

Hawaii Marine

Malama Ka 'Aina

Units clean portions of MCB Hawaii for base pride

Lance Cpl. Tyler L. Main
Combat Correspondent

Malama Ka 'Aina was celebrated last week as all hands participated in a base-wide clean up of all buildings and grounds.

"Malama Ka 'Aina is a Hawaiian expression which means 'caring for the land,'" said Col. Robert Rice, commanding officer. "It is based on the way traditional Hawaiians viewed interactions among people and their environment."

"As tenants of MCB Hawaii, we should pride ourselves similarly in the cultural stewardship and sustainability and continue to make MCB Hawaii the epitome of paradise."

Rice encouraged all hands civilian, military and family to get involved in the event to "beautify our base".

The Base Inspector's Office was in charge of checking the assigned areas to ensure a satisfactory job.

"Clean up should be every day, but to have every command give a day or two of their time during this amnesty period to make sure [the base] is clean, makes a difference," said Sgt. Mark Swain, inspector/base working party noncommissioned officer in charge from the Base Inspector's Office.

"We're letting the American people know that the land they have given us to set up our bases is being well kept and will be well taken care of as long as

we're responsible for it," said Sgt. Joseph Jagerson, a base inspector.

Marines also went as far as Puuloa Rifle Range in Ewa Beach and Marine Corps Training Area Bellows to make sure all Marine Corps managed grounds were unpolluted.

Rice encouraged all civilian, military and family to get involved in the event.

"This event is designed to get all hands [Marines, sailors, civilian personnel, family members and volunteers] to work together in a cooperative effort to beautify our base," he said.

The MCB Hawaii Recycling and Reuse Center also did its part in making sure all collected recyclable material were processed.

Installations, Environmental and Logistics oversaw the emptying and returning of all recycling bins to prevent overflow and assisted tenant commands in properly disposing unserviceable items via the Defense Reutilization Marketing Office.

According to Rice, the mission was accomplished.

"We were successful, and the good thing was that everywhere I went there were large groups of Marines and sailors out in the weeds picking stuff up," he said. "We went through all of the common areas and even cleaned out the canal. Everything was sorted for recycling which ties into our theme — reduce, reuse and recycle."



Lance Cpl. Tyler L. Main | Hawaii Marine

Sgt. Jason Yoon, a rifleman with 4th Force Reconnaissance Company, does his part supporting Malama Ka 'Aina Thursday near the flight line. The recon Marines cleaned Hale Koa Beach, a portion of the flight line and their common areas.

Residents alerted of potential energy costs

Energy conservation program sends residents mock bills

Kristen Wong
Photojournalist

Since Sept. 1, base residents involved in the Resident Energy Conservation Program have been receiving monthly mock bills, giving them an idea of where they stand in terms of energy consumption.

"I think it's great because I know for this base in particular, 60 percent [of our budget] goes to pay for the electricity bill which doesn't allow them to give much back to us," said Petty Officer 2nd Class Michael Mills, air medical safety corpsman, Marine Aviation Logistics Squadron 24. "So if I can do my part, I'll be able to see that money come back to

the community on the base."

The K-Bay family of four was below the 20 percent buffer and would have received a credit if it had been during the actual billing period. Mills, of San Jose, Calif., said no sacrifices had to be made to stay below the buffer.

"It was just a way of living," Mills said.

Based on the mock bills sent out, the average payment due would have been \$61.03, for those homes above the 20 percent buffer. The largest single payment due would have been \$318.93.

Forest City Residential Management intends to visit the homes with the highest usage to inspect meters and talk with

residents.

Of the 2,100 homes here, at Camp H.M. Smith and Manana Housing receiving mock bills through the Resident Energy Conservation Program, 297 homes exceeded the 20 percent buffer on energy consumption, and 349 homes fell below.

Compared to electricity bills on the mainland United States, the bills here may seem steep. According to Forest City, Hawaii pays more per kilowatt hour than any other state, and as a result the bill is higher than residents are accustomed to.

"Hawaii is dependent on

oil unlike the mainland and [Hawaiian Electric Company] adds a surcharge to the base's electric bill every month to offset higher oil prices," said J.O. Park, director, Family Housing Department.

The initiative started with a

"Family housing is one of the largest consumers on the base."

- J.O. Park, director, Family Housing Department

policy in 1988 established by the Office of the Secretary of Defense, in an effort to conserve electricity. The program is being tested in Navy and Marine Corps housing at MCB Hawaii, Marine Corps Recruit Depot Parris Island

and Marine Corps Air Station Beaufort, in South Carolina.

The recent NAVADMIN 232/10 states residents in Public-Private Venture housing consume more electricity than off base community residents.

A study conducted at Barbers Point compared the privatized homes with similar homes in the private sector, showed that base residents were using 1.5 to 1.8 times more utilities than those living off base.

"Family housing is one of the largest consumers on the base and the rate is actually

See ENERGY, A-7

TRAINING FOR EMERGENCIES



Lance Cpl. Reece E. Lodder | Hawaii Marine

Marines with Headquarters and Service Company, 3rd Radio Battalion, treat simulated casualties during a mass casualty evacuation drill at Dillingham Air Field in Mokuleia, Hawaii, Oct. 21. The drill was part of a battalion-level field exercise at the air field, Oct. 18 to 27. See A4-5.

3RD RADIO RETURNS SUCCESSFUL

Intelligence aids Joint Special Operations Task Force – Philippines

Lance Cpl. Vanessa M. American Horse
Combat Correspondent

Recently, a group of 31 Marines from Detachment 14, 3rd Radio Battalion, returned from their six-month deployment in support of Operation Enduring Freedom - Philippines. Their mission was to help counter terrorism and reduce enemy safe havens by working with the Joint Special Operations Task Force - Philippines in advising and assisting the armed forces of the Philippines with intelligence support.

In addition to numerous III Marine Expeditionary Force exercises, contingencies and training events, 3rd Radio Bn. consistently

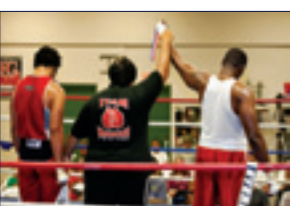
deploys two operational detachments with JSOTF-P and the 31st Marine Expeditionary Unit.

At the request of the Philippine government, JSOTF-P continues to work together with the armed forces of the Philippines to fight terrorism and deliver humanitarian assistance to the people of Mindanao and the Sulu Archipelago. Two Islamic terrorist groups, Abu Sayyaf and Jemaah Islamiyah have terrorized the area since the 1980s.

JSOTF-P is made up of special operations forces and support personnel from all four branches of the U.S. military and intelligence support increased in 2006.

See INTEL, A-7

Inside today's Hawaii Marine



Hook and a Jab.
Fighters Unlimited Boxing club participates in off base fight night, B-1



Elegance at Local Cafe.
Kailua restaurant offers fancy food and delicious sandwiches, C-1

Weekend Forecast

Saturday

High — 81
Low — 74

Sunday

High — 81
Low — 74

NEWS BRIEFS

Marine Corps Uniform Change Sunday

All Marines and authorized sailors will change their uniform to woodland MARPAT sleeves down on Nov. 7.

Adopt a Wounded Warrior Family

The USO Hawaii and Windward Mall are bringing holiday cheer to our wounded warriors.

At the mall on Nov. 13 from 10 a.m. to 4 p.m., you can choose a wounded warrior family wish list and donate items from the list to that family.

For more information, call the USO at 422-1213.

Marine Security Guard Brief and Screening

The Marine Security Guard duty screening team will be at Kahuna's Ballroom Nov. 15 for a brief at 8 a.m. and screening from 9 a.m. to 4:30 p.m., and at Sam Adams Pub Nov. 16 for a screening from 7 a.m. to 4:30 p.m.

All Marines with orders to MSG School must attend one of the briefs. Marines not on orders but who desire to be screened must bring a signed and completed commanding officer's checklist/financial checklist, service record book, copy of their security clearance form, medical records and MSG screening package.

Marines on orders and those being screened must be in their Service "B" uniform. Those wanting information about MSG duty may attend without checklists and in the uniform of the day, but will not be interviewed.

Combined Federal Campaign Extended

The 2010 Combined Federal Campaign has been extended to Nov. 15 in order to ensure everyone who is eligible to contribute has been contacted.

The charities sponsored by CFC provide services and assistance to people in nearly every walk of life. It is only through charitable donations that many of these organizations can sustain their efforts.

For more information, visit <http://www.cfc-hawaii.org> or call 473-3513.

Road Closures Updates

Harris Avenue Closed Until Nov. 30

Harris Avenue will be completely closed from Selden Street intersection to Bldg. 4088. Detour will be available to access Harris Ave. from Selden Street. North driveway to Bldg. 4088 will remain accessible.

Closures are required to perform final repavement over newly installed waterlines.

For information about this construction, call Philip Lum at 257-6900.

CORRECTIONS AND CLARIFICATIONS

In last week's issue, the story "Rehash trash: How to recycle unlikely items" stated eWaste Disposal Days were sponsored by the University of Hawaii. The program is actually sponsored by Apple and facilitated by UH. For more information, see the website at <http://www.hawaii.edu/ewaste>.

The Hawaii Marine strives to make its coverage fair and accurate. If you have a question or comment about coverage, call editor Chris Aguinaldo at 257-8835.

Important Phone Numbers:

On-Base Emergencies	911
Military Police	257-7114
Child Protective Service	832-5300
Fraud, Waste, Abuse & EEO	257-8852
Pothole & Streetlight Repair	257-2380
Base Information	449-7110
MCB Hawaii Chaplain	257-3552
DEERS	257-2077

Hawaii Marine

www.mcbh.usmc.mil

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Marines step up to mentor Puohala students

Lance Cpl. Reece E. Lodder

Combat Correspondent

PUOHALA ELEMENTARY SCHOOL, KANEOHE

— Rising above the status quo, volunteers from Headquarters Battalion Marine Corps Base Hawaii have extended their services beyond the base. They've again become involved in the local community, partnering with Puohala Elementary School in Kaneohe through Hawaii's Adopt-A-School Program.

Together with the battalion's volunteers, Lt. Col. Patrick R. Owens, HQBN commanding officer, and Sgt. Maj. Marvin Dixon, battalion sergeant major, joined students, parents and staff members to renew the partnership at the school, Oct. 27.

"The partnership is good for both the community and our base," said Owens. "It's important for the community to know we are serving our country, and we care about them."

Once introduced, the leaders took the stage in the school's crowded cafeteria. Owens offered the students an "ooh-rah," explaining the phrase's significance and asking them for some spirited motivation in return. Certain they could get louder, Owens had the students repeat the phrase until the cafeteria overflowed with sounds and smiles.

"We enjoy this partnership with Puohala," Owens, of Pittsburgh, told the crowd. "We are trying to do more for the school volunteer-wise, so we are going to give you 110 percent this year."

After pledging the battalion's support to the school, Owens joined school principal Alexis Kane in renewing the contract. Though the process took only a few short moments, the signatures written on the paper marked the beginning of another year of collaboration between the organizations.

"The partnership is a win-win situation," Kane said. "The fact that the volunteers are coming every week is magnanimous. Consistently being here for the kids and ready to talk to them is pretty special to the kids."

In the past, the HQBN Marines have contributed both monetarily and with manpower, Kane said. During the 2003-2004 school year, they helped pay for and install the school's sign at the entrance of the parking lot. Last year, they helped with maintenance, cleaning out a culvert and drainage ditch on the property.

These labor-intensive services have been beneficial, but the partnership's most valuable asset lies in the volunteers' interactions with the students, Kane said.

"The volunteers have always provided us with support, but the most valuable part has been their mentorship of the students," said the Kaneohe native. "They've been excellent about honoring their commitment."

During their visits, volunteers join students for various activities such as lunch and recess, or simply



Lance Cpl. Reece E. Lodder | Hawaii Marine

Lt. Col. Patrick R. Owens, commanding officer, Headquarters Battalion, signs an Adopt-A-School Program contract as Alexis Kane, principal, Puohala Elementary School, watches during an assembly at the Kaneohe school Oct. 27.

chat with them about what is happening in their lives.

Capt. Bradley Creedon, company commander, Headquarters and Service Company, HQBN, said Marines' fulfilling the mentorship commitment now enables the partnership's effect to extend into the future.

"The goal of the partnership with the school is to help the students become good citizens and mentor them toward college," said Creedon, of Albuquerque, N.M.

With a freshly renewed partnership, this rapport between Marines and students has the opportunity to grow. Students look forward to their mentors' visits, but they aren't the only ones discussing the program's benefits.

"I've had little kids come up to me and ask, 'When am I getting a mentor?'" Kane said. "The kids love the visits and look forward to them. We hear them talking about the activities they do with their mentors, and the parents are talking about it too."

Bank scammers target Hawaii residents

Lance Cpl. Vanessa M. American Horse

Combat Correspondent

Last weekend, Hawaii banks warned of a new bank "phishing" campaign that asks for credit card and other bank account numbers over the phone, through e-mail and text messages.

Banks started getting complaints about the calls Friday. The Hawaii Bankers Association, which represents the state's 11 Federal Deposit Insurance Corporation-member banks, issued a press release later that afternoon informing the public about the scam, said Gary Fujitani, the group's executive director.

"I don't have a Hawaii bank account, but I got a call saying my First Hawaiian Bank account was being closed and to keep it open, enter your account number and so on," said Marine Corps spouse Heather Castagnetti. "Two minutes later, my husband got the same call. The calls came from Florida and we knew it was a scam since neither of us have an account with that bank."

Affected banks include First Hawaiian Bank, Bank of Hawaii and American Savings Bank, the state's three largest financial institutions.

Officials with First Hawaiian Bank and Bank

of Hawaii confirmed Oct. 30 that their banks had received complaints about the fraudulent calls, texts and e-mails.

No legitimate financial institution will ever solicit its customers for personal account information over the phone, via text message or online, according to the HBA. Customers are urged to withhold sensitive information unless they can confirm they are speaking to a valid bank representative.

"Don't give out your account number over the phone unless you initiate the call and you know the company is reputable," said Master Sgt. Michael S. Faaborg, chief investigator, Criminal Investigation Division, Marine Corps Base Hawaii. "If you find any charges that you don't have a receipt for, or that you don't recognize, report these charges promptly, and in writing, to the credit card issuer and local law enforcement."

Victims of phishing tactics are instructed to contact their bank's customer service department. Credit and debit cards have toll free assistance numbers located on the back of the card.

HBA also recommends people hang up on the calls and delete the texts and e-mails.

For more information visit the HBA website at <http://www.hawaiiiba.org>.

RENDERING RESPECT



Chief Petty Officer Keith W. DeVinney | U.S. Navy

A U.S. Pacific Air Forces honor guard prepare to render a three-volley rifle salute while a bugler from the U.S. Marine Corps Forces, Pacific Band plays taps, during a wreath laying ceremony at the National Memorial Cemetery of the Pacific at Punchbowl Oct. 27. Minister for Foreign Affairs of Japan, Seiji Maehara, came to the cemetery and presented a wreath to honor the U.S. service members who have sacrificed their lives throughout the Pacific. Minister Maehara was in Hawaii to meet with U.S. Secretary of State Hillary Rodham Clinton.

AROUND THE CORPS

Your weekly guide to what's happening around the Corps

This week's top story

East Coast



Jason M. Webb | Marine Corps Logistics Base Albany

Chilean commandant visits LOGCOM

MARINE CORPS LOGISTICS BASE ALBANY, Ga. — Marine Corps Logistics Command rolled out the red carpet as Chile's highest ranking Marine visited here, Oct. 20. Rear Adm. Marco Amigo Jimenez, general commandant of the Chilean Marine Corps, toured multiple LOGCOM facilities during his day-long visit in which he saw firsthand how LOGCOM can help his force improve not only its amphibious, but defensive, humanitarian and multilateral peacekeeping capabilities.

"I had heard reports and commentaries about the capabilities here, but until I visited I didn't have an appreciation for LOGCOM's ability," he said.

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

West Coast



Cpl. Andrew S. Avitt | Marine Corps Air Ground Combat Center Twentynine Palms

Assault climbers reach new heights

MOUNTAIN WARFARE TRAINING CENTER BRIDGEPORT, Calif. — Marines and sailors with 2nd Battalion, 5th Marine Regiment, learned the art of mountain climbing and its practical application in a tactical environment during the climbing phase of their assault climbers course at the Mountain Warfare Training Course Oct. 4-15.

Throughout the five-week course, students learned about mountain safety, the care of mountaineering equipment, mountain casualty evacuations, suspension and traversing, among other techniques useful for assault climbers.

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

Overseas



Lance Cpl. Chris Kutlesa | Marine Corps Air Station Iwakuni

Vikings take to sky in bilateral training

MISAWA AIR BASE, Japan — Japanese jets attack Marines in F/A-18s. They swerve in the air dodging and diving. It looks like they are counteracting an attack, but in actuality their attacking is just acting. Marine All-Weather Fighter Attack Squadron 225 participated in a weeklong exercise with the Japan Air Self-Defense Force in Misawa, Japan, which started Oct. 18.

VMFA(AW)-225 recently executed orders to Marine Corps Air Station Iwakuni, Japan, in support of the Marine Corps Unit Deployment Program.

During its six-month deployment, the squadron is scheduled to participate in various exercises throughout Asia.

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



Air Force Staff Sgt. Kali Gradishar | 26th Marine Expeditionary Unit

Newly-appointed U.S. ambassador to Pakistan Cameron P. Munter offloads a bag of flour from a U.S. Marine Corps CH-53E Super Stallion helicopter bringing flood relief supplies to Hassan Khan Jamali, a small village in Sindh Province, Pakistan, Saturday.

New U.S. ambassador to Pakistan delivers flood relief

Gunnery Sgt. Bryce Piper

26th Marine Expeditionary Unit

PANO AQIL CANTONMENT, Pakistan — U.S. ambassador to Pakistan Cameron P. Munter distributed flood relief supplies Saturday at a World Food Program distribution point at Hassan Khan Jamali, Pakistan.

As the newly-appointed ambassador, Munter participated in the operation to see and participate in the Pakistan and U.S. military flood relief efforts conducted in Sindh Province.

"It is an honor to have the chance to work with the Pakistani military and the American military together, who are working to help the Pakistani people," said Munter. "This is a place that I think all

of us will remember as a symbol and as a reality of our cooperation, what we can do when we work together, when we face problems together. And I'm very, very grateful to the Pakistanis and Americans who've done all this work."

Munter arrived at the Pakistan military's Pano Aqil Cantonment in the afternoon and then flew to the Hassan Khan Jamali relief site where he and a team of Pakistani and U.S. military members unloaded approximately four tons of food aid from two helicopters. Pakistanis waiting at the site collected the humanitarian supplies for distribution in the surrounding area.

This was the ambassador's first trip to flood-affected areas of Sindh since arriving in Pakistan Oct. 27.

In addition to delivering food aid, Munter and his wife Marilyn Wyatt had an opportunity to meet with local flood victims.

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

Top story from the front



Sgt. Deanne Hurla | 3rd Marine Aircraft Wing (Forward)

Staff Sgt. Christopher Pischl, a crew chief with Marine Heavy Helicopter Squadron 362, 3rd Marine Aircraft Wing (Forward), ensures all Afghan National Army and coalition forces board a CH-53D Sea Stallion safely and quickly Oct. 17.

'Ugly Angels' provide support

Sgt. Deanne Hurla

3rd Marine Aircraft Wing (Forward)

JAHAZI, Afghanistan — Two CH-53D Sea Stallions from Marine Heavy Helicopter Squadron 362, 3rd Marine Aircraft Wing (Forward), landed here early in the morning Oct. 17 with approximately 30 Afghan National Army troops and Marines from Company C, 1st Battalion, 8th Marines, on board for Operation Stargate.

As part of the operation, HMH-362, the "Ugly Angels," transported the Marines to Jahazi, a village between Now Zad and Musa Qaleh, to set up snap vehicle check points in an effort to disrupt insurgent operations in the area.

The mission was to support the Afghan National

Army and coalition forces near Jahazi and stop insurgents from illegally taxing merchants on their way to bazaars in the area, explained Staff Sgt. John McFarling, a platoon sergeant for Company C.

Using helicopters to insert ANA and coalition forces allows for surprise, flexibility and a multi-prong approach to the operation, explained Capt. Kelly Attwood, a Sea Stallion pilot with the Ugly Angels.

As the helicopters landed, other coalition forces were arriving via convoy heading south on the area's main road.

This convoy set up vehicle check points before the helicopter insert took place, so if insurgents attempted to egress they would potentially run into one of those check points, where they would be stopped and searched, added Attwood.

Once on the ground, Company C Marines and ANA forces met little resistance.

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



Crimson blood oozes from the moulage kit of a simulated open leg fracture worn by Petty Officer 3rd Class Dennis Amos, a corpsman with 21st Dental Company, during a mass casualty evacuation drill Oct. 21.



Photos by Lance Cpl. Reece E. Lodder | Hawaii Marine

Gunnery Sgt. Joseph Maupai, training and operations chief, 3rd Radio Battalion, assesses the injuries of simulated casualty Seaman Brad Parkers, a corpsman with 21st Dental Company, during a mass casualty evacuation drill at Dillingham Air Field in Mokualeia, Oct. 21. Moulage kits attached to the casualties' rubber wounds poured out fake blood, forcing the Marines to properly secure dressings, bandages, tourniquets, and apply pressure before the blood from the wounds would clot.

“First aid is imperative to any unit, regardless of its make or model. We intend to do this training at every available opportunity to build our Marines’ proficiency and help prepare them for contingency operations.”

- Capt. Jonathan Cartrett, company commander, Headquarters and Service Company, 3rd Radio Bn.



Gunnery Sgt. Scott Chapman, company gunnery sergeant, Headquarters and Service Company, 3rd Radio Battalion, lifts simulated casualty Petty Officer 3rd Class Dennis Amos and a corpsman with 21st Dental Company, onto a field litter during a mass casualty evacuation drill Oct. 21.

3rd Radio Battalion takes to field, mixes it up with **moulage**

Lance Cpl. Reece E. Lodder
Combat Correspondent

DILLINGHAM AIR FIELD, MOKULEIA — Crimson blood oozes from the face lacerations and open leg fracture of an unresponsive casualty. Two Marines work quickly to stop his bleeding, grabbing gauze and bandages from the contents of an individual first aid kit strewn in the field around him.

On the count of three, they grasp the field litter’s handles, posture up, and shuffle through the rough grass toward the forward operating field. They set the litter next to seven others, continuing to treat the casualty until the medical evacuation helicopter arrives.

Though the casualties were simulated, they afforded Marines and sailors from 3rd Radio Battalion experience with a mass casualty evacuation drill here Oct. 21.

The drill, part of a battalion-level field exercise held at the air field, Oct. 18 to 27, was designed to prepare for future combat operations, and sustain core competencies in combat lifesaver support and first aid, said Capt. Jonathan Cartrett, company commander, Headquarters and Service Company, 3rd Radio Bn.

“First aid is imperative to any unit, regardless of its make or model,” said Cartrett, of Lake Worth, Fla. “We intend to do this training at every available opportunity to build our Marines’ proficiency and help prepare them for contingency operations.”

During previous training events, Marines learned and reviewed basic first

aid and combat lifesaver classes. Before the surprise drill, prompted by a simulated indirect fire attack on their base, only litter-bearers had been assigned roles, said battalion surgeon Navy Lt. Lynita Mullins. This enabled the Marines to be tested on their feet, and forced them to put their training to use, said Mullins, of Melbourne, Fla.

Following the attack, the eight casualties, played by Navy corpsmen from 3rd Radio Bn., 3rd Marine Regiment, 21st Dental Company, and Combat Logistics Battalion 3, were brought to a central location at the FOB. Several took a knee and readied their weapons, providing a security cordon. Amidst the casualties’ groans, Marines took charge in providing them aid.

Mending realistic wounds, however, wasn’t a familiar experience for most. Moulage kits attached to the casualties’ rubber wounds poured out fake blood, forcing the Marines to properly secure dressings, bandages, tourniquets, and apply pressure before the blood from the wounds would clot.

When the dust settled 20 minutes after the attack, the situation was well in hand. Despite having limited personnel and resources, Marines of 3rd Radio Bn. had successfully worked together to transport, treat, and ready the injured for a casualty evacuation, Mullins said.

They had been successful, but there was still room for improvement. Following the drill, the corpsmen who had been staged as casualties evaluated the Marines’ performances, offering suggestions and advice on how to improve a challenging,

mass casualty situation. Mullins encouraged the Marines to differentiate casualties with controlled and uncontrolled hemorrhaging, all while keeping watch over the ABCs of first aid — airway, breathing and circulation.

“Put your resources to where you can actually save lives,” said Petty Officer 1st Class Michael Gwinn, independent duty corpsman, Battalion Aid Station, 3rd Radio Bn. “Treat what needs immediate treatment and then get the casualties to a higher echelon of care,” the Griswold, Iowa, native said.

Besides the medical training, the field exercise afforded 3rd Radio Bn. Marines the opportunity for “green skills training,” said Gunnery Sgt. Joseph Maupai, training and operations chief, 3rd Radio Bn., of Kailua.

Between practicing helicopter operations with Marine Heavy Helicopter Squadron 363, calls for fire and close air support, security patrols, and weapons employment, the Marines had the opportunity to step outside their military occupational specialties.

“The exercise has been a good chance for the Marines to get out of their day-to-day routine and experience a small taste of the combat side of the Marine Corps,” said Sgt. Robert Monk, of Philadelphia, chemical, biological, radiological, and nuclear chief, 3rd Radio Bn.

Conducting operations in a tactical environment also enabled leaders to refine and streamline the battalion’s standard operating procedures.

Practicing convoy operations, and tactical and field-expedient, high frequency radio communication helps prepare the battalion’s functional areas for expeditionary operations, Cartrett said.

“We’re constantly preparing detachments for exercises throughout the [United States Pacific Command] area of responsibility in addition to supporting the 31st Marine Expeditionary Unit, and augmenting 1st and 2nd Radio Battalions in Operation Enduring Freedom,” he said.

3rd Radio Battalion completed their nine days of field training at Dillingham Air Field Oct. 27.



Corpsmen role-played as simulated casualties during a mass casualty evacuation drill Oct. 21. Marines are trained to sustain core competencies in combat lifesaver support and first aid,” said Capt. Jonathan Cartrett, company commander, Headquarters and Service Company, 3rd Radio Bn.



Photos by Sgt. Mark Fayloga | Regimental Combat Team 1

Abdul Raziq, an Afghan construction worker, dumps gravel on the roof of an annex building in the Nawa District Governance Center in Nawa, Afghanistan, Oct. 21. Construction projects in the governance center have provided hundreds of Afghans with job opportunities.

Construction projects in Nawa District Governance Center provide hundreds of Afghans with job opportunities

Sgt. Mark Fayloga

Regimental Combat Team 1

NAWA, Afghanistan — Do as much good for as many people possible.

That's been a driving force behind the planning of dozens of construction projects taking place at the Nawa District Governance Center in Nawa, Afghanistan.

From the larger projects like construction on a brand new shura hall, to the smaller painting jobs and air conditioner installation, Master Sgt. Sean Sargeant, along with the rest of the 3rd Civil Affairs Group and Nawa government, has been able to provide more than 500 Afghans with job opportunities.

"The majority of workers are all local," Sargeant, the 3rd CAG team chief, said. "They come right out of Nawa. I see people moving from workforce to workforce, and you get to know them by their name and personality."

Through ongoing construction, the CAG identifies skilled laborers who expand the local workforce. A larger workforce means greater potential for future projects

and more jobs for the region's citizens, Sargeant said.

Along with providing employment to as many as possible, Sargeant has been able to establish a reliable base of local contractors to work with.

Rather than have a construction company complete a building from start to finish, Sargeant will have the larger companies complete the primary construction. Local contractors complete the final touches, and other Afghans are hired to complete simple labor, such as basic janitorial work.

"By granting contracts this way, instead of paying ten people, you pay twenty — and then thirty — and it creates a much happier atmosphere to get everyone involved," he said.

Once construction on the larger projects has been completed, the new buildings will create a need for permanent positions.

"You need cleaning crews and maintenance crews, which creates more and more jobs," Sargeant said. "These projects give us the opportunity to employ many people."



Sofilala, an Afghan construction worker, takes a break while working on an annex building Oct. 21.

Sargeant will be leaving Afghanistan soon. After his half-year in Nawa, he's seen a transformation, but it isn't just construction projects and fresh paint.

"I don't even know how to characterize the change I've seen," Sargeant said. "I can tell you about the new buildings and square footage, but it's not just physical change. You look at the changes in personalities, people, relationships, atmospherics

... I think we've established a great relationship with everybody. We treat them with respect, and I think they appreciate that."

ENERGY, from A-1

determined by the peak demand the base establishes with HECO, which includes resident usage," said Park, of Fairmont, Va.

At the beginning of the program, residents are divided into groups with other residents in similar housing situations and given a baseline average with a 20 percent margin or "buffer" below and above this average.

Those who consume an amount of energy within 20 percent of the baseline are not charged.

Residents who exceed the 20 percent buffer are only charged for the excess amount. For example, if a family consumes five percent more than the 20 percent buffer, they only pay the extra five percent.

Residents with energy usage below the 20 percent buffer will receive rebates. These residents can choose to reserve the rebates as credits for future overages, or be issued a check, provided it's over \$15.

Residents can benefit from conserving energy. The less energy they consume, the more Forest City Residential Management can spend on other services such as fixing appliances, cutting grass, running ice cream trucks and maintaining community centers.

"Basically to conserve is a win-win situation for everybody," Park said.

Several factors have been identified in contributing to excessive energy use. Forest City reported that several people over the buffer usually have a second major appliance like an extra refrigerator or freezer.

In addition, one of the largest energy consumers in the house is its air conditioner. He suggested residents keep their windows closed when running the air conditioner.

"[Some residents] use the garage as living space," Park said. "It's not insulated for air conditioning. They'll leave the door open or they go back and forth all the time, which forces the air conditioner to work more and increases consumption."

There are other ways people can reduce energy consumption. Park recommended residents wash full loads of clothes at a time, and with cold water.

Dishwashers should be run full and dishes air dry overnight rather than using the heated drying cycle. Microwave oven use is preferred over conventional ovens.

According to the Food and Drug Administration website, microwaves target their heat on the food rather than heating the entire interior of the oven, and cook food faster.

New residents who move into housing during the actual billing will have a three-month mock billing period, unless they came from a duty station with the RECP program.

Forest City has already started contacting residents about lease renewals. Residents are required to sign new leases by Dec. 31. During this time they will have the opportunity to find new housing if they so desire.

According to Forest City, there will be town hall meetings scheduled in mid- to late February after the real bills have been mailed to residents.

People who have an account with Forest City's utility service partner can access their usage and bill projections at <http://www.militaryutilites.com>.

Forest City encourages residents to visit <http://www.HECO.com> for energy saving tips. For more information, visit the Family Housing section, accessible from <http://www.mcbh.usmc.mil>, or call Forest City Hawaii at 839-8700.

FREE EATS AND COOL TREATS



Cpl. Colby W. Brown | Hawaii Marine

Cpl. Chris Bias, intelligence analyst, intelligence section, 3rd Marine Regiment, native of Fremont, Ohio, enjoys eating at a free barbecue held by the Single Marine and Sailor Program at Kahuna's Bar and Grill last week Tuesday. The recent event is just one example of the many events and activities the program holds in support of single Marines and sailors E-5 and below.

INTEL, from A-1

Members of Company B, 3rd Radio Bn. are continuously deployed to the southern Philippines for six-month rotations, providing intelligence support to the commander of JSOTF-P.

While deployed, Marines live, eat and operate side by side with special operations forces and members of the armed forces of the Philippines on remote islands in the archipelago, subsisting on the local cuisine and battling the threat of disease according to Capt. Tyson M. Ackermann, Detachment 14 officer in charge, 3d Radio Bn.

"It was Spartan-like living conditions out there," said Sgt. Kent S. Fournier, signal intelligence support team leader, Detachment 14. "One soldier I lived with got dengue fever and had to be taken to a hospital in Manila. I also knew of another soldier that got spinal meningitis, which is very serious."

Working by, through and with the Philippine armed forces made it interesting for the Marines,

who are used to taking charge and "doing" vice "assisting".

"This is their country, and their mission. We are there to help," Ackermann said. "This is their fight, so it's different for us to fight side-by-side, rather than solely against our enemy."

This unique experience has provided 3rd Radio Bn. with a model to combat terrorism by providing intelligence support for other host nations who might request their help in the future. Techniques derived from the Philippines have already been used in Afghanistan and vice versa.

For their battalion's outstanding efforts supporting operations in Afghanistan, 3rd Radio Bn. was awarded the 2009 National Security Agency Director's Trophy. Leaders from the battalion accepted the award at NSA Headquarters at Fort Meade, Md.

3rd Radio Bn. will continue their constant presence in the Philippines and the battalion is already training the next detachment of Marines who are scheduled to deploy next year.

Sports & Health



Lance Cpl. Tyler L. Main | Hawaii Marine

Marine Boxer Nathan Lewis throws a right jab into the ribs of Isaiah Lavea, with Palolo Boxing Club, Saturday at the Palolo Boxing Club gym. Lewis bettered his record to 2-0.

FIGHTER LEADS WITH FISTS

Fighters Unlimited boxer scores second victory at Palolo Boxing Club gym

Lance Cpl. Tyler L. Main
Combat Correspondent

Many times during fight nights at Palolo Boxing Club gym, the most entertaining fights are further down the fight card. This was the case Saturday when Marine boxer Nathan Lewis took on Palolo Boxing Club fighter Isaiah Lavea.

Both fighters were obviously heavy hitters, competing in the 201 pound and up division. The fight was a slugfest for all three, one-and-a-half-minute rounds.

Coming into the fight, Lewis, who's with Third Marine Regiment, Combat Assault Company as a field radio operator, had missed a week in the gym due to training and was a little slower than usual.

"Hell yeah, it affected me," Lewis said, when asked about his absence. "Being out that whole week hurt my stamina and I got a little tired."

Even so, Lewis had an upper hand with his speed.

"I was quicker than he was," Lewis said. "I connected with my punches before he connected with his."

During the first round, both fighters were testing the waters,

trying to find out each other's strengths and weaknesses. Still, both delivered a few slobber knockers in their first look.

"I was just seeing how he fought and what kind of punches he threw," Lewis said.

In the second round, both fighters fired their arsenals. Lewis made it clear he was the better fighter, particularly when he landed a huge right hook to his opponent's dome.

The crowd went crazy.

"I was watching for some [familiar] punches and countering those," he said.

Finally, in the third round, both fighters slowed their assaults. They were feeling the repercussions of all the bombs dropped in their previous exchanges. But Lewis continued to counter and connect more than his foe.

See FIGHT, B-2

Fourth time's a charm

Waves roll in for Kuau Rockin' Surf Competition

Lance Cpl. Reece E. Lodder
Combat Correspondent

After three straight weekends of poor waves, surfers found the swells they'd been looking for at the Kuau Rockin' Surf Competition on Pyramid Rock Beach here Sunday.

It was originally scheduled for Oct. 9.

"This is the first time we've used most of the holding pattern for a competition," said Dino Leonard, assistant manager, Marine Corps Community Services Aquatics. "Due to the changing of the seasons, October is one of the hardest months from which to pick a competition date. When you're juggling holidays and block leave, however, it's one of the best times to hold a contest and still have waves."

Early on the competition morning, the first heat of the young short board surfers hit the water under an already blazing sun. Beginning with the first of five age groups — males age 17 and under — approximately 50 surfers progressed through their heats before concluding with the males age 45 and over age group. Likewise, the female short board surfers



Lance Cpl. Reece E. Lodder | Hawaii Marine

T.J. Metcalf gets into his element during a heat at the Kuau Rockin' Surf Competition at Pyramid Rock Beach here Sunday. Metcalf placed third in the men's 18-24 year old short board category.

competed among three age groups.

"We have year-round conditions here, so any time [outside competitors] are able to come on base to surf, it's a special day for them," Leonard said. "It's definitely a privilege for them to be able to participate."

Despite smaller waves during the morning heats, the conditions improved and size of the waves increased. Short board heats concluded, and men and women's open long board heats kicked off. Competitors, young and old alike, took advantage of the improved conditions.

See SURE, B-4

Headquarters Battalion Warriors dominates 3rd Radio

Lance Cpl. Vanessa M. American Horse
Combat Correspondent

The Headquarters Battalion Warriors claimed victory over 3rd Radio Battalion, 20-7, during an intramural league football game at Pop Warner Field Tuesday.

The teams met in the final game of the regular season before playoffs begin next week. The Warriors came into the game determined to win after their loss to Marine Corps Air Station Renegades last week. With only one win under their belt, 3rd Radio Bn. wanted to end the season on a high note.

"We beat the Renegades and they lost to them," said 3rd Radio Bn. head coach Ernest P. Villegas

before the game. "Do the math. This should be another win for us."

"We just have to contain them," said Warriors defensive coach Kelvin Brown. "Our plan is to play aggressive and stay aggressive."

They proved that eight minutes into the first quarter, when the Warriors scored their first touchdown. They missed the two-point conversion, leaving the score 6-0. 3rd Radio Bn. quickly lost possession as the Warriors intercepted the ball back.

An illegal substitution penalty was called on the Warriors, followed by an illegal kicking call that gave the ball back to 3rd Radio Bn. at the end of the first quarter.

See FOOTBALL, B-6



Lance Cpl. Vanessa M. American Horse | Hawaii Marine

Headquarters Battalion Warriors running back Andrew Scott holds back 3rd Radio Battalion defensive back Talon Jordan during an intramural league football game at Pop Warner Field Tuesday. "We should've had more points," said Warriors head coach Ethan "Skinny" Wilson. "Now it's time to get some good practice in and there ain't no tomorrow after tonight."

Winding UP for a SLOBBER KNOCKER



Photos by Lance Cpl. Tyler L. Main | Hawaii Marine

Nathan Lewis, a Marine Boxer, throws a left hook as Isiah Lavea attempts to evade the flurry of punches during their bout Saturday at Palolo Boxing Club gym in Honolulu. Lewis is now 2-0 in the ring.

FIGHT, from B-1

The fight went to decision. Both athletes took center ring, but it was Lewis' hand that was raised for his second victory.

Fighters Unlimited coach Jack Johnson was impressed with his fighter's performance.

"He did good and stuck to the basics a lot, that's what got him through," Johnson said. "We overcompensated with the basics to make up

for missing a week in the gym."

One thing Lewis is known for is his cool in the ring, Johnson said.

"He can remain so calm in any situation," Johnson added. "He can calm himself down, take a breath and go right back at it. Now we're going to work more on technique, mixed with the power of his punches."

For more information contact Johnson at 840-9043.



Catching breath, Lewis wipes sweat from his eyes after exiting the boxing ring. Unable to train the week prior, he still managed a decision victory Saturday.



Prior to his fight, Lewis has his hands wrapped for safety by a trainer. Lewis defeated Palolo Boxing Club fighter Isiah Lavea during their bout Saturday.



A referee holds up the hand of Lewis, who found victory Saturday. Lewis trains with Fighters Unlimited Boxing Club on base.



Fighters Lewis and Lavea take a brief break from the action in between rounds during their fight Saturday.

“I was quicker than he was, I connected with my punches before he connected with his.”

- Nathan Lewis, boxer

SPOTLIGHT ON SPORTS

Sports and Health Calendar

Commander's Fitness Series Event: Turkey Trot

Get ready for the holidays by going on a little run on Nov. 20. This 10K race takes place on scenic K-Bay starting at 7 a.m. at Pop Warner field.

To register for events in the Commander's Fitness Series visit the Semper Fit Center or go to the MCCS website at <http://www.mccshawaii.com/cgfit.htm>.

For more information about the events, call Tina Lui at 254-7590.

Pro Bowl Ticket Sale Kick-Off

Information, Tickets & Tours will open early for the sale of Pro Bowl 2011 tickets on Nov. 20 at 8 a.m. Sideline and endzone seats will be available. There is a limit of four tickets per customer.

For more information, call ITT at 254-7563.

Nutrition Class Focusing on Performance and Supplements

On Nov. 18, Tripler Army Medical Center dietician Capt. Joy Metevier will conduct a class providing information on performance and supplements. The free class will be held in the base chapel conference room from 11:30 a.m. to 12:30 p.m.

It will clear up faulty ideas about weight loss and supplements, and ensure people are using the safest and most effective techniques for performance training. It's open to all active duty, retirees, family members and Department of Defense employees. Another class is Dec. 16.

For more information, contact Neil Morgan or Dan Dufrene at 254-7636.

Athlete of the Year Nominations

Semper Fit is seeking applications for active duty male and female Marine nominees for the 2010 Athlete of the Year.

Nominations will be accepted by the sports department for all male and female active duty athletes who participated in intramural as well as varsity level sports programs on Marine Corps Base Hawaii Camp H.M. Smith or Kaneohe Bay.

Athletes may nominate themselves, a fellow athlete, or be nominated by a coach. Nominations will be accepted until Nov. 19.

For more information, contact Joe Au at 254-7591 or joe.au@usmc-mccs.org or Tina Lui at 254-7590 or luicm@usmc-mccs.org.

For more information on Marine Corps Base Hawaii sports and fitness programs, visit <http://www.mccshawaii.com/semper.htm>

Nutrition Class Focusing on Weight Control

On Dec. 2, Tripler Army Medical Center dietician Capt. Joy Metevier will conduct a nutrition class providing nutrition basics and weight loss techniques. The free class will be held in the base chapel conference room from 11:30 a.m. to 12:30 p.m.

It will clear up faulty ideas about weight loss and supplements and make sure that people are using the safest and most effective techniques for weight loss. It's open to Marines and sailors in the Body Composition Program, and anyone else interested in weight control. Additional date is Dec. 9.

For more information, contact Neil Morgan or Dan Dufrene at 254-7636.

Satellite Fitness Centers

Satellite Fitness Centers are located in Building 1033 and the Flightline Mini Gym, Building 301. Free weights and weight machines are available for use at these locations.

Hours vary due to operational commitments. Call 254-7594 for more information.

Personal Trainers Available

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

Schedule an appointment with a trainer who will take body fat measurements, blood pressure and heart rate readings. For a small fee per workout, a professional trainer will actually work with you to ensure maximum efficiency.

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

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

For more information, contact Semper Fit at 254-7597.

The Health Promotion Program

The Health Promotion Program umbrella embodies nine key elements, which guide patrons to live a healthy lifestyle.

To find out more, call the Health Promotion Program at 254-7636 or e-mail Health Promotion coordinator Dan Dufrene at dufrened@usmc-mccs.org.

Semper Fit Group Classes

Boot Camp

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

Cardio Kick

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

Cycling

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

Gut Cut

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

High Intensity Circuit Training

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

Moms on the Move

This class is designed for the active parent done in an outdoor setting involving the kids. Build strength and cardiovascular endurance during this fun group setting. With the use of resistance bands, body weight exercises, abdominal work and plyometrics this can help strengthen your body and mind. Strollers are required if you bring your child.

Muscle Conditioning

Not coordinated for a traditional aerobics class? This class has minimal choreography so this is safe. This muscular endurance workout uses hand weights and bands to work all muscle groups. Also try Cardio and Tone for a great cardio/muscle conditioning workout.

Pilates

This amazing class uses a powerful series of non-impact exercises for total body sculpting. This class will help develop strength, flexibility, balance, and weight loss to sculpt lean, long muscles and reshape your body from head to toe.

Normal hours of operation:
Monday-Friday, 4:30 a.m. - 10:30 p.m.
Saturday, 7 a.m. - 10 p.m.
Sunday and holidays, 7 a.m. - 6 p.m.



Photos by Lance Cpl. Reece E. Lodder | Hawaii Marine

Sixteen-year-old competitor Justin Burbage catches a wave during the Kuau Rockin' Surf Competition at Pyramid Rock Beach here Sunday. "It's cool to have a chill surf session with the guys that are out there putting their lives on the line for our country," said Burbage, of Kaneohe.

Men's

LONGBOARD

1. Lance Gentry
2. Christian Mosher
3. Ehaki Lee

17 AND UNDER

1. Timmy Metcalf
2. Makai Clemons
3. Eric Mitsui

18 TO 24

1. Wyatt Butterbaugh
2. Dylan Butterbaugh
3. TJ Metcalf

25 TO 34

1. Thomas Spear
2. Cheyne Somera
3. Lance Gentry

35 TO 44

1. Brad Akeo
2. James Malta
3. Steven Clemons

45 AND UP

1. Derek DeMauro
2. JJ Williams
3. Roland Yamashiro

Women's

LONGBOARD

1. Seaana Gentry
2. Iniki Leialoha

17 AND UNDER

1. Seaana Gentry
2. Sara Mcallaster

18 TO 34

1. Tatiana Grant
2. Wei Burkes



Wyatt Butterbaugh shreds a wave Sunday. Butterbaugh placed first in the men's 18-24 year old short board category.

SURE, from B-1

"Patience is the name of the game," said Billy Domingo, founder of Ainoskedu, a local sports apparel brand and competition sponsor. "The organizers waited this long to hold the competition, and now the surfers are really able to show their skills because of today's conditions. For a windward 'da kine' competition, these conditions are great."

While a number of service members competed, most of the surfers came on base from within the local community. For many of the avid surfers, it was a rare opportunity to surf with friends in exceptional conditions, without having to share the waves with crowds.

Apart from these opportunities, several of the younger competitors marveled at the opportunity to surf alongside service members. Sixteen-year-old competitor Justin Burbage said he often hits Pyramid Rock Beach's waters during the week. Nonetheless, the competition among service members on base was his first.

"It's cool to have a chill surf session with the guys that are out there putting their lives on the line for our country," said Burbage, of Kaneohe.

Building a healthy relationship and mutual understanding between the two communities may be a challenge, but finding a strong, common bond in surfing can help mesh them together.

"Being on base helps civilians understand and appreciate the sacrifices service members make," said Domingo, of Kailua Kona. "The reason we decided to sponsor the competition was because it allows us to bring our military and local communities together to mingle. Without the military, we wouldn't be able to surf in these waters."

The waves raged on, final heats concluded, and judges deliberated, leaving the competitors to dry out on shore. First place winners were awarded framed photographs by sponsor Ron Johnson; second place earned prize packs from sponsor Planet Sun; and the remaining winners were presented trophies from Ainoskedu.

Lance and Seaana Gentry, respectively, won the men and women's open long board categories. For a list of other winners, see the results to the left.



A competitor grips his surf board and walks back onto Pyramid Rock Beach Sunday.



Cowboy Brady Jernigan attempts to evade flag capture during a flag football game Saturday.



Cowboy Adam Holland avoids rival players as he attempts to keep possession of the ball during a youth flag football game against the Joint Base Pearl Harbor-Hickam Bengals Saturday.

Photos by Kristen Wong | Hawaii Marine

Joint Base Bengals beat the K-Bay Cowboys

Youth flag football season well underway

Kristen Wong
Photojournalist

The rain stopped just in time for a youth flag football faceoff between the K-Bay Cowboys and the Joint Base Pearl Harbor-Hickam Bengals, Saturday at C Street field here. The Bengals won 28-14.

Missing three players including their quarterback at the game, the Cowboys were in for a challenge. Frustration mounted as the ball sailed a number of times across the field, only to fall short of its intended target.

"A costly turnover near the end of the half gave the Bengals good field position and they were able to score again to take a 21-0 lead at the half," according to Cowboys coach Aaron Holland.

As the team took a short halftime with popsicles, water and orange slices, Holland had a pep talk with the sweat-laden Cowboys. He encouraged players

to give 100 percent effort, no matter what the score, no matter which half of the game.

"Keep your heads up," Holland said. "You play hard. [If] you don't play hard you'll come out, sit and watch."

Cowboy Jordan Dufrane, 13, was tasked as quarterback for the first time during this game. This is also his first season playing flag football, though he has played tackle football in previous years. Some of the challenges Dufrane said the team faced were "throwing hard and throwing straight to the people."

Still, Dufrane maintains that the team's strength comes from its defense.

"All the touchdowns they got were free plays," Dufrane said.

Holland highlighted the Cowboys,

eight flag pulls, center Preston Kemp's performance and Dufrane's "beautiful 45-yard bomb for another touchdown."

At the close of the game, the Bengals and Cowboys alike reflected on their strengths and weaknesses. Bengal

off" because they grew tired. Still, the Bengals had praise for the Cowboys.

"It's always tough when we play this K-Bay team," said Bengals coach Maurice Evans.

Evans said the turning point in the game was the touchdown, made by Bengal Dennon Slayton.

Tomorrow, the Cowboys will play the JBP HH Steelers on the C Street field. As the Hawaii Military Youth Athletic Association flag football season finished its fifth week, the K-Bay Cowboys have two wins,

three losses and one tie. Twice a week, the team prepares for their next match. Holland is confident that the team is capable of winning. He tries to make practice fun and enjoyable.

"They're getting better each week," Holland said.

"Keep your heads up. You play hard. [If] you don't play hard you'll come out, sit and watch."

- Aaron Holland, Cowboys coach

Ty Justo, 14, said although his team dominated during the first half of the game, he thinks they became "cocky" and "let [K-Bay] score on us."

Justo said one of the challenges his team faced was endurance. He said he and his teammates tended to "slack



Headquarters Battalion Warriors line up for the snap Tuesday.



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

3rd Radio Battalion running back Grady B. Parr is pulled down by a Headquarters Battalion Warriors defensive end during an intramural league football game at Pop Warner Field Tuesday. The Warriors won the game, 20-7.



3rd Radio Battalion defensive back George Starks reaches for an interception during the game Tuesday.

Warriors safety Julio Aguayo intercepted the ball from 3rd Radio Bn., but the Warriors fumbled, losing possession with 13 minutes remaining in the second quarter. Two minutes later, 3rd Radio Bn. lost the ball in a fumble.

Warriors' defensive end Joseph Dasenbrock scored a touchdown and the extra point was no-good for a score of 12-0, Warriors.

3rd Radio Bn. quarterback Andrew T. Rios took a pounding from the Warriors defense as he ran the ball toward the end zone each play because no one was open for a pass. His efforts got the team close, but they were unable to score before halftime.

"We're not playing bad football, but we need to get focused on performing this next half. This is the last game of the regular season for a lot of the Marines here because they may be getting out or [moving away], so we don't want to go out like this," Villegas told his team during halftime.

His words motivated the team as the second half started out with an interception from 3rd Radio Bn. defensive tackle Dennis Hughes.

With eight minutes remaining in the third quarter, Rios scored a touchdown

and the extra point was good for a score of 12-7, Warriors.

The fourth quarter began with an unsportsmanlike conduct penalty on Rios as he expressed his dissatisfaction of a series of hard-hitting plays from the Warriors.

"This game has been tough and the game of football is emotional," Rios said about the call.

With six minutes remaining in the game, Warriors running back Andrew Scott scored the final touchdown and the two-point conversion was successful.

"How many coaches wish they had one more quarter," Villegas asked rhetorically at the end of the game. "We're going to have to take the championship in the playoffs, and to do that we have to win three games."

The Warriors celebrated their top-seat position in the league mid-field chanting "Our house!"

"We should've had more points," said Warriors head coach Ethan "Skinny" Wilson. "Now it's time to get some good practice in and there ain't no tomorrow after tonight."

Play-offs start next week and both teams are scheduled for participation. For game times and details, contact the Semper Fit center, 254-7597.

You Are FAT!

Cpl. Colby W. Brown

Combat Correspondent

“Have a hot date in a couple weeks and want to look good? Working on your beach body to attract a mate? Looking to burn off those extra pounds that you haven’t been able to? Well, here at P90X, we have the work out for you, with a one-size fits all work out you can join a class or stay at home with our state-of-the-art video cassette guide on how to work your body into shape...”

When was the last time you heard anybody explain how he or she got in shape with a late night television gimmick? Never! Good fitness is through a tailored workout that isn’t timed or prefabricated by a corporate company to sell DVDs. Crossfit is a great example of a program that gives you what you need, as far as trainer advice goes.

You can tailor your workout to what you want. Want huge bulky muscles or lean, endurance muscles? Crossfit is for you. And what it provides you that P90X doesn’t is a real-time, customizable regimen that is personal to what kind of body type you want. P90X is a late night gimmick your grandma orders off the television to get in shape before going to a retirement home.

On the Crossfit website, there is a menu and guides to pick the kind of workout you want. They teach you how to do each exercise and then it is up to you to follow through. There is no need to purchase anything, Crossfit can be done anywhere and you don’t have to be in front of a TV when you work out.

It’s been tried and tested by thousands of professionals, from police academies to Olympic athletes.

Skill isn’t required — just sheer determination to get through the work out.

Choosing other workouts over Crossfit is like buying light beer. They say it tastes the same but really they are just lying to you. The only reason you wouldn’t pick Crossfit as your regimen plan is you can’t handle the gritty, sweaty effort it takes to finish a real workout.

If you pick P90X or any other work out, you might as well pick up a copy of Richard Simmons’ latest workout video as well. They are pretty much the same thing.

Crossfit also lets you meet like-minded people at the gym or where ever you choose to work out. The people you meet while participating in P90X aren’t as out going, and likely won’t interact with you besides asking if you have an extra diet soda for a pregame drink.

I wouldn’t even call P90X exercising; it’s just a cover for the lazy folk who don’t want to follow through. They will have it out on the table all the time and tell you how tough it is. But when you ask them if you can join in, they always decline. They just build it up like this miracle work out but never have results.



The Best Workout Regimen

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



BROWN



TUTHILL

P90X-mas

Sgt. Brian A. Tuthill

Combat Correspondent

If you want to get ripped, you have to commit. As a Marine, I was already in decent shape and looking for a challenge. I came back from Afghanistan this summer, but I hadn’t really worked out for a while and could tell I was regressing. After shopping around for workout programs, I decided the solution was 90 days of self-punishment.

P90X is a progressive, total body workout that allows you to easily drop the goo off your nasty body while gaining size, strength and endurance. Three months of working out, essentially non-stop, can seem daunting to some. But once you commit yourself and feel the change, you can’t help but want to stay with it.

I’ve seen increases in my speed, endurance, strength, flexibility, agility — you name it — all from popping in a DVD and working out until I literally drop from exhaustion. One of the best aspects of P90X is that you can work out on your schedule and push yourself beyond what you thought were your limits. I’m not a fan of gyms, so a video series with a scheduled workout is perfect for me. I can load up a DVD in a laptop or player and get a great workout just about anywhere, I just have to supply dumbbells and a pull-up bar.

The three-month schedule rotates through different major muscle groups and exercises in different patterns. This allows one group to rest while you punish others with the “muscle confusion” technique you hear so much about these days. P90X patented that. Some may scoff at the yoga or plyometrics, but I can touch my toes now and jump higher. It also helps build better overall stability and core strength. These kinds of workouts help construct your body as an athlete and help bring you to peak performance.

What I really like is the progressive nature of the series. You can start using standard techniques described, which is where most Marines are, or you can take on bigger numbers of weights and reps while following more challenging techniques shown. These kind of variations allow me to set ever-increasing personal goals and make each session a workout which only gets harder as I get stronger. I’ve seen guys in gyms who do workouts like CrossFit or similar programs, but one thing I see missing is the total-body concept. Unless you’re competing or trying to outgrow your shirt collars, you have to build consistently in all areas.

When I saw the “World’s Greatest Athlete” Bryan Clay, the Hawaii decathlete who took gold in the Olympics, I was taken aback by how lean he was. He certainly looked strong, with minimal body fat and muscle definition, but did not look the way I envisioned a super athlete to be. This is the kind of athlete P90X transforms you into — not a hulking meat head or one of those unfortunate guys who train themselves into asymmetric muscle development.

I’m not saying I can be the “World’s Greatest Athlete,” but I know I’m going to have better Physical Fitness Test and Combat Fitness Test scores, and will climb beyond the coveted perfect 300 faster than my Cross “Fit” competition.

Hawaii Marine Lifestyles

Subtly situated on the corner of Kainehe and Puniu Streets in Kailua, Kalapawai Café & Bakery has created confections and quelled cravings of locals and travelers alike since opening its doors in December 2006.



FROM SUNRISE TO SUNSET

Lance Cpl. Reece E. Lodder
Combat Correspondent

KAILUA, Hawaii — Finding a local restaurant successfully combining flavorful food with a classy atmosphere, friendly staff, and an affordable yet expansive menu had been a challenging venture. Offering delicious and nutritious food in a comfortable setting, Kalapawai Café & Bakery ended my search.

Subtly situated on the corner of Kainehe and Puniu Streets in Kailua, the small restaurant has created confections and quelled cravings since opening its doors in December 2006. Recently, it won a 2010 Critics' Choice Ilima Award after the Honolulu Star Advertiser newspaper's readership and restaurant critics voted it one of Hawaii's best restaurants.

The building's conservative size and appearance, however, aren't telling of what is offered inside. During the day, the bright, cheery atmosphere draws flocks of hungry locals and travelers alike. By night, the lights are dimmed and the mood transforms to one more classy and romantic.

"From sunrise to sunset, you can always get something good here," said Robin Bolle, a frequent visitor from Kailua. "The food is fresh, healthy and isn't pre-made. The variety has kept us coming back."

Beginning with the breakfast menu, the restaurant provides a healthy start to the day with bagels, sandwiches, wraps and fresh fruit.

Regardless of the time of day, dishes are made with fresh ingredients, much of which are locally grown.

A full-service espresso bar stocked with tasty, locally grown and roasted coffee offers the perfect jolt for those requiring caffeinated motivation. Their cold, blended drinks have a unique, flavorful taste light enough to not feel like a meal.

For lunch, the menu expands to include soups, salads, sandwiches, pizza and bruschetta. Without knowing what it was, I sampled the truffled cannellini bean tapanade bruschetta with fresh arugula and red pepper aioli. The smooth texture, arugula, and combination of flavors were a pleasant surprise for my uneducated taste buds.

While the dinner atmosphere is more formal, it is relaxed enough to

feel comfortable dining in a pair of shorts and a T-shirt. Patios at the front and rear of the restaurant offer an additional, airy setting under covered dining areas, and dinner is available on a first-come, first-served basis.

"When you come here, you can just relax," Bolle said. "The service is great and it's catered to the individual. There's always somebody who's very friendly and ready to help."

Out of each of the meals, dinner was my favorite. The entrée I ordered didn't look like a lot of food, but after my first couple bites, I knew it'd be more than enough. The stuffed chicken breast with parmesan crust, accompanied by fresh pasta and Hauula tomatoes, mozzarella, and Nalo basil, was the most full-flavored, satisfying meal I've had in a long time.

I don't usually spring for dessert, but decided to try the freshly made fruit crisp a la mode. Paired with the delicious entrée, the dessert solidified my next visit.

Along with the food offerings, the restaurant has an array of spirits to accompany meals, from local beers to various glasses and bottles of wine. More important, however, the servers know how to pair the two together, said Akela Locquiao, from Makiki.

She first visited the restaurant for lunch with her fiancé to enjoy a tasty pizza.

After enjoying the meal and learning about the dinner menu, they returned to experience the restaurant's evening atmosphere.

Locquiao said she was surprised and impressed when the server selected the perfect wine for their meals.

"The servers are knowledgeable," Locquiao said. "We didn't need a sommelier [wine steward] to tell us which wines paired with our meals."

Established by Don Dymond, owner of the country neighborhood store Kalapawai Market near Lanikai Beach, and his son Lindsey, the restaurant has become a local favorite and pleasant surprise to travelers passing through Kailua. Though its menu and popularity have grown, the friendly, small-town atmosphere and quality of food remain unchanged.

Kalapawai Café & Bakery is open from 6 a.m. to 9 p.m. Sunday to Thursday, and 7 a.m. to 9:30 p.m. Friday and Saturday. Dinner service begins at 4:30 p.m. on Sunday and 5 p.m. for the rest of the week.



Photos by Lance Cpl. Reece E. Lodder | Hawaii Marine

Kayleen Roberts, a waitress at Kalapawai Café & Bakery in Kailua, helps Kapahulu, Hawaii, native Michelle Frias pay for her meal following lunch at the restaurant. The restaurant, which opened its doors in December 2006, recently won a 2010 Critics' Choice Ilima Award after the Honolulu Star Advertiser's readership and restaurant critics voted it one of Hawaii's best restaurants.



Robin Bolle and Akela Locquiao toast with their wine glasses before enjoying a meal at Kalapawai Café & Bakery in Kailua. "From sunrise to sunset, you can always get something good here," said Bolle, of Kailua. "The food is fresh, healthy and isn't pre-made. The variety has kept us coming back."

PASS *IN* REVIEW

Your weekly guide to all aspects of entertainment

Welcome to the Pass In Review, your number one source for cinema, music, videogame, 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 ...



'Machine of Death' lives up to its title

Christine Cabalo
Photojournalist

Picking just one good story in the independently published "Machine of Death" anthology is like any of its characters escaping their foretold deaths — impossible.

In it, the "Machine of Death" can accurately predict anyone's cause of death but not an exact time. The mysterious invention takes a blood sample then spits out pieces of paper with the unavoidable result in capital letters. Answers are vague, sometimes limited to one word like "CANCER." Others are more elaborate but still equally hazy like "WHILE TRYING TO SAVE ANOTHER." How people handle these grim predictions connect the anthology's stories together.

What started as a punch line from a web comic by Ryan North, turned into 675 short story submissions from Internet fans. Editors North, Matthew Bennardo and David Malki picked their favorites and each penned their own tale.

The book is also an anthology of artwork, including an illustration for each story from more than 30 artists.

To tease readers, every story title is a cause of death. Many are surprising to predict. One result may read "OLD AGE," but the person could die from getting shot by an elderly man wielding a rifle. Despite being a book featuring a death-predicting machine, most of the stories deal with how people go on with their lives.

For example, in the story "FLAMING MARSHMAL-LOW," 16-year-old Carolyn is desperate to find out her cause of death.

Once she knows, Carolyn thinks her "life will start" since high school cliques all band together by the result. The "burners" are the cool group. Those listed under "old age" are branded as boring.

In the piece, "DESPAIR," one doctor battles death, trying to save several patients who've mysteriously become sick. The problem is all of the patients are listed with the same cause of death: "TESTS."

Mentioned in several entries, there are also "No-Knows" or people who refuse to find out their end. It's these details that add a great realism to the speculative stories.

Like all good anthologies, there are a wide variety of stories. Some entries are serious. Others are funny. Brian Quinlan writes one of the best of the comedy pieces of the book, with a cause of death that's a great one-liner. Without spoiling it, the story goes from amusing to downright hilarious with Quinlan's lone sentence accompanying the titular cause of death.

Showing the same spirit of innovation and technological savvy as its stories, the editors also have special previews, insider news and other digital extras at the book's website.

Born as a collaborative Internet project, "Machine of Death" editors took an extra step to include social media and other means to engage readers as well as its contributors. Initially given the kiss of death by mainstream publishers, the undeniable creativity of its stories ensures the book has life.



I see 'RED'

Cpl. Colby W. Brown
Combat Correspondent

The first word that came to my mind when I read the synopsis of the film "Red," directed by Robert Schwentke, was "generic."

The run of the mill ex-Central Intelligence Agency agent story with Bruce Willis as the main character really doesn't offer many cinematic surprises. But this film does offer a break from the needlessly bloody, realistic action films that seem to be trending.

Massive explosions and ridiculous fire fights bring viewers back to the good old days when special effects were used to make movies special and everyone had an endless clip in their weapons.

The casting for "Red" was immaculate. Willis as lead, Morgan Freeman and John Malkovich supporting and Mary-Louise Parker and Helen Mirren as "damsels in distress" builds the cast into an entertaining team to watch.

Willis plays Frank Moses, who is a retired black operations agent who knows too much. The CIA sends a team to kill him and the story takes off from there.

Moses fights and kills his way to find out who ordered the hit and reassembles what is left of his old team.

During this, Moses sweeps Sarah Ross (Parker) off her feet. He takes her on a journey similar to the romance novels she reads, bringing her the adventure she so longs for

in her life.

This movie is great if you are looking for entertainment and of wanting to watch fiction. What it loses in realism, it makes up for in comedy. When viewed with lighter expectations, it won't disappoint. If you want to see a dramatic, realistic action movie, this flick isn't the one for you. I found myself laughing more than finding myself at the edge of my seat. And

the unrealistic explosions took away any believable sense of a renegade CIA agent on screen. The characters were very addictive and, although played maybe a bit lazily, kept my attention. Malkovich, who played Marvin Boggs a victim of 10 years worth of experimental LSD testing, was my favorite character. His crazy antics and paranoia of the Internet and satellites made for many laughable stupid comments and situations.

Cheesiness and campy action — although probably done on purpose — make this movie less appealing as an action flick and more of a comedy one. The end result is a good movie that doesn't take much effort to watch. But it did leave me wondering how great a movie it could have been if the drama was more of the focus.

It's rated PG-13, so there is language that will be offensive to a younger crowd. The action isn't dramatic but may be frightening to children.



1/4 — No Impact, No Idea

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



2/4 — High And To The Right

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



3/4 — On Target

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



4/4 — Confirmed Kill

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



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

Better Know A Critic



BROWN

Cpl. Colby W. Brown thinks a good movie is one that isn't just a story but an adventure you can lose yourself in, something that stirs your imagination and then puts it on the screen for you. He likes all different types of genres but his favorite is drama.



CABALO

Christine Cabalo thinks the best way to travel distant lands is through the library. Stories don't need exotic locations to be interesting, she said, but by the end of a tale readers should feel like they've stolen a peak into someone else's life.



- "Devil" PG-13
 - "The American" R
 - "Takers" PG-13
 - "The Last Exorcism" PG-13
 - "Alpha and Omega" PG
 - "Machete" R
 - "The American" R
- Today | 7:15 p.m.
 - Today | 9:45 p.m.
 - Saturday | 7:15 p.m.
 - Saturday | 9:45 p.m.
 - Sunday | 2 p.m.
 - Sunday | 6:30 p.m.
 - Wednesday | 6:30 p.m.

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.

Book club brings fantasy fans together next week

Christine Cabalo
Photojournalist



Photos by Christine Cabalo | Hawaii Marine

Lisa Recklies is one of several regular attendees of the Hooked on Phantasy Bookclub, which meets every two weeks at the base library's multi-purpose room. The group discusses and reads books in the fantasy, science fiction, supernatural and horror genres. Their next meeting is Tuesday at 6 p.m.

Recklies said the club has read books that also be classified under horror, mystery or romance. Being exposed to the wide-ranging subjects fantasy books encompass has impressed her.

Since forming last year, the group has kept up steady membership. Even though some have moved away, Han noted she sees six to eight members each meeting.

The size of the group also allows for good discussion for readers of any age. Recklies regularly attend meetings with her 12-year-old daughter, and both have enjoyed reading books together. Whether it's books for readers of any age or specifically adults, Recklies said she appreciates a book with solid writing.

"A really good fantasy book is one that makes you forget it's a fantasy," Recklies said. "You can believe in the world the author has created, and the

Fans of fantasy books can join up to discuss their favorite books during the Hooked on Phantasy Bookclub meetings. The club has read books by Charlaine Harris, Christine Feehan and other fantasy writers.

characters are three-dimensional."

For more information about the club, call 354-0122 or look for the group's Facebook page. The club meets semimonthly, on Tuesdays at

6 p.m. This month, their meetings are scheduled for Tuesday and Nov. 23. No registration is necessary, and participants are welcome to bring refreshments.



TALK* STORY

On Nov. 10, the Marine Corps turns 235. What made you join the long lineage of men and women who choose to serve in the Corps?



"I saw the commercial with the guy climbing the mountain and slaying the dragon with the NCO sword. It just hooked me."
– Cpl. Kelly Sheehan



"To see the world, Asia, Pacific Rim. I always wanted to go."
– Gunnery Sgt. Steve Zeller



"To do something in life. To get away from the regular nine to five business."
– Cpl. Ryan Gazdag

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

WORD TO PASS

On Base

Make a Difference Day celebration at Mokapu Elementary School

Tomorrow

Mokapu Elementary would like to invite the base community to its annual Make a Difference Day celebration. The event is scheduled from 8 a.m. to 2 p.m.

With several projects planned, the school can also use all types of volunteers. The school is also collecting worn flags in need of retirement for our flag retirement ceremony that morning.

For more information, call Holly Carver or Jessica Byers at 254-7964 ext. 229.

36th Annual Oahu Car Clubs Cruise and Car Show to benefit Toys for Tots

Nov. 27

The show is scheduled from 11 a.m. to 2 p.m. at the end of the annual Toy Run aboard the base. More than 500 cars participated last year. More than 1,000 toys and cash donations benefitted the Toys for Tots Hawaii collection effort to make the holidays brighter for our less fortunate keiki.

The rally point for this year's event will be announced later.

For more information on this year's drive, visit <http://kaneohe-bay-hi.toysfortots.org/local-coordinator-sites/lco-sites/default.asp>.

Volunteer in the Community

Feed the homeless through Base Chapel outreach

Program volunteers are needed to help feed the homeless.

The Base Chapel is looking for volunteers to serve and prepare hot meals through the Institute of Human Services in Honolulu. Volunteers do not need to be attendees of chapel services. For more information call 257-5138.

Makahiki at Bellows Beach Park needs volunteers

The first Waimanalo Makahiki is scheduled on Saturday, Nov. 20 at Bellows Beach Park. The harvest festival includes ceremonial practices and competition games. Volunteers are needed on Friday and Saturday to assist with setup, breakdown, parking, security, trash, as game referees, and general support.

The Hawaiian Civic Clubs, Royal Order of Kamehameha, U.S. Air Force, U.S. Marine Corps, and the local community are providing support to this the event.

For more information, contact Sgt. Scott Whittington 257-8838.

Toys for Tots heads into the holidays

Toys for Tots has officially kicked off its 2010 campaign in Oahu and is looking for volunteers. Volunteer opportunities include participating in local events, collecting toys, and assisting in the warehouse.

For more information, call Staff Sgt. Arriaga at 257-7147 or 348-4532.

Special Olympics seeks help for Holiday Classic

Volunteers are the backbone of Special Olympics. The Holiday Classic is scheduled

In the Community

Arbor Day in Hawaii

Tomorrow

Hawaiian Electric Company and its partners will give away 3,000 trees and shrubs at six locations across the island: the Waianae HECO Kahe Power Plant, Pearl City Urban Garden Center, Honolulu HECO Ward Avenue facility, Kailua HECO Koolau Base Yard, Wahiawa Botanical Garden, and Waimea Valley.

Popular flowering plants are among the diverse varieties that will be given away this year, one per family, while supplies last.

Certified arborists and volunteers will be on hand to assist you in selecting the plant best suited to your needs. You will also receive information to help you to properly site, plant, and care for your tree.

For more information, <http://www.arbordayhawaii.org>.

USO Just Jazz Event benefits Hawaii's military

Nov. 20

Proceeds from this USO-sponsored event directly support Hawaii's military troops. It will showcase the talent of several contestants, along with special appearances by some famous professional jazz artists.

For more information, see <http://affiliates.uso.org/hawaii> or call USO Hawaii at 422-1213.

Dec. 4-5 here and at Joint Base Pearl Harbor-Hickam.

If you are interested in volunteering for this event, call Cindy Ujimori at 943-8808, ext. 27.

Head on the road for Meals on Wheels

Lanakila Pacific's Meals on Wheels program always needs volunteers to help deliver food to those who need it.

For more information, call Randi Jeung at 356-8532. See <http://www.lanakilapacific.org>.

Seeking scout help

Troop 425 here is always looking for adult volunteers to help with activities and programs.

The troop meets at the Youth Activity Center Tuesdays at 7 p.m.

For more information, call Adam Gramann at 254-5533, Ty McCarthy at 888-7122, or Bill Tourek at 349-0283.

Volunteer with the Children's Alliance of Hawaii

The Children's Alliance of Hawaii maintains a modest staff. Only with the help of volunteers are we able to touch the lives of so many sexually abused children.

If you have the ability to offer your valuable time or the time of your community group, we need volunteers to assist us with our special projects and our fundraising events.

Whether it is for a few hours once a week or a few hours once a year we can use your help and ability to work.

THE BOYS OF SUMMER



Photos by Kristen Wong | Hawaii Marine

(Left) Lt. Col. Patrick Owens, commanding officer, Headquarters Battalion, receives a check from Quentin Redmon, drug demand reduction program coordinator, Substance Abuse Counseling Center at the commanding officer's weekly meeting Tuesday. The battalion placed first in the big unit division (300 people or more) in the 101 Days of Summer program. (Right) Lt. Col. Jeffrey Pellegrino, commanding officer, Marine Corps Air Station Kaneohe Bay, receives a plaque from Redmon. MCAS won first place in the small unit division (299 people or less). Money won went to unit funds. The 101 Days of Summer program, which usually runs from Memorial Day to Labor Day, has been a tradition here since 2003. Through multiple sports and group activities, service members are encouraged to avoid risk-related behavior such as drug and alcohol abuse. Twenty-two units participated in 19 activities and events this year.

TRICKS, TREATS AND TERRIFYING TALENTS



Attendees to the Lanikai Elementary School Fun Fair scream their way through a haunted house built by Marine Corps Air Station, Kaneohe Bay. Through an official Adopt-A-School partnership with Lanikai, 15 Marines and sailors spent three afternoons building their haunted house for the 1,500 attending the fun fair. Marines and sailors wore makeup and spooky costumes, working in and around the haunted house Oct. 29 and 30.

Photos by Kristen Wong | Hawaii Marine



Radin Carolino, shift manager, Dairy Queen, presents Maria Zavala, 7, with a free ice cream cone on Sunday. Dairy Queen offered a free ice cream cone to all children in costume on Halloween.



Emcee Torano Harris, research, evaluation and analysis, Base Comptroller, introduces the crowd to competitors at the Manpower, Personnel and Administration Directorate Halloween costume contest Oct. 28. The directorate has come together multiple times throughout the year for team building activities. Directorate director Pete Swainson said through these activities, each office can get to meet colleagues they may not see on a normal basis.