Since we were kids we have always been taught that breakfast is the most important meal of the day. Have you ever wondered why? First let's break down what breakfast is. Any extended period of time especially after hours of sleeping is known as a time of fasting. If you've ever had blood drawn, more than likely the doctor has asked you to do that prior to coming in. When you eat food after that you are essentially "breaking" the fast. Hence the name break-fast. Breakfast is important because it keeps your brain cells healthy, which is vital in fighting off the cognitive decline many aging adults have.

Breakfast is that meal that many of us active duty service members and busy parents find ourselves skipping all the time. It seems we get so caught up in getting to work or getting the kids to school that we put ourselves on the back burner.



Courtesy photo

According to the U.S. Department of Agriculture, about 93 percent of Americans feel that breakfast is the most important meal of the day. Even with that knowledge, 56 percent still skip breakfast every day. Of those, 22 percent of them are obese. So ask yourself, 'Do I fall in these categories?' If you do, today is your lucky day because Gunny has the tools for you.

The key to starting your personal fat burning furnace is to fuel the fire. If you've ever gone camping and started a fire, that fire is burning nice and bright by the time you go to bed. When you wake up in the morning, that fire is

almost non-existent. In order to get that fire going again you have to add more kindling and stoke the fire back to where it was the night before. That fire represents your metabolism.

All of the food you put in

throughout the day determines how strong your fire is going to burn and how long it will burn before it needs more fuel. When you fail to eat breakfast in the morning you are allowing your fat-burning furnace to extinguish itself. If you've ever tried to start a fire from nothing, you know it's hard to do. The best thing to do is to keep the fire burning so that you don't have to start over again.

Having a complete breakfast affords us the opportunity to gain mental clarity and sustained performance at home, while training, and on the battlefield. Not eating breakfast leads to overeating during later meals and a degradation of performance throughout the day. An ideal breakfast should have a mixture of protein, moderate carbohydrates and essential fats. This is all based on your personal activity level and physical goals. Whereas I may be able to have a cup of oats with my breakfast, you may only need a quarter of a cup.

I hope you're ready to take it to the next level with me. It starts one day at a time. Jump start your fat-burning furnace and let's make today your best day yet. Until next time ... stay smart. Stay strong. Stay fit!



3RD RADIO BATTALION MARINE HONORED BY SENIOR MARINE LEADERS



Sgt. Tia Dufour | Headquarters Marine Corps

ARLINGTON, Va. – 1st Lt. Sy Poggemeyer, the executive officer of Bravo Company, 3rd Radio Battalion, and Col. Drew Cukor, the commanding officer of Marine Corps Information Operations Command (fourth and third from right) pose for a photo with senior leaders after receiving the Maj. Gen. Michael E. Ennis Award for Literary Excellence during the Marine Corps Association and Foundation Intelligence Awards Dinner, Sept. 17. (Appearing in the photo from left to right:) Marine Corps Association President and retired Marine Maj. Gen. Edward Usher; Marine Corps Director of Intelligence Brig. Gen. Michael S. Groen; Assistant Commandant of the Marine Corps Gen. John M. Paxton, Jr.; two representatives from the award-sponsoring organization; 1st Lt. Sy Poggemeyer; Col. Drew Cukor; retired Marine Maj. Gen. Michael E. Ennis; and Sergeant Major of the Marine Corps Sgt. Maj. Ronald L. Green.

1/3, from A-1

"Just because we have a scheduled UDP doesn't mean the Marine Corps couldn't decide (It) needs us somewhere else," said Cpl. Zachary Soto, a squad leader with Bravo Co., 1st Bn., 3rd Marines, and a Salem, Ore., native. "That is why we go to ITX and we train to the same standard as the rest of the Marine Corps."

POW/MIA, from A-1

any particular war. In 1979, Congress and the president passed resolutions making it official after the families of the more than 2,500 Vietnam War POW/MIAs pushed for full accountability.

During the first POW/MIA Recognition Day commemoration, a ceremony was held at the National Cathedral in Washington, D.C., while the 1st Tactical Squadron from Langley Air Force Base in Virginia flew the missing man formation. Most ceremonies since then have been held at the Pentagon, and many smaller observances have cropped up across the nation and around the world on military installations.

The point of POW/MIA Recognition Day is to ensure that America remembers to stand behind those who serve and to make sure we do everything we can to account for those who have never returned.

The numbers

In order to comprehend the importance of this day, all you need to do is look at the sheer number of Americans who have been listed as POW/MIAs.

According to a 2005 Congressional Research Service report on POWs:

- 130,201 World War II service members were imprisoned; 14,072 them died
- 7,140 Korean War service members were imprisoned; 2,701 of them died
- 725 Vietnam War service members were imprisoned; 64 of them died
- 37 service members were imprisoned during conflicts since 1991, including both Gulf wars; none are still in captivity
- According to the Defense POW/MIA Accounting Agency, 83,114 Americans who fought in those wars are still missing, including:
- 73,515 from World War II (an approximate number due to limited or conflicting data)
- 7,841 from the Korean War
- 1,626 from Vietnam
- 126 from the Cold War
- Six from conflicts since 1991

The DPAA said about 75 percent of those missing

Soto, who is also a Marine Corps Martial Arts Instructor, stressed the importance of constantly having a combat mindset to ensure Marines are prepared for the unexecpted. During the sustainment training, he instructed Marines on martial arts techniques ranging from gray to brown belt.

"(MCMAP gives Marines) an introduction to interpersonal violence," Soto said. "If you don't continue to do MC- MAP, you may lose your edge, making you a target. You need that aggressiveness to keep you aware and in a combat mindset so we are ready for anything."

Kelley, a Philadelphia native, who has completed two combat deployments in Afghanistan with the 'Lava Dogs," said it's important to maintain that level of aggressiveness even during peacetime. He said it can be hard for the Marines to keep a combat mindset because they may think there's no chance of seeing combat, but it should not deter them from their training.

"As a squad leader it's my job to make sure they are keeping their minds focused on the training that we are doing," Kelley said. "It's important to always have a combat mindset because the Marine Corps is the United States' expeditionary fighting force, and we always have to be ready."

Americans are somewhere in the Asia-Pacific. More than 41,000 have been presumed lost at sea.

Efforts to find those men, identify them and bring them home are constant. For example, the DPAA said that in the past year it has accounted for 41 men missing during the Korean War: 10 had been previously buried as unknowns, 26 were from remains turned over by North Korea in the 1990s, one was from a recovery operation, and four were combinations of remains and recovery operations.

The flag

The traditional POW/MIA flag that's well-known across America was actually created many years before the remembrance day became official.

In 1971, a woman named Mary Hoff contacted a flag company near her home to see if a flag reminding people of POWs and the missing could be made. She was one of the many waiting to see if her husband, Navy Lt. Cmdr. Michael Hoff, would ever return home after his plane had been shot down over Laos.

World War II pilot Newt Heisley designed the now-famous flag, which was made in black and white to represent the sorrow, anxiety and hope symbolized by the image of the gaunt man featured on it.

For every POW/MIA Recognition Day since 1982, the flag has flown just below the stars and stripes at the White House – the only other flag to ever do so. In 1998, Congress ordered it to also be displayed on Armed Forces Day, Memorial Day, Flag Day, Independence Day and Veterans Day.

Bracelets help continue the support

While the POW/MIA flag reminds us to never forget our prisoners of war and missing in action, bracelets also became a popular personal form of remembrance in the 1970s. They're still worn and purchased by families and veterans, who are also wearing bracelets for those who were killed in action in more recent wars.

If you don't feel the need to buy a flag or bracelet, it's still important to remember the extreme sacrifices of our POW/MIAs and America's pact to them: That we will take care of them and, no matter how much time has passed, they will make it back home.

MCAS, from A-1

Sailors directly working with his newly arrived Marine counterparts and helping them become familiar with the unit's airfield operations.

"(Operating at this) air station we have flights with opposite traffic, so controllers need to track the departures heading northeast and arrivals southwest," said Bjorlie, of Midland, Texas. "This is a unique environment with a large mountain range and multiple aircraft."

Even for those who have worked at other Marine Corps air stations, Hawaii sees its share of various aircraft, said Sgt. Michael Musick, one of the first Marine air traffic controllers to transfer to the unit.

"One thing we have that you don't see elsewhere are tour helicopters," said Musick, of Mandeville, La. "They fly over K-Bay with restrictions and may need to deviate from their original flight plans depending on air traffic."

Both Musick and Bjorlie said although their branches have different administrative procedures, each branch's friendliness and professional manner have helped as the change occurs.

The unit is projecting to have a total of 13 Marines who are air traffic controllers on base by October 2015, Blake said. There are currently 34 Navy air traffic controllers aboard MCAS Kaneohe Bay. Although Sailors may still be stationed with the unit for logistics, supply and administrative jobs, the Marines will take on air traffic control using their administrative standards.

"We've had a good rapport with the people we work with," said Williams, of New Bern, N.C. "Master Sgt. Blake has taught the Sailors how the Marine Corps does things administratively. ... Having that kind of experience helps things go smoothly."

The unit is still in the beginning phase of the changeover, but Williams and Blake said there would be no disruptions in service. Both Navy and Marine personnel said they're working together for a seamless and transparent change for crews working with MCAS Kaneohe Bay.

"Everything so far has gone smoothly," Williams said. "We're constantly talking with (each staff) all the time. This is one example of the Navy-Marine team at its best."

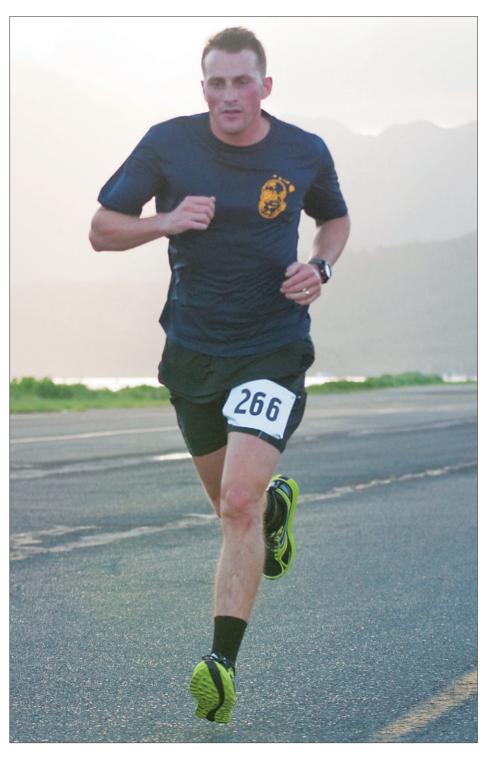
The transition continues through approximately 2017 as the final group of Marines is scheduled to arrive to handle air traffic control from the Sailors transferring out, Blake said.

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Sports & Lifestyle

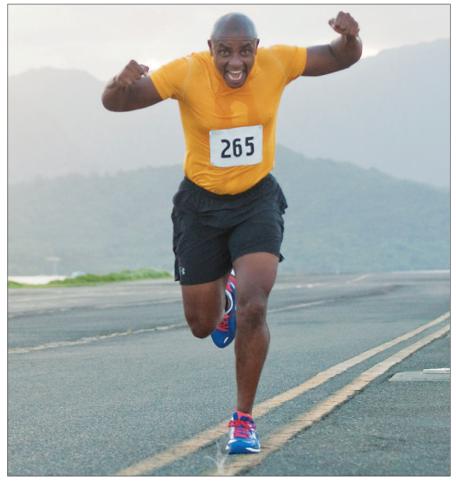


Racers take off from the starting line near Hangars 101 and 102, kicking off the Sunset Flightline 5K.





Military spouse Aimee Hardy, of Atlanta, pushes on to the end of the race.



Race participant Adam Kumm, an active-duty Sailor and a Baltimore native, finishes the second half of the run. Kumm took second place in the male age group: 25 to 29 category with a time of 20:47.

Gunnery Sgt. Jimi Khamisi, the staff noncommissioned officer in charge of Marine Wing Support Detachment 24, and a Nairobi, Kenya, native, charges down the flightline during the last leg of the race. Khamisi took second place in the male age group: 35 to 39 category with a time of 21:54.



Staff Sgt. Greg Markley, the station captain for Aircraft Rescue and Firefighting, Marine Corps Air Station Kaneohe Bay and a Fort Myers, Fla., native pauses for a photo opportunity with his children while competing in the Sunset Flightline 5K aboard Marine Corps Base Hawaii, Sept. 18. More than 240 people participated in the evening race, which began and ended between Hangars 101 and 102. The Marines and Sailors of Marine Aircraft Group 24 partnered with Marine Corps Community Services Hawaii for the race, and a portion of the event's net profits went to the unit. The race was open to the public, and awards were given to the top three finishers of each age category.



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

Entering 'The Housewife Zone'

Lisa Smith Molinari

Contributing Writer

You are about to enter another dimension — a dimension of not only dust and dirt, but of lost minds. A journey into a chaotic, lawless land, bound only by your imagination. Next stop ... "The Housewife Zone."

Consider if you will, Lisa Molinari. A Navy wife and mother of three, who, like many military spouses, works from her home. She wakes on Monday morning, with a sense of dogged determination ...

After her husband, Francis, leaves for work and the kids get off to school, she wipes the kitchen counters, empties the dishwasher and feeds the dog. She fills a bucket with disinfectant and mops the mudroom, kitchen and bathrooms. She vacuums the bedrooms, family room, living room and sun porch, sucking the fuzz from corners with the crevice tool. She dusts the living room thoroughly, to include the tedious nooks and crannies of her husband's military coin display racks. She eats lunch at her desk, while answering necessary emails with thoughtful details and accurate punctuation. She waters the garden, weeds the beds and sweeps the porch while throwing the tennis ball for the dog. She listens for the buzz of the dryer, completing three full loads during the course of the day.

By the time Francis arrives home from work, the house is spic and span. She serves her family a delicious dinner of marinated flat iron steak sautéed with shallots and mushrooms in a red wine reduction and a side of caprese salad using tomatoes and basil fresh from her garden.

"I'm a complete failure," Lisa says, flipping a morsel of gristle to the dog.

"Huh?" Francis responds, shoveling the last of the mushrooms onto his fork while still enjoying the pleasant scents of Pine-Sol and beef drippings.

Lisa slumps in her chair with a heavy sigh.

"Ever since I started working from home as a writer, I live in some kind of crazy mixed-up dimension. I feel bad if I don't get my writing done because I spent too much time cleaning and cooking," she said. "But if I spend the day writing, I feel like I'm a lousy housewife. I can't win."

"Yeah, that's pretty messed up," Francis said, muffling a satisfied belch with his napkin.

Lisa watches her husband shuffle off to his lounge chair, picking crumbs off his shirt and eating them like some kind of primate. She was envious. Thanks to the military, Francis lives within the comfortable confines of the world clear of expectations. The Navy dictates what he wears, his hairstyle, what time he leaves the house, what he does all day and even how much body fat he has.

Lisa, on the other hand, lives in the upside-down world of the housewife (or househusband, as it were), where she has a million things to do, but no one tells her when, where or how to do them.

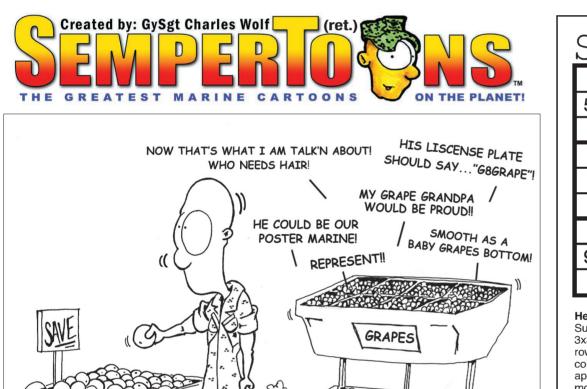
In this vast dimension, Lisa's actions are bound only by her imagination. If she wants to wear pajama pants and her son's old football camp T-shirt until three in the afternoon, no one will stop her. If she feels like googling all her old high school boyfriends for two hours while she's on deadline, that's her prerogative. If she finds apple fritters on the day-old rack at the Stop & Shop, no one will know if she buys them, takes them home and attempts to consume all four of them for lunch with a milk chaser while watching DVRed episodes of "Naked and Afraid."

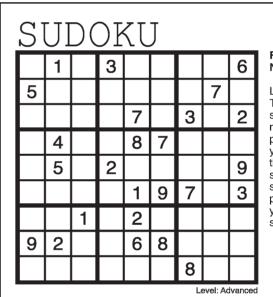
Not that she's ever done anything like that, of course.

And in the most bizarre twist of irony, now that Lisa works from home, she also feels guilty if she does too much housework.

This harrowing tale has no moral, no message, no prophetic omen. Just a simple caveat to military spouses everywhere: Self-discipline, time management and balance are essential weapons for survival in ... "The Housewife Zone."

www.themeatandpotatoesoflife.com



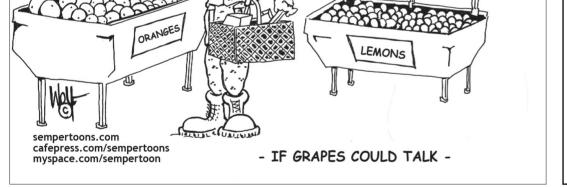


Fun By The Numbers

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

Here's How It Works:

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



	-			0			0	
Ζ	6	8	F	g	6	5	9	7
4	3	۲	8	9	Z	G	2	6
G	9	6	ε	S	4	٢	L	8
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6	8	9	4	ε	2	Z	G	ł
٢	G	2	Z	8	9	6	4	3
Σ	٢	ε	G	Z	8	4	6	9
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:AAWSWA								

"The Man from U.N.C.L.E." (Final Showing) PG-13 Today | 6:30 p.m.

"Hitman: Agent 47" R Today | 9:15 p.m.

"Ricki and the Flash" (Final Showing) PG-13 Saturday | 6:30 p.m.

"American Ultra" R Saturday | 9:15 p.m.

"War Room" PG Sunday | 2 p.m.

"Straight Outta Compton" R Sunday | 6:30 p.m.

"American Ultra" R Wednesday | 6:30 p.m.

Prices: All shows are \$5 for adults and \$3.25 for children. All 3-D shows are \$8 for adults and \$6 for children. For ticket pricing, the base theater box office defines an adult as a patron 12 years and older and defines a child as a patron from 6 to 11 years old. Children 5 and younger are admitted free of charge. Parents must purchase tickets for R-rated movies in person at the box office for children 16 and younger. Patrons must present their military identification card when purchasing tickets. Call 254-7642 for details.



SPOTLIGHT ON SPORTS Semper Fit group aerobics classes

CYCLING

This class uses specialized stationary bikes that help burn a large amount of calories and tone up your lower body while improving your core strength. Classes are Mondays and Wednesdays from 9 to 10 a.m.

EXTREME 60

Looking for a 60-minute, full-body workout to build strength and endurance? This new craze uses the 20-second work/10-second rest method of high intensity interval training while building your strength and endurance and burning fat.

Classes are Tuesdays and Thursdays from 9 to 10 a.m.; Mondays and Wednesdays from 5:30 to 6:30 p.m.

GUT CUT

This 30-minute abdominal class is designed to strengthen your core muscles and kick some major butt.

Classes are Mondays and Wednesdays

from 11:45 a.m. to 12:15 p.m.

HIGH INTENSITY CIRCUIT TRAIN-ING

Putting the "fun" back into functional training, this hour-long workout is for people on the go. The class incorporates a series of circuits designed to challenge your muscular endurance and will strengthen your cardiovascular system. Classes are Tuesdays and Thursdays from 11:30 to 12:30 p.m.

HITT WOD

High Intensity Tactical Training Workout of the Day will follow the prescribed one-hour HITT program as laid out by the Headquarters Marine Corps manual.

Classes are Mondays, Wednesdays and Fridays from 11:30 a.m. to 12:30 p.m. Tuesdays and Thursdays from 5:30 to 6:30 p.m.

KICKBOXING

This high-energy class incorporates

punches and kick combos to improve endurance, speed and agility while burning calories and increasing muscle tone.

Classes are Mondays and Fridays from 10 to 11 a.m.

PILATES PLUS

Pilates Plus will help you to increase flexibility and develop total body strength. Each exercise focuses on engaging and firming the core, improving balance, coordination and achieving correct body alignment by utilizing the breath and being mindful of each exercise. Ultimately, this workout will help you achieve a leaner body as you sculpt and tone your muscles using mat exercises, resistance bands and balls.

Classes are Tuesdays and Thursdays from 10 to 11 a.m.

WATER AEROBICS

This non-impact workout is excellent for cardiovascular conditioning, flexibility and strengthening. Be fit without the stresses of gravity. Contact the base pool at 254-7655 for registration. Semper Fit Group Exercise tickets do not apply for this class.

YOGA

Yoga includes meditation and exercises to help you improve flexibility and breathing, decrease stress and maintain health. Please bring your own mat.

Classes are Tuesdays and Thursdays from 6:30 to 7:30 p.m.

ZUMBA

Zumba is a high-energy workout that combines international rhythms, like salsa and reggaeton, with easy to follow dance/fitness moves for a cardio/ toning workout. Not a dancer? No worries! This program is designed for anyone who wants to party and exercise.

Classes are Tuesdays from 5:30 to 6:30 p.m.

USO HAWAII SHOWERS MILITARY MOMS-TO-BE WITH RESOURCES



JOINT BASE PEARL HARBOR-HICKAM - LEFT: Attendees at USO Hawaii's baby shower are actively engaged at the Hickam Officers' Club aboard Joint Base Pearl Harbor-Hickam, Sept. 18. **RIGHT:** Cpl. Tiffany Cruz, the legal and promotions noncommissioned officer at the Installation Personnel Administration Center, pasuses for a photo opportunity with Heidi Murkoff, author of the "What to Expect" series, who spoke at the venue. Military-affiliated mothers who were expecting a child were invited to the event, where they ate lunch, played games, met Murkoff and had a chance to ask pregnancy-related questions.



Photos courtesy of Tabitha Lambert

Newly promoted Chiefs pinned at K-Bay



Petty Officer 2nd Class Devin Menhardt | Patrol Squadron 4

Chief Petty Officer Matthew Buck (right), an aviation aircrewman assigned to Patrol Squadron 4, receives his collar devices from his mother, Patricia Harris (center), alongside Senior Chief Petty Officer Dustin Kuers (left), an aviation aircrewman, Sept. 16. More than 20 chiefs stationed at MCB Hawaii received their anchors and combination covers during the ceremony.

Melissa Davenport, a Marine spouse, displays a heart blanket she crafted for the Kaneohe Bay branch of the Navy-Marine Corps Relief Society, Tuesday. The society provides volunteers with free yarn to craft layette items given to families who participate in the "Budget for Baby" class. Those who knit and crochet are welcome to attend the society's monthly circle next scheduled at the branch Oct. 15 at 10 a.m.



Air Force spouse Elizabeth Torres (left) and Allison Meeder, layette coordinator for the Kaneohe Bay branch of the Navy-Marine Corps Relief Society, crochet. Meeder, of White Hall, Md., assists with providing free layettes to the "Budget for Baby" classes.





Mary Schlesinger, a mother of a Marine, starts a new blanket. Schlesinger, of Lake Charles, La, is one of several volunteers who craft layette items for families.

October is Make a Difference Month: Getting involved in your community



Are you looking for a way to make a difference this October? Find ways to help at: www. honolulu.gov/dfmswq/calendar.html.

OCTOBER 1

Kailua Adopt-A-Block

Time: 12:30 to 2:30 p.m.

Where: Hekili Street

• Huakailani School for Girls is hosting this Adopt-A-Block cleanup along Hekili Street. Call 927-8005.

OCTOBER 3

Joint Base Pearl Harbor-Hickam bike path cleanup session

Time: 8 to 11 a.m.

Where: Meet at Neal Blaisdell Park

• The city is hosting this bike path cleanup stretching from Waipahu to Aiea. Call 768-3267.

McKinley Adopt-A-Block

Time: 8:30 to 11:30 a.m.

Where: President William McKinley High School, 1039 South King St.

• The Ala Moana Lions Club is hosting this cleanup to pick up debris on streets surrounding McKinley High School. To volunteer, call David Komori at 839-2861.

OCTOBER 4

Waikiki Adopt-A-Block

Time: 8 to 10 a.m.

- Where: Meet at Bank of Hawaii Center BreezewayHelp clean the streets of Waikiki. For more
- information, call Shanna Nakachi at 343-0859.

OCTOBER 8

Landscape Industry Council of Hawaii's Annual Conference and Trade Show Time: 10 a.m. to 5:30 p.m.

Time: 10 a.m. to 5:30 p.m.

Where: Neal S. Blaisdell Center, 777 Ward Ave.

• The city's Storm Water Quality branch will exhibit. Enjoy landscaping information, prizes and giveaways. For details, visit www.hawaiiscape.com/conference/.

OCTOBER 10

Mililani Adopt-A-Block

Time: 8:15 to 10:30 a.m.

• The Mililani Lions Club will be hosting an Adopt-A-Block cleanup in Mililani. To volunteer, call 352-9718.

OCTOBER 11

Palolo Adopt-A-Stream

Time: 9 a.m. to 2 p.m.

- Where: Palolo Stream
- Trees to Seas is hosting this cleanup. For more information, please call 469-6106.



OCTOBER 13

Book Display

Where: Hahaione Elementary School, 595 Pepeekeo St., and Nuuanu Elementary School, 3055 Puiwa Lan.

• Free copies of the "Journey Home - Part 2" will be available at select public elementary school libraries.

OCTOBER 17

Kapolei Community Cleanup

Time: 9 to 11 a.m.

Join other volunteers to clean up as part of the city's Adopt-A-Block Program. For more information about the cleanup, email cleanwaterhonolulu@gmail.com.

OCTOBER 20

Book Display

Where: Kalihi Kai Elementary School, 626 McNeill St. and Maemae Elementary School, 319 Wyllie St.

• Free copies of the "Journey Home - Part 2" will be available at select public elementary school libraries.

OCTOBER 24

National Make A Difference Day

For more than two decades, communities have joined with USA Today to partner on Make A Difference Day, the largest national day of community service.

On the fourth Saturday of October, millions of volunteers around the world unite in a common mission to improve the lives of others.

Call 768-3248 or see www.makeadifferenceday. com to register your event or find a project to help.

Kawa Adopt-A-Stream

Time: 9 a.m. to noon Where: James B. Castle High School, 45-386 Kaneohe Bay Drive

• The City and College for Every Student Club at James B. Castle High School will be hosting an Adopt-A-Stream cleanup at Kawa Stream. Call 233-5600 ext. 2279 or email cleanwaterhonolulu@ gmail.com to learn how you can get involved.

OCTOBER 27

Book Display

Where: Puuhale Elementary School, 345 Puuhale Road

• Free copies of the "Journey Home - Part 2" will be available at select public elementary



COMMUNITY, BASE BRIEFS/ VOLUNTEER OPPORTUNITIES

Coffee Festival scheduled next week

FarmLovers celebrates one of Hawaii's most wonderful crops at the 2nd Annual Hawaii Coffee Festival, scheduled for Oct. 3, from 8 a.m. to noon at Ward Warehouse. Explore a variety of Hawaii-grown coffees, learn about coffee from cherry to cup, taste foods made with coffee and enjoy live music. Admission is free. Call Pamela at 388-9696 with your questions.

Join the Great Hawaii ShakeOut

Hawaii Emergency Management Agency, formerly State Civil Defense, is encouraging Hawaii's families, schools and businesses to take part in the statewide Great Hawaii ShakeOut earthquake preparedness drill Oct. 15 at 10:15 a.m.

The internationally recognized earthquake drill allows people to practice in their homes or at work what to do during earthquakes, and to improve preparedness by following three simple steps: "Drop, Cover and Hold On." Drills provide an opportunity to update emergency plans and supplies, and to ensure safety in the home and workplace to prevent damage and injury.

The state Department of Education will be asking all schools within its jurisdiction to participate in the drill, with the exception of Kauai, where a Teacher Institute Day is being held. Kauai County will participate in the drill at another scheduled time.

ShakeOut began in Southern California in 2008 as a drill designed to educate the public about how to protect themselves during a large earthquake, and how to get prepared. This year, HI-EMA is spearheading efforts to expand the earthquake preparedness drill across the state. For more information, visit www.shakeout.org/ hawaii/.

Celebrate Lights On Afterschool at State Capitol

Celebrate the Lights On Afterschool in Hawaii Oct. 21, at 2:45 pm at the State Capitol. Invite your afterschool kids, families, school staff and community members to attend.

Lights On Afterschool is a national celebration of the afterschool programs that keeps kids safe, inspire learning and help working families. Every year, more than 1 million Americans attend more than 7,500 Lights On Afterschool events in all 50 states and in the District of Columbia. For more information, visit www.hawaiiafterschoolalliance.org

Castle Wellness Center to host cooking demo

What's a muffaletta? Find out at Castle Wellness Center's "Perfect Pairings" cooking demonstration, "Eat Well for Life: Perfect Pairings," scheduled for Oct. 22 from 6 to 7:15 p.m. at Castle Medical Center's Wellness Center.

With cooler weather ahead, Castle's Wellness Center's upcoming cooking demonstration gives you great ideas for making and matching soups and sandwiches – including a vegan muffaletta. Tasty samples and written recipes are provided. All foods prepared and served in these demonstration classes are made with non-animal food products in a beautifully appointed demonstration kitchen in the Castle Wellness & Lifestyle Medicine Center. Cost is \$10 per person. Class seating is limited, and payment and reservations are required two days in advance. Call 263-5400 or register online at castlemed.org.