

Hawaii Marine



Lance Cpl. Jacob D. Barber | Hawaii Marine

Lt. Gen. Kenneth Glueck Jr., commander, III Marine Expeditionary Force and U.S. Marine Forces, Japan, and Col. Nathan Nastase, commanding officer, 3rd Marine Regiment, attach a Navy Unit Commendation battle streamer to 3rd Marines' guideon, Monday, at 3rd Marines Headquarters building. The regiment earned the NUC for accomplishments on and off the battlefield as the Marine Corps' most deployed infantry regiment during Operations Iraqi and Enduring Freedom.

III MEF CG awards 3rd Marines Navy Unit Commendation

Lance Cpl. Jacob D. Barber
Marine Corps Base Hawaii

Third Marine Regiment has fought honorably in more than eight battles since World War II and has carved its place in America's military history. For

3rd Marines accomplishments on and off the battlefield as the Marine Corps' most deployed infantry regiment during Operations Iraqi and Enduring Freedom, Lt. Gen. Kenneth Glueck Jr. presented 3rd Marines with a Navy Unit Commendation battle streamer,

Monday.

"It's a great credit for this organization to be recognized by what these Marines have done throughout the years," said Sgt. Maj. Justin LeHew, regimental sergeant major. "For these Marines, to capture the attention of the

secretary of the Navy is a big deal and everyone who is or has been apart of this unit should be proud. It's a major accomplishment."

The award was established in 1944

See NUC, A-7

Marines, sailors participate in MCBH cleanup

Cpl. James A. Sauter
Marine Corps Base Hawaii

Malama Ka Aina, Hawaiian for "respecting the land," kicked off when Marines and sailors from various units participated in a base-wide cleanup of trash on Marine Corps Base Hawaii, Tuesday and Wednesday.

Malama Ka Aina is an opportunity for Marines and sailors to lend a hand in cleaning the base, said Sgt. John Horkey, base inspector's office working party noncommissioned officer in charge.

Horkey said it's difficult to cover ground the size of MCB Hawaii with only half a dozen Marines, and Malama Ka Aina is a chance for the tenant units to pitch in and help the base inspector's office keep the base beautiful.

"It's wonderful we can get all the units from the base and air station out here and work together to accomplish this task," said Horkey, a native of Brewster, N.Y. "This is the most gorgeous base in the Marine Corps and we need to be good stewards of the land by keeping it free of trash. It takes a lot of work to keep it that way."

Marines and sailors committed to the base cleanup gathered outside the inspector's office in the morning and broke off into four teams. The teams were dedicated to different parts of the base, such as various neighborhoods, the Pacific War Memorial, MCX Annex, front gate, and beaches.

Along the way, the Marines and sailors gathered trash and sorted out the recycling. At the end of both days, they brought the garbage and recyclables to the recycle center on the base and the center tallied how much trash was collected.

"Cleaning up this base keeps us humble," said Cpl. Floyd Brown, 1st Battalion, 12th Marine Regiment, section chief, and native of Los Angeles. "It's kind of like having a new car. You wouldn't throw trash in it or let it get dirty. This is our base and where we live. It's nice the commands here are pitching in to help keep the base beautiful."

The benefits of picking up trash and keeping the base clean go far beyond just making the natural scenery look appealing. According to Todd Russell, a biological science



Cpl. James A. Sauter | Hawaii Marine

Petty Officer 3rd Class William Fisher, Headquarters Battalion aviation boatswain mate fueler, and a native of San Diego, collects a piece of trash during the first day of the Malama Ka Aina base clean up on Marine Corps Base Hawaii, Tuesday.

technician at the base environmental department, cleaning up the trash tremendously helps keeping the Nuupia Ponds thriving habitats for protected wildlife.

"Animals don't have ways of removing trash from their homes," Russell said. "Their habitats are where they have to find food and if they ingest a piece of trash, it causes problems. It's well known in some species of sea birds, if they ingest a piece of plastic, then it'll sit in their stomachs and inhibit them from absorbing nutrition."

Russell said the environmental department is hosting a volunteer environmental service project, Dec. 8, to help clean up the ponds. Volunteers for the event will learn about the pond's ecosystem and help remove trash and invasive species of plants, such as pickleweed.

"The native plants and wildlife depend on these areas to feed, breed and thrive," Russell said. "Invasive

See CLEAN-UP, A-7

Warfighters surface new technology with Agile Bloodhound '12

Cpl. Isis M. Ramirez
U.S. Marine Corps Forces, Pacific

The U.S. Marine Corps Forces, Pacific Experimentation Center hosted their second technological integration and demonstration event, Agile Bloodhound 2012, at the Officers' Club, Nov. 16 in order to highlight research and development efforts and associated technologies that support expeditionary warfighters.

The Office of Naval Research sponsored the event so different entities could demonstrate the technologies that could increase efficiency when sending intelligence and information to Marine riflemen.

"What we are doing is demonstrating a number of integrated science technologies, science technology projects in the area of intelligence surveillance reconnaissance, C4 (command, control, computers and communication) and also human social cultural behavioral sciences," said Jon Moniz, program officer for expeditionary warfare C4 at ONR. "There's a big initiative to be able to provide relevant information much faster to the lower-echelon warfighters."

Col. Nathan Nastase, commander of 3rd Marine Regiment, attended the daylong demonstration, acting as the representative of the Marine riflemen.

"I have 3,500 hardcore, steely-eyed Marine infantrymen out here, I'm the proud (commanding officer) of those guys ... at the end of the day that's five or six levels below the MarForPac Experimentation Center,"

See WARFIGHTERS, A-7



The girls who twirl
MCB Hawaii gymnasts win big this season, **B-1**



Kailua fun for less
Explore Kailua on an inexpensive budget, **C-1**



NEWS BRIEFS

Windward Choral Society presents "Tis the Season!" fifth annual holiday concert

The 110-voice Windward Choral Society presents its fifth annual holiday concert with performances Dec. 7 and 8. The concert includes a set of traditional holiday music from around the globe. The audience will also have the opportunity to join in and sing along to a few familiar holiday tunes. Performances on both days begin at 7 p.m. and take place at Windward United Church of Christ in Kailua. Admission is free and no tickets are required.

Santa on the Beach at Bellows Air Force Station

Santa will arrive via jet ski to the shores at Bellows Air Force Station, Dec. 15, from 11 a.m. to 12:30 p.m. Bring your camera for a photo with Santa. Location is behind Pavilion A on the beach.

Youth Activities Santa's Village

Celebrate the holidays at the 19th annual MCB Hawaii Santa's Village at the Youth Activities Center, building 6753, Dec. 8 from 9 a.m. to noon. The free event is open to all base youth and their families, and includes photos with Santa, arts and crafts and a performance by the K-Bay Dance Movement Academy. For details, call 257-2030.

Leatherneck Comedy II

The Leatherneck Comedy II tour is for single Marines and sailors Dec. 12 at Dewey Square. Free lunch will be served from noon to 1 p.m. Kimberly Cole is scheduled to perform from 1 to 1:45 p.m. Gabriel Iglesias is scheduled to perform from 1:45 to 3 p.m. For details, call Bobbie Brock at 254-7502.

MarForPac announces free holiday concert

The fifth annual Na Mele o na Keiki Holiday Concert is Sunday, at the Hawaii Theatre at 2 p.m. featuring the U.S. Marine Corps Forces, Pacific Band and a variety of guest artists. This free concert is taking donations for Toys for Tots in Hawaii. Free tickets are available on a first-come, first-served basis at the theater's box office.

New DEERS operations/appointment system

Starting Jan. 1, 2013, the RAPIDS/DEERS appointment system will be fully implemented on base and patrons must make an appointment online at <https://rapids-appointments.dmdc.osd.mil>. Walk-ins are no longer accepted. Appointments are normally scheduled Monday through Friday from 7:20 a.m. to 2:40 p.m., subject to holiday closures and manpower availability. For further information about changes at RAPIDS/DEERS, call Russell Nakahara at 257-2077.

Find help against stress with DSTRESS line

The DSTRESS line is a special line dedicated to active duty, reservists, veterans, retirees and their families in the western U.S., Hawaii, and Alaska to cope with military life. Visit <http://www.DStressLine.com> or call the line at 877-476-7734.

Manning Street closed due to road construction

From now through Jan. 2, 2013, Manning Street will be closed between the Lawrence Road intersection and the Manning Court (B2554-B2558) area to replace the transit water main. For details, call 257-6896.

Important phone numbers aboard MCB Hawaii

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

www.mcbh.usmc.mil

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Sailing through mailing: Tips for successful shipping

Kristen Wong

Marine Corps Base Hawaii

Thanksgiving is over. You know the drill. Brave the overcrowded mall, click and order online until your mouse-hand goes numb, and wrap brand new gifts in pretty paper. Write down all family highlights of 2012 in a holiday card. Seal, stamp, repeat.

Then there's the waiting game at the post office. Note: Peak hours are expected between 11 a.m. and 1 p.m. this year. But before you head for the line, take note of the following information from your base post office to hopefully ease some of the pain.

According to Staff Sgt. James Warren, the postal financial officer and custodian of postal effects at the base post office, there aren't too many changes. He does recommend patrons try to mail their holiday packages to loved ones as early as possible.

Some patrons have already started heading for the post office this week to prepare for holiday mailing, like Sgt. Katie Martin, electronic key management system manager for 3rd Radio Battalion.

Martin said her experience thus far is going well, and advises people to package their items at home. But in the event people find themselves packing at the post office, she recommends having tape handy.

Military spouse Natalie Berry went to the post office Wednesday to pick up boxes for her gifts. She said she expects to mail at least a dozen packages to her family this holiday season. She commented that mailing gifts at her husband's last duty station was easier because her family lived closer.

"Parcel Post Mail (surface) should be mailed immediately to ensure delivery by Dec. 24. (Monday)," according to the basewide email. "Express mail to APO/FPO's is limited. Please check with your local post office. Express mail is the only mail service with a guaranteed delivery date. International Express Mail is available to 190 countries. Delivery time is from three to five business days."

Lance Cpl. Ariel Hinant, a postal clerk at the base post office, served customers for the holiday season last year and has a few tips.

She recommends purchasing the tracking option to allow patrons to check the status and location of

their packages.

Hinant said if patrons are mailing packages to loved ones in other countries, they should pick up a declaration form from the post office and fill it out prior to standing in line. This form is mandatory for international mail and takes time to fill out, which can make the wait in line longer.

Hinant said last year that the post office was very busy, and many patrons constantly needed to leave and return to the line.

She added several countries such as Guam and American Samoa also require declaration forms even though they are American territories.

She said in some cases, shipping items with U.S. Post Office brand mailing boxes and envelopes can be cheaper instead of non-labeled boxes and envelopes. Boxes may be ordered online at <http://www.usps.com> and delivered to one's home, or picked up at the post office.

Patrons may also want to ensure what they are packing is not only packed well to avoid damage, but permitted by the post office and the mailing destination.

Since May of this year, people have not been permitted to send electronic devices with lithium batteries in international or military mail. Examples of such electronics include video cameras, mobile phones and power drills.

In addition, there are restrictions on mailing certain items to other countries. If you're not sure if your item is permissible, inquire with the post office.

For more information, call the base post office at 257-2008 or your local post office.

Express mail deadlines from Hawaii to:

Mainland - Dec. 20
Hawaii (intra-state) - Dec. 22
Guam/Saipan - Dec. 20
American Samoa - Dec. 19
Military APO/FPO's - Dec. 15
International - Dec. 15

First Class/Priority mail deadlines from Hawaii to:

Mainland - Dec. 18
Hawaii (intra-state) - Dec. 20
Guam/Saipan - Dec. 14
American Samoa - Dec. 13
Military APO/FPO's - Dec. 10
International - Dec. 10



Kristen Wong | Hawaii Marine

Lance Cpl. Timothy Hobbs, postal clerk at the base post office, prepares to assist Master Sgt. Sharon Braun, Criminal Investigation Division chief, Headquarters Battalion, with shipping holiday items, Wednesday.



Kristen Wong | Hawaii Marine



Kristen Wong | Hawaii Marine

LEFT: Sgt. Katie Martin, electronic key maintenance specialist manager, 3rd Radio Battalion, addresses a holiday package, Wednesday. RIGHT: Master Sgt. Sharon Braun, Criminal Investigation Division chief, Headquarters Battalion, makes a mailing inquiry with Lance Cpl. Timothy Hobbs, postal clerk at the base post office, Wednesday.

'EASY RIDERS' WELCOMED HOME AFTER SUPPORT OF CARAT



Cpl. James A. Sauter | Hawaii Marine

Lt. Cmdr. Pete Hatcher, Detachment 3 officer in charge, Helicopter Anti-Submarine Squadron Light 37 "Easy Riders," and native of Wellington, Kan., receives a high-five after the detachment's homecoming ceremony at Hangar 103 on Marine Corps Air Station Kaneohe Bay, Nov. 21. The detachment of approximately 20 sailors was deployed in the southwest Pacific for five multinational cooperation afloat readiness and training exercises for the past seven months. During the exercises, the Easy Riders supported naval operations held jointly with the navies of Indonesia, Malaysia, Philippines, Cambodia and Singapore. The exercises were organized to bolster the navies of partnered nations to increase interoperability between these nations and the U.S.

AROUND THE CORPS



Lance Cpl. Katelyn Hunter | III Marine Expeditionary Force

Marines fire an M777A2 155 mm howitzer during a demonstration for local government officials and media at the North Fuji Maneuver Area, Shizuoka prefecture, Japan, Nov. 13. The demonstration allowed Marines to showcase their proficiency to visitors attending the event as part of Artillery Relocation Training Program 12-3. Mike Battery is currently assigned to 3rd Battalion, 12th Marine Regiment, 3rd Marine Division, III Marine Expeditionary Force.

Mike Battery conducts live-fire training

Pfc. Brandon Suhr

III Marine Expeditionary Force

NORTH FUJI MANEUVER AREA, Japan — Marines and sailors with Mike Battery conducted live-fire training with M777A2 155 mm howitzers and crew-served weapons during Artillery Relocation Training Program 12-3, Nov. 10 through 19. The program is regularly-scheduled, routine training that promotes regional stability and security by allowing the artillery battalion and batteries on Okinawa to improve their ability to support III Marine Expeditionary Force's role in the defense of Japan under the Treaty of Mutual Cooperation and Security.

Mike Battery, which usually trains at its home station of Marine Corps Air Ground Combat Center Twentynine Palms, Calif., is exercising its artillery capabilities in unfamiliar terrain while assigned to 3rd Battalion, 12th Marine Regiment, 3rd Marine Division, III MEF.

"I think it's a good opportunity for the Marines to get out of Twentynine Palms and experience a new environment and culture," said 1st Lt. Richard O. Littlefield, the executive officer for Mike Battery. "We're training hard out here and preparing for any contingencies that might happen in our area of operations."

The training during ARTP 12-3 allows Mike Battery to increase its proficiency in the core task of providing fire support to maneuver units, which could be called

upon in any climate or terrain.

"This is good training for our Marines. We're really working on our mission essential tasks," said Staff Sgt. Shawn J. Dudley, the battery gunnery sergeant with Mike Battery. "This gives us an opportunity to hone our skills as an artillery battery, and I think we're accomplishing our goals."

Due to the dense vegetation in the maneuver area, occupying a gun position becomes challenging for the battery. Positioning of howitzers is dictated by terrain.

"In Twentynine Palms, it's a lot more open and it's a desert environment," said Littlefield. "Out here, the positions we put the artillery in are a lot smaller, so organizing the battery in order to be effective in these areas presents a new challenge for us."

Despite the different environment, the Marines and sailors of Mike Battery remain proficient in their duties and each member of the unit still has a specific role they must perform in order for artillery rounds to impact on time and on target in support of friendly units.

Throughout ARTP 12-3, the battery's Marines took advantage of the training opportunities to maintain their readiness.

"I think the past 10 days of training gave the Marines a chance to maintain the basic skills they have been taught," said Littlefield. "The Marines worked together on many different events."

Strategic mobility exercise revitalizes 2nd Maintenance Battalion

Lance Cpl. Devin Nichols

2nd Marine Logistics Group

MARINE CORPS BASE CAMP LEJEUNE, N.C. — There is a particular set of skills Marines must maintain in order to perform well in the field, which ultimately pays off during deployments.

Six companies with 2nd Maintenance Battalion, Combat Logistics Regiment 25, 2nd Marine Logistics Group reinvigorated their skills during a field exercise, Nov. 15 and 16.

The exercise, known as a strategic mobility exercise, consisted of two days at a remote location and countless hours of classes about various types of tactical equipment.

"You never know what is going to happen, and it's good to get them in uncomfortable situations and get their hands on the gear," said Capt. Steven B. Cole, the range safety officer.

Classes included map and compass usage, use of night vision equipment, conducting patrols and vehicle recovery.

Service members executed practical applications after their classes to ensure they could perform the said tasks. One such is patrolling. After learning each formation and why it is used, it was time to hit the paths. They performed patrols and could only use hand and arm signals, which is a silent way to communicate with each other.

"It was important to refresh the things you forget over time," said Cpl. Jeffrey A. Maxham, one of participants with Ordnance Maintenance Company. "I learned a lot about recovery vehicles that before I

didn't know anything about."

The Marines learned the functionality and capabilities of the Logistics Vehicle System Replacement, or LVSR, which is used to recover an immobilized vehicle. In the class, the instructor demonstrated how to tow a vehicle and how the crane is used.

When the sun began setting, the Marines didn't pack up and go home, they braved the chilly, rainy night in their tents.

"With the rain being non-stop I figured they would be (down in) the dumps, but it didn't affect them," said Cole. "The Marines always make it happen."

To make the days seem a little less agonizing, the unit set up a challenge for its personnel.

On the final day, the six companies went head-to-head to earn the chance to leave the field first. Ten Marines from each company faced off in 30 different workouts, and the first company to finish was pronounced the victor.

"I liked the physical training competition because I am a very competitive person," said Maxham, a contributor to the winning company.

With the sun teasing its way above the horizon and the morning dew uncomfortably chilling the service members, they battled each other until exhaustion performing a plethora of exercises such as push-ups, sit-ups, burpees, flutter kicks and lunges.

In the end, Ordnance Maintenance Company walked away as the champions.

"I think the Marines had a lot of fun," said Cole, a Roanoke, Va., native. "It harbors a sense of competition amongst the Marines and builds esprit



Lance Cpl. Paul Peterson | 2nd Marine Logistics Group

Two Marines with 2nd Supply Battalion, 2nd Marine Logistics Group compete in a wheelbarrow competition during the unit's field meet at Camp Lejeune, N.C., Nov. 16.

de corps."

The battalion commander encourages training in the field on a regular basis, said Cole. It allows Marines to practice and enhance necessary abilities.

With the battalion's successful strategic mobility exercise, the Marines were able to sharpen their basic talents while fighting through the cold temperatures and constant rain.

Families adopt Marines for Thanksgiving

Lance Cpl. Nikki Phongsisattanak

Marine Corps Base Camp Lejeune

MARINE CORPS BASE CAMP LEJEUNE, N.C. — Green leaves turn to vibrant warm colors marking the arrival of the fall. The season's chills wane with the warmth of a long awaited Thanksgiving dinner, which brings family and loved ones together.

For Marines who weren't able to return home for the holiday, the Single Marine Program coordinated with three communities to have families adopt two or more service members for Thanksgiving.

The event was open to every Marine and sailor, but SMP targeted school commands because many of those Marines do not have vehicles and are

not going home for the holiday, said Susan Goodrich, the director of SMP.

More than 400 Marines and sailors were invited to welcoming homes in New Bern, Wallace and Wilmington.

"This event started in New Bern with Fair Field Harbor," said Goodrich. "They contacted me about six years ago and said they wanted to host 'Adopt a Marine for Thanksgiving.'"

Goodrich said the number of Marines taken in by families greatly increased in the past five years.

"Last year a community called me to send 90 Marines down to Port City Java in Wilmington," said Goodrich. "I didn't have transportation at the time because it was late notice and they offered to provide it. This year they sent three buses to pick up 160 Marines for Thanksgiving."

These communities have opened their homes to people they do not know, displaying how much they care about service members.

"These families are purchasing and preparing extra food and they want to make sure they have their name in the hat to get a Marine," said Goodrich. "The families are hungry to embrace our Marines and sailors for the day."

When the Marines arrived at the pickup location the families were outside waving flags and cheering.

A motorcade of bikers escorted the buses transporting one group of service members to River Landing, a gated community in Wallace, where they gathered at the club house for a community breakfast before leaving with families.

"It's the most amazing thing I've ever witnessed," said Goodrich. "The Marines and sailors who go to these families don't have a clue what to expect. What you see is families embrace and build a relationship with the service members. They not only give them a place to enjoy for the day and give thanks, but they adopt them in other ways as well."

Although the families and service members only spent a day together, they grew close. The families exchanged emails and phone numbers with the Marines and sailors to stay connected.

"The end result is an amazing day," said Goodrich. "The families are letting them know how thankful they are for serving our county. We know at the end of the day a difference was made."

Lava Dogs participate in CARAT Brunei 2012

Story and photos by
Lance Cpl. Matthew A. Callahan
Marine Corps Base Hawaii

PENANJONG GARRISON, BRUNEI DARUSSALAM — A combined squad of U.S. Marines and Bruneian soldiers bounded by twos across a city street. They maneuvered into a series of compounds they believed a significant resistance hid, waiting to strike. The squad leaders deliberated the approach to their “hard knock.” They settled on flash bang grenades. Moments later a harsh bang, magnified immensely by the metal ceilings, was swiftly followed by the infantrymen’s barrage through the side door of a compound. Moving purposefully, weapons raised, they began peeling off of the main group as they encountered a series of rooms and narrow ways.

“Check left!”
“Check right! Overhead! Room clear,” the Marines bellowed as they glided onward.

This and the following events were a collaboration between Marines with 1st Battalion, 3rd Marine Regiment and the soldiers of 3rd Battalion, Royal Bruneian Landing Force in Penanjong Garrison, Brunei Darussalam from Nov. 4 through 14.

The Marines worked with their counterparts in the Royal Bruneian Landing Forces. A heavy emphasis was put on military operations in the urban terrain.

During the 10-day event, Marines from 1st Bn., 3rd Marines taught several classes. They actively engaged the Bruneian soldiers in practical application and tactics. Demonstration exercises were held during the day and night, and the Marines assisted as both opposing forces and allies to their Bruneian partners during simulated attacks of varying size.

“We had trained with foreign militaries on the Rim of the Pacific Exercise, but we had more one-on-one time with these



Cpl. Dominic Dotson, a vehicle commander with Combined Anti-Armor Team 3, Weapons Company, 1st Battalion, 3rd Marine Regiment, trains with scout sniper team Ninja 3 in Penanjong Garrison alongside Bruneian snipers. The Javelin operator was originally supposed to swap notes with the soldiers about the command launch unit that came with the Marine detachment to Brunei. When the order came not to demonstrate the unit, Dotson was picked up by Ninja 3, training with them for the duration of the exercise. CARAT is a bilateral exercise series to develop maritime security capabilities and increase interoperability between the United States, Brunei, Bangladesh, Cambodia, Singapore, Malaysia, The Philippines, Thailand and Timor Leste.

soldiers,” said Lance Cpl. Travis Main, a squad leader with Company A, 1st Bn., 3rd Marines. “We accomplished a lot on the short time we were out there.”

Main taught the basics of combat in an urbanized area and acted as opposition force for the final company attack on the garrison’s state of the art MOUT facility.

“I think the initial entry points were most liked by the Bruneians,” he said. “You could see a lot more motivation in their movement as they rolled through houses.”

The training evolution between the two forces was a small, but significant, part in the larger exercise Cooperation

Afloat Readiness and Training Brunei 2012. CARAT is a bilateral exercise series to develop maritime security capabilities and increase interoperability between the United States and nine other countries including Brunei, Singapore, Cambodia, Bangladesh, Malaysia, The Philippines, Thailand and Timor Leste.



A soldier with 3rd Battalion, Royal Bruneian Landing Force, takes point alongside Marines of 1st Bn., 3rd Marines, up a stairwell during the final exercise in the garrison’s urban training facility.



Cpl. Mark Washburn, a squad leader with Company A, 1st Bn., 3rd Marines, advises soldiers with 3rd Battalion, Royal Bruneian Landing Force, how best to maneuver in buddy pairs while bounding on urban terrain. “I want to leave these guys with a good impression,” said Washburn. “I’d like to know they’ll remember us as much as we’ll remember them.”



Soldiers of 3rd Battalion, Royal Bruneian Landing Force and Marines with 1st Bn., 3rd Marines, team up and play opposing forces for military operations in urban terrain training.



Lance Cpl. Justin Rodriguez, a rifleman, Company A, 1st Bn., 3rd Marines, takes a knee next to a Bruneian soldier standing watch while a squad rushes a nearby compound in the brand new urban combat training facility.



Lance Cpl. Dakotah Smith, an assault squad leader with Company C, 1st Bn., 3rd Marines, gives a period of instruction on how to employ an 83 mm rocket launcher to soldiers with 3rd Battalion, Royal Bruneian Landing Force. Mounting the telescopic sight optic, Smith teaches the Bruneian soldiers how to perform gun drills with the crew-served weapon system.

Laws of Motion: Strive to drive safely at MCB Hawaii

Christine Cabalo

Marine Corps Base Hawaii

Marine Corps Base Hawaii drivers are required to know the rules of the road before getting behind the wheel, especially for low-speed vehicles.

Low-speed vehicles, including golf carts and small electric vehicles, are described in the Traffic Safety Program regulations in Marine Corps Order 5100.19F. Although units are encouraged to explore using low-speed energy efficient transportation, they need to be aware of all regulations for safe driving, said Mario di Prete, traffic safety specialist, MCB Hawaii.

“You can end up on the losing end for sure if you tangle with any other vehicle,” di Prete said.

Di Prete has seen how bad collisions can be firsthand, as several crashes involving low-speed vehicles have already occurred on base. He said it’s important for drivers to realize the low-speed vehicles don’t always have the same safety features found in standard cars, like headlights or seatbelts.

For safety, drivers must follow regulations from Hawaii state law, directives in the Marine Corps order on traffic safety and MCB Hawaii Base Order P5500.15B.

The Marine Corps order states units who have the vehicles for official use must travel only within a command’s area of operations. Low-speed vehicles without a vehicle identification number, safety inspection and other needed paperwork detailed in Chapter 6 of MCB



Marine Corps Base Hawaii officials investigate the damage of a low-speed vehicle that collided with a tactical vehicle earlier this year. Drivers of low-speed vehicles, which include light utility vehicles and golf carts, are required to follow regulations by MCB Hawaii base orders, Hawaii state law and Marine Corps orders.

Hawaii Base Order P5500.15B are not allowed for private use on base.

Hawaii offers neighborhood electric vehicle registration, but only if those low-speed vehicles meet the standards listed in the Hawaii Revised Statutes 286-2. Drivers must ensure the vehicles have a maximum speed of 25 mph and operate it at that speed or less in designated areas. The vehicles must also have four wheels in contact with the ground, weigh 2,500 pounds or less and meet the minimum safety equipment requirements in Federal Motor Vehicle Safety Standard No. 500. Those registering the vehicles must sign an affidavit confirming those standards and follow additional safety

measures found in HRS 286-41.

The MCB Hawaii Motor Pool currently has a fleet of 42 vehicles, operated by various base units, meeting the requirement. Tae Yoon, base motor pool fleet manager, MCB Hawaii, said the Marine Corps is working to reduce its gas consumption while still ensuring driver safety.

“We perform annual safety inspections on each vehicle,” he said. “The motor pool checks and makes repairs of its safety features. We do monthly safety checks and battery checks.”

The Base Safety office has also approved drivers of light utility vehicles to use proper personal protective

equipment like motorcycle helmets meeting standards from the Department of Transportation. Di Prete also regularly conducts an LUV operator class available twice a month, teaching drivers how to respond to dangerous situations.

“Drive like nobody sees you,” di Prete said. “Make yourself visible and know the capabilities and limitations of these vehicles, especially on asphalt. The problem with LUVs is they are prone to rollovers.”

Some low-speed vehicle advocates would like to see the policies extended to include drivers of vehicles with the additional safety features but no VIN. One proposal has come from Petty Officer 1st Class Casey Shell, an airframes structural mechanic with Special Projects Patrol Squadron 2. Shell said he knows of many military families who would stop using their gas burning cars if they could have a low speed vehicle for personal use.

“In the hangars, where I work, parking is extremely tight,” Shell said. “With smaller vehicles, there would be more available space and less gas consumed.”

He submitted his proposal last month, but base officials are still evaluating whether to amend current policies. Di Prete said every policy is in place to ensure the safety of low-speed vehicle drivers and other motorists at MCB Hawaii.

“We can’t eliminate the risk but we can reduce it,” di Prete said. “Even with a policy letter, training and personal protective equipment, an accident could still happen.”

Patrol Squadron 47 crew finds drug smugglers while participating in an exercise

Press Release

Patrol Squadron 47

LOS ANGELES — Members of Patrol Squadron 47’s Combat Aircrew 7, participating in the Nimitz Strike Group’s Composite Training Unit Exercise, assisted in the apprehension of three drug smugglers and the confiscation of more than 1.5 tons of narcotics near Palos Verdes Estates in Los Angeles County.

The crew, led by Lt. Cmdr. Aaron Shiffer, mission com-

mander, discovered the small fishing vessel with drugs while flying an Anti-Submarine Warfare mission.

“We were tasked to look for submarines, but when we checked in with the Strike Group, we were re-tasked to investigate a suspicious radar contact. As it turned out, that was the small boat with all the drugs in it. We were able to gain visual contact with the Active Image Motion Seeking camera and noticed large

square or rectangular bundles wrapped in plastic and tape,” said Petty Officer 2nd Class Paul Hubbard, one of the acoustic operators for CAC-7.

Noticing they were being watched, the crew of the fishing vessel accelerated toward the shore at speeds up to 40 knots. The crew contacted the U.S. Coast Guard while relaying updates to the Carrier Strike Group and Fleet Air Control and Surveillance Facility San Diego.

“We were told to break off as we approached Los Angeles, so we went back to our mission area, completed our mission and got the qualification we needed. On our way back, we got a call from the Coast Guard saying they had apprehended three smugglers and a large quantity of marijuana and other drugs,” Hubbard said.

The Palos Verdes Estates Police Department and Coast Guard seized the vessel and apprehended the three crew mem-

bers, who were attempting to bring more than 3,200 pounds of illegal drugs into the United States. Local media has estimated the narcotics bust to be worth as much as \$1.5 million.

A detachment of squadron personnel, including three combat aircrews, 28 maintenance and support personnel and one aircraft have been in the area from Marine Corps Base Hawaii since the middle of October to assist with the Carrier Strike Group’s qualifications.

NUC, from A-1

by then Secretary of the Navy James Forrestal, and presented to naval and Marine Corps units who distinguish themselves in combat action or outstanding unit performance of duties.

"I congratulate 3rd Marines on a job well done," Glueck said. "This unit has proved many times that they deserve this award. You have displayed extreme character during combat operations throughout many years and have emphasized the importance of what we do as Marines."

Third Marines is made up of three battalions, first, second and third. Each has played their part throughout the regiment's complex, operational history with several deployments to Afghanistan and Iraq.

"Third Marines has a long history of combat operations and support," said Sgt. James Helson, squad leader, 1st Bn., 3rd Marines. "All three battalions played a big role in OIF and OEF. A lot of Marines in the regiment showed their dedication to mission accomplishment, and worked hard through tough times, so I know it feels good to get acknowledged. We would still be doing our job to the best of our ability without a NUC, but it sure doesn't hurt to be awarded one. It gives us a good reputation."

Following the morning ceremony, Glueck met with Marines from various units around Marine Corps Base Hawaii at Dewey Square to share a few words with them.

When talking about 3rd Marine Regiment's NUC, Glueck said it credited the flexibility, agility, and adaptability of the Marines, and their ability to put max effort into everything they do.

"I can't say it enough," Glueck said to the massive crowd of Marines. "Job well done. I mean that. And that's to all of you."

Unit Deployment Programs are the next step for the regiment as Marines begin to train around the Pacific and make the Marine Corps' presence known. As the Marine Corps closes one chapter of its history, another one opens, and 3rd Marine Regiment has proved they can excel any clime, any place.



Cpl. James A. Sauter | Hawaii Marine

CLEAN-UP, from A-1

plants alter the makeup of these delicate ecosystems, causing many native species to become endangered or even extinct."

The combined efforts of Marines and sailors accumulated more than 2,000 pounds of trash during the two days of the event.

"This island is a tropical atmosphere and we want to keep the sense of Aloha on the base," Horkey said. "We need to take care of the things we have and that's what Malama Ka Aina is all about."

Marines from various units on Marine Corps Base Hawaii, clean up garbage near the Auto Hobby Shop on base during the Malama Ka Aina base clean up, Tuesday.

WARFIGHTERS, from A-1

Nastase said. "So, there are a lot of obstacles there between good ideas, hardcore science and technology, research and development. It's a long way down that chain until it actually gets in the hands of the guy who really needs it."

Agile Bloodhound presented the perfect chance to introduce relevant technology to the hands that would be using it.

"There are a lot of stakeholders with different perspectives that are trying to work together on this," Nastase said. "All of this goes to serve the rifleman on the ground. The benefit of our interaction at this level is to provide a venue for all of these different organizations to try some of this stuff out before it goes into full production."

The scope of technology introduced at the event ranged from items like self-adapting radio prototypes, tagging, tracking and locating technologies, small-unit decision aids, and even adaptable antennas. All technology improvements were designed to enhance communication capabilities for warfighters.

"We have the opportunity to move



Cpl. Isis M. Ramirez | U.S. Marine Corps Forces, Pacific

Babak Daneshrad, from the University of California, Los Angeles, introduces Radio Frequency Technologies to top infantry leaders from 3rd Marine Regiment, representatives from the Marine Corps Warfighting Laboratory and others during Agile Bloodhound 2012, Nov. 16.

intelligence products quicker through automated means to the warfighter, instead of the usual method of going through an intelligence analyst and taking hours to do it," Moniz said. "We've been working with the MEC for more than eight years now and it's been a very good partnership."

He added that having a platform to present the technology directly to its users is extremely beneficial.

"It allows us good access to the operational forces and the ability to show off our science and technology products much earlier in the cycle than we traditionally would."

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How does the online submission process work?

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The tip line offers a reward of up to \$1,000 for information leading to a felony arrest, the recovery of drugs or stolen property.

Does NCIS give rewards?

NCIS has a discreet and anonymous system that allows rewards to be paid to tipsters who provide information that leads to an arrest of a suspect, the recovery of stolen property, the seizure of narcotics, or the recovery of an illegal weapon. Contact us and you may receive a cash reward of up to \$1,000. Do your part to report crime and contribute to a safer military.

Isn't using email to submit a tip the same as using the online submission?

NO, email transmissions are not secure and will not protect your anonymity. Although email transmissions are an effective method of communication, they pass through several servers prior to arriving at their final destination and are subject to possible hijacking, hacking or other forms of malicious attack.



GET INVOLVED... WITHOUT GETTING INVOLVED



In an emergency, help isn't on the way unless someone calls. So don't think of what you can't do, think of what you can do. Call 9-1-1 or your local emergency number. Don't hesitate, even if you're alone.



To learn more about life-saving techniques, call your Red Cross.



Follow Marine Corps Base Hawaii on Facebook!

Sports & Health

K-Bay Gymnasts compete, win awards

Kristen Wong
Marine Corps Base Hawaii

More than a dozen girls from K-Bay Gymnastics competed in the United States of America Gymnastics Junior Artistic Olympics Gymnastics Hawaii State Championship at Kroc Center in Ewa Beach, Nov. 17 and 18.

The young gymnasts, who are children of Marines, sailors and civilians aboard Marine Corps Base Hawaii, went up against eight other gymnastics teams from around the island. The children ranged from ages 7 – 12 and competed in three levels of competition, bringing home various medals and trophies.

"I think the K-Bay team showed a good performance in this competition," said Di Rodin, the director and head coach in K-Bay Gymnastics and Dance Movement Academy. "This is the result of long-term training and dedication from coaches, parents and the (work of the) gymnasts to make it a success."

The young women perfect their many gymnastics skills four days a week, for three hours each. Each student competed in divisions separated by age and level.

Each gymnast is different in how quickly they progress in skill, though Rodin estimates students will practice for about a year before advancing to a new level. But regardless of their skill level, Rodin encourages her students to be dedicated and disciplined, among many other qualities, as well as to have fun.

"Gymnastics is a competitive sport," Rodin said. "Gymnastics training requires discipline, dedication, consistency, trust, respect, responsibility, defining excellence of character and performance, and lots of fun."

Jordyn Durham received first place in Level 4 of the Age 10 Junior Division. Durham said she was excited to receive first place in her first time competing in the Hawaii State Championship.

The 10-year-old has been practicing gymnastics for two years. She was inspired to become a gymnast after

watching the Olympics.

"I saw all the girls doing it and I thought it was a lot of fun," Durham said.

Maria Hiel achieved first place in the Age 12-13 Junior Division for the vault category of the competition.

"I wanted to do my best and I wanted to make my mom proud," Hiel said of her performance. "I think I improved, I didn't know I could do that well."

Hiel started gymnastics at the age of seven, due to her high energy levels at a young age. She said she hopes to continue with gymnastics as she gets older, and eventually wants to learn how to do Arabian flips.

Hannah Barnett placed fifth in the Level 6 category at the championship. The 10-year-old said she was satisfied with her performance and felt she improved in several areas.

A veteran gymnast who started practicing at the age of three, Barnett competed in her fourth competition on Nov. 17 and 18. Early next year, Barnett plans to advance to Level 7.

Like her friend Hiel, Barnett was full of energy and movement when she was much younger, and her family decided to put her energy to good use through



Kristen Wong | Hawaii Marine

Hannah Barnett, 10, practices on a balance beam during gymnastics practice at building 1583, Monday.

gymnastics. She said she remembers standing and turning on the coffee table at home.

Barnett plans to continue practicing gymnastics well into her high school years, and is eager to learn a double full layout, a particular advanced gymnast's move. Tiffany Adelman, Barnett's mother, described her actions as "dedication at its best" during this

year's Princess Classic competition.

While attempting a dismount from the balance beam, Barnett fell and pulled the muscles in her ribs. Paramedics wrapped bandages across her ribs and recommended rest. However, Barnett refused to rest and finished the competition before leaving for the emergency room.

"She ended up doing a beautiful routine and received her best floor score of the season," Adelman said. "The meet was over, and off the ER we went."

Adelman personally felt the girls are in a good team and should be ranked among the top three in the state.

"Each gymnast has grown and learned a lot in skills, team work, responsibility, safety awareness," Rodin said. "(They are experiencing) the feeling of seeing (the) results of good work."

The K-Bay gymnasts plan to compete in the upcoming Aloha Gymfest 2013 at Le Jardin Academy in Kailua, on Jan. 18, 19 and 20. Gymnastics teams worldwide will also compete in this event. For more information about K-Bay Gymnastics, visit <http://www.k-baygymnastics.com/>.



Kristen Wong | Hawaii Marine

The members of K-Bay Gymnastics team finish out their Monday afternoon practice at building 1583, Monday. Members of the K-Bay Gymnastics team returned from their most recent competition with numerous wins.

Grappling for greatness: MCMAP instructor trains as MMA hopeful

Christine Cabalo
Marine Corps Base Hawaii

If Cpl. Dexter Ellison isn't testing fellow Marines to belt up in the Marine Corps Martial Arts Program, he's belting out the moves to be a future Mixed Martial Arts fighter.

Ellison is spending this winter in training, aspiring to step into the octagon before he permanently changes stations in March 2013. The MMA hopeful has jujitsu and Muay Thai boxing skills in his corner.

"It's all about finding what you're strong at and sustaining it, but finding what you're weak at and sustaining that too," said Ellison, a Savannah, Ga. native who is a radio operator with 3rd Marine Regiment. "I focus on my ground fighting because I'm not as good on the ground."

So far, Ellison's fitness has already helped him win several physical challenges at Marine Corps Base Hawaii. His team has won Semper Fit Center's CFT Challenge two years in a row. During a recent 8-mile hike for members of 3rd Marine Regiment, Ellison's team also finished first by carrying their full gear and sprinting most of the way.

As one of Ellison's team members for both events, Lance Cpl. Jorge Fernandez said Ellison's discipline and



Christine Cabalo | Hawaii Marine

Cpl. Dexter Ellison, radio operator, 3rd Marine Regiment, carries his teammate Pfc. D'Marco Boykin, field radio operator, 3rd Marines during the 2011 CFT Challenge.

determination boost unit motivation.

"He's always told me to never mentally stop," said Fernandez, a radio operator with 3rd Marines. "Cpl. Ellison always says to tell yourself to keep going, and when you win it's the most

rewarding feeling."

Often, Fernandez said he calls on Ellison's help to improve his MCMAP skills. Fernandez said Ellison's detailed instruction has helped memorize the techniques and perform them in a natural, fluid movement.

It's a combination of sheer willpower and endurance that make his chances good for MMA success, said Staff Sgt. William Callen, assistant battalion operations chief, 3rd Battalion, 3rd Marine Regiment. Callen and Ellison often work on MCMAP and other MMA training outside of their regular Marine Corps jobs.

"He has a natural ability and work ethic," Callen said. "There are not many Marines who show up early on base to work out as much as he does. He is one of the steady training partners I've had."

However both Ellison and Callen note natural talent and determination can only do so much for a fighter's physique. They said it takes years of training to prepare for even an amateur bout. Yet Callen said he sees a great potential in Ellison and a hunger to compete.

"Some of the guys that do this get pigeon-holed in doing only what they do best," Callen said. "Cpl. Ellison positions himself and trains in his weaker areas to do more and be better

well-rounded. He pushes himself to be a well-rounded fighter and Marine."

Besides working with Callen, Ellison also regularly improves his ground fighting and his overall martial arts techniques with other local instructors. He's seen how others have signed up for MMA gym training on a whim but end up with a costly membership they never use.

"You have to think of what it is like to be a fighter," Ellison said. "You need to think about the pain, the exhaustion, and if it's something you still want to do then seek help from someone reputable."

Finding the time to train is a challenging balance for Ellison. He said he makes every effort to juggle his Marine Corps career, MMA training and spending time with family, including his newborn baby. The emotional support he gets from his family keeps him going, he said. When he and his oldest daughter do jujitsu training together, it's a reminder to focus and even breathe like a winner.

Ellison is still grappling for greatness, but not many of his rivals can say they do regular runs with a military-grade elevation mask on.

"Fights are determined on who gets winded first," Ellison said. "If you're breath stalling, or holding your breath toward the end, you're going to lose."



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 emailing 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.

Knicks, Nets, who will own New York City?

Lance Cpl. Nathan Knapke VS. Lance Cpl. Jacob Barber

KNAPKE: When the New York Knicks and Brooklyn Nets play at home, they are 12 subway stops away from each other. This will be another rivalry in the NBA much like the Clippers and Lakers. The Knicks and Nets are going to create a NBA atmosphere in New York that players and fans can both appreciate. As far as this year goes however, I think the Knicks will stay on top of the newly moved Nets claiming the title of New York's premier NBA team.

BARBER: Ok, before you make such a bold claim, you should sit back and analyze the team you speak so highly of. The New York Knicks are nursing-home old. Two out of the five starting players for the Knicks are in their 30s. J.R. Smith and Carmelo Anthony will hit that mark soon, while Jason Kidd is on the verge of experiencing his mid-

life crisis. Now, I know age doesn't mean as much in basketball as it does in other sports, however, how many more years do you think this team has before it falls in the slums with the Charlotte Bobcats or the New Orleans Hornets? The Nets are new, young, and have the camaraderie I don't see in a lot of teams. I'm not saying the Nets will win a championship this year, but they have room to grow in the next few years. I don't see stability in the Knicks' players on court, or financially in the back offices of the organization.

KNAPKE: I stand corrected, you're right, I shouldn't have spoke so "highly" of the Knicks, after all, they are only going to beat up on an average and immature Nets. You're also right that many of the players on the Knicks are older than most in the NBA, but, you're looking



KNAPKE



BARBER

at their age in the wrong way. I'm pretty sure it takes more than athleticism and youthfulness to win in the NBA. Something called experience is what Carmelo Anthony, Amar'e Stoudemire, Tyson Chandler and the majority of the Knicks' team has. They aren't what I would call slouches. I think their owner would agree, by the millions paid to these players.

BARBER: Experience? The Knicks are doing the exact same thing the Celtics did a few years ago when they were stacked with Garnett, Pierce and Allen. This triple threat proved to be a great thing for the Celtics for a couple of years, but look where they are now. Fighting to rebuild a team that revolved around three old, "experienced" players. The Knicks will be in the same situation soon. Amare seems to be made out of paper these days, with all

of his injuries, and Tyson Chandler has lost a step or two. Anthony is the only thing the Knicks have going for them, and even he has proved throughout the years he isn't as reliable as SportsCenter makes him out to be. I don't understand why you're mentioning the money spent on these players. That is a whole different argument but I'll just say rebuilding a team takes money, and the Knicks have given pots of gold to their starting five. For the Knicks' sake, I hope they all stay healthy because there isn't much money for their organization to fall back on. The Nets have continued to play all their cards right. They have a team with experience, a nice budget to continue building, a bench that flows well into the game, and a ownership team that will do anything to wipe the Knicks off the map. The Nets will run New York.

SPOTLIGHT ON SPORTS

Children can HITT hard at gym

Sign up to increase speed, quickness and agility with "HITT for Kids." The program is a modified High Intensity Tactical Training clinic, running from Dec. 11 through 20. Students who sign up will learn techniques to help in youth sports as well as with their overall physical fitness. The classes are held Tuesdays and Thursdays and are divided into two groups for children ages 5 to 9 and ages 10-18. Space is limited. To register, call 254-7597 or download the online form at <http://www.mccshawaii.com/pdfs/2012DecHITTForKids.pdf>.

Adult classes sail in Kaneohe Bay

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 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.

Register for Commander's Cup Golf Classic

The final Commander's Cup Golf Classic of the year will be held at the Kaneohe Klipper Golf Course on Friday, Dec. 14. Registration is at 11 a.m. and shotgun is at 12 p.m. Register and pay for your foursome for this scramble tournament at the Pro Shop or by calling 254-2107.

Youth Center closed for Special Olympics

The Youth Center at Kaneohe Bay will be closed this Saturday for use by Special Olympics. The Teen Center will resume normal operation hours on Monday. For more information, call Children, Youth and Teen Programs at 257-2030.

Pro Bowl tickets available now

Pro Bowl tickets are on sale at the Information, Tickets and Tours office. Each military identification cardholder is limited to six tickets. The office will

offer tickets until they are sold out. For more information, call 254-7563.

Exercise in winter with Kid Fit

Children can stay fit during their school break with Kid Fit. The classes are available Dec. 17, 19 and 21, from 8:30 to 11 a.m. Call the Semper Fit Center for details at 254-7597.

Find your strength at HITT Center

Work out with kettlebells, TRX Trainers and more at the center located in building 1034 near the satellite gym. Units can check out the center's key from the satellite gym and may schedule sessions at least one day in advance. The center is open Monday through Friday from 5 a.m. to 10 p.m. For details, call 254-7594 or 257-7597.

Join 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.

Youth must still 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 will still apply). Participants must present their military identification and badge upon entering the facility after completing the class. For details, call 254-7597.

Can't swim? Learn at MCBH pool

Adult lessons are available for ages 16 and up at the base pool. Pre-registration is required and the rates are per half-hour of instruction. For more information, call 254-7655.

Adults can take up Taekwondo

Learn good form, sparring and more from second degree black belt Andrell Durden. Classes are held Monday, Wednesday or Saturday. Discounts available for family members who sign up together. To register, call 254-7597.

Students improve skills during Taekwondo class

Lance Cpl. Nathan Knapke

Marine Corps Base Hawaii

Students attended a taekwondo class located at the Semper Fit Center to improve themselves in fitness, self-defense and self-confidence, Monday.

Taekwondo focuses on training students to improve physical strength, mental growth and ethical values which will help toward personal successes.

Martial arts includes many styles of physical discipline, developed over many years.

The actual name and art of taekwondo wasn't official until 1955, and as an organized art it's relatively modern. Taekwondo is one of the world's largest centrally administered fighting sports.

Although South Korea has the most Olympic gold medals in taekwondo, golden instruction is available right on base. Gunnery Sgt. Andrell Durden, taekwondo instructor at Semper Fit Center, emphasizes in a strong body and mind so students can resolve any challenge they face.

The class covers many parts of taekwondo. Kicking and striking techniques are used as a warm up tool for exercises in the beginning of the class.

Students suit up in protective gear and face two other students by themselves during sparring exercises. They learn how to defend themselves when out numbered and observe techniques displayed by the instructor. Moves are repeated over and over until they learn the perfect technique.

Durden's son, also a taekwondo student, has been training in fighting sport since he was 8 years old. Inspired by Jackie Chan and his father, he aspires to be the best he can be in martial arts.

"At first taekwondo kept me out of trouble but now it creates a better me," Durden's son said. "I love taekwondo because of the discipline and the instant obedience to orders or even becoming smarter about decision-making. It's not just understanding how to fight, but also everything around you."

The class's curriculum teaches a smooth progression from one rank to the next, so students who start progressing from doing a simple block, find themselves later doing 360-degree jump kicks.

"A very important part of instructing in the American Taekwondo Association is having a class that is very enthusiastic," Durden said. "It's my responsibility to set the mood and tone for the class, because if the students are bored, then no matter how much they like doing the moves, students won't come back. It's very important to have fun and at the same time learn."

Durden is currently spear-heading another taekwondo class combined with the Marine Corps Martial Arts Program called the Durden School of Champions. The school is currently open to all Marines.

Marines who have a black belt in MCMAP can be recognized as a black belt in the American Taekwondo Association under the Durden School of Champions.



Lance Cpl. Nathan Knapke | Hawaii Marine

ABOVE: Daisy Hidalgo, a Taekwondo student, practices a kicking technique and receives guidance from Gunnery Sgt. Durden, the class instructor, during a Taekwondo class at Semper Fit Center on Marine Corps Base Hawaii, Monday.

RIGHT: Major Charles Siedlecki, an exercise planner with Pacific Special Operations Command, practices striking techniques while receiving guidance from Gunnery Sgt. Andrell Durden, the class instructor, during a Taekwondo class at Semper Fit Center on Marine Corps Base Hawaii, Monday.

Marines who have a brown belt in MCMAP can also be recognized as a blue belt under the program.

Marines need to join the ATA leadership program at the Durden School of Champions to be recognized as a Taekwondo black or blue belt by the ATA.

For those interested in the taekwondo class at Semper Fit or ATA leadership program under the Durden School of Champions, they can attend a meeting at Semper Fit Center, Monday from 6 to 8 p.m.

For more information about classes, go to <http://www.ata-hawaii.com>.



Lance Cpl. Nathan Knapke | Hawaii Marine

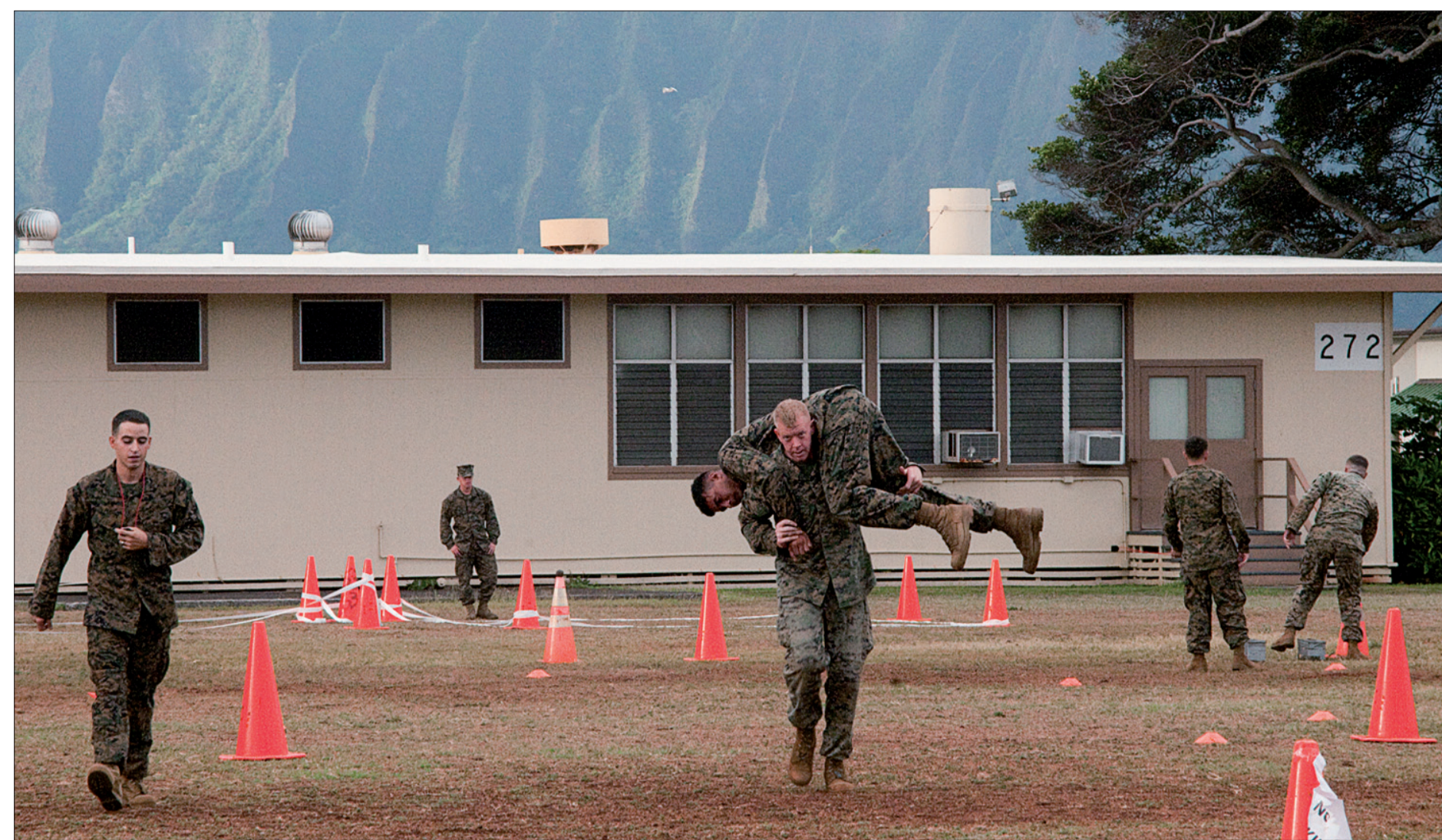
ENVIRONMENTAL CORNER

How Dec. 7 changed us forever

It happened 71 years ago — one day that changed our nation and Kaneohe Bay. Dec. 7, 1941 marked America's entry into World War II. It started as a lazy Sunday morning for many people on this quiet little island. At 7:52 a.m., about seven minutes before the attack on Pearl Harbor, Naval Air Station Kaneohe (now MCB Hawaii) found itself under attack by the Japanese Imperial Fleet. The island was prepared for an enemy landing or naval bombardment; it was not equipped for a carrier-based raid. The air raid

on NAS Kaneohe left 19 dead and 67 wounded. The three standing Hangars 101, 102, and 103 were destroyed (Hangar 104 consisted only of its foundation) and all but three PBV Catalina aircraft on patrol during the attack were destroyed. Today Hangar 101 and the seaplane ramps stand as one of our nation's Historic Landmarks. This year on Dec. 7, 2012 a commemorative ceremony in Hangar 101 will unveil the USMC National Historic Landmark Series poster "Defending Our Cultural Heritage World War II Legacy" depicting scenes from that fateful day in 1941.





Christine Cabalo | Hawaii Marine

Several Marines from 3rd Marine Regiment attempt to complete the Maneuver Under Fire portion of the Combat Fitness Test held Nov. 21 at Marine Corps Base Hawaii. This section of the test requires Marines to complete several combat-oriented tasks including throwing a dummy hand grenade more than 20 yards, carry a simulated casualty in two types of carries, completing three pushups and sprinting with their ammo cans to the finish line.



Christine Cabalo | Hawaii Marine

AIMING FOR 300

Sgt. Travis A. Rich, field radio operator, 3rd Marine Regiment, shoulders two 30-pound ammo cans before sprinting across 75 yards during the Combat Fitness Test held Nov. 21. During the Maneuver Under Fire section of the test, Marines must also throw a dummy hand grenade more than 20 yards, complete three pushups and sprint with their ammo cans to the finish line.

VOLUNTEER OPPORTUNITIES WITH NMCRS K-BAY



The Navy-Marine Corps Relief Society is a nonprofit 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.

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 K-Bay!

- 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 257-1972 or email lauren.giblin@nmcrs.org for more information.

COMMUNITY EVENTS AND VOLUNTEER LISTINGS

Ocean Craft Day

Learn about the creatures of the sea and make holiday crafts at the Living Art Marine Center in Honolulu. Come down for the Sunday "Ocean Craft Day" from 10 a.m. to 2 p.m., free admission with a coupon.

Available activities include T-shirt printing, making Christmas shell ornaments and hands-on exploration of tide pool critter. For more information, visit <http://www.livingartmarinecenter.com/specials.htm> or call 841-8080.

Gingerbread Family Festival

Savor the fun at the 13th annual Oahu Gingerbread Family Festival

Watch competitors construct their gingerbread house masterpieces at the Neal Blaisdell Center Exhibition Hall Sunday starting at 9:30 p.m. Admission is free. For more information, visit <http://hawaii.easterseals.com/>.

Help out Marine Thrift Store Kaneohe Bay

The thrift store is on the lookout for volunteers to help sort donations and work at the store. The store is open Monday, Tuesday, Thursday and Friday from 10 a.m. to 4 p.m. and Saturday from 9 a.m. to 3 p.m. It is closed Sundays, Wednesdays and federal holidays. Call ahead at 636-9074.

Celebrate holidays in Makiki

Celebrate Christmas at Makiki District Park with the rest of the community Dec. 1 from 10 to 11:30 a.m. This free event is open

to all ages and includes children's games and crafts, entertainment, refreshments and an opportunity to visit with Santa. The park is located in Honolulu at 1527 Keeaumoku St. For more information, call the park at 522-7084.

Military Spouse of the Year Award

Military Spouse magazine is accepting nominations for the 2013 Armed Forces Insurance Military Spouse of the Year award.

A nominee must be the spouse of a current member of the U.S. Armed Forces. If nominated, military spouses can also submit an issue that is impacting the military community and a recommendation for how they would like to influence change in this area.

Nominations can be submitted at <http://msoy.militaryspouse.com> through Jan. 4. Installation, state, and district winners will be selected via an online vote Jan. 22. Six branch level winners will be selected from the installation level winners in a subsequent online vote Feb. 5. These six finalists will be considered for the 2013 Armed Forces Insurance Military Spouse of the Year Award.

For more information, visit <http://www.militaryspouse.com>.

Keep it clean at Diamond Head Lighthouse

Help ensure future visitors can enjoy Diamond Head Lighthouse by volunteering with Litter Control Project in Honolulu, Dec. 1 at 2 p.m. Volunteers will pick up litter and learn about the

history of Diamond Head and Kapiolani Park. Meet up by the Mahatma Gandhi statute. For more information, call 948-3299 or visit <http://unclejackhawaii.com>.

Watch the eighth annual Hawaii First Lego League Championship

More than 500 children will battle their robot lego creations for the top title in this year's Lego League Championship and admission is free. This year's theme is designing solutions to improve the quality of life for senior citizens. The battle begins Saturday from 9 a.m. to 4 p.m. at the Neal Blaisdell Center in Honolulu. For more information, see <http://www.hawaiiifll.org/>.

Learn the lay of the land

Help keep Native Hawaiian traditions and culture alive by caring for taro patches in Heeiea. Volunteers can plant, harvest and dig for taro in the outdoors. Other duties also include removing invasive pest plants, clearing nearby streams and additional farm duties. For more information, see <http://www.kakooiwi.org>.

Volunteer for the Hawaiian Humane Society

The society needs volunteers to work with the animals and keep the shelter going. Volunteers can do a variety of tasks: dog walking, foster care, grooming and assisting with pet adoption.

For more information, visit <http://www.hawaiihumane.org> or call 356-2216.

MARINE MAKEPONO

Kitten Adoption. Scrappy 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. Scrappy is a clean indoor cat. He plays well with children as well as dogs and is very sweet and docile and not aggressive whatsoever. Any supplies I've accrued during the time I've fostered him are available upon adoption for free. Scrappy is very loved and it's unfortunate 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. Call Ku'uipo Rodas at 377-0716 if interested.

Apartment for rent. Two-bedroom, 1.5 bath Kailua apartment available. \$1,975 per month. Rental lease includes water and digital cable with

Showtime Premium channel. Apartment has new washer/dryer in unit, air conditioning, full kitchen, night security guard and two parking stalls (one covered and one outside) that are close to building elevator. Pets are not allowed in unit. One-year lease available with security deposit due at the signing of the contract. To make an appointment, call Jesse at 728-2331.

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.



Upcoming Toys for Tots events

38th annual Street Bikers United Toy Parade

The 38th annual Street Bikers United Toy Parade is scheduled for Sunday from 11 a.m. to 2 p.m. Motorcycle enthusiasts from Oahu, neighboring islands, mainland, Japan, England, Australia and others from around the globe will ride from Magic Island to Kapiolani Community College to donate thousands of toys to the United States Marine Corps Toys for Tots program. There will be Marines on hand at KCC to collect toys and donations at the end of the ride.

Fifth annual 'Na Mele o na Keiki' (Music for the Children) Concert

The U.S. Marine Corps Forces, Pacific and BAE Systems, in partnership with the Chamber of Commerce of Hawaii, will present the fifth annual "Na Mele o na Keiki" (Music for the Children) Holiday Concert Sunday at 2 p.m. at the Hawaii Theatre. This free concert will feature the MarForPac Band performing holiday favorites with a variety of guest artists, including Henry Kapono. Marines will be on hand to accept donations of new, unwrapped toys or cash. Every toy and every dollar collected to purchase toys stays in Hawaii to make the holidays brighter for Hawaii's less-fortunate keiki. Free tickets are available on a first-come, first-served basis at the Hawaii Theatre Box Office, located on 1130 Bethel St., and open from 9 a.m. to 5 p.m. Tuesday through Saturday. Doors will open at 1:30 p.m. the day of the show.

Toys for Tots collection

A Toys for Tots Foundation donation site will be set up at Waikulu Community Center, Dec. 9, from 2 to 5 p.m. There will be some food and an opportunity to fill out a Christmas card for the wounded warriors here on base. Waikulu Community Center is located just behind the lending locker, across the street from the new Forest City office building.



Christine Cabalo | Hawaii Marine

Collection sites aboard Marine Corps Base Hawaii

Semper Fit Center
Marine Corps Exchange
MCX Annex
MCX Marine Mart
Marine and Family Services
Information Tickets and Tours
H-3 Gate Pass House
Bank of Hawaii

For more information, call Staff Sgt. Edward Hans at 348-4532 or visit,
<http://kaneohe-bay-hi.toysfortots.org/local-coordinator-sites/ice-sites/Default.aspx>.



Kristen Wong | Hawaii Marine

Hawaii Marine Lifestyles

Cozy Kailua: Enjoy your stay for \$10 a day

Grace Qiu

Marine Corps Base Hawaii

KAILUA — With sunshine shining through the swaying leaves and tropical birdcalls filling the air, it's hard to imagine the cool breeze that greets you as you step outside is defined as "winter." Here in the islands, winter has its own definition. While your mainland friends trudge in the snow, enjoy a Hawaiian winter in Kailua. Relaxing in Hawaii can be quite costly, without a doubt. Yet stay-cations in Hawaii do not have to come at a high price.

Welcome to cozy Kailua town, home of Lanikai Juice, plate lunches sold in front of Times Supermarket and a beach that was ranked first in the world in 1998 by coastal expert Stephen "Dr. Beach" Leatherman. Spending a day, or even a weekend, in Kailua does not have to burn a hole in your pocket. Check out the main attractions: Kailua and Lanikai beaches. Not only are they ranked as the best beaches in the world, but they are also completely free to visit.

Whether you bring your own surfboards, kayaks, or one-man canoes, you can easily paddle to Flat Island, located just off of Kailua Beach. In fact, it's so close that you can also swim there. If you decide to watch Flat Island from afar, you still won't be missing out. The view from Kailua Beach is priceless. The surf usually mild enough for children to swim, and it is a perfect kid-friendly environment for even toddlers to roll around in the sand.

Just a couple of minutes away from the beach you stumble upon a quaint cottage-style market, with a nearby pizza place and shave ice stand to top off your beach day. Bob's Pizzeria offers large slices, big enough for two to share. It's a deal sure to ease the hunger of any avid paddler after a frolic at the beach. Close to Bob's Pizzeria is Island Snow, a shave ice stand frequented by President Obama and his family whenever they are in town for a visit. There's even a flavor named after him, called "Snowbama."

A little farther into Kailua you'll find Lanikai Beach. It's serene and picturesque, serving as a place for people to go if they want to relax on a quieter beach. While Kailua Beach caters to larger families and people seeking an adventure, Lanikai Beach is the tranquil opposite. The Mokulua Islands, the twin icons of Lanikai Beach, stand proudly against the bright blue sky as tourists and locals alike sleep soundly within the embrace of Lanikai's white sands. The residents of Lanikai Beach are friendly and don't mind that the entryways onto the beach weave in between their houses, making you feel as though you are discovering a treasure hidden from public sight. If you get hungry, make your way back into the heart of Kailua town and choose from an assortment of burger joints, Mexican restaurants, frozen yogurt stores, Japanese noodle shops, and more, all for under \$10.

Luxury does not always require big bucks. It can be found in the simplest of things, such as a nice day at the beach while a couple thousand miles away, the mainland braces for the inevitable snowy weather.



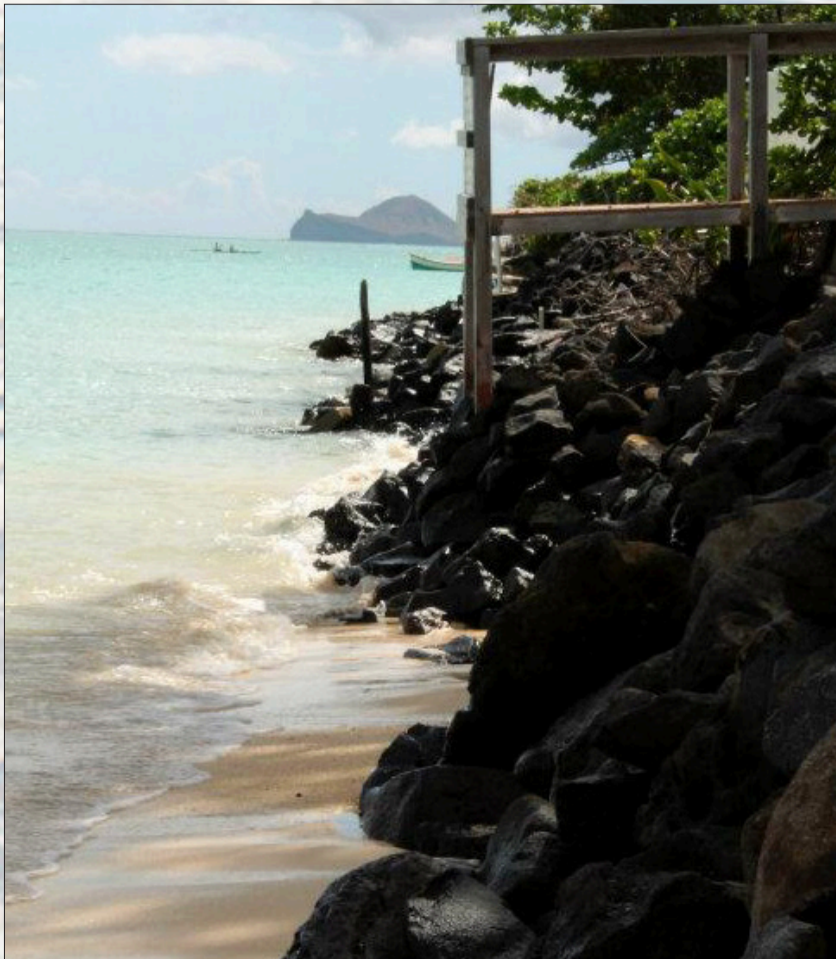
Lance Cpl. Matthew Callahan | Hawaii Marine

Servers at Lanikai Juice in Kailua make smoothies, acai bowls and other healthy treats from fresh fruit. The store is one of several places in Kailua where hungry customers can find food for under \$10.



Christine Cabalo | Hawaii Marine

Jacob Carey tosses fresh pizza dough at Bob's Pizzeria in Kailua, Thursday. The local pizza joint is known for generous slices under \$10 and its close location to the beach. There is also a military discount for patrons buying full pizza pies.



Grace Qiu | Hawaii Marine

Ocean waves wash the golden sands at this strip of land near to Lanikai Beach in Kailua. Visitors can bring their kayak or enjoy other beach water sports.

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 ...

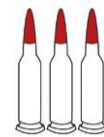
1/4 — No Impact, No Idea
Horrendous. Among the worst of the worst in its genre. Dedicating time to this is not only wasteful, but unforgivable. Avoid at all costs.



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.

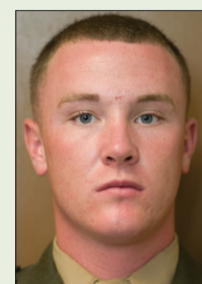


4/4 — Confirmed Kill
Genius. In the top 10 percent of its genre. This is the stuff legends are made of. Missing out on it would be a disservice to yourself.



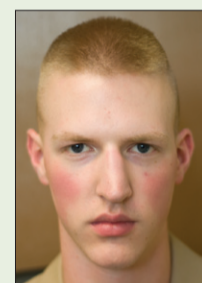
So, there you have it and we hope you enjoy our weekly reviews. Don't forget, The Hawaii Marine accepts submissions from its readers so if you consider yourself a film buff, music aficionado, gaming geek or bookworm, feel free to submit your own reviews.

Better Know A Critic



BARBER

Lance Cpl. Jacob D. Barber believes lyrics and originality are the foundation to good music. A good album to Barber is one that conveys a message to the listener. From modern day hip hop to alternative rock, He continues to increase his music collection.



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.

Lamar tops charts with debut album 'Good Kid, M.A.A.D City'

Lance Cpl. Jacob D. Barber
Marine Corps Base Hawaii

Poetic justice. Two words that describe Compton rapper, Kendrick Lamar's, debut album "Good Kid, M.A.A.D City."

Lamar exceeded all expectations when dropping this jewel to the public, but more importantly he brought the true essence of hip-hop back in the mainstream music world.

Listeners can get a glimpse of the originality of this album just by looking at the cover photo. It shows a young Lamar sitting at a table with his dad and two uncles. The album photo was taken many years ago at the beginning of Lamar's story and every song on the album describes his life since then.

"Poetic justice, poetic justice, if a flower bloomed in a dark room would you trust it?"

Metaphors for his life are laced in every song of this album, while skits provide the perfect bridge from one song to the other. He describes

everything from trying to pick up girls as a teenager in "Sherane A.K.A Master Splinter's Daughter," to the "Art of Peer Pressure" where he talks about the influence his friends had on his life and his actions.

Lamar showed his creative side



by connecting two of his songs to tell a bigger story for his

audience. Inspired by the storytelling of Tupac, Lamar used "Sing About Me, I'm Dying of Thirst" as a turning point in the album because the events in the song were turning points in his life. In the song, Lamar talks about his infatuation with death after seeing his friend die in front of him. Not necessarily how he will die but how he will be remembered. He also mentions himself as the "dark flower," symbolism he stated in a previous song.

In "Money Trees" Lamar talks about his struggle to find money and his ambition to make a name for himself and to be financially stable.

He describes the two options he had as a kid to make money, one involving himself with drugs and gangs, and the other following his ambition to become a rapper.

This CD didn't have a star-studded lineup of features, but it's quite evident his mentor and boss,

Dr. Dre, was active on the production side. The beats all fit perfectly with the lyrical content and make the album really stand out from its competition.

I would give this album a perfect rating because it really brought back the lyrical, storytelling, hip hop that I grew up listening too. It doesn't have a bunch of radio singles nor is it something you will hear in a club. It's an original album, made by an artist who loves the hip-hop culture.

In 12 songs, Lamar tells his story about how he became who he is. All songs seemed to be intertwined with each other in some way or the other and when listened to closely you can hear the metaphors, similes, and symbolism that make him hip-hop's most poetic rapper. But most importantly, I feel like his CD did justice on a music world obsessed with "pop-techno" and flashy lights.



The 'Red Dawn' of another horrible remake

Cpl. James A. Sauter
Marine Corps Base Hawaii

I hope every one had a fabulous Thanksgiving and enjoyed their weekend of Black Friday sales. Instead of braving through ransacked retail stores, crowded with swarms of people fighting for items on sale, I went to the movie theater instead. The next movie on my list of reviews was the remake of the 1984 film "Red Dawn," starring Chris Hemsworth and Josh Peck.

When I first saw the trailer, I hoped this movie would be a decent popcorn flick with awesome action scenes, war violence and epic fire fights. With only those three things in consideration, "Red Dawn" wasn't too bad, but when considering everything else, this movie flat out sucks.

The film follows a storyline from a hypothetical "what-if" scenario, which originated from the 1980s when every American feared and dreaded the idea of the Soviets invading the United States. For the 2012 remake, the filmmakers out did themselves on creativity and used the exact same idea. Instead of

the Russians though, North Koreans played the bad guys ... and the Russians still showed up.

To connect with the modern American audience, the filmmakers spent the first five minutes of the movie breezing over news updates on North Korean activity in the past decade, emphasizing heavily on goose-step parades and nuclear missiles to make the North Koreans as evil looking as the Nazis.

When the North Koreans finally invaded, my mind was instantly flooded with questions like how they were able to cross the Pacific and bypass America's military presence there. The answer — a super secret evil weapon only the North Koreans have that can destroy the American military in one stroke. Sound too much like the Death Star? What's even more ridiculous is the abundance of stupid people, traitors and young boys and girls turned killers.

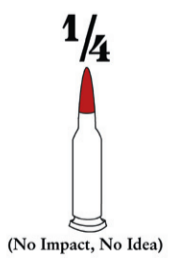
Hemsworth plays a Marine home on leave and slightly estranged from his whiny kid brother (Peck)



whose gone for a doped-out Charlie Sheen look. Go figure, Peck plays Sheen's character from the original film. Hemsworth, it seems, is unable to channel any other character personality than that of Thor, from Marvel's "The Avengers." Perhaps it would only have succeeded if this were a story about the god of thunder enlisting in the Corps. The two of them don't miss a beat from the moment of the invasion, Hemsworth is going to fight a guerilla war and the kids who tag along with him whine and fail to grow up."

My biggest complaint about the whole movie is the lack of character development in the face of extreme peril. I understand the innocence of the characters in the beginning but when the bullets and explosions start, the kids still retain their innocence. They behave more like children playing "Call of Duty" than soldiers and warriors trained to kill people.

It's nice to know Hollywood had complete faith in the military to defend the United States when they decided to remake a movie that was bad to begin with, only to produce yet another bad movie. "Red Dawn" will do nothing but burn two precious hours of your life and a hole through your wallet. Go see something else please.



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.

"Here Comes the Boom" PG Today | 7:15 p.m.

"Sinister" R Today | 9:45 p.m.

"Alex Cross" PG-13 Saturday | 7:15 p.m.

"Paranormal Activity 4" R Saturday | 9:45 p.m.

"Here Comes the Boom" PG Sunday | 2 p.m.

"Taken 2" PG-13 Sunday | 6:30 p.m.

"Paranormal Activity 4" R Wednesday | 6:30 p.m.

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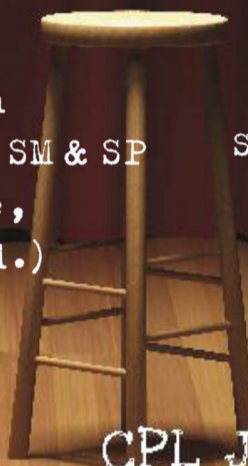
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