

# OKINAWA MARINE

SEPTEMBER 23, 2011

WWW.OKINAWA.USMC.MIL

## Meyer awarded Medal of Honor

Colleen Curtis  
WHITE HOUSE CORRESPONDENT

WASHINGTON, D.C. — President Barack Obama awarded the Medal of Honor to Sgt. Dakota Meyer, during a ceremony in the East Room of the White House Sept. 15.

Meyer was recognized for his courageous actions at the risk of his life above and beyond the call of duty while serving in Kunar Province, Afghanistan, on Sept. 8, 2009.

He is the third living recipient — and the first Marine — to be awarded the Medal of Honor for actions in Iraq or Afghanistan. At 23, he is also one of the youngest recipients in decades.

The president, who first met Meyer when they shared a beer at the White House Sept. 14, said that, “in Sergeant Dakota Meyer, we see the best of a generation that has served through a decade of war.”

Meyer saved 36 lives during a Taliban ambush in repeated acts of bravery, tales of which the



President Barack Obama awards the Medal of Honor to Sgt. Dakota Meyer during a ceremony in the East Room of the White House Sept. 15. The Medal of Honor, the most prestigious American military decoration, was awarded to Meyer for his courageous actions at the risk of his life above and beyond the call of duty, while serving in Kunar Province, Afghanistan Sept. 8, 2009. Official White House Photo by Pete Souza

president noted, “will be told for generations.”

“I want you to imagine it’s September 8, 2009, just before dawn. A patrol of Afghan forces and their American trainers is on foot, making their way up a narrow valley, heading into a village to meet

with elders. And suddenly, all over the village, the lights go out. And that’s when it happens. About a mile away, Dakota, who was then a corporal, and Staff Sgt. Juan Rodriguez-Chavez, could hear the ambush over the radio. It was as if the whole valley

was exploding. Taliban fighters were unleashing a firestorm from the hills, from the stone houses, even from the local school.

“And soon, the patrol was pinned down, taking ferocious fire from three sides. Men were being

see **MEDAL** pg 5

## Exemplary E-3s can earn gold liberty card

Sgt. Megan Angel  
OKINAWA MARINE STAFF

CAMP FOSTER — The recently revised Marine Corps Bases Japan/III Marine Expeditionary Force Order 1050.7A Liberty Campaign Order introduced a number of changes to ensure Marines and sailors are held to the highest standards of conduct before partaking in liberty on Okinawa.

The previous order did not allow for Marines and sailors in the grade of E-3 and below to have gold cards. However, the revised policy has created a path for exemplary lance corporals and seamen to apply for gold-card privileges.

Battalion or squadron-level commanders may approve gold cards for lance corporals and seamen who demonstrate exceptional maturity, judgment and superior conduct and performance, said Sgt. Maj. Richard D. Thresher, sergeant major of Headquarters Battalion, 3rd Marine Division, III MEF.

Lance corporals and seamen must be attached to a MCBJ or III MEF unit for at least 90 days before becoming eligible to submit a gold-card request. A list of criteria all commanders must use when considering the approval of gold cards for lance corporals and seamen is contained in the order.

Per the order, criteria to be met for E-3s to be considered for a gold liberty card includes:

- No alcohol-related incidents within the last two years.
- No courts martial in the service record book of the Marine or sailor.

see **LIBERTY** pg 5

## Marines, Okinawans bond through music



The III Marine Expeditionary Force Band and the Japan Ground Self-Defense Force's 15th Band perform the 16th Annual Friendship Through Music Concert at the Okinawa City Civic Center in Okinawa City Sept. 17. Photo by Lance Cpl. Alyssa N. Hoffacker

Lance Cpl. Alyssa N. Hoffacker  
OKINAWA MARINE STAFF

OKINAWA CITY, Okinawa — The III Marine Expeditionary Force Band and the Japan Ground Self-Defense Force's 15th Band held a combined music concert at the Okinawa City Civic Center here Sept. 17.

The 16th Annual Friendship Through Music Concert was standing room only as an audience of more than 500 packed into the civic center.

The combined concert is one way Marines positively impact the community, said one III MEF Band member.

see **CONCERT** pg 5

IN THIS ISSUE

**EXCELLENCE IN THE FIELD**  
3rd Med. Bn. hones skills needed to rapidly deploy in support of humanitarian assistance and disaster relief missions and combat operations.

PGS. 6-7

**COMPETITION ILLUSTRATES FRIENDSHIP**  
Local and American students get creative to tell the story of U.S.-Japan cooperation in disaster relief efforts.

PG. 10



# Eat balanced diet Make your mission good nutrition

Ashley Eisenbeiser

**W**hy does nutrition matter? Why should you care what you eat if you are a healthy weight?

Nutrition is necessary to support life, and proper nutrition leads to a healthier life. It is more than consuming the adequate amount of calories to maintain your weight. It also requires consuming the adequate amount of nutrients.

A nutrient is needed for growth and development, regulating and maintaining body function, and providing fuel for physical activity and metabolic processes. There are six classes of nutrients: carbohydrates, lipids (fats and oils), proteins, vitamins, minerals and water. Food is the only natural source that provides us these nutrients, which are essential for life.

More than one third of American adults and one out six children are considered obese.

This shocking trend is continuing to grow each year. On average, we consume 500 more calories than the average American did in 1970. And on top of that, we are exercising less due to recent advances in technology as well as our "on-the-go" mentality that leaves little time for physical activity.

A changing home life has also influenced the rise in obesity. With more women working, many families rely on convenience and fast foods, which are usually high in fat and calories.

Understanding the relationship between the number of calories consumed and the number of calories burned is the key to successful weight management. To maintain or lose weight, calories consumed through food and beverages must be less than or equal to the number of calories burned through physical activity and body functions. As our lives continue to become busier and food continues to become more

readily available, we as a society will continue to struggle with weight management.

In addition to choosing the right amounts of food, it is also important to choose the right types of food. Failure to eat a balanced diet may lead to malnourishment. While you may be getting enough calories, many people may still be malnourished due to what they aren't eating.

Obesity and malnutrition increase your risk for many diseases, such

as Type II diabetes, high blood pressure, atherosclerosis, high cholesterol, cancer and arthritis.

Many people have difficulty understanding the seriousness of these diseases until they are diagnosed with one. Many people make decisions based on an immediate need or want, instead of

properly planning their food choices. These quick and easy choices are what lead us to us to risks that have the potential of complicating our health.

Ask yourself, how is your diet helping to reduce these risks?

You may find yourself asking: how do I reduce these risks? Don't feel overwhelmed. There are simple lifestyle changes that can improve your health and overall nutritional status. Consume everything in moderation, not consuming too much or too little of anything. Consume a variety of food that will provide a broad mix of nutrients. Finally, balance the food groups, energy sources – carbohydrates, proteins and fats – and other nutrients.

The U.S. Naval Hospital Okinawa Health Promotion Department offers biweekly nutrition classes. For more information or to sign up, call 643-7906. The U.S. Centers for Disease Control also covers a wide range of nutrition topics on its website at [www.cdc.gov/nutrition](http://www.cdc.gov/nutrition).

*Eisenbeiser is a health promotion specialist with U.S. Naval Hospital Okinawa.*

Failure to eat a balanced diet may lead to malnourishment. While you may be getting enough calories, many people may still be malnourished due to what they aren't eating.



The Okinawa Marine is published by Marine Corps Community Services under exclusive written contract with Marine Corps Base Camp Smedley D. Butler, Okinawa, Japan.

The editorial content of this newspaper is edited and approved by the Consolidated Public Affairs Office of Marine Corps Base Camp Smedley D. Butler.

This newspaper is an authorized publication for members of military services stationed overseas, at sea and their families. Its contents do not necessarily reflect the official views of the U.S. Government, the Department of Defense or the U.S. Marine Corps and do not imply endorsement thereof.

The appearance of advertising in this newspaper, including inserts of supplements, does not constitute endorsement by the Department of Defense, the U.S.

Marine Corps, Marine Corps Base Camp Smedley D. Butler or Marine Corps Community Services of the products and services advertised.

Everything advertised in this newspaper shall be made available for purchase, use or patronage without regard to race, color, religion, gender, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the publisher shall refuse to print advertising from that source until the violation is corrected.

All photos, unless otherwise indicated, are "official U.S. Marine Corps photos." For more information, e-mail [usat.okinawamarine.mccb.fct@usmc.mil](mailto:usat.okinawamarine.mccb.fct@usmc.mil) or write to us at Public Affairs Office, H&S BN MCB PAO, Unit 35002, FPO AP 96373-5002.



## AROUND THE CORPS



Lance Cpl. Theodore McCormick, a machine gunner with 3rd Battalion, 3rd Marine Regiment, carries weapons past an amphibious assault vehicle during Exercise Clear, Hold, Build 2 at Marine Corps Air Ground Combat Center Twentynine Palms, Calif., Sept. 16. During the exercise, the Marines of "America's Battalion" are practicing counterinsurgency operations. Next month, they'll deploy to Afghanistan's Helmand province to support Operation Enduring Freedom. Photo by Cpl. Reece Lodder



Marines from Special Operations Training Group, III Marine Expeditionary Force, jump from a KC-130J Hercules aircraft during training in Muton, Guam, Sept. 17. The Marines of SOTG coordinated and supervised the execution of the helicopter assault in Hagatna, Guam, as part of the 31st Marine Expeditionary Unit's Realistic Urban Training Exercise. Photo by Lance Cpl. David J. Adams



Runners from first to third place, Amanda Roache, Melissa Wisner and Emily Eckman, pose for a women's division winners' photo after the Marine Corps Marathon's Crossroads 17.75k run in Dumfries, Va., Sept. 17. "I like the Crossroads race," said Roache. "It was challenging but not too bad, and seeing all of the Marines along the course was inspiring." Photo by Lance Cpl. Christopher P. Baines

**COMMANDING GENERAL** Maj. Gen. Peter J. Talleri

**PUBLIC AFFAIRS DIRECTOR** Lt. Col. David M. Griesmer

**PRESS OFFICER** 2nd Lt. Evan A. Almaas

**PRESS CHIEF** Gunnery Sgt. Cindy Fisher

**DESIGN EDITOR** Audra A. Satterlee

**OKINAWA MARINE NEWSPAPER**

H&S Battalion MCB PAO  
Unit 35002  
FPO AP 96373-5002

**CENTRAL BUREAU**

Camp Foster  
DSN 645-7422

**NORTHERN BUREAU**

Camp Hansen  
DSN 623-4224

**SOUTHERN BUREAU**

Camp Kinser  
DSN 637-1092



Winner, 2010 DoD Thomas Jefferson Award  
Best Tabloid Format Newspaper

# VMGR-152 KC-130Js support fight in Afghanistan

**Cpl. Justin Boling**

2ND MARINE AIRCRAFT WING (FORWARD)

CAMP LEATHERNECK, Afghanistan — When supplies run thin at forward operating bases peppering the Helmand River valley, reassurance often comes with the strong hum of a Marine Corps KC-130J Hercules.

“Providing aerial resupplies is one of our primary missions,” said Capt. Sergio Luna, a KC-130J Hercules pilot with Marine Aerial Refueler Transport Squadron 152 deployed from Okinawa. “We have been flying out a lot of supplies and putting a lot of energy into getting ground forces in Afghanistan what they need.”

The counterinsurgency efforts in southwestern Afghanistan rely on U.S. Marines and their coalition partners who live at small outposts among Afghan towns and villages. The Marines patrol village streets assisting Afghan citizens and police forces to stand on their own.

However, these small outposts are often largely cut off from the outside world and can be difficult to reach by convoy. Marine aviators use the Hercules aircraft to drop supplies by parachute, allowing ground troops to stay in the fight with water, food and ammunition.

“I feel that the most important factor of conducting aerial resupplies is the fact you are saving lives,”



**Marines with 2nd Marine Logistics Group (Forward) and Marine aerial refueler transport squadrons, deployed in support of NATO International Security Assistance Force operations, load cargo onto a KC-130J Hercules at Camp Bastion, Afghanistan, Sept. 5. The Marines conducted an aerial drop to resupply ground troops with necessary supplies of ammunition, food and water.** Photo by Staff Sgt. James Richardson

said Lance Cpl. Shane Johnson, a VMGR-152 loadmaster. “We are giving supplies to those who need them and keeping motor transportation Marines on the ground from being put into harm’s way.”

In addition to being immune to the threat of improvised explosive devices that could hinder a ground supply convoy’s progress, aerial drops deliver supplies faster without limitation from geographical obstacles.

“Our KC-130J is excellent for delivering large amounts of supplies quickly to where they are needed most,” said Luna. “We can get to areas and perform drops at speeds and places convoys can only dream about.”

The KC-130J Hercules is the largest aircraft in the Marine Corps arsenal. The propeller-driven, fixed-wing behemoth is the latest iteration of an airframe the U.S. military has relied on for more than 50 years.

The Marine Corps uses the Hercules for troop and supply transport throughout southwestern Afghanistan, as well as battlefield illumination during coalition night operations. The KC-130J also serves as an aerial refueling platform for Marine Attack Squadron 513’s AV-8B Harrier attack jets.

KC-130J support in Afghanistan comes from a combined unit made up of three Marine aerial refueler transport squadrons’ detachments from Miramar, Calif.; Okinawa, Japan; and Cherry Point, N.C.

VMGR-252, out of Cherry Point, currently serves as the command element for the deployed detachment.

The Cherry Point troops work daily with VMGR-152 Marines, deployed from Okinawa.

VMGR-352, deployed from Miramar, operates the specially equipped Harvest Hercules Airborne Weapons Kit KC-130J, which in addition to typical Hercules duties, the Harvest HAWK variation of the KC-130J is capable of providing close-air support with its advanced targeting system and air-to-ground missiles.

“This is a great opportunity for us to demonstrate that we are a team,” said Luna. “We deliver supplies to all those fighting the insurgency.”

The ability to move life-sustaining supplies safely and efficiently keeps Marines on the ground fighting. The Marines of the aerial refueler transport squadrons said they understand the importance of their missions and use the strength of the Hercules to get the supplies and equipment where they are needed most.

“We can load up to 30,000 pounds of water and other supplies, which can be lifted and delivered to our forces on the ground in a single drop,” said Johnson. “I have been on more drops than I can count. I cannot even begin to imagine the amount of stuff that we have given to troops and will continue to get them in the future.”

## 3rd Marine Division celebrates birthday

**Gunnery Sgt. Cindy Fisher**

OKINAWA MARINE STAFF

CAMP COURTNEY — The 3rd Marine Division celebrated its 69th birthday with a cake-cutting ceremony at the division headquarters on Camp Courtney Sept. 16.

“We just want to take a few moments to acknowledge the accomplishments of 3rd Marine Division, remember its history, celebrate its future,” said Col. Robert C. Clements, assistant division commander.

3rd MarDiv, the ground combat element of the III Marine Expeditionary Force, was activated at Camp Elliot in San Diego Sept. 16, 1942.

The division, also known as “The Fighting Third,” executes amphibious assault operations and other missions as directed by III MEF leadership.

The division fought in campaigns on Bougainville, Guam, Iwo Jima and other locations during World War II and was disbanded Dec. 28, 1945, a few months after the war’s end.

The unit was reactivated at Camp Pendleton, Calif., Jan. 7, 1952, and then moved to Camp Courtney in November of 1969.

In addition to its World War II campaigns, the division has also fought with distinction during



**Marines and sailors crowd the hallway of the 3rd Marine Division headquarters building on Camp Courtney before the start of the division’s cake-cutting ceremony Sept. 16. The division, part of III Marine Expeditionary Force, was celebrating its 69th birthday.** Photo by Gunnery Sgt. Cindy Fisher

the Vietnam War, and the War on Terror in Iraq and Afghanistan.

Today, the division participates in many of the more than 70 exercises supported by the III MEF annually.

“The sun never sets on the 3rd Marine Division,” Clements said. “Everywhere, in every

corner of the world, there is a 3rd Marine Division Marine or sailor.”

The cake-cutting ceremony was also a time to remember and honor the division’s brothers-in-arms who gave the ultimate sacrifice to defend America, Clements told those gathered before he cut the cake.

## BRIEFS

## MMA VISIT

Monitors from Headquarters, U.S. Marine Corps, will be on island Oct. 11-13 to meet with officers concerning the assignment process and future postings.

MMA briefs will be conducted Oct. 11 at 8 a.m. in the Camp Foster Theater (for ground officers) and the Futenma Theater (for air officers). Upon completion of the briefs, interviews with monitors will be conducted at the Joint Reception Center classroom in building 494 for ground officers and at the MCAS Futenma dining facility for air officers.

For more details, contact 622-7724 or 645-9045 or e-mail [thomas.sukalski@usmc.mil](mailto:thomas.sukalski@usmc.mil) or [jesus.espinoza1@usmc.mil](mailto:jesus.espinoza1@usmc.mil).

## CAMP FOSTER FRIGHT NIGHT

Camp Foster will host its 6th Annual Foster Fright Night Oct. 28-29. The Halloween festivities, including a haunted house, will be held on Camp Foster in the vicinity of building 5965. Camp Services is currently accepting reservations for rooms in the haunted house and booths and is also looking for volunteers to assist.

For more information or to volunteer, e-mail [tsugihiro.fujita.ja@usmc.mil](mailto:tsugihiro.fujita.ja@usmc.mil) or [minako.nakamoto.ja@usmc.mil](mailto:minako.nakamoto.ja@usmc.mil) and specify "volunteer," "haunted house" or "booth" in the subject line.

## TRAINING SYMPOSIUM

A training symposium will take place Oct. 5-6 to showcase the capabilities of training simulators and devices available to local military units. Service members can view static displays of the training devices and simulators available to them Oct. 5 at the Palms on Camp Hansen from 10:30 a.m. to 1:30 p.m.

Pamphlets containing information about follow-on demonstrations Oct. 6 at specific training offices will be available at the Palms during the symposium.

## OKINAWA VETERINARY TREATMENT FACILITY CLOSURE

From Sept. 26-30, the Okinawa Veterinary Treatment Facility will be closed. During this time, facility veterinarians will not be able to see animals or refill medications.

Visit [www.kadenaforcesupport.com/vetweb](http://www.kadenaforcesupport.com/vetweb) for details about off-base clinics.

PCS Health Certificates will still be processed Monday and Thursday from 8:30 a.m. to noon by appointment only. A copy of PCS orders is required.

## OFFICER CAREER-LEVEL PROGRAMS APPLICATION DEADLINE

Marine Administrative Message 488/11, released Aug. 24, announced the fiscal year 2012 Commandant's Career-Level Education Board.

Applications can be found at [www.manpower.usmc.mil/education](http://www.manpower.usmc.mil/education) and must be submitted to the board by Sept. 26.

All officers scheduled to execute permanent change of station orders or permanent change of assignment orders before Oct. 30, 2012 are eligible.

For more information, access the MARADMIN on [www.marines.mil](http://www.marines.mil).

**TO SUBMIT A BRIEF**, send an e-mail to [okinawamarine.mcbb.fct@usmc.mil](mailto:okinawamarine.mcbb.fct@usmc.mil), or fax your request to 645-3803. The deadline for submitting a brief is noon Friday. Okinawa Marine reserves the right to edit all submitted material.



Lance Cpl. Matthew D. Khamsihong, a motor transport operator with III Marine Expeditionary Force Headquarters Group, III MEF, fires the Mk-19 while using a new optic system Aug. 14. The system is designed to increase the weapon's accuracy. Photo by Lance Cpl. Daniel Valle

# Long-distance capable sites

## New optic enhances heavy machine guns

Lance Cpl. Matthew J. Manning

OKINAWA MARINE STAFF

CAMP HANSEN — Marines from various units within III Marine Expeditionary Force trained with the first optics system specifically designed for the Mk-19 and M2 .50-caliber Browning machine gun at Range Two on Camp Hansen Sept. 14.

The system, inspired by the rifle combat optic, squad day optic and machine gun day optic for the M16 service rifle, M249 squad automatic weapon and M240B machine gun, respectively, was field-tested by the Marines for potential incorporation into the Marine Corps' arsenal, said Kenneth Silvers, the new equipment trainer for Marine Corps Systems Command, Headquarters Marine Corps.

The training was a two-day evolution consisting of both classroom time and time on the firing line.

"The first day, we gave the Marines a class on the heavy machine gun sighting system," said Silvers. "The second day of training consisted of the live-fire portion of the new equipment training package."

While conducting the practical application portion of the new equipment training, Marines fired practice rounds from the Mk-19 40mm automatic grenade launcher.

"There is no high-explosive

charge with these rounds, but the Marines are still wearing full personal-protective equipment," said 2nd Lt. Erik B. Salzman, platoon commander for Military Police Company, Headquarters Battalion, 3rd Marine Division, III MEF.

The new heavy machine gun optic consists of the M520 ballistic extended rail mount, the M521 heavy day optic and the SUQ31 reflex sight, according to Lance Cpl. Matthew D. Khamsihong, a motor transport operator with III MEF Headquarters Group, III MEF.

According to Salzman, the sight system, with all its various pieces, appears large and confusing at first.

"The system can be a little intimidating at first," said Salzman. "There are a lot of moving parts on it. Once we have given the Marines a class on the new system, and they receive range time with the sights, I am confident they will be able to effectively employ the sights when they are deployed."

One of the dangers in using iron sights on heavy machine guns is the potential for friendly fire incidents when engaging long distance targets, he said. This new optic system decreases that risk by allowing better target identification.

"Normally, any Mk-19 or .50-caliber gunner would end up using only the basic iron sites,"

said Khamsihong. "With this system, it improves our accuracy a lot by allowing us to actually sight-in and fire."

The reason for the development of a heavy machine gun optic is so Marines are able to quickly and accurately engage hostile forces, said Silvers.

"The system was designed to improve first-round hit capability," said Silvers. "So if we can accurately estimate the range to the target, the first burst coming out of the gun should make contact with the target. If it doesn't, the day optic has a mil pattern inside which directly relates to the traverse and elevation mechanism for both of the guns. So the gunner can look through the scope, see where he missed the target, and based upon that mil reading, he can actually apply that to the 'T' and 'E,' so the second burst should always be on target."

"It drastically increases the lethality of both weapon systems," he added.

The design of the heavy machine gun optic still has potential for some change, Silvers said.

As Marines deploy and use this optic in combat situations, the feedback they give on how they think the system should operate can potentially influence design changes in the next five years, said Silvers.

Find a video demonstrating this weapon system at [www.youtube.com/watch?v=7KBoh729ink](http://www.youtube.com/watch?v=7KBoh729ink).

**CONCERT** from pg 1

"We are able to show Okinawa that the Marines are here for a good cause," said Cpl. Eric Gonzales, a trumpet player with the III MEF Band.

Playing with the Japanese musicians also sharpens the III MEF Band's musical skills, said Gonzales.

"Playing with other musicians keeps us sharp and on top of our game," said Gonzales. "We want to make sure we stay keen with our music, especially since the 15th Band members are also experts in this field."

Practicing together in preparation for this concert not only sharpened musical skills, it strengthened the bonds between the members of the two bands and provided an opportunity to share cultures through more than just music.

"We traveled to Camp Naha where the 15th Band is stationed, and afterwards they treated us to curry," said Staff Sgt. Austin R. Moore, a saxophone section leader with the III MEF Band. "We held a barbecue when they came to practice at Camp Foster.

"During these practices, I saw how many similarities I shared with members of the 15th Band," said Moore. "Even through the language barrier, we were able to talk through music and body language. It was funny to find that the things I often say, they say also."

A 15th Band member echoed the sentiment that the two bands have created lasting friendships.

"I now go to multiple III MEF Band concerts throughout the year," said Leading Pvt. Keiko Sashihara, a French horn player with the 15th Band. "After the concerts, I am able to catch up with friends I have made through our combined concert."

After the final notes of the performance rang through the auditorium, applause swelled from the crowd.

The response was one Sashihara said he appreciates.

"15th Band enjoys this concert and hopes it continues for many years on," said Sashihara.



III Marine Expeditionary Force Band officer-in-charge, Chief Warrant Officer Stephen B. Giove, leads III MEF Band and Japan Ground Self-Defense Force's 15th Band through a musical piece during the 16th Annual Friendship Through Music Concert in Okinawa City Sept. 17. Photo by Lance Cpl. Alyssa N. Hoffacker

**MEDAL** from pg 1

wounded and killed, and four Americans — Dakota's friends — were surrounded. Four times, Dakota and Juan asked permission to go in; four times they were denied. It was, they were told, too dangerous. But one of the teachers in his high school once said, 'When you tell Dakota he can't do something, he is going to do it.' And as Dakota said of his trapped teammates, 'Those were my brothers, and I couldn't just sit back and watch.'

"The story of what Dakota did next will be told for generations. He told Juan they were going in. Juan jumped into a Humvee and took the wheel; Dakota climbed into the turret and manned the gun. They were defying orders, but they were doing what they thought was right. So they drove straight into a killing zone, Dakota's upper body and head exposed to a blizzard of fire from AK-47s and machine guns, from mortars and rocket-propelled grenades.

"Coming upon wounded Afghan soldiers, Dakota jumped out and loaded each of the wounded into the Humvee, each time exposing himself to all that enemy fire. They turned around and drove those wounded back to safety. Those who were there called it the most intense combat

they'd ever seen. Dakota and Juan would have been forgiven for not going back in. But as Dakota says, you don't leave anyone behind.

"For a second time, they went back — back into the inferno; Juan at the wheel, swerving to avoid the explosions all around them; Dakota up in the turret — when one gun jammed, grabbing another, going through gun after gun. Again they came across wounded Afghans. Again Dakota jumped out, loaded them up, and brought them back to safety.

"For a third time, they went back — insurgents running right up to the Humvee, Dakota fighting them off. Up ahead, a group of Americans, some wounded, were desperately trying to escape the bullets raining down. Juan wedged the Humvee right into the line of fire, using the vehicle as a shield. With Dakota on the guns, they helped those Americans back to safety as well.

"For a fourth time, they went back. Dakota was now wounded in the arm. Their vehicle was riddled with bullets and shrapnel. Dakota later confessed, 'I didn't think I was going to die. I knew I was.' But still they pushed on, finding the wounded, delivering them to safety.

"And then, for a fifth time, they went back — into the fury of that village, under fire that seemed to come from every window, every doorway, every alley. And when they finally got to those trapped Americans, Dakota jumped out. And he ran toward them. Drawing all those enemy guns on himself. Bullets kicking up the dirt all around him. He kept going until he came upon those four Americans, laying where they fell, together as one team.

"Dakota and the others who had joined him knelt down, picked up their comrades and — through all those bullets, all the smoke, all the chaos — carried them out, one by one. Because, as Dakota says, 'That's what you do for a brother.'

"Dakota says he'll accept this medal in their name. So today, we remember the husband who loved the outdoors — Lt. Michael Johnson; the husband and father they called 'Gunny' — Gunnery Sgt. Edwin Johnson; the determined Marine who fought to get on that team — Staff Sgt. Aaron Kenefick; the medic who gave his life tending to his teammates — Hospitalman 3rd Class James Layton; and a soldier wounded in that battle who never recovered — Sgt. First Class Kenneth Westbrook."

**LIBERTY** from pg 1

- Annual completion of the Marine Corps common skills test.
- Previous meritorious conduct on special liberty.
- Completion certificate for Okinawa cultural awareness training.

A complete list of criteria can be found in enclosure one of the order.

In addition to the required criteria, approval for a gold liberty card for an E-3 will be based on recommendations of the officers and enlisted personnel (E-4 and above) in charge of the Marine or sailor. All recommendations will be annotated on the service member's request form.

"The new changes have created a path for the best-of-the-best lance corporals and seamen to apply for a gold card," said Thresher. "These individuals must be significant performers and demonstrate their dedication to duty and their ability to conduct themselves honorably at all times."

Noncommissioned officers and petty officers may be issued a gold liberty card after a 90-day period of observation at their new command. NCOs and POs will not be required to submit a request form; however, commanders will conduct a thorough review of their service record books, as well as a review of their commendatory/derogatory pages from their official military personnel file.

Normally, officers and staff noncommissioned officers will be issued a gold liberty card following an initial 30-day review by the receiving command. Officers and SNCOs will not be required to submit a request form; however, they will provide a copy of their commendatory and derogatory pages from their OMPF to their battalion/squadron-level commanding officer.

All Marines and sailors attached to an MCBJ

or III MEF unit are still required to maintain possession of their liberty cards while out in town.

All current gold card holders have been reviewed by unit commanders to ensure they are of the highest caliber and are worthy of the privilege based on the same criteria E-3s are judged on for gold-card requests.

"Misconduct by any U.S. service member is unacceptable, either in this community or in our communities within the U.S.," said Lt. Gen. Kenneth J. Glueck, III Marine Expeditionary Force commanding general and Marine Corps Bases Japan commander. "It is the duty of leaders at all levels, from the youngest private to the most senior general officer, to work exhaustively to implement programs and policies that reduce accidents and incidents involving U.S. service members."

The MCBJ/III MEF Order 1050.7A Liberty Campaign Order can be accessed with a common access card at the Camp Butler adjutant SharePoint homepage at <https://wss.mcbbutler.nmci.usmc.mil/G1/Adjutant/default.aspx>. Look under "Announcements" for a link to the Liberty Campaign Order.

**Key changes to liberty policy:**

- Systematic review of all current and future gold-card holders
- Elimination of alcohol consumption at off-base establishments after midnight
- Mandatory Okinawa cultural awareness training for all liberty cardholders
- Exemplary lance corporals and seamen eligible for gold cards

# TRAINING FOR MEDICAL EXCELLENCE

Story and photos by Cpl. Anthony Ward Jr.

OKINAWA MARINE STAFF



Marines and sailors with 3rd Med. Bn. conduct tactical combat casualty care during a training exercise on Camp Hansen Sept. 12.



A Marine with 3rd Med. Bn. instructs members of the battalion on the M2 .50-caliber Browning machine gun on Camp Hansen Sept. 12.

## 3rd Med. Bn. Mar

A Marine lies injured on the battlefield, but no corpsman or medic is in sight. Thanks to a training exercise, the Marines of 3rd Medical Battalion have the emergency first-aid skills to provide assistance.

The Marines and sailors of 3rd Med. Bn., 3rd Marine Logistics Group, III Marine Expeditionary Force, honed their humanitarian assistance skills during a training exercise on Camp Hansen Sept. 9-14.

One of the missions for 3rd Med Bn. is to provide rapidly deployable Marines and sailors to support III MEF operations throughout the Asia-Pacific region.

During the exercise, 3rd Med Bn. staff honed the skills needed to rapidly deploy in support of humanitarian assistance and disaster relief and combat operations, said Lt. Cmdr. Angela M. Dougherty, officer-in-charge of training for the battalion.

"This gives them their basic skills for excellence," said Petty Officer 2nd Class Anna E. Ribot, hospital corpsman with 3rd Med. Bn. "It is vital. Our mission is to deploy with our Marines to Afghanistan or even the (Marine

Marines and sailors with 3rd Med. Bn. unload from a CH-46 Sea Knight helicopter Sept. 13 during familiarization training with in-flight patient care.



Petty Officer 3rd Class Glenn P. Rians, middle, hospital corpsman, discusses patient care with Marines and sailors with 3rd Medical Battalion during a training exercise on Camp Hansen Sept. 13. The Marines and sailors with 3rd Med. Bn., 3rd Marine Logistics Group, III Marine Expeditionary Force, were familiarized with techniques used to treat casualties while in flight.



## ines, corpsmen enhance capabilities

Expeditionary Unit). They're going to need these skills everywhere."

A unique aspect of this exercise was the opportunity for the battalion's corpsmen and Marines to cross train – corpsmen learned Marine Corps skills, and Marines learn corpsman skills, said Dougherty.

"Marines were teaching corpsmen 'Vehicle 101,' generators, showers, various weaponry and (Marine Corps Martial Arts Program)," said Dougherty.

"Marines learned primary and secondary survey (of a casualty), how to take blood pressure, various lifesaving skills, and caring for patients in a helo," added Dougherty. "We are really seeing ourselves as one team."

The one-team aspect can be seen through the training of the Marines and sailors of 3rd Med. Bn.

"I have learned a lot of things," said Sgt. Joshua E. Dargis, a chemical, biological, radiological and nuclear defense specialist with 3rd Med. Bn.

If no other medical help was available, Dargis was confident he would be able to administer emergency medical aid for even such serious injuries as chest wounds thanks to the training conducted during the exercise.

The sailors also learned some skills integral to the Marine Corps.

"The sailors have learned a lot about disassembly and reassembly of weapons, litter stands, security in (military operations in urban terrain) situations and vehicles," said Dargis.

The training exchange included helicopter operations, in which Marines and sailors honed their skills on in-flight patient care.

Sharing skill sets strengthened the camaraderie of the unit and improved morale, said Dougherty.

"Sky high," said Dougherty of the morale during the exercise. "The corpsmen and Marines have been hungry for knowledge and excited to be a part of 3rd Med's unique mission."

Upon completion of the exercise, Marines and sailors who completed the training evolution were certified in combat lifesaving, tactical combat-casualty care, basic life support or corpsman basic skills.

The success of this exercise has led to plans to conduct a larger exercise of the same nature later this year.



Marines and sailors perform push-ups during the Commissary Commando competition held at the Camp Foster Commissary Sept. 15. The Single Marine Program holds this event annually to show single service members the benefits of shopping at the commissary.

## Healthy Competition

# Single Marine Program hosts Commissary Commando

Story and photos by Pfc. Brianna Turner

OKINAWA MARINE STAFF

Single Marines and sailors came together for an afternoon of fun at the Camp Foster Commissary Sept. 15.

September is commissary awareness month and in honor of this, the Single Marine Program held a "Commissary Commando" competition for single Marines and sailors on Camp Foster.

The event consisted of a free barbecue and competitions with prizes that ranged from T-shirts and flashlights to microwave ovens and bicycles.

The competition included an egg toss, a strong-man competition, a push-up contest, a frozen T-shirt contest and a baseball toss.

"We hold this event every year to show Marines and sailors the benefits of shopping at the commissary," said Randy Mitchell, the program manager for SMP. "The commissary is always full of married couples and families, but single service members are more likely to shop at the convenient shopette."

While the 24-hour shopettes may be more convenient for single Marines and sailors, they can greatly benefit by getting into a habit of

shopping at the commissary, Mitchell said.

"The commissary is more affordable for the service members, and it sells a much bigger variety of food," said Mitchell. "They could eat healthier if they bought groceries here rather than getting premade or processed foods."

At the event, the single Marines and sailors also signed a roster that will be entered into a competition against every other SMP as well as military branch programs throughout the world. The SMP chapter with the most signatures will win \$1,500 and the runner-up will win \$1,000, both to support SMP events and programs.

SMP staff also plan to create a skit about the commissary to enter into a video contest for a chance to win an additional \$1,000.

Winning this money would really help the SMP because it allows it to have more events like this one, as well as helping it pay for the big Thanksgiving dinner it holds for the Marines and sailors every year, according to Cpl. Stephanie J. Pleasant, the Camp Foster SMP president.

"Winning these competitions would really benefit the Marines and sailors because with this money the SMP would be able to plan more trips and help the members get off base

and really experience Okinawa," said Sgt. Carlos D. Delatorre, the Camp Foster SMP vice president.

The SMP will also hold a "Commissary Commando" on Camp Courtney Sept. 29.



Marines and sailors participate in an egg-toss competition at the Commissary Commando competition held at the Camp Foster commissary Sept. 15.



Lance Cpl. Shawn Feeney competes as a strong-man during the Commissary Commando competition held at the Camp Foster Commissary Sept. 15. Feeney is an ordnanceman with Marine Aviation Logistics Squadron 36, Marine Aircraft Group 36, 1st Marine Aircraft Wing, III Marine Expeditionary Force.



Rounds from a .50 caliber Browning machine gun are fired during an aerial gunnery exercise at the W-174 Range Sept. 14.

Cpl. Joseph M. Rohrer waits to fly over the target zone at W-174 Range in the East China Sea Sept. 14. Rohrer, a crew chief with Marine Medium Helicopter Squadron 262, Marine Aircraft Group 36, 1st Marine Aircraft Wing, III Marine Expeditionary Force, coordinated with the other crew chiefs in order to achieve constant suppressing fire on the targets.

# Helicopter squadron sights-in at W-174 Range

Story and photos by Lance Cpl. Erik S. Brooks Jr.  
OKINAWA MARINE STAFF

Marines with Marine Medium Helicopter Squadron 262 participated in ground-threat reaction drills, which were combined with aerial gunnery drills at the W-174 Range in the East China Sea off the coast of Okinawa Sept. 14.

The GTR and AG drills were conducted to sharpen the skills of both the pilots and the crew chiefs of the CH-46E helicopters, said Capt. Bradley M. Gibson, a CH-46 pilot with HMM-262, Marine Aircraft Group 36, 1st Marine Aircraft Wing, III Marine Expeditionary Force, who participated in the training.

During flights, the pilots have to coordinate with companion helicopters to avoid ground-to-air threats when in combat situations, Gibson said.

When approaching the target, pilots used a tactical formation known as a "combat cruise," according to Capt. Jonah B. Warren, a CH-46 pilot with HMM-262. During combat cruise, the lead helicopter approaches the target area first. The rear helicopter, or "dash two," watches the lead helicopter to assess its positioning against a threat.

"After identifying the situation, it was the pilot's job to correctly maneuver away from the danger," said Gibson. "There can

be no hesitation with this process."

Pilots maneuver their aircraft while coordinating with their crew chiefs, who provide additional observation of the space around the helicopter, to maximize efficiency and safety.

While flying over the target zone, the crew chiefs' jobs were to identify hostile enemy targets and engage them with suppressing fire using the two .50-caliber machine guns mounted on each side of the helicopters.

Once the lead helicopter's crew identified and engaged a target, the dash two's crew identified where rounds were impacting and engaged the same targets. As soon as the helicopters were out of the simulated danger zone, the pilots called a cease fire to the crew chiefs.

When the rear crew chiefs identify the target the front crew chiefs are engaging, this is called a non-verbal cue, said Gibson.

"This is so that if we are in a combat situation, we can react quickly without hesitation or direct communication," said Gibson.

During the several training runs they conducted, the crews fired 2,000 rounds.

"It can be confusing while coordinating with the other pilots and crew chiefs," said Gibson. "It is our job to quickly make effective maneuvers with no mistakes."

It is our job to quickly make effective maneuvers with no mistakes.

- Capt. Bradley M. Gibson



Lance Cpl. John M. Ohrin readies .50-caliber machine gun rounds in preparation for shooting at W-174 Range in the East China Sea Sept. 14. Ohrin is a CH-46 helicopter crew chief with HMM-262.

# Students combine cultures at contest

Story and photos by Lance Cpl. Matthew J. Manning

OKINAWA MARINE STAFF

A Saturday spent at school is not normally considered a fun day for most high school students; but for the students taking part in the 2011 Okinawan-American High School Manga Contest at Kubasaki High School on Camp Foster Sept. 17, Saturday at school was filled with laughter, jokes and art.

The Manga contest, named after the Japanese word for comics, was to create the best

poster demonstrating U.S.-Japan cooperation in disaster-relief efforts. Nine different teams made up of students from various schools on Okinawa came together to create the best art, as judged by their peers and personnel from the American Consulate General in Naha.

"This is the fifth year this competition has been held," said Aya Haemori, a spokesperson with the American Consulate General in Naha.

Students from nine schools participated this year. In addition to the seven Okinawan high schools involved in the event, Kubasaki High School and Kadena High School also competed.

Team composition was slightly different than previous years.

"In past years, teams were split up by schools," said Heather Eaton, a spokesperson with the American Consulate General in Naha. "This year, teams consisted of students from various schools, and each team had one American student on it."

The main reason students were not paired with fellow schoolmates was to create an additional challenge in the competition – a language barrier – as teammates had to communicate in both Japanese and English.



Okinawan high school students teamed up with students from Kadena and Kubasaki high schools at the Kubasaki High School cafeteria on Camp Foster for the 2011 Okinawan-American High School Manga Contest Sept. 17. The theme of this year's contest was U.S.-Japanese cooperation in disaster-relief efforts.

"I think the contest is better with the schools split up because in the past the students would only interact a little during the pizza party," said Haemori. "This way we kind of force them to interact and try to communicate with each other because if they don't, they will not be able to complete their project."

Once teams were established, they had five hours to decide upon and complete a poster with the theme of U.S.-Japan cooperation in disaster-relief efforts.

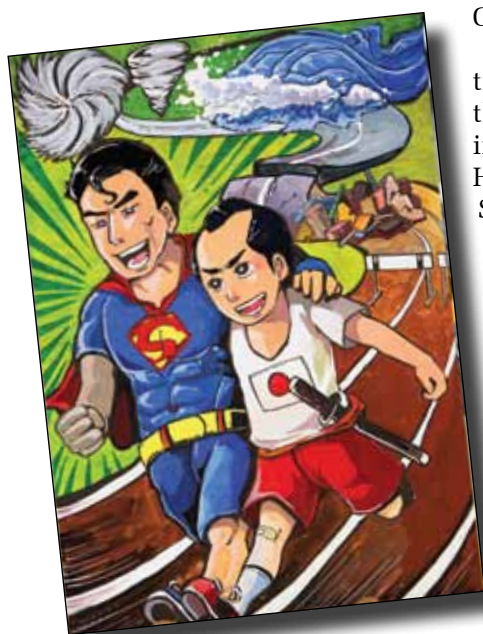
"Our team decided to draw a picture with a famous hero from each culture," said Victoria Britten, a student at Kubasaki High School. "In the background, it shows different disasters: a tsunami, tornado, earthquake and a typhoon. We drew Superman and a Japanese samurai running a three-legged race, which shows how working together, as a team, they are able to make it through the disasters that have come their way."

The picture Britten's team drew was voted the contest winner. Winning the first-place prize was not the only thing Britten's team took home at the end of the day.

"We didn't know each other so I was nervous at first, but everyone was very nice and we worked in a friendly atmosphere," said Akino Fukuji, a Yomitan High School student. "Our manga turned out to be what we wanted it to be. We won because we helped each other."

"Even though there was a language barrier, we were still able to understand each other," said Britten. "We got to know each other pretty well. We have a lot of similar interests. It turns out that we watch a lot of the same shows, and we like the same anime characters."

"This was a great experience," she stated. "I like to meet new people, especially those who speak a different language than me. It was amazing how we were still able to understand each other."



Students from Okinawan high schools and Kadena and Kubasaki High Schools evaluate and vote on the best poster representing U.S.-Japan cooperation in disaster-relief efforts during the 2011 Okinawan-American High School Manga Contest at Kubasaki High School on Camp Foster Sept. 17. The contest had first, second and third-place winners determined by the students, as well as a consulate winner, chosen by the representatives from the American Consulate General in Naha.

# In Theaters Now **SEPTEMBER 23 - 29**

## FOSTER

**TODAY** Colombiana (PG13), 6 p.m.; Bucky Larson: Born To Be a Star (R), 9 p.m.  
**SATURDAY** Winnie The Pooh (G), noon; Colombiana (PG13), 3 and 6 p.m.; Friends With Benefits (R), 9 p.m.  
**SUNDAY** Winnie The Pooh (G), 1 p.m.; Zookeeper (PG), 4 p.m.; Straw Dogs (R), 7 p.m.  
**MONDAY** Colombiana (PG13), 7 p.m.  
**TUESDAY** Transformers: Dark of the Moon (PG13), 7 p.m.  
**WEDNESDAY** Transformers: Dark of the Moon (PG13), 7 p.m.  
**THURSDAY** Straw Dogs (R), 7 p.m.

## FUTENMA

**TODAY** Harry Potter and the Deathly Hallows - Part 2 (PG13), 6:30 p.m.  
**SATURDAY** Straw Dogs (R), 4 and 7 p.m.  
**SUNDAY** Zookeeper (PG), 4 p.m.; Harry Potter and the Deathly Hallows - Part 2 (PG13), 7 p.m.  
**MONDAY** Fright Night (R), 6:30 p.m.  
**TUESDAY-THURSDAY** Closed

## KADENA

**TODAY** Winnie The Pooh (G), 6 p.m.; Friends With Benefits (R), 9 p.m.  
**SATURDAY** Winnie The Pooh (G), noon and 3 p.m.; Bucky Larson: Born To Be a Star (R), 6 and 9 p.m.  
**SUNDAY** Winnie The Pooh (G), 1 and 4 p.m.; Bucky Larson: Born To Be a Star (R), 7 p.m.  
**MONDAY** Winnie The Pooh (G), 7 p.m.  
**TUESDAY** Winnie The Pooh (G), 7 p.m.  
**WEDNESDAY** Friends With Benefits (R), 7 p.m.  
**THURSDAY** Friends With Benefits (R), 7 p.m.

## COURTNEY

**TODAY** Straw Dogs (R), 6 and 9 p.m.  
**SATURDAY** Zookeeper (PG), 2 p.m.; Harry Potter and the Deathly Hallows - Part 2 (PG13), 6 p.m.  
**SUNDAY** Zookeeper (PG), 2 p.m.; Harry Potter and the Deathly Hallows - Part 2 (PG13), 6 p.m.  
**MONDAY** Harry Potter and the Deathly Hallows - Part 2 (PG13), 7 p.m.  
**TUESDAY** Closed  
**WEDNESDAY** Bucky Larson: Born To Be a Star (R), 7 p.m.  
**THURSDAY** Closed

## KINSER

**TODAY** Friends With Benefits (R), 6:30 p.m.  
**SATURDAY** Winnie The Pooh (G), 3 p.m.; Friends With Benefits (R), 6:30 p.m.  
**SUNDAY** Winnie The Pooh (G), 3 p.m.; Friends With Benefits (R), 6:30 p.m.  
**MONDAY** Closed  
**TUESDAY** Closed  
**WEDNESDAY** Straw Dogs (R), 3 and 6:30 p.m.  
**THURSDAY** Winnie The Pooh (G), 6:30 p.m.

## HANSEN

**TODAY** Friends With Benefits (R), 7 p.m.  
**SATURDAY** The Hangover Part II (R), 6 p.m.; Bad Teacher (R), 9 p.m.  
**SUNDAY** Cars 2 (G), 2 p.m.; Friends With Benefits (R), 5:30 p.m.  
**MONDAY** Straw Dogs (R), 6 and 9 p.m.  
**TUESDAY** Straw Dogs (R), 7 p.m.  
**WEDNESDAY** Friends With Benefits (R), 7 p.m.  
**THURSDAY** Bucky Larson: Born To Be a Star (R), 7 p.m.

## SCHWAB

**TODAY** Green Lantern (PG13), 7 p.m.  
**SATURDAY** Harry Potter and the Deathly Hallows - Part 2 (PG13), 5 p.m.  
**SUNDAY** Zookeeper (PG), 5 p.m.  
**MONDAY-THURSDAY** Closed

## THEATER DIRECTORY

**CAMP FOSTER** 645-3465

**KADENA AIR BASE** 634-1869  
(USO NIGHT) 632-8781

**MCAS FUTENMA** 636-3890  
(USO NIGHT) 636-2113

**CAMP COURTNEY** 622-9616

**CAMP HANSEN** 623-4564  
(USO NIGHT) 623-5011

**CAMP KINSER** 637-2177

**CAMP SCHWAB** 625-2333  
(USO NIGHT) 625-3834

Movie schedule is subject to change without notice. Call in advance to confirm show times. For a complete listing, visit [www.shopmyexchange.com](http://www.shopmyexchange.com).



## SINGLE MARINE PROGRAM EVENTS

For more information or to sign up, contact the Single Marine Program at 645-3681.

### WHITE BEACH PAINTBALL TRIP:

- Join the SMP for paintballing at White Beach:
  - **(NORTHERN CAMPS) - OCT. 8** The bus will leave Camp Schwab Power Dome Gym at 8:25 a.m., Camp Hansen House of Pain Gym at 8:55 a.m. and Camp Courtney Ironworks Gym at 9:25 a.m. Sign up deadline is Sept. 30.
  - **(SOUTHERN CAMPS) - OCT. 22** The bus will leave Camp Kinsler Semper Fit Gym at 9:55 a.m., MCAS Futenma Semper Fit Gym at 10:15 a.m. and the Camp Foster Fieldhouse at 10:30 a.m. Sign up deadline is Oct. 14.

### VOLUNTEER OPPORTUNITIES:

- **Marine Officer Spouses Annual Fall Furniture Auction for Charity:** Volunteers can help unpack, unload and arrange furniture at the Butler Officers' Club Sept. 30 starting at 4 p.m. in preparation for the auction. Volunteers are also needed to assist customers with purchases during the auction Oct. 1 from 3:30-9 p.m.
- **Breast Cancer and Domestic Violence Awareness Pink Dress, Purple Tie Gala:** Volunteer to assist at the Rocker NCO Club on Kadena Air Base Oct. 7 setting up and breaking down the event.

Mention of any company in this notice does not constitute endorsement by the Marine Corps.

## Japanese phrase of the week:

“Omed eto” (pronounced o-me-de-to)  
It means, “Congratulations.”



**Sept. 12 - 16**

### RIFLE RANGE

Cpl. Kevin Jacobson,  
MLG, 336

### PISTOL RANGE

Staff Sgt. Justin Blair,  
MHG, 359

Lance Cpl. Michael  
Mackey, MHG, 359



# CHAPLAINS' GORNER

*You see, you are responsible for your own happiness!*

## ‘BA’ in Okinawa can change

**Navy Capt. Brenda Bradley Davila**  
MCB BUTLER COMMAND CHAPLAIN

**D**o you know that Okinawa is known as the “Land of Longevity?” Records show the people of Okinawa enjoy the world’s longest life spans, and they do so in remarkably good health!

Logically, you would think getting orders to Okinawa would have all of us smiling and jumping for joy. But nooooo! Recently, I had to ask myself, “Why do I see so many ‘BAs’ around here?” I am not talking “BA” as in Bachelor of Arts degree. I am talking “BA” as in bad attitudes!

“What am I going to do with my free time on this @#%\* rock?” “I don’t speak Japanese!” “I don’t read Kanji, Hiragana or Katakana.” “I can’t stand raw fish!” And, “There’s nothing to do but drink!” There you have it, a “BA!”

Where do these “BAs” come from? Sometimes I think newcomers pack loads of bad attitudes in their travel bags before boarding the Patriot Express! Other times, they inherit their “BA” from sponsors with a master’s degree in “BA.”

So, what can we do about

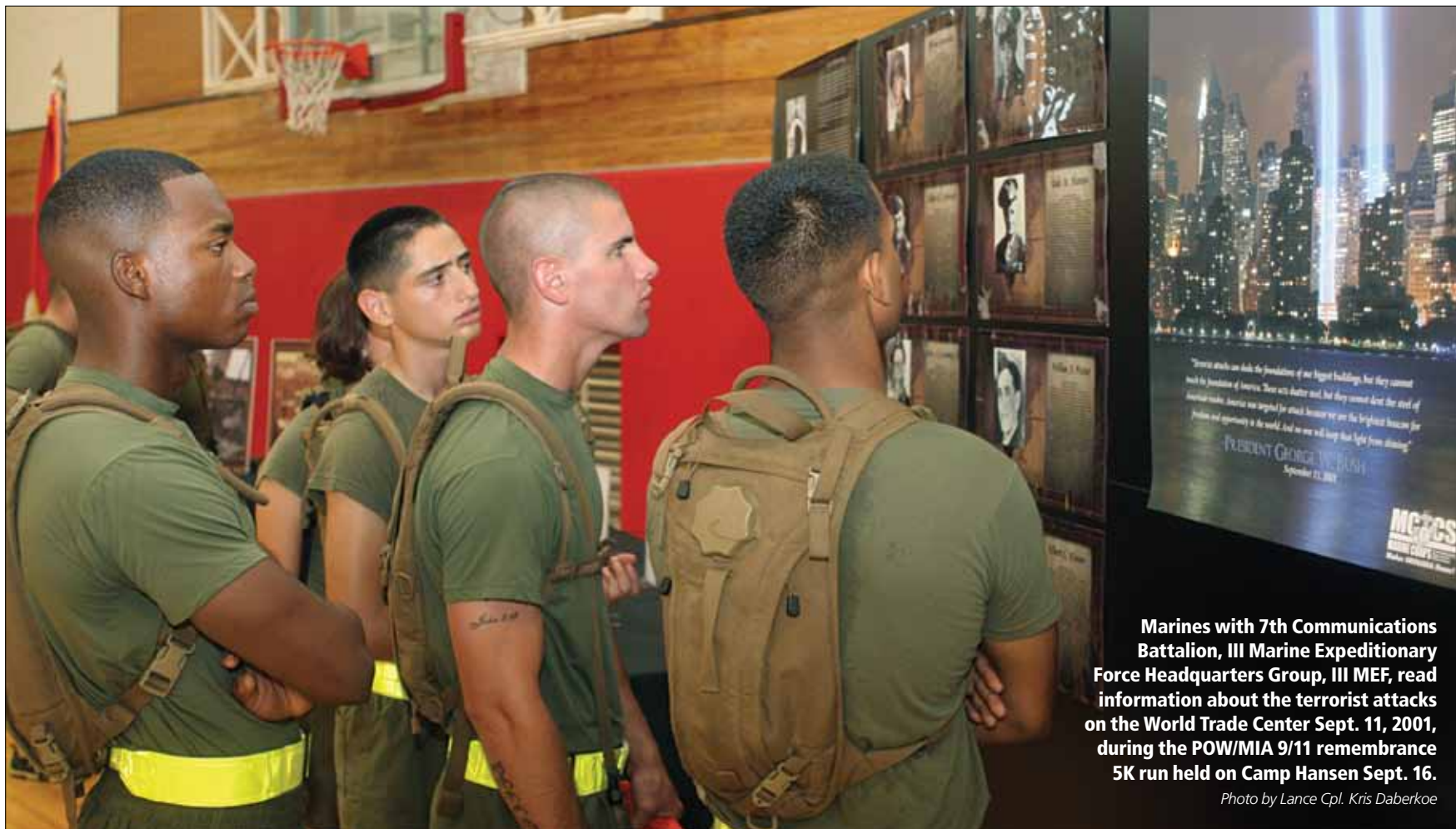
these bad attitudes? Well, we can convert bad attitudes into good attitudes. That’s right! We cannot change the fact that we are ordered to Okinawa, but we can change how we deal with being here.

You see, you are responsible for your own happiness! Gather up your friends and family, then get out and enjoy the sights, the culture and some delicious Okinawan cuisine. Check out Marine Corps Community Services, Kadena’s 18th Wing Services, and Navy Morale, Welfare and Recreation for on and off base events. You can also check them out on Facebook!

Recently, I heard a Marine say, “I miss my family church back home.” Well, here on Okinawa, we are blessed with chapels on all bases and churches in the civilian community. Get involved and embrace a new spiritual support family.

Lastly, there is a Japanese principle which I find applicable to “BAs.” It is referred to as “Ikigai” - meaning “purpose in life.” You are in Okinawa for a purpose! Find your purpose in life, and your bad attitude will change to a good attitude.

FOR UPCOMING SPECIAL WORSHIP SERVICES AND EVENTS FOR ALL MARINE CORPS BASE CHAPELS CALL 645-2501 OR VISIT [WWW.MARINES.MIL/UNIT/MCBJAPAN/PAGES/AROUNDMCB/CHAPEL.ASPX](http://WWW.MARINES.MIL/UNIT/MCBJAPAN/PAGES/AROUNDMCB/CHAPEL.ASPX)



Marines with 7th Communications Battalion, III Marine Expeditionary Force Headquarters Group, III MEF, read information about the terrorist attacks on the World Trade Center Sept. 11, 2001, during the POW/MIA 9/11 remembrance 5K run held on Camp Hansen Sept. 16.

Photo by Lance Cpl. Kris Daberkoe

# Marines run for remembrance

Lance Cpl. Kris Daberkoe  
OKINAWA MARINE STAFF

More than 600 U.S. military community members crowded the start line of the POW/MIA 9/11 remembrance 5K run at the House of Pain fitness center on Camp Hansen Sept. 16.

The runners, their numbers more than doubled from previous years, gathered to remember.

The run was held to

remember and honor U.S. troops who were prisoners of war or missing in action and also to honor those Americans killed during the 9/11 terrorist attacks, said Navy Lt. Richard Bristol, Camp Hansen chaplain and an event coordinator.

The remembrance run was possible through the combined effort of the Marine Corps Community Services Semper Fit program and the base chaplains.

This remembrance run was slightly different from years past. Usually the focus of a race is to cross the finish line first, but, during this event, runners were encouraged to stop at select points to remember America's POWs and MIAs, as well as those lost on 9/11.

"By setting up remembrance points around the course of the run, we not only are giving everyone a chance to remember the fallen but to celebrate their lives as well," Bristol said.



Members of the U.S. military community run in honor of fallen service members, firefighters and police during the POW/MIA 9/11 remembrance 5K run held on Camp Hansen Sept. 16. The run began with a moment of silence and remarks by Col. David P. Olszowy, commanding officer of III Marine Expeditionary Force Headquarters Group, III MEF, and Camp Hansen commander. Photo courtesy of MCCS Semper Fit

Six points along the run route were dedicated to an event that took place during the terrorist attacks. At these stop points, volunteers read aloud testimonies of the heroic acts that occurred amidst the tragedy of 9/11.

"The subjects of 9/11, POWs and MIAs can be very sensitive," said Bristol. "We didn't create this event to remind people of the losses of Sept. 11, 2001, but to show the bravery of these individuals."

At the start of the run, Col. David P. Olszowy, III Marine Expeditionary Force Headquarters Group, III MEF, commanding officer and Camp Hansen commander, spoke.

"Each of our lives

changed on that September day 10 years ago," said Olszowy. "For many Marines in the Corps today, 9/11 is the reason they became Marines."

Gathering with so many others for the run was a good way to commemorate America's heroes and those who have given the ultimate sacrifice, said Lance Cpl. Nicholas Montalto, a heavy-equipment mechanic with 7th Communication Battalion, III MEF Headquarters Group.

"It's invigorating to see all the people who came out," said Montalto. "It's important for people to remember the sacrifice of the police, firefighters and service members."



Col. David P. Olszowy, commanding officer of III Marine Expeditionary Force Headquarters Group, III MEF, and Camp Hansen commander, addresses participants before the start of the POW/MIA 9/11 remembrance 5k run at the House of Pain on Camp Hansen Sept. 16. Photo by Lance Cpl. Kris Daberkoe