

Hawaii Marine

'America's Battalion takes on Sierra Nevada Mountains

Lance Cpl. Ali Azimi
Marine Corps Air Ground Combat Center
Twentynine Palms

MARINE CORPS MOUNTAIN WARFARE TRAINING CENTER, BRIDGEPORT, Calif.

— The Marine Corps offers an extensive number of training areas located around the world. They then take Marines away from home stations and set them under new and extreme conditions they have not been exposed to before.

Marines with 3rd Battalion, 3rd Marine Regiment, were recently taken out of the tropic island beaches and delivered to the Sierra Nevada Mountains of the Marine Corps Mountain Warfare Training Center, Bridgeport, Calif.

"Mountainous terrain takes up a lot of the environment on the earth as well as areas where we can possibly be engaged in a decisive fight in the future," said Sgt. Warren Sparks, team leader, Mountain Leaders Unit Training Group, MCMWTC. "We should be ready to fight in any clime and place."

The MCMWTC provides a venue for Marines to learn to operate in a mountainous environment. But the terrain and altitude here can make any task monumental.

"I think it was an exposure to them of the different parts of the Marine Corps has to offer for training," Sparks said. "It was a slap in the face when they first came here, as far as elevation, coming from sea level to 7,000 feet at base camp to start training."

Hawaii's training areas feature high-altitude mountainous terrain and other rough landscape, but nothing like what MCMWTC offers.

"Hawaii offers an array of training areas. We have the Kahuku training area, which is mostly jungle, somewhat mountainous but not as high elevation as here," said 1st Lt. Richard Aronson, executive officer, Lima Company, 3rd Bn., 3rd Marines. "The Pohakuloa training area is at high altitude but you don't have as severe terrain. This is definitely a great opportunity to get out of our comfort zone and come up here and train to the mountain standards."

Many Marines from 3rd Bn., 3rd Marines traveled from the Hawaiian islands to Bridgeport with an expectation of what they would be encountering. They had hiked through rough terrain and high altitudes before. They understood Bridgeport might be a little tougher, but some underestimated to what extent.

"A lot of us came out here thinking kind of cocky because we thought that the Kahuku training area in Hawaii had a lot of hills," said Lance Cpl. Matthew Nolan, squad leader, Lima Company, 3rd Bn., 3rd Marines. "We kind of got a reality check around day three when we moved from Penguin to Sardine Rock and we started rappelling with main packs and we were all kind of like, 'Wow this is not Hawaii.' I think overall we have adapted pretty well."

The Marines spent 12 days in basic mobility, learning to effectively traverse the terrain with gear. They were familiarized with all aspects ranging from survival to tactical proficiency.

See SIERRA, A-7

237 years old, still running

MCB Hawaii celebrates 237 years of the Corps with flightline run



Lance Cpl. Nathan Knapke | Hawaii Marine

Marines and sailors with Headquarters Battalion and Marine Corps Air Station Kaneohe Bay carry their battalion battle colors during a three-mile fun run on the flightline, Wednesday, in celebration of the Marine Corps' 237th birthday. Col. Brian Annichiarico, the commanding officer of Marine Corps Base Hawaii, led the Marines and sailors during the run. As the sun rose over the airfield, he reminded the Marines of the importance of their heritage and thanked them and their Navy counterparts for their contributions to the base.

1/12 Marine awarded Purple Heart



Kristen Wong | Hawaii Marine

Staff Sgt. Cody Rhode stands at attention after receiving a Purple Heart Medal during a formation near the battalion offices, Nov. 2.

Kristen Wong
Marine Corps Base Hawaii

On an August evening in Afghanistan, Staff Sgt. Cody Rhode and his fellow Marines headed to their forward operating base's outdoor gym for a workout. Rhode's unit was nearing the end of its deployment and anticipating the return home. Until then, they went about their normal routines.

"It was a joyful time for the Marines," Rhode said.

He didn't know he would soon be running for his life.

Around 8:30 p.m., Aug. 10, Rhode was among at least six others exercising in the outdoor gym. Barely half an hour into their workout, Rhode remembered hearing shots fired from the gym's front entrance, sending bullets ricocheting and causing sparks.

The Marines were unable to identify their assailant in the dimly-lit gym, but they did know that the person was near the only exit. They attempted to escape through a small space between a chain-link fence and a wall on the other side of

the gym.

"(The objective) was getting everybody through the fence, and back to the compound to let everybody else know that this is what's going on outside," Rhode said. "Priority number one was letting everyone else know there is a shooter inside the compound."

Rhode and several of the Marines ran for the small opening and squeezed their way through. He was the last one to get through the fence, but before he did, the assailant shot and hit Rhode four times, in the shoulder and leg. Rhode said he barely noticed the first four wounds because of his high adrenaline. But the fifth shot shattered his elbow; he knew it was broken because he could see his arm dangling. Despite this, Rhode kept running to warn his fellow Marines and sailors there was a shooter on the forward operating base and Marines had been injured.

Rhode managed to reach safety, where his wounds were treated by a corpsman. Eventually, the assailant was apprehended.

"(The corpsman and my fellow Marines) took care of me," Rhode said. "(The

Marines) did whatever they could for everybody else and apprehended the guy. (The Marines and sailors) did everything they were trained to do. I'm proud of them."

Rhode was first medically evacuated nearby to Camp Dwyer, then moved to other locations to undergo a total of six surgeries. He continues to recover today.

But the attack ultimately cost 3rd Marine Regiment the lives of Staff Sgt. Scott E. Dickinson, Cpl. Richard A. Rivera Jr. and Lance Cpl. Gregory T. Buckley, who were honored last week in a memorial at Dewey Square.

The loss of his fellow Marines was huge for Rhode. They became close while working together throughout the year. It felt like he lost family members.

"You're not just work partners," Rhode said of his fellow Marines. "You're not just people who do a job together. You had to be more than that."

While being transported from place to place, receiving surgery for his wounds, Rhode also thought about his wife and children at home, and hoped they were doing well. He said he was proud of his wife for all she had done during his recovery process.

Rhode received a Purple Heart Medal Nov. 2 for the injuries he sustained in the attack. The 28-year-old was presented with the medal in a formation near the 1st Battalion, 12th Marine Regiment offices.

"He is an extremely humble Marine who is grateful for the support he has received throughout his healing process," said 1st Sgt. Justin L. Ezell, the Headquarters Battery first sergeant for 1st Bn., 12th Marines.

A native of Rogers, City, Mich., Rhode enlisted in the Corps "to be a part of something bigger" than himself.

While most recently deployed to Helmand province's Garmsir District, Rhode was a mobile team platoon sergeant with the Police Advisory Team of 3rd Battalion, 8th Marine Regiment, con-

See PURPLE, A-7



Corps birthday run!
One mile for every year, B-1



Happy Birthday!
Families celebrate Marine Corps' 237th birthday, C-1

Saturday
High 81
Low 72

Sunday
High 80
Low 72

NEWS BRIEFS

DEERS office closure

The DEERS office is closed today and will reopen after the Veteran's Day holiday on Tuesday. To serve you better, we highly recommend all interaction with the DEERS office be scheduled through the DEERS online appointment system: please check the "Community Bulletins" header on the MCB Hawaii website to find our DEERS link for the online appointment system. For more information call 257-2077.

Combat Camera closures

Combat Camera is closed today through Monday, in observance of Veteran's Day. Combat Camera will also be closed Wednesday and Thursday for the annual Aloha Camera training evolution. Due to these closures Combat Camera will have open studio hours from 8 a.m. to 3:30 pm on Tuesday, and normal studio hours (8 to 11 a.m.) on Nov. 16. Call 257-1365 with questions.

Road closure update on Manning Street

From now through Wednesday, Jan. 2, 2013, Manning St. will be closed between the Lawrence Rd. intersection and the Manning Ct. (B2554-B2558) area to replace the transit water main. Access to locations west of the closure area can be made via Waikulu Dr. and Arnado St., or from Reed and Reeves Roads. For more information, call Marc Hirano at 257-6896.

Mural competition

Marine Corps Base Hawaii is hosting a mural painting competition for the North Beach changing station. Interested artists must submit a version of their idea to hawaiimarineeditor@gmail.com. All submissions must be received by Thanksgiving. All murals must include the following: be Hawaii related, have the Eagle, Globe, and Anchor, include "MCB Hawaii," and incorporate different historic or relevant items related to Kaneohe Bay. Submissions will be judged by a selected panel and the winning artist will have the opportunity to paint their mural on the North Beach changing station.

Electrical power outage announcement

There will be an electrical power outage on Wednesday from 7 a.m. to 7 p.m. in support of a construction project at BEQ and Company Command Headquarters buildings. For details prior to the outage, call Lyle Fong at 257-6899.

Public Affairs Office KBAZ all hands message

During the month of November the Public Affairs Office's KBAZ account will be deactivated. Please send KBAZ messages to vanessa.americanhors@usmc.mil. Due to permissions constraints you may not receive a KBAZ message during this time. If you notice you are not receiving the message and you would like to receive it, email Cpl. Vanessa American Horse at the address above to be added to a secondary distribution list.

DSTRESS Line 24/ 7/365

The DSTRESS Line is for active duty, reservists, veterans and retirees, as well as their families, in the western U.S., Hawaii, and Alaska. Callers can speak anonymously with people specifically trained in Marine Corps culture and ethos.

The line helps develop the skills necessary to deal with the challenges of life in the Corps. Visit online at <http://www.DStressLine.com>. or call the line at 1-877-476-7734.

Important phone numbers

On-Base Emergencies	911
Child Protective Service	832-5300
Fraud, Waste, Abuse & EEO	257-8852
Base Information	449-7110
MCB Hawaii Chaplain	257-3552
DEERS	257-2077

Hawaii Marine

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MARFORPAC CAKE FOR ALL



Cpl. Kristian Karstan | U.S. Marine Corps Forces, Pacific

Lt. Gen. Terry G. Robling, commander, U.S. Marine Corps Forces Pacific, cuts the traditional birthday cake at the MarForPac Marine Corps Birthday Ball, Nov. 2, as Lt. Gen. Thomas L. Conant, deputy commander, U.S. Pacific Command, looks on. As the guest of honor, Conant received the first piece of cake, with the next piece going to the oldest and youngest Marines present.

MCAS Marine firefighters battle blazing fire

Cpl. James A. Sauter

Marine Corps Base Hawaii

As the sun set behind the western horizon, a blanket of pitch darkness covered the sky above the outside training area. Far from the sight of spectators, Aircraft Rescue and Firefighting Marines suited up in firefighting gear to cordon and control a fire consuming a helicopter.

The team of three Marines approached the burning aircraft with a high-pressure fire hose, swaying it side to side to douse the helicopter in a downpour of cold water. The fire slowly receded as the flames suffocated without any dry material to burn. At the same time, a Marine went inside the aircraft and grabbed a trapped victim inside and rushed him away to receive medical attention.

During the night simulation Saturday, Marine firefighters from ARFF, MCAS Kaneohe Bay, responded to an emergency call in which a helicopter crashed on the flightline and caught fire with a dummy victim inside.

After responding with two fire trucks, the Marines divided into three-man teams, taking turns extinguishing the fire and rescuing the victim.

"The exercise is meant to teach our Marines the fire's behavior, the affects of putting water on fire, and employing techniques and procedures when responding to an incident," said Sgt. Mitchell Koval, an ARFF section leader. "This live fire training helps them know what to do when an actual accident happens on Marine Corps Base Hawaii."

The simulator uses a fixed amount of propane to ignite the



Cpl. James A. Sauter | Hawaii Marine

A Marine firefighter with Aircraft Rescue and Firefighting, Marine Corps Air Station Kaneohe Bay, extinguishes an aircraft fire during a training simulation across the flightline, Saturday.

training helicopter. Even though a section leader controlled the intensity and size of the fire using a remote, the firefighters still needed to exercise extreme caution. They stayed close to one another and communicated by tapping each other on the shoulder. Lance Cpl. Kevin Rosenkranz, an ARFF handline operator, said getting close to the danger makes the job of being a firefighter worthwhile.

"I like the training because everyone gets a chance to get experience the fire up close," Rosenkranz said. "I really like the experience and the adrenaline rush of being so close. I remember the first time I did this simulation and it was something I instantly liked and something I want to continue doing in my life."

Beside emergency responses, ARFF is trained to deal with extraordinary hazards when dealing with crashed aircraft. Koval explained that all ARFF Marines are trained to know the details and components of a wide variety of aircraft. When responding to an emergency, the firefighters bear in mind details such as the type of aircraft involved, fuel used and whether there is any sensitive material or explosive ordnance on board.

"This live-fire training simulation is in a controlled environment without all the dangerous hazards of an actual emergency," Koval said. "The training is as close to the real thing these firefighters will get without causing more destruction and chaos."

MARINE ENVOY VISIT KIWI MEMORIAL TO MARINES



Sgt. D.R. Cotton | Hawaii Marine

PAEKAKARIKI, New Zealand — Marines observe one of several information kiosks at the Marines World War II memorial, Oct. 27. Marines were stationed here 1942 to 1943 to defend against and prepare to fight the imperial Japanese.

AROUND THE CORPS

Red Lions grow wings for first training flight



Lance Cpl. Melissa Eschenbrenner | Marine Corps Air Station Miramar

An MV-22B Osprey with Marine Medium Tiltrotor Squadron 363, 3rd Marine Aircraft Wing, prepares to take flight aboard Marine Corps Air Station Miramar, Calif., Nov. 1. This is VMM-363's first Osprey flight since they converted to a Marine Medium Tiltrotor Squadron from a Marine Heavy Helicopter Squadron.

Lance Cpl. Melissa Eschenbrenner

Marine Corps Air Station Miramar

MARINE CORPS AIR STATION YUMA, Ariz. — Marine Medium Tiltrotor Squadron 363 "Red Lions", 3rd Marine Aircraft Wing, began training for the first time aboard Marine Corps Air Station Miramar, Calif., Nov. 1.

The Red Lions recently arrived aboard MCAS Miramar after departing their previous home in Hawaii and transitioning from CH-53E Super Stallions to MV-22B Ospreys.

Red Lions personnel augmented other Osprey squadrons to complete their training aboard MCAS Miramar before they were ready to fly.

"It was my first flight in the fleet and the squadron's first flight, so it was cool," said Lance Cpl. Jonathan Ruiz, a crew chief with the Red Lions and a Yucca Valley, Calif., native. "I spent about three months in flight school preparing, and the flight went well."

The first fully operational flight included confined area landing exercises, during which pilots land the aircraft in an area that is not a runway or smooth surface. Maintainers and crew chiefs worked hard to ensure the Ospreys were properly functioning and prepared to complete the flight with success, explained Capt. Michael Henson, a pilot with VMM-363, 3rd MAW, and a Gallatin, Tenn., native.

The squadron replaced Marine Medium Tiltrotor squadron 561, which recently deactivated. VMM-

363 originally activated as Marine Heavy Helicopter Squadron 363 aboard Marine Corps Base Hawaii, Kaneohe Bay.

The Red Lions deployed as a heavy helicopter squadron in early 2012. Upon return, the squadron moved to MCAS Miramar, where they awaited arrival of crew chiefs, maintainers, and aircraft.

The transition went well, even though the squadron was awaiting the necessary manpower, explained Henson.

The squadron plans to train crew chiefs and pilots to fill other squadrons in Okinawa, Japan and Kaneohe Bay, Hawaii. The success of the first flight brings the squadron hope that all their endeavors will run as successfully as their first one.

Marine offers home, car to help Marines after devastating hurricane



Cpl. Juan Alfonso | 1st Marine Corps District

Sgt. Michael F. Blake, a motor transportation clerk with 1st Marine Corps District, looks at the heaps of ruined possessions piling on the streets of his neighborhood following the devastation left by Hurricane Sandy Nov. 1 in Far-Rockaway, N.Y.

Cpl. Juan Alfonso

1st Marine Corps District

FAR ROCKAWAY, QUEENS, N.Y. — Marines have a saying amongst each other, "We take care of our own." Normally this saying is limited to small acts of kindness, such as lending them a few dollars to get a haircut or helping them move from one barracks room to another. But sometimes they

go out of their way to help one another in unexpected ways. Hurricane Sandy ripped through New York killing dozens of people, destroying homes and leaving the vast majority of the population without power. Sgt. Michael F. Blake, a motor transportation clerk with 1st Marine Corps District, was one of the many residents of Far-Rockaway whose life was turned upside down when the super storm struck on Oct. 29.

His home was flooded with more than two feet of seawater, destroying nearly all of his furniture, electronics and countless articles of clothing but the truly expensive losses waited for him outside of his home.

"I had three vehicles that were destroyed by this storm," Blake said.

Without his vehicle, Blake found himself facing serious financial damages and no cell reception to communicate with his loved ones. That was when Sgt. Julian Ranas, 1st Marine Corps District's enhanced marketing vehicle driver, offered to loan Blake his pickup truck to help him back on his feet.

"It's what Marines do. We help each other out," said Ranas a 25-year-old native of Saipan. "All of his vehicles are down. Most of his belongings are gone or water-damaged and from what he tells me, things are pretty bad in his whole neighborhood. It's natural for Marines to help each other."

For Blake, Ranas' help is more than just a Marine helping another Marine.

"This is going to help me a lot, a whole lot," Blake said. "Right now I'm living without any electricity. I have no heat in my house, no way to charge my phone and I really haven't been able to communicate with anyone because there isn't any cell service."

"You know good people when you meet them and Sgt. Ranas has always been one of those people in my eyes," Blake added. "Thanks to him, I'm go-

ing to have somewhere I can get warm, charge my phone and I'll be able to drive out to where I can get a good signal so I can stay in contact with the world."

Ranas' leadership says his character drives him to excel in the workplace.

But Ranas' good nature didn't stop with a single act of kindness. Knowing that Sgt. Chue Fue Moua, the 1MCD legal clerk, had a pregnant wife and had no power in their home, Ranas offered to let them stay at his home in Hempstead N.Y. where they have lived since the hurricane hit.

"It [feels pretty bad] when you don't have power or can't shower, especially for a pregnant woman," Ranas humbly said. "So I'm letting them stay at my house. Its no big deal."

But he took it a step further. Not wanting their food to go to waste, Ranas strapped the Mouas' fridge to his truck, hauled it to his place and plugged it into an open outlet in his apartment, saving all of their groceries in addition to giving his home.

"It was his idea," Moua said. "He was like, 'anything you need. I'm here for you.'"

Despite Ranas continuing to feel like he hasn't done anything noteworthy, the people he has helped feel very differently.

"He is a wonderful and kind person who absolutely goes out of his way to support anyone he can and we are very grateful," Moua's wife said.

Marine brothers share quality family time in Afghanistan

Cpl. Timothy Lenzo

Regional Command Southwest

CAMP BASTION, Afghanistan — One Marine never expected his reunion with his brother would take place moments before an operation over Helmand province, Afghanistan.

Capt. Dustin Kerlin, pilot, Medium Tiltrotor Squadron 161, recently enjoyed flying with his brother while the two are deployed. Dustin savored the rare moment when his brother, Lt. Col. Matthew Kerlin, deputy commander, Embedded Training Team, 777 Squadron, arrived on Camp Bastion before the operation. Family members do not often deploy together, and Dustin appreciated the opportunity.

"Getting to meet up with my brother in Afghanistan was the highlight of my career," said Dustin. "It was great to get to see him."

The brothers, from Albion, Ind., reunited on the flightline on Camp Bastion. It was a brief meeting before a joint operation with the two units.

"I am thankful anytime I get to see a member of the family," said Matthew. "Even if it is for only 20 minutes on a flightline in Afghanistan."

The operation involved transporting servicemembers into Helmand province.

The brothers do not see each other often. Their family is scattered across the United States making it difficult to meet.

"It was great to see him," said Dustin. "My brother has always been a mentor personally and professionally for me."

Like many families, the brothers picked up right where they left off. Even with

years between the last time they saw each other, it was easy to be themselves with one another. The rest of the Kerlin family was shocked but pleased to hear the brothers got to work together.

"Being dispersed across the U.S. makes it even better when we have a chance to get together," said Matthew.

While the chance to work together surprised the two Marine pilots, the fact that they both chose to be pilots did not surprise anyone.

Their father had his private pilot's license. He took them flying when they were children. This sparked their love for flying at a young age.

"As long as I can remember, he would take us up in his plane," said Dustin. "We would fly low by the house, do tricks like stalls and go to air shows."

For the brothers, the experiences shaped their lives.

"He is the reason I am a Marine pilot, and it's also his fault I am a helicopter pilot," said Matthew. "Flying is his passion, and his knowledge of military aircraft is incredible."

When Matthew was a young teen, he went to a small airport with an old Bell-47, a two-bladed, light helicopter. Matthew paid \$100 and experienced his first helicopter flight. Whether it was Matthew taking rides in helicopters or taking Dustin flying by their house, the two Marines were hooked.

Now many years later and thousands of miles away from their hometown, the brothers got an early holiday gift. For one operation they flew together, the Afghanistan skyline temporarily replacing the Indiana landscape of their childhood.

Hawaii Marines hold pageant to celebrate 237th Marine Corps birthday



Marines and sailors with Headquarters Battalion salute a color guard as the team retires the national and unit colors during a Marine Corps birthday pageant on Marine Corps Base Hawaii, Thursday.



Gunnery Sgt. Samantha Vann, a procurement chief with Headquarters Battalion, displays a Vietnam-era uniform while greeting visitors following her performance in a Marine Corps birthday pageant on Marine Corps Base Hawaii, Thursday.



Marines with Headquarters Battalion re-create the famed Iwo Jima flag raising during a Marine Corps birthday pageant on Marine Corps Base Hawaii, Thursday. During the pageant, approximately 30 Marine and Navy actors displayed uniforms from different time periods to celebrate the Marine Corps' 237th birthday, Saturday. The event was open to the public.

Photos by Cpl. Reece Lodder | Hawaii Marine



Marines with Headquarters Battalion march a birthday cake onto Dewey Square during a Marine Corps birthday pageant on Marine Corps Base Hawaii, Thursday.

Staff Sgt. Guadalupe Zapata, a property manager with Headquarters Battalion, reads Gen. John A. Lejeune's birthday message during a Marine Corps birthday pageant on Marine Corps Base Hawaii, Thursday.



Marines and sailors with Headquarters Battalion display uniforms from different time periods during a Marine Corps birthday pageant on Marine Corps Base Hawaii, Thursday.

ROK, US Marines conduct mountain warfare training

Lance Cpl. Nicholas Ranum

III Marine Expeditionary Force

CAMP MUJUK, South Korea — Republic of Korea and U.S. Marines participated in a week-long mountain warfare training exercise at the ROK Marine Corps Mountain Warfare Training Center, Oct. 15 through 19.

The ROK Marines are with 33rd Battalion, 1st ROK Marine Division. The U.S. Marines are with Weapons Company, 2nd Battalion, 3rd Marine Regiment, 3rd Marine Division, III Marine Expeditionary Force.

Both units are participating in Korean Marine Exchange Program 13-1, a bilateral training exercise designed to improve ROK and U.S. Marine interoperability.

The Korean peninsula is approximately 70 percent mountainous terrain, according to ROK Marine Gunnery Sgt. Gi Kong Won, an instructor at the ROK Marine Corps MWTC.

The training center incorporates mountain climbing, rappelling, rope bridges and helicopter rappelling as part of its training packages for units.

Each participant went through every obstacle to build confidence and proficiency.



Lance Cpl. Nicholas Ranum | Hawaii Marine
Sgt. Maj. Steven E. Collier finishes the mountain climbing portion of the Republic of Korea Marine Corps Mountain Warfare Training Center Oct. 16. The course is designed to enhance the confidence and skills of ROK and U.S. Marines in a mountain environment. Collier is the sergeant major of 2nd Battalion, 3rd Marine Regiment, 3rd Marine Division, III Marine Expeditionary Force.

“The training went very successfully,” said Master Sgt. Lawrence M. Garcia, the operations chief for Weapons Company. “It

allowed us to establish camaraderie and work on our bilateral training with the ROK Marines. Having our Marines go through the obstacles right

next to the ROK Marines allowed each to see what the others are capable of.”

Conducting bilateral training in a mountainous environment is an opportunity the company does not get often.

“This has given us the chance to do things that are not readily available back at our home station in Hawaii,” said Garcia. “Our Marines took the opportunity to train in this unfamiliar environment and used it to improve their confidence in taking on challenging obstacles.”

The Marines had high expectations prior to tackling the course’s demanding obstacles.

“I expected the course to be difficult and challenging,” said Cpl. Richard G. Davis, an electro-optical ordnance repairer with the company. “It surpassed my expectations and gave me a chance to overcome my fears.”

U.S. Marines train often at the course, according to Won. It is one of the best training environments in the Republic of Korea and is frequently used by South Korean special-forces units.

“This has given us an opportunity to see how the ROK Marine Corps works and how they train,” said Garcia. “The ROK Marines we have been working with are true professionals. They have welcomed us with open arms.”

New bachelor enlisted quarters breaking ground



Courtesy illustration

Concept art for the new 107-room Bachelor Enlisted Quarters supporting the 3rd Marine Regiment on the east side of Marine Corps Base Hawaii. Construction of the BEQ is currently underway and projected to be finished in 2014.

Rochelle Smolinski

Marine Corps Base Hawaii

Home sweet home! A new bachelor enlisted quarters is being built to house 214 service members on Marine Corps Base Hawaii.

The \$52.4 million Navy Facility contract, awarded to Hawaiian Dredging Construction Company Inc. in August 2011, includes the construction of a four-story BEQ, three-story parking garage, outdoor basketball court, pavilion, and company headquarters buildings for 3rd Marine Regiment by the corner of Mokapu Road and Harris Avenue on the east side of the base.

Lyle Fong, an architect and project manager with the Facilities Department, said he felt relieved the project is underway after delays caused by state

permit regulations.

The BEQ construction project plan began in 2007 as part of the Army and Marine Corps’ Grow the Force initiative. It is projected for completion by 2014.

The 107-room building will be constructed of reinforced concrete and include a recreation lounge with a large screen TV and billiards table, full laundry facilities, and a central courtyard for barbecues.

The new facility is expected to earn the Leadership in Energy and Environmental Design Silver or Gold certification awarded by the U.S. Green Building Council by making use of water efficient landscaping and conservation, water-use reduction, efficient windows and photovoltaic paneling for a projected net zero energy consumption.

The recently completed BEQ behind

Pop Warner Field, awarded to NAN, Inc. for \$39.8 million, boasts bicycle storage, solar power supplemented energy, non-ozone depleting refrigerants, and is overall 30 percent more efficient than required.

The newest BEQ is expected to feature many of the same assets and run as efficiently.

“We need the barracks to support our 3rd Marines warriors,” Fong said. “During a hard day’s work of training or coming back from overseas duty, the barracks should be a place of comfort and relaxation. It’s their personal space and home away from home.”

A three-level parking structure with photovoltaic panels mounted on its roof will be built across the street for tenants of the new barracks.

Five old command post buildings

surrounding the construction site will be torn down to accommodate the new BEQ and parking structure. The buildings are believed to contain asbestos and lead paint.

Fong advised that usurped parking lots will push Marines working near the construction area to park elsewhere. A major power outage will affect the post office and several buildings in the Mokapu-Harris-Selden-Craig block, Nov. 14.

Marines have a lot to look forward to in the coming years with new construction projects like the BEQ on the horizon.

“I hope the Marines feel excited about it, and though the construction will test everyone’s patience, in the end, I’m sure they will be satisfied with a new barracks,” Fong said.

SIERRA, from A-1

They were tested mentally in their knowledge as well as physically on the mountains.

“Bridgeport is a little different from Hawaii, which is my baseline. It’s not a jungle, but you’re still going up hundreds of meters of elevation at a time and that can be pretty rough,” Nolan said. I think the biggest shocker for me was every time you go up a hill there’s just another one after it, so you’ve got to get used to that.”

After their 12 days of lessons and acclimation mountainside, the Marines were ready for their five-day final exercise.

The FINEX combined everything they had learned throughout their stay at the MCMWTC.

“It’s warm in the day time out here. They sweat a lot, lose a lot of hydration. At night time, temperatures drop. They get cold and wet,” Sparks said. “The first night or two they had snow and rain. They were experiencing a lot of that.”

During the FINEX, 3rd Bn., 3rd Marines conducted ambushes, casualty evacuations, vertical cliff assaults, de-

fensive operations and patrols through the rough mountain terrain.

The wide expanse of land provided Marines with a setting to conduct their company-sized training that they could not easily do in the training areas at home.

“They both bring something to the table that’s unique. Bridgeport has a lot of company-sized training that you can’t do in Hawaii because there isn’t a lot of open terrain,” Nolan said. “On the flip side, Hawaii offers you a lot of squad-level training which is good for me as a squad leader and my squad. It really works on unit cohesion when you work on that small unit leadership.”

After five days of traversing the steep mountains, 3rd Bn., 3rd Marines traveled to main side and prepared to head back to Hawaii.

“We’ve taught them a lot of things to help them when they go back to Hawaii with the wet environment as far as waterproofing their bags and dealing with the environment,” Sparks said. “I’ve sat down with a lot of Marines and they’ve said it’s the best training they’ve ever had. Hopefully they take a lot from this place.”



Lance Cpl. Ali Azimi | Marine Air Ground Combat Center Twentynine Palms, Calif.

Marines with 3rd Battalion, 3rd Marine Regiment, patrol through the Sierra Nevada Mountains during their training at Marine Corps Mountain Warfare Training Center, Bridgeport, Calif., Oct. 13.

PURPLE, from A-1

tributing to the training needs of the Afghan National Police. His duties included leading the ANP and his fellow Marines on patrols and overseeing his Mobile Team.

“Our time there was spent patrolling the area daily in combined patrols or Marine patrols,” Rhodes said. “The men

were tough, always ready at a moment’s notice and proficient in all areas of policing and patrolling.”

Rhode has since left Marine Corps Base Hawaii and is now assigned to Wounded Warrior Battalion West — Detachment Balboa, at the Naval Medical Center in San Diego. He continues to go through physical therapy.

Though four of his wounds have

healed into small scars, the biggest scar is on his elbow. Rhode is unable to fully bend his arm inward because of the plate that currently holds his elbow together.

“He still has a long journey to go in the recovery process, but has already made leaps and bounds in the arduous course of mending the wounds he has received,” Ezell said. “This Marine is a true warrior and selfless leader of Ma-

rines.”

Although he is not sure what he’ll do upon leaving the Corps, Rhode hopes to be in a position where he can help other people. For now, he plans to stay in the Marine Corps until retirement.

“I don’t know what the future holds for me,” Rhode said. “But I’ve got a good family and the Marine Corps to help me figure that out.”

Sports & Health

3rd Marines runs to celebrate Corps' 237 birthday



Cpl. Reece Lodder | Hawaii Marine

Marines with 3rd Marine Regiment run around the Pacific War Memorial with their regimental battle colors aboard Marine Corps Base Hawaii, Tuesday, in celebration of the Marine Corps' 237th birthday, Saturday. Both Marines and Navy corpsmen assigned to 3rd Marines honored their heritage by running a two-mile course from the 3rd Marines headquarters to the Pacific War Memorial and back. In total, 29 teams of four runners and an additional lone runner completed 237 miles.

Lance Cpl. Nathan Knapke
Marine Corps Base Hawaii

A sunny day with gorgeous blue skies and a cool breeze overtook the base. On its streets, Marines and sailors with 3rd Marine Regiment dressed in green physical training gear and ran while proudly displaying their regimental battle colors to passersby. Marines and sailors from 3rd Marines teamed to run 237 miles, Tuesday, in celebration of the Marine Corps' 237th birthday, Saturday. During the run, teams of four ran a two-mile route from the regimental headquarters to the Pacific War Memorial and back. They carried their regimental battle colors with them, displaying their pride and motivation for their service's history. "The run is something Marines do every Marine Corps birthday to memorialize the Marine Corps,"

said Gunnery Sgt. Aaron Ilaoa, the data chief for 3rd Marines. "It's a chance to take time out of their day to remember what we do and why we do it." In the headquarters parking lot, 29 teams of four Marines and a lone runner awaited their turn to run. They all patiently waited for the colors to return and the chance to put them on display. Once the team of Marines and sailors had returned to the headquarters, they rang a bell to signify their completion of the run. "The run is motivating because I've had the privilege to run with the regimental colors in recent years," said Cpl. Dexter Ellison, a radio operator with 3rd Marines. "It's intense when the wind is blowing hard. That's when your true colors start to show." "It was very motivating," said Lance Cpl. Dakota Burke a motor transport operator for 3rd Marines. "It felt like holding the sail of a sailboat through the wind

because the wind blew so hard against the colors." Each time the Marines transferred the colors to the next team, both teams stood at attention, showing their respect for Marine Corps' traditions. But Marines weren't the only branch of service that ran with the colors. Corpsmen from 3rd Marines' regimental aid station also participated. Seaman Paul Cox said it was important personally to be a part of the tradition and pride the Navy and Marine Corps share. The teams continued this process until all 237 miles were completed for each year of the Marine Corps' existence. Ilaoa said the run was another way to show respect for the traditions of the Marine Corps. "The run represents what the Marine Corps stands for and where it came from... it reminds everyone about November 10, 1775," Ilaoa said.

Marines explore Kiwi fitness during bilateral training

Sgt. D.R. Cotton
Marine Corps Base Hawaii

LINTON MILITARY CAMP, New Zealand — Marines from 3rd Marine Regiment participated in New Zealand Army physical training during preparations for Exercise Koru Kiwi, Oct. 25 through 31.

The New Zealand Army uses several physical fitness standards, similar to Marine Corps fitness, to evaluate their troops for combat. During their bilateral training, Marines had the opportunity to experience their counterparts' standards, including the Kiwis' Combat Fitness Test and swimming qualification.

"The New Zealand Army's goal is to ultimately standardize to one test," said New Zealand Army Staff Sgt. Rob Burlison, a physical training instructor with 2nd Health Support Battalion, 1st New Zealand Brigade. "The new training has predominantly been oriented toward battlefield physical training ... previously, physical training was unit specific and depended on the unit to set the standard."

The New Zealand Army differs from the Marine Corps by employing a physical fitness instructor to delegate physical fitness along with other health related tasks like physical rehabilitation.

There are set performance floors for physical performance in each of the three physical fitness evaluations.

In their Required Fitness Level, each male Kiwi soldier must be able to run 2.4 km in 10 minutes, and perform 30 push-ups and 66 crunches. Female soldiers must run 2.4 km in 11.5 minutes, and perform 15 push-ups and 55 crunches. Soldiers can also be recognized for



Sgt. D.R. Cotton | Hawaii Marine

LINTON MILITARY CAMP, New Zealand – Capt. Dan Petronzio, Combat Assault Company commander, 3rd Marine Regiment, swims the 100-meter portion of the Basic Water Skills Test with his New Zealand Army counterparts, Oct. 26. Petronzio has worked on all aspects of increasing interoperability between Marines and New Zealand Defense Forces during his participation in Exercise Koru Kiwi.

excellence by their ability to reach a physical fitness ceiling.

Burlison said the New Zealand Army's "Fit to Fight" initiative has benefitted the health and readiness of their forces. In describing its importance, he said, "If you're not operationally fit, you're not much good for the uniform."

The New Zealand Army CFT, which is being fielded for the first time this year, consists of elements to test operational fitness. It consists of a jerry can lift, a 150-meter fire and

maneuver, simulated stretcher carry, and 5-kilometer endurance run with 20 kilograms worth of gear. U.S. Marines and the Kiwi soldiers trialed the test, Oct. 30.

In the New Zealand Army Basic Water Skills Test, Kiwi soldiers must complete a water entry, a two-minute water tread, and a 100-meter swim. Marines like Capt. Rob Jones also joined in the event.

"There are things we can learn together if we work together," said

Jones, the assistant logistics officer for 3rd Marines.

Since physical fitness standards are a part of any world-class military, understanding how military partners in the Oceania region conduct their fitness and teaching them the Marines' standards helps increase interoperability between the countries, he said. This cooperation will benefit them in the future if a crisis occurs and requires cooperation between the two countries.



VS is a recurring column tackling debatable issues in the sports and entertainment world. Hawaii Marine readers can submit a subject for future columns by e-mailing their ideas to HawaiiMarineEditor@gmail.com.

If there's a topic you would like to discuss/defend or if you think we missed the mark, let us know and you could see your "opinion," regardless of how wrong it is, featured below. Suit up ladies ... it's game time.

Who's on their way to the 'Big Show?'

Sgt. Danny Woodall VS. **Sgt. Skyler Tooker**

TOOKER: OK, here we are again, on a topic that really shouldn't even be up for debate, but I will play your game and chit-chat this out. Kansas State is clearly the best team in college football, period. That means undefeated or not, there are no teams out there that have a chance at coming close to them on the field. I will talk about Oregon first. They are a great team and they are blowing their competitors out of the water, but they haven't faced a team worth mentioning. The toughest team they have played is USC, who is ranked # 17, and Oregon barely squeaked past them. Then you have Alabama, who almost suffered a loss to LSU last week, which might have given fuel to Texas A&M to beat them this week, but we will see. I foresee the Wildcats taking the Championship home this year. I think it will be the Wildcats versus Oregon or Alabama, as they all have pretty easy schedules to finish out the year.

WOODALL: You think Oregon hasn't played anyone noteworthy? What about K-State? By subtracting Texas A&M and Missouri from the Big 12, that conference is the weakest it's been in decades. K-State won't make it past Texas, let alone get to the National Championship. If the SEC didn't spend all season beating each other up, we'd have an all-SEC championship

every year. To the chagrin of "Roll Tide Nation," I foresee Alabama dropping a game before the season lets out. Oregon, with its high-powered offense, will rise to the #1 seed and play for a title against a stingy but beatable Notre Dame team. Sure, the PAC-12 isn't exactly the powerhouse we've seen in the past, but Oregon has built a team around the best skill players in college football who can (and will) dominate everyone in their path.

TOOKER: First of all, K-State has already played at least three teams that would have beaten Oregon this year. Oregon hasn't played anyone in the top 10, which means if they make it to the National Championship they won't know what hit them. It's like the 2011 National Championship game when Oregon gave Auburn their first BCS National Championship in school history. It's pretty sad when you make it to the "Big Show" and don't have the talent to perform. That is what happened then and it will happen again this year. I predict the National Championship is going to be K-State and either Alabama or Notre Dame being their victims of a massacre. Oregon just hasn't had the tough schedule like the other undefeated teams, and with their weak schedule they haven't handled it as well as a National Championship caliber team should.



WOODALL

WOODALL: Oregon hasn't just beaten opponents, they've DESTROYED them. Their average margin of victory thus far is 31 points. The only reason they lack any "top ten" competition lies in the fact that they've embarrassed their ranked opponents (Washington, Arizona, and USC), sending them tumbling out of the rankings. This Oregon team is completely different than the 2010-2011 team who lost to Auburn (barely) in the title game. The truth is, the rugged SEC defenses and the [cannot think of positive adjective] of the Big 12, have yet to come across a team like Oregon. The Ducks are flying so high and fast they'll put up 28 first-quarter points before K-State realizes the game started.

TOOKER: The only tough opponent Oregon has faced is maybe USC, who was #10 when they faced each other. So maybe there is a reason they are stomping teams so bad just like there is a reason TCU and Boise State went undefeated so many years in a row without anyone really caring. It's because they weren't playing anyone worth playing just like Oregon this year. If Oregon goes to the National Championship it will be a disaster and it will ruin their reputation for quite some time. Because, just like them playing all their unworthy opponents this year, Oregon will end up



TOOKER

being the unworthy one when they match up against K-State. Kansas State is going to win the National Championship this year and that is that. Most of this conversation is irrelevant because K-State will most likely be playing Alabama, but still coming out on top. Maybe Oregon can stop worrying about what to wear come game time and just focus on winning this year so maybe, and I say maybe, get a schedule worth playing next year. Only then will we see if they have what it takes to make it to the "Big One."

WOODALL: Don't get washed away by Red Tide propaganda, they're not nearly as unbeatable as most would believe. Alabama does play in the toughest conference in the FBS and has proven their status, but there's still plenty of time for a slip-up. Speaking of time to slip-up, K-State still has three games remaining to prove their true colors. I'm predicting some burnt-orange nightmares after this weekend. On an unrelated note, Oregon's uniforms are awesome: the orange/green/yellow color schemes really bring out their flashy on-field attitude ... only real men and champions appreciate fashion. Oregon is no longer defined by their Nike-designed gimmick uniforms, and they will roll through the Pac-12 championship on their way to a showdown with Notre Dame.

SPOTLIGHT ON SPORTS

808 Tennis Academy Fall 2012 Tennis Pups

Register now for the fall tennis camp, which will be held from Nov. 12 through Dec. 21 on MCB Hawaii. Both Beginner, Intermediate and Advanced classes are available for ages 6 through 17. Your child can learn the fundamentals of tennis as well as the more advanced strategy of competitive tennis. Classes are offered from one to three times per week on Monday, Wednesday and Friday and there is a minimum of four students per class. Sign up early to get your spot. Call 383-6975 for more information.

Semper Fit Juniors Program

The Semper Fit Juniors Program is open to 14- and 15-year-olds who, upon the completion of a Fitness Basics class, will receive a badge and are granted independent access to the center from 2 to 5:30 p.m., Monday through Friday, and during regular operational hours on the weekends and holidays.

Even with completion of the Fitness

Basics class, youth must be accompanied by an adult outside of these designated hours. Independent access will be granted to all group exercise classes regardless of times (participant fees still apply). Participants must present their military identification and badge upon entering the facility after completing the class. For details, call 254-7597.

Turkey Trot 10K

Take a running tour of MCB Hawaii with our last 10K run of the season, Saturday, Nov. 17 at 7 a.m. The race will start and finish at Dewey Square. Run alone or in a six-person formation. Register online by Tuesday and receive a race T-shirt. Late registrations will be accepted, but with a late fee. Pick up your race packet by Nov. 16 at the Semper Fit Center. For details, call 254-7590.

Adult sailing courses

The base marina offers a monthly adult sailing course where patrons can learn the basics of sailing in just four

days. The highlight of this course is that participants will have the opportunity to receive a U.S. Sailing Small Boat Certification, valid at marinas across the nation. The cost includes book and certification. To register, call 254-7666.

Pro Bowl ticket sales

Pro Bowl tickets will go on sale Nov. 3 at 8 a.m. at Information, Tickets and Tours. Limit six tickets per military identification cardholder. For details, call 254-7593.

Winter Break Kid Fit

Kids stay fit during their school break. The dates for Winter Break Kid Fit are Dec. 17, 19 and 21, from 8:30 to 11 a.m. Call the Semper Fit Center for more information at 254-7597.

Commander's Cup Bowling League

The Commander's Cup Bowling League starts up on Monday, Nov. 19. The league meets on Mondays at 6

p.m. for 12 weeks, excluding holidays. All patrons are eligible to participate. Four people per team, up to eight can be on the roster. Rosters are due on Friday, Nov. 16. For more information, contact Elden Doi at 254-7664

Cosmic Bowling at K-Bay Lanes

The lights are off but bowlers can still strike it big as they play with the lane's special cosmic lights and neon-colored bowling balls. The glow-in-the-dark games are Fridays from 9 p.m. to midnight, Saturdays from noon to midnight and Sundays from 11 a.m. to 8 p.m. For details, call 254-7693.

Turkey Burn-Off Aerobathon

The Turkey Burn-Off Aerobathon is scheduled for Nov. 23 from 8:30 a.m. to 12:30 p.m. at the Semper Fit Center. The event includes various aerobics classes such as step, cardio kick and a special hourlong Zumba class. Participants are asked to bring a nonwrapped toy for Toys for Tots as admission. For details, call Semper Fit at 254-7597.

On track at Pop Warner Field

Rochelle Smolinski

Marine Corps Base Hawaii

Pop Warner Field has been slated for renovation for years. Under the wings of Camp H.M. Smith's gym project, it's finally getting a long-awaited upgrade.

Runners and intramural team members may have noticed the ongoing construction at Pop Warner Field. As part of a renovation project, the old track and field are being uprooted and replaced with a new track and turf.

The approximately \$2 million project is part of the larger \$25.5 million Military Construction project for Camp H. M. Smith's new fitness center.

The field is projected to be complete by the middle of June 2013.

The field closed Sept. 24 after one last football game between the Marine Aircraft Group 24 Bandits and 3rd Marine Regiment.

According to the base's physical fitness center and athletic field improvements plans, the field is getting a full overhaul including tearing out the existing drainage system, irrigation, track, and goal posts.

A new drainage system will discharge into an existing box culvert by the southwest boundary of the track.

The contractor will also install a synthetic polyurethane track and "Speed Series" synthetic turf. The turf has been laid in sports arenas like Aloha Stadium, the New Orleans Superdome, the Metrodome, and Paul Brown Stadium.

Pop Warner's new field will also include trench drains for the track and subdrain systems for runoff. New goal posts, water fountains, and a perimeter fence will also be installed.

Lt. Col. Todd Greeno, base Facilities Department director, said Marine Corps Base Hawaii's numerous construction projects and renovations are designed to embrace the expected increase of Marines to be stationed



Rochelle Smolinski | Hawaii Marine

Construction workers at work on the renovations for Pop Warner Field. The new field will have synthetic polyurethane track and "Speed Series" synthetic turf. Construction will be complete by June 2013.

here in coming years.

"The current field has been there for (a long time)," Greeno said. "It's an old field, it's undersized, and has antiquated facilities. Everything around the base is being modernized."

Greeno said the project will have big benefits for the entire base.

"You've got to keep the families happy," Green said. "When the families are happy, the service members are happy."

John Shiota, Semper Fit Center manager, said he is excited about the field renovations. Intramural sports held on Pop Warner Field often encountered problems

with grass inconsistency and flooding. The field renovations will address the issues sports teams have encountered and intramural football teams will have a full field to play on by next summer.

"Instead of (the field) being an 80-yard football field it's going to be a full 100 yard, regulation field," Shiota said.

With the contract complete by summer next year, Marines, sailors, and their families will have to wait a little longer to play on their own turf again.

"With a little bit of patience, (the wait will) pay off in the end when we're going to have this absolutely amazing field for everyone to use," Shiota said.

WARDAWGZ SEASON ENDS DOWN TO THE WIRE

Michelle Dannenberger, Sharks linebacker pulls the flag from Wardawgz play-maker Shannon Nagasako, during the first round of the women's flag football championship round robin Monday, at Radford High School's John E. Velasco Stadium. Unlike the Wardawgz's previous loss to the Sharks, this game came down to the final throw, with the Navy Sharks winning 6-0.



Sgt. D.R. Cotton | Hawaii Marine

HEADQUARTERS Bn., WOUNDED WARRIORS WIN 101 DAYS OF SUMMER



Kristen Wong | Hawaii Marine

Lt. Col. Carolyn D. Bird, commanding officer, Headquarters Battalion, received a plaque and check from Quentin Redmon, drug demand reduction coordinator, Substance Abuse Counseling Center, Tuesday, for winning the ninth annual 101 Days of Summer Program. Headquarters Battalion placed first in the large unit division with 4,150 points. Marine Aviation Logistics Squadron 24 placed second with 3,920 points. Wounded Warrior Battalion West — Detachment Hawaii placed first in the small unit division with 4,160 points, and Marine Corps Air Station Kaneohe Bay placed second with 3,825 points. More than 20 units participated in 19 events this year. Neil Morgan, director of the Health Promotion Office, said there are plans to add a third place division during next year's competition. The 101 Days of Summer Program includes a summer filled with healthy activities to steer service members away from illegal drug abuse and overconsumption of alcohol.

Turkey Burn-off Aerobathon

Come join the fun at the Semper Fit Center, Nov. 23 from 8:30 a.m. to 12:30 p.m. Admission is one non-wrapped toy for the Toys for Tots Foundation. Classes include Step, Pilates Small Ball, Yoga, Cardio Kick, Cycling and Gut Cut. The grand finale will be a one-hour Zumba blow out! The event will also have a drawing for prizes.





ENERGY CORNER

The Right Light – Only Where You Need It

It's convenient when the first person in the office turns on all the lights and nobody else has to think about light switches until the end of the day, but it isn't necessarily energy efficient. Take a look around your work area and see if there are areas that are

switched on, but really don't need to be.

Are there areas that look like they should have their own switch, but don't? Tell your Utility Conservation Manager or Building Energy Monitor. Depending on how many fixtures are involved, it might make sense to have another switch wired in. Is the switch on the other side of the room, increasing chances it will be left on when people leave? Report it. Sometimes it will make sense to install occupancy controls that shut lights off automatically when a room is unoccupied.

Many offices, shops, warehouses and other facilities can easily reduce lighting without affecting productivity. Turn off as many unnecessary lights as possible.

Minimize general area lighting use and maximize the use of day-lighting. Use task lighting instead of overhead lighting, and light only those areas that are needed at the time.

SOURCE: Navy/Marine Corps Energy Efficiency Program –2013 Energy Management Toolkit – Articles for Publication.



PMO



Crime Prevention Tip of the Month:

Going on leave? Leaving your residence on base unoccupied? Sign up for the House Check Program and an uniformed police officer will check your residence. Contact Crime Prevention at 257-8312.

PMO Contact Numbers and Locations

To report suspicious activity/behavior or for non-emergency calls contact the desk sergeant:

257-1018/2123; Building 1096

For information regarding check in/out, fingerprinting, or weapon registration contact:

257-6994; Building 1095

For information regarding pet registration, fishing regulations, or lost/found animals contact the PMO Game Warden:

257-1821; Building 3099

For information regarding vehicle decals, base passes, and vehicle registration contact:

257-2047/0183; Building 1637/1095 for MCB Hawaii and 477-8734/8735; Building 601 for Camp H.M. Smith

For information regarding traffic regulations, citations, or traffic court contact the Traffic Court bailiff:

257-6991/6992; Building 1095

For all other numbers not listed contact Base Information:

449-7110

For more information visit the PMO website:

<http://www.mcbh.usmc.mil/mp/default.htm>

Topic of the Month

Remember, if you are under the age of 21 years old it is against Marine Corps Order 1700.22E and Hawaii State Law to possess or consume alcoholic beverages. Moreover, if you are 21 years old or older, knowingly selling or providing alcoholic beverages to someone that is under the age of 21 is prohibited. This includes, not checking identification cards. Military personnel violating this Marine Corps Order are subject to disciplinary action under the Uniformed Code of Justice and/or other administrative action and civilian personnel that violate this are subject to civilian criminal prosecution and debarment from MCB Hawaii installations. As always be responsible when consuming alcoholic beverages. If you're having a get-together on base, be sure to abide by the base orders regarding quiet hours: 10 p.m. from Sunday through Thursday and midnight from Friday through Saturday. Regardless of quiet hours be respectful of your neighbors. A loud noise complaint can occur at any time of the day. If you suspect that underage consumption of alcohol is occurring report it to the Provost Marshal's Office at 257-1018/2123.

IN CASE OF EMERGENCY DIAL 911

BASE/COMMUNITY/VOLUNTEER EVENTS

MCB Hawaii SERVMART town hall and information session

The MCB Hawaii SERVMART management team will conduct a town hall and customer information session on Nov. 20 at 10 a.m. in Combat Classroom Five. All regular and prospective customers are welcome and encouraged to attend. Topics will include a program update, customer feedback, and future store operations. For more information, call Lt. Henderson at 257-2236.

Waimea Valley events

Kanikapila Sundays are scheduled Nov. 18 and Dec. 16. This freestyle music circle is held in the Waimea Valley pavilion area and free to the public. Bring your instruments or just come and listen to the music from 1 to 4 p.m. Moon Walks are scheduled Nov. 30, and Dec. 28. This special monthly, 1.5-mile round-trip walk will take you from the ticket booth area to the waterfall area and back. There is a small fee. There is also an Arbor Day Annual Tree Give-Away Saturday, Nov. 3 scheduled to start at 9 a.m. with an annual plant sale. Waimea Valley's annual Makahiki Celebration Saturday, Dec. 1. This is a time-honored celebration paying tribute to Lono, the Hawaiian deity of the harvest, with hula, music, traditional games and crafts. For details, call 638-7766.

National Parks offer free admission on Veterans Day

America's 398 national parks will offer everyone free admission during the Veterans Day weekend, Saturday through Monday, in honor of those that serve and have served in the United States military. Check out this video (<http://youtu.be/M6UVawrh38>) or go to their website for more information at <http://www.nps.gov/>.

All privately owned vehicles must comply with Hawaii Revised Statutes

All privately owned vehicles to include golf carts gas or electric, and electric vehicles must comply with current Hawaii Revised Statutes regarding insurance, safety inspection and equipment, and state registration requirements to be operated on MCB Hawaii.

MCB Hawaii Order 5500.15B Chapter 6 covers the registration requirements to operate a vehicle gas or electric on the roadway.

Parking Survey

Marine Corps Base Hawaii is planning ways to improve parking and mobility at Kaneohe Bay. All drivers are asked to share information and their ideas

on how to improve parking on base by participating in an electronic survey available at: <https://www.surveymonkey.com/s/H2W2ZPC>

Responses are confidential.

MCB Hawaii Christmas Tree Lighting

Kick off the holiday season at the annual MCB Hawaii Christmas Tree Lighting Ceremony, Nov. 29 at 5 p.m. at the base chapel. Join in the sing-along as the Windward Choral Society leads us through a variety of Christmas carols. Winners of the Mokapu Elementary School art and essay contest will have their material displayed around the grand tree and the Marine Forces Pacific Band will provide lively holiday music. Rumor has it that a certain man in a red suit may also be making an appearance for the children. The event is free and open to all military members, DoD civilians and their families.

Young Marines Program recruiting

The Young Marines Program is recruiting youths for the new Pyramid Rock Young Marines. This youth education and service program welcomes boys and girls, ages 8 through high school completion. Adult staff volunteers are also needed to assist in the program. Must be at least 18 years old to apply. For details, email PyramidRockYM@gmail.com or call 443-975-6805/6807.

MARINE MAKEPONO

Kitten Adoption. Scrapy is a 6-month-old domestic short-haired cat, he is very loving, and loves to play chasing toys just as much as he loves to sleep. He is a very well potty trained, clean indoor cat. He plays well with children as well as dogs and is very sweet and docile and not aggressive whatsoever.

Any supplies that I've accrued during the time I've fostered him is available upon adoption for free.

Scrapy is very loved and it's unfortunate that I am unable to keep him being that he is an amazing, low-maintenance pet with the best personality I've ever known a kitten to have. He does enjoy getting his back massaged every now and then and has the cutest meow that sounds just like a faint kazoo.

Please contact Ku'uipo Rodas at 377-0716 if you are interested in adopting him.

If you would like to sell, buy or trade something in the Marine Makepono section of the Hawaii Marine, fill out a form at the Marine Corps Base Hawaii Public Affairs Office in Building 216, Room 19. Please have your Military ID and a short write-up of what you'd like to run. You can fill out the form on the spot or return it to the office later. Emails, faxes and telephone calls are not accepted for Makepono classified ads. Marine Makepono may only be used by active duty, reserve, retirees or their immediate families.

Hawaii Marine Lifestyles



Col. Brian P. Annichiarico, commanding officer, Marine Corps Base Hawaii, cuts the Marine Corps birthday cake at Dewey Square during the 12th annual Children's Birthday Bash, Saturday.

Families celebrate Marine Corps birthday at 12th annual Children's Birthday Bash

Story and photos by
Kristen Wong
Marine Corps Base Hawaii

More than 700 Marines, sailors and their families enjoyed a day of music, games, food and more at the 12th annual Children's Birthday Bash at Dewey Square, Saturday.

Hosted by the Lifestyles, Insights, Networking, Knowledge and Skills program, the bash also included a cake cutting ceremony similar to the traditional ceremony at a Marine Corps birthday ball.

"(Parents) get to dress up for the ball every year and celebrate the Marine Corps birthday," said L.I.N.K.S. trainer Amanda Taylor. "L.I.N.K.S. is a program that teaches service members and their families about Marine Corps (history and) traditions. (We) wanted to hold an event where children could celebrate the birthday and learn the heritage of the Marine Corps, because they are a major part of this military community and need to understand its culture and pride."

Although the Marine Corps birthday uniform pageant was not scheduled until the following week, a handful of its performers attended the bash in their period uniforms to give children a quick history lesson.

The performers also took time to meet the children and pose for photos. Harlie Jones, 3, said she liked meeting the Revolutionary War performer.

"He was so silly," she said.



Daniel Montano, civilian military police officer, Provost Marshal's Office, helps his daughter play tic-tac-toe with Petty Officer 1st Class Edward Briggs, a Navy diver with Mobile Diving Salvage Unit 1, during the 12th annual Children's Birthday Bash at Dewey Square, Saturday.

Jones said her favorite part of the birthday bash was playing tic-tac-toe with a Navy diver. Petty Officer Edward Briggs, a Navy diver from Mobile Diving Salvage Unit 1 played tic-tac-toe with children while submerged in a tank of water and wearing diving gear.

Families went from booth to booth with a plethora of activities, from taking a funny picture in costume, to getting their face painted, or enjoying cotton candy.

Monica Dial attended the birthday bash with her family. She commented it was fun to have an event where children

have a place to run around and engage in a variety of activities. She said they also have a chance to see various types of equipment used by their active duty parents.

"I love it," attendee Laura Howie said of the bash. "My kids look forward to it every year. I think it's a great thing that (Marine Corps Community Services) does. We really appreciate it."

Howie commented on the appealing design of this year's T-shirts. As each family registered at the front table, they received specially designed red T-shirts to commemorate the event.

Taylor said their pride was evident in the entries received for the art and buggy contests. Children of various ages submitted drawings representing what the Marine Corps meant to them. For the buggy contest, families adorned their baby strollers with patriotic décor.

"It's a fun, free event for the kids," said Sgt. Joel Tilmann, chemical, biological, radiological and nuclear chief, U.S. Marine Corps Forces, Pacific.

Tilmann's children visited the display provided by the Air Rescue and Firefighting division of Marine Corps Air Station Kaneohe Bay, where they were able to sit in the driver's seat of a fire truck and try on the Marines' firefighter suit.

"It's like walking on the moon," said Cheyenne Sharpless, as she attempted to move in the bulky suit.

Toward the end of the bash, attendees gathered around Col. Brian P.

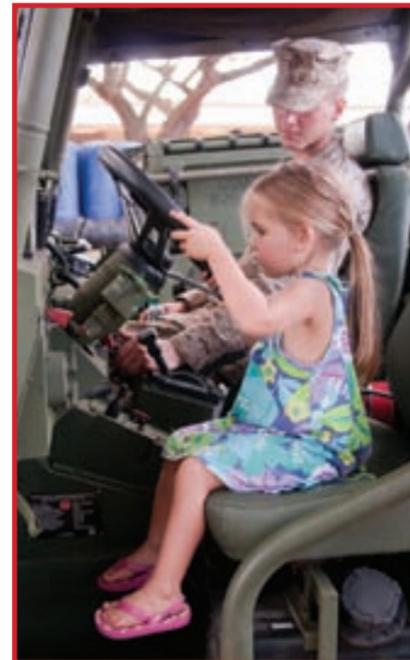
Annichiarico, MCB Hawaii commanding officer, as he prepared to cut the ceremonial birthday cake.

"(Marines) were born in 1775 in Tun Tavern," Annichiarico said. "Since that day, we have taken people in from all over the country ... we take people in and we mold them into the finest fighting force the history of the world has ever seen."

Annichiarico thanked all coordinators, units and volunteers for their hard work on the event. He said not only do military spouses have "the hardest job in the Marine Corps," the children are also affected by having active duty parents. Though the bash celebrated the Marine Corps birthday, for the commanding officer, it also meant celebrating the families as well.

The commanding officer then cut the ceremonial cake and presented the first pieces to 11-year-old Gavin Abney, representing the oldest child in the ceremony, and Kyler Beals, 3, representing the youngest child.

"This event was a huge success due to the many volunteers, supporting units, sponsors and especially the family members who attended to show their pride in the Marine Corps and share it with their children," Taylor said.



Leah Parker, 3, pretends to drive a vehicle with Lance Cpl. David Bonin, cannoneer, 1st Battalion, 12th Marine Regiment, at Dewey Square during the 12th annual Children's Birthday Bash, Saturday.



Mason Dial kicks a bag held by Cpl. Mitchell Phillips, a Marine Corps Martial Arts Program instructor, at Dewey Square during the 12th annual Children's Birthday Bash, Saturday.

PASS *IN* REVIEW

Your weekly guide to the best aspects of entertainment

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

1/4 — No Impact, No Idea
Horrendous. Among the worst of the worst in its genre. Dedicating time to this is not only wasteful, but unforgivable. Avoid at all costs.



2/4 — High And To The Right
Mediocrity at its best. Lacks a few things that might have made it really good. A decent time waster, partake only if you have nothing better to do.



3/4 — On Target
Praiseworthy. A great endeavor, not quite an instant classic but still very entertaining. This is a sound investment of your time.



4/4 — Confirmed Kill
Genius. In the top 10 percent of its genre. This is the stuff legends are made of. Missing out on it would be a disservice to yourself.



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

Better Know A Critic



KNAPKE

Lance Cpl. Nathan Knapke enjoys watching movies that are original. His favorite kind of movie always has him guessing what's going to happen next. If it's a true story, Knapke thinks it makes the story much more believable and interesting.



SAUTER

Cpl. James A. Sauter believes that a good movie begins with a good story. The story ought to be well balanced between the chemistry and variety of characters. It must also have an original plot or setting that keeps the reader or audience up on its toes.

This 'Preacher' kills to save

Lance Cpl. Nathan Knapke
Marine Corps Base Hawaii

The motivating "Machine Gun Preacher" is a film based on a true story starring Gerard Butler as Sam Childers. The movie starts out with Sam getting out of jail, and getting picked up by his wife.

While Sam was in prison, his wife started going to church with their daughter. She tries to bring Sam there many times, but he has no desire to go.

Instead, he gets out of jail and wastes no time returning to old habits that landed him in prison. This all stopped after one of his friends nearly killed himself by overdosing on heroin.

Many of these events sounded like other movies in which the character is released from prison. While this is how the movie started, Sam decides to take his life down a different path.

Before Sam decided to turn his life around, I wanted to turn the movie off. I could tell Butler wasn't good at playing the part of a drug addict who beats his wife. It seemed like he

was trying too hard. But I stuck around and continued to watch, and I don't regret it.

He finds God, and after

attending church with his wife and daughter, decides to help missionaries in East Africa. After arriving and rebuilding homes destroyed by the civil war in one of the most dangerous parts of Africa, he wants to see more.

Most Gerard Butler movies feature him going into a dangerous place and this film is no exception.

After a short period of building homes, he finds a local man willing to take him to some of the most dangerous parts of the territory.

The brutal Lord's Resistance Army, a renegade militia, controls the territory. The LRA is notorious for recruiting young children and forcing them to fight in the civil war.

Sam is bewildered and astonished by the terror many of the children endure. He starts a mission in the middle of a territory mostly controlled by the LRA. He recruits people for his cause and protects the local children

by having military personnel guard against the rebels.

The remainder of the film delves into the many hard decisions Sam must make to help everyone in the territory. An example of a dilemma he faces is whether or not to visit family over long periods of absence.

"Machine Gun Preacher" is an action-packed film and can be quite graphic at times. Although it isn't the best family movie, it certainly brings to light the difficulties people face in other parts of the world.

The movie drew my attention because it's based on a true story and shows that anyone can make a positive impact wherever they choose. If you have the drive and willingness to give everything for that goal, it can be done.

It's not the best movie I've ever seen, but I would watch it over many others. I think most viewers would agree.



'Man with the Iron Fists' is made of rust

Cpl. James A. Sauter
Marine Corps Base Hawaii

At this point in my career, if I should say something like, "Have no fear, the holiday blockbuster season is here," then it better be true. Despite the turn of November, the so-called start of the holiday movie season, I'm once again disappointed the movies I so desperately want to see won't open in theaters until ... well, today. After the Marine Corps ball this weekend, I'll be seeing James Bond in "Skyfall," and Honest Abe in "Lincoln."

But once again, I needed to go to the movie theater and review a new flick. This time, however, I chose one I already knew I wouldn't like. I want to forewarn everyone that "The Man with the Iron Fists" should be avoided at all box office costs.

Rapper RZA writes, directs and stars in this awkward concoction of overly exaggerated kung fu, Quentin Tarantino filmography and bad storytelling. Set in the fictional Jungle Village in China, the local blacksmith named Blacksmith (RZA) narrates his own story about the events leading to bloodshed. Go figure that the writer/director/star of the movie would narrate it himself. I guess he realized his own character was so pathetic that he had to give himself more dialogue just to have something to say.

Blacksmith explains that several warring clans are fighting for supremacy over Jungle Village. Staying neutral in the conflict, Blacksmith finds himself caught in the middle. He makes

weapons for all sides to raise enough money to buy the freedom of his working girl sweetheart (Jamie Chung) from her pimp, Madam Blossom (Lucy Liu).

When news arrives that the provincial governor is sending a shipment of gold to the village, the warring factions refocus on acquiring easy wealth. Additionally to foreign visitors also show interest in the gold. The final result

is an epic-fail showdown, kung-fu style, which would make Bruce Lee and Jackie Chan weep.

It would be an understatement to say I felt numb as I left the theater after seeing this garbage. The plot was two-dimensional with no character depth and a weak script no one would care for.

I don't understand why big players like Tarantino and Russell Crowe would bother attaching their names or be a part of something that shouldn't have been made. Crowe only had ten days to film his scenes and only starred because he had worked with RZA before.

I went into the theater expecting this movie to be bad and my expectations were met without hesitation. Everyone should do themselves a favor and save their money by seeing either "Skyfall" or "Lincoln" this weekend. I know I will, but I'm still not getting back the money I spent on this rusty film.





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



"Trouble With the Curve" PG-13 Today | 7:15 p.m.
 "End of Watch" R Today | 9:45 p.m.
 "Pitch Perfect" PG Saturday | 7:15 p.m.
 "Looper" R Saturday | 9:45 p.m.
 "Frankenweenie" PG Sunday | 2 p.m.
 "Finding Nemo" G Sunday | 6:30 p.m.
 "Looper" R Wednesday | 6:30 p.m.

What specifically is ‘middle age?’

Lisa Smith Molinari

Contributing Writer

I talk too much. Countless thoughts are spawned in the fertile recesses of my mind, and are only given a few moments of incubation time before I give in to the irresistible impulse to birth them into the world in the form of unsolicited speech.

The poor people who happen to be within earshot of me tend to get that glazed-over look in their eye, the tell-tale sign that they are bored, praying for the end of the story, trying to find a point, or just simply thinking, “She never shuts up.”

Recently, I decided to channel my thoughts into something worthwhile and less annoying, so I took up writing and dove into my new hobby with vim and vigor.

However, my excitement quickly turned to self-doubt when I realized – who wants to read the mundane rants of a middle-aged military spouse? Surprisingly, the clutter of my mind parted like the Red Sea to reveal the answer: My mundane middle-aged military life is exactly what thousands (well maybe a couple hundred) of readers want to know about. I mean, who doesn’t wonder, what specifically is “middle age”? Are

we there yet? Is there any way to turn around and go back?

We throw the term “middle age” around like so many other vague phrases common in daily vernacular, without really understanding what the words really mean. The definition of middle age is definitely debatable – some believe that statistical life-expectancy charts dictate that one is middle aged when one is between 40 and 60 years old. But this view is almost universally met with resistance . . . “What? I’m not middle aged!”

Such non-believers opine that they are only as old as they look, act or feel. But if this vague standard was the basis for determining middle age, I would bet my pricey wrinkle cream that the only people who would admit to being middle age would be standing in the early bird line on senior citizens night at the local Country Buffet, likely wearing pants well above their waists and orthopedic shoes, and definitely planning on getting seconds of the tapioca.

What are we so afraid of? For many of us, middle age represents the real “meat and potatoes” of life, when selfish interests are put on hold for hard work in the form of home buying, bill paying, child rearing, taxes, the struggle to ward off the physical effects of

aging, and the battle to keep marriages intact through it all. Gone are the days of carefree self-discovery and unbridled fun-seeking – it’s time to get serious and figure out what the hell we are doing before we screw things up.

Middle age probably plays the most significant role in determining our long-term happiness. It is during this time that marriages are either cemented or broken, we face the decision to stay in or get out of the military, our children are forming their personalities (or criminal tendencies), and we either become comfortable with ourselves or we experience the proverbial mid-life crisis.

How on earth are we supposed to perform this tight rope act without falling into a deep dark abyss?

Truthfully, I have no clue; however, I cannot help but think that if we just sit back and relax, we might just enjoy the ride. Why spend our substantive years pathetically fighting what nature and instinct have dictated for us? I’m not saying we should stop plucking our chin hairs and burn our extra supportive bras, I just think that the key to surviving middle age must be based at least partially on our willingness to give in and embrace the natural progression of our lives with a fun-loving spirit and the ability to laugh at it all.

VOLUNTEERS ASSEMBLE 180 BICYCLES FOR TOYS FOR TOTS HAWAII

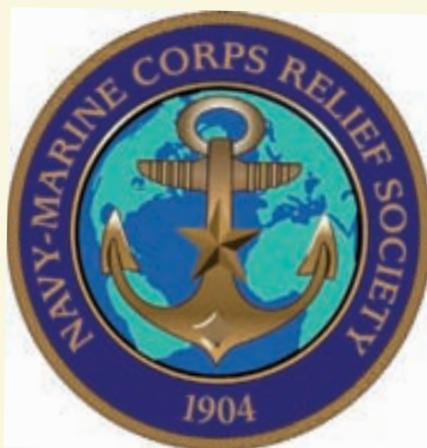
HONOLULU — Staff Sgt. Edward Hans, Toys for Tots coordinator, 4th Force Reconnaissance Company, Detachment Hawaii, assembles a bicycle at the Dole Cannery Toys for Tots warehouse, Saturday. For seven years, BAE Systems’ Hawaii-based employees have collected donations to purchase bicycles for the Marine Corps Reserve’s Toys for Tots Hawaii collection effort. Employees collected considerable donations to purchase 180 bicycles this year, and nearly 900 bicycles have been donated from their efforts in past years. Throughout December, the bikes and other toy donations will be given to local non-profit organizations working with the Salvation Army to be distributed to children for the holidays.



Cpl. Vanessa American Horse | Hawaii Marine

VOLUNTEER OPPORTUNITIES WITH NMCRS KBay

The Navy-Marine Corps Relief Society is a non-profit organization run by volunteers that aids and supports Marines, Sailors and their families. We offer financial counseling, Budget for Baby workshops, education tuition scholarships/assistance, and interest free loans and grants. As a predominately volunteer-run organization we are constantly looking for individuals who would be interested in helping with our various programs.



- Build your resume
- Develop new skill sets with free training
- Child care and mileage reimbursement available to all volunteers
- Broad range of volunteer opportunities available

Call 808-257-1972 or email

lauren.giblin@nmcrs.org for more information

NMCRS offers a variety of ways you can contribute as a volunteer. Do you have a background in finance? Or maybe you're interested in learning more about financial counseling and helping others out of debt? If so, we would love to have you as a Caseworker.

Perhaps you're more interested in helping new and expecting parents prepare for a new baby? You would make a perfect instructor for our Budget for Baby class.

Do you enjoy public speaking and meeting new people? We would love to have you aboard as part of our Publicity and Marketing team to be an ambassador for NMCRS.

No matter what your interests are as long as you have the time and want to give back to Marines, Sailors and their families, we have a place for you at NMCRS KBay!

The #1 reason you're not losing weight

Shari Lopatin

TriWest Healthcare Alliance

You've changed the foods you eat to include more fruits and veggies. You've cut back on the soda and you've started exercising more than three times a week.

And yet, you're not losing weight ... or at least, you're not losing enough. Why? It really all boils down to two very small, but significant words: Portion control.

"Many individuals are totally unaware of how much is an appropriate amount of food," said Lynne Campagne, a registered dietitian with TriWest Healthcare Alliance.

How many calories are you really consuming

each day?

For example, a single serving of meat—like chicken or steak—is roughly the size of your palm. Reducing the number of calories you eat or drink can help to prevent weight gain ... and promote weight loss.

The key to controlling calories lies in portion control.

Try Portion Control: "Create Your Plate."

Did you know that the American Diabetes Association has a tool to help you control your portions better?

It's called "Create Your Plate," and it focuses first on portion sizes and then food choice. Not only is it meant to help diabetics manage their condition, but it can be an effective weight-loss tool.

You can apply the basics of "Create Your Plate" easily at home. Here's how it works:

1. Put a line down the middle of your empty dinner plate.
2. On one side, cut it again so you have three sections on your plate.
3. Fill the largest section with non-starchy veggies (i.e. green beans, spinach, mushrooms).
4. In one of the smaller sections, place starchy foods such as whole grain breads or potatoes.
5. Fill the other small section with meat such as chicken or salmon.
6. Add an eight-ounce glass of low-fat milk or a six-ounce container of light yogurt.

For more healthy eating tips, visit TriWest.com/HealthyLiving.