

Hawaii Marine

SecDef explains July 2011 milestone at senate hearing

Gates details troop increase in Afghanistan

John J. Kruzal
American Forces Press Service

Speaking to the Senate Armed Services Committee about the new strategy for Afghanistan, Robert Gates said the 18-month deadline signals the need for Kabul to claim greater responsibility and shows the American public the war isn't open-ended.

"I think that there are at least two principal audiences," Gates said of the July 2011 date announcement. "One audience [is] the Afghan government, [which] must accept responsibility in terms of their own governance, in terms of their own security forces, in terms of accepting their responsibility and ... taking ownership of this conflict on their own soil, that it's not just going to be fought by foreigners on their behalf.

"I think the other audience," he continued, "is the American people, who are weary after eight years of war, and to let them know this isn't going to go on for another 10 years."

Though any reduction in U.S. forces in July 2011 would be based on conditions on the ground, the Defense Department expects to be able to transition uncontested areas to Afghan responsibility and gradually draw down at that time, Gates told the senators.



If it appears that the strategy's not working and that we are not going to be able to transition in 2011, then we will take a hard look at the strategy itself."

— Robert Gates

In a speech Dec. 1, Obama announced a strategy for Afghanistan that entails adding 30,000 more troops by summer, but also points to July 2011 as the date when the United States begins transferring security responsibilities to the Afghan forces and withdrawing its troops.

The July 2011 date was chosen because it will be two years after Marines arrived in Helmand province from an earlier increase in forces, Gates said. But in his appearance Wednesday alongside Navy Adm. Mike Mullen, chairman of the Joint Chiefs of Staff, Gates suggested that the July 2011 marker for withdrawal is a target date, and not a binding commitment.

"It will be based on conditions on the ground," Gates told senators. "But by the same token, we want to communicate to the Afghans that this is not an open-ended commitment on the part of the American people and our allies around the world.

"We have to build a fire under them, frankly," he added, "to get them to do the kind of recruitment, retention, training and so on for their forces that allow us to make this transition."

The additional 30,000 troops will bring the total number of U.S. forces to nearly 100,000, a deployment which is expected to include a brigade-sized element to train Afghan forces — a key component undergirding the transfer of responsibility to Afghanistan to begin in July 2011.

Gates and Mullen told the committee that the Afghan military is slated to increase from 134,000 troops in December 2010 to 170,000 by July 2011. Both men declined to provide specifics on the number, timing and pace of the U.S. drawdown, with Gates saying that any reduction in U.S. forces would be considered in an assessment slated for December 2010.

"The president has indicated that we will have a thorough review of how we're doing in December of 2010, and I think we will be in a position then to evaluate whether or not we can begin that transition in July," Gates said. "If it appears that the strategy's not working and that we are not going to be able to transition in 2011, then we will take a hard look at the strategy itself."

NEW LOOK OF PROTECTION



Sgt. Mark Fayloga | Hawaii Marine

Lt. Col. Aaron B. Holland, director, Facilities Department, listens to the instructions of Sgt. William W. Patnode, Chemical Biological Radiological Nuclear chief, Headquarters Battalion, near the end of training during a Field Protective Mask Confidence Exercise at the base gas chamber Wednesday. The required annual training helps Marines gain confidence in their ability to use the protective mask. Wednesday's training was the first time many of the Marines trained with the new M50 Joint Service General Purpose gas mask. For the full scoop on the training and new masks, see A-4.



Christine Cabalo | Hawaii Marine

New utensils, cups and bowls offered at Anderson Hall are now made of biodegradable cornstarch or sugar cane. The products can decay more easily through composting or by dissolving them in hot water. Plastic foam products have been banned by order of Col. Robert Rice, commanding officer, Marine Corps Base Hawaii.

Marine Corps Green

Anderson Hall bans plastic foam products

Christine Cabalo
Photojournalist

There is no home for plastic foam containers in Anderson Hall Dining Facility at Marine Corps Base Hawaii.

Cups and other utensils made from the nonbiodegradable material are being replaced with a more sustainable option. Since last month, diners from the fast food and snack lines are now using disposable products made from corn syrup or sugar cane. The items may look like normal plastic but can dissolve in hot water and will decompose easily, said Chief Warrant Officer 4 Sheldon Gridley, food service officer, Headquarters Battalion.

"Believe it or not, even straws now are biodegradable," Gridley said. "You wouldn't even realize it's made from corn syrup."

Col. Robert Rice, commanding officer, MCB Hawaii, ordered the ban and said the directive was important in keeping MCB Hawaii environmentally sustainable. The old foam products thrown away at Anderson Hall are sent to the base landfill and do not decay.

Rice said he may extend the rule to additional base restaurants and is currently speaking with Marine Corps Community Services to reduce plastic foam products.

"The mess hall is a huge user and we figured it was a good place to start," Rice said. "With the number of takeaway meals, it's something we have direct control over."

Although the initial ban required just removing the old products, Gridley said Anderson Hall staff researched to find a sustainable alternative.

"We didn't go with the first products we saw," Gridley said. "There were top of the line boxes that weren't compostable but made of recycled products. We wanted [disposables which fit] three parameters. We wanted it to be made of recycled products, it has to be biodegradable and it has to be compostable."

He noted the mess hall uses approximately 6,000 to 8,000 plasticware pieces each month. Gridley said staff also lobbied the General Services Administration to carry them, as the cost for the alternative isn't much different.

"These are 33 cents apiece and it was roughly 31 cents for the [plastic foam]," he said. "The price is very comparable, and it was our big goal to not break the bank."

See GREEN, A-7

Marines honored at Aloha Stadium's Military Night

Lance Cpl. Vanessa M. American Horse
Combat Correspondent

Football is a big deal here on Oahu and the game held at Aloha Stadium Saturday between the University of Hawaii Warriors and the United States Naval Academy Midshipmen was even more prestigious. The stadium hosted a Military Appreciation Night for the occasion, allowing the half-time show to be taken over by various armed services to present awards to

Wounded Warriors stationed on the island.

Sgt. Joshua Gainey, Cpl. Bradley Herold and Lance Cpl. Vernon Perry, Marines from 2nd Battalion, 3rd Marine Regiment, were honored with plaques for returning from their recent deployment as Wounded Warriors. One soldier was also recognized. The Honolulu Navy League presented the plaques to the recipients.

"It was very unexpected to be recognized,"

See STADIUM, A-7



Lance Cpl. Vanessa M. American Horse | Hawaii Marine

Lance Cpl. Vernon Perry, Sgt. Joshua Gainey, and Cpl. Bradley Herold of 2nd Battalion, 3rd Marine Regiment, stand mid-field at Aloha Stadium Saturday. The Marines were awarded plaques for their sacrifice as Wounded Warriors in a celebration for all armed services on Military Night during a Hawaii University football game versus the Navy Midshipmen.

Golden Swordsmen head to land of rising sun as part of Unit Deployment Program

Patrol Squadron 47
Press Release

Approximately 20 sailors with Patrol Squadron 47 departed MCB Hawaii Sunday for a six-month deployment to Japan.

The sailors boarded a P-3 Orion aircraft, which they will operate while in Japan.

The remainder of the squadron was airlifted to Japan earlier this week to support Operation Iraqi Freedom and Operation Enduring Freedom.

The Golden Swordsmen will also provide a forward presence and maritime surveillance to

the 5th Fleet area of responsibility in the Middle East and 7th Fleet area of responsibility in the Asia-Pacific region.

The Unit Deployment Program was developed in October 1977 for the purpose of improving unit cohesion, reducing personnel turbulence and decreasing the amount of time spent in country per unit in deployed environments.

While deployed, members of VP-47 will support various ground units utilizing their P-3 Orion aircrafts in long-range aerial patrols and reconnaissance missions.

Inside today's Hawaii Marine



Bandits Steal Championship

The MAG-24 Bandits defeat the 1/12 Assassins to become ITFL champions, **B-1**

See What The Buzz Is About

Enjoy the local flavors and unique take on steak at Buzz's Steakhouse near Kailua Beach Park, **C-1**



Weekend Forecast

Today	Chance Showers High — 77 Low — 64
Saturday	Chance Showers High — 81 Low — 67
Sunday	Chance Showers High — 82 Low — 67

Golden Swordsmen head to land of rising sun as part of Unit Deployment Program

NEWS BRIEFS

Special Olympics Holiday Classic

Come out to support Special Olympics Hawaii athletes! The 2009 Holiday Classic happens aboard Marine Corps Base Hawaii Dec. 5-6, with basketball at the Semper Fit Center and bowling at K-Bay Lanes. Call Dan Epstein at 943-8808, ext. 26.

Roads Closed For Tree Lighting

Marine Corps Base Hawaii welcomes the holiday season with a tree lighting ceremony at the Base Chapel on Sunday, Dec. 6, at 5 p.m. A holiday concert, featuring the Marine Corps Forces Pacific Band and others, follows.

Traffic will be closed on Mokapu Road from McDonald's to Craig Road, and all traffic on Cushman Road from Mokapu to the Commissary parking lot. This will be in effect from 9 a.m. to 8 p.m.

School Furlough Satisfaction Survey

The School Liaison Office and MCCS would like parent input to determine levels of satisfaction with School Furlough Activities offered by MCCS. Please take a short survey via <http://www.surveymonkey.com/s/6VHNK8> or by visiting the MCCS Hawaii Web site at <http://www.mccshawaii.com>. Responses will be accepted from Dec. 7-21. For more information, contact Amy Madsen, School Liaison Officer, at 257-8826.

Closure Of All Pools

Due to mandatory certification training, all Marine Corps Base Hawaii pools at K-Bay, Camp Smith and Manana will be closed on Saturday, Dec. 12. All beaches will also be unmanned on this day.

New Year's Laughs At K-Bay

The Aloha Detachment of the Marine Corps League hosts local comedian, Bo Irvine, in a gala event aboard Marine Corps Base Hawaii open to the public. It begins at 8 p.m. at the Kaneohe Klipper Club on Dec. 31 and includes a sumptuous dinner and upscale silent auction.

Tickets available at the ITT office at 254-7563 or call the program coordinator at 256-3351. Proceeds benefit league scholarships.

Interactive Customer Evaluation

ICE provides customers with a convenient and efficient online method to express opinions to service providers with the option to receive feedback. You can share a comment, recommend an improvement or just say "good job" or "thanks."

You may also use it to obtain information on services of interest (i.e. hours of operation, location, frequently asked questions, and special events).

We want to hear from you about how MCB Hawaii services are doing at: <http://ice.disa.mil>. Just click on "Marine Corps-Pacific," which will lead you to Marine Corps Base Kaneohe Bay. Choose your service category to go to over 250 service providers.

Although it's not mandatory, we recommend that you provide your contact information so that the service providers are able to contact you to address your concerns and issues, if necessary.

Questions: please contact the MCBH ICE Site Manager at 257-1283 or email: therese.foster@usmc.mil.

Important Phone Numbers:

On-Base Emergencies	911
Military Police	257-7114
Child Protective Service	832-5300
Fraud, Waste, Abuse & EEO	257-8852
Pothole & Streetlight Repair	257-2380
Base Information	449-7110
MCBH Duty Chaplain	257-7700
DEERS	257-2077

Hawaii Marine

www.mcbh.usmc.mil

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HONORING TRADITION



Photos by Lance Cpl. Colby W. Brown | Hawaii Marine

Cody Gomes, a native of Kailua, waits for Makahiki, a Hawaiian tradition of giving thanks, to start at Pyramid Rock Beach Saturday. He was one of two guardians of the flag of Lono. Dozens gathered for the Hawaiian tradition honoring their gods, family friends, and represented the transition from the time of K'u, a war god, to the time of Lono, a love and relaxation god.

Local families celebrate Makahiki

Lance Cpl. Colby W. Brown

Combat Correspondent

Since before Christopher Columbus sailed to the new world there has been a tradition of giving thanks and blessing to higher beings. That tradition was part of the ancient Hawaiian culture, and is still honored and practiced today.

At Pyramid Rock Beach, Marine Corps Base Hawaii, local families came to celebrate the seasonal ceremony of Makahiki on Saturday. This ceremony represents a time of transition from the Hawaiian seasons of K'u — a time of war, politics and construction — to Lono — a time of relaxation and celebration of life.

Lono is also a time of love, healing and thanks of life to Hawaiian gods.

These families have been coming to Pyramid Rock Beach since the 1970s when it was re-opened for fishing and practicing the ceremony. Since then, a local family with the last name Lono has been organizing the ceremony not only to honor their gods, but also to honor family, friends and the season of K'u.

"It's a time when things are more relaxed," said Donnie Camvel, a native of He'eia who is part of the third generation of the Lono family to organize the ceremony.

"We spend time with friends and family, and it's also a thank you for all the food and products from the hard work of [the] previous nine months."

In the time of their ancestors, the ceremony would include a walk around the island to each different tribe. The Lono Aku, or the flag of Lono, would be carried during the walk and each tribe would offer tributes to Lono.

The tributes would include food or items from the previous season of K'u. Tribes would offer things they were known for or from their specific region of the island.

Now, the Lono family invites many families from around the island to participate in the ceremony in which they still carry the Lono Aku from where they camped the night earlier to the sacred ground and offer tributes to their gods.

"We offer a tribute of the



In ancient times, the Lono Akua, or the banner of Lono, was taken all the way around the island gathering tributes from different tribes and inviting them to the ceremony.

land and the work during K'u," Camvel said. "So we offer everything, from food to craftwork."

After the formal ceremony, the rest of the day is spent with loved ones, eating and playing games.

The Pa'ina, or feast, is held usually after the ceremony when the gathered families enjoy their tributes.

Some of the games played are spear-throwing contest, wrestling, surfing, pugil sticks and a test of balance called haka moa.

"All of the games represent the continuing or sharpening of warriors' skills during the time of Lono," Camvel said.

Makahiki is conducted at the opening and closing of Lono, which is parallel with the rainy season. It is a way for the Hawaiian culture and tradition to be honored and passed down to future generations.

"It's like walking in the footsteps of our ancestors," Camvel said. "We have to keep coming here. My mother and uncle came here with me, I come here with my son and he comes with his son. It's a link between the past, the present and the future."

For those present, the ceremony is more than just a tradition — it is a way of life.

"If you ask me how I feel about it, it's really hard to express," said Aaron Whyen, student of Kahuna Sam Lono, the first generation of the Lono family to celebrate Makahiki at Pyramid Rock. Whyen has been going to the ceremony for 24 years.

"It has been building for years and when you really love something, there is just more to it," he said. "It's very special to us and it's very special to a lot of people."



The guardian of the sacred grounds, Henry the Kahu, greets the procession and allows them to enter the grounds.

Armed Services Blood Program seeking volunteers

Kristen Wong

Photojournalist

As the holiday season approaches, there are two requests on the ASBP's wish list this year. First and foremost, personnel everywhere are asked to share the life flowing through their veins. Second, the organization could use more volunteers.

During the holidays there tends to be less blood donation due to people's busy schedules. Last December, the Blood Donor Center at Tripler Army Medical Center only collected 50 percent of its goal for the holiday season, according to Michelle Lele, blood donor recruiter, Blood Donor Center, TAMC. The organization tries to collect at least 800 units of blood monthly throughout the year.

"Illnesses, accidents and diseases don't take a holiday," Lele said. "Neither can blood donations. Tripler Blood Donor Center operates three to four mobile blood drives on different military installations a week. We try to make it convenient for anyone who wants to donate."

The donations are distributed not only to Tripler Army Medical Center in Honolulu, but are also shipped weekly to Iraq and Afghanistan, as well as other ASBP locations requesting blood. The center also contributed 50 units of blood during the recent events at Fort Hood, Texas. Encouraging people to donate is only half the battle.

"My blood drives are only as good as [their point of contacts]," Lele said. "There [are] a lot of POCs that have put a lot of time and effort [into the drives]."

The POCs assist in coordinating, advertising and securing a venue for blood drives throughout the year. Some coordinate drives as often as every 56 days — the time which must elapse between donations — while others may coordinate blood drives once a month.

Petty Officer 2nd Class Hugh Regidor, a



Kristen Wong | Hawaii Marine

Pfc. Tory Crandall, motor vehicle operator, 3rd Marine Regiment, donates blood at the Base Chapel during the Armed Services Blood Program blood drive yesterday. The Armed Services Blood Program encourages people to donate blood and volunteer to coordinate drives. There are approximately 81 blood banks and blood donor centers in various locations worldwide that are part of the ASBP.

hospital corpsman at Pearl Harbor Naval Station cannot give blood until he reaches the anniversary of his return from deployment.

"I'll be the first in line," he said.

Service members who have been deployed to Iraq or Afghanistan are "deferred," or asked not to donate until a year after returning, as a precaution.

The ASBP Web site lists all conditions warranting "deferrals," which can either be temporary or permanent. In the meantime, Regidor volunteers by coordinating blood drives with the ASBP.

At last count, there were 39 ASBP POCs in Hawaii. Because the ASBP is only permitted to hold blood drives aboard military installations, many POCs are affiliated with the military, whether they are a service

member or civilian, though anyone is eligible to volunteer. Because military nature requires frequent moves, the ASBP loses many POCs after a short period of time.

Regidor, who coordinates drives for two clinics every 60 days, has deployed to Iraq three times and thinks of his volunteering not as a job but a mission.

While overseas, he said the blood banks in Iraq constantly reach out to the community to support Iraqi villagers and service members in surgery.

"People would drop everything [and give blood] all hours of the day," Regidor said. "It's through the hard work that they give that [surgery patients] made it through."

See BLOOD, A-7

AROUND THE CORPS

Your weekly guide to what's happening around the Corps

This week's top story

East Coast



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

From Combat Zone to Parade Deck

WASHINGTON D.C., Washington — The leadership of non-commissioned officers is vital to the success of the Marine Corps world wide.

Marines appointed under them look for guidance through experience and knowledge that NCOs have gained over their career.

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

West Coast



Pfc. Daniel Boothe | Marine Corps Base Camp Pendleton

NASCAR champion floors fans with Pendleton pit stop

MARINE CORPS CAMP PENDLETON, Calif. — NASCAR's 2009 Sprint Cup Series champion, Jimmie Johnson, began his week-long victory celebration with a fan-filled pit stop at Camp Pendleton, Monday.

The El Cajon-native greeted hundreds of fans and signed autographs in front of Mainside's Bowling Alley for Pendleton service members.

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

Overseas



Lance Cpl. Chris Kutlesa | Marine Corps Air Station Iwakuni

Marines train with Israeli Special Forces

MARINE CORPS AIR STATION IWAKUNI, Japan — A tall man shouts, "You aren't paying attention to your surroundings!"

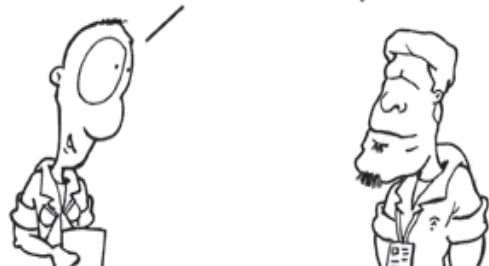
His uniform is black and blue, noticeably different from the Marines he is instructing, and his slight accent makes you wonder where this guy is from.

He goes off to the side and talks to a colleague in Hebrew. OK, so the guy is from Israel. What is he doing here?

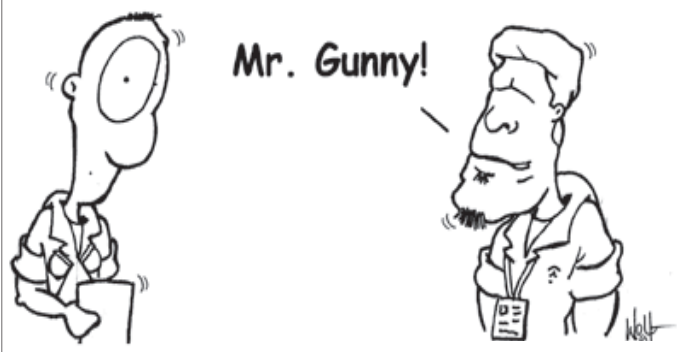
See <http://www.marines.mil>



"HEY GUNNY!!!, Finally Retired HUH?... So, What do we call you now?"



Mr. Gunny!



Gunnery Sgt. Scott Dunn | 11th MEU

A Navy air-cushioned landing craft returns to the Persian Gulf after delivering 11th Marine Expeditionary Unit personnel and equipment to this uninhabited island Nov. 20.

MEU, Kuwaiti Commandos participate in bilateral exercise

1st Lt. Roger Hollenbeck
11th MEU

BUBIYAN ISLAND, Kuwait — At the Government of Kuwait's invitation, Marines and Sailors of the 11th Marine Expeditionary Unit (MEU) recently conducted a successful training exercise with a platoon from the Kuwaiti military's 25th Commando Brigade on the uninhabited island of Bubiyan.

"We enjoyed training with the professionals from the 25th Commando and were impressed by their performance with small craft and overall enthusiasm for the exercise," said Lt. Col. Robert Rice, 11th MEU operations officer. "It was a great opportunity for us to build relationships with our regional partners and solidify

our commitments to security in the region."

The exercise cultivated the already close relationship that the two militaries enjoyed, and included an amphibious landing as well as follow-on training.

Kuwaiti commandos trained with MEU reconnaissance Marines in small boat operations and advanced infantry skills while other MEU personnel practiced ship-to-shore landing and setting up company-sized training sites.

"Bubiyan Island provided an ideal venue to practice our ability to move from ship to shore," Rice said. "The position of the ships allowed us to practice a true over the horizon amphibious assault."

The Marines and Sailors came ashore from the amphibious transport dock ship USS Cleveland, and amphibious dock landing ship USS Rushmore which departed San Diego, California on Sept. 18 for a deployment to the Western Pacific and the Middle East.

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

Top story from the front



Lance Cpl. Walter Marino | Regimental Combat Team 7

The H1N1 vaccine has been given to nearly 400 Marines and sailors with Regimental Combat Team 7 throughout Camp Dwyer, Afghanistan. Marines in Afghanistan are receiving the vaccination to prevent the H1N1 virus from affecting their counterinsurgency efforts.

Marines battle Taliban, IEDs and the flu

Lance Cpl. Walter Marino
Regimental Combat Team 7

HELMAND PROVINCE, Afghanistan — Aside from the constant threat of enemy contact and roadside bombs, Marines throughout Afghanistan are taking an offensive posture against another potentially deadly enemy.

The flu. Nearly 400 Marines and sailors with Regimental Combat Team 7 at Camp Dwyer, Afghanistan, and many other Marines throughout southern Afghanistan have received the H1N1 vaccination in an effort to keep Marines on the frontlines healthy and in the fight.

"In Vietnam, a lot of people died from malaria. That could

have been prevented. We don't want people to ask, 'what did the people die in Afghanistan from,' and it be the flu," said Petty Officer 2nd Class Christian R. Johnroe, a corpsman with Preventive Medicine, Combat Logistics Regiment 2. "We are trying to keep people safe from what we can control. We want every Marine in this fight so we can win this war."

According to the Centers for Disease Control, an estimated 22 million people worldwide have been diagnosed with the H1N1 flu virus from April through Oct. 17, resulting in approximately 98,000 hospitalizations. An estimated 3,900 have died from the H1N1 flu.

"This is relatively low when you consider that in the United States alone, there are approximately 200,000 people hospitalized, with 36,000 deaths due to seasonal flu annually," said Navy Lt. Connie R. Johnson, the officer in charge of Preventive Medicine, CLR-2.

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



Photos by Sgt. Mark Fayloga | Hawaii Marine

Maj. Cedric C. Bevis, officer-in-charge, Communications and Information Systems Directorate, is assisted by Maj. Dennis J. Kaskovich, deputy provost marshal, Provost Marshal's Office, as a new part of the Field Protective Mask Confidence Exercise at the base gas chamber Wednesday. Marines using the M50 Joint Service General Purpose mask now have to remove a partner's canister in the chamber as part of the training. The M50 has a canister on both sides and automatically seals when one is removed, allowing Marines to change out old canisters while in a contaminated environment.

The M50

New Look Better Protection



Using a blowtorch, Patnode activates o-Chlorobenzylidene Malononitrile gas, more commonly known as CS gas, a tear gas generally used as a riot control agent.

Marines learn to use new equipment during gas chamber exercise

Lance Cpl. Vanessa M. American Horse
Combat Correspondent

An order was passed for non-deployable Marines at Marine Corps Base Hawaii to be issued the new M50 Joint Service General Purpose gas masks by Saturday. Nuclear, Biological, and Chemical has been exchanging older gas masks for the newer model as supply limits to make the deadline.

Testing of the M50 at the base gas chamber started Wednesday under Sgt. William W. Patnode, Headquarters Battalion Chemical Biological Radiological Nuclear chief.

Patnode instructs his class by giving observers a realistic combat-oriented view on CBRN situations.

"My standpoint on training to use the new gas mask is that Marines need to be prepared for real life situations," Patnode said. "I want them to remember how to react to scenarios, not remember that they fell asleep during another class or important exercise."

First, Patnode describes the signs, symptoms, treatments and reactions over time from different CBRN agents on the human body and the protective gear issued.

The mission oriented protective posture suit is utilized in the training and taught to be worn correctly at level 4, the highest level that requires all gear to be used.

Afterward, the features of the new mask and its benefits are summarized. These include: a larger field of vision, improved protection from radiological hazards, new drinking tube design, ambidextrous canisters, lightweight construction, self-sealing valve for filter exchange in a contaminated environment, improved speech capabilities and breathing resistance reduction.

More advantages of the M50 are being tested and Marines are addressing concerns, such as corrosion in the voice emitter interface, with their own remedies.

"Dial electric grease is good to keep handy to fight corrosion," Patnode said.

Once inside the gas chamber, Patnode has the Marines test the seal with various active movements, practice manipulating the filters on their buddies' mask, and eventually break the seal and recover the mask to its full capabilities. On the first run, there were no complications.

"I think the new mask is much easier to clear," said Cpl. Meagan Larocca, blotters clerk, Military Police Department. "The old mask always seemed to get in a little gas."

Instruction will endure for awaiting Marines and the improved advantages of the M50 will continue to be discovered. Patnode urges Marines in possession of the M50 now to practice with the filters on their own to break them in to be prepared for actual exercises.



Marines practice removing and replacing canisters on their M50s. Wednesday was the first gas chamber Headquarters Battalion Marines trained in using the M50.



Sgt. William W. Patnode, Chemical Biological Radiological Nuclear chief, Headquarters Battalion, teaches Marines about the various equipment used in CBRN and what each marker represents.



Patnode burns off the last of the CS gas for the final group of Marines to complete the training.



Patnode explains the various methods for counteracting chemical agents, if exposed to them.

In search for the team made of iron



MCAS holds Ironman CFT competition, builds camaraderie and endurance

Lance Cpl. Colby W. Brown
Combat Correspondent

Half a mile, 200 ammo can lifts, maneuver under fire, 200 ammo can lifts and no rest in between — this is the Marine Corps Air Station Ironman Combat Fitness competition.

Teams of four worked together at the crash fire rescue CFT field Nov. 25, to complete this course as fast as possible. "Cake and the Sugar Boys," the flamboyantly named Aircraft Rescue Fire Fighting team, won the 2nd Annual Ironman competition with an overall time of 10 minutes, 24 seconds.

"It's fun to come out with the Marines and sailors and build the camaraderie the day before Thanksgiving," said Lt. Col. Michael P. Antonio, commanding officer, MCAS. "It builds a sense of competition between the sections and lets them come out and compete against each other in a good way."

Competition starts with the half-mile run, where each team member runs at the same time, competing with each other to finish first. After the run, they move to the ammo cans to complete 200 ammo can lifts as a team.

"There will be a lot of pain, hopefully no injuries," said Chief Petty Officer Jimmy Stewart, air traffic controller, MCAS, and part of the Navy team. "It will be something different and it is



At a recent competition, participants do a total of 100 ammo can lifts, which can be hard after running half a mile and going through the maneuver underfire. The 2nd Annual Marine Corps Air Station Ironman Combat Fitness Test competition was held Nov. 25 at the crash fire rescue CFT field.

Photos by Lance Cpl. Colby W. Brown | Hawaii Marine

good to be able to come out."

Next is the maneuver under fire, where two team members complete the maneuver while the other two are the dummies for the buddy drag and firemen's carry. They switch places and afterwards each team member finishes the maneuver and return back to the ammo cans for another 200.

"It's all about pacing yourself on the run," said Master Sgt.

Keith Kulman, ARFF staff noncommissioned officer in charge, MCAS. "Then being able to go all out on the maneuver under fire."

There is a clock that starts when each team starts the run and ends when each team finishes their second set of 200 ammo can lifts. The teams can't start any phase of competition until every member finishes the phase before.

While the teams compete, the rest of the unit enjoys a barbecue and cheers for each team to beat the best time.

"There is nothing like turning a mandatory training event into a fun unit event," Kulman said. "The Marines who compete are doing this out of a competitive spirit and for the unit. The Marines watching will have the bar set for them when the CFT comes around."

There are plans to open this event up to the base, allowing other units to come to the crash fire rescue CFT field and compete in the event.

The next Ironman CFT is planned for Jan. 16, 2010, and being held specifically to let other units join.

There are no restrictions on who can compete other than being from a participating unit that is represented and having an able body.

For more information or to reserve a spot on the roster for next year's Ironman competition, contact Sgt. Justin Post at 257-2068.



Even though this was his first time ever to run the CFT, Petty Officer 2 Peter Dracopoulos, air traffic controller, MCAS, and his team the Squidbillies was able to come in fourth overall.



Christine Cabalo | Hawaii Marine

Taking food from the salad bar, Pfc. Mahmoud Ahmad, data system specialist, 3rd Battalion, 3rd Marine Regiment uses one of the new biodegradable takeout boxes Dec. 1 at Anderson Hall Dinning Facility aboard Marine Corps Base Hawaii. Diners can now use utensils, cups and other disposable items made from corn syrup or sugarcane.

GREEN, from A-1

Both he and Rice said the ban is just the next logical step in being environmentally stable. Anderson Hall staff is currently conducting surveys to find out additional ways to reduce waste while keeping up good service. Additional studies have also been conducted studying how much electricity and water is used at the mess hall.

Many diners using the biodegradable alternatives, like Lance Cpl. Bryan Flores, motor vehicle operator, Combat Logistics Battalion 3, are impressed. Flores said he likes the high quality cups and utensils because they're

convenient to use when he needs fast food.

"I like [these cups] better than the smaller ones they had before," he said. "I've used it since they got them."

Others may not realize they're using anything different because utensils are high quality, said Staff Sgt. Oneal Paguada, responsible officer, HQBN. He said the new sustainable alternative performs just as well as the old plastic with fewer environmental impacts.

"They can use it and throw it away," Paguada said. "We know it won't harm the environment in any way. It's actually good quality products that won't leak."

STADIUM, from A-1

Herold said. "I really appreciate the people of Hawaii supporting the military."

Herold was wounded in a surprise ambush on his convoy in Helmand Province, Afghanistan. His shoulder blade was fractured and he lost part of his hearing abilities. To regain some of his hearing, Herold is expected to use a hearing aid because of permanent injuries.

Other service members participated in the

ceremony to support their brothers. Marines included were: Cpl. Avery Abram, Cpl. Raphael Cervantes Jr., Cpl. G Nguyen, Lance Cpl. Johnathan Miller from 2/3; and Cpl. Sean Hagstrom, Cpl. Lukasz Szablowski, Lance Cpl. Christopher Branum, Lance Cpl. John Clegg and Lance Cpl. Steven Peterson from 3/3. They marched with fellow armed forces to "God Bless America" sang by Army Staff Sgt. Samuel Hesck.

"This experience is one of those things I can tell my grandkids about one day," Hagstrom

said. "It's not everyday you can say that you got to march in a football game."

Before the game Jillian Sentell, the Marine Corps recipient of the Key Spouse Recognition Award sponsored by the Honolulu Navy League, was awarded a check for one thousand dollars.

Other highlights from the game were the 111th Army National Guard Band performing with the University of Hawaii Rainbow Warrior Marching Band during the presentation of colors.

Afterwards, Hawaii's own Danny Kaleikini

sang the national anthem while two F-15 jets from the 199th Fighter Squadron, Hawaii Air National Guard, at Hickam Air Force Base proceeded to do an impressive fly over.

This game hosted the largest crowd for a UH football game in Aloha Stadium since 2007 in their season finale against Washington, according to the stadium turnstile count of 36,834 fans. Hawaii beat Navy 24-17, and it was the Warriors' fourth straight win, pushing their record to 6-6.

BLOOD, from A-2

The ASBP does try to encourage donation by offering incentives, such as complimentary snacks, hats or T-shirts. Donors who give six times or more in one year are recognized at the organization's annual luncheon.

Established in 1952, the ASBP has approximately 81 ASBP blood banks and blood donor centers across the world.

"Only three out of every 100 people in America donate blood," Lele said. "It's time to increase those numbers."

Lele, Regidor and other POCs continue to spread as much education on blood donation as possible. Word appears to reach many ears as Regidor has seen long lines of service members waiting to give blood before the drive even starts.

"We have a lot of regulars," he said. "But we need more."

For more information about being a POC and donating, call Lele at 433-6699 or visit <http://www.militaryblood.dod.mil>.



Kristen Wong | Hawaii Marine

Staff Sgt. Billy Shinault donates blood at the Base Chapel during the Armed Services Blood Programs blood drive yesterday.

Sports & Health

BANDITS STEAL THE SHOW



Cpl. Danny H. Woodall | Hawaii Marine

Marine Aircraft Group 24 Bandits safety Brandon Rogers makes a one-handed grab in the red zone with 2:51 left to play in the Intramural Tackle Football League championship game Tuesday at Pop Warner Field against the 1st Battalion, 12th Marine Regiment Assassins. Rogers recorded two interceptions, the first coming in the closing seconds of the first half. The Bandits took to championship title after winning 16-6.

MAG-24 defeats 1/12 to win ITFL championship

Cpl. Danny H. Woodall
Combat Correspondent

In football, nothing is guaranteed. The New England Patriots discovered this in February of 2008 when they lost to the New York Giants; and on Tuesday night, the 1st Battalion, 12th Marine Regiment Assassins found this out against the Marine Aircraft Group 24 Bandits.

Seemingly against all odds, the Bandits defeated the Assassins 16-6 in the Intramural Tackle Football League championship game at Pop Warner Field. Going into the playoffs, the Bandits were ranked fourth out of five teams after finishing the regular season with a 3-4 record and losing twice to the Assassins.

The Bandits atoned for their mediocre season with two postseason upsets, the first against the undefeated Headquarters Battalion Warriors on Nov. 25 and the second on Tuesday night against the second-ranked Assassins.

During the first half of the ITFL championship game, both teams' defenses came out strong. The Bandits turned two Assassin miscues into turnovers and stopped two drives short. The Assassins forced a fumble on the Bandits second drive and held them scoreless until the half's final minute, when quarterback Shandale Graham found wide receiver Adam Boster in the corner of the end zone to give the Bandits a 6-0 lead.

Going into halftime, Bandits coach Paul Matchniff reminded his team to continue their impressive first half performance and to play with the determination necessary to secure a championship.

"When you're out on the field, leave everything there," Matchniff said. "With [two quarters] left to play in the season, play as if it is your last game. As far as I'm concerned, it's zero-to-zero right now. Defensively, we need to continue to shut [the Assassins] down. Offensively, we need to put up more points."

The Assassins opened up the second half with a balanced offensive attack, driving down the field and making key third and fourth down conversions. Unfortunately for the Assassins, offensive mistakes proved costly as a fumble gave the Bandits possession at midfield. The Bandits turned that fumble into three points following a field goal, which put them up 9-0 to start the fourth quarter.

With only 15 minutes remaining in the season, the Assassins were faced with the difficult task of scoring twice on a Bandits defense, which had yielded only six points in their last seven quarters of play.

After punting and then failing to convert on a fourth-and-long play, the Assassins turned the ball over again when Bandits safety Brandon Rogers recorded his second interception of the game with 2 minutes, 51 seconds left to play.

The Bandits capitalized on the turnover the very next play as Graham proved he could run the ball as well as throw it. His 78-yard rushing touchdown was the longest play of the 2009 ITFL season.

The 16-point deficit proved too much for the Assassins to overcome. They scored on their next possession but it proved to be too little, too late.

See FOOTBALL, B-2



Lance Cpl. Ronald W. Stauffer | Hawaii Marine

Michael Mejia prepares to connect with a pitch during the final week of the 2009 Intramural Softball League playoffs game, Tuesday. Mejia is the pitcher for by the Marine Aviation Logistics Squadron 24 Burke. The Combat Logistics Battalion 3 Hometown Heroes were beat by the Burke, 6-5.

STILL IN IT

Burke knocks Hometown Heroes out of playoffs, 6-5

Lance Cpl. Ronald W. Stauffer
Combat Correspondent

In a last inning effort, Marine Aviation Logistics Squadron 24 Burke held their one-point lead, beating the Combat Logistics Battalion Hometown Heroes, 6-5 in the final week of the 2009 Intramural Softball League playoffs game, Tuesday.

Burke's batters had trouble shaking the Heroes' infield defense, kept hitting fly balls, but were able to cut into some late inning pitches to secure the game.

"They're going to give us a challenge," said John Burke, Burke catcher before the game. "They're a good team, but I think we'll prevail."

Burke took first hits, but was stopped cold with a three-up-three-down half inning and the start of an interesting game.

The Heroes took an early lead as the bats kept coming. Burke attempted

double plays for the quick inning outs, but weren't able to hand a ball fast enough or catch a runner at first.

The Heroes brought in three runs before the inning's end and set their defense into motion to keep their lead.

Burke opened the second inning with a high line drive over second base and started putting runners on the bases, but wasn't able to bring anything around before their third out.

Keeping a defensive mentality, Burke returned the favor, giving up no runs and keeping the score 3-0.

Unfortunately, Burke's offense wasn't warmed up yet and neither were their bats as they were unable to score in the top of the third inning.

The Heroes got back into the swing of things during the bottom of the fourth inning, driving pitches down the third base line and down the center.

See SOFTBALL, B-2



GREAT ALOHA RUN ENTRY DEADLINES APPROACHING

Sgt. Juan D. Alfonso
U.S. Marine Corps Forces, Pacific

CAMP H.M. SMITH, Hawaii — Avid runners participate in recreational races on a regular basis around the world, but service members in Hawaii have an upcoming opportunity to compete and give back to their local and military communities.

Though the 26th Annual Kaiser Permanente Great Aloha Run may be a few months away, Feb. 15, submission deadlines are quickly approaching.

The slightly more than eight-mile run begins at the Aloha Tower and ends at Aloha Stadium. Its purpose is to raise money for local charitable organizations, such as the Hawaii High School Athletics Association, charities that help the handicapped and disabled, and military Morale, Welfare and Recreation programs.

"Last year we donated more than \$370,000 to local charities," said Carol Jaxon, the GAR director. "Participants get a triple investment. They get to stay fit, support local businesses which participate in the event, and give back to the community."

Competitors may choose from numerous divisions in which to compete, such as age groups, wheelchair competitors, handcycle competitors, military personnel running as individuals, and the Sounds of Freedom — service members running in formation.

Service members and their families receive an admission discount and one dollar is returned to their respective service, in addition to a shot at cash prizes for the top three finishing service members.

Participants must submit their entry forms in advance. Early entries must be submitted with a \$30 non-refundable check or money order, and postmarked no later than today. Those who submit early entries are eligible for an "In Training" T-shirt and daily planner. Regular entries are due no later than Jan. 22 and are also \$30. All others can enter the race Feb. 12 - 14 at the Great Aloha Run Expo at the Neil Blaisdell Center Exhibition Hall for \$40, cash or credit only.

Units planning to compete in the Sounds of Freedom formation run are required to complete a military unit application form, which can be found at the GAR Web site, <http://www.greataloharun.com>, and submit \$13 per person. Other participants may register and find additional information at the site.

"When we give our donations out, it's a big emotional moment," Jaxon said. "If there is a non-profit charitable organization in trouble, our board votes and gives them a donation on the spot. By supporting this run, we can provide an immediate response to a community need."

TROT LIKE A TURKEY



Lance Cpl. Vanessa M. American Horse | Hawaii Marine

Maciana Grace Pena, 4, runs in Mokapu Elementary School's annual Turkey Trot Nov. 25. All grades participated in the 10-minute run on the track for various prizes. The event was designed to raise awareness for the students to stay fit during the holidays. Parents were invited to cheer on their children and help out faculty members with refreshments.

FOOTBALL, from B-1

"Today, we just didn't seem like we were in sync," Assassins linebacker and team captain Dennis Sansoucie said. "Giving up this much is rare for us, but we're holding our heads up. [The Bandits] did a great job. They deserve credit for the victory."

Though they lost, the Assassins presence in the championship game is a testament to their drive and determination, Sansoucie said. He, along with head coach and 1/12 Sgt. Maj. Ansil Lewis, formed a team which they knew had commitments to unit exercises and deployment training, yet succeeded in earning a berth in the championship game.

As far as the Bandits are concerned, few expected them to get to the championship, let alone win it.

"My hat is off to all of you tonight," Matchniff told his players after the game. "We've said it since the beginning of the season: we can [compete] with any team."

They can, and they did.

SOFTBALL, from B-1

Once the bats picked up momentum, so did the runners.

The Heroes brought in two more runs putting the score at 5-0, and pressure on Burke's defense.

Burke answered back in the next inning, scoring three runs and keeping the Heroes' outfield on their toes with line drives. As soon as the Heroes brought Burke's bats to an end, Burke turned the tables, taking out the Heroes' first three batters. Michael Mejia, Burke pitcher, struck out the first batter and the final two didn't make it to first base.

From the top of the fifth to the bottom of the sixth inning, both teams hit a stalemate allowing no runs to come in and the defenses to hold the game, 5-3.

Sitting in the final inning of the game, Burke had one last chance to redeem themselves and possibly claim their victory.

To the Heroes' amazement, line drives were once again flying toward the outfield and Burke's runners were rapidly rounding the bases. One run came in, then a second to tie the game and then a third to take the lead after confusion by the Heroes' infielders.

The Heroes finally got the third out, but still had one last up to try to tie or win the game. It was up to Burke's defense to either hold or crumble.

The first batter was taken out at first. The second batter dropped a pop fly into a defender's glove. And in one last stretch, Burke got their final out at first for a big "Game Over!"

Burke is still in the playoffs and will move onto the round.

"We've got enough talent to win any game," said Matthew Collins, Burke head coach. "We started slow and that's basically it. We did a good job of keeping our heads in the game."

TURKEY TROT SHOWDOWN

1/12 CHALLENGES AIKAHI ELEMENTARY STUDENTS TO A DAY OF FITNESS, FUN

Lance Cpl. Ronald W. Stauffer

Combat Correspondent

For the second consecutive year, Marines from 1st Battalion, 12th Marine Regiment participated in Aikahi Elementary School's Turkey Trot, at the school grounds, Nov. 25.

The Marines tested students from kindergarten to the sixth grade in eight physically challenging events to see who would tier first during the 40th annual holiday fundraiser.

The Marines arrived early to set up the obstacle courses to challenge the students, but also have fun during the events as well.

"This isn't my first rodeo, so to speak, for this type of event," said Staff Sgt. Benny Guzman, battalion technical chief, 1/12. "I loved it and jumped on the chance [to participate]."

Guzman said he was glad to help out and has experience with community outreach programs.

The school gave the Marines the framework for the events and a rough sketch of what they wanted.

The obstacle courses consisted of a low crawl station, a push up and sit up station, a relay race and more. To stir it up, the Marines made a bunny hop race similar to a sack race, but the competitors wore bunny ears.

Guzman said all too often Marines gets caught up with training and working all the time.

"This is a nice reprieve and a good way to start giving back," Guzman said. "I've never seen a lot of these guys smile or laugh before. Now they're here getting motivated and loud."

Amped up by a disk jockey booth, students rotated around the events in three-minute intervals, with smiles on their faces and not an ounce of sweat sacrificed. What might have been considered training to the

Marines was a play-day to release any extra energy for the students.

"We got to throw pipes like grenades and run through the playground," said Jorge Salazar, a fourth grade student. "It was all fun."

Salazar boasted he didn't think any of it was that tough because he trained at the gym with his father.

After each grade completed all the events, they lined up at the beverage table for a thirst-quenching drink and then to the face-painting booth for camouflage face painting. The Marines got in on the fun of well.

"It's very interesting to have the kids paint my face," said Lance Cpl. Jonathon E. Scott, a field artillery cannoneer assigned to Bravo Battery. "I'm trying to get them involved and have as much fun with me as I'm having with them."

Scott said he let the first three children paint him first to interact and participate with him. He also said he's glad to volunteer his time to work with the children.

"I don't even consider this work and I like being here," Scott said.

He said some of the local community has a negative opinion of the military, but if they start at the school level, the children will get a better understanding of the Marines and military on the island.

"It makes such a difference," said Kate Lloyd, the vice president for the Hawaii Community Foundation, who coordinated the event. "I think it does a lot and it's a positive influence. It's physical fitness, but it's also having a partnership with the Marines."

At the end of the long morning, once each grade had the opportunity to finish the course, the Marines sat down with them to eat lunch and get a little energy back from the workout they received.

"It's a good chance for outreach and a good chance to adhere to our obligation as citizens," Guzman said. "All too often, Marines make awesome warriors, but we don't get to focus on the chance to be an awesome citizen, and to be a better rounded person."



Lance Cpl. Ronald W. Stauffer | Hawaii Marine

Lance Cpl. Jordan T. Ogle (right) races fourth grade students at the squash relay race during the Aikahi Elementary School's 40th annual Turkey Trot at the school grounds, Nov. 25. Ogle is a scout observer with Headquarters Battery, 1st Battalion, 12th Marine Regiment. This is the second year Marines with 1/12 have participated in the Turkey Trot at Aikahi Elementary.

CLB-3 bests 3rd MAR in softball playoff game

Lance Cpl. Colby W. Brown

Combat Correspondent

The Combat Logistics Battalion 3 Hometown Heroes came back from a six-point deficit and won an Intramural Softball League Playoff game against 3rd Marine Regiment, 20-19, Monday at the Risley fields here.

The game started off slow for both teams, as each team failed to score in the first inning.

The Heroes kept the same pace in second inning but 3rd Marines were the first rally with five runs. The third had a similar outcome for 3rd Marines as they scored double that of the Heroes bringing the score to 4-2.

There was a quick pause for a flurry of rainfall and the game continued.

It was even for the next two innings as these two teams matched each other on the scoreboard.

The score was 15-9 at the end of the fifth inning when the Hometown Heroes switched up their strategy that sparked an eight-run rally bringing them in the lead and for the win.

"It wasn't until the sixth when we decided to have fun," said Scott Peterson, first baseman, Hometown Heroes. "We mixed it up switching positions and we won the game. I don't want to be cliché but having fun won the game."

"Switching it up started a rally, everyone was down [on themselves] in the sixth but we just switched it put to have fun and won the game," Peterson said.

Swapping positions and concentrating on having fun sparked the eight run rally, Peterson said, which put the Heroes back in the game.

In the seventh inning 3rd Marines scored only two runs to the Heroes' three. This ended 3rd Marines championship hopes and their season. For the Heroes, the new strategy is something they plan to run with.

"I think we will start the next game to just have fun," Peterson said. "We will play the game to win but we will just have fun."

With this year's championship goal out of reach after the Hometown Heroes' first game in the loser's bracket, they look back on the season and are proud of what they accomplished.

"We played awesome throughout the season and then when the playoffs started we just have been having bad luck," Peterson said. "We've been rained out and postponed but hopefully we keep building though the bracket."

As the season will end in the next couple of days, the Hometown Heroes and all the teams of the ISL look to next year's season.

"We will probably have a new team," Peterson said. "Hopefully, we will be able to combine both of the CLB-3 teams and all of our best players. That way, we can take the titles from [Commander, Patrol and Reconnaissance Wing 2] and Headquarters."



Photos by Lance Cpl. Colby W. Brown | Hawaii Marine

Jake Sharbone, pitcher, Combat Logistics Battalion 3 Hometown Heroes, pitched until the sixth inning when his team switched up their strategy to have fun by swapping positions.



Scott Peterson, first baseman, Hometown Heroes, attempts to catch a hastily thrown ball, which bounced past his glove allowing the 3rd Regiment hitter to run to second base.

WE TRAIN HOW WE FIGHT

Advancements in Marine Corps PT

Gunnery Sgt. Jeremy Scott

Contributor

Marine Corps physical training has changed and progressed significantly in the past 10-15 years. For those of us that have been in for this length of time, we have seen PT evolve from doing the Daily 7 to the Daily 16 and most recently the dynamic warm up.

The dynamic warm up is what is being pushed to the fleet and is what is being taught in such Professional Military Education schools as Career and Advanced Course. With the dynamic warm up being regarded as the improved way of warming up before unit PT, it begs the question of which is better: the dynamic warm up or the "old school" way of static stretching before any exercise is conducted.

With the Marine Corps progressing its physical fitness standards to incorporate the new Combat Fitness Test to better prepare Marines for the physical stresses of combat, we must also progress our system of thought in the way PT is conducted. Everyone has their own way of doing things and some people don't like change. However, if the way we train and fight change, so must our methods to keep Marines prepared.

For years, many people thought that static stretching was the way to prevent injury and improve performance. However, science has evolved as it always does and what we thought before no longer applies. Static stretching involves stretching the muscle using body weight or opposing muscle groups and then holding it for a light stretch. While this is beneficial for elongating the muscles and providing flexibility, it does nothing for preventing injury or improving performance before exercise. Some examples include the hamstring stretch or the quadriceps stretch.

Warming up by actively moving a muscle or joint through a specific range of motion is dynamic stretching. Examples of this would be light lunges or running in place. The reason this is becoming an increasingly popular method of warming up before exercise is because it is much more practical to how the body moves and functions. According to Jennifer Loewe, a Division I athletic trainer with FIU, you should always do a dynamic warm up for several reasons:

- 1) It more closely resembles sport specific activities or activities of daily living
- 2) The idea is to get muscles moving and stretching actively to facilitate functional flexibility
- 3) This increases heart rate and muscle activity, where as static stretching simply elongates the muscles for a short time
- 4) Your body is warm and ready to begin activity by the end of the warm-up rather than having to "warm-up" again

While dynamic warm ups are the new "Daily 7," static stretching still has some benefits. It is just a matter of when to apply it. Stretching should be done at the end of a workout or physical activity. This keeps the muscles flexible and range of motion is preserved.

It all comes down to exercising safely and effectively; nobody wants to lose a Marine to an injury that could have been prevented by simply making sure they're properly prepared. We train how we fight.

Intramural Sports Updates

2009 Intramural Tackle Football League Playoffs Bracket

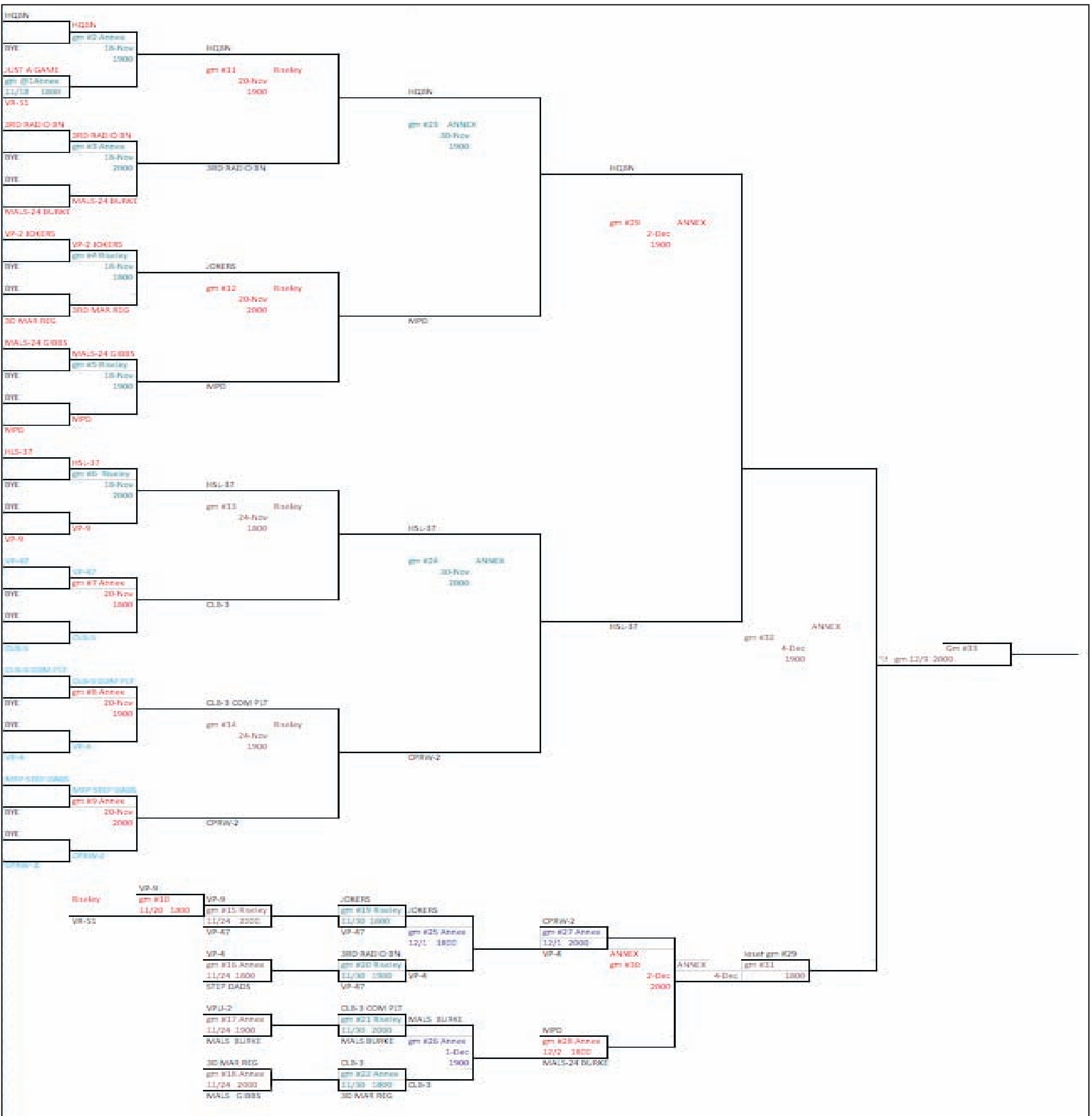
CONGRATULATIONS MAG-24!

INTRAMURAL TACKLE FOOTBALL 2009 CHAMPIONS!



Cpl. Danny H. Woodall | Hawaii Marine

2009 Intramural Fall Softball League Playoffs Bracket



Spotlight On Sports

Sports Briefs

Martial Arts Center of Excellence Visit

The School of Infantry West, Detachment Hawaii will be sponsoring a visit from the Martial Arts Center of Excellence on Dec. 10 at 2 p.m. in Building 223.

The MACE will be discussing upcoming changes to the MCMAP order and additions to the Black Belt syllabus.

There will also be a limited opportunity for instructor trainer recertifications between Dec. 8-10.

All MAI/MAIT are invited to attend. For more information, contact Gunnery Sgt. Eric N. Johnson at 927-6657.

The Warrior Games

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

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

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

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

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

Okinawa Kenpo Karate

Every Tuesday and Thursday, join MCCS Youth Activities for Kenpo Karate Kobudo classes, held from 6 to 7:30 p.m. in

Building 1391, located behind the old 7-Day Store. Adults and children are welcome.

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

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

Fishing Charters Available at MCB Hawaii

Spend the day aboard one of the Base Marina's fishing charter boats.

For more information, stop by the Base Marina located in Building 1698, across from Hangar 101, or call 254-7666/7667.

Parents for Fitness

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

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

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

Personal Trainers Available at Semper Fit

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

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

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

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

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

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

Commander's Fitness Series

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

3rd Radio Bn. Jingle Bell Jog

Saturday

Jog off that Thanksgiving feast! This 8-mile run around the Nuupia Ponds will help you stay fit throughout the holiday season.

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

Sat., Jan. 16

VP-9 hosts its annual King of the Hill 5K on Saturday, January 16 at 7 a.m. The race begins and ends at Dewey Square, and the

course takes runners up the hill to the Officers' Club, then up the even bigger hill of Kansas Tower.

CLB-3 Swamp Romp

Feb. 20

The race begins at the Boondocker building, neighboring the Marine Corps Exchange Annex parking lot. Six-person teams will negotiate an obstacle-laden course that includes mud, crawling, jumping, mud, swinging, sounds of combat, and more mud. Sign up early to get dirty with Combat Logistics Battalion 3.

Semper Fit Group classes

Boot Camp

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

Cardio Kick

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

Cycling

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

Gut Cut

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

High Intensity Circuit Training

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

Lower Body Blast

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

Keiki and Me

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

Hours of operation:

Monday-Friday, 4:30 a.m. - 10:30 p.m.

Saturday, 7 a.m. - 10 p.m.

Sunday and Holidays, 10 a.m. - 6 p.m.

An imperfect solution in an imperfect world

Cpl. Danny H. Woodall
Combat Correspondent

It's December! Collegiate football teams are starting to sweat out their remaining regular season games as they try to secure a spot in their respective conferences' championships while bowl games loom in the future. While college football players are battling it out on the gridiron, college football fans have begun to issue their annual complaints regarding the Bowl Championship Series.

Since its inception in 1998, college football fans have droned on and on about the "unfair" and "biased" system that is the BCS. I used to be one of them, then I turned 12.

For the past several years, fans and coaches alike have associated their failure in earning a national title berth to the BCS. The aforementioned system, which comprises five games (one as the championship), has been reduced to an oppressive, biased and semi-evil selection system. The BCS relies on a combination of polls and a computerized point system to determine who plays for the title.

It's no secret; the BCS is a flawed system. Football is, more than any other affair, completely objective. When the scoreboard reads zero, the team with more points is clearly better. It's true in a regular season, and certainly true in the playoffs. Without an established playoff system, it's difficult to determine a true champion when most top ranked teams haven't played one another.

This raises some interesting questions: what exactly are fans complaining about? What alternative method to the BCS do naysayers offer? Who let the dogs out? (woof, woof, woof, woof!).

The answer to all three questions is "shut up."

There have been many teams who go undefeated during the college football regular season, yet are "snubbed" from a national title chance in January. Many say college football should institute a playoff system like the NFL in order to make it fair for everybody. Let's examine this further.

Yes, the National Football League does utilize a playoff system to determine who should play in the Super Bowl. Why do they do this? Because a playoff system is the most effective way to determine who's best and it works ... for them. This is because there are only 32 teams in the NFL. Of that group, 12 make it to the playoffs.

Compare this to the NCAA, where there are literally hundreds of teams vying for a chance to win a national championship. A playoff system is unrealistic and would cause fans to lose interest. Many people argue that votes cannot be used to determine who gets to play in the championship. Yet, there has to be a cutoff point for teams admitted to play in this hypothetical playoff bracket. How will teams be admitted to play? By votes, that's how. No matter how you spin it, there are simply too many teams to establish a college football postseason without some sort of subjective input.

It's better for business too. In the BCS, regular season games matter that much more. One loss in the regular season could mean the end of a team's title hopes. This means higher ratings for each game and a passionate viewership that the NFL will never match.

For teams who go undefeated but don't get selected to play in the BCS, there is a reason. Sure, the BCS would love to hold a game with sex-appeal like Florida vs. USC instead of a TCU and Cincinnati matchup year after year. But contrary to conspiracy theorists, the BCS doesn't alter its poll results or favor one team over another.

The reason a team like TCU probably won't get a chance to play in the biggest game is because they play the smallest teams. Do you really think going undefeated in the Mountain West Conference is even comparable to going undefeated in the Big 12? The PAC-10? The SEC? Of course not. If you want to win big, you have to play big. The TCU Horned Frogs and others need to start scheduling tougher opponents rather than gloating over their Texas State victory and then whining about not playing in college football's preeminent game.

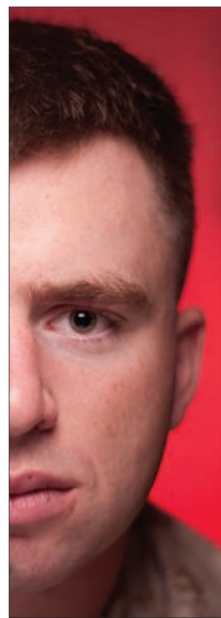


{ Bowl Championship Series

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



WOODALL



BROWN

Mirror, mirror on the wall who's the fairest football team of them all?

Lance Cpl. Colby W. Brown
Combat Correspondent

First and foremost, I am a University of Utah, Utes football fan. They are the greatest football team ever. Since the beginning of this century, they have proved it by consistently being one of the best football teams in their conference.

Knowing this, I try to brag to my friends about how good they are and how they are unbeatable. I always get the same reply: "They're in the Mountain West Conference; my high school freshman football team could be the champions in that conference." Then they laugh at me and mock me for loving such a legendary team.

Who is to blame for this atrocity? Simple, the Bowl Championship Series, or better known as the "Bunch o' Stupid Bowls Series." When they came up with this stupid system, either they were on opium or straight up brain dead. It's like the inventors threw out the whole point of having a championship game, which is to find a champion, and wanted everybody to have a trophy at the end of the season.

The Orange bowl, the Fiesta Bowl, the Rose Bowl and 27 other bowls ... I stopped caring after realizing how redundant this system is. At the end of each season, I always get into the same argument of who could beat whom and who the real "champion" is and how all the top ranked teams are just pushover teams who had an easy season.

I feel like a genius when I say this, but why don't they have a playoff system like the NCAA Men's Division 1 College Basketball Championship, which you can actually follow? Why don't they have a system like that of the National Football League where there is no doubt in anyone's mind that the team who wins the Super Bowl is that year's champion? And just to remind everyone, the NFL has one bowl and one championship game, not more than thirty.

Plus getting selected is like putting on your best dress and walking on a runway. It has nothing to do with the fact that a team may have been at the top of their conference. All it comes down to is who looks prettier and who was on this year's cover of NCAA Football.

In my speculation, it even comes down to the advertiser for each bowl and whom they want to play in their bowl. It's all just the consequences of a greedy commissioner who never lets the underdogs have a chance to play in the championship games. It's always the same teams and obvious that it is rigged.

But, hey, who really cares? Your team or your friend's team will be in another bowl and you can watch them carry a trophy off the field to feel good about yourself. We know the Utes can beat everyone anyway.



All it comes down to is who looks prettier and who was on this year's cover of NCAA Football."

Hawaii Marine Lifestyles



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

Top sirloin and crab combo served with broccoli and drawn butter, left, the famous calamari steak appetizer, center, and the barbecue beef ribs served with the pink margarita and Buzz's famous mai tai are some of the choices available at Buzz's Steakhouse. Buzz's Steakhouse is located across from Kailua Beach Park in Lanikai.



A small sign flickers at 413 Kawailoa Road in Kailua, marking the entrance to Buzz's Steakhouse.

Lance Cpl. Vanessa M. American Horse
Combat Correspondent

Across from the beautiful Kailua Beach Park sits a restaurant that has called Lanikai home for more than 47 years. It exudes tropical ambiance and a quaint island feel with decorations including lights made of puffer fish hanging from the ceiling and small hand painted tables on the patio for smaller parties.

Buzz's Steakhouse is a family owned and operated establishment that has an excellent view of the ocean, an impressive menu and a relaxed atmosphere.

"You get a real taste of Hawaii here," said Mani Schneider, manager of the steakhouse. "We are not mainland so we try to give the Aloha spirit as well as serve good food."

Buzz's steaks are famous for being cooked over locally produced mesquite keawe coals and dusted in their secret seasoning. However, the cuisine at Buzz's is no way limited to steaks. They serve at least four types of locally caught fish each day usually including opakapaka, ahi, opah and walu according to Schneider. Also included on the menu is everything from barbecue beef ribs to creamy seafood pastas,

Local food with flair

with ever changing daily specials.

Their most popular dish is an appetizer, fried calamari steak. It is drenched in a lemon-butter caper sauce that has restaurant guests wanting to lick the bowl.

"I am trying to branch out and try seafood here in Hawaii," said Pfc. Patricia Martinez, a Marine from Motor Transportation at Marine Corps Base Hawaii. "They recommended the calamari steak and I didn't know seafood could be this good."

In addition to the entrees are freshly made spirits, homemade desserts and a few side dishes.

It is recommended to not be in a rush when dining at Buzz's from the wait staff. They strive to provide an easygoing atmosphere to eat and relax.

Buzz Schneider, the restaurant originator, was a former sailor here on Oahu. The Hawaii Restaurant Association inducted him into its Hall of Fame in 2008.

Lunch hours are from 11 a.m. to 3 p.m. and dinner hours are from 4:30 to 9 p.m. Monday through Sunday. The seating capacity inside is 65 and the patio seats 35. Reservations are recommended for dinner but are not mandatory. For more information, call 261-4661, or visit <http://www.buzzsteakhouse.com>.



Buzz's Steakhouse features a wrap around patio for dining. Lunch hours are from 11 a.m. to 3 p.m. and dinner hours are from 4:30 to 9 p.m. Monday through Sunday.



Barbecue beef ribs, served with rice and broccoli, is one of the heartier dishes served at Buzz's Steakhouse. The restaurant has been open in Lanikai for more than 47 years.

PASS IN REVIEW

Your weekly guide to all aspects of entertainment

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

1/4 — No Impact, No Idea

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



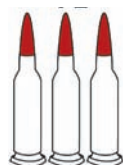
2/4 — High And To The Right

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



3/4 — On Target

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



4/4 — Confirmed Kill

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



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

Better Know A Critic



WOODALL

Cpl. Danny H. Woodall believes a good film is one that serves its purpose, which is to allow its viewer a chance to escape from reality even for a brief two hours. He hates going to see a movie only to find his mind occupied with the next day's schedule rather than the film itself. He believes the greatest film of all time has yet to be made, that is, until James Cameron directs "Stuart Little 4: Rise of the Machines."



OCHOA

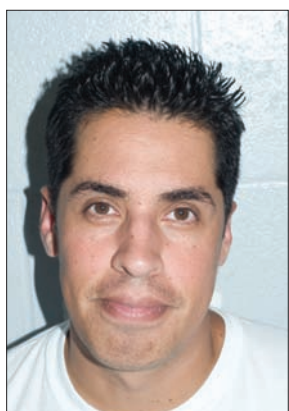
Cpl. Regina A. Ochoa feels a good movie should inspire you. She thinks the Golden Age of Hollywood was in the '30s and '40s, because movies then were less about special effects, and more about the plot and the actors' abilities. Her favorite movie is "Gone With the Wind." However, she is proud to admit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

Quick Hit

"Ninja Assassin"
4 out of 4 (Confirmed Kill)

Blood, gore and ninjas. What more could I ask for? I remember when I was just a lad fantasizing about throwing ninja stars and being able to fly from building to building like the wind. This movie takes my childhood fantasy, adds a couple gallons of blood, and puts it on the big screen. Yeah, sure, the movie, from the perspective of a cinematic expert, lacked in a couple areas, but at the end of the movie I was asking myself when the sequel is coming out. Even though the gore in this movie was above and beyond, I still wanted more. This movie was great. It entertained me, moved me, inspired me and most of all, took me on a cinematic adventure.

— Lance Cpl. Colby W. Brown



Encourage civilians and military personnel who are deployed to Iraq to visit the USS Arizona Memorial when they return. Maybe then they will realize what those who have gone before us had to go through and that's when they'll appreciate their freedom.

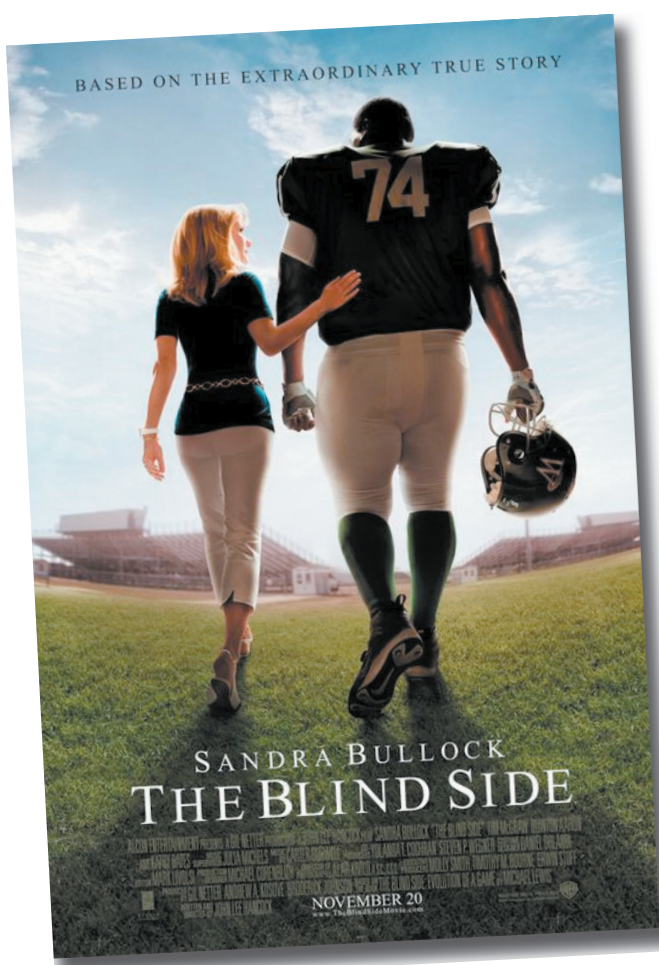
— Petty Officer 2nd Class Armando Sedano



"I think they should do a luncheon for family members and veterans."
— Petty Officer 2nd Class Patrick Takahashi

"Have a day off. Go to Pearl Harbor. See the ceremony. It'd be the first time for me."

— 1st Lt. Kirk Steinhorst



HAPPY HOUR ... AND 58 MINTUES

Cpl. Danny H. Woodall
Combat Correspondent

quently drafted by the National Football League's Baltimore Ravens (true story).

In the world of melt-your-heart features, "The Blind Side" is an industrial-strength oven. This family-friendly film's sole purpose is to make your insides warmer and fuzzier and, as a sports-drama, succeeds on nearly every level.

"The Blind Side" stars Sandra Bullock as Leigh Anne Tuohy, a wealthy, southern suburbanite living the stereotypical American dream (see 1950s advertisements) with her husband Sean, played by Tim McGraw (who also starred in the football drama "Friday Night Lights," coincidence?). While seeing their children, Collins and Sean Jr., through a prestigious private school, the Tuohys take in recent transfer student Michael Oher (Quinton Aaron) out of the goodness of their hearts (aww).

Oher lacks social skills and doesn't trust bits of kindness thrown his way because he has lived a life of constant despair and abandonment, starting with a father he never met and a mother addicted to crack-cocaine. He's nicknamed "Big Mike," and for good reason, measuring in at six-feet, four-inches tall and a staggering 300-plus pounds.

In an attempt to get Oher more socially involved, the Tuohys sign him up for spring football tryouts. After struggling to learn the ins and outs of being an offensive lineman, it's football time! (Insert "Varsity Blues"-esque sports montage!)

Leigh Anne is the catalyst for the adoption, at first sympathizing with Oher's situation and eventually coming to love him. Through her generosity, Oher passes all of his classes and signs a letter of intent to play for the University of Mississippi, and is subse-

Despite the story's authenticity, the movie scores pretty high on the "cheese scale." Some of the characters' dialogue is cringingly bad, especially with Leigh Anne's social circle, seen at fancy lunch meetings scattered throughout the film or during her run-ins with a local "gang" who grew up with Oher. When Bullock responds to one of these degenerates by saying "No, YOU listen b--ch," I winced so hard that I heard something pop ... still not sure what it was.

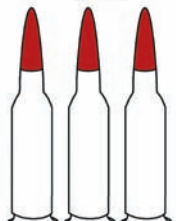
The Tuohy family, as the film overemphasizes, is white ... and I mean really white. If people were food, the Tuohys would be mayonnaise on white bread, sans crust, soaked in whole milk and served on a shiny white plate. They're portrayed as church attending, Republican voting, money spending, football loving, booster-club socialites. In contrast,

Oher is a poverty-stricken, uneducated black youth who grew up in government-funded "projects."

This is where "The Blind Side" enters a sort of "danger area." Even though the film's events may be true, its message isn't socially constructive; in fact, it's semi-patronizing to the African-American community. Whether it intended to say it or not (probably not), the movie's message is that the solution to poverty and improving one's quality of life lies in white generosity. Throughout the film, Oher is depicted more as a

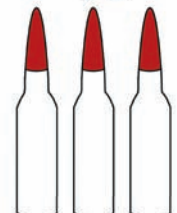
See **BLIND**, C-6

3/4



(On Target)

3/4



(On Target)



Interesting take on a classic tale

New 'Carol' not so family friendly

Cpl. Regina A. Ochoa
Design Editor

Now that Thanksgiving is over, it's time to get in the holiday spirit. While vampires and aliens tackle movie theaters, Disney's "A Christmas Carol" is bringing forth peace and good will toward men.

Director Robert Zemeckis ("The Polar Express," "Beowulf") has taken on Charles Dickens' classic holiday tale in a totally new way, portraying Ebenezer Scrooge and cast as cartoons. Paired with an all-star line up (Jim Carrey, Gary Oldman, Colin Firth and Cary Elwes) the movie was a great step forward for motion-capture movies.

Carrey, who plays not only the notorious Scrooge, but the ghosts of Christmas Past, Christmas Present and Christmas Yet to Come, does a fantastic job capturing the energy and magic behind the tale. He's a humbug in every aspect, making the viewer both love and loathe Scrooge.

Unlike many "Christmas Carol" portrayals, Zemeckis' version was very true to the book, reminiscent of the black-and-white original of the 1930s. It's lovely in every way, but very scary at points. The Ghost of Christmas Yet to Come is nothing but a shadow, eerily looming

in the background until something frightening happens. The portrayal of "Ignorance" and "Want" as young children under The Ghost of Christmas Present's robe are not sad little children, but haunting, almost terrifying in their movements.

The fact that the movie was made as a cartoon only contributed to the

portrayal, allowing Zemeckis to take artistic liberties with the story I'm sure Dickens could never have imagined. While the art made the emotional scenes gentle and beautiful, it made the chilling scenes scary to a fault. I'd say Zemeckis took it too far, making the fright too intense for small children. I had chills while watching it, I can't imagine the nightmares a 5-year-old child would associate with Christmas after watching the movie.

The stop motion really contributed to the movie. It made the movie less cartoony and more realistic through capturing the actors movements. The moment I realized how life-like it was, was while watching Fred entertain his guests. His hunched shoulders and graceful movements, everything down

to the way he furrowed his brow and moved his mouth, seemed so familiar to me. After wondering, "where have I seen this man before?" I tapped my husband on the shoulder and said, "I think that's Colin Firth." When the movie was over, Firth was in fact listed

as the character. It was astonishing to me how realistic it all was. It was Firth, just made into a cartoon.

The movie overall was beautiful and true to Dickens' tale. I teared up when Tiny Tim died in the future, I smiled when everyone partied at Fezziwig's in the past, and I felt in the Christmas spirit when Scrooge awakes Christmas morning a new man, happy and grateful for the holidays. And isn't that essentially what Dickens was aiming for?

This is a must see this holiday season, just be cautious with your little ones, as there are scary parts. If you're looking for something a little more family friendly, stick with the classic "The Muppets Christmas Carol," where the only scary thing is how bad the jokes are.

TALK* STORY

On Dec. 7, 1941, a day that will live in infamy, military bases on the island of Oahu were attacked by Japanese forces. The Hawaii Marine wondered ...

What do you think is the best way to commemorate the anniversary of the attacks on the island?

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

Cars cruise for Toys for Tots

Chuck Little

U.S. Marine Corps Forces, Pacific

The deep, rolling thunder echoed across the tarmac at Hangar 101 here, but instead of causing those gathered to run for cover, it brought them out in droves. This thunder came not from an approaching storm, but rather from the exhaust systems of more than 500 approaching classic and custom cars.

More than 30 car clubs from around the island came together in the bright Hawaiian sunshine Saturday, some driving restored classics, others driving hot rods right out of "American Graffiti" and yet others driving customized late model and exotic cars. The one thing they all had in common was their purpose: to bring donations of new, unwrapped toys to support the Marine Corps' 2009 Toys for Tots collection effort.

This marks the 35th year the Oahu Car Clubs have gathered for their annual cruise, but this year's event included something very new. In previous years, car club members would drive from their rally point to the base, drop off toy donations and leave. This year, in order to say thank you for their support, Marine Corps Base Hawaii agreed to host a "drive and shine" car show at the end of the cruise, complete with refreshment vendors and entertainment.

Capt. Luke Gaffney, the officer in charge of the Toys for Tots Hawaii effort, said the turnout for the car cruise and show demonstrates the close relationship between the Marines and the Hawaii community.

"We're extremely happy to see this much community support for an event with the Marine Corps' name on it which at the same time provides support back to that community through Toys for Tots," he said.

Master Sgt. Scott Crockett, the 2009 Toys for Tots Hawaii coordinator, had a lot of help with this year's car cruise.

"It's great to see Marines coming out from different units to volunteer their time for the community," he said, adding, "The support from the community has been great. People are always glad to see us because they know that we are helping out, and reaching out to less fortunate children to assure that they have



Chuck Little | U.S. Marine Corps Forces, Pacific

More than 30 classic car clubs from around Oahu came together at Hangar 101 Saturday to support the 2009 Toys for Tots collection effort. The U.S. Marine Corps Forces, Pacific Band performed at the event, as well as a local band "Logix Sold Separately," a local band made up of children ages 10-16. More than 1,000 people turned out to the car cruise and show, bringing with them donations of new, unwrapped toys for the Toys for Tots drive.

a good Christmas."

Entertainment for the more than 1,000 people who turned out was provided by the U.S. Marine Corps Forces, Pacific Band and local kids band "Logix Sold Separately," whose members all range from 10 to 16 years in age. These talented musicians, all cousins, were excited about the opportunity to help out the Toys for Tots cause.

"Before the event we were nervous, during it we were excited and afterwards we were totally relaxed," said 16-year-old Shayna Directo, guitarist. "We really loved playing for a good

cause with the Marines."

Ariana York, 10-year-old keyboard player and singer, echoed cousin Shayna's sentiment. "We felt very honored to play for such an important event, and the stage made us feel like a really cool band!" she added.

This was also the largest cruise the clubs had ever put on, and it netted more than 1,000 toys, all of which will go to make the holiday season brighter for children of Hawaii who might otherwise not know the joy of opening a gift on Christmas morning.

"This is my first year, so I wasn't sure what to expect," said Crockett. "You hear stories from the previous [years], but until you actually see the amount of cars, and the number of people pouring in to donate, it is hard to envision."

"Events like this one are essential to our efforts," said Gaffney. "The community's involvement is the only way our annual Toys for Tots effort can be a success."

For information on where you can drop off a donation of a new, unwrapped toy, visit <http://www.toysfortots.org>.

Navy Exchange to offer shuttle bus services

Mark Smith

Navy Exchange Marketing

In their continuing mission to better serve our men and women in uniform, the Navy Exchange will offer a free weekend shuttle service to provide Marine Corps Base Hawaii military members and their families in Kaneohe transportation to the Pearl Harbor Uniform Center.

The new service will begin tomorrow and will include three scheduled pick-ups at the Kahuna's parking lot Saturdays and Sundays.

"The primary focus is to provide our military members full access to the services of the Uniform Center located at Naval Station Pearl Harbor," said Frank Ilderton, Navy Exchange Operations Manager.

The new service has been in the planning stage for a few months with MCB Hawaii command. Col. Robert Rice, commanding officer, MCB Hawaii, recently provided his approval to operate a test to determine if there is a need for such services.

The NEX has plans to operate the service for two months before conducting a full evaluation to determine its success.

"Based on participation and feedback from our customers, we have the flexibility to make changes and look forward to offering this option to the sailors, Marines, and families at MCB Hawaii," said Ilderton.

First initiated in 1998, the shuttle transports more than 113,000 sailors and family members annually.

For more information on the NEX shuttle service to MCB Hawaii, call 423-3344.



Courtesy Photo

Patrons of the NEX at Pearl Harbor utilize the free shuttle service to get around base. The shuttle service at Pearl Harbor is the only free transportation service offered Navy-wide.

BEFORE YOU TAKE IT OFF,
THINK ABOUT HOW WELL IT FITS.

U.S. MARINES

The uniform represents more than 231 years of history and tradition. It's the identity worn by the courageous and honorable since the Revolutionary War. Earned through discipline, hard work and dedication. Respected by all. Keep your uniform on and continue making history. See your Prior Service Recruiter about the many benefits and opportunities with the Marine Corps Reserve or call 1.800.MARINES or visit MARINES.COM.

ONCE A MARINE. ALWAYS A MARINE.

MARINE RESERVE

Have a happy, safe, energy efficient holiday

Sgt. John Miller

Facilities Energy Noncommissioned Officer

The holidays are upon us again! It's the time of year where Marines, sailors, and families get together to celebrate the holiday spirit. It's the time of year when everyone will break out their holiday decorations. It's the time of year, when Marine Corps Base Hawaii's energy bill is high.

However, Marine Corps Base Hawaii has a holiday lighting policy that you should be aware of. It allows us to be responsible with our use of energy for this holiday season. Please observe the following guidelines to help us save energy:

Family Housing Outdoor Light Decorations: Limit outdoor light decorations to only the front of the home. Outdoor decorative lighting must be removed by Jan. 1 and operated only during the hours of 5:30 to 10 p.m., and extended to 1 a.m. on Christmas. LED lights are optional, but recommended.

Unit/Workplace Decorations, Main Gate and Other Outdoor Areas: Lighting decorations will be set up, operated, and removed as indicated for home decorations above.

Empty Office Spaces/Housing: We all know that a lot of people aboard the base will not be at work on Christmas and may be flying home for the holidays. This being the case, before you leave, make sure all lights are off, air conditioner is off or set to 80 degrees, and all unnecessary appliances are unplugged, as certain appliances use up energy, even if they're not being used.

Cooking Tips: A holiday ham is usually roasted for hours. Since it's a long, slow cook, there's no need to preheat your oven, even when the recipe suggests it. In fact, unless you're baking breads or pastries, you may not need to preheat the oven at all. Don't open the oven door if at all possible. Use the oven light instead. When you open that oven door it can lower the temperature inside by as much as 25 degrees which means it takes more time to heat back up to where the temperature was originally, which wastes energy. The same applies for stovetops. Match the size of your pan with the size of the burner as much as possible. A six inch pan on an eight inch burner can waste more than 40 percent of the energy.

Energy conservation is the responsibility of all of us, but it doesn't mean that we all can't enjoy a safe and energy efficient holiday!

Turtle power!



Courtesy of Roberto "Honukane" Katekaru

Roberto "Honukane" Katekaru teaches children about different types of turtles and tortoises at the Harvest Festival Oct. 23 on Marine Corps Base Hawaii. The event, put together by Marine Corps Community Services' Marine and Family Services and the Youth and Teen Program, was a celebration of the fall season and Halloween. The U.S. Marine Corps Forces, Pacific Drum and Brass Band combo played and sang music. The event also featured a petting zoo, pony rides, bouncy houses, trunk or treating, a fire truck, a teen dance, informative booths, costume characters and Katekaru's turtle farm.

TOYS FOR TOTS

UPCOMING EVENTS

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

Kaneohe Christmas Parade

Saturday, Dec. 5

The annual Kaneohe Christmas Parade is scheduled from 9 to 10:30 a.m. going from Windward Mall to Windward City Shopping Center along Kamehameha Highway. Look for Marines ready to collect toys on behalf of the program! Also enjoy music from our U.S. Marine Corps Forces Pacific Band.

Street Bikers United Toys Run

Sunday, Dec. 6

The 35th Annual Street Bikers United Toys Run departs Magic Island (Ala Moana Beach Park) approximately 10 to 11 a.m. (this will depend on what time HPD is able to shut down Kalakaua Avenue) for Kapiolani Community College. This event averages more than 5,000 motorcyclists from clubs around the state and around the world, and is traditionally one of our largest events. For more information on the event itself, call Rick Davis at 576-1311.

Riders from CLB-3 will be meeting earlier at the Annex Parking Lot, Marine Corps Base Hawaii, at 8 a.m. Sunday. If any other rider wants to join them, they can meet at Burger King outside the back gate at 8:30 a.m. What's requested is the donation of a small, new unwrapped toy and — better yet — a small donation to the Toys for Tots fund, too. A donation is requested for police escort. To man up with CLB-3, contact Sgt. Jeffrey McFarland at jeffrey.d.mcfarland1@usmc.mil or call 541-7374.

Na Mele o na Keiki — A Toys for Tots Holiday Concert

Wednesday, Dec. 9

U.S. Marine Corps Forces Pacific and BAE Systems, a worldwide partner with the USO, will proudly present the second annual Na Mele o na Keiki (Music for the

Children) Toys for Tots Holiday Concert at the Neal S. Blaisdell Concert Hall in downtown Honolulu. This concert will feature our U.S. Marine Corps Forces Pacific Band performing holiday favorites with an all-star lineup of guest artists. Danny Kaleikini and Carole Kai will serve as master and mistress of ceremonies again this year. Joining our Marine Band on stage will be Anita Hall, Steve Hott, the Honolulu Boy Choir, Jake Shimabukuro, Amy Hanaiali'i and Honorary Marine Cpl. Jim Nabors.

Tickets for this star-studded event are free, and are available at the Blaisdell Center's Box Office, limit four per person. Box Office hours are Monday-Saturday from 9 a.m. to 5 p.m. A limited number of tickets are available through the Camp Smith and MCBH ITT offices as well. Marines will be on hand the evening of the concert to accept any donations.

5K Reindeer Run

Sunday Dec. 13

The first Reindeer 5k Fun Run in Mililani starts at 7:30 a.m. The event begins at Mililani District Park and finishes at the Mililani YMCA. Runners receive \$5 off their registration when they donate a new, unwrapped toy for Toys for Tots. For more information, call 625-1040 or e-mail Jenny Ostlind at jostlind@ymcahonolulu.org.

501st Legion Pacific Outpost

Tuesday, Dec. 15

The 501st Legion Pacific Outpost (a Star Wars costume club) will be holding a Toys for Tots collection drive at Honolulu Hale from 6 to 9 p.m. in conjunction with Honolulu City Lights. For more about the city's event, see <http://www.honolulu.gov/csd/citylights/>.

Since 1996, the Marines Corps' Toys for Tots Hawaii program has collected nearly 640,000 toys and more than \$350,000 to purchase toys for distribution to nearly 400,000 of Hawaii's children. This year's goal is 45,000 toys. For more information on the Hawaii Toys for Tots program, visit <http://www.toysfortots.org> and select Hawaii or see <http://kaneohe-bay-hi.toysfortots.org>. Call 257-7125.



Sgt. Scott Whittington | U.S. Marine Corps Forces Pacific
A Marine in support of 4th Force Reconnaissance Company marches in the Keiki Kalikimaka Parade in Hawaii Kai Nov. 28. Look for Toys for Tots at the Kaneohe Christmas Parade on Saturday.

Wanted: 42,000 more toys

Chuck Little

U.S. Marine Corps Forces Pacific

The Marine Corps 2009 Toys for Tots Hawaii collection effort is in its third week, and has collected more than 3,000 toys and more than \$7,000 to purchase toys to date.

There are three weeks left in this year's collection drive, and our goal this year is to collect 45,000 toys to help make the holiday brighter for Hawaii's less-fortunate keiki. Every toy and every dollar donated to purchase toys stays here in Hawaii.

Since 1996, Toys for Tots Hawaii has collected nearly 640,000 toys and more than \$350,000 to purchase toys for distribution to nearly 400,000 of Hawaii's children.

There are two major Toys for Tots events in the next week: Sunday's 35th Annual Street Bikers United Toy Run, and next Wednesday's Na Mele o na Keiki (Music for the Children) Toys for Tots Holiday Concert at the Neal S. Blaisdell Concert Hall. Marines will be on hand at both locations to accept donations of new, unwrapped toys.

For more information (including events and drop-off sites), you can visit <http://www.toysfortots.org> and select Hawaii, or the Toys for Tots Hawaii Facebook page at <http://www.facebook.com/pages/Toys-for-Tots-Hawaii/92191513370>.

Contact the Toys for Tots coordinator at 257-7125. For more information on upcoming Toys for Tots events, please call Chuck Little at 477-8309 or 489-7353 (cell).



"Aviation Career Day"

All students between the ages of 10-18 are invited to come learn about aviation. Whether you are interested in a career in aviation or would just like a tour of the facilities, this is your chance!

December 11, 2009 8 am- ~ 1130 am

Activities included:

- ATC / Tower tour
- ATCMB tour
- CH-53 Static Display & meet the crew
- Crash/Fire Rescue Demo
- P-3 Static Display & meet the crew



If you plan to attend, notify us by Friday, Dec. 4 so we can accommodate you.

SSgt Garcia 257-2900

juan.a.garcia2@usmc.mil

Capt Taylor 257-0765

michael.a.taylor2@usmc.mil

*Attendees must be at Mokapu Elementary no later than 7:45 a.m. Chow will not be provided. Parents are responsible for picking up their children at Mokapu Elementary no later than 11:30 a.m. Transportation consists of two buses which can seat approx 80 passengers. A liability waiver must be signed to allow your child to ride the bus. The liability waiver can be e-mailed to you from one of the contacts listed above. Don't delay - R.S.V.P. now!

USO tour brings Sesame Street to Hawaii

Press Release

USO

How to get to Sesame Street? Visit the Kahuna's Community Ballroom aboard Marine Corps Base Hawaii on Dec. 9 at 1:30 p.m. and 6:30 p.m. for the Sesame Street/USO Experience for Military Families.

In September 2009, the USO and Sesame Workshop launched phase II of the free traveling USO tour featuring five of America's favorite Muppets. Trekking to six countries in the span of four months, the tour is scheduled to perform a series of high energy shows tailored specifically for military families at 20 military installations worldwide.

The tour also stops at Schofield Barracks for shows scheduled on Dec. 12 at 3 p.m. and 5 p.m., and Hickam Air Force Base on Dec. 13 at 3 p.m. and 6 p.m.

Military families in attendance will see a live character performance and receive giveaways and outreach materials. An extension of Sesame Workshop's Talk, Listen, Connect program, a military outreach initiative launched in 2006, the tour provides support and offers resources for military families with young children experiencing the effects of deployment, multiple deployments, and/or a parent's return home changed due to a combat-related injury. Visit the Web site <http://www.sesameworkshop.org/tlc/>.

For MCB Hawaii show information, call Janelle Shifflet at 254-7638. Call the Hawaii USO at 836-3351 for more information about the local shows.



USO photo by Fred Greaves

Elmo (right) is joined by Grover to greet young fans during a performance of the Sesame Street/USO Experience for Military Families at Chievres Air Base in Belgium Sept. 13. The show is scheduled to visit Marine Corps Base Hawaii on Dec. 9.

Stay connected during the holidays

Elaine Wilson

Armed Forces Press Service

I've got a secret holiday guilt I've been harboring for years: I'm an utter failure on the holiday card mailing front.

The guilt begins to creep up around this time each year, as the Thanksgiving leftovers wane, and grows to epic proportions, seemingly in conjunction with the amount of holiday music I hear on the radio.

It doesn't help that the rest of the free world seems to have the organizational and planning skills that I lack. I cringe just a little each time I see an oversized, gold-edged envelope arrive in the mail, and even worse, a long-winded holiday letter that someone had the audacity to have time to write.

My shortcoming is certainly not due to a lack of effort. I peruse the holiday aisles and purchase a few dozen overpriced cards each year, but that's where my busy life invades and my good intentions end. I even, one year, managed to fill out and address about 24 cards adorned with

a fireside scene and then promptly failed to get them to the mailbox on time. They're probably still buried in a box in my basement somewhere.

I don't know what my holiday card hang-up is but, thanks to the wonders of modern technology, I've found a convenient workaround in recent years — text messages. So, I'm now attempting to replace my holiday card guilt with a holiday text. Perhaps not as personal, but it's certainly heartfelt and fits in with my busy lifestyle.

Here's another confession. Despite my petty jealousy, I really do cherish every single holiday card I get, and I particularly cherished them when I was in the military, overseas and far from family and friends. I still have those cards and am so grateful that there are others who don't share my holiday card mailing woes. I encourage you to take a few minutes this holiday season to write a letter to a family member or friend serving overseas or stateside. You'll be amazed at how much how much it will mean to the recipient.

In the meantime, maybe it's not

too late for me to dig those old cards out of the basement ...

Here are a few resources I found to help — and none involve a text message. And if you've heard of a great program, please don't hesitate to write in at elaine.wilson@dma.mil.

- Members of the Joint Hometown News Service have posted more than 8,000 holiday greetings from servicemembers and their families stationed around the world on its Web site. To see the holiday greetings, family members, servicemembers and their families can visit <http://www1.dmasa.dma.mil/hometown/webpages/holidaygreetings.htm>.
- The Army's HooahMail program,

scheduled to begin this week, makes use of the Internet combined with physical mail delivery to create a hybrid mail system that can get letters into the hands of soldiers in remote locations much faster than regular mail delivery alone.

It's not too late to send a package to a loved one overseas. Visit the U.S. Postal Service Web site at http://www.usps.com/communications/newsroom/2009/pr09_082.htm for recommended mailing dates.

For overseas mailing guidelines, visit the Web site <http://www.usps.com/supportingourtroops/>.



Movie Times

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

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

Call 254-7642 for recorded information.

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

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

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

“Where the Wild Things Are” - PG	Today 7:15 p.m.
“Couple’s Retreat” - PG-13	Today 9:45 p.m.
“Whip It” - PG-13	Saturday 7:15 p.m.
“The Stepfather” - PG-13	Saturday 9:15 p.m.
“Cloudy With ... Meatballs” - PG	Sunday 2 p.m.
“Couple’s Retreat” - PG-13	Sunday 6:30 p.m.
“The Stepfather” - PG-13	Wednesday 6:30 p.m.

Special Furlough Friday matinée:

“Cloudy With ... Meatballs” - PG Dec. 11 | 2 p.m.

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

Mokapu Beat

What’s happening at Mokapu Elementary School

Family Holiday Night

The Mokapu PCNC office and PTA invite families to attend the Family Holiday Night on the school cafeteria tonight from 5 to 8 p.m. This is a “thank you” celebration for the holidays to express gratitude to the wonderful families and volunteers at Mokapu. There will be free pizza, drinks, crafts, board games and make your own sundaes!

Off-Campus Evacuation Drill

Mokapu Elementary staff and students will conduct their annual off-campus evacuation drill to the Semper Fitness Center on Dec. 8, at 8:15 a.m. Anyone willing to help during this drill should contact Shelley Murphy or Heidi Dickens at 254-7964.

Marine Band, Chorus Performance

The Marine Corps Party Band and Mokapu Chorus will perform a holiday show in the school cafeteria on Dec. 10, from 6 to 7:30 p.m. All are welcome to come to the show, which will feature holiday music fun with elves, Frosty, Rudolph, Santa and Mrs. Claus! Refreshments will be served following the show.

For more information, contact the PTA at mokapu_pta@yahoo.com.

McTeachers Night at MCB Hawaii McDonald’s

On Dec. 17, from 4 to 7 p.m., Mokapu Elementary School teachers, staff and PTA board members will be serving behind

the counter at the McDonald’s on base. They will also serve in the dining area and hold special activities on the lanai. Money earned will go directly to the grade levels for classroom needs. Please come and support our school!

Volunteers Needed

Mokapu Elementary School needs volunteers all year long for a variety of jobs, from classroom needs to administrative help and special activities. Particularly needed are volunteers for Popcorn Fridays, to either pop corn in the morning and/or sell it after school. Please contact Heidi or Shelley in the PCNC office in P-6, or call 254-7964 for more information or to volunteer.

Mokapu T-Shirts

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

Hawaii Gun-Free Schools Act

Important reminder: If a student brings a BB gun, air gun, or paintball gun to school, he/she will be dismissed and won’t be able to attend school for at least one calendar year. Parents, it is a good idea to talk this over with your child. Check your child’s backpack for anything that could be considered unsafe. Children should bring only school supplies to school. Personal items, including toy guns, should remain at home.

BLIND, from C-2

charity case dependent on the Tuohys rather than as a human being capable of making rational decisions to better his own life.

In this sense, the real-life story is unrealistic. But maybe that’s what makes it so special. People like the Tuohys rarely demonstrate the kindness and compassion necessary to help others in need ... and that’s exactly what they did.

Though not as face-water-inducing as other unbelievably true football stories like “Rudy,” “Friday Night Lights” or “Air Bud 2: Golden Receiver,” “The Blind Side” is a noteworthy film offering an alternative to a certain love-stricken teenage vampire movie inexplicably raking in \$17 billion per day. (Writer’s note: “Air Bud 2: Golden Receiver” is entirely fiction; catch it on TBS once a year at 2 a.m.).



WORD TO PASS

On Base

Anger Management Workshop *Tuesdays*

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

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

An orientation must be attended before enrollment into the class.

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

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

In the Community

Arboretum Tours *Tuesdays and Saturdays*

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

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

Registration is required. Call 988-0456 for more information.

Guided Tours of the Hawaii Theatre *Tuesdays*

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

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

Free Lauhala Weaving Class *First Saturdays, 10 a.m. to 2 p.m.*

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



Oahu High School Robotics *Ongoing*

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

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

Call Ashlee Snodgrass at 473-8000, ext.

5173, for more information or to volunteer.

All Enlisted Spouses' Club Thrift Store *Ongoing*

If you would like to give back some of your time to the base community, here is your chance.

Anyone with base access may shop at the Thrift Store. Active duty I.D. is required for purchase of uniform.

The All-Enlisted Spouses' Club Thrift Store, located in Building 212 (Pless Hall), needs volunteers.

Thrift Store hours are from 9 a.m. to 1:30 p.m., Monday through Friday, and is closed Wednesdays.

Call the Thrift Store at 254-0841 for more information.

Toys for Tots *Ongoing*

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

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

Come help us support these events! Look for collection boxes around base and contribute a new, unwrapped toy!

For more information, contact Master Sgt. Scott Crockett at 216-3295.