

Hawaii Marine

Wives, girlfriends of 'America's Battalion' brave rain, feel pain as Jane Waynes

Kristen Wong
Marine Corps Base Hawaii

"In every clime or place," Jane Wayne keeps up the pace.

More than 30 spouses and girlfriends of the service members of 3rd Battalion, 3rd Marine Regiment participated in Jane Wayne Day, Wednesday, while enduring several intervals of chilly rainfall.

Many units Corpwide host annual Jane Wayne Days to provide Marine spouses a glimpse into their significant other's training.

Cheryl Chiu, the family readiness officer for 3rd Bn., 3rd Marines, said the goal was to "introduce the spouses to the physical challenges their husbands face."

"By having Marines and their spouses complete the tasks of the range and the obstacle course together, it forges a common bond between them that strengthens family readiness for the entire unit," Chiu said.



Julia Barker balances as she walks across a log in the obstacle course at the Boondocker Training Area, Wednesday. Spouses and girlfriends of 3rd Battalion, 3rd Marine Regiment service members visited the training area and Range Training Facility Kaneohe Bay, where they learned how to shoot and execute proper techniques to compete an obstacle course.

"It also empowers spouses to open themselves up for the even bigger challenges life will throw their way."

Early in the morning, service members and their significant others sat on bleachers at the Boondocker Training Area, awaiting the start of their "training." Some spouses wore their service member's camouflage bottoms, while others wore sweatpants.

In opening remarks, Lt. Col. Tom D. Wood, the battalion's commanding officer, encouraged the ladies to have fun as they began the event's activities.

"This gives you an opportunity to understand a little bit more about what your husband or significant other does," Wood said.

"Not everything we do is as miserable as your husbands make it out to be," Wood added, causing everyone to

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New federal law updates transition readiness program

Christine Cabalo
Marine Corps Base Hawaii

Those unsure of their path after serving in the military can now look in several new directions.

New features are being added to the Transition Readiness Program, which helps Marines prepare for life beyond their military careers. The changes to TRP, also known as the Transition Assistance Program, are part of a comprehensive update for all branches of service. Separating Marines must complete earlier counseling and pre-planning for their transition due to the new federal regulations generated by the Veterans to Work Act.

One of the biggest program changes since the act took effect last month is the requirement of preliminary planning.

"The pre-work is designed for Marines to prepare for the classes and have them more engaged in their transition out of the service," said Jeffrey Esposito, TRP manager, Marine Corps Base Hawaii.

Before taking their classes, Marines must view three webinars concerning the manner in which they manage related issues. One webinar features tips handling family concerns while transitioning from service.

Esposito said transitioning Marines can now tailor their seminar to their individual goals. The program offers

four different pathways for people to choose, depending on their aspirations. Those in transition can decide to gain help with college or university applications, studying at vocational schools, entering the civilian workforce or starting their own business.

However, Marines nearing an end to their military service won't need to make these decisions alone.

"The Marine Corps must now also provide a military occupational specialty crosswalk and a gap analysis for each person transitioning," Esposito said. "This helps service members see which civilian jobs their MOS correlates to and convert it to knowledge, skills and abilities required for the position. It shows them how much work must be done, if any, to be competitive."

The act also requires Marines to sign up for a Department of Veterans Affairs eBenefits account online and provides class time in which VA representatives help manage the accounts.

Before the act, representatives only had time to speak about benefits and entitlements each person in transition could receive. Now, they'll be standing by during class as people manage their own VA eBenefits online account.

"Instead of bringing forms to us, we can get it all electronically transferred to our office," said Louis Brown, the VA's Honolulu Region Office outreach



Marines transitioning out of their military careers listen to Orlando Perez, transition service officer, Disabled American Veterans, speak about benefits available to them during a Transition Readiness Program class held in May 2012. The program unveiled several new features in effect due to regulations generated by the Veterans to Work Act.

coordinator. "It's a win-win for everyone. It's faster, and they won't have come down to our offices."

Brown estimates 20 to 30 percent of people who needed help with minor VA paperwork are now able to manage their online accounts after receiving his

direct help with eBenefits.

"The biggest thing now is having everything accessible from computer and inputted straight from veterans," Brown said. "If there are any errors in

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Hawaii-born Marine's legacy lives through mind, body, spirit

Sgt. Megan Angel
Headquarters Marine Corps

WASHINGTON — Six years ago, Marine Corps Maj. Megan McClung was in the final month of her second, year-long deployment to Iraq when, while escorting journalists from Newsweek into Ramadi, her humvee struck a massive improvised explosive device, instantly killing her and two U.S. Army soldiers, Dec. 6, 2006.

McClung was serving as the public affairs officer for the Army's 1st Brigade, 1st Armored Division in support of Operation Iraqi Freedom.

She was the first female Marine Corps officer to be killed in Iraq, and the first female graduate of the United States Naval Academy to be killed in action since the school was founded in 1845.

It wasn't until after she was killed that her parents, Drs. Michael and Re McClung, began to learn about

who their daughter really was – as a woman and a Marine.

"Megan did not let Re and I know that she was planning to attend the Naval Academy," said Michael. "In retrospect, that was not surprising, as she was a focused and hardworking child early in her life."

When Michael, a Vietnam veteran and former Marine Corps infantry officer, found out that McClung planned to be an infantry officer in the Marine Corps, he discussed it with her, pointing out that the 'law of the land' did not allow women in the infantry. After she finished The Basic School at Marine Corps Base Quantico, Va., McClung reported back to her parents that she was going to be a public affairs officer.

Michael thought to himself that her choice was wonderful. Public affairs would reward his daughter

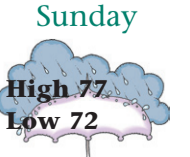
See MCCLUNG, A-6



FOOORE!
A swinging good time at the Kaneohe Klipper Golf Course, B-1



Dive into history
Waikiki Natatorium War Memorial a reminder of the past, C-1



NEWS BRIEFS

Base chapel holiday sermon series and services

The base chapel will host an 8 a.m. Protestant holy communion service every Sunday in December to celebrate Advent season. Stay for coffee, snacks and a short Christmas Bible study after worship.

A Children's Christmas play is scheduled today at 6 p.m. A Christmas Eve candlelight service is scheduled for Monday at 6 p.m. Catholic Mass is scheduled for Monday at 11 p.m., Tuesday at 9 a.m., Dec. 31 at 6 p.m. and Jan. 1 at 9 a.m.

Each Sunday, a Liturgical Protestant Service is scheduled for 8 a.m., Roman Catholic Mass at 9:30 a.m., Contemporary Protestant Service at 11 a.m. and Roman Catholic Mass at 5 p.m. For details, call Chaplain Bob Crabb at 257-2734.

Base Tax Center opens soon

The Base Tax Center is opening soon to all Department of Defense military and civilian employees aboard MCB Hawaii. Hours of operation, and appointment scheduling information to be announced. Please bring all W-2s (including spouse's), bank account and routing numbers, copy of last year's tax return, all other tax forms (1099s, etc.) and Social Security cards for all family members. The tax center is located at Bldg. 455 on the first floor. Bldg. 455 is across the street from Forest City and adjacent to the Youth Activities Center. For details, call Gunnery Sgt. Shawn Forde at 808-257-1187.

Find out how to become a federal employee

Reservations are required for an upcoming workshop to learn how to apply for a federal position. The class is open to all military ID cardholders with base access. The next class is scheduled for Jan. 17 in building 267. For more information, call 257-7787 or 257-7790.

Base pass house scheduled to close for holiday

The pass house at the H-3 gate will be closed Christmas Day. For assistance, see the Provost Marshal's Office gate sentry. Call Violet at 257-2047 with questions.

New DEERS operations/appointment system

Starting Jan. 1, the RAPIDS/DEERS appointment system will be fully implemented and patrons must make an appointment online at <https://rapids-appointments.dmdc.osd.mil>.

Appointments are normally scheduled Monday through Friday from 7:20 a.m. to 2:40 p.m., subject to closures due to holidays, manpower shortages and technical issues. For details, call Russell Nakahara at 257-2077.

Manning Street closed due to road construction

From now through Jan. 2, 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.

Anger Management Workshop

An anger management workshop is scheduled for Jan. 1, from 9 to 11 a.m. at the Marine and Family Programs conference room in Building 216. Participants must attend orientation, held every Tuesday at 8 a.m., prior to enrollment. This group focuses on anger management techniques and communication skills. Classes are ongoing and include six sessions in each series. Participants receive a certificate upon completion of six sessions. The workshop is open to active duty and family members. For details, call 257-7780/7781.

Important phone numbers at MCB Hawaii

On-base emergencies	911
Child Protective Service	832-5300
Fraud, Waste, Abuse & EEO	257-8852
Base information	449-7110

Hawaii Marine

www.mcbh.usmc.mil

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Photojournalist	Kristine Wang
Photojournalist	Kristen Cabalo
Graphic Artist	Jay Parco

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MCB Hawaii, Kaneohe Bay, Hawaii 96863
Email: HawaiiMarineEditor@gmail.com
Fax: 257-2511, Phone: 257-8837

INSTALLATIONS, ENVIRONMENT AND LOGISTICS DIRECTOR TO RETIRE AFTER MORE THAN 30 YEARS OF SERVICE



Kristen Wong | Hawaii Marine

Col. Brian P. Annichiarico (left), commanding officer, Marine Corps Base Hawaii, congratulates Kent Murata, (center) director of Installations, Environment and Logistics, and his wife, Charis, during a special awards ceremony at the Pacific War Memorial, Dec. 14. Murata will retire at the end of this month after more than 20 years of service at MCB Hawaii. The Kaneohe resident is a retired Army lieutenant colonel and has held several other positions, including a mechanical engineer at the Honolulu Board of Water Supply and a lecturer at Kapiolani Community College. Murata received the Navy Superior Civilian Service Award in a ceremony at the Pacific War Memorial. According to his award citation, "his foresight and resolute vision resulted in the completion of numerous high impact military construction projects, public private venture housing transition and a world-class environmental program."

MCCS HAWAII BIDS FAREWELL TO TWO SEASONED EMPLOYEES



Randy Lee | MCCS Hawaii

Murray Visser (left), the supervisory librarian at the base library, and Loretta Cornett-Huff, education services officer, Marine Corps Base Hawaii, stand at the podium during their retirement luncheon at the Kaneohe Klipper Golf Course, Dec. 11. For more than 40 years, Cornett-Huff has worked for more than 40 years with the Marine Corps, Navy and U.S. Department of the Interior. During that time, she worked at MCB Hawaii for more than 20 years. Among other awards, Cornett-Huff received the 2011 Lifetime Achievement Award from the Council for College and Military Educators, for "service, dedication and successful military education initiatives," according to her biography. Visser, originally from Indonesia, became an American citizen in 1962. After serving in the Army from 1966-1968 and teaching English in Iran, he became the head librarian of the base library in 1980. To date, he has worked for the U.S. government for more than 30 years. Visser's contributions include helping the base library earn a Premier Library status from the Department of Defense in 2010.

VR-51 SAILORS CONTRIBUTE TO TOYS FOR TOTS

Petty Officer 3rd Class Jacob Hittinger, naval aircrewman, Fleet Logistics Support Squadron 51, helps assemble bicycles in Hangar 105, Dec. 6. Volunteers from the squadron, in conjunction with the squadron's First Class Petty Officers Association, purchased and assembled 18 bikes for the U.S. Marine Corps Reserve Toys for Tots Program. Petty Officer 1st Class Heidi Ryan, logistics specialist; Petty Officer 1st Class Francis McLaughlin, a naval aircrewman, and the First Class Petty Officers Association helped coordinate the effort.



Petty Officer 2nd Class Daniel RosaVargas | Fleet Logistics Support Squadron 51

AROUND THE CORPS

Marine receives Silver Star for actions in Afghanistan

Cpl. Jacob D. Osborne

Defense Media Activity

PITTSBURGH — It's not every day a National Guard sergeant receives a Silver Star Medal for actions performed as a Marine. But that's exactly what happened in Pittsburgh, Dec. 10. Sgt. David M. Gerardi, a weapons sergeant with the Army National Guard's 19th Special Forces Group, received the nation's third highest medal for his actions while deployed in 2011 as an active duty Marine with 3rd Reconnaissance Battalion, 2nd Marine Division (Forward), II Marine Expeditionary Force.

Gerardi, whose warrant reads like a script from a big studio movie production, humbly accepted his Silver Star in front of a small group of family, friends and Marines from 3rd Recon Bn. He credits his fellow recon Marines for his heroic actions.

"I know the award talks about me a lot, but those guys did more to bring me home than I could ever do for them," Gerardi said of his brothers-in-arms, as tears swelled in his eyes. "I have been honored to serve with the best Marines and soldiers."

He choked up when answering questions about the day for which he was being recognized.

It was June 6, 2011, in Helmand province, Afghanistan. Gerardi, a corporal at the time, and teammates were providing security near Balozai village when they came under fire. They were pinned down in a canal, receiving fire from several enemy positions a little more than 100 yards distant.

Gerardi identified a firing position at a mud wall forward of his team that would give him a clear line of sight to the enemy position presenting the greatest danger to his team. Without hesitation, he crossed an open field to get to a wall less than 45 yards from the enemy. He was greeted with a volley of rocket-propelled and 30 mm grenades as well as medium machine-gun fire that prevented him from returning fire. Despite the intense fire, he maneuvered to a more vulnerable position along another wall that afforded a better angle for him to fire on the enemy. Despite rounds striking within inches of his body, Gerardi provided suppressive fire, which allowed his Marines to extract a wounded Afghan soldier.

"The training kicked in," Gerardi said. "Going to that position just made sense. That way, I wasn't conflicting with the other guys' line of fire."

Gerardi continued to coordinate with other Marines



Cpl. Jacob D. Osborne | Defense Media Activity

Sgt. David M. Gerardi receives the Silver Star Medal from Maj. Gen. Melvin Spiese, commanding general of 1st Marine Expeditionary Brigade, Dec. 10, for his actions while deployed to Afghanistan.

on the ground to provide suppressive fire, despite the chaos of enemy fire continually impacting around his position. Throughout the five-hour engagement, Gerardi showed "stalwart determination and vigilance" while providing precision fire, thereby allowing his team to extract after nightfall, according to his Silver Star citation.

"Because of his dedication and superior knowledge, he was able to accurately engage," said Cpl. Josh Davenport, a recon Marine who served with Gerardi.

"He wasn't just shooting blindly or because he was scared," Davenport said. "He was saying, 'I'm going to do this job better than anyone else,' and he did. For that reason, he got the Silver Star. He was braver and more dedicated. He definitely earned it."

Maj. Gen. Melvin Spiese, commanding general of 1st Marine Expeditionary Brigade, presented the medal to Gerardi. Spiese said Gerardi was a testament to his generation.

"He proved himself to be an astute and courageous tactical fighter that day, and his heroic and selfless actions under fire saved the lives of his fellow Marines, turned the tide in an intense firefight and was an inspiration for those serving with him," Spiese said.

"Sergeant Gerardi chose to serve his country in a time of war and to do so as an infantryman and reconnaissance Marine. He, like every other Marine on the battlefield ... could have chosen to do something different other than accept the responsibility for the security of their country as a U.S. Marine," he said.

Gerardi's parents attested to his passion for the military. They said they never doubted their son's tenacity.

"We always knew he'd grow up to do something amazing," said Gerardi's father Michael. "I'm just happy he's home. I'm so proud of him."

When Gerardi completed his enlistment with the Marine Corps this year, he transferred to the Army National Guard to pursue a new challenge — to become a Green Beret. Though Gerardi has left the Corps, his impact on the Marines who served with him will last a lifetime.

"He's an example to all of us in our community," Davenport said. "One of the biggest things we take from him is his heart. He puts everything into it. He brings guys together. You can feel the sense of pride that he has in the job that he does, and he's definitely one of the best."

Marine saves fellow Marine, earns Navy and Marine Corps Commendation Medal

Courtesy story

2nd Marine Logistics Group

CAMP LEJEUNE, N.C. — A Marine with Combat Logistics Regiment 2, 2nd Marine Logistics Group, saved the life of one of his own in the pre-dawn hours here, Dec. 11.

Maj. Matthew D. Reis, the adjutant for CLR-2, received the Navy and Marine Corps Commendation Medal for his exceptional situational awareness and immediate action after saving another Marine from taking his own life.

Reis was in his office working around 2 a.m. for the unit's pre-deployment exercise when he heard commotion outside. As he walked outside, he saw a fellow Marine hanging from the second floor of a nearby barracks.

Reis called for assistance as he attempted to prop the Marine up. With the help of others, they lowered the Marine and Reis began to conduct cardiopulmonary resuscitation. A crowd of Marines also working with Reis during CLR-2's training exercise came outside, alerted by the commotion.

Col. Dwayne A. Whiteside, the CLR-2 commanding officer, was among the concerned first responders.

"The Marine wasn't breathing. I couldn't feel anything with my hands on him, and his chest wasn't rising," said Whiteside, recalling Reis' efforts to revive the

service member. "The training you learn — you never know when you're going to need it."

The incident happened less than a week after the unit underwent "Never Leave a Marine Behind" training, which is the Marine Corps' suicide prevention program.

During that training, Marines learn the acronym R.A.C.E — Recognize the signs of distress, Ask about the signs of distress, Care about and show you care about the Marine, and Escort the Marine to help. In addition, CLR-2 has recently gone through combat lifesaver training for their upcoming deployment.

After several minutes of resuscitative efforts, Reis successfully revived the Marine. "Without Maj. Reis' quick thinking and unyielding determination to care for his fellow Marine, the Marine would have been a fatality," his award citation read.

After the award ceremony, Reis talked to the CLR-2 Marines emphasizing the importance of never leaving a Marine behind.

"We've got a nation that's counting on us," he said after the ceremony. "We're Marines, and we've got to be ready to answer the call. If you're hurting, you've got to reach out and get help."

As CLR-2 prepares for deployment and the holiday season nears, stress is more common than normal. Reis encouraged the Marines to remain vigilant.

"You've got a purpose in life, and you have to fulfill it," said Reis. "Now he's got a second chance."

Tribute to New York Fire Department, ladder company patrols Afghan sky

Sgt. John Jackson

Regional Command Southwest

CAMP BASTION, Afghanistan — In an effort to ensure Marine Light Attack Helicopter Squadron 169 Marines remember why they are deployed, the squadron has adopted one of New York City Fire Department's most decorated ladder companies that was heavily involved during the rescue attempts at the World Trade Center, Sept. 11, 2001.

The squadron, which is comprised of AH-1W Super Cobras and UH-1Y Hueys and tasked with providing air support to Marines and their coalition and Afghan partners, began its current deployment in southern Afghanistan during the beginning of November.

During HMLA's deployment, in addition to communicating with the "Green Berets" of Engine 60, Ladder 17, a company that has been awarded 18 Department Medals for Valor and more than 20 unit citations since 1970, at the conclusion of the squadron's shift change briefs, Lt. Col. Garrett Hoffman, commanding officer, HMLA-169, announces the name and shows the photograph of a fallen firefighter who lost his life on 9/11. He then ends the brief by saying

two simple words, "Never forget."

The squadron also has one additional tribute to the ladder company and to all New York City Fire Department members. Marines with the corrosion control section developed and painted a mural on the side on a Super Cobra to honor New York City's Fire Department and to help ensure the squadron's Marines and anyone who sees the aircraft patrol the Afghan sky remembers why they are deployed.

"We took an actual picture of the New York skyline prior to 9/11, and then scaled the photo," said Sgt. Micheal Morgan, the corrosion control noncommissioned officer in charge. "Then we built a model to see how it would look on the (aircraft) and eventually hand painted the image on the actual (helicopter)."

The process took the corrosion control section approximately one week to complete. While the Marines in the section are proud of their work, they understand the importance and bigger picture of the message behind it.

"It serves as a reminder to everyone in the squadron and anyone who sees the aircraft," said Lance Cpl. Jacob Estrada, a corrosion control Marine with the squadron. "Not only is it a reminder of



Sgt. John Jackson | Regional Command Southwest

A tribute to the "Green Berets" of Engine 60, Ladder 17 and all firefighters with the New York Fire Department is painted on the side of an AH-1W Super Cobra with Marine Light Attack Helicopter Squadron 169.

why we are here, but it is also definitely a morale booster and motivator for everyone."

"Sometimes when you are (working on the flightline), you forget exactly where you are," said Lance Cpl. Philip Shands, a corrosion control Marine. "Now, every time you see that aircraft you remember where you are and why you are here."

The mural painted on the aircraft is also intended to serve as a reminder to all Marines throughout Helmand

province of the important role each of them plays.

"Not only does the aircraft represent the New York City emergency responders, it also reminds Marines of what we are fighting for here in Afghanistan," said Capt. Gregory Butler, the corrosion control officer in charge and a Super Cobra pilot. "Regardless of what a Marine does while deployed, whether he is working on the flightline, is an administrator or patrolling the streets, everyone plays a vital role."

Island Winter Wonderland

3rd Marine Regiment celebrates holidays with snow

Iolana Nuzzo, 7, packs a snowball outside Hangar 101 and enjoys the manmade snow available at 3rd Marine Regiment's holiday party, Dec. 13. Nuzzo and other children playing in the snow were also able to ride in tactical vehicles and visit with Santa.

**Story and photos by
Christine Cabalo**
Marine Corps Base Hawaii

Children dreaming of a Hawaiian white Christmas got their wish with a special delivery to the 3rd Marine Regiment holiday party at Hangar 101, Dec. 13.

The annual party featured more than 15 tons of manmade snow for attendees to enjoy. Tactical vehicle rides and trips through inflatable fun houses were also available at the party, but the snow continued to draw crowds well after a tropical sunset.

"We're one of the only parties on the island with snow," said Ed Hanlon, family readiness officer, 3rd Marine Regiment. "I'm a bit thin-blooded, but I love snow in small doses like this."

Besides playing in the snow, attendees could also get their faces painted, visit with Santa and try their luck at several game booths available for children.

But the cool treat beckoned to all who passed the hangar doors, in icy heaps big enough to sit on or climb up. Marines from the regiment were on hand, helping the younger children safely enjoy the tons of snow. The holiday wonder is annually provided by Outrigger Enterprises, who arrange to have thick blocks of ice shaved down and delivered by truck.

"It's pretty cool having snow in Hawaii," said 12-year-old Preston Knight, who played in the snow with his family. "My first thought when I saw that pile of snow was, 'Whoa, that's a lot of snow!'"

He and his two siblings, Makayla and Braiden, once enjoyed snowball fights during an icy Virginia winter. But the siblings said having snowball fights in Hawaii is a rare treat.

Preston said his favorite snow activity is usually sledding, but his family still had fun on this tropical snow hill without a sled. Preston and Braiden took turns pelting each other with the fluffy snow, breaking down bigger pieces to compress into snowball ammunition.

Parents and children alike shared in the party's cool holiday gift.

Sgt. Jesse Stevenson, amphibious assault vehicle operator, Combat Assault Company, 3rd Marines, and his two children snuck around the heaps to catch each other with a snowball. Iolana Nuzzo, 7, wore warm mittens, boots and a sweater to enjoy the fluffy white flakes. She said the Hawaii snow was unlike any other type she's encountered.

"I was trying to ski down," she said. "I've done it before, but in more icy snow."

The party's snow was the first flurry of winter for many children, including Staff Sgt. Roger Ruiz's 3-year-old daughter. Ruiz's daughter investigated the pile curiously with the tip of her rubber clog, while standing at the base of the heap.

"It's awesome," said the elder Ruiz, who is the mess chief for 3rd Marines. "This is great for her because she's spent almost her whole life without snow. This is her third Christmas and the first time it's been with snow."

Both Stevenson and Ruiz said they appreciated the opportunity to share their love of snow with their children. Stevenson, who has previously sledded with his son and built snowmen with him in natural snow, said he was glad he could share the joys of snow with his daughter, who had never seen snow until the party.

For children the day was merry and bright, proving even in Hawaii their Christmases could be white.

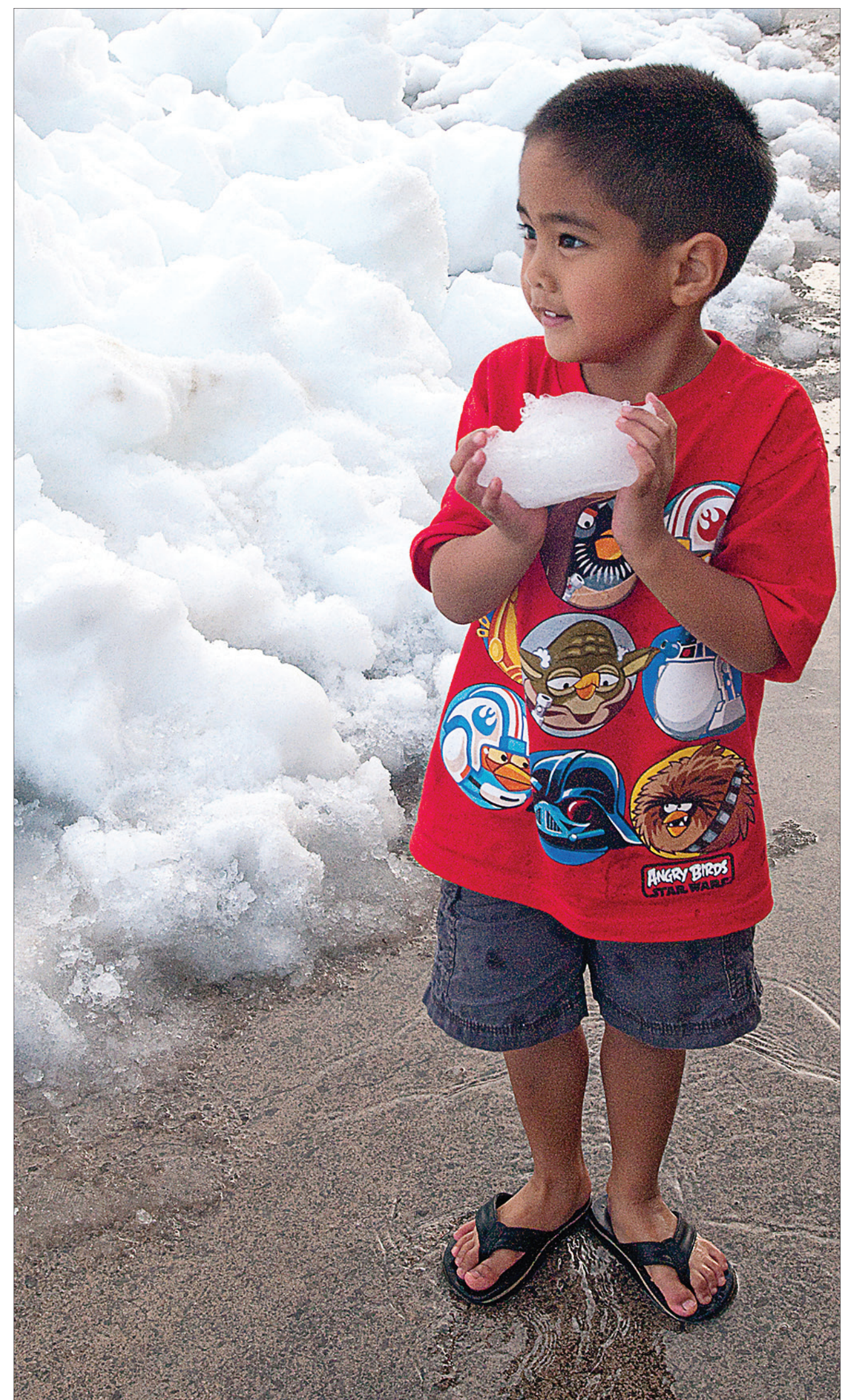


Preston Knight (left), 12, catches his brother Braiden, 6, with a snowball during 3rd Marine Regiment's holiday party at Hangar 101, Dec. 13. The two were among the many children and adults who played in the snow provided by Outrigger Enterprises.



Allison Vander Veer, 2, studies the snow outside Hangar 101 trucked in for 3rd Marine Regiment's holiday party, Dec. 13. The children of 3rd Marine Regiment service members played in a large pile of more than 15 tons of manmade snow outside the hangar during the party. Attendees could make snowballs, climb up or sit on the winter heap of snow.

RIGHT: A child of a member of 3rd Marine Regiment braves the cold in his slippers to hold a chunk of manmade snow for 3rd Marine Regiment's holiday party outside of Hangar 101. Attendees were able to slide down the heap of snow and make snowballs for snowball fights.



Attendees play in the snow during 3rd Marine Regiment's holiday party at Hangar 101, Dec. 13. The heaps of snow were tall enough for guests to climb and slide down, as well as make snowballs to throw.



MCCLUNG, from A-1

with career opportunities when she got out of the Corps. But that wasn't McClung's logic in choosing the specialty.

"Megan said to me, 'Nope. This way I can go anywhere the infantry does and I don't have to worry about the law,'" he said.

During her second tour in Iraq, then Capt. McClung was the embed coordinator for I Marine Expeditionary Force. She knew everyone of importance after her first tour and was the go-to person for news stories, said Michael.

She was committed to athletics. McClung organized the first Marine Corps Marathon held outside of the United States. It was also the first marathon of its type held in Iraq.

McClung completed the race second among women – on a foot that was nearly broken.

Shortly after that, McClung was promoted to the rank of major and jumped at the opportunity to be transferred to the U.S. Army's "Ready First" combat brigade as their public affairs officer.

"She felt that her assignment in Fal-lujah was too far from the fight and she was running toward the sounds of guns," Michael said. "The commanding officer, now Brig. Gen. Sean MacFarland, said that Megan had a major impact on the morale of the soldiers and felt that she was the best PAO in Iraq. I personally feel that he was understated."

Since the loss of their daughter, Michael and Re have been devoted to carry on their daughter's legacy, which revolved around the three things she lived by: mind, body and spirit.

Mind. Scholarships in McClung's name at three high schools on Whidbey Island, Wash.; Boston University Metropolitan College, Mass.; the Naval Academy; and the Women Marines Association honor the mind.

"When Megan left the Naval Academy, she never thought of herself as a good student and felt she should've done better while she was there," said Re, a retired school administrator. "She wanted to prove to herself that she was as better student and that's why she went back to school and earned her Master's degree in criminology."

Body. While growing up, McClung was an avid gymnast. She loved running because it was good for the mind and body.

"Megan wanted to recognize even the very last person to finish the marathon," said Re. "She called us from Iraq and asked me to send a stuffed toy penguin to give to the last person who finishes. Megan believed it's not how fast you run – it's that you finish. She



Sgt. Heidi Agostini | Regional Command Southwest

First Lt. Adam Crandall, I Marine Expeditionary Force (Forward), nears the finish line during the 5K race at Camp Leatherneck, Afghanistan, Aug. 14, 2010. U.S. service members, British troops and civilians at Camp Leatherneck ran a 5k race in memory of Maj. Megan M. McClung. More than 425 runners participated in the first ever satellite running of the event in Afghanistan.

believed that you never leave anyone behind."

In 2007, the Penguin Award was presented by Michael and Re at the Marine Corps Marathon in Washington, D.C., to the last official finisher. The Penguin Award continues to be an official award of the Marine Corps Marathon.

McClung's commitment of the body did not stop at athletics. She was also active in the Marine for Life and Wounded Warriors programs.

"I remember Meg saying, 'Mom, you have no idea how badly wounded some of these folks are coming back from Iraq.'"

In her honor, Michael and Re also organize and sponsor a race on Whidbey Island where all proceeds go to the Injured Marine Semper Fi Fund.

Spirit. McClung's spirit touched the lives of so many. To carry on that spirit, Michael and Re organize an annual Toys for Tots drive which provides more than 1,000 children on Whidbey Island with a toy for Christmas.

"We have really unique opportunities to interact with so many people about Megan," said Michael. "It takes people a long time to step up with their

stories."

"It's a very small world and if you wait long enough, the pieces all start to come together – all the stories," said Re. "One of the nicest things that have been said, these past six years, was said by male Marines – it was that Megan was a Marine's Marine. That's what she would've been most proud of."

As a young girl, McClung collected quotes, Re said. She'd write them on a piece of scrap paper, a napkin or whatever she could find, and then she'd then re-write them in a book.

"As I read them now, I see how Megan's character developed as she became an adult because of the things she chose to keep with her," she said. "When she was killed, we got her things back and it was interesting to see, as (her) mom, what was really important to her."

"She always said, 'If I own it, it's got to fit in my car because I'm going places.'"

McClung's energy and spirit continues to live on through the people who knew, served with and loved her.

"We've read dozens of stories sent by people who knew Megan and we have eight little girls and three service dogs running around with her name," said

Re. "She had a gift – a presence. She had the ability to singularly focus with a person or on an event and make that the most important thing for that period of time."

Michael was a guest speaker at the ceremonial groundbreaking for the Education Center at The Wall, Nov. 28. The Education Center will be a new addition to the National Mall, to connect future generations to the lasting impact, the profound insights, and the individual heroes of the Vietnam War.

His message was about the commitments American service members have made to our country – to serve at any time, in any location and at any level of sacrifice – and how their legacy of service must be remembered.

"Megan had written that if she had to die, she wished it would be in a spectacular manner and while on a magnificent adventure," he said. "She was living that adventure in the Marine Corps."

"When I was asked once if I would change Megan's life, I answered I would not change a thing. Megan wanted a life of challenge, service and sacrifice, and I would not deny her that."

TAPS, from A-1

applications, we can get answers to those questions right there in the class. Marines are really enthusiastic about filing paperwork properly. It's helping the Department of Defense and the VA, and also cuts down wait times."

After classes, transitioning service members are given follow-up assignments to further their future goals. These include workshops about applying

for federal positions or starting a small business, completing projects like internships and more.

While initial changes to the TRP are in effect, Esposito said more changes are ahead for the program. Ultimately, he said, training in the transition process will be a part of every step in a Marine's career.

"It will begin when a Marine arrives at their first duty station," Esposito said. "They will receive incremental transition training until they separate or retire. Those changes are tentatively scheduled to commence in fis-

cal year 2014."

Whichever path Marines who are completing these transitions decide to take, the changes to the program are designed to assist them in finding their best path.



For more information about the changes to the Transition Readiness Program or to schedule classes, call 257-8890 or visit <http://www.mccshawaii.com/tap.shtml>.

MCBH Good Samaritan Hosts Holiday Event for Families in Need

Siblings Athena, 3, (center), Draco, 4, (right) and Angel Parker, 7, tell Santa Claus their ages and what they want for Christmas at the Toys for Tots Marine Corps Base Hawaii Good Samaritan Gift Giving Event at Hangar 102, Saturday. More than 100 children from 43 military families in need received toys through various donations to the U.S. Marine Corps Reserve Toys for Tots Program. Nicole Webb started the MCBH Good Samaritan Facebook group for service members and their families to provide base resources, support and a confidential shoulder on which to lean. "The event went great," said Webb. "We were able to provide a little Christmas joy to several children. This was the first year I've done something like this, and I hope I can reach out to more military families next year."

Cpl. Vanessa M. American Horse | Hawaii Marine

HAPPY HOLIDAY HELPINGS FOR HEADQUARTERS BATTALION

Marines from Headquarters Battalion celebrated the holiday season by gathering in the ballroom at Kahuna's Bar and Grill with their families for a festive holiday party, Dec. 14. All families filled their stomachs with food and drinks, while they waited for their ticket number to be called to win prizes in the raffle.



Lance Cpl. Nathan Knapke | Hawaii Marine

MARFORPAC MERRIMENT

CAMP H.M. SMITH — Col. Brent S. Willson, commanding officer, Headquarters and Service Battalion, U.S. Marine Corps Forces, Pacific, and his wife celebrate winning a round trip ticket to the Big Island of Hawaii during the MarForPac holiday party at the Sunset Lanai, Dec. 6. The party was a battalion-sponsored event to bring members of the unit and their families closer together for the holidays.



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

JANE, from A-1

chuckle.

From the bleachers, the group made their way across the training area's field toward the obstacle course. After a morning downpour, the sun seemed to smile upon the course, which was dry enough to use.

Staff Sgt. Rene Camarillo, a section leader with Weapons Company, 3rd Bn., 3rd Marines, directed his fellow Marines to demonstrate how to complete the course by describing various techniques they regularly employ.

"Run, jump and get over!" Camarillo repeated several times, as the participants watched Marines hoist themselves with lightning speed over a tall wooden wall in the middle of the course.

Camarillo even demonstrated the incorrect "run, stop and fall down," which he said the inexperienced often do when encountering the wall, once again bringing smiles and laughter.

The spouses then made two lines at the front of the course. When directed to do so, they bounded toward the first log obstacle. Some spouses leapt, spun and climbed as easily as monkeys, while others got boosts from their significant others. Each tried the

different techniques they learned from the Marines, like the "chicken wing" method of climbing over the high bars.

For Tiffany Marlow, Jane Wayne Day was new territory. She hadn't been able to attend previous occasions because of her school schedule. She said the obstacle course was difficult because she lacked upper body strength, which made climbing the high bars a challenge.

"I heard other wives talking about the last event and I saw pictures," said Katherine Neibel, another new Jane Wayne. "I wanted to take the opportunity while I had it."

Neibel said she also had a tough time with the obstacle course because of her height, especially as she encountered a series of four logs in the middle of the course which the ladies had to climb over in quick succession.

"It's a good experience for any wife to do," Neibel said. "It's a lot of fun."

Another bout of rain over the obstacle course quickly shooed everyone away as the last few ladies finished their turn. Taking shelter, they enjoyed some refreshments before traveling to Range Training Facility Kaneohe Bay.

At the range, participants were once again greeted by sunshine and cool wind. There were five stations facing



Kristen Wong | Hawaii Marine

As her husband and child watch, Christina Kinkade climbs over a high bar in the obstacle course at the Boondocker Training Area during Jane Wayne Day, Wednesday.

a field of colored targets, each with a rifle set up on the ground. Each Jane Wayne lay on her stomach and peeked through the sight of the rifles they were to shoot, and the Marines issued safety instructions.

Dust flew as bullets cracked through the air. Despite the chilly, cold rain returning to haunt the spouses, they all continued to shoot and bring down their targets.

"Jane Wayne Day is good, a lot better than I thought it would be," said Lance Cpl. Iziah Salinas, a fire team leader with Lima Company, 3rd Bn., 3rd Marines.

Salinas took photos while his wife learned how to shoot. He proclaimed she hit the furthest target in her lane at the range and managed to climb the high wall at the obstacle course.

"She did very well, I'm proud," Salinas added.

Isabel Campos called her first shooting experience an "adrenaline rush."

"It was just an amazing experience, especially here in Hawaii because the view is awesome."

Julia Barker has participated in Jane Wayne Day before at Marine Corps Base

Camp Pendleton in California, though these events offered different activities. Unlike Camp Pendleton, Barker said this Jane Wayne Day offered the obstacle course, which she found more difficult than other activities she'd experienced.

"My arms are pretty weak right now," Barker said at the range, with lingering effects from the obstacle course. "But all in all, it was pretty fun."

She said her husband talks about his job as a Marine everyday when he returns home, and usually she doesn't know anything about it. By participating in Jane Wayne Day, she said she gained an "understanding and appreciation for what he does."

"I hope they'll do it again next year," Barker said with a smile.



Kristen Wong | Hawaii Marine

Fellow spouses look on as Danielle Buzzard looks through the sight of an unloaded rifle at Range Training Facility Kaneohe Bay during Jane Wayne Day, Wednesday.



Sports & Health

Commander's Cup full of holiday spirit

Cpl. Vanessa M. American Horse
Marine Corps Base Hawaii

The weather on Marine Corps Base Hawaii has been a rollercoaster of rain and wind in recent weeks, but after an hour delay, the Commander's Cup Golf Classic teed off with fair skies over the Kaneohe Klipper Golf Course fairway, Dec. 14.

More than 150 golfers played in the final tournament of the year at the golf course. The winning team, with a score of 59, consisted of Gabe Gutierrez, Eli Ginez, Richard Benavides and Elton Yu.

"Since there's a new player who joined our team, we played a couple rounds of golf prior to the tournament to get the feel of how we should play," golfer Eli Ginez said about his team's strategy. "We decided who should go first in driving and who should go last in putting. Every player on my team possesses different skills, and combined, we were able to pull off a win. Even though it wasn't perfect weather for golf, with wind gusts of 30 miles per hour, our passion for golf still made it a fun event."

Golfers played the scramble tournament with enthusiasm and holiday spirit whether near the beach or in the beach. Some participants dressed up in holiday attire to celebrate the occasion.

"I'm playing with the Christmas spirit at heart and I want to pass the spirit on to others," said Matt C. Somerville, who festively dressed as a Scottish Santa. "I'm enjoying myself and with the help of my elves (fellow teammates), our team should do quite well."

Next year's Commander's Cup tournaments are anticipated to bring in record numbers of participants, according to Kent Murata, general manager, Kaneohe Klipper Golf Course Complex. Golf vendors are slated to showcase their best clubs for use during the competition.

"We're going to liven up the tournament a bit," Murata said. "We plan on having demo days to include big name golf companies on the course during the tournament. We also want to encourage more women to play so we'll tailor contests to be more even."

The next tournament will be held here, March 22. For more information, or to register, call the Kaneohe Klipper Golf Course at 254-2107.



Cpl. Vanessa M. American Horse | Hawaii Marine

Matt C. Somerville, festively dressed as a Scottish Santa, throws up the shaka as he drives a golf cart to the next hole during the Commander's Cup Golf Classic at the Kaneohe Klipper Golf Course, Dec. 14. "I'm playing with the Christmas spirit at heart and I want to pass the spirit on to others," Somerville said. "I'm enjoying myself and with the help of my elves (fellow teammates), our team should do quite well."

Team Competition:	3rd place Zach Kumler David Lee Mike Loughlin Jimmy Cox Score: 61	6th place Joe Au Dan Dufrene Francis Tamayose Score: 62	Closest to Hole #4 Ben Eberle #6 Jerry Johnson #11 Lt. Gen. Hanlon (ret) #18 John Laywell
This quarter's Commanders Cup Champions Gabe Gutierrez Eli Ginez Richard Benavides Elton Yu Score: 59	4th place Bryan Duprey Ray Schab Ryan Gulliksen Pat Leggerwood Score: 62	7th place Sgt. Maj. Sutton Lt. Col. Halverson Maj. Iverson Capt. Young Score: 63	Long Drive #3 mens: Paul Murch #3 womens: Cheryl Chiu #7 Anthony Fuentes #13 Gunnery Sgt. Martin
2nd place Anthony Fuentes Derrek Johnson Wess Carver Lt. Gilbert Score: 60	5th place Chris Pangler William Longdon Chad Masumoto Score: 62	8th place Souli Chanthavong Nathan Brannan Richard Zautner Jeff Majka	Accurate Drive #9 Dan Dufrene

Relax at MCB Hawaii's newest park

Christine Cabalo
Marine Corps Base Hawaii

For anyone fishing for a good spot to relax, the Patriot Park Pavilion is now open for business.

Marine Corps Base Hawaii's marina staff officially unveiled the first picnic space in the area with views of Kaneohe Bay, Dec. 4. Anyone with base access can now reserve the space for events by calling the marina.

"The area is probably one of the most prime real estates at Kaneohe Bay," said Ward Yamashiro, the base marina and outdoor recreation manager. "We're ultimately planning for two pavilions that have barbecue pits and a grassy area."

Previously the space was the location of a mechanics shop and an unused, condemned building along the shoreline. After those structures were demolished, construction crews used the space to hold materials for refurbishing the nearby Outdoor Recreation Center. Once the center opened in October 2012, base marina staff prepared the ground to lay down the pavilion's brick foundation.

"We'll be putting in a horseshoe pit once we're done with laying brick on the second pavilion," said Ken Bwy, the marina's lead sailing instructor who helped lay down the pavilion's bricks. "There's a lot of extra space to use now. The pavilion has barbecue pits and tables, but you can always grab a seat at the new benches nearby to hang out."

Heavy-duty tents protect the pavilion's tables from sun and rain. The wide-open stretch of land is also large enough for people to play volleyball, Bwy said. Sitting at the pavilion's tables, park users have a clear view of the



Christine Cabalo | Hawaii Marine

One of the new Patriot Park Pavilion tents stands ready for use at the shoreline of Marine Corps Base Hawaii's marina after officially opening, Dec. 4. By 2013, two pavilion areas with views of Kaneohe Bay will be available to rent out for events.

mountains near Nuupia Ponds and the marina's many boats.

Unlike other recreation spaces at MCB Hawaii, the new area is in walking distance to the outdoor recreation center. Groups using the space can quickly purchase snacks or rent other recreation equipment available at the

center.

The park will be open until 2014, when construction plans for new piers and other updates to the marina are scheduled to begin. For now, Yamashiro said people can enjoy having a new park located near to the outdoor recreation center.

"Our whole intent and purpose was to provide a recreational park with a great scenic view," Yamashiro said. "The space makes a beautiful park, so we want people to enjoy it."

For more information about the new Patriot Park Pavilion or to reserve the space, call 254-7667.



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.

What is the best holiday sport?

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

BARBER: When I think about the holiday season, there are a few things that come to mind: eating, giving, receiving and sports. There is no better feeling than eating a huge meal and sitting back with those closest to you and watching your favorite sport on TV. Last year, I watched the close contest between the Los Angeles Lakers and Chicago Bulls at the Staples Center. On top of the few presents I received, Derrick Rose wrapped up another gift for me as he made a game winning shot with only a few seconds left in the game. That was Christmas, and though I was thousands of miles away from my family, I know my sister displayed the same emotions when she saw that shot drop in the net. You can't beat basketball at Christmas time. The games are great and, unlike football, there are multiple games from which to choose. The National Football League needs to step up their game this year.

KNAPKE: The Christmas season always reminds

me of a couple of special activities as well. Everyone loves being with family during Christmas Day and waking up to open presents. These traditions are great ways to spend time with family, but the one activity that puts the icing on the cake for me is a Christmas Day NFL football game. When the team I root for wins, it's as sweet as my mother's pumpkin pie. Watch basketball, Barber, really? It's hard for me to mix the holiday season with basketball. Following a basketball season is like watching NASCAR: it only matters at the end of the season.

BARBER: There is no surprise here. I figured you would mention football, but why would I pass up some great basketball games for one football game? The NFL will put one game on the air for Christmas and sometimes they don't even do that. What game will you watch this year? Nothing, because there won't be a football game on. Don't worry though, you can catch the



KNAPKE

Lakers and Knicks game as you finish up your ham and stuffing. The NBA will provide your Christmas entertainment since the NFL doesn't care about their fans.

KNAPKE: Wow. I wouldn't expect you to focus on anything other than ham and stuffing. There are so many more games in a basketball season, so is one or two games on Christmas supposed to excite me? All the games to this point, in the NFL season will have a huge impact on whether or not a team makes it to the playoffs. I don't know if you have checked the standings, but the chase is very close and these next few games will factor heavily into the postseason. They are the perfect entertainment for the holidays.

BARBER: A holiday season without basketball isn't much of a holiday season at all. Thanksgiving football has grown to be more popular than turkey dinners but Christmas is a time for basketball. It saves us from watching "A Christmas



BARBER

Carol" or other old movies for the thousandth time in December. This year, I'm going to fix up some hot cocoa with a little bit of Pepto Bismol to settle my outstretched holiday stomach and then join Kobe at Madison Square Garden. Maybe you can catch some ESPN football highlights in your head. Or watch highlights of last year's game, which wasn't even worth the TV time. They should have put another NBA game on instead.

KNAPKE: Sounds like how basketball fans are for Christmas — lazy and just wanting to lay around on the couch and watch boring games all day. I'll choose quality over quantity any day. I want to watch one great game during the day and after it's over, take the game out into the snow with my family to truly experience the Christmas football spirit. Try bouncing a basketball in the snow ... actually don't, since I'll just tell you it doesn't work. No other sport compares to football, on Christmas.

SPOTLIGHT ON SPORTS

Try out for the All-Marine Corps Bowling Team

Tryouts will be held Jan. 10, 17, 24, and 31. The top six men and top four women will make the team and participate in the Hawaii All-Military Bowling Tournament scheduled for April 2 through 5.

Taekwondo training for adults

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

Find your strength at the base's HITT Center

Work out with kettle bells, 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.

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.

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.

Join Semper Fit Juniors program

Any student ages 14 and 15 who complete the Semper Fit Juniors program's Fitness Basics class will receive a badge and be granted independent access to the center from 2 to 5:30 p.m., Monday through Friday, and during regular operational hours on weekends and holidays. Badge holders 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 then present their military identification and badge upon entering the facility. For more details, call 254-7597.

Fight tobacco with help from Naval Health Clinic Hawaii

End your addiction to nicotine with free group help. The four-class series

starts the first Tuesday of the month. Classes are available at the Kaneohe Bay branch clinic, 10 a.m. to noon. Makalapa branch clinic also holds class at different times. All active duty, retired military and family members are welcome. For details, call 254-7636.

Join Kid Fit during the holidays

Children can stay fit during their school break with Kid Fit. The classes are available Monday, Wednesday and Friday, from 8:30 to 11 a.m. Call the Semper Fit Center for more information at 254-7597.

Spring Board Diving Class

Spring Board Diving classes for kids ages 7 and under and 8 through 13 are now available at the base pool. There is a fee for four sessions and U.S.A. Diving Insurance is required. Call the base pool for details at 254-7655.

Finding firepower at base range

Lance Cpl. Nathan Knapke

Hawaii Marine

The opportunity to shoot a fire arm, regardless of the type, is dear to every Marine. The chance to bring friends and family members out to enjoy such an event, however, is a hard find, since their training is rarely family friendly.

Approximately 40 Marines and civilians conducted target practice during a recreational fire event at the Kaneohe Bay Range Training Facility here, Dec. 14. During three-and-a-half hours of recreational fire, more than 2,000 rounds of ammunition were provided to the shooters at no cost.

The event was accessible to all service members, dependents, law enforcement personnel, Department of Defense civilians and contractors. They simply showed up at the range, signed in at the front office and walked up to the shooting site. From there, the shooters were provided with all necessary equipment, allowing them an opportunity for entertainment, improving job skills, preparing for pistol qualification or spending time with family and friends.

Once at the designated shooting range, a safety technician briefed weapon safety rules to the participants.

In order to use a pistol at the range, shooters turned in their ID cards. Next, they received ammunition to load into their personal pistols or pistols with which they were provided.

Following these steps, they were free to fire at the targets, stopping only on the command, "Cease fire! Cease fire!"

These words were yelled by range personnel to let the shooters know when to stop firing and step away from the shooting platform.

After range personnel determined the area was safe, shooters walked up to their targets to view their shot impacts on paper.

The cracks of gunfire and the smell of gunpowder continuously filled the air as shooters slowly began clearing the firing area, allowing those remaining to continue to fire their weapons.

Throughout the course of fire, range instructors and weapons technicians were present to ensure the shooters' safety and provide them appropriate gear and supplies.

"Everything ran smoothly today," said Staff Sgt. Rafael Lopez, a Headquarters Battalion safety



Lance Cpl. Nathan Knapke | Hawaii Marine

Master Sgt. Richard Deuto, the electronic warfare chief for 3rd Radio Battalion, aims and fires at a static target during a recreational fire event at the Kaneohe Bay Range Training Facility here, Dec. 14. With focus and practice, Deuto went through the same routine every time before he shot and was rewarded with consistent hits on target. The event was accessible to all service members, dependents, law enforcement personnel, Department of Defense civilians and contractors. They simply showed up at the range, signed in at the front office and walked up to the shooting site. From there, the shooters were provided with all necessary equipment, allowing them an opportunity for entertainment, improving job skills, preparing for pistol qualification or spending time with family and friends.

technician from Nogales, Ariz. "People can bring their own weapons to fire, but the weapon cannot exceed a .45 caliber. If people don't have a weapon to shoot, we allow them to borrow M9 pistols from the range."

Numerous Marines also used this opportunity to practice job essential skills or to freshen up in preparation for their annual pistol qualifications.

"Having the opportunity to practice shooting a pistol and blowing off some steam is great," said Cpl. Ches Bond, a military policeman with the

Headquarters Battalion Provost Marshal's Office, and a native of Greeley, Colo. "Shooting a pistol is a good skill to have, and this event allows me to get comfortable with the sights, recoil and characteristics of the weapon, something that is essential to my job and could save my life one day."

The next available recreational fire event will be held on the range, Jan. 11. This event will afford participants the opportunity to shoot both rifles and pistols. For further information, please call the range office at 257-3181.

Cut down by a Christmas tree

Lisa Smith Molinari

Contributing writer

My hands looked like they'd been hit by shrapnel. The Persian rug was imbedded with sawdust, pine needles and sticky spots of sap. The trunk of our Christmas tree, which could be clearly seen through the sparse branches, was warped in the middle.

That's what I got for telling my husband to pick out the tree without me.

That day, base looked like a winter wonderland with fluffy white snow stuck to every surface. Neighbors merrily buzzed about, bundling kids for sledding and stocking up on holiday provisions.

I dropped my husband and our son off to help sell Christmas trees for the Boy Scout troop, and witnessed a sweet scene: twinkle lights draped, music playing, kids savoring candy canes, fire crackling. Dads could be heard wishing customers a "Merry Christmas" as uniformed boys loaded trees onto cars.

Whatever "cockles" are, mine were warmed, and I couldn't wait for them to come home with a beautiful tree. I had the perfect afternoon planned: bring decorations up from basement, put up the tree, make hot cocoa, set up train, play Christmas music and gaze at the tree while snuggled in family room. I love this time of year.

Three hours later the boys came home with a wrapped tree and started to put the trunk in the stand.

My husband has never been handy, and moments like these are always tense. Sensing he needed assistance, I grabbed the top of the tree. "Ow!" I wailed, looking down at four tiny pinholes in my thumb. "What kind of tree is this, anyway?"

"I don't know ... a fir, a spruce, how the heck do I know," he stammered.

Wearing gloves, we secured the tree in its stand and began to lift.

"Uh oh," I said when the tree was at ten o'clock.

"What?" my husband barked, nervously.

"It's not going to fit. How tall is this thing, anyway?"

"I don't know ... but we have high ceilings, right?"

"No, Hon, we have low ceilings, remember?" I said, trying to remain calm.

My husband had always referred to hardware stores as "haunted houses," so home repairs were generally

handled by me. But in the spirit of holiday tradition, we thought it best to not reverse conventional gender roles, especially while the kids were watching.

My husband emerged from our basement with a saw, and stood befuddled over our tree. I'd seen this look on his face a thousand times, and knew he had no clue what to do.

Quickly measuring the tree and ceiling heights, I declared, "According to my calculations, you need to cut off one foot eight inches."

He took a step forward, and I yelled, "No! Not from the top!"

Wincing, I held the spiky middle while my husband timidly sliced at the barbed trunk. A few painful minutes later, the bottom of the tree surrendered, and we were able to get the tree upright in the stand.

"It looks so small now," our son observed as we gawked at the maimed tree surrounded by sawdust and needles. "And it's crooked too." Over the next hour, we disguised the problem with as many lights as possible.

"Are we ever gonna put the ornaments on?" our youngest whined for the thousandth time. After drowning their disappointment in several mugs of hot cocoa, the kids finally abandoned us and ran off to play.

Around five-o'clock, the tree looked OK, but my husband still lay on the floor with the train set, emitting various expletives. Having found the manual too confusing, he winged it. Not surprisingly, the train would not budge.

I didn't want to reinforce his "if-I-screw-this-up-she'll-fix-it-anyway" habit, but I couldn't take it anymore. I opened the manual, found the diagram of track configurations, assembled an elongated circle,



Photo illustration

stripped the wires to expose fresh copper, inserted the wiring into the correct terminal, properly positioned the wheels, turned on the power, and away she went like the wind.

Exhausted by the fiasco, I ordered Chinese take away for dinner.

"Great job with the train, Dad," our middle child said as she crunched into a spring roll.

"And the tree looks terrific, too, Dad," our son offered with a mouthful of rice.

"Yea, thanks Dad!" our youngest exclaimed as she threw her arms around Francis' neck.

"You're quite welcome, kids," my husband said with a wink, "that's what dads are for."



PMO



Crime Prevention Tip of the Month

If you witness any suspicious activity or behavior on base don't hesitate to call the PMO desk sergeant directly at 257-2123/1018. Remember, callers can remain anonymous.

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

The Provost Marshal's Office would like to wish all military and civilian personnel aboard Marine Corps Base Hawaii, Camp H.M. Smith, and Manana Housing Happy Holidays. If going on leave or vacation for the holidays be sure to secure your residence and your vehicle(s). If possible have a close friend or trusted neighbor occasionally check on your residence and your vehicle(s). Stopping newspaper delivery while you are away, by either suspending your subscription or having a neighbor collect them, will prevent others from knowing you have been away from your residence for an extended period of time. Do not leave valuables in plain sight either in your residence or in your vehicle(s). Be sure to document all highly valuable items with photographs and pertinent information such as receipts and serial numbers. If possible utilize an automatic lighting device at your residence in an effort not to let others know you have been away for an extended period of time. As always, when enjoying the holiday season be sure to do so responsibly. Local law enforcement personnel and PMO will be strictly enforcing moving violations and alcohol laws to ensure a fun and safe holiday season. Have a safe holiday season!

IN CASE OF EMERGENCY DIAL 911



HITT CENTER CLASS SCHEDULE:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	TRX TRAINING (0630-0730)		TRX TRAINING (0630-0730)	
HITT WOD (1130-1230)	OLYMPIC & POWER LIFTING (1130-1230)	HITT WOD (1130-1230)	KETTLEBELL (1130-1230)	HITT WOD (1130-1230)
PLYOMETRICS & SPEED (1730-1830)	HITT WOD (1730-1830)	OLYMPIC & POWER LIFTING (1730-1830)	HITT WOD (1730-1830)	PLYOMETRICS & SPEED (1730-1830)

THE CENTER IS IN BUILDING 3099. ACTIVE-DUTY SERVICE MEMBER WALK-INS WELCOMED.



ENERGY CORNER *NEW ENERGY ETHOS*

We all know by now that the Marine Corps is very serious about energy efficiency and conservation. On Aug. 13, 2009, the commandant of the Marine Corps declared energy a top priority for the Corps and established a "Bases to Battlefield" energy strategy.

This strategy promotes a new "warrior ethos that equates the efficient use of vital resources with increased combat effectiveness." The main objective is to increase operational energy efficiency on the battlefield by 50 percent, which will decrease the demand for logistics support, particularly for liquid

fuels. But if energy and other precious resources are valued on the battlefield, they must also be valued at the installations. Through the combination of on-installation alternative energy production and energy demand reduction, 50 percent of our bases and stations will be net-zero energy consumers by 2020.

To reaffirm the commitment to energy efficiency, the commanding general of Marine Corps Installations Command issued the energy policy statement for all Marine Corps Installations, Sept. 25. It emphasized the importance of creating an "Energy Ethos" and culture of conservation across the

Corps.

At MCB Hawaii, we are striving to adopt the vision of the Expeditionary Energy Strategy and create a culture of conservation through our Energy and Utilities Management Program. Please continue to support the energy efficiency and conservation efforts.

SOURCES:

United States Marine Corps Expeditionary Energy Strategy and Implementation Plan "Bases to Battlefield"

Marine Corps Installations Energy Policy Statement – Maj. Gen. J.A. Kessler, commanding general, Marine Corps Installations Command



BASE, COMMUNITY EVENTS AND VOLUNTEER LISTINGS

Holiday hours aboard MCB Hawaii

We will be adjusting the operating hours of various establishments on Marine Corps Base Hawaii at Kaneohe Bay, Camp H.M. Smith and Manana housing during the holidays. Visit <http://www.mccshawaii.com/holidayhours.shtml>.

Free tasting at Whole Foods

Enjoy tasting some of the fine cuisine available in time for New Year's Eve at Whole Foods Kailua. The free tasting is Dec. 27 from 5 to 7 p.m. Chefs will be preparing sweets and seafood.

Nominations for Military Spouse of the Year

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. Nominations can be submitted at <http://msoy.militaryspouse.com> through Jan. 4. 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.

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>.

Volunteer opportunities with Kakoo Oihi

Volunteer for Kakoo Oihi's monthly community workdays clearing invasive vegetation, building irrigation ditches for new kalo, weeding and maintaining existing kalo, and other site-based learning activities. Invite your class, friends and family.

Our volunteer workdays are on the second Saturday of each month starting at 8:30 a.m. to noon. If you would like to attend please RSVP and fill out form at <http://kakooihi.org/event/world-habitat-day-2012>.

Please bring shoes, sunscreen, a refillable water bottle, bug spray and clothes you don't mind getting muddy. If you would like to schedule a separate workday, please contact the organization. Visit <http://kakooihi.org> for details.

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.

Pro Bowl 2013 tickets on sale at ITT

ProBowl 2013 tickets for the endzone and sideline are available at the Information, Tickets and Tours office at Mokapu Mall and also at Camp H.M. Smith's ITT office.

There is a limit of six tickets per ID cardholder. For more information, call 254-7563 or 477-5143.

Christmas Day holiday schedule

City government offices will be closed Tuesday in observance of the Christmas day holiday.

Emergency ambulance, fire, lifeguard, and police services will be provided. Handi-Van service will operate on its weekend schedule.

City buses will operate on a Sunday schedule. For details, visit <http://www.thebus.org> or call 848-5555.

The Pali and West Loch golf courses will be open on Christmas Day from 7 to 11 a.m. for 18-hole play and 11 a.m. to 1 p.m. for 9-hole play. Kahuku Golf Course will be open from 7 a.m. to 4:30 p.m. on Christmas Day. Ala Wai, Ted Makalena, and Ewa Villages golf courses will be closed. All satellite city halls and driver licensing offices will be closed.

Botanical gardens will be closed. Honolulu Zoo will be closed. The People's Open Markets will be closed.

Refuse will not be collected, and transfer stations, convenience centers and the landfill will be closed. (Tuesday residential gray-refuse bins will be picked up on Wednesday.)

On-street parking will be free, except for the meters on Kalakaua Avenue along Kapiolani Park. Parking will be permitted in tow-away zones where it is allowed on state holidays.

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.hawaiianhumane.org> or call 356-2216.

MARINE MAKEPONO Hawaiian for 'Marine Bargains'

Kitten Adoption. Scrappy is a 6-month-old domestic short-haired cat. Scrappy is a clean indoor cat. He plays well with children as well as dogs. 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. Call Kuuipo Rodas at 377-0716.

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. 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.

Need a new ID?

Before you go, read below!

As of Jan. 1, 2013, walk-ins will no longer be accepted

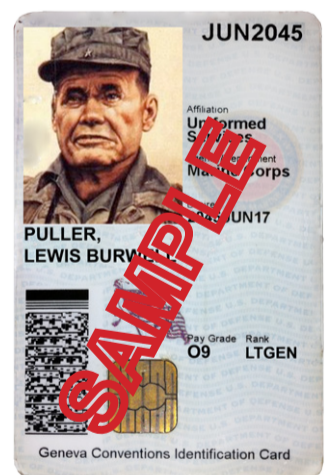
You must make an appointment online at <https://rapids-appointments.dmdc.osd.mil/>

- Appointments are available at 20 minute intervals from 7:20 a.m. and 2:40 p.m. weekdays. Appointments are subject to closures due to holidays, manpower shortages and technical issues
- Only one appointment is necessary per family
- A list of required documents is available at the website above

Questions? Call the Site Security Manager at 257-2077

Directions? DEERS/ID Card Center is located in building 1044, room 102

From the H-3 Gate, turn right, and the office is located on the first left at the split onto Selden Street



Hawaii Marine Lifestyles

History in Honolulu



Jon Radke | Courtesy photo

Waikiki Natatorium War Memorial

Kristen Wong

Marine Corps Base Hawaii

HONOLULU — At the edge of Waikiki, a silent, white structure stands tall, like a gateway to the ocean. Its gates are closed, and a peek through its iron bars reveals only a minimal view of its interior. Tourists, or even many residents who were born after 1979, may be wondering just what lies beyond this gate.

This structure is known as the Waikiki Natatorium War Memorial. It was built to honor Hawaii residents who fought in World War I. In his book, "Hawaii in the World War," author Ralph S. Kuykendall wrote the idea for building the memorial was first conceived in 1918.

It took the time and effort of individuals, groups and leaders to purchase property, craft a design and execute the plan. The memorial was delayed for a time, prompting a message from then-Honolulu Gov. Wallace Rider Farrington.

"We should not at this time hesitate to establish in enduring form our tribute to the self-sacrifice, courage and patriotism of those who answered the call to service in the day of national emergency," wrote Farrington in 1927, as cited in Kuykendall's book.

The memorial officially opened Aug. 24, 1927, sharing its birthday with legendary Hawaiian surfer Duke Kahanamoku, who took the first lap in its saltwater pool. Since then, visitors, residents and famous swimmers have graced its waters.

But the memorial was shut down in 1979 and has been the subject of heated debate ever since. According to the memorial's website, then-Honolulu Mayor Jeremy Harris called for renovations to start in 1998, and the memorial received refurbished bathrooms, bleachers, lifeguard offices, a parking lot and volleyball court. However, Honolulu's next mayor, Mufi Hanneman, canceled the renovation.

Although its future is unknown, the memorial currently remains on the

National and State Registers of Historic Places. It provides a backdrop to various annual ceremonies and events, including Memorial Day, Veterans Day and more recently, the Diamond Head Classic Paddleboard Race, Dec. 8.

For many Hawaii residents, the memorial is a childhood memory. The Hawaii State Department of Education once used the pool for its Learn to Swim Program for a certain number of years. Donna L. Ching, the vice president of the Friends of the Natatorium, is one of many local residents who remembers the memorial from its earlier days.

"You have a whole generation of people who don't know what the pool looks like," Ching said.

Ching used to visit the memorial as a child, with her grandfather. Ching said the memorial has a "magnificent" view, and calls it a "serene place."

"I just remember it being a place where families could go together and have a good time," Ching said. "I think the people who originally conceived (the idea) intended it to be a gathering place for the people of Hawaii as we remember veterans and their commitment."

For Mo Radke, the memorial not only represents World War I veterans, but also service members like those from 3rd Marine Regiment, who served on multiple deployment to Afghanistan in recent years. He lamented the memorial's extensive deterioration.

"You want the service members to be inspired," Radke said.

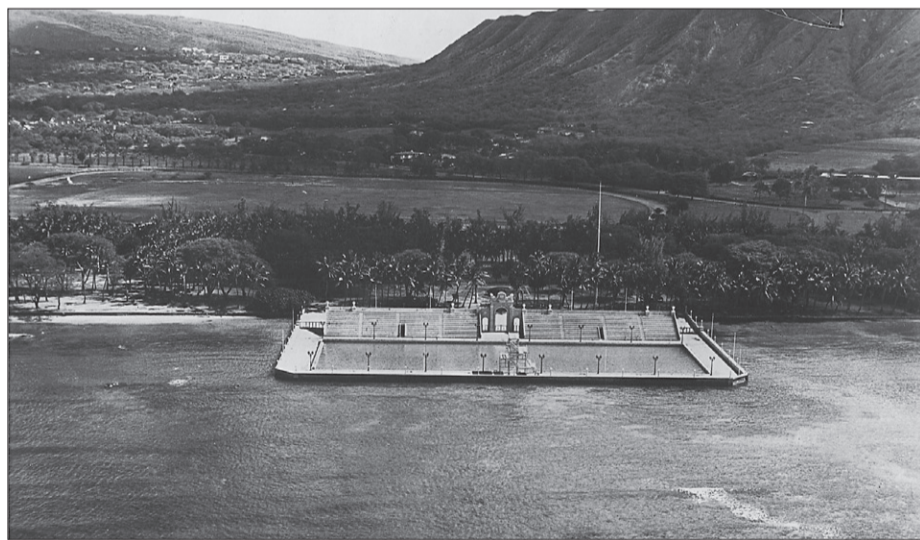
Radke, who gives golf lessons at the Kaneohe Klipper Golf Course, is a retired Navy command master chief and currently serves on the board of the Friends of the Natatorium. He learned of the memorial while training for a triathlon with his wife at nearby Kaimanu Beach in 2007.

He noticed people were going to the memorial to use the restroom, so he followed and asked them about the structure. They told him it was a war memorial. He found the actual memorial portion locked, and could



Hawaii State Archives | Courtesy photo

Swimmers sit at the Waikiki Natatorium War Memorial in a vintage photo.



Hawaii State Archives | Courtesy photo

The Waikiki Natatorium War Memorial is captured in a vintage photo from the 1920s.

barely see inside.

"My first impression of the memorial — I wanted to cry," Radke said. "My second emotion was anger. How could anyone let a war memorial turn into this?"

Radke was inspired to research the memorial, and eventually volunteered with the Friends of the Natatorium before joining the board. He envisions

the memorial will someday reopen, enabling families to enjoy a "Sunday afternoon swimming in the clean water, having a good time ... watching the sunset."

"The view of Waikiki is just spectacular from there," Radke said.

For more information about the Waikiki Natatorium War Memorial, visit <http://www.natatorium.org>.



Friends of the Natatorium | Courtesy photo

Above is an artist's rendering of what the Waikiki Natatorium War Memorial would look like after restoration. The memorial was completed in 1927 in honor of Hawaii residents who fought in World War I. Residents, visitors and celebrities visited the memorial to swim until its closure in 1979. Its future remains uncertain.

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.

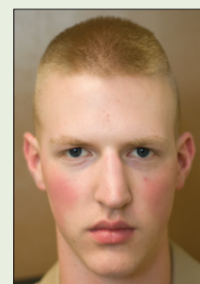


4/4 — Confirmed Kill
Genius. In the top 10 percent of its genre. This is the stuff legends are made of. Missing out on it would be a disservice to yourself.



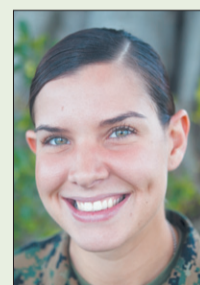
So, there you have it and we hope you enjoy our weekly reviews. Don't forget, The Hawaii Marine accepts submissions from its readers so if you consider yourself a film buff, music aficionado, gaming geek or bookworm, feel free to submit your own reviews.

Better Know A Critic



SAUTER

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



AMERICAN HORSE

Cpl. Vanessa M. American Horse can't stand to watch corny comedy flicks. Horror movies incite a violent rage in her, so she tends not to watch them. A good gangster flick or a comedy with intelligent humor entices her to leave base to see a movie and buy over-priced popcorn.

'The Hobbit,' the unusual predecessor to a famous trilogy

Cpl. James A. Sauter
Marine Corps Base Hawaii

One of the greatest movie trilogies of our time to grace the silver screen was "The Lord of the Rings." Not only was it an outstanding achievement in the name of cinema, it was a hallmark to one of the colossal literary works of the contemporary age. There have been other animated adaptations of professor J.R.R. Tolkien's works in the past, which unfortunately fell short of expectations due to the vast scope of books, but director Peter Jackson stayed the course and offered a masterpiece to fans of the books and film.

A decade later, rumors spread through Hollywood whether or not Tolkien's "The Hobbit" would ever make it to the big screen and whether or not Jackson would direct it. In addition, several hands exchanged copies of the script and made numerous changes. A single book was turned into a three-part trilogy that incorporated more of Tolkien's works of Middle-earth and morphed a children's fairy tale into a well-rounded movie that can satisfy fans of the darker "Lord of the Rings" trilogy. The result is "The Hobbit: An Unexpected Journey."

For those who've seen the "The Lord of the Rings," it won't be hard to compare this film with its pre-

decessors. Viewers immediately see the film's strengths and weaknesses, which are more apparent because they have the trilogy to reference. Tolkien wrote the book as a lighthearted children's fairy tale that is more steeped in fantasy than the conflict of good and evil in "The Lord of the Rings." The plot follows a company of dwarves who set out to reclaim their homeland from a dragon. At least it's something different than the Eye of Sauron.

The most favorable part of the film is the scene when Bilbo (Martin Freeman) encounters Gollum (Andy Serkis) for the first time and how Bilbo obtains the One Ring. Among the

famous moments in the original book, this is what ties "The Hobbit" to "The Lord of the Rings."

The film does have a tendency to drag at times, especially during the beginning but it picks up when

Bilbo makes up his mind to go an adventure to help the dwarves retake their homeland.

Another shortcoming of the film is the lack of magic as in Jackson's "Lord of the Rings." Not to say the magic isn't there, but it's significantly less than expected. "The Hobbit" also lacks the characters people fell in love with in the first few movies. The "Lord of the Rings" had a vast array of characters everyone could identify with, which is nearly absent in "The Hobbit."

Overall, "The Hobbit" is a nice reintroduction to Middle-earth. I wasn't expecting another "Lord of the Rings," but a different take on the fantasy adventure introduced to us 10 years ago. I highly recommend everyone watch this movie in the theater.



(On Target)

Guardians unite to banish boogeyman

Cpl. Vanessa M. American Horse
Marine Corps Base Hawaii

Fairy tale characters aren't just for kids. This becomes apparent around the holidays when children and grown-ups alike celebrate with presents, decorations and time-honored traditions. "Rise of the Guardians" challenges those who've lost faith in their beloved festive idols such as Santa Claus, the Easter bunny, the tooth fairy and Jack Frost.

The story line is centered on Frost's struggle with his self-worth. He's invisible to the real world aside from his icy antics of creating snow days and frigid weather. Frost wants people to notice his hard work creating winter wonderlands around the world, but he can't seem to figure out how.

A dastardly character named Pitch, also known as the boogeyman, is in the same predicament, however his goal is to be recognized for spreading fear and anxiety through nightmares. The troubled souls are brought together in angst

and, despite Pitch's persuasive nature, Frost remains resilient by continuing his mission to restore mankind's faith.

This heartfelt tale stems from author William Joyce's book series "The Guardians of Childhood" and was adapted into a 3D computer-animated film by director Peter Ramsey.

The all-star cast includes Alec Baldwin, Hugh Jackman, Isla Fisher and Jude Law. Each celebrity voiced their enthusiasm through their characters and made the audience believe in the "Guardians'" passion for their mission.

The movie inspires a cheerful assurance

that somewhere in the world there are people and spirits who care about happiness and good will.

Those guardians will stop at nothing to maintain order and fight evil that tries to cloud minds with despair.

Apart from the exhilarating plot, the animation stuns the audience with vivid colors and life-like interpretation of a fantasy world. Elves, baby fairies and a herd of Easter eggs provide hilarious comic relief during the tu-

multuous battle between the guardians and Pitch's army of terror.

Previously, movies about fairy tales have stuck to a traditional portrayal of classic characters. What sets this film apart is that Santa has tattoos, the Easter bunny is tall with an Australian accent, and the tooth fairy is a flirtatious, tooth-obsessed basket case. The break from the norm captures the attention of the audience and makes it hard to turn away as you're given a glimpse into the private lives of storybook legends.

"Rise of the Guardians" proved to be a surprisingly good children's movie for both young and old. With "Shrek"-caliber adult humor and a captivating story, it's a terrific holiday movie to take the whole family to see.

Certain nightmare scenes may scare young children, but it leaves everyone wondering if they'll actually get to meet any of the guardians one day.



(On Target)



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.



- "Wreck It Ralph" PG Today | 7:15 p.m.
- "Lincoln" PG-13 Today | 9:45 p.m.
- "Skyfall" PG-13 Saturday | 6:30 p.m.
- "Man with the Iron Fists" R Saturday | 9:45 p.m.
- "Rise of the Guardians" PG Sunday | 2 p.m.
- "Skyfall" PG-13 Sunday | 6:30 p.m.
- "Man with the Iron Fists" R Wednesday | 6:30 p.m.



National Oceanic Atmospheric Administration | Courtesy photo

A humpback whale breaches in the waters surrounding Maui.

The whales are coming

Lance Cpl. Jacob D. Barber

Marine Corps Base Hawaii

As the Hawaii winter approaches, sunscreen and camera-toting tourists will arrive in Oahu to crowd the beaches and streets of Waikiki. Many vacationers come to escape cold weather at home, while others simply relish the thought of spending their holidays in Hawaii. For Hawaii's largest tourist, the humpback whale, the island's waters are a place for mother whales to welcome their newborns into the world. Warm waters supply the perfect comfort for breeding and birthing after a 3,000-mile journey from the Gulf of Alaska.

Every year, approximately 6,000 to 8,000 Humpback whales call Hawaii home from December to May. Due to their large numbers and presence in shallow waters, the Hawaiian Islands Humpback Whale National Marine Sanctuary, an organization based in Hawaii Kai, offers residents an opportunity to see and count whales at several different observation points throughout the island, Jan. 26, Feb. 23 and March 30 from 8 a.m. to 12:15 p.m.

Why count whales? According to Honolulu native Jordan Ching, coordinator for the Sanctuaries 2013 ocean count, the data collected each year helps provide current information on the humpback whales' long-term activity and behavior. The information attributes to future studies on their migratory characteristics.

"It's a unique opportunity for military members and locals to observe the activity of these whales and learn a little bit about them," Ching said. "Knowledge is power, and this is a great way for us to expand our studies on these animals by observing them closely."

When asked what people should expect to see, Ching said, "The humpback is a very active and friendly creature. You could call them gentle giants. Usually observers and counters will see tail flops, breaches and spy hops. It's not rare for these whales to float alongside boats or even underneath them. They are curious by nature and with that, they will be easy to spot."

Tiffany Patrick, the community relations liaison officer on Marine Corps Base Hawaii, has participated



National Oceanic Atmospheric Administration | Courtesy photo

Spectators watch surrounding waters for humpback whales around Oahu.

in whale counting for the past two years. Patrick is enthusiastic about the activity and emphasized the importance of service members being involved.

"The awesome part is that we're enabled to see nature in its natural environment and play a part with the conservation efforts in a non-intrusive way," Patrick said. "With service members rotating in and out of Hawaii year-round, it's a great way to see the island and witness something truly amazing from the best views around Oahu."

Pyramid Rock and Mokapu Point are observation points on Marine Corps Base Hawaii, however, there are

several others to choose from if traveling isn't an issue.

Ching said it doesn't matter whether observers are on boats or on shore — there's no better place to go whale watching than in Hawaii.

"It's definitely worth it and it's an experience you won't forget," Patrick said. "Last year, I brought a friend with me and she absolutely loved it. It was a blast for me and I know others will enjoy it, especially those who've never been."

For more information, go to <http://hawaiihumpbackwhale.noaa.gov>, <http://sanctuaryoceancount.org>, or call 1-888-55-WHALE, ext. 253.

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 are interested in helping with our various programs.



- **Build your resume**
- **Develop new skill sets with free training**
- **Childcare 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.

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!

Keep holiday weight off your plate

Lara H. Smith

TriWest Healthcare Alliance

Temperatures are dropping, holidays are approaching, stress levels are raising and, for many us, our weight starts increasing. In fact, the average American gains approximately two to five pounds between Thanksgiving and New Year's.

Is it really a problem if a person gains one to two pounds during the holidays? According to TriWest Healthcare Alliance registered dietician Jackie Magyar, it can be.

"Most weight put on during the holidays is not lost after the season," says Magyar. "Year after year, those few pounds can add up, moving an otherwise healthy person into an overweight or obese state."

Being overweight or obese increases the risk of many diseases and health conditions including:

- Hypertension (high blood pressure)
- Type 2 diabetes
- Heart disease
- Stroke
- Sleep apnea and respiratory problems
- Some cancers (endometrial, breast and colon)

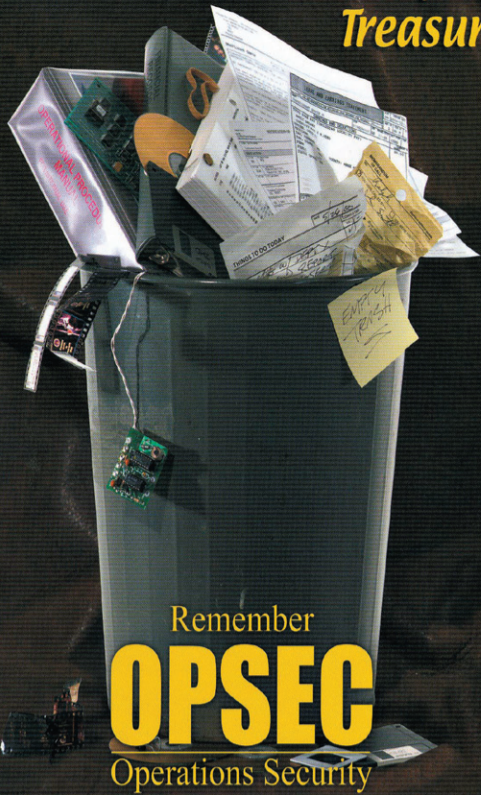
This holiday season, make sure the one thing you aren't adding to your plate is extra, unwanted pounds. Follow these easy steps:

1. Drink plenty of water. You hear about the value of drinking plenty of water every day; the holiday season is no different. Drinking water throughout the day and between meals will keep you feeling full and fully hydrated.
2. Decorate your plate, not just your house. Filling the majority of your plate with colorful fruits and vegetables is a great way to keep calories down. Avoid heavy sauces and creams. Round it all out with lean protein and you will feel full in no time.
3. Remember: good things come in small packages. When you watch your portion size, you can indulge in your favorite dishes and not feel deprived. This is especially true for the days you sit down for the big meals (see tip 6).

4. Go for quality, not quantity. Don't waste your calorie budget on mindless snacking. Save up for the big ticket items like dinner and dessert—just be sure to watch your portion sizes. And leave some food on your plate at every meal. You'll be glad the calories you left behind didn't land on your own behind!
5. Try a food exchange. You exchange gifts, why not food? If you know you can't make it through the holidays without Aunt Erma's famous sweet potato casserole, are you willing to exchange some time at the gym for it? If you indulged in too much eggnog, how about heading out for a jog before hitting the sack? Making time for exercise on days you've treated yourself can help combat the number of calories you have taken in.
6. Pace yourself on the big days and you can still indulge. Eat light earlier in the day (breakfast, lunch and a small snack) and do not skip meals. This will ensure you won't be starving by dinner and risk eating too much. When you sit down for the holiday dinner, have a small portion of everything served. This way you won't feel like you are missing out and can still enjoy all the great food being served.
7. Move it. Speaking of exercise ... whether it's speed walking through the mall, raking piles of leaves, or taking a family walk after dinner, make it your goal to move every day. Movement burns energy, which means you are burning calories. The decision to move a little every day could mean the difference between losing or maintaining your weight this holiday season.
8. Relax and enjoy! The holidays are supposed to be about connecting with family and friends, honoring time-held traditions and creating new ones. Take it easy and don't take too much on your plate, including extra, unwanted pounds.

For more healthy eating tips, visit TriWest at <http://TriWest.com/HealthyLiving>.

Your Trash...
Could be an Adversary's
Treasure!



Remember
OPSEC
Operations Security


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Park It If You Pour.

Even a little alcohol can affect your judgment, balance and coordination. The fact is, almost half of the riders who die in solo motorcycle crashes have been drinking. Play it safe. Don't start drinking until you've finished riding.






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www.mccshawaii.com/advocacy.htm


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

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

ONCE A MARINE. ALWAYS A MARINE.

