

# M Hawaii MARINE E

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*We have switched our Sports and Lifestyles sections in preparation for our upcoming redesign, scheduled for the new year. Look in future issues for further changes to the Hawaii Marine.*

## Why you live on Suapaia Street

*Memorializing service members by dedicating roads, buildings*

**Kristen Wong**  
Photojournalist

The many communities of the United States remember people with pictures, plaques, and happy memories, as does the military. However, in some cases, the military may choose to remember individual service member through street signs, and the many buildings that make up the base.

Many venues are named after service members who, in one way or another, had qualities that the base felt could warrant this honor. However, the road to a commemorative name can be long, and decided on a case-by-case basis.

Generally bases would name a variety of parks, streets and buildings after service members from their respective state, said Bob Aquilina, the assistant head of the reference branch of the history division, of Headquarters Marine Corps, in Quantico, Va., and an Annandale, Va., resident. For the service member to be related to the state, in some way, they might have born or raised in the state, or was a longtime resident of the state. Kent Murata, the Director of Installations, Environment and Logistics, Marine Corps Base Hawaii, said the stipulations have changed over time, and in the future, some places on base may be named after non-Hawaii-related service members.

Murata also said the majority of the service members honored with a street or facility name are deceased, usually killed in action, but not always. The John W. Finn Building, which is located on MCB Hawaii, is named for retired Navy Lt. John William Finn. Finn received the Medal of Honor after having contributed to the defensive front of MCB Hawaii, then known as Naval Air Station Kaneohe Bay on Dec. 7, 1941. His citation, found on the Naval Historical Center Web site describes how he was wounded but continued to operate a machine gun against the enemy. Finn was present for the building's ceremony on June 29, 1999.

Murata, a Kaneohe resident, said not all the streets and buildings on MCB Hawaii, however are necessarily named after Marines. Some are named after people of other military

See **DEDICATION**, A-4

## Making keiki spirits bright with sound of music

**Lance Cpl. Cristina Noelia Gil**  
Marine Forces Pacific

Thanks to the generosity of BAE Systems, a worldwide partner of the United Service Organization, a free, public concert, Na Mele o na Keiki, "Music for the Children," is scheduled to be held at the Neal S. Blaisdell Concert Hall Dec. 10 at 7 p.m.

Members of the U.S. Marine Corps Forces, Pacific band and local celebrities Danny Kaleikini and Chris Vandercook were on hand Nov. 13 to show their support as the media was made aware of the event, designed to support the Toys for Tots campaign.

The concert will feature the MarForPac band playing holiday favorites along with some local entertainers.

"People can expect to see the full Marine concert band performing all the traditional Christmas songs they can imagine and songs with the guests," said Chief Warrant Officer 2 Bryan Sherlock, MarForPac band officer.

Along with Kaleikini and Vandercook, other local artists who will be volunteering their time and talent to perform with the

See **MUSIC**, A-4



Iraqi policeman communicate with other Iraqi Forces, Nov. 10, at the Joint Coordination Center. The JCC, part of Karmah's Iraqi Police Station, acts as a hub for Iraqi Forces operating in Karmah and facilitates communication between the various security forces.

## Communication key to success in Karmah

**Lance Cpl. Achilles Tsantariotis**  
Combat Correspondent

**KARMAH, Iraq** – As Karmah progresses toward self-sufficient security with varying branches of Iraqi security forces, one of the final milestones necessary for the forces' proficiency is organization.

To assist the Iraqis, Marines operating in the region helped them to set up a Joint Coordination Center, which facilitates the organization of efforts of Provincial Security Forces, Iraqi Army and Iraqi Police and helps propel their collective efforts to efficiently and diligently promote

security in the greater Karmah area.

The JCC is essentially the hub for all communications between the security forces, explained Master Sgt. John Grimsley, the 36-year-old assistant operations chief from Groom, Texas, with Task Force 1st Battalion, 3rd Marine Regiment, Regimental Combat Team 1.

The center is manned by representatives from each element of the ISF, as well as a Marine staff non-commissioned officer and a radio operator who are there to assist with any difficulties.

"We've taught them how to collect information and push it to the appropriate security forces as

well as us," Grimsley said. "It's the only way to get our thumbprint off this country and help them secure their own land."

The significance of the center's success is substantial, said Major Jason Borovies, the 31-year-old operations officer from Springfield, Va., with 1/3.

"It's important for two reasons," he said. "One is for the obvious, it's essential for them to coordinate their forces. Secondly, it's important to coordinate their operations so we can continue the transition to an overwatch position."

Borovies credited both Marines and ISF for early successes at the center.

"The Marines have done an outstanding job setting up the JCC," Borovies said. "They provided instruction and the Iraqi's figured it out from there."

ISF leaders also recognize the significance in uniting their forces.

"Providing communication between forces in the area is one of the most important things we have left to do," said Iraqi Lt. Col. Ali Meshal Hardan, the lieutenant colonel of Karmah Iraqi Police Station. "Before the (JCC) no one seemed to know what was going on. Now we coordinate efforts of all the forces to secure Karmah, and work with Marines much better."

## MarForPac encouraged to wipe out waste

**Lance Cpl. Cristina Noelia Gil**  
Marine Forces Pacific

**CAMP H.M. SMITH, Hawaii** — In observance of America Recycles Day Nov. 15, U.S. Marine Corps Forces, Pacific personnel were encouraged to contribute to a better environment through recycling paper products.

Recycling is the key to conserving our already limited capacity of raw materials, said Jim Sibert, Marine Corps Base Hawaii recycling center manager.

"It takes years and years to grow a tree, but just a few seconds to throw a sheet of paper into a recycling bin," Sibert said.

Not only is recycling the key to reducing the amount of waste going into landfills and conserving natural resources, but at MarForPac it could potentially save the Marine Corps money, according to Katie Ramirez, MarForPac environmental engineer.

Currently, emptying dumpsters on base costs \$30 each time they're emptied, Ramirez added.

See **RECYCLE**, A-5



Lance Cpl. Scott A. James, U.S. Marine Corps Forces, Pacific G-6 customer service liaison representative, does his part to reduce waste by recycling paper products to a white dumpster located behind building one, near the post office, labeled 'Honolulu Recovery System.'

## Fuels Dept. conducts oil spill exercise

**Lance Cpl. Alesha R. Guard**  
Combat Correspondent

During a routine C-17 refuel, a Fuels Department employee collided his refuel truck into another refueler at Hangar 105, Friday, Nov. 14.

The collision caused both vehicles to roll over and damage the C-17 port wings and fuselage.

Oil [JP-8] was seen spilling onto the parking apron from both trucks and potentially the aircraft.

The Control Tower notified Base Security that the collision appeared to be an intentional act of sabotage as the second truck accelerated and intentionally struck the first refueler and the C-17.

The simulation scenario was used as part of the Marine Corps Base Hawaii annual Oil Pollution

See **SPILL**, A-5

## NEWS BRIEFS

### Tax Center Looking for Volunteers

The Tax Center at Marine Corps Base Hawaii is seeking volunteers with interest in gaining tax experience and assisting service members, dependents, retirees and eligible civilians with preparing income tax returns for the 2008 tax season.

No prior tax knowledge or experience is necessary. There are no requirements for volunteers other than a basic knowledge of computers, the desire to learn, and willingness to help others. The Tax Center in cooperation with the Volunteer Income Tax Assistance (VITA) program will provide all the necessary training at no cost. In exchange for this invaluable training, volunteers are only asked to work a minimum of 10-15 hours per week. VITA training is scheduled to commence during the first week of December.

Those with interest in becoming a VITA tax preparer should contact Staff Sgt. Lagendrick Boston at 257-6741.

### Base Chapel Hours

Catholic: Daily Mass is Mondays through Thursday, from 11:30 a.m. to noon. Saturday Mass is 9:30 a.m. and 5 p.m. Sunday Confession starts at 4 p.m. Preschool to 12th-grade student Sunday lessons are from 10:30 a.m. to 12:30 p.m.

Protestant: Traditional services start Sundays at 8 a.m. Sunday contemporary service with Children's Church begins at 11 a.m. Religious education classes for children and adults are held Sundays at 9:30 a.m., beginning in the fall.

### HPD Sobriety Checkpoints

The Honolulu Police Department will be involved in the annual 52/12 (Fifty-Two Weeks/Twelve Months) Sobriety Checkpoint Program, which began on Nov. 2.

Police Officers will establish sobriety checkpoints at undisclosed times and locations throughout Oahu. HPD encourages everyone to establish a designated driver before going out for an evening of fun, and urges service members to use their "Arrive Alive" cards instead of driving intoxicated.

### Hawaii Marine Retraction

The Hawaii Marine makes every effort to report the news fairly and accurately. The following facts were misreported in an article on page A5 in the Nov. 14 edition:

The new Provost Marshal's Office community relations officer is named Leroy Contee, not William Contee. Mr. Contee is a retired Marine and a retired officer from the Honolulu Police Department, but still the current president of the non-profit organization D.A.R.E. Hawaii. He is not soliciting funds, and he previously purchased "drunk goggles" which simulate alcohol impairment.

### 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
MCBH Duty Chaplain	257-7700
DEERS	257-2077

## Hawaii MARINE

[www.mcbh.usmc.mil](http://www.mcbh.usmc.mil)

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## From vets to tots ...



Sgt. Scott Whittington  
Dave Follo, president of the U.S. Submarine Veterans Bowfin Base and Spouses, hands over a toy to Staff Sgt. Dennis Winger from U.S. Pacific Command, Nov. 7 at Lockwood Hall at Pearl Harbor. The submarine veterans handed over more than 80 toys to the Toys for Tots program.

# From the Commanding Officer

## CO's Environmental Policy



### COMMANDING OFFICER, MARINE CORPS BASE HAWAII

#### ENVIRONMENTAL POLICY

As the Commanding Officer, Marine Corps Base (MCB) Hawaii, I am dedicated to maintaining facilities and services that support readiness and global projection of our operating forces. We must be committed to environmental excellence and minimize risks to our mission by ensuring responsible stewardship of our land and resources in order to sustain and enhance mission readiness and access to training areas.

MCB Hawaii will continually improve its environmental performance through a systematic environmental management program, which will be an integral part of our day-to-day decision-making and long term planning.

We will continue to assess our activities to determine their impact on the environment and actively seek opportunities to improve the effectiveness and efficiency of our environmental management.

We will protect our natural and cultural resources. MCB Hawaii will meet this challenge with dedication and focus to conserve the natural and cultural resources with which we have been entrusted and the clean up of contaminated sites.

We will integrate a pollution prevention ethic into all activities through source reduction, resource recovery and recycling. Sound pollution prevention practices improve the efficiency and effectiveness of our operations while preserving the environment.

We will maintain strong community relations by partnering with our neighbors and regulatory agencies to enhance stewardship of the environment, create goodwill, and build trust. The environment affects everyone. Our goal is to work with all the people of Hawaii through this partnership to the mutual benefit of everyone.

Compliance with environmental laws is critical to maintaining our readiness. I ask that each Marine, Sailor, family member, or individual, no matter what your capacity at MCB Hawaii, take responsibility to comply with environmental laws, regulations and policies to ensure that we have done all that we can to meet our responsibility of good stewardship of our environment.



*R. D. Rice*  
R. D. RICE

COLONEL, U. S. MARINE CORPS  
COMMANDING OFFICER, MARINE CORPS BASE HAWAII

## Weekend weather outlook

### Today



**Day** — A 50 percent chance of showers. The rain could be heavy at times. Mostly cloudy, with a high near 84. South wind around 13 mph.

**Night** — A 50 percent chance of showers. The rain could be heavy at times. Mostly cloudy, with a low around 69. South wind around 13 mph.

**High — 84**  
**Low — 69**

### Saturday



**Day** — A 40 percent chance of showers. The rain could be heavy at times. Mostly cloudy, with a high near 78. East wind around 11 mph.

**Night** — A 50 percent chance of showers. The rain could be heavy at times. Mostly cloudy, with a low around 69. East wind around 8 mph.

**High — 78**  
**Low — 69**

### Sunday



**Day** — A 40 percent chance of showers. Mostly cloudy, with a high near 78. East wind around 15 mph, with gusts as high as 18 mph.

**Night** — A 50 percent chance of showers. Mostly cloudy, with a low around 69. Southeast wind around 14 mph.

**High — 78**  
**Low — 69**

# Funeral detail

## Giving Marines their final salute

**Lance Cpl. Alesha R. Guard**  
*Combat Correspondent*

"I know our dad was with us that night, standing there proudly with a smile on his face and a tear in his eye to have such an honor bestowed upon him. I'm so thankful to have witnessed this ceremony in our dad's honor. And I'm especially thankful to the Marines who took the time to prepare and perform this memorable ceremony. I will never forget it," said Cindy Rose P. Barrows, daughter of U.S. Marine George Wong.

Barrows' father, Pfc. George Wong, passed away Oct. 15, 2008. He served his country and Corps in the 1950's and was honored, Oct. 20, by the Marine Corps Base Hawaii funeral detail who gave him his final salute.

Each month a new detail of Marines is assembled from various units aboard base to come together and conduct military burial honors for funerals throughout the islands of Hawaii.

With Marines' daily job occupations not normally including skills needed to perform in the ceremonies such as precision rifle handling, flag folding and pall bearing, detail members must attend rigorous practices to quickly learn and perfect the ceremony.

"Marines get a great sense of pride from doing the funeral detail," said Lance Cpl. Joseph D. Avery, retirements and separations clerk, Installation Personnel Administration Center. "It shows another side to the Corps that you don't get to see very often."

Lance Cpl. Michael Burkes, lithographer, Combat Camera, said being apart of the detail reminded him that Marines are part of a special few, an idea that all too often is forgotten during day-to-day work in the Corps.

"I think giving junior Marines this opportunity allows them to understand the concept of 'Once a Marine always a Marine,'" said Staff Sgt. Jonathan Brady, company gunnery sergeant, IPAC. "It also gives them the chance to see how much of an impact this [ceremony] can have on a family, local community and the public."

Brady said being a part of funeral details provides Marines with an opportunity to learn about the path their brothers before them have paved through their sacrifices for our country and Corps.

"These junior Marines get to see that no matter how long you have been away from the Marine Corps, we will always be here for you and your family," Brady said.

Burkes said Brady motivated him during the long practices by reading the history of the deceased Marine's service in the Corps.

"We were always told the great things the Marines did before we performed the ceremony for them," Avery said. "We knew their grade, how long they were in and what they did. It made us want to do great things for them and for their families."

Sgt. Melissa Hernandez, military police officer, Provost Marshal's Office, said throughout October's details, many of the Marines were Vietnam or Korean War veterans. She believes junior Marines can associate them with building the Corps into the strong fighting force it is.

"Because they served honorably, they should get full honors from those of us that are now carrying on the legacy," Hernandez said.

With a new detail assembled each month, Marines practice daily until each movement is perfected, and even then, they continue to drill.

"I tell my Marines that they need to practice perfection because these Marines are why we are still here today," Brady said. "I tell them they should be [performing the ceremony] as if they were doing it for the person to the left and right of them, because there is no telling if they will be here tomorrow."

Although the Marines often have to juggle their daily workload on top of long practices, to them, it is well worth the extra time and effort.

"Staff Sgt. Brady loves the Marine Corps

and he makes the funeral detail a great place to be," said Avery. "It's a lot of practice and usually extra hours during your free time, but it's a great honor."

The Marines not only practice perfection, but must also perform with steadfast bearing, often having to stand for hours without moving throughout the funeral as a sign of respect for the late Marine.

"While standing there waiting to fire, you think about how badly your feet hurt or about the bug crawling on your neck," said Cpl. Jordan T. Lake, supply chief, Base Property. "That all changes really fast when you see the family members in tears - you begin to think of your thoughts as being insignificant. Suddenly you feel incredibly proud to give this Marine their final salute and any other thoughts of discomfort vanish." Many Marines agreed with Lake, saying it is the honor they feel conducting the ceremony for their late brothers' families that drives them to perform with steadfast bearing.

*-Lance Cpl. Joseph D. Avery*

"What drives me to make each funeral memorable for the family is that I know this is what this Marine would have wanted," Brady said. "It's like when you are forward deployed receiving your patrol order prior to departure and this is that Marine's last order which he is given. You have done everything to keep him safe, but unfortunately, the stars did not align and now you're focused on getting him home in one piece so his family can see him one last time."

Brady said he wants to make sure the deceased Marine's relatives realize how proud their Marine was to serve his Corps and family.

"They came before, saw and did many things that a lot of us take for granted," Avery said. "I feel a great sense of pride being able to give them their final salute as a thanks to them for their years of service. I also want [to honor them] for their families, for being there for them throughout their lives."

Avery said he feels every Marine should get the opportunity to be a part of a funeral detail. It was a great honor, he said, and something he will never forget.

Senior Marines who have lost brothers to combat said the ceremony takes on additional meaning for them.

"There have been times of loss during our current conflict that I have not been able to give a Marine [I knew] their final salute before they were laid to rest in front of their family, loved ones and friends," Brady said.

Brady said being a part of the detail allows him to 'make it up to them' by honoring other Marines through the tradition of the highly esteemed Marine Corps burial service.

"Although it may not have the same meaning because we did not fight next to each other, there is a connection ... it's like I am doing it for my boys," Brady said. "In my mind, I [imagine] it is one of them, so I get to pay respect to both Marines and give them my final salute."

For Cindy Barrows, the funeral detail made that moment beautifully memorable for her and her family, and said she knows her father would have been proud to be honored in such a special ceremony.

"Seeing the men in uniform, I envision my father dressed like them," Barrows said. "I saw a glimpse of his life I wasn't there for, and I was very proud of him."

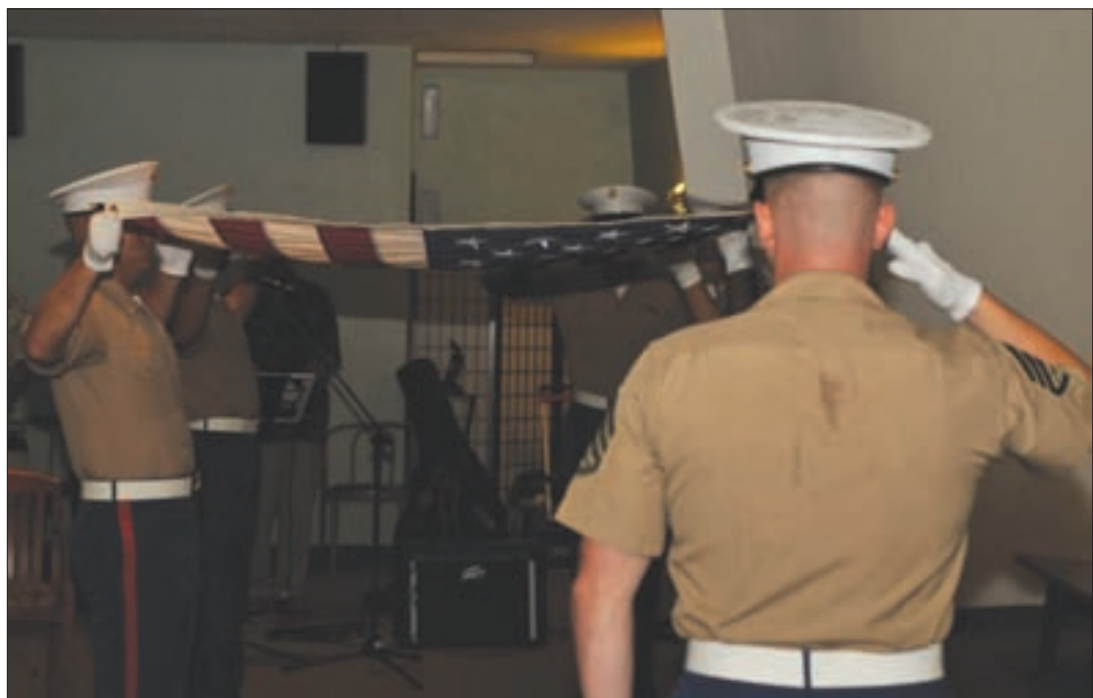


Photos by Lance Cpl. Alesha R. Guard

Marines from Marine Corps Base Hawaii's October funeral detail carefully fold the American flag to present to the family of the late Pfc. George Wong Oct. 20.



Marines from Marine Corps Base Hawaii's October funeral detail stand unflinchingly at parade rest for over an hour in the rain, awaiting their command to give the 21-gun salute during a funeral Oct. 20.



Staff Sgt. Jonathan Brady, company gunnery sergeant, IPAC, renders a salute while the pall bears raise the American flag to eye level during the playing of Taps.

# Marines in Karmah carry on birthday traditions



Lance Cpl. Achilles Tsantarlitis

Lieutenant Col. Andrew Milburn, commanding officer, Task Force 1st Battalion, 3rd Marine Regiment, Regimental Combat Team 1, speaks to Marines of Company A, 1st Bn., 3rd Marines, during their observance of the Marine Corps' 233rd birthday in Karmah, Iraq, Nov. 10.

## Lance Cpl. Achilles Tsantarlitis

Combat Correspondent

**KARMAH, Iraq** – Marines of Task Force 1st Battalion, 3rd Marine Regiment, Regimental Combat Team 1, celebrated the Marine Corps' 233rd birthday Nov. 10, in Karmah, Iraq.

Despite being deployed to a combat zone, Marines took time to carry on the traditions and customs of a Marine Corps birthday celebration.

The Marines held cake cutting ceremonies and listened to the reading of Gen. John A. Lejeune's birthday message, which is read at Marine Corps birthday celebrations worldwide.

Lieutenant Col. Andrew Milburn, commanding officer of 1/3, visited outposts occupied by Marines in the unit to participate in each ceremony and speak about the significance of carrying on the Corps' traditions, regardless of location.

"These are the birthdays you remember,"

he said, during one of the ceremonies. "These are the birthdays you'll talk about years later. This is exactly where I'd want to spend the Marine Corps' 233rd birthday, in a combat environment with Marines."

It's important, no matter where Marines are, to carry on the traditions, said Staff Sgt. Ward, a 27-year-old career retention specialist from Bristol, Conn., with 1/3.

"It's motivating to participate in the annual ceremony," he said. "But it really means something to be a part of that tradition in a combat environment."

The day reminded some of the Marine Corps' illustrious history and instilled a sense of pride to commemorate its birth in Iraq.

"The ceremony reminded us of our heritage," said Lance Cpl. Leonel Menchaca, a 24-year-old forward observer from El Paso, Texas, with Scout Sniper Platoon, 1/3. "The battalion commander said it best; these are the birthdays you remember. This is what it's all about."

# 2/3 lands for Family Day fun

## Christine Cabalo

Photojournalist

Hundreds landed Nov. 14 at Bellows Air Force Station for 2nd Battalion, 3rd Marine Regiment's biggest operation yet: Family Day.

Free food and games awaited Marines, Sailors and their families for the six-hour event that ended at 7 p.m. Live rock band performances and giveaways were made possible through donations from local branches of national businesses.

"We really wanted to have an event that the single Marines could enjoy themselves," said Audra Krueger, family readiness officer, 2/3. "This was geared to single Marines with fun things for adults as well as children to do."

Children had their fun during Family Day with inflatable houses and carnival games. Winning one of the beanbag toss games earned youngsters a prize from Krueger's prize chest.

The family readiness officer handed out inflatable beach balls, pinwheels and toy sharks.

Marine volunteers helped set up tents that provided shade for vendor booths and food stalls.

Family Day guests enjoyed barbecue food including hot dogs, hamburgers, coleslaw and chocolate cake along the beach. As visitors ate, they could watch any of the live concerts or Polynesian dance performances into the night.

Many at the event, like Pfc. Gerald Gaudet, machine gunner, Echo Company, 2/3, said he'd never been to a Family Day as big as this one.

The wide-open spaces at Bellows made playing outdoor games like football or beach volleyball an easy score.

"We've been playing with my roommate's football as things set up," he said. "I'll be working one of the other stations later."

High tech fun for single Marines included several stations to play video games. Under tents, groups could freely float between two stations. Would-be superstars jammed to Rock Band, while hand-eye coordination was put to the test for those playing Wii Sports.

Players were challenged in a Halo 3



Christine Cabalo

Servers dish out kalua pork and fried chicken to hungry people in line for 2nd Battalion, 3rd Marine Regiment's Family Day at Bellows Air Force Station. Hot dogs, hamburgers, coleslaw, cornbread and cake were also served for visitors during the day. Families could eat together at the beach or near the stage while watching live performances.

Tournament, taking a seat inside a sponsored air-conditioned game van to play.

In the van, machines prepared to take winning scores from two-man representatives of different companies in a timed match.

During the day matches, Weapons Company representatives swept away their competition. Lance Cpl. Matthew Myles, rifleman, Weapons Co., 2/3 played a game with Lance Cpl. Kyle Gianquinto, Golf Company, 2/3.

Myles said Halo 3 tournament play was

challenging as players needed to be sure they didn't accidentally fall down a steep slope in the virtual world. He and Gianquinto jokingly made side bets with each other about who was best.

Those who had the strength to compete could enter several physical challenge contests. Vendors had giveaways with prizes including free movie tickets and car discounts.

Crowds gathered in one tent to see how many pushups Marines could do to win, with

some able to do more than 100.

Krueger said the day was great fun for Marines, whether or not they had any children. Structuring the event to include interactive booths for everyone was very important, she said.

"We wanted to show single Marines that what we do [as a Family Readiness Office] is for them too," Krueger said. "They're part of the Marine family, and they don't have to be married or have children to join in."

## Here are some of the few buildings and streets on base, and their namesakes:

### John W. Finn Building

Named for retired Navy Lt. John W. Finn. Finn was stationed on MCB Hawaii when the Japanese attacked the base on Dec. 7, 1941. Finn received the Medal of Honor for his actions during the attacks.

### Dewey Square

Named for Cpl Duane Edgar Dewey. Dewey was killed April 16, 1952, smothering a grenade to protect his fellow Marines around Panmunjon, Korea.

### Pless Hall

Named for Maj. Stephen W. Pless. Serving in the Vietnam War, Pless was a helicopter gunship pilot who received a Medal of Honor.

### Anderson Dining Hall Facility

Named for Pfc. James Anderson, Jr. Anderson, a native of Los Angeles, who died from wounds sustained in combat during the Vietnam War.

### Castaneda Street

Named for Sgt. Eugene Castaneda, who was a Honokaa resident, and died in Vietnam Aug. 12, 1967.

### Suapaia Drive

Named for Lance Cpl. David Kealoha Suapaia, a native of Honolulu, who died in Vietnam May 10, 1967.

### Foster Drive

Named for Pfc. Timothy Foster, Honolulu resident, died in Vietnam May 26, 1969.

### Llanes Court

Named for Lance Cpl. Harold Leroy Llanes, Nanakuli resident, died in Vietnam July 4, 1967.

### Shimabukuro Place

Named after Gunnery Sgt. Kenyu Shimabukuro, who died in Vietnam Aug. 22, 1968.

### Kekahuna Place

Named for Sgt. William Antone Kekahuna, who died in Vietnam May 6, 1968.

### Faleafine Place

Named for Sgt. Sisifo Faleafine, who died in Vietnam Jan. 10, 1968.

## DEDICATION, from A-1

branches, like the Navy.

Aquilina noted there is no difference whether it is a street, park or building that is named in honor of the individual, as venues are treated as equally honorable. Aquilina said his greatest joy was being able to tell inquiring people who a building or a street was named after and what they've accomplished to earn this privilege.

"Naming a facility for an individual will of course never replace their loss with their family, their loved ones or their fellow Marines," Aquilina said. "But it will show that the Marine Corps is cognizant of the great sacrifice that these Marines have made for their Corps and their country."

On MCB Hawaii, Installations, Environment and Logistics is in charge of overseeing commemorative naming on base. Though they don't ultimately decide what names are finally etched in cement or cast in metal, they are responsible for submitting the requests.

Murata said the service members for which the buildings and streets are named can be of any

rank. The Marine Corps does not have specific prerequisites to denote whose name will be on a building, park or street. Sometimes, the service member was closely associated to the facility for which it was named, or received a decoration for gallantry and is being honored.

Lee Yamamoto, the deputy director of the Facilities Department on base, said when a particular base would like to name a street or facility after a person, whether it is a fallen Marine or otherwise, a request must be drafted and sent to the History Division of Headquarters Marine Corps. Eventually, the request reaches the desk of the commandant of the Marine Corps.

Aquilina said the process of obtaining approval toward naming a facility can take several months. He said some requests may need several command endorsements. Sometimes, Aquilina said, requests may need the endorsement of several commands, after which the director of the Marine Corps Staff will receive it.

"Upon receiving the request and endorsements, the Marine Corps History Division reviews the

entire package for suitability, accuracy, and completeness and then prepares a special package which is forwarded to the Director, Marine Corps Staff," Aquilina said. "The commandant of the Marine Corps reviews every commemorative naming request and personally approves all naming actions."

For families of a deceased service member, the process can be very emotional, Murata said. He said when the base dedicated the new Pahouua area on Aug. 26, 2002, there were many who travelled far to see their relatives' names commemorated.

"You can imagine the emotions if it was your relative and you knew that they had served their country and made the ultimate sacrifice," Murata said. "Then to have a street named after them to memorialize them, that's something that I think goes really deep in everyone's hearts."

Currently, many of the streets and facilities on MCB Hawaii are named after service members from the Vietnam War era. The names of the fallen Marines from Operation Enduring Freedom and Operation Iraqi Freedom are still being considered for a street or building name.

**SPILL, from A-1**

Act 90 Tabletop Exercise, conducted in preparation for a potential oil spill on base.

"The goal of the exercise was to train the oil spill response team in how to set objectives in a realistic incident and then set tasks using the resources given to them," said Robbie Rath, evaluator, Rath Response.

Marine Corps Order 5090.2A states MCBH is required by federal regulations to create an oil spill contingency plan, contact authorities of oil spills, as well as prepare for and respond to oil spills.

"The exercise objectives were followed by an order of the state of Hawaii and Federal Government agencies," said Frank Marcinkowski, evaluator, PCCI. "This exercise gives us a chance to use the system we've been taught and that has been implemented for an oil response team such as maps, boards and forms. We've

made the exercise as close as it comes to an actual incident."

The oil spill response team is made of a various units aboard base such as Environmental, Military Police Department, and Base Safety who work in conjunction with off-base responders such as the Clean Island Council.

Rocky Owens, training exercise director, Base Environmental, said the response team carried out the procedures for containing, cleaning and reporting an oil spill very well.

"Based on the scenario given, you identified the key adapters, layout, resources, and you established command and control of the situation," Rath said to the team during the exercise debrief. "You even conducted forward planning to improve procedures for the future."

Throughout the exercise, Rath said the response team had to consider personal health and safety, where oil spilled, what it affected and how to contain and remove

it, all while consistently updating the base command and public of their progress.

"I think the exercise went pretty good especially considering about 25 percent of the team was new," Marcinkowski said. "They responded like a more experienced team. The personnel who have participated in the exercise before were able to carry the less experienced and help them learn as they went."

Marcinkowski said it is very important to continue to hold simulation exercises so the response team can get experience practicing for a real event.

"The DoD and Marine Corps' primary jobs are war fighting and preparation for war fighting, which doesn't usually include preparation for environmental events," Marcinkowski said. "[An oil spill response team] has a fairly complicated response system that the U.S. government uses. So, the only way to stay fresh on it is to retain the response training by using it during exercises like today."

**RECYCLE, from A-1**

"Taking the time to separate recyclables from trash avoids having the dumpsters fill quickly," Ramirez explained. "This can potentially reduce the number of necessary pick-ups, consequently saving the Marine Corps money."

Items that can be recycled include corrugated cardboard, printer paper, cardstock, envelopes, magazines, newspaper, one-quarter inch straight shredded paper and paper-board.

Cross-cut, shredded paper cannot be recycled because the fiber links created are too small to be re-used.

Personnel can take items to be recycled to the white dumpster behind building one, near the post office, labeled "Honolulu Recovery System."

Classified and privacy act information will still be disposed of according to existing regulations.

Because funding is not yet available to supply shops with blue recycling bins, Ramirez encourages personnel to get creative when sorting trash.

"People can use what they have available," she said. "You can use a cardboard box or plastic bags to go along with the recycling theme."

As far as bottles, cans and other drink containers, individual units are encouraged to continue systems already in place, using monetary returns for unit funds, according to Ramirez.

"It takes a few extra seconds to sort out the recyclables from the trash and making it a habit," Ramirez said. "It's just about making a simple lifestyle change."

For more information or questions on the MarForPac recycling program, you can contact Ramirez at (808) 477-8911 or Sibert at (808) 257-6920.

**A breath of fresh air ...**

Christine Cabalo

**With their arms out, members of 3rd Battalion, 3rd Marine Regiment, walk out of gas chamber training Nov. 14. In one hour, more than 40 Marines tested out their gas masks and reviewed field decontamination procedures. After exiting the chamber, Marines held their arms out to let the chemical agent blow away from their bodies. All Marines annually train with their gear as a crucial step in preparing for future deployments overseas.**

**MUSIC, from A-1**

MarForPac band include Carole Kai, Jim Nabors, American Idol finalist Jasmine Trias, Jake Shimabukuro and the Honolulu Boy Choir.

"Events like this take our attention away from the commercial aspect of the holiday and bring it back to the giving aspect," said Vandercook. "For us musicians, music is what we have to give."

Vandercook said it is an honor to be able to perform alongside the MarForPac Band.

"I am an admirer of the Marine Corps bands," said Vandercook. "The desire to pursue excellence and the discipline instilled in Marines creates excellent results in musicianship."

Through the concert, which has been more than a year in the making, the Toys for Tots campaign hopes to raise awareness of the program in Hawaii, according to Chuck Little, MarForPac deputy director of public affairs.

"Music is a universal language," said Kaleikini. "By bringing together our military ohana (family) and local ohana, the less-fortunate children (keiki) in Hawaii benefit."

Marines from Kaneohe-based 4th Force Reconnaissance Company, a reserve unit, are scheduled to be on hand to accept donations to the Marine Corps Reserve's annual Toys for Tots drive.

Marine vehicles will also be on display.

"It's a win-win situation," said Gunnery Sgt. Chris Witley, Toys for Tots coordinator. "People can come out and see a free concert while giving less-fortunate children a Christmas."

The concert is this year's anchor to the Toys for Tots campaign due to the size and expectations of the event, according to Whitley.

The hall seats 2,100 people, and the Toys for Tots campaign is hoping to receive just as many toy contributions.

The event could potentially make a huge impact on the campaign's goal of collecting 40,000 toys this year, according to Whitley.

Beginning Nov. 21, free tickets will be available to the public at the Blaisdell Center box office. There is a four-ticket limit per person.

A limited number of tickets will be available for MCBH personnel through their local Information, Tickets and Tours office.

When those run out, personnel are welcome to go to the Blaisdell box office for tickets.

"I invite everyone to come join us in the spirit of aloha for a night filled with talent to benefit the children of Hawaii," said Kaleikini.

# AROUND THE CORPS

## Marines maintain vigilance on Syrian border

**Capt. Paul Greenberg**  
Regimental Combat Team 5

**AL ANBAR PROVINCE, Iraq** — Reserve Marines from Weapons Company, 2nd Battalion, 25th Marine Regiment, Regimental Combat Team 5 based here drove more than 200 miles Nov. 9 to conduct a security patrol and inspect construction of new Iraqi forts along the country's border with Syria.

In mid-October, the Marines of 2/25 began conducting patrols in support of Iraqi Security Forces in western al Anbar province, which for several years in the recent past was a hotbed for weapons and insurgent trafficking, as well as oil and drug smuggling.

The patrol departed the base shortly after dawn, and within an hour stopped along one of the main highways cutting through al-Anbar to assist the driver of a tractor trailer that had jackknifed and come to a rest on its side on the shoulder of the road.

Gunnery Sgt. Michael Dumelle, 34, a platoon commander with 2/25, ensured that the Iraqi driver was all right and notified the Iraqi highway patrol. The Marines then mounted up in their humvees and made their way to the border.

Most of the Iraq-Syrian border is marked by two parallel dirt berms about 300 meters apart. In the middle is "no man's land," where mine fields were laid in various locations by Iraqi troops during the reign of Saddam Hussein.

The Iraqi Border Patrol constantly roves their side of the border area, and the Marines of 2/25 assist them.

"Our mission is to conduct periodic security patrols of a key border

area and to provide over watch of Iraqi Security Forces," Dumelle said.

"The important thing is to make sure they're doing their job and that they're being taken care of," added Dumelle, a Long Island, N.Y., native who works as a property manager for a commercial real estate firm in his civilian career.

While traversing the lunar-like surface along a dirt road within a stone's throw of the border, Dumelle halted his platoon at a remote site to inspect two trucks which he suspected may be smuggling oil.

The Marines inspected the vehicle and Dumelle, with the help of an interpreter, questioned one of the drivers. Dumelle's Marines searched the vehicles and found animal feed, tanks of water and veterinary medicine and medical supplies.

"Their story didn't quite add up, but we didn't have anything to hold them on," said Dumelle, who added, "You can't catch a fish every day."

A few kilometers away, the patrol spotted a flock of more than 200 sheep grazing on the sparse patches of grass that spring up through the desert rocks and sand.

The Marines continued on their way north to inspect the border fort projects.

The new Iraqi government has been working vigilantly over the past year to replace the aging forts which dot the borderline with Syria.

At the first border fort, the Iraqi construction workers were about a month into their project. They were unloading concrete blocks from the back of a rusty dump truck in the blazing morning sun.

"It's always good to see reconstruction," Dumelle said, as he got

out of his humvee to talk to the workers.

Adnan Farhan Retha, 23, is a Ramadi native who has been working in the construction business for about four years and has been on this site since they broke ground in October. His brother's company was contracted by the government of Iraq to construct this fort. Retha expressed a sense of pride in his work, which he explained, "is important to protect our country from insurgents crossing over."

When asked if he has any fear about working in this remote location so close to a Syrian border fort, Retha responded, "They are human, and I am human. Why should I be scared?"

The Marines gave the workers handfuls of snack-sized Halloween candy packets that one of them had received in the mail from home, then loaded up and pressed on into the afternoon.

Construction workers were putting the final touches on Border Fort 10A, which the Iraqis refer to as "Al Furat."

Salah Ahmed, 32, is the site supervisor. Through an interpreter, Ahmed conveyed the sense of accomplishment he feels in looking at his near-finished project. He spoke of the hardships he and his men have faced of the past eight months. From the extreme cold last winter, when they struggled to lay the building's foundation, through the broiling heat of summer, the team has weathered the elements and seen their project through to near-completion.

"We stay close together," Ahmed said. "We have cooperation."

The Marines' last stop before refu-



Capt. Paul Greenberg

Reserve Marines from Weapons Company, 2nd Battalion, 25th Marine Regiment, Regimental Combat Team 5, search a vehicle parked near the Iraq-Syrian border during a routing security patrol Nov. 9. The vehicle was owned and operated by Iraqi shepherds whose flocks graze on the sparse patches of grass that periodically spring up in the desert.

eling at Combat Outpost Waleed to go home was at Border Fort 12, which is up and running. Dumelle made sure the patrolmen had been paid and were equipped with sufficient rations of supplies.

Patrolman Hazam Eshia Abdel Hassan, 32, is a Baghdad native who has been on the border patrol for the past four years. A 10-year Iraqi Army veteran, he said that despite the physical hardships he has experienced on the border, he is determined to protect his country and one day aspires to become an officer.

"Going on patrol is my favorite," Hussan said through an interpreter. "I am looking forward to catching the terrorists."

The Marine convoy arrived safely back at Camp Korean Village shortly after dusk, the lead vehicle narrowly

avoiding a large chunk of an engine laying on the dark highway, which had broken off a vehicle during an earlier accident.

"We definitely made our presence known out there," said Lance Cpl. Anthony Fisher, 20, a Weapons Company rifleman and Reserve Marine from Newton, Kan., who spent about eight hours behind the wheel of his humvee during the patrol.

"Coalition forces are trying to stop smugglers, and we're not just going to let them walk through," Fisher insisted. "Hopefully we have subdued the traveling of insurgents in and out of that area. Our skills we learned during our [pre-deployment] training at Twentynine Palms, [Calif.], are really being put to use out there."

# Hawaii MARINE SPORTS

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NOVEMBER 21, 2008

## Semper Fit Burn-off builds up Toys for Tots

**Christine Cabalo**  
Photojournalist

Keep ship shape as the holiday season begins with free Semper Fit Center classes during the Nov. 28 Turkey Burn-off Aerobathon.

Exercise enthusiasts can sample any of the nine 30-minute sessions offered the day after Thanksgiving by donating an unwrapped gift for Toys for Tots. The three-hour session starts at 9 a.m. and includes warm-ups as well as cool-downs.

"We'll have eight instructors coming in that day," said Mike Li, assistant manager, Semper Fit Center. "They'll be shorter sessions than the normal one-hour classes, but they'll be back-to-back workouts featuring different classes."

This year's burn-off will include classes for yoga, circuit training and muscle conditioning. Gut Cut, which is normally held on Fridays at 11:45 a.m., will also be available in the shorter format.

Jon Shiota, manager, Semper Fit Center, said the burn-off helps people keep fit while supporting a worthy charity like Toys for Tots. He's hoping people come to the center during Black Friday, the busiest shopping day of the year for businesses. Held at the center since 2000, Shiota said last year 75 toys were collected from the event.

"We're happy to give people a place to come to stay active as an alternative to standing in lines at bigger malls," he said. "It's a good opportunity for people to keep active during the holidays and to try different classes they might not have been to before."

Both Li and Shiota agreed that moderation during the holidays is helpful. Li also said nutrition is just as important as regular exercise. On average, Americans eat a total of 13.3 pounds of turkey in one year, according to the 2009 Statistical Abstract of the United States published by the U.S. Census Bureau. Eating different varieties of food is fine as long as the portions aren't too much, he said.

"Some people tend to put exercise on the backburner this time of year," Shiota said. "It's important to prioritize staying active. Workouts may not be as long or as intense as what you regularly do, but doing a little bit every day makes a difference."

Tammy Rawls, who comes every weekday to the center, said she's looking forward to trying some new classes. After trying water aerobics, she said she's expanded her routine to more group workouts that have helped her boost her exercise routine. While working out, Rawls said she's gotten increased strength without overexerting herself.

"I was hitting a plateau ... while I was exercising on my own," she said. "It's [group workouts are] so motivating, and the instructors are awesome."

Rawls said she's eager to try out circuit training and muscle conditioning, since her water aerobics class will finish soon. Planning to bring in healthy treats during the burn-off, she said she's thankful the center annually holds the event for people to try new classes. The frequent center user said she enjoys eating pecan pie during Thanksgiving and won't take too many portions of holiday food.

"It will be fun," she said. "I plan to do some shopping in the morning for Black Friday, then come here to exercise. You can start off your day shopping, and then you can burn off even more calories that day."

### Keep a count of holiday calories

Calories can add up during Thanksgiving, as many take multiple portions of their favorite holiday foods.

Here is a tally listing how much fat and calories may be in common Thanksgiving foods according to the online calculator provided by The Calorie Control Council.

Food type	Calories	Fat Grams
3.5 oz. slice of dark turkey meat with skin	221	12
1/8 slice of pecan pie	510	23
1/8 slice of pumpkin pie	367	17
1/2 cup of mashed potatoes	124	6
1/2 cup of bread mix stuffing	198	12
1/4 cup of brown gravy	164	14
12 fluid oz. can of regular beer	146	0
1 ear of corn on the cob	120	1
1/2 cup of candied sweet potatoes	192	4
3.5 oz. slice of smoked ham	175	11
1 hard dinner roll	115	1

The Calorie Control Council also lists how many minutes of activity it takes to burn calories. For a 150-pound person, the list below shows how many calories are burned in a 30-minute workout.

Activity	Calories Burned
Aerobics	202.5
Brisk Walking	198
Collecting recyclables	216
Heavy dancing	171
Kickboxing	360
Laundry/folding clothes	72
Rowing	360
Swimming	301
Surfing	103
Weight Lifting	234
Yoga	180

For more dietary information about common foods or to learn about the calories burned doing activities, visit: <http://www.caloriescount.org>

'You're out!'



Photos by Lance Cpl. Alesha R. Guard

Adam Shultz, Headquarters Battalion Warriors' catcher, leaps up to the plate to tag out a (Special Projects Patrol Squadron Two and Command Patrol and Reconnaissance Wing Two) 2-2 Deuce Deuce runner at home during Tuesday's game at Riseley field.

## Warriors slam Deuce Deuce, 16-7 HQBN moves on to the final four playoff bracket

**Lance Cpl. Alesha R. Guard**  
Combat Correspondent

The Headquarters Battalion Warriors ran up the score on Two-Two Deuce Deuce (Special Projects Patrol Squadron Two and Command Patrol and Reconnaissance Wing Two) for the win, 16-7, during the Intramural Softball League Playoff season.

The win has landed the Warriors a position in the quarter-finals to play Marine Heavy Helicopter Squadron 463 next week for a chance at earning a spot in the final four.

"The Warriors have given us a great competition all season, and they always play a solid game," said Scott Lemcke, Deuce Deuce head coach and pitcher.

Brandon Gebhart, Warriors' left fielder, began the game by stepping up to bat first for HQBN. The Kailua, Hawaii native waited for the pitch, smashed the ball to the outfield and sprinted his way to third.

Travis Grenlund, Warrior's short stop, batted next. The Rushville, Ill. native, smacked a grounder back to the pitcher, giving Gebhart enough time to sprint home. Lemcke, whizzed the ball to Deuce Deuce's Rob "Lerch" Liles at first for the out.

Kalani Mauga, Warriors' third baseman, then slammed a fly ball past Deuce Deuce centerfielder and made his way to third. The Hilo, Hawaii, native was then sent home by a hit from Warriors' left center fielder, Todd Lawhon.

Lemcke next pitched to Warriors' pitcher, Brandi Mack, a Lane, S.C., native. Mack hit a pop fly to Lemcke, who threw the ball to first for the second out.

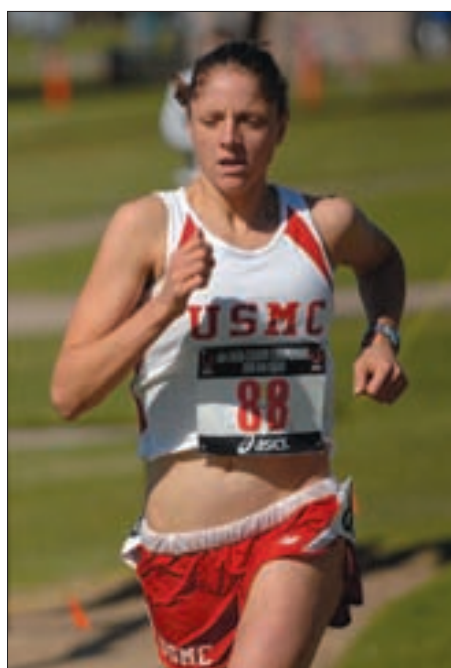
Deuce Deuce earned their third out with a play from Geoff "The Frog" Stanford, third baseman, who caught a grounder at third and launched it to first for a forced out.

Darrin Krampert, Deuce Deuce left center fielder, stepped up to the plate first for his team. The Honolulu native smashed the ball past the Warriors and quickly made his way

See **WARRIORS, B-2**



Scott Lemcke, (Special Projects Patrol Squadron Two and Command Patrol and Reconnaissance Wing Two) 2-2 Deuce Deuce head coach and pitcher, releases the ball to an Headquarters Battalion batter during an Intramural Softball League playoff game Tuesday at Riseley Field.



Lance Cpl. Christopher O'Quin

All Marine Cross Country Team member 2nd Lt. Justine Whipple runs the 2008 USA Cross Country Championships at Mission Bay Park in San Diego, Feb. 16.

## Kaneohe Klipper Golf Course hosts All-Marine Cross Country Team tryouts

**Kristen Wong**  
Photojournalist

Speedy Marines had the chance to show off their skills at the Kaneohe Klipper Golf Course Nov. 19 for the All-Marine Cross Country Team tryouts.

Active duty service members were eligible to turn in an application by Nov. 17 for the run, which was a total of five miles and started at 6:30 a.m.

Marine Corps Base Hawaii chose five men and three women to attend the All-Marine Cross Country competition at Marine Corps Air Station Miramar.

Athletic Director Steven Dinote, based in Quantico, Va., and a native of Philadelphia, Pa., said the qualifying individuals from each base would arrive in Miramar two days ahead of the event to register for the full-day competition.

In terms of being selected, however, Dinote said not only were athletes chosen for the All-Marines team from the All-Marines competition, but from an existing pool of other qualified candidates from various bases.

From there, athletes will be chosen for the Armed Forces Team, which will

See **ALL-MARINE, B-2**

# Four Inducted into Marine Corps Sports Hall of Fame

**Bryan Mitchell**

*Marine Corps Community Services Sports Staff*

**QUANTICO, Va.** — Two former All-Pro football players, a New York Yankee All-Star and an Olympic track and field medalist have been inducted into the Marine Corps Sports Hall of Fame.

Edward W. LeBaron Jr., Henry A. Bauer, Joshua Culbreath and Ernest A. Stautner joined former Marines and sporting greats Ted Williams, Roberto Clemente and Lee Trevino as members of the seven-year-old shrine.

Commandant Gen. James Conway and Sgt. Maj. Carlton Kent, sergeant major of the Marine Corps, were on hand here for an induction ceremony in August, and issued plaques, statues and hearty congratulations to the four inductees.

"A Marine makes a great athlete, but a great athlete makes a superb Marine, and I think we have some brilliant examples of that here," Conway said during the ceremony.

Conway also announced that a permanent Hall of Fame would be built as a wing to the National Museum of the Marine Corps in nearby Triangle, Va.

LeBaron was a standout football player at California's University of the Pacific and led the team to an undefeated season in 1949 as a quarterback, safety and punter before he was commissioned as a Marine officer in 1950.

At 5-foot-9 and 168 pounds, LeBaron was known for his shifty play and elusive running style.

Drafted by the Washington Redskins, he postponed his pro career

to serve in the Korean War, where his actions earned him a Bronze Star. He returned to football in 1952 and was named the NFL Rookie of the Year after scoring 14 touchdowns for the Redskins during his first season.

He was named to the All-Pro team four times before he retired, and went on to serve as the general manager of the Atlanta Falcons. LeBaron now lives in California and is still involved in regional athletics.

Bauer enlisted in the Marine Corps shortly after the Japanese attack on Pearl Harbor and served in the South Pacific. During 32 months of combat, he earned two Bronze Stars and two Purple Hearts, and was sent home after receiving shrapnel wounds to his leg and back.

At 26, Bauer was called up from the minor leagues to play for the

Bronx Bombers. He went on to hit 164 home runs while compiling a lifetime batting average of .277 and being named to three All-Star teams. Bauer died Feb. 9, 2007 at 84.

Culbreath served in the Corps for about two years from 1956 through 1958. During that period, he was one of the top hurdlers on the planet.

He captured several military and NATO track and field medals and took home a bronze medal in the 400-meter hurdles at the 1956 Olympics in Sydney, Australia.

Culbreath went on to coach track and field worldwide and won 10 National Association of Intercollegiate Athletics championships as the coach at Central State University in Wilberforce, Ohio. He now resides in Las Vegas.

Stautner served in the Corps for

three years during World War II with combat action in Formosa and the Philippines. He went on to have a standout career at Boston College and became a perennial Pro Bowl lineman with the Pittsburgh Steelers, eventually making the Pro Football Hall of Fame.

After his induction in 1969, Stautner joined the Dallas Cowboys as an assistant coach, winning two Super bowls. He died on Feb. 16, 2006, at 80.

The Corps also named the athletes of the year for 2007 at the ceremony. Gunnery Sgt. Kenneth Young, who participates on the Armed Forces Cycling Team, and 2nd Lt. Justine Whipple, who is an Armed Force Triathlon team member, were honored for their accomplishments.

## Marine Corps Sports Hall of Fame *Athlete of the week*

**U.S. Marine Corps**

**JAMES JOSEPH "GENE" TUNNEY**  
Class of 2001  
Boxer - Heavyweight

**JAMES JOSEPH "GENE" TUNNEY**  
Class of 2001  
Boxer - Heavyweight

**Turned Pro in 1915 but place it on hold to join the Marine Corps.**

**He was discharged from the Marine Corps in 1919.**

**Won the World heavy-weight championship in 1926.**

**Tunney retired in 1928 from boxing as the heavyweight champ.**

**Born May 24, 1897, New York, NY.**

**Died November 7, 1978 at age of 81**

### James Joseph "Gene" Tunney

*Class of 2001 - Boxer - Heavyweight*

**Press Release**

*Marine Corps Community Services Sports*

James Joseph "Gene" Tunney was born May 24, 1897, in New York. He began his boxing career in 1915, but placed it on hold and enlisted in the Marine Corps in July 1918.

After initial training at the Marine Barracks, Parris Island, South Carolina, he joined the 11th Marines at Marine Barracks, Quantico, Va.

Along with the rest of the 11th Marines, Tunney sailed for overseas duty in Brest, France, in October 1918.

There, in the closing days of the First World War, he was assigned athletic duties and represented the Marine Corps in well-known boxing bouts against Army and Navy opponents.

Tunney's participation and assistance in the promotion of the sport was well recognized by his fellow Marines.

Tunney was discharged from the Marine Corps in July 1919, as a private with an excellent character of service. He was awarded the Good

Conduct Medal.

On leaving the Marines, he resumed his boxing career, earning a shot at the World Heavyweight Title against Jack Dempsey in September 1926.

Tunney defeated Dempsey to win the Heavyweight championship. He successfully defended his title twice, including a rematch with Dempsey in September 1927.

Shortly after defeating Tom Heeney in July 1928, he retired from boxing while still champion. His record was 65-1-1 with 47 Knockouts.

Tunney again served his nation during the Second World War with the Navy.

In 1940 he accepted a commission as a Commander and served as head of the Naval Physical Fitness Program. In this capacity, he traveled throughout the Pacific Theater during the war.

Tunney resigned from the Navy as a captain following the war in 1945.

Tunney died Nov. 7, 1978, in Greenwich, Conn. Boxing fans everywhere regard him as one of



**Tunney in his Marine Corps uniform**

the greatest heavyweight fighters of all time.

He was inducted into the Marine Corps Sports Hall of Fame with the class of 2001.

## Enough whining: *Mind over body for CFT success*

**Sgt. Brian A. Tuthill**

*Press Chief*

Marines, the Combat Fitness Test is a pain. We all know it. Even if you haven't run it yet, you still know it is. But it doesn't change the fact that you will run it, and it will soon be part of your cutting scores or fitness reports. The time to prepare is now.

One of the biggest problems I see surrounding the CFT is Marines are asking the wrong questions, namely, "why do we need this?" or "how will this help me in combat?" The questions Marines should be asking instead is, "how can I master the CFT?" or "what can I do to better prepare my Marines?"

Unfortunately I'm hearing more opposition than I had expected to our new test of physical endurance. It's not your choice to run it. We're Marines and this is a new mission. Get over it.

I, for one, think the CFT will do good things for our Corps. No, it won't actually test our combat skills (the name "combat" just stuck when Quantico was developing it), but it will give everyone a new view of the competition amongst the ranks. For example, I knew a Marine who ran a high Physical Fitness Test, ran marathons and triathlons on a regular basis and was constantly working out. Here's the concern - he could barely lift himself five times for pull ups and looked like a skeleton of a man, but he could run like the wind. As far as a measure of a Marine, the PFT lets me down.

The CFT, however, will wear you out and if it doesn't, you're either a PT stud or didn't put out for it. One term I constantly heard was "smoke check" from those who initially described it to me. They were right. The CFT is a test of physical endurance and strength, which I believe better tests the overall physical conditioning of a Marine. Paired with the PFT, I think it's a much better reflection of a Marine's fitness.

Despite how tough it may be for you, the fact still remains that solid physical training is the only way you're going to get better at the CFT. It's not like the PFT where you can hold out for a few months, burn hard a few weeks prior and still score well. The CFT will eat you alive if you tried that. To conquer the CFT is to get your mind right, to set an objective and strive for it with constant work. If your unit's PT program helps you achieve your goal that's great, but if not you still have to have that passion and drive to succeed because it's the only way to ace this test.

I see the CFT to be a constant challenge for some throughout their careers, even though they may have a high PFT score. It comes down to mind over body, pushing through barriers of fatigue to get yourself to the top, something I know all Marines are capable of.

The bottom line is this: take the CFT for what it's worth. Work hard, push through it, train your Marines well and stop complaining.

### **ALL-MARINE, from B-1**

consist of a team of six men and five women.

Dinote said the Armed Forces cross country competition in February 2009 will be a daylong event, in Derwood, Md.

Eventually, the United States cross country team, which consists of 12 men and five women, will run next year in the International Military Sports Council competition against other countries in Abidjan, Ivory Coast.

The All-Marines Team is just one part of the larger competition hosted by the CISM, which is held throughout the year for various sports. Originally started in 1948, the organization promotes sports competitions among participating countries to encourage camaraderie between them, according to the Council's Web site.

For more information, contact Tina Lui at 254-7590.

### **WARRIORS, from B-1**

to third.

Mack then pitched to Allen Clonts, Deuce Deuce second baseman. Clonts' hit sent Krampert home for the run and earned him a position at third.

Clonts was shortly sent home for the run after a fly ball from Kyle Bartlett, an Encinitas, Calif. native.

The Warriors quickly stopped the next batters, ending the first inning with Deuce Deuce in the lead, 2-3.

The second inning was slow, with only one

run from the Warriors' Robert Sosa, first baseman. The second inning ended with the score tied, 3-3.

During the 3rd inning, Mauga began a scoring streak for the Warriors after being hit home by teammate Lawhon. Lawhon then sprinted home after a fly ball from Steve Dacre, Warriors' right center fielder.

The Warriors hit four more players home before Deuce Deuce caught their third out, putting them in the lead, 9-4.

Deuce Deuce had a short turn at bat with only one run from Barlett, holding the team close behind the Warriors, 9-5.

Deuce Deuce responded to their quick outing with a tough defense of their own. With help from a strikeout by Lemcke, Deuce Deuce held the Warriors to two runs and was quickly back at bat.

The Warriors were determined not to lose their lead, and shut Deuce Deuce out the fourth inning, keeping their lead, 11-4.

Donald Simmons, Warriors' shortstop, began the fifth inning with a long ball to the Deuce Deuce outfield, allowing him safely to third base.

Simmons sprinted in the Warriors' next run, bringing the score to 12-4, after a hit by

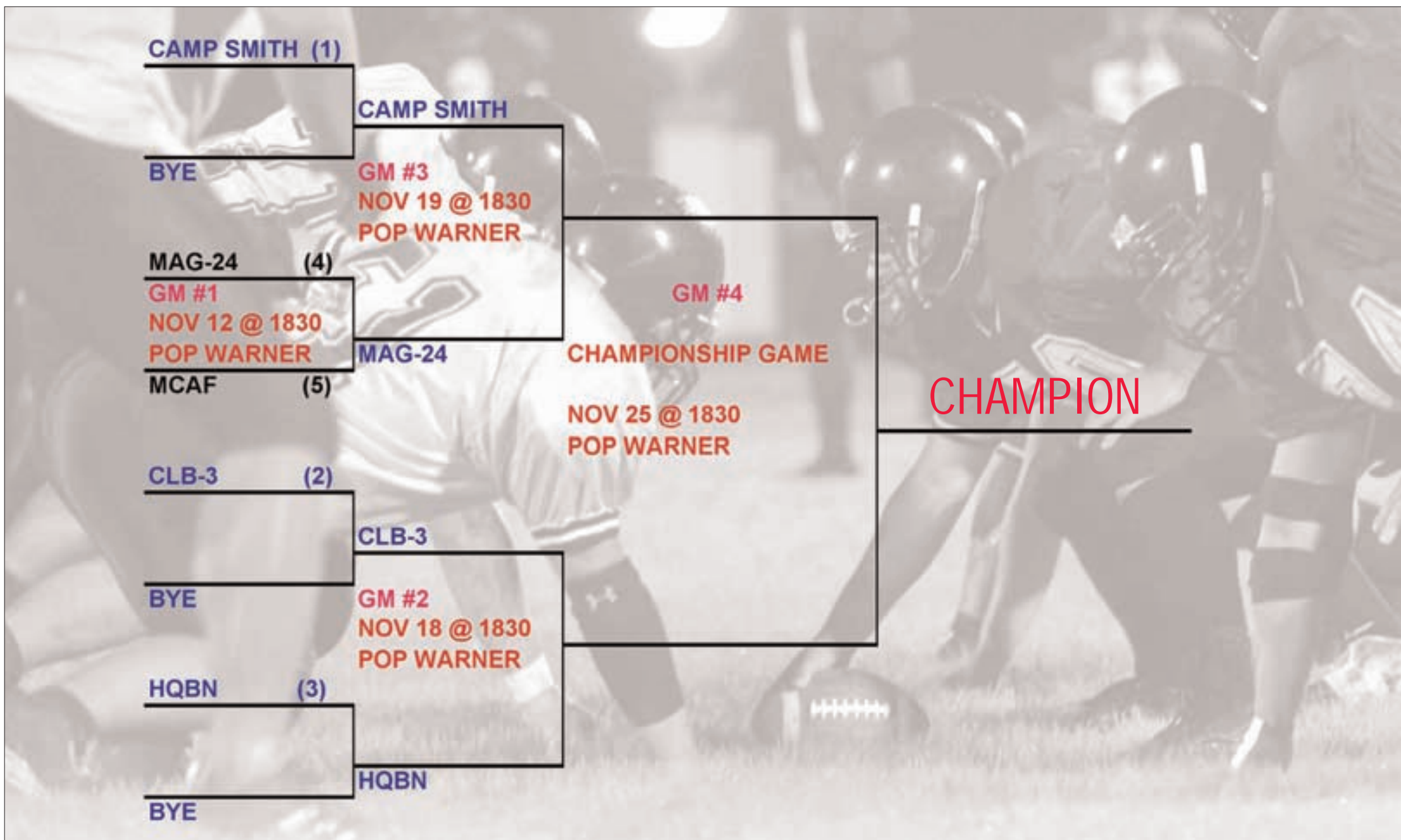
Tony Rodriguez, Warriors' catcher. The Warriors were able to get four more runs in before the end of the fifth inning. Deuce Deuce played a tough defense, but was unable to close the Warriors' lead in their final two innings at bat.

The teams fought to the end, but the Warriors came out victorious, winning 16-7.

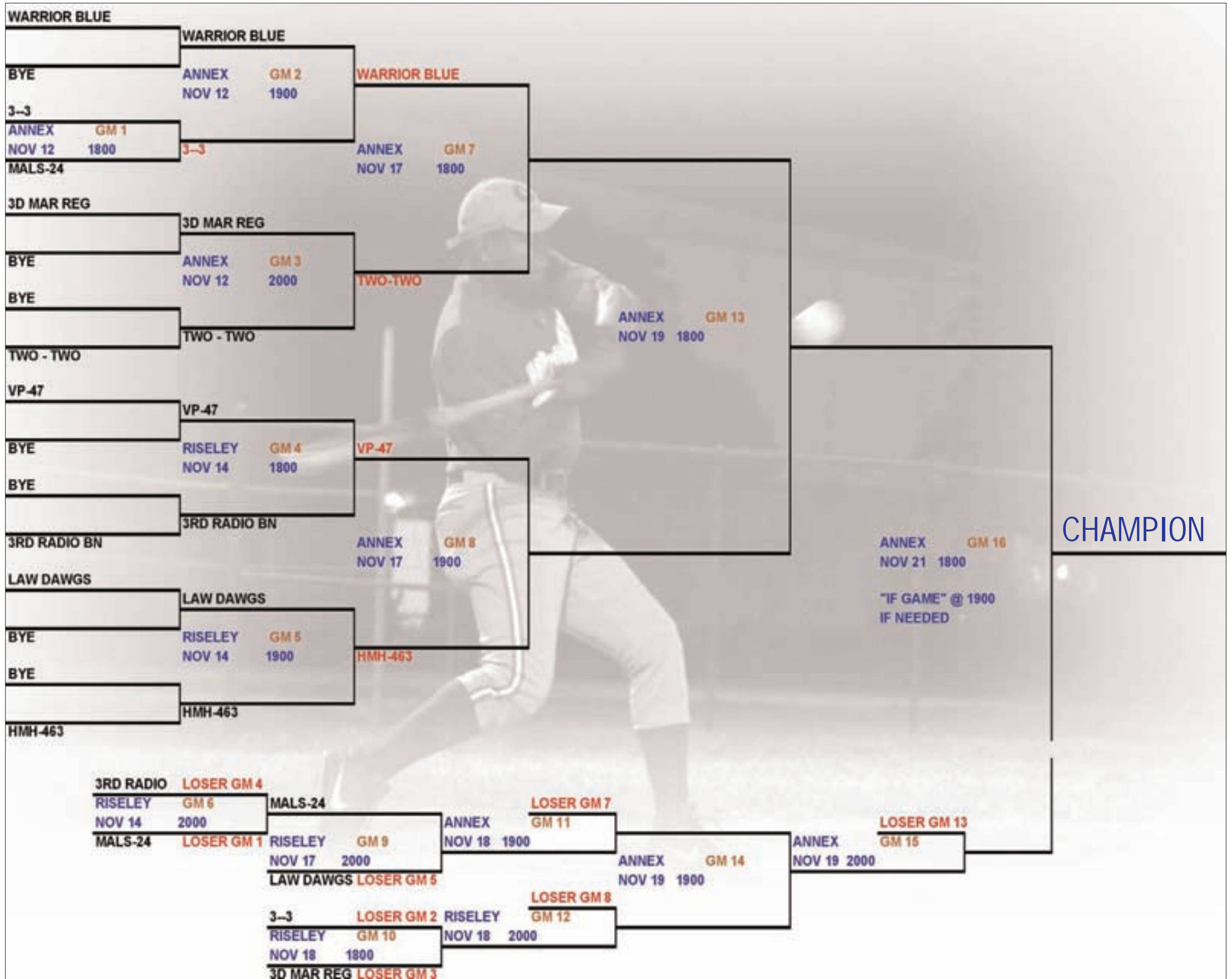
"I'm looking forward to playing for the championship," said Romeo Ibrao, Warriors' head coach and pitcher, who's been a part of the team for the past 15 years. "Softball keeps me active, and it's the love of the game that keeps me coming back each year."

# Intramural Sports update

## 2008 Tackle Football Playoffs Bracket



## 2008 Softball Playoffs Bracket



For more information about Intramural Sports Leagues, contact Joe Au at 254-7597.

# Spotlight On Sports

## Sports Briefs

### Soccer Tryouts

MCB Hawaii soccer tryouts have begun for all those interested in participating. There is still room on the team for more players to sign up.

For more information contact Toure Boubacar at 257-1867 or CWO3 Randall Martinez at 257-1582.

### Beginner Outrigger Canoe Paddlers Wanted

Windward Kai Canoe Club practices at Kailua Beach and welcomes active duty and family members (18 and older) to participate in this Hawaiian sport and culture.

The club is especially seeking to field a beginner women's crew. No experience is necessary and all training and equipment are provided.

WKCC in Kailua recently provided beginner outrigger canoe paddling classes for Marines from Marine Corps Base Hawaii.

For more information, call Derrel at 383-0400 or Greg at 255-9977.

### Parents for Fitness

The Parents for Fitness Program is a cooperative babysitting effort available at the Semper Fit Center here for all active duty service members and their families.

The PFFP participants are required to volunteer to babysit three times per month and is open for parents with children 6 weeks and older.

For more information, call Allison at 744-5977 or MCBHcoop@hotmail.com.

### Paintball Hawaii

Nestled behind the Lemon Lot stands Paintball Hawaii. Shoot over for great deals and have a blast with your friends.

Cost is \$25 per person and includes one air refill, equipment and the field fee. The field is open weekends from 9 a.m. to 5 p.m.

For more information or to schedule an appointment, call 265-4283.

### K-Bay Lanes

K-Bay Lanes offers economical entertainment, Mondays through Thursdays. All E-1s to E-5s pay \$2 for games and \$1 for shoe rentals.

Every Thursday, when you roll a strike with a colored pin as the headpin, you can win up to three free games of bowling.

All patrons are welcome to take advantage of this deal.

If you make the play, you win!

For more information, contact K-Bay Lanes at 254-7693.

### Personal Trainers Available at Semper Fit

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.

You can schedule an appointment with a trainer who will take body-fat measurements, blood-pressure and heart-rate readings.

They will do all this and tailor a program, based on your physical needs and ambitions.

For only \$5 per workout, a professional trainer will actually work with you to ensure maximum efficiency.

Pick up a personal training appointment card at the Semper Fit Center now.

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

### Fishing Charters Available at MCB Hawaii

Spend the day aboard one of the Base Marina's fishing charter boats.

For more information, stop by the Base Marina located in Building 1698, across from Hangar 101, or call 254-7666 or 254-7667.

### Semper Fit Offers New Array of Aerobics

The Semper Fit Center announces a new and expanded aerobics program.

These new classes now being offered include a variety of workouts.

Call 254-7597 for more information.

## Youth Activities Briefs

For questions or to enroll in the activities below, call the Youth Activities Office at 254-7610.

### Pre-Season Basketball Clinic

All base military children are eligible to sign up for the Pre-Season Basketball Clinic Saturday Nov. 29 at the Semper Fit Gymnasium.

The free clinic is held from 8 to 9:30 a.m. for ages 6 to 9, and 10 to 11:30 a.m. for ages 10 to 13.

Sign up by Nov. 22 and get a free t-shirt.

### Winter Adventure Camp

Registration for Winter Adventure Camp has started. The camp, which runs from Dec. 22 - Jan. 9, 2009 is sponsored by MCCS Youth Activities and is available to children from kindergarten through 12 years of age who are current Children, Youth and Teen Program members.

Cost is based on total household income, so please provide spouse's current pay stub and LES statement.

Current shot and medical records are also required.

### Specialty Camps

Youth Activities is sponsoring two specialty camps during the winter season: Gymnastics and Create-It Camp.

Gymnastics has three sessions available, for \$35 per child for the first two sessions, \$55 for the third.

Children ages five to 12 years old and are a member of CYTP are eligible for gymnastics. Create-It Camp, which is \$25

per child ages 6 to 12 runs from Dec. 22-23, from 10 to 11:30 a.m.

### Gymnastics Sessions

Session 1 - Dec. 22 - 24, 9 to 11:30 a.m.

Session 2 - Dec. 29 - 31, 9 to 11:30 a.m.

Session 3 - Jan. 5 - 9, 9 to 11:30 a.m.

### Instructional Skills Soccer Camp

Registration for Instructional Skills Soccer Camp has started. The camp, which runs from Jan 5-9, 2009, from 8:30 a.m. to 3 p.m., costs \$125 for the first child and \$100 for that child's siblings.

John Reay, an experienced soccer player who has coached and played around the world, will be leading the camp.

An informational meeting will be held Dec. 4, at 6 p.m. in building 1090.

### Youth Activities Coaches Needed

Youth Activities is looking for volunteer coaches for three upcoming sports seasons: in-line hockey, flag football and cheer-leading.

If you are interested in coaching please call today!

For more information contact Clark Abbey at 254-7611.

## Semper Fit Group classes

### 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.

### 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.

### Stretch/Flexibility Training

Reach for those toes. Tired of having someone else scratch your back? Time to limber up. A class working on getting back the flexibility you once had or just stretching out those over-worked muscles. Stretch is a great way to reduce your chances of getting injured from tight muscles.

### Core Conditioning

Ever wanted a stronger core? This 30-minute abdominal and back class will help you to develop a stronger core through various ab and back exercises.

### Cycling

Tired of those boring 3-mile runs? Well, come for a ride with us. This class uses specialized stationary bikes that help you burn a large amount of calories and tone up while improving your core strength. Set to specialized music as you peddle off the pounds.

### Cycle Express

For a high-intensity workout, try this one-hour class. It is sure to challenge your endurance levels through the use of various interval trainings while riding on a bike.

### 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.

### 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.

### Muscle Conditioning

Not coordinated for a traditional aerobics class? This class has minimal choreography so this is safe. A muscular endurance workout using hand weights and bands to work all muscle groups.

### Step

This is a tried and true classic. Fads come and go, but step endures all. This fundamental class focuses on getting a great workout on the steps with basic choreography — nothing fancy — just hard work and a ton of sweat.

### Step it Up

Step it up is a challenging 45-minute to one-hour step class incorporates one, two, or multiple steps with fun and choreography.

### Step Challenge

To step it up even more. This class is for the seasoned stepper or for those just looking for a challenge. This class is a full hour of fun and challenging choreography.

### Strength and Conditioning

Geared toward active duty personnel who get up early. This class focuses on strengthening the body utilizing hand weights, steps, bands and balls. This is a great alternative to running, running, and more running.

### Water Aerobics

This non-impact workout is excellent for cardiovascular conditioning, flexibility and strengthening. Aqua training is a terrific way to gain fitness without the stresses of gravity experienced in land-based training.

For more information on group classes call 254-7597

Hours of operation:  
Monday-Friday, 0430-2230  
Saturday, 0700-2200  
Sunday & Holidays, 0700-1800



## Need a flexible workout?

Sign up for Semper Fit's PiYO class! Each session fuses Yoga and Pilates exercises for a well-balanced fitness regimen. Classes are Mondays from 10 to 11 a.m.

For more information, call 254-7597.

## Cover the world in paint!



Aim for a fun time with friends! Open Saturdays and Sundays from 9 a.m. to 5 p.m.

For more information call 265-4283

# HEALTH AND WELLNESS

## November is Warrior Care Month

### Public perception of Warrior Care

#### Lifelines

Office of the Secretary of the Navy

During their latest national survey, the Pew Research Center for People and the Press found the American public remains critical of the government's care and oversight of troops returning from Iraq and Afghanistan.

A year and a half after the problems at Walter Reed Army Medical Center made major news, nearly 72 percent of those polled said the government does not give enough support to soldiers who have served in Iraq and Afghanistan, which is unchanged from March 2007.

In addition, the survey found just 29 percent rate the government's job of providing medical care for the returning troops as excellent or good, while 63 percent rate it as only fair or poor.

These opinions are nearly the same as the 2007 poll.

But the landscape is not well defined. Of 435 Warrior Care participants who were surveyed earlier this year by Zoby International, 71 percent claimed the Military Health System is now on the right track after widespread publicity of neglect.

In its own satisfaction polling between November 2006 and January 2008, the Veterans Administration discovered that 97 percent of the system's poly-trauma patients were satisfied with military and VA healthcare.

The Pew Poll, conducted among 1,508 Americans, found that opinions about the government's poor handling of care for returning troops are suspiciously divided along partisan lines,

with Republicans less critical than Democrats of the government's care of the troops.

Interestingly, those who are critical of military healthcare break within a few points of how Republicans and Democrats feel about the war in Iraq.

Apparently, the discontent over the fighting in Iraq and Afghanistan is being transferred into polls asking any question about the military, including healthcare.

The good news is that those who are receiving the care, by a wide majority, think they are getting the best there is.

As might be expected, there is greater disagreement over who bears the greatest blame for the troubles at Walter Reed.

Most Republicans (55 percent) say the blame largely rests with the hospital officials themselves, while a sizable minority (20 percent) blames Congress.

A plurality of independents (36 percent) also believes that Walter Reed hospital officials are mostly to blame.

By contrast, 35 percent of Democrats say the Bush administration is mostly to blame for the problems at Walter Reed, compared with 24 percent who blame the hospital officials.

Notably, just 10 percent of the public – including relatively small numbers of independents (12 percent), Democrats (9 percent) and Republicans (9 percent) – believe that most of the responsibility for the poor medical care at Walter Reed rests with top military officials.

### Pilot disability evaluation system

#### Lifelines

Office of the Secretary of the Navy

Sailors and Marines come to the service for many reasons, but the bottom-line is, they want to serve.

Sometimes that becomes problematic for wounded, injured, or chronically ill service members.

When that situation occurs, a physical evaluation board (PEB) will make a determination about the Sailor or Marines "fitness to serve."

If discharge is required, the nation has an annuity to help support those who have given to the point of disability, and their medical needs are then supplied by the Veterans Administration.

Before 2007, all military members faced additional physical evaluations and disability ratings after leaving the military in order to receive benefits from the Department of Veterans Affairs.

While both the Department of Defense and Veterans Association use the same rating tool, the VA Schedule for Rating Disabilities (VASRD), each had a different physical exam process.

Additionally, they came to their own decision on percentages of disability calculations as a result of the same exam.

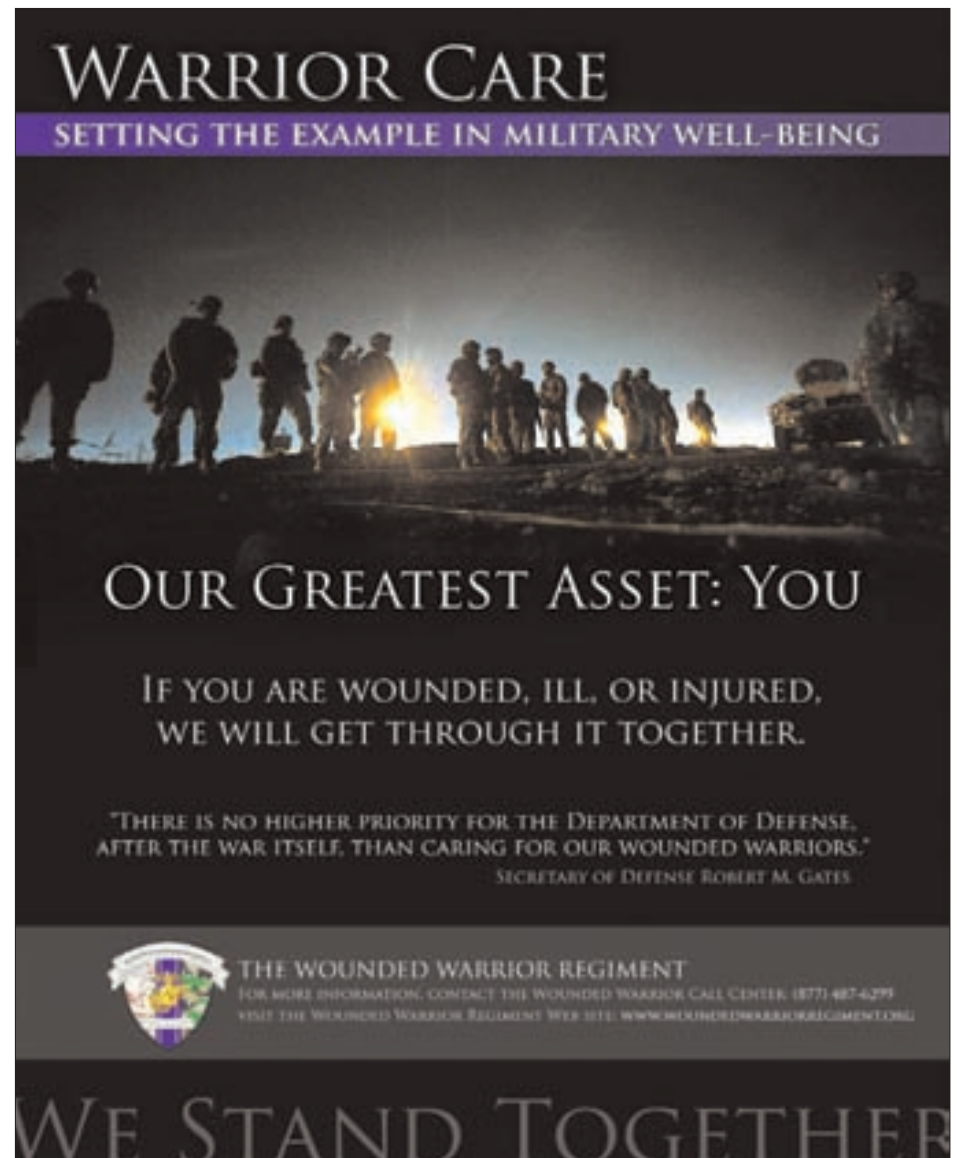
This has led to differences between VA and the DoD rating of the same injury or illness, and subsequently, these additional requirements led to delays in VA benefits processing and disbursements.

As a result, the President's Commission on Care for America's Returning Wounded Warriors, sometimes called the Dole-Shalala Report, recommended removing this dual-evaluation process.

Instead, they were directed to conduct one medical exam and one rating determination by VA that the DoD could use for determining fitness at the Physical Evaluation Board.

In November 2007, the DoD and VA initiated a joint DES Pilot program in the National Capital Region to improve the timelines, effectiveness and transparency of the DES review process.

The DoD and VA are evaluating the results of the pilot program and hope to expand the pilot's benefits to all recover-



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AFTER THE WAR ITSELF, THAN CARING FOR OUR WOUNDED WARRIORS."  
SECRETARY OF DEFENSE ROBERT M. GATES

**THE WOUNDED WARRIOR REGIMENT**  
FOR MORE INFORMATION, CONTACT THE WOUNDED WARRIOR CALL CENTER (877) 487-4299  
VISIT THE WOUNDED WARRIOR REGIMENT WEB SITE: WWW.WOUNDEDWARRIORREGIMENT.ORG

**WE STAND TOGETHER**

ing service members.

The pilot program allows military members to file a VA disability claim when they are referred to the Defense Evaluation System.

In the pilot program, the DoD relies on VA to perform the full medical exam used by the Medical Evaluation Board and PEB to determine if the member meets service retention standards and, later, by the PEB to determine if the member is fit to remain in the service.

Veterans Affairs provides a disability rating for each condition found during the medical exam, and the PEB uses these ratings to determine the type of separation or retirement for which the member is eligible.

Although the DoD and VA expect the pilot program to be faster and fairer, there are still differences in the final, combined DoD and VA disability percentage.

The DoD, by law, can only consider conditions that are unfitting when determining disability ratings, while VA determines disability ratings for all service-connected conditions, even the ones that would not result in a finding of unfit for continued military service.

The DoD uses the VA disability percentages for each condition, but may have a different combined disability rating than VA awards because conditions that are not unfitting are not considered in the DoD calculations.

# AROUND THE CORPS

## MARSOC's running man captures eighth victory at CFC race

**Pfc. Steven C. Benson**

*U.S. Marine Corps Forces, Special Operations Command*

**MARINE CORPS BASE CAMP LEJEUNE, N.C.** — As Salt-N-Pepa's classic hip hop anthem, "Push it" blares from the speakers of Marine Corps Community Service's Semper Fit Mobile Training Unit Van, a large digital timer ticks away to 16 minutes and 30 seconds. Suddenly, a lone runner headed for the finish line appears around the bend crossing the finish line with a look of relief and exhaustion. He has won the latest five-kilometer MCCA Fun Run in 17 minutes flat - a poor performance by his standards.



Lance Cpl. Kevin Donnelly, administration clerk, Marine Special Operations Support Group, U.S. Marine Corps Forces, Special Operations Command, shows the combination of relief and exhaustion on his face as he crosses the finish line in first place at the five kilometer Marine Corps Community Services Fun Run here Oct. 9.

Lance Cpl. Kevin Donnelly, unit diary chief, Marine Special Operations Support Group, U.S. Marine Corps Forces, Special Operations Command, has won the last seven MCCA-sponsored races and followed it by being the first runner to cross the finish line at the Combined Federal Campaign race here Oct. 17.

But even with his success, Donnelly remains humble about his running abilities. After winning several of his first races, he would simply continue to run past the finish line and straight back to the office where he works.

"If you want to see the guy who always wins, then you better try to stop him when he crosses the finish line," said one MCCA employee who supervised the most recent race. "He always keeps running right past and doesn't collect his prize."

The awards for winning these races usually consist of MCCA tee shirts and mugs, as well as rubber bracelets. Donnelly believes it is not really about the prizes.

"I love running and have since high school," Donnelly said. "I do the races for fun and to help gauge my current speed."

Donnelly trains extensively on his own to maintain and improve upon his skills as a runner, often having to work around his responsibilities at work. As a Marine, he is well aware of the importance of physical fitness.

"I will usually train two or three times a day, incorporating running, swimming and lifting," explains Donnelly. "I like to be able to run about 60 miles each week."

Within MARSOC's Personnel Administration Center where Donnelly works, the news of his many victories is well known.

"Donnelly's abilities and physical talents create a desire amongst the Marines in our shop to physically train more and with more intensity," said Lance Cpl. John Radan, service record book chief, who works closely with Donnelly. "His success has had a motivating effect on everyone in the office."

The work Donnelly puts in pays off in perfect scores on his Marine Corps Physical Fitness Tests and his first-place finishes in races, but Donnelly has not become complacent. He is currently trying to lower his three-mile run time to 15 minutes and 30 seconds. He says he has enjoyed the streak of wins in all of his races and hopes to keep it up.



Photos by Cpl. Richard Blumenstein

Lance Cpl. Kevin Donnelly, administration clerk, Marine Special Operations Support Group, U.S. Marine Corps Forces, Special Operations Command, starts the timer on his watch just before departing the starting line of a race here Oct. 9.

# Hawaii MARINE LIFESTYLES

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NOVEMBER 21, 2008

## L.I.N.K.S., Operation Homefront host 8th Annual Children's Marine Corps Birthday Bash

**Kristen Wong**  
Photojournalist

While some Marines on Marine Corps Base Hawaii were squaring away their uniforms in anticipation for their unit's ball, families with children were heading down to the former Youth Activities Building Sunday afternoon to celebrate the 8th Annual Children's Marine Corps Birthday Bash.

Aside from the brief downpour of rain, several MCB Hawaii units as well as members of the Lifestyles, Insights, Networking, Knowledge and Skills program and Operation Homefront came together for the event. According to Staci Holt, the base L.I.N.K.S. trainer, about 55 families attended the bash, which included hotdogs, cupcakes and other birthday treats for the families of deployed service members.

Marine Corps Air Facility, 3rd Marine Regiment and others arrived with static displays of Marine paraphernalia. Children were able to crawl through a mock Marine obstacle course, peer through a sniper rifle, and learn how wounded Marines treat their injuries.

Among the participating service members, Cpl. Steven Pape, a scout sniper for School of Infantry West, Advanced Infantry Training Battalion, Detachment Hawaii, attended to show children sniper equipment.

"I think it's good for the kids to interact with each other while their fathers or mothers are away," said the Philadelphia, Pa., native. Pape said having events like the bash are a good way for the children to have fun.

Estella Euclide, a Kaneohe resident, brought her daughter, Dulce, 3, to the bash. Euclide, a recent newcomer to the base, said she never heard of a Marine Corps Birthday Bash tailored for children before, and thought it was fantastic.

Petty Officer 3rd Class Michael Cabrera and Petty Officer 3rd Class Kurt Ensign, both hospital corpsmen for 3rd Marine Regiment, were manning a medical display at the bash. Ensign, a native of Chicago, said he felt it was worth it to come out to the bash if it made the seven-month



Photos by Kristen Wong

Children of deployed family members decorate picture frames at the Eighth Annual Children's Marine Corps Birthday Bash Sunday. Operation Homefront will be sending the picture frames, along with photos of the children, to the parents who are deployed overseas. The bash was full of treats and activities such as obstacle courses, balloon animals, to jumping in a bouncy house. The event, sponsored by Marine Corps Family Team Building's L.I.N.K.S. and Operation Homefront, had a turnout of about 55 families.

deployment easier for the children.

"[We want to] show our support, and give the kids peace of mind," said Cabrera, a Miami native. "We've got their mommies and daddies covered while they're out there."

Marines also came dressed in gear similar to that used by those deployed overseas.

Lance Cpl. Timothy Slattum was dressed in an Outer Tactical Vest to show the children what Marines would be wearing in Iraq or Afghanistan. A native of Escondido, Calif., Slattum said

the events are especially important because the most recent units were deployed so quickly.

Families don't fully get to understand the duties of their loved ones, he explained. Having the units participate in events like the bash help teach them more about what Marines do on a daily basis.

Slattum said children could then look at vehicles like the Mine Resistant Ambush Protected vehicle, and say "Hey, this is what my daddy's driving."

"It's good to get the kids involved in what their parents are doing when they're gone," said Kailua resident Brooks Maurer, who brought her daughter Peyton, 4, to the bash.

Operation Homefront also plans to mail a special gift to a number of deployed service members from their children - a personally decorated picture frame. Each child at the bash affixed colored craft shapes, wrote messages and drew pictures on a small green frame, which includes a photograph of that child.

Sergeant Maj. Andrew Cece of MCAF gave a small speech thanking everyone for planning and attending the event, and said there was a good turnout. Cece accepted a \$1,000 donation to MCCS on behalf of his unit from McKenna Ford Windward, who helped sponsor the event.

Cece also cut the birthday cake, and in mimicking the Corps tradition in child style, gave a piece to the oldest and youngest child attending.

Operation Homefront and L.I.N.K.S. are programs under Marine Corps Family Team Building. Each month, Operation Homefront hosts an event especially made for families of deployed service members.

In December, the program will host a craft tent in the theater courtyard from 3 to 5 p.m. during the annual base tree lighting ceremony at Dewey Square.



[From left to right]: Staci Holt, L.I.N.K.S. trainer, Mike Plitt, a representative of McKenna's Windward Ford, 'Bulla' the dog, Sgt. Maj. Andrew Cece of Marine Corps Air Facility, and Xiomara Bowes, director of Marine Corps Family Team building hold a check donation from McKenna's Windward Ford at the 8th Annual Children's Marine Corps Birthday Bash.



'Sparky' the Fire Dog gives military children a high five at the Eighth Annual Marine Corps Birthday Bash. From 2 to 4 p.m. Sunday afternoon, families enjoyed hotdogs, popcorn, cupcakes and chips at the old Youth Activities Building on base.



Sgt. Maj. Andrew Cece of Marine Corps Air Facility, the guest speaker at the 8th Annual Marine Corps Birthday Bash, cuts the birthday cake. In the spirit of the Marine Corps tradition, Operation Homefront and L.I.N.K.S. had their own version of the traditional cake cutting ceremony. The oldest child and the youngest child attending the event were given the first pieces of the cake.



Gabriel Candelario, 3, meets Lance Cpl. Ryan Reimke, a native of Pleasanton, Calif. at the 8th Annual Children's Marine Corps Birthday Bash Sunday. Reimke was one of many service members who came to display their gear and equipment for the attending families at the event.

# PASS IN REVIEW



## “Saltimbanco”

*Musicals, plays, shows give alternative to family outings*

**Sgt. Sara A. Taylor**  
Assistant Editor

My family and I recently went to the Neal Blaisdell Center to watch Cirque du Soleil's "Saltimbanco." I had only seen commercials for "Saltimbanco" and had only watched Cirque du Soleil on television, so I wasn't sure what to expect of a live performance. I hoped my husband and five-year-old would enjoy it.

The stage was painted with vibrant colors. As the show began, people came out in form fitting costumes, dyed in the same bright colors as the stage almost causing them to blend in with their surroundings. There was singing and dancing through out the show, but it is hard for me to understand what they were saying or what language they were speaking.

Although the songs were hard to understand, there were scenes where performers used only noises to tell the audience what was going on. The performer who used the "noise only technique" was my favorite.

Not only did the man use his voice to make sounds, he also interacted with the audience. He did not talk, dance or sing - he simply made noises with his mouth, aided occasionally by the musicians. I cannot fully describe what he did or how extremely funny it was, but I can assure you, it was great.

There were many different acts throughout the show. The acts consisted of performers climbing up and down poles using only upper body strength, people flying through the air and swinging on swings, a juggler who could juggle seven balls, and many more remarkable acts.

I must be honest, while some of the acts were

absolutely amazing and made you think, "How do they do that?" other scenes were boring. However, the amazing scenes did outweigh the boring ones making the show worth seeing.

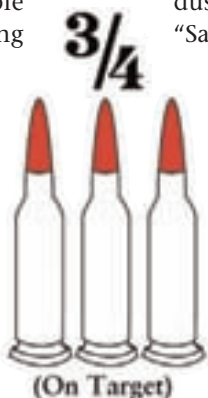
The other thing that bothered me about the show was that my husband and I knew there was a theme behind the show but we couldn't figure out what it was. I guess we should have done some research before we went.

The Cirque du Soleil Web site, <http://www.cirque-dusoleil.com>, explains "Saltimbanco" as exploring the urban experience in all its myriad forms: the people who live there, their idiosyncrasies and likenesses, families and groups, the hustle and bustle of the street and the towering heights of skyscrapers. Even now after reading that, I still didn't see how that is represented in the show.

Overall it is an interesting show that I think most children would enjoy. Be forewarned, the show was long, starting at 7:30 p.m. and ending around 10 p.m., so I don't suggest taking children on a school night.

The show provided us with a family outing that was different than the typical mall or movie night and we all enjoyed ourselves. I plan on making events like this part of our monthly family activities.

Unfortunately, the show ended Nov. 16, but there are other shows scheduled to begin at the Blaisdell for the holidays. For more information on upcoming shows visit <http://www.blaisdellcenter.com>.



## Your weekly guide to all aspects of entertainment

Welcome to the Pass In Review, your number one source for cinema, music, videogame and book reviews. The Pass In Review crew consists of more than 10 critics, each with their own idea of what makes a movie, album, game 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. 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



**Sgt. Sara A. Taylor enjoys watching a good show.** It doesn't matter what type of show it is, a musical or play, she loves that she can be swept away from reality for a couple of hours during the show. The best musical she has seen so far has been Disney's "Lion King." She took her daughter to the show and was amazed at much she loved it. They both still talk about how great it was every chance they get.



**Kristen Wong admits she sometimes has to be dragged to movies that she later finds to be outstanding.** She prefers fantasy driven movies, like Lord of the Rings, the Harry Potter films, and The Matrix Trilogy. She loves to give synapses of all her favorite movies to curious and unsuspecting folks, and hopes one day she'll see "Based on the book by Kristen Wong" on the big screen.

### Quick Hit

**“Madagascar: Escape 2 Africa”**  
4 out of 4 (Confirmed Kill)



"Madagascar: Escape 2 Africa" was an extremely funny movie that had everyone in the audience cracking up throughout the entire film. The movie starts off where the first one left off. Alex the lion and his zoo friends Marty, Melman, and Gloria find themselves on a plane in Madagascar trying to return to New York. The plane, created by the genius penguins, seems to be working well until the engines shut down. They crash land in what they think is New York but turns out to be Africa, where the animals were taken by hunters. Alex is reunited with his mother and father and the other animals are reunited with their own kind. This movie shows the meaning of being a family and getting to know where you come from that children might not fully understand. It is great for the whole family and is worth every penny it cost to see it on the big screen.

— Sgt. Sara A. Taylor



## “Ouran High School Host club”

*Japanese Animation hosts charming, funny show*

**Kristen Wong**  
Photojournalist

Girls, ever wish you had a club of handsome men to cater to your romantic needs during free period at school?

This Japanese animation television show is set at Ouran High School, where the richest families in Japan send their children.

At Ouran, the teens are taught to focus more on socializing with their peers to promote their family business relationships.

During their free time, the young Ouran girls open their hearts, and their wallets to the Host Club, started by Tamaki Suou (Mamoru Miyano) and Kyoya Ootori (Masaya Matsukaze).

The Host Club is a somewhat of an advisor-less, student-initiated extracurricular activity, which is more like a business. For a fee, Ouran students, mostly girls, enjoy dessert and tea.

One day, a new student, Haruhi Fujioka (Maaya Sakamoto) is wandering around the campus building looking for a suitable place to study. She is startled by the Host Club when she happens to walk into the 3rd Music Room, and accidentally breaks their expensive vase.

Kyoya, a son of a respectable medical supply company owner, assesses the damage and concludes that Haruhi owes the club a lot of money. The

boys, not realizing Haruhi is a girl (she has short hair and baggy clothes on), recruit her as a host for her entire four years of high school to pay for the vase.

Eventually, Tamaki (also known as the King of the Host Club) walks in on Haruhi changing, and the boys, though shocked, keep her gender a secret. Haruhi wears the male uniform to school,

and works with the Host Club, entertaining the unsuspecting girls, who quickly swooned over the new "gentleman host."

I loved watching the boys deal with trivial issues for a whole episode, like the episode when Honey-Kun (Ayaka Saito) is banned from eating his beloved sweets until he gets his cavity filled.

But Ouran is never short on underlying emotional issues, such as Tamaki's love for Haruhi, the pressure on Kyoya to be better than his two older brothers and please his father and more.

Ouran High School is what I imagine a Japanese "My Boys" would be. I would not mind at all having these six fun guys as friends. Again, like I tend to say in many of my reviews, go into this with an open mind.

The show does tend to make a joke of financial hierarchy and social status. But instead of being insulted, I actually found it amusing that the rich kids have never tried instant coffee crystals, or gone grocery shopping.

The show may be a little confusing for younger children. They may not understand the idea of cross-dressing, or the many romantic ideals of the young Ouran girls.

I'd say older teenagers and young adults with a sense of humor and an open mind would enjoy this.



## TALK\*STORY

Today is World Hello Day. To inspire nations around the world to resolve issues non-violently, people are asked to greet 10 people today.

**What's your favorite greeting?**

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



“Anything in Japanese or Chinese. Nihao Ma. [Hello] I like the culture.”

— Petty Officer First Class, James Collins



“Wassup.”  
— Petty Officer Second Class Jabari Brooks

“It all depends. There's a certain time or place for certain things.”

— Pfc. Manuel Wilson



# Spotlight On Base

## ON THE MENU

AT ANDERSON HALL

### Today

#### Lunch

Minestrone soup  
Chicken noodle soup  
Veal parmesan  
Cajun meatloaf  
Steamed rice  
Roasted pepper potatoes  
Simmered mixed vegetables  
Simmered asparagus  
Tomato gravy  
Strawberry glazed cream pie  
Sugar cookies  
Yellow cake  
Chocolate butter cream frosting

Lime gelatin  
Cherry gelatin  
Vanilla cream pudding  
Chocolate cream pudding

#### Dinner

Minestrone soup  
Chicken noodle soup  
Cantonese spareribs  
Beef pot pie  
Mashed potatoes  
Buttered egg noodles  
Calico corn  
Simmered broccoli  
Brown gravy  
Desserts: same as lunch

### Saturday

#### Dinner

Cream of chicken soup  
Beef barley soup  
Szechwan chicken breast  
Tempura shrimp  
Pork fried rice  
Noodles Jefferson  
Vegetable stir fry  
Simmered broccoli  
Chinese egg rolls  
Sweet and sour sauce  
Chow mein noodles  
Apple pie  
Brownies  
Carrot cake  
Cream cheese frosting  
Lemon gelatin  
Raspberry gelatin  
Vanilla cream pudding  
Chocolate cream pudding

### Sunday

#### Dinner

Cream of potato chowder

Vegetable soup  
Barbecued beef cubes  
Bombay chicken breast  
Boiled egg noodles  
Steamed rice  
Creole green beans  
Fried cabbage  
Chicken gravy  
Key lime pie  
Peanut butter cookies  
Easy chocolate cake  
Caramel frosting  
Strawberry gelatin  
Orange gelatin  
Vanilla cream pudding  
Chocolate cream pudding

### Monday

#### Lunch

Beef noodle soup  
Cream of broccoli soup  
Meatloaf  
Barbecued pork chops  
Tossed green rice  
Mashed potatoes  
Simmered peas and carrots  
French fried cauliflower  
Brown gravy  
Chocolate cream pie  
Chewy nut bars  
Strawberry filled cake  
Chocolate chip cheese cake

Lime gelatin  
Cherry gelatin  
Vanilla cream pudding  
Chocolate cream pudding

#### Dinner

Beef noodle soup  
Cream of broccoli soup  
Beef brogoul  
Baked cajun salmon steaks  
Potatoes O'Brien  
Noodles Jefferson  
Club spinach  
Simmered mixed vegetables  
Cream gravy  
Tarter sauce  
Desserts: same as lunch

### Tuesday

#### Lunch

Cream of mushroom soup  
Bean with bacon soup  
Apple glazed corned beef  
Honey glazed Cornish

hens  
Parsley buttered potatoes  
Rice pilaf  
Fried cabbage w/bacon  
Simmered carrots  
Chicken gravy  
Mustard sauce  
Blueberry pie  
Congo bars  
Lemon pound cake  
Bread pudding  
Lemon gelatin  
Raspberry gelatin  
Vanilla cream pudding  
Chocolate cream pudding

#### Dinner

Cream of mushroom soup  
Bean with bacon soup  
Spicy baked fish  
Tempura sweet and sour pork  
Pork fried rice  
Cajun oven fries  
Simmered broccoli  
Simmered pinto beans  
Cream gravy  
Chow mein noodles  
Sweet and sour sauce  
Tarter sauce  
Desserts: same as lunch

### Wednesday

#### Lunch

Manhattan clam chowder  
Split pea & ham soup  
New England boiled dinner  
Jaeger schnitzel  
Garlic cheese mashed potatoes  
Tossed green rice  
Fried cabbage  
Simmered asparagus  
Mustard sauce  
Brown gravy  
Peach pie  
Raisin nut bars  
German chocolate cake  
Coconut pecan frosting  
Strawberry gelatin  
Orange gelatin  
Vanilla cream pudding  
Chocolate cream pudding

#### Dinner

Manhattan clam chowder

Split pea & ham soup  
Tropical pork chops  
Baked mahi mahi  
Mashed potatoes  
Wild rice  
Southern style green beans  
French fried okra  
Cream onions gravy  
Tarter sauce  
Desserts: same as lunch

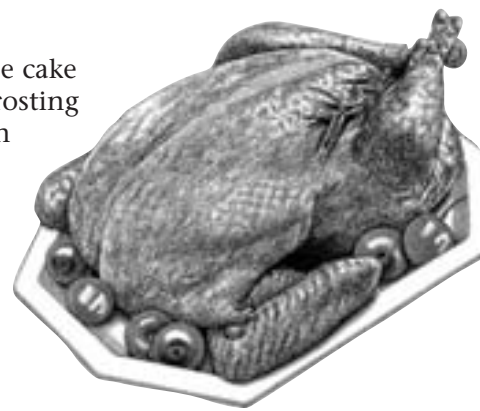
### Thursday

#### Lunch

Cream of Broccoli Soup  
Tomato Soup  
Spiced Fruit Cup  
Roast Young Tom Turkey  
Pork Ham Roast  
Corn Bread Dressing  
Mashed Potatoes  
Candied Sweet Potatoes w/Marshmallows  
Corn on the Cob  
Simmered Green Beans  
Turkey Gravy  
Cranberry Sauce  
Fruit Cake  
Apple Pie  
Mincemeat Pie  
Pecan Pie  
Pumpkin Pie  
Mixed Nuts  
Assorted Candies

#### Dinner

Tomato soup  
Chicken and rice soup  
Braised liver & onions  
Roast turkey  
Chili macaroni  
Grilled cheese sandwich  
Rice pilaf  
Corn bread dressing  
Lyonnais carrots  
Club spinach  
Chicken gravy  
Cranberry sauce  
Desserts: same as lunch



## Marines host Navy League

Marksmanship coaches teach proper pistol techniques



Maj. Alan Crouch

Marine marksman coach Cpl. Derek J. Strzelecki from Michigan and Andy Blom from the Honolulu Chapter of the Navy League review safety procedures and the pistol shooting stance before shooting their targets at the Pu'uloa training ranges near Ewa Beach, HI. Blom, though never on active duty, has been a member of the Navy League and a big supporter of the military for a total of ten years. While receiving instructions about the course of fire, he said, "I've never had a chance to do this." "I'm deeply grateful," he added, expressing his appreciation to his Marine hosts and coach.

## "Building a Better Community"

MCB Hawaii Town Hall Meeting

Dec. 1, 6:30 to 8:30 p.m.

The Commanding Officer of Marine Corps Base Hawaii will host a Town Hall meeting at the Base Chapel for all individuals living and working aboard Marine Corps Base Hawaii.

The base commander will present information and updates to base programs including:

- Recent construction on base
- Base recycling programs
- Environmental issues
- MCCS initiatives

Military and civilian representatives from a variety of base organizations and directorates, to include Marine Corps Community Services and Provost Marshals Office, will be present to pass information and answer any attendees' questions.

## MOVIE TIME

**Prices:** Friday and Saturday 7:15 p.m., shows are \$3 for adults and \$1.50 for children. Sunday matinee is shown at 2 p.m. Shows are \$2 for adults and \$1 for children. Evening showings on Sunday and Wednesday are at 6:30 p.m. and late shows are shown Friday and Saturday at 9:45 p.m. Cost is \$2 for adults and \$1.50 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.

**Sneak Preview Policy:** One hour and 45 minutes prior to the movie, tickets will be issued to first priority patrons waiting in line, then second and third priority patrons.

In an effort to prevent piracy, the following security measures will be enforced on base for sneak preview screenings: bag checks, confiscation of cameras or cell phones with picture taking capability (items will be returned after screening), magnetometer warning, audience scanning with night vision goggles during screening.

The Base Theater and film companies thank you in advance for your cooperation and hope you will enjoy the show. For recorded information, call the Base Theater at 254-7642.

"Eagle Eye"  
"Lakeview Terrace"  
"Flash of Genius"  
"My Best Friend's Girl"  
"Igor"  
"Eagle Eye"  
"Righteous Kill"  
"Eagle Eye"  
"Lakeview Terrace"

Today at 7:15 p.m.  
Today at 9:45 p.m.  
Saturday at 7:15 p.m.  
Saturday at 9:45 p.m.  
Sunday at 2 p.m.  
Sunday at 6:30 p.m.  
Wednesday at 6:30 p.m.  
Friday at 7:15 p.m.  
Friday at 9:45 p.m.

# Mokapu Beat

## News from Mokapu Elementary

### No School

There will be no school on Nov. 27 and 28 in celebration of Thanksgiving. Students will return to school Dec. 1.

### Turkey Trot

The PCNC and PTA are jointly sponsoring this year's Turkey Trot for Mokapu students from kindergarten through sixth grade. On Tuesday morning, Nov. 25, kids from each grade will run around the school track in a given amount of time. The boy and girl from each grade with the most laps will win a \$15 gift card to the commissary. For more information, or to volunteer to help, please call the school at 254-7964, or stop by room P-6.

### Craft Night for Families

The PTA is sponsoring a holiday craft night for families on Friday, Dec. 5, from 6:30-8:30 p.m. in the school cafeteria. Bring a dozen cookies to share and a dozen to swap. All crafts are free. For more information, contact PTA at mokapu\_pta@yahoo.com.

### Lockdown Drill

The next schoolwide drill will be our Off Campus

Evacuation Drill to Semper Fitness Center on Monday, Dec. 8, at 8:15 a.m.

If you would like to volunteer to help with this drill, please call Vice Principal Jacque Shaner at 254-7964.

### Choir Performance

The Mokapu Children's Chorus will perform a holiday show on Wednesday, Dec. 10, at 7 p.m. in the school cafeteria. Children in grades K-6 will sing various holiday songs. Admission is free. Refreshments will follow the performance. For more information, contact PTA at mokapu\_pta@yahoo.com.

### Three for Me

PTA is sponsoring the "Three for Me" volunteer program at the school. Each parent is encouraged to volunteer at least three hours at the school during the entire year. Parents interested should fill out a blue commitment card (available at the front office or by contacting PTA at mokapu\_pta@yahoo.com). When their hours are completed, their names will go on a blue star to be added to the "Walk of Fame" in the school hallway. Stars are added on a monthly basis. Thank you for investing in your children!

# L.I.N.K.S

## connects spouses

**Kristen Wong**

*Photojournalist*

Just when you thought knew it all ... Marine Corps Family Team Building has yet another support program available for military families, called Lifestyle, Insights, Networking, Knowledge, and Skills.

Active duty service members and their spouses are invited to take L.I.N.K.S. courses, available throughout most of the year. Stacy Holt, the base L.I.N.K.S. trainer, has been with Marine Corps Base Hawaii's MCFTB office since December 2007. A native of Castle Rock, Colo., Holt teaches military spouses and service members how to understand and deal with military culture. In addition, spouses can train to become mentors, supporting other spouses in these classes.

This class is not only for recently married military or young military wives. Holt said the class caters to older spouses, male or female, as well as active duty service members. Holt said some service members are not aware of the program's availability or usefulness.

"The military is not just a job, it's a lifestyle that's unique and challenging," Holt said.

She asks service members to leave their uniforms at home in order to make students feel more comfortable and equal amongst each other without worrying about ranks.

Jessica Powers, the family readiness officer for Marine Corps Air Facility has taken the course and volunteers as a mentor. Powers said L.I.N.K.S. is useful for all military spouses.

"It doesn't matter how long you've been married," Powers said. "There's always something you're going to learn that you didn't know before."

Powers said even though she has been married to a Marine for 10 years, and stationed on MCB Hawaii for five, she was introduced to new military acronyms she was unfamiliar with.

L.I.N.K.S. courses are available on a monthly basis throughout the year in a classroom setting or online. Holt said they are largely lecture based, although attendees occasionally participate in activities with each other.

Class sizes vary from month to month, although she said generally 20 attend at a time. Holt said she generally does not turn away interested peo-

ple, even if there are seemingly too many in one group. She said she would simply find an alternative location to hold the class. Holt said her September class had an attendance of 62 military spouses, which she said is the largest class in the history of MCB Hawaii. Students who complete the course receive a free tote bag, a binder full of useful information, and a certificate of completion.

To some, the class might sound similar to MCFTB's Lifeskills courses, but Holt said it is an introductory course that people can take prior to Lifeskills. The class is not a prerequisite to the other, but a stepping stone.

"[L.I.N.K.S.] is the first step for military families to learn about the military lifestyle, so they can thrive in it and not just survive," Holt said.

These courses are not only offered for adults, but children as well. According to Marine Corps Community Services, there are Keiki L.I.N.K.S. classes as well. There, children and teens aged six to 17 are invited to take a course in military life.

The L.I.N.K.S. program was created in Leesburg, Va., in 1995, initiated by military wives.

The next available classes start in January 2009. For more information on L.I.N.K.S. classes, call Holt at 257-2368.

### The Meaning of L.I.N.K.S.

**L** Lifestyle is a way of living and in this case it means understanding the military community and the unique lifestyle it offers.

**I** Marine Corps lifestyle Insights come from experienced Marine Corps spouses who relate their experiences of living the Marine Corps lifestyle, who understand first hand what you are going through and who want to help you understand and adapt to the new culture you married into.

**N** Networking represents the people you get to know during L.I.N.K.S. and all the others you will meet during your journey in Marine Corps living.

**K** Knowledge is what you will leave with and what will help you understand and navigate the Marine Corps culture.

**S** Is for the new Skills you will learn to help you enjoy and thrive in our Marine Corps community.

# Congratulations

## Mokapu Elementary School Lego Robotics team



Mokapu Elementary School Lego Robotics team won first place in teamwork, second place overall for their robot, and their presentation won third in the Windward qualifier for the First Lego League Robotics Tournament Nov. 15. The team members, about 10 fourth-, fifth-, and sixth-graders, gave a report on climate problems and demonstrated successful missions with their robot. Eleven teams participated in this competition. The team is now able to compete at the state tournament in January. From left to right: Coach Sam Campiformio, Daniel Tagulao, Jackson Rogers, Jacob Mitchell, Malachai Garrett, Connor Cardinale, Jordynne Jarvis, Brianna Recklies, Kayla Holcomb, Aidan Benson, Nicholas Fonseca, and Coach Stephanie Tsuzaki.

# Word to Pass

## Exceptional Family Member Program meeting

Fourth Friday of every month

An EFMP support meeting is scheduled to take place at the ASYMCA the fourth Friday of each month from 6:30 to 8:30 p.m.

## Books and Cookies with Wally "Famous" Amos

Nov. 26

Listen to exciting stories with this very "famous" storyteller and enjoy some tasty cookies from 3 to 3:45 p.m.

Open to all military families, sponsored guests and DoD civilians.

For more information call Merri Fernandez at 254-7624.

## Single Marine and Sailor Program Thanksgiving Bash

Nov. 26

Grill your own steak starting at 5 p.m. for \$10, includes complimentary soft drinks and sides. Reserve a seat by Nov. 24.

Free poker and ping-pong tournaments. Open to single or unaccompanied active duty personnel E5 & below.

For more information call Marcella T. Cisneros at 254-7593.

## Fresh Christmas Tree Sale

Starting Nov. 28

This is the first day Christmas trees are available. Trees will be on sale starting at 6 a.m. in the Exchange Annex parking lot.

For more information call the Exchange Annex at 254-7616.

## Transition Assistance Program (TAP) seminar

Dec. 1-4

This seminar will be held in the Base Theater from 8 a.m. to 4 p.m. Public Laws 101-510 and 107-103 require all transitioning service members to attend a TAP seminar prior to separation.

Unit commanders are evaluated on their compliance with the law.

Separating service members may attend a seminar within one year of separation date, but must attend NLT than 90 days prior to separation date.

Primary POC for securing a slot is the Unit Transition Counselor (UTC). For more information call Ric Paguio at 257-7790.

## United Services Military apprenticeship (USMAP) orientation

Nov. 17

This orientation is scheduled from noon to 1 p.m. in building 221.

Earn a Department of Labor Journeyman Certificate by logging your USMC MOS or Navy Rating work hours.

For more information call Craig Lockwood at 257-2158.

## Marriage Skills Workshop

Nov. 19

This workshop is scheduled from 8 a.m. to 4 p.m. in the Joint Education Center and is for active duty personnel planning to get married or recently married. Fiancées and spouses are also encouraged to attend. This workshop provides information about becoming a successful military family. Topics include couples communication, budgeting and finances, resources for couples and families, and a personality type inventory. Next Marriage Skills Workshop is scheduled for Dec. 17. For more information call Counseling Services at 257-7780 or 257-7781.

## Official General Education Development (GED) Exam

Nov. 20-21

This exam is scheduled to start at 7:45 a.m. in the Joint Education Center, classroom A, and is for those lacking a high school diploma.

Open to active duty, Reserves, family members, DoD civilians.

For more information call Maria Fullenwider at 257-2158.

## FBI Recruitment Presentation

Dec. 1

A recruitment presentation for FBI agents and professional staff will be held from 10 a.m. to 12 p.m. in building 267.

Open to all interested parties considering a career with the FBI.

Next FBI Recruitment Brief, 5 Jan 2009. Reservations required. For more information call Marine & Family Services at 257-7790.

## Baby Boot Camp

Dec. 2

A childbirth education and infant care class that prepares expectant parents for labor and delivery, newborn care, postpartum changes, and breastfeeding basics will be held at the base chapel from 8 a.m. to 4 p.m.

Open to all active duty and their spouses, however, reservations are required.

For more information call the New Parent Support Program at 257-8803.

## Men's night at the exchange

Dec. 2

The annual shopping night for men only will be held from 6 to 10 p.m.

MCX hours of operation for all patrons will be 9 a.m. to 5 p.m. for this day only.

For more information call the MCX Customer Service center at 254-3890.

## Lanikai Elementary School "Treasure Sale"

Dec. 6

This sale, scheduled from 8 a.m. to 3 p.m. at Lanikai Elementary School, will include very gently used items such as electronics and household goods.

## MCB Hawaii Tree Lighting Ceremony and Craft Fair

Dec. 7

Operation Homefront will provide families of deployed Marines & Sailors a craft tent in the theater courtyard from 3 to 5 p.m., prior to the tree lighting ceremony.

## Thanksgiving holiday hours of operation on base

Facility	Thanksgiving Nov. 27	Friday Nov. 28
104 Mini Mart	Closed	6 a.m. - 12 p.m.
301 Store	Closed	7:30 a.m. - 5 p.m.
9th Puka	8 a.m. - 4 p.m.	8 a.m. - 4 p.m.
Auto Skills Center	Closed	9 a.m. - 4:30 p.m.
Base Library	Closed	Closed
Chow Mein Express	Closed	10:30 a.m. - 6 p.m.
Church's Chicken	Closed	10:30 a.m. - 6 p.m.
Dive Oahu	8 - 11 a.m.	8 a.m. - 5 p.m.
Fairways Sports Grill	6:30 a.m. - 4 p.m.	6:30 a.m. - 6 p.m.
Gas & More	Closed	6:30 a.m. - 10 p.m.
Gourmet Delite	Closed	6:30 a.m. - 5:30 p.m.
Hilltop Pool	Closed	
Impact Zone	Closed	11 a.m. - 9 p.m.
ITT, K-Bay	Closed	9 a.m. - 7 p.m.
Kahuna's Recreation Center	8 a.m. - 10 p.m.	6 a.m. - 10 p.m.
Kahuna's Sports Bar & Grill	6 p.m. - 12 a.m.	6 p.m. - 2 a.m.
K-Bay Garden	Closed	7 a.m. - 8 p.m.
K-Bay Lanes	5 - 9 p.m.	5 p.m. - 12 a.m.
K-Bay Theater	Closed	7:15 - 12 a.m.
Klipper Golf Course	6:30 a.m. - 4 p.m.	6:30 a.m. - 6 p.m.
Kupulau CDC	Closed	Closed
Lava Java	Closed	Closed
Main Pool	Closed	
Marina	Closed	8 a.m. - 6 p.m.
Marine Mart	9 a.m. - 5 p.m.	6 a.m. - 12 a.m.
McDonalds	5 a.m. - 4 p.m.	5 a.m. - 12 a.m.
MCX Annex	Closed	6 a.m. - 9 p.m.
MCX, K-Bay	Closed	6 a.m. - 9 p.m.
Mega Video	Closed	11 a.m. - 9 p.m.
Officers' Club	Turkey-to-Go 9 - 11 a.m.	3 - 11 p.m.
Olina CDC	Closed	
Papa John's Pizza	10 a.m. - 10 p.m.	Closed
Rocker Room	Closed	10 p.m. - 1 a.m.
Semper Fit Center, K-Bay	7 a.m. - 6 a.m.	3 p.m. - 11 p.m.
Subway, Bldg 3071	Closed	4:30 p.m. - 10:30 p.m.
Subway, Mokapu Mall	Closed	9 a.m. - 10 p.m.
Taco Bell	Closed	10:30 a.m. - 6 p.m.
Teen Center	Closed	10 a.m. - 9 p.m.
Tiki Island	Closed	12 p.m. - 6 p.m.
TLF	10 a.m. - 5 p.m.	10 a.m. - 9 p.m.
Tradewind Travel	24 hours	24 hours
Youth Activities	Closed	10 a.m. - 6 p.m.
	Closed	9 a.m. - 5 p.m.

## Volunteer Opportunities

### American Cancer Society Boots on the Beach

Boots on the Beach is the western-themed annual gala to benefit the American Cancer Society. This year's boot-stompin' event will be held Nov. 22 at the Hilton Hawaiian Village Beach Resort and Spa. Volunteers are needed in a variety of roles to help make this event a great success. For more information about volunteer opportunities call Elaine Low at 432-9133 or email elaine.low@cancer.org or Jennifer Kaneshiro at 432-9156 or email jennifer.kaneshiro@cancer.org.

### Special Olympics Hawaii

Special Olympics Hawaii is looking for volunteers to assist in their upcoming basketball, bowling and baccé tournaments Dec. 5-7. Experienced basketball officials and first aid volunteers are also needed. For more information call Cindy Ujimori at 943-8808, ext. 27.

### Tax Center seeking volunteers

The Tax Center at Marine Corps Base Hawaii is seeking volunteers with interest in gaining tax experience and assisting service members, dependents, retirees and eligible civilians with preparing income tax returns for the 2008 tax season. No prior tax knowledge or experience is necessary. There are no requirements for volunteers other than a basic knowledge of computers, the desire to learn, and willingness to help others.

It's a great opportunity to obtain a valuable and marketable skill free of charge, because the Tax Center in cooperation with the Volunteer Income Tax Assistance (VITA) program will provide all the necessary training at no cost. In exchange for this invaluable training, volunteers are only asked to work a minimum of 10-15 hours per week. VITA training is scheduled to commence during the first week of December.

Those with interest in becoming a VITA tax preparer should contact Staff Sgt. Lagendrick Boston at 257-6741.

### All Enlisted Spouses Club Thrift Shop

The AESC Thrift Shop, located in Bldg 212 (Pless Hall) is in need of volunteers to assist with Thrift Shop related tasks such as sorting and hanging clothing items, cleaning, gardening, and other misc. tasks. Thrift Store hours are 9 a.m. to 1:30 p.m. Monday-Friday and on payday Saturdays from 10 a.m. to 2 p.m. The store is closed on Wednesdays. Please call 254-0841 or email mcbhaesc@yahoo.com for more details. All profits from the Thrift Store go toward charitable organizations associated with Kaneohe Marine Corps Base Hawaii.

### PBS Hawaii

PBS Hawaii is looking for two to three volunteers to answer telephones for one hour every Thursday. Dinner is provided. For more information, call Headquarters and Service Battalion S-1 at 257-3007.

### Honolulu Community Action Program

The Honolulu Community Action Program is looking for volunteers to assist with clearing low-income agriculture land which will be used to build low-income housing. For more information call 447-5403.