

# Hawaii Marine

## SOME GAVE ALL



Sgt. Mark Fayloga | Hawaii Marine

Lance Cpl. Wesley R. Brewster, U.S. Marine Corps Forces, Pacific bugler, performs Taps toward the end of 2nd Battalion, 3rd Marine Regiment's memorial service Tuesday between Hangars 101 and 102 aboard MCB Hawaii for nine Marines and one sailor killed in support of Operation Enduring Freedom.

## Island Warriors honor courage, sacrifice of 10 fallen brothers

Lance Cpl. Cassandra Flowers  
Combat Correspondent

Marines, sailors, family and friends gathered for a memorial service to honor the nine Marines and one Navy corpsman from 2nd Battalion, 3rd Marine Regiment who were killed in action while supporting Operation Enduring Freedom. The service took place between Hangars 101 and 102 aboard Marine Corps Base Hawaii Tuesday morning.

The entire 3rd Regiment was in attendance to honor the courage and sacrifice of their fallen brothers. Memorialized were: Lance Cpl. James Argentine, Lance Cpl. Travis Babine, Lance Cpl. Joshua Bernard, Petty Officer 3rd Class Anthony Garcia, Cpl. Christian GuzmanRivera, Sgt. Jay Hoskins, Cpl. Matthew Lembke, Lance Cpl. John Malone, Lance Cpl. Alfonso Ochoa Jr., and Lance Cpl. Joshua Whittle.

Ten rifles with fixed bayonets lined up across the flight line. Helmets rested on the buttstock of each rifle, identification tags draped from each pistol grip, and a pair of combat boots placed at the bottom of the memorial. Photos of the fallen Marines and sailor were staged next to the field memorials reminding the onlookers of the heroism of these men.



Lance Cpl. Cassandra Flowers | Hawaii Marine

Lauren Sanders wipes away her tears during the memorial. Sanders was a good friend of Petty Officer 3rd Class Anthony Garcia. Garcia was killed in action while supporting efforts during OFF.

See MEMORIAL, A-4

## Echo scout observers lead way for fire support

Staff Sgt. Marc Ayalin  
12th Marine Regiment

While indirect fire support from artillery, mortars, naval gunfire or aircraft can significantly shape the battlefield, the power of their effectiveness often lies in the hands of Marine artillery scout observers and forward observers.

As part of Artillery Relocation Training Exercise 09-03, Marine scout observers from Echo Battery, 2nd Battalion, 12th Marine Regiment, 3rd Marine Division, III Marine Expeditionary Force negotiated the grassy hills of the North Fuji Maneuver Area to practice and develop their trade, Nov. 2-11. The exercise also included members of 3rd Battalion, 12th Marines and the regimental headquarters.

The scout observers' goal during the exercise was to meet the training requirements of acquiring a target within one minute and calling in fire missions accurate to within 200 meters, according to Lance Cpl. Michael Ryan, a scout observer for the battery and a Modesto, Calif. native.

In the fire support community, a scout observer's tools of the trade are as basic as a map, compass, protractor, radio and a range finder. Using these tools, and dressed up in

ghillie suits to camouflage themselves along the hills and draws of the range, they called in fire missions on simulated targets increasing accuracy, proficiency and an ability to support infantry maneuver.

"The paramount goal is to provide the most accurate and timely fires possible in support



Staff Sgt. Marc Ayalin | 12th Marine Regiment

Pfc. Travis English, scout observer, Echo Battery, 2nd Battalion, 12th Marine Regiment, applies camouflage paint after donning his homemade ghillie suit Nov. 7. English, and other scout observers, practiced observation techniques and provided target location information to 2/12's forward observers and fire direction center during Artillery Relocation Training Exercise 09-03, Nov. 2-10.

of ground forces," said Lt. Col. Sean Wester, commanding officer, 3rd Bn., 12th Marines.

Throughout the exercise, scout observers practiced observation techniques and provided target location information to the regiment's forward observers and fire direction center, which processes firing data for the gun line using state-of-the-art computer systems. While the scout observer job is solely an enlisted designation, many fire support team officers would agree that their job would be anything but easy without a scout observer's skill.

"The scout observers are the eyes of the battery," said 2nd Lt. Aaron W. Meek, forward observer, Echo Battery 2nd Battalion, 12th Marines. "Without them, the artillery unit loses power, range, and the ability to shape the battlefield."

While indirect fire is known to change the tide of battle, the scout observer's role is essential to the success of target acquisition and accuracy, added Meek, a Plano Ill., native.

According to Pfc. Travis English, a scout observer with the battery, a scout observer earns the military occupational specialty of 0861 after completing the five-week Marine Artillery Scout Observer Course, at Ft. Sill,

See OBSERVERS, A-6

See DEPLOY, A-6



Lance Cpl. Cassandra Flowers | Hawaii Marine

Petty Officer 2nd Class David Slipper, 1st Battalion, 3rd Marine Regiment, corpsman, says good bye to his son before he leaves for a seven-month deployment to Afghanistan. The battalion boarded buses at the Annex parking lot aboard Marine Corps Base Hawaii before flying out of Hickam Air Force Base Wednesday morning.

## 2/3 fallen remembered in brick, glass

Christine Cabalo  
Photojournalist

Wearing a T-shirt bearing the image of his brother, Darryl Malone stood with families gathered to honor the fallen of 2nd Battalion, 3rd Marine Regiment at Marine Corps Base Hawaii, Tuesday.

His brother Lance Cpl. John Malone was one of 10 service members killed during the unit's 2009 deployment to

Afghanistan. Darryl Malone and his mother attended the ceremony wearing buttons and a homemade shirt with the fallen machine gunner's photo.

"Everybody knows he was a great man," said Darryl Malone. "He was a peacemaker. He couldn't wait to come home, but he knew he was out there for a good cause. He knew the risks that he might not come back."

Families attended the ceremony at the Pacific War Memorial following a memorial

service sponsored by 2/3 at Hangar 101.

It was important to the unit to invite family members to spend time in Hawaii, said Maj. Rafael Candelario, executive officer, 2/3.

"It's an opportunity for [family and friends] to come out here and hear from their son's, husband's or brother's co-workers about how [their loved one] performed ...

See BRICK, A-7

### Inside today's Hawaii Marine



**Boncos Beat Bears**  
The K-Bay Broncos beat the previously undefeated Hickam Bears, 26-7, at the C Street Field here, **B-1**

**Fun with Flora**  
Get lost in a tropical world of local flowers and tropical plant life at Lyon Arboretum, **C-1**



### Weekend Forecast

Today	Heavy Rain High — 82 Low — 71
Saturday	Scattered Showers High — 81 Low — 70
Sunday	Scattered Showers High — 82 Low — 71

## NEWS BRIEFS

### Blood Drive at the Chapel

As you celebrate the holidays with your loved ones, remember that just one hour of your time could give someone the chance to celebrate this special time of year with the ones they love as well. The Armed Services Blood Program will be hosting a blood drive at the Base Chapel Dec. 3, from 8 to 2 p.m. For more information, call Michelle Lele at 433-6148. To schedule an appointment to give blood, visit <http://www.militaryblood.dod.mil>.

### Education Officer's Workshop

The Joint Education Center for Lifelong Learning will be holding an Education Officer's Workshop Dec. 2 from 8 a.m. to 1:30 p.m. This workshop is open to unit education officers, their assistants and unit family readiness officers. The workshop will cover information about the new G.I. Bill as well as other educational opportunities. For more information call the JEC at 257-2158.

### Combat Camera Expedited Service

In the spirit of the holidays and to help support the Toys for Tots campaign, Combat Camera will be accepting toys for "expedited service" on routine requests brought until Dec. 16. Combat Camera's standard turn-around time is five business days. Customers who bring in a brand new, unwrapped toy, will be granted expedited service (two business days or less) in appreciation of your donated toy. Donations without Combat Camera service requests will also be accepted. Toys for Tots appreciates all donations, but are specifically requesting toys for newborn children and teenage boys and girls. Contact Gunnery Sgt. Schellenbach at 257-1397 or at [michael.schellenbach@usmc.mil](mailto:michael.schellenbach@usmc.mil).

### Native American Heritage Luncheon

Enjoy traditional dishes and share stories about Native American culture at the Anderson Dinning Hall Facility beginning at 11 a.m. today. A musical presentation featuring Native American singing and dancing is also scheduled.

### Interactive Customer Evaluation

ICE provides customers with a convenient and efficient online method to express opinions to service providers with the option to receive feedback. You can share a comment, recommend an improvement or just say "good job" or "thanks."

You may also use it to obtain information on services of interest (i.e. hours of operation, location, frequently asked questions, and special events).

We want to hear from you about how MCB Hawaii services are doing at: <http://ice.disa.mil>. Just click on "Marine Corps-Pacific," which will lead you to Marine Corps Base Kaneohe Bay. Choose your service category to go to over 250 service providers.

Although it's not mandatory, we recommend that you provide your contact information so that the service providers are able to contact you to address your concerns and issues, if necessary.

Questions: please contact the MCBH ICE Site Manager at 257-1283 or email: [therese.foster@usmc.mil](mailto:therese.foster@usmc.mil).

### 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)

<b>Commanding Officer</b>	<b>Col. Robert Rice</b>
<b>Base Sergeant Major</b>	<b>Sgt. Maj. James Sutton</b>
<b>Public Affairs Officer</b>	<b>Maj. Alan Crouch</b>
<b>Deputy Director</b>	<b>2nd Lt. Justine Roberts</b>
<b>Public Affairs Chief</b>	<b>Gunnery Sgt. Arsenio R. Cortez</b>
<b>Internal Media Chief</b>	<b>Sgt. Mark Fayloga</b>
<b>Managing Editor</b>	<b>Christopher Aguinaldo</b>
<b>Copy Editor</b>	<b>Sgt. Macario P. Mora Jr.</b>
<b>Design Editor</b>	<b>Cpl. Regina A. Ochoa</b>
<b>Photojournalist</b>	<b>Christine Cabalo</b>
<b>Photojournalist</b>	<b>Kristen Wong</b>
<b>Combat Correspondent</b>	<b>Cpl. Danny H. Woodall</b>
<b>Combat Correspondent</b>	<b>Lance Cpl. Ronald W. Stauffer</b>
<b>Combat Correspondent</b>	<b>Lance Cpl. Cassandra Flowers</b>
<b>Combat Correspondent</b>	<b>Lance Cpl. Colby W. Brown</b>

Hawaii Marine is an authorized publication for members of the Department of Defense.

Hawaii Marine is published by MidWeek Printing, Inc., a private firm in no way connected with the U.S. Marine Corps, under exclusive contract to the U.S. Marine Corps.

Contents of Hawaii Marine are not necessarily the official views of, or endorsed by, the United States Government, the Department of Defense or the U.S. Marine Corps.

The appearance of advertising in Hawaii Marine, including inserts and supplements, does not constitute endorsement by the DoD, Department of the Navy or the U.S. Marine Corps of the products or services advertised.

Everything advertised in Hawaii Marine shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron.

Editorial content or public service announcements (i.e., all content other than paid advertisements) is edited, prepared and provided by the Public Affairs Office aboard Marine Corps Base Hawaii. Opinions expressed are not to be considered an official expression of the DoD, DoN or the USMC.

Hawaii Marine is a free publication available at stands on Marine Corps Base Hawaii and neighboring businesses. If you are interested in obtaining copies by mail, please contact MidWeek Printing, Inc. at 235-5881.

Submit items for Hawaii Marine to the managing editor no later than noon on the Friday prior to publication, using the following address:

**Hawaii Marine, Box 63062, Building 216,  
MCB Hawaii, Kaneohe Bay, Hawaii 96863  
E-Mail: [hmeditor@hawaiimarine.com](mailto:hmeditor@hawaiimarine.com)  
Fax: 257-2511, Phone: 257-8837**

# Surviving a Downed Bird



Photos by Lance Cpl. Colby W. Brown | Hawaii Marine

It is best to stay as a group when in open water and the Marines of 6th Platoon, 3rd Radio Battalion learned how to do just that during Modular Amphibious Egress Training this week at the base pool. The training is in preparation for their upcoming deployment with the 31st Marine Expeditionary Unit.

## 3rd Radio conducts Helicopter Egress training

**Lance Cpl. Colby W. Brown**

*Combat Correspondent*

In preparation of an upcoming deployment, 6th Platoon of 3rd Radio Battalion completed the Modular Amphibious Egress Trainer this week. The platoon will be attached to the 31st Marine Expeditionary Unit and need the training in case a helicopter crashes.

The training consists of multiple scenarios where the Marines go through a simulated helicopter crash and make their way out of the helicopter. This training gives the Marines who complete it confidence in themselves if ever they crash over water.

"It's pretty intense," said Cpl. Richard Schermerhorn, team leader, 6th Platoon, 3rd Rad.

"It's training that makes you feel like you're going to drown and then you have to escape. It's pretty awesome."

During the training, Marines are able to familiarize themselves with using breathing regulators and emergency equipment. Also, they learn water survival techniques as a group and individual.

The Marines also have to escape from a simulated helicopter when wearing flack and helmet. After that, the first scenario requires they wear black out goggles to show even if they opened their eyes underwater, it would be pitch black. This helps them familiarize with

the aircraft to know exactly where the exits are and how to get out in an emergency.

"You don't really think about how to get out of a helicopter before it really happens," Schermerhorn said.

The training also gave the Marines knowledge of how to survive when stranded in open water. They learned the most effective way to stay connected as a group and how to use the life raft. Also they learned how to survive when on their own including how to use a trash bag to stay warm in cold water.

"I think it is great training," said Lance Cpl. Andrew Davis, linguist, 6th Platoon, 3rd Rad. "Only about four percent of the Marine Corps gets this training. It's challenging but in a helicopter crash, after doing this training, we will be more confident and have a higher chance of survival."

This training isn't just for helicopter crashes. If you crash a car in water you will be able to use this training to escape. It helps you orient yourself when submerged so you can find the best exit, Davis said.

With the completion of this training, the Marines will be that much more prepared for their deployment with the MEU.

"We will take away confidence of being able to egress out of a downed helicopter in water," Davis said. "And the skills aren't just for aircraft but for anything underwater."



Cpl. Kristopher Williams, collection analyst, makes his way out of the simulator after it was submerged and flipped over.

# Joint Education Center offers two basic courses

**Kristen Wong**

*Photojournalist*

Last week, the latest batch of Military Academic Skills Program graduates beamed with pride upon receiving certificates of completion and hugs from their instructors. They spent the last four weeks at the Joint Education Center for Lifelong Learning, sharpening their math and English skills for the future.

The monthly program has provided service members and eligible civilians with the tools to achieve goals from promotions to preparing for college outside the Marine Corps for two decades.

Sponsored by Headquarters Marine Corps in Arlington, Va., free MASP classes are held on base five days a week from 7:30 a.m. to 4 p.m.

"The focus of MASP is to review math, English, reading, test taking and study skills," said Loretta Cornett-Huff, education services officer, JEC. "Students actually come out of this class writing a college level essay."

Some students enroll in MASP for a variety of reasons, from working on college degrees to personal development. Others may want to improve their score on the Armed Forces Certification Test, also known as the Armed Services Vocational Aptitude Battery.

"[Through MASP], there's such a dramatic increase in scores that quite often our Marines will be asked to revalidate their scores," Cornett-Huff said.

Service members attend MASP classes whether they are returning to civilian life or pursuing a military career. Staff Sgt. Marques Farmer, staff noncommissioned officer in charge, Base Tax Center, Staff Judge Advocate, who is working on a bachelor's degree in English, feels more confident in his

math skills after taking MASP.

"Whether you're looking to get out or you're planning on staying in, it'll definitely be beneficial for you," Farmer said.

Some students are making a lateral move to a different military occupational specialty, like Cpl. Erik Gamboa, personnel clerk, Marine Corps Air Station, who plans to specialize in career planning.

"This is not a cakewalk," Gamboa said. "This class is for real. [Students] work from the day they get here to the day they leave."

Gamboa said he and a fellow classmate spent at least three hours a night, six days a week engaged in math homework alone. By the end of MASP, he had raised his math skills by four grades.

MASP allows up to 15 students per session, and is almost always full. Because of the growing number of MASP students, in May Cornett-Huff and Hawaii Pacific University created a second program called the Military Academic College Kickoff.

More than 60 students have completed this second program, which is also held monthly. Students who take the MACK course may receive college credit. MASP graduates are eligible to take this course. Other MACK eligibility is determined by the JEC.

Cpl. Andrew Moore, anti-tank missileman, 3rd Battalion, 3rd Marine Regiment, plans to attend Colorado State University and enrolled in MACK.

"[Through MACK] I made new study habits and sort of refreshed all the math I've forgotten," Moore said. "It's a good class to take to prepare yourself to go to college."

MACK student Sgt. Jason House, fire support man, 1st Battalion, 12th Marine Regiment, said becoming accustomed to completing homework was the biggest challenge.

"[MACK] keeps you well rounded," House said.

Through MASP and MACK, Cornett-Huff and Maria Fullenwider, test examiner, JEC, said they've seen many successful students emerge.

Cornett-Huff remembers a Marine who tested at a sixth or seventh grade level when he enrolled in MASP. After taking the course, she said this same Marine achieved "the highest score possible on the test."

"He stood there with tears rolling down his cheeks," Cornett-Huff said. "He's always been told he'd never amount to anything ... it's a really emotional thing."

Fullenwider, who used to teach MASP, said she had a student who felt he wasn't fit for college who ended up working toward his doctorate degree.

"You're the only one that can stop you from going anywhere," Fullenwider said. "There's no such thing as you can't succeed."

Although priority is given to Marines and sailors, other branches, civilians and dependents can enroll in MASP or MACK if there is room. Prior to enrolling in either course, students must take both the Test for Adult Basic Education and a pre-Armed Forces Certification Test. Both tests are taken again at the close of the course.

Service members must obtain approval from their command before committing to MASP or MACK.

MACK applicants must also attend the College 101 briefing at the JEC. Service members can use tuition assistance to help finance their MACK classes. Materials required for MASP or MACK are available at the JEC.

For more course information and test schedules, call the JEC at 257-2158, or visit <http://www.mccshawaii/jec.htm>.

# AROUND THE CORPS

Your weekly update on what's happening around the Corps

## This week's top story

### East Coast



Lance Cpl. Brian M. Woodruff | 26th MEU

#### Marines march in New York Veterans Day parade

**NEW YORK CITY, N.C.** — Marines from Special Purpose Marine Air Ground Task Force 26 marched in the 90th annual Veterans Day Parade in New York City in honor of military members both past and present Nov. 11, 2009.

The parade was preceded by a ceremony where several guests spoke, including Sergeant Major of the Army Kenneth O. Preston and Medal of Honor recipient, Bob Kerrey.

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

### West Coast



Lance Cpl. M. C. Nerl | Marine Corps Air Ground Combat Center Twentynine Palms

#### Palm Springs remembers vets with the Combat Center's help

**PALM SPRINGS, Calif.** — Marines and sailors from the Combat Center supported the 13th annual Veterans Day Parade last week in downtown Palm Springs, Calif.

Service members were in place before and during the parade and provided static displays of tanks and light armored vehicles for curious Palm Springs locals to admire.

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

### Overseas



Sgt. Josh Cox | Marine Corps Air Station Iwakuni

#### Friendship concert crosses barriers

**MARINE CORPS AIR STATION IWAKUNI, Japan** — A fall evening filled with music, culture and friendship attracted a diverse audience at the station chapel here Nov. 6.

The station's third annual Japanese and American Friendship Concert featured performances by local musicians, as well as distinguished guest artists from around Japan.

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

Created by: GySgt Charles Wolf  
**SEMPERTOONS**  
 THE GREATEST MARINE CARTOONS ON THE PLANET!

Technically, I didn't open it...  
 So, Technically...  
 You can't be mad at me!"



Lance Cpl. Thomas Provost | 31st MEU

USS Essex was pulled into the Navy pier by tugboats, during an in-port reconfiguration, Nov. 9. The 31st Marine Expeditionary Unit and Amphibious Squadron 11 recently completed two major exercises and two humanitarian assistance and disaster relief operations.

#### Navy, Marine forces train in Japanese-led exercise

Sgt. Rodolfo Toro and Essex PA Office  
 31st MEU

#### WHITE BEACH NAVAL FACILITY, Okinawa, Japan

In a display of flexibility, coordination and efficiency, more than 1,100 Marines, sailors, and assets assigned to the 31st Marine Expeditionary Unit, embarked aboard the forward-deployed amphibious assault ship USS Essex and the forward-deployed dock landing ship USS Tortuga at White Beach Naval Facility during an in-port reconfiguration, Nov. 9-11.

The reconfiguration reunited the USS Essex with Amphibious Squadron 11 in preparation for Annual Exercise 21G scheduled for Nov. 12-18. ANNUALEX 21G is an annual, bilateral exercise

conducted between the Japanese Maritime Self-Defense Force and U.S. Naval Forces.

The Japanese-led exercise is designed to improve both forces' capabilities for coordinated, bilateral operations in the defense of Japan. In particular, ANNUALEX 21G will focus on enhancing military-to-military relationships, improving command and control, air, undersea and surface warfare.

"This deployment is a great opportunity for our Marines to play a part in ANNUALEX," said Gunnery Sgt. Jorge Jerez, combat cargo assistant, Ship Company, PHIBRON 11. "I'm sure everyone is excited to be a part of the great relationship we have with the JMSDF."

The USS Essex is commanded by U.S. Navy Capt. Troy Hart and is the lead ship of the only forward-deployed U.S. Amphibious Ready Group.

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

## Top story from the front



Cpl. Zachary J. Nola | Regimental Combat Team 7

Lance Cpl. Ray Alvarado, Jr., a rifleman with India Company, 3rd Battalion, 4th Marine Regiment, shares food with local children in the village of Kace Satar, Afghanistan, during a patrol of the village and surrounding area Nov. 11.

#### 3/4 Marines patrol Farah village, build trust

Cpl. Zachary J. Nola  
 Regimental Combat Team 7

**FARAH PROVINCE, Afghanistan** — Marines and sailors from India Company, 3rd Battalion, 4th Marine Regiment, made its way into the village of Kace Satar, Afghanistan, Nov. 11, with a mission: protect the locals, and gain their trust.

The Marine's of 3/4 believe that providing security and building relationships in these small villages will help disrupt enemy activity in their area of operations.

"The little towns are where most of the Taliban forces come and terrorize the people," said Cpl. Bradley Penn, a section leader with 3/4. "They then have the opportunity to store things [in the towns]. So if we don't go to the little towns,

then we won't have the opportunity to find those caches of ordinance they use in [improvised explosive devices] or any weapons systems they may have."

The first of the four patrols headed into the town to visit with the local Afghans after setting up security and performing gear checks.

The Marines took necessary precautions with their route and made sure not to disturb the local farm fields as they carefully navigated their way through the outskirts of the town.

The first patrol, led by Penn, was met by local elders and other villagers upon entering the town.

Following an exchanging of pleasantries, the elders guided the patrol down the village's many dusty pathways, while talking with the Marines about their key concerns which include the village's water shortage.

The second patrol into the city proved a test of the Marine's training.

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



Lance Cpl. John J. Malone, dog tag scabbard hangs from his rifle as he stands at attention during the memorial service.



Members of the rifle detail eject brass casings from their rifles after firing as part of a 3-volley salute during the memorial service.



A family member holds the dog tags of Cpl. Christian A. Guzman-Rivera.



Marines participate in a 3-volley salute prior to setting up monuments for nine Marines and one sailor killed in support of Operation Enduring Freedom. Hundreds attended 2nd Battalion, 3rd Marine Regiment's memorial service Tuesday morning between Hangars 101 and 102 aboard MCB Hawaii.

Photos by Sgt. Mark Fayoga | Hawaii Marine

Navy Lt. Randal K. Potter comforts Blanca Ochoa as she grieves at the memorial to her husband Lance Cpl. Alfonso Ochoa Jr. Ochoa was killed in action supporting Operation Enduring Freedom.



MEMORIAL, from A-1

“Where do we find such men?”

asked Lt. Col. Patrick Cashman, commanding officer, 2/3. “We don’t find them, they find us. Something in the way they’re raised, something in their formative years drives them to seek out challenges, conflict and sacrifice, and it’s a good thing they do.”

During the ceremony, Marines read Bible verses from the Ecclesiastes 3:1-11 and Psalm 23. “Amazing Grace” was played on bagpipes to honor the men and their bravery. Leaders then performed their final roll call, along with a 21-gun salute.

Tears rolled down the cheeks of family and friends, as the first startling crack of a rifle was let off. Service members stood at the position of attention and honored the men with a final salute as the somber echo of “Taps” filled the airfield.

While service members respectfully raised their right hand to the brim of their cover, many couldn’t fight the single tear which fell from their eyes, knowing this marked the final goodbye to their brothers.

Many Marines coped with the loss of their brothers by sharing stories with one another, and family and friends.

“It really helps to know that my son was so well taken care of,” said Velma Torres, mother of Guzman-Rivera. “Talking to the Marines who lived with him every day was really comforting. It’s great to know that his own special family loved him. He was really taken care of out there.”

Many of the fallen service members’ families attended the ceremony. They agreed the ceremony gave them closure on their tragedies and added they were so proud of their lost loved ones.

Torres said the emotional ceremony, which honored her son and the men he fought with, was beautiful. She said to look at the same sky her son saw in Hawaii put her at ease, and brought her peace. She knows her son did what was right for him, but will never forget his words ...

“I’ll be home soon.”



StaffSgt. Marc Ayala | 12th Marine Regiment

Pfc. Travis English, a scout observer from Echo Battery, 2nd Battalion, 12th Marine Regiment, practices observation techniques using cover and concealment techniques and a homemade ghillie suit Nov. 7. English, along with other scout observers, provided target location information to the regiment's forward observers and fire direction center during Artillery Relocation Training Exercise 09-03, Nov. 2-10.

### OBSERVERS, from A-1

Okl., and the Fire Support Man Course at the Expeditionary Warfare Training Group Pacific in Coronado, Calif.

While attending the courses, Marines practice advanced land navigation and learn how to use the tools needed for target location.

Those tools include the M2 compass and the Vector 21 Laser Rangefinder, which determines a target's distance and elevation from the observer's position.

The battery, which arrived in Okinawa, Japan this October, is currently deployed with 12th Marines under the recently reestablished Unit Deployment Program.



### DEPLOY, from A-1

said. "But we're a tight-knit battalion, and I trust in my brothers. The Marines to the right and left of me will watch my back as I watch theirs. I've received great training from my [leaders] and I know we'll be okay."

Becoming one of those leaders, Morris said, was one of the most

anticipated moments of his career.

Now a corporal and deploying for the third time, he trusts in the leadership he has and his previous war experiences to help him make disciplined decisions and lead Marines.

"I'm stoked to finally be able to lead my junior Marines," Morris said. "I know, as a junior Marine, I really trusted my [noncommissioned officers]

and I hope I've instilled that trust in my boys."

Ready to take on the fight, the Marines loaded up their gear and stepped onto the buses which took them to Hickam Air Force Base, their last stop before heading to war — confident their training and their brothers beside them will bring them home soon.

## SEE YOU SOON



Lance Cpl. Cassandra Flowers | Hawaii Marine

Approximately 300 Marines from 1st Battalion, 3rd Marine Regiment, load buses to Hickam Air Force Base Wednesday morning as part of the battalion's first wave of deployment. A total of approximately 1,000 service members will deploy with the battalion to support Operation Enduring Freedom.

**BRICK, from A-1**

in combat," Candelario said. "We can't replace their son, brother or husband, but we did love them. This is a way for us to honor them when we could not all be there at home to honor them."

At the Pacific War Memorial, representatives from the unit presented family members with an individual brick identical to the one at the memorial and a glass globe. Mark Ellinger, whose son serves with the Island Warriors, made the globes especially for the families. It features an Operation Enduring Freedom coin and a replica dog tag swirled in red, white and blue glass.

Velma Torres, whose son, Cpl. Christian GuzmanRivera, died August 2009, said having these memorials for those who've made the ultimate sacrifice is important.

"It makes you feel good that he's honored," Torres said. "Simply knowing he'll be in U.S. history forever like this is good. More people will be born and more people will die, but his place in history is here."

What was shared aboard MCB Hawaii is just one of several ways she is grateful how her son will be remembered. In her son's hometown of Homestead, Fla., he was posthumously named an honorary firefighter by the Miami-Dade Fire Rescue Department for

his dream of one day joining their ranks. A Library of Congress exhibit will also feature interviews with GuzmanRivera's colleagues and his personal effects.

Addressing families before the unveiling of bricks, Lt. Col. Patrick Cashman, commanding officer, 2/3, said friends and family of the fallen carry on as everlasting memorials. He and Candelario agree the fallen had short, but important lives.

"There's never a time where the Marines who lost their buddies will forget [them] at all," Candelario said. "This is a formal way to recognize the sacrifice they made for us. They were out there and they had our back. We counted on them."

Seeing the memorial and having the support of the battalion was wonderful, said Bill Badger, whose son Lance Cpl. Travis Babine, was one of the fallen. Feeling the welcoming aloha spirit of the unit was a great comfort, Badger said. Receiving the glass globe and brick was unexpected. He said the tokens would go in a place of honor for his son.

Badger, who served in the Army for 25 years, said his son gave his life doing exactly what he wanted to do.

"He didn't have any other dreams or aspirations before being a Marine," he said. "He wanted to be a rifleman and be the essence of what you think of when you think of the Marine Corps."



**Lance Cpl. Justin Stout, rifleman, 2/3, shows his memorial tattoo, which mimics the battlefield cross set up for each of the 10 fallen service members honored at the memorial.**



Photos by Christine Cabalo | Hawaii Marine

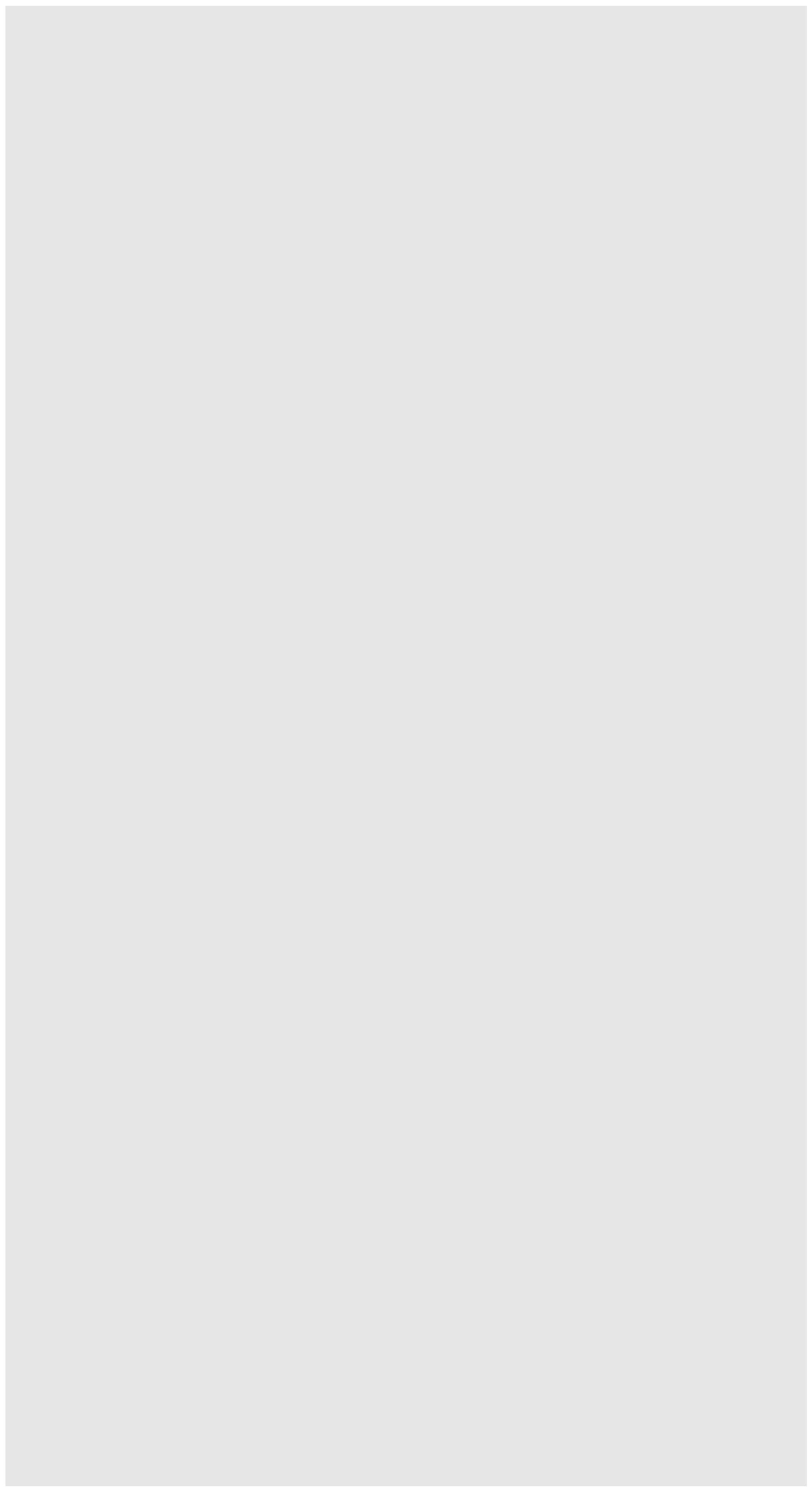
Holding a commemorative brick and identification tag, Darryl Malone stands next to his mother Maria Pacheco during a Nov. 17 tribute of the fallen service members of 2nd Battalion, 3rd Marine Regiment. Malone's brother, Lance Cpl. John Malone, machine gunner, 2/3 was one of 10 service members honored.

# DON'T SHRED ON ME



Kristen Wong | Hawaii Marine

Col. Robert Rice, commanding officer; Sgt. Maj. James Sutton, sergeant major, Marine Corps Base Hawaii; Kent Murata, director, Installations, Environment and Logistics; and representatives from the Environmental Compliance and Protection Department visited the Base Recycling Center for a shredder demonstration. "It's definitely a benefit to the environment and the military," said Michelle Chang, environmental management system coordinator, Environmental Compliance and Protection Department. The Base Recycling Center received a new Dual Shear M7OE, an industrial plastic shredder manufactured by Shredding Systems Inc. in September. This \$140,000 shredder can be used to break down items such as mortar collars, mortar baskets, plastic playground toys and even a plastic recycle bin. As much as 80,000 pounds of plastic will be shredded annually. The plastic is shipped to China to be made into items such as toys. Shredding the plastic not only reduces shipping costs but reduces the amount of waste that goes into landfills. "The interest Col. Rice has in the program has greatly increased participation and awareness of the recycling program," said Jim Sibert, manager, Base Recycling Center.



# Sports & Health

## PLAYOFF SHUTOUT

### Bandits beat down Renegades, 28-0

Lance Cpl. Colby W. Brown  
Combat Correspondent

The Intramural Football League playoffs exploded out of the gates with a fired up game between the Marine Aircraft Group 24 Bandits and the Marine Corps Air Station Renegades.

The Renegades were at a loss before the game started, playing with only 13 players. The Bandits came out on top, 28-0, advancing to the next round of the playoffs.

"Our team played hard, gave 110 percent today," said John Gilliam, wide receiver, Renegades. "But I give a lot of props to the other team. They came out in the second half and wore us down mentally."

The Bandits kicked the ball deep into Renegade territory, beginning the first quarter.

The Renegades proceeded to drive the length of the field before penalties and defensive stops pushed the back to midfield. On fourth down, they weren't able to convert, attempting to gain back over 30 yards of loss yards. The Bandits gained control.

With possession and momentum from a defensive turnover, the Bandits pushed the ball to the other side of the field. At the 20-yard line, it was fourth down and the Bandits chose to use their feet to get points on the board. The attempted field went wide left and the Renegades took over.

Gaining possession at the end of the first quarter the Renegades set up to march down the field. They went to the air and the Bandits came down with the ball leaving their offense in good field position.

The Bandits ended this offensive series short with a fumble and another change of possession.

The Renegades came out ready to bite back at the defense that recently intercepted the ball, but could not capitalize on a fumble recovery going four and out.

The Renegades punted the ball down into Bandit territory. The Bandits receiver muffed the punt and the Renegades came up with possession at the 30-yard line.

With five minutes and thirty seconds left in the half, the Renegades took a time out.

Coming back onto the field the Renegades were

able to make it a fourth and short but the Bandits stopped them in their tracks on the fourth down and gained possession.

On the first play of the Bandits offensive series, they went to their running back who juiced and evaded Renegades defenders left and right, going 40 yards down the field.

With a minute left the Bandits made it to the 6-yard line. They went to their running game again and ... touchdown.

The score was 6-0 Bandits at the half.

The Renegades kicked the ball off starting the 3rd quarter, sending the ball to the back of the end zone.

The Bandits kept their stride going from the first half driving past midfield but were stopped and lost possession of the ball.

The Renegades went four and out again, giving the ball up with a punt.

The Bandits ran the punt back 25 yards but a block in the back took the ball back to the 10-yard line. The Bandits recovered from the penalty and drove 90 yards to the other side of the field scoring. The point after touchdown was a run good for two points, bringing the score to 14-0 Bandits.

The Renegades continued to fail to make yards and went four and out after the kick off.

The last quarter of the game started with a Renegades punt, which drew a roughing the kicker penalty from the Bandits.

The Renegades kept possession but were pushed back to their goal line and were then sacked for a Bandits safety.

With 12 minutes left in the game the Bandits were up 16-0. The Renegades kicked off with a free kick as to the safety. The Bandits received the ball in their territory but ran it back to the seven-yard line of the Renegades.

The Bandits punched into the end zone again scoring another touchdown.

After the kick off, the Renegades looked to move the ball but were stopped in their tracks with a Bandit interception.

The Bandits fumbled the ball again and the Renegades gained possession. The Renegades went four and out.

Another change of possession gave the Bandits the chance to score again, which they did driving the ball down 50 yards to the end zone, and ending the Renegades's season.

"This team will be good next year," said Juan Barksdale, safety, Renegades. "Next year, even though I won't be here I will always be a Renegade."

"It was a good game," said Sheltric Peterson, wide receiver, Bandits. "They had a lot of heart; they only had 13 people and played till the end."

## End It early



Brandi Mack, first basemen, Warriors, connects with the ball sending it into play.



Annie Smack, utility player, MCB Hawaii Women's Softball Team, watches the ball closely right before she swings. Headquarters Battalion Warriors ran around the diamond scoring 17 runs over Smack's team during an Intramural Softball League playoff game Wednesday night at Risley Fields.

## Warriors mercy rule VPU-2, move on in playoffs

Lance Cpl. Colby W. Brown  
Combat Correspondent

The Intramural Softball League playoffs started Wednesday night with multiple games. One of them was between Patrol Squadron 2, the Marine Corps Base Hawaii Women's Softball team and the Headquarters Battalion Warriors.

The Warriors stood their ground against the Women's team and won 17-2 moving on to the next round of the playoffs.

The Women scored first in the first inning with home run but weren't able to keep the runs coming. The Warriors soon picked up three outs and it was their turn at bat.

The Warriors came out swinging and hit six straight homeruns before the Women stopped them and soon after cleaned up with a caught fly ball and went to bat.

In the second inning, the Women weren't able to put up runs and went back out to the field.

Starting with two homeruns, the Warriors looked to keep pace but were stopped short with good stop at second by the Women.

In the third inning, the Women again couldn't connect with the ball and went three and out.

Likewise, the Warriors sent the ball to the outfield and were able to put seven more runs on the board before being stopped.

The fourth inning started with a strike out for the Women but they were able to bounce back with a homerun. After that, the Women weren't able to score anymore and went back out to the field.

The Warriors kept the pattern going and started off with another homerun. They scored again and that was game, ending early from a 15-point lead cap.

Being the first year the Women's team played in the Intramural Softball League, which is co-ed, it gave them a chance learn and have fun. They play seasonally in the women's league.

"Coach Aaron Coulson is doing a great job coaching the girls and helping them improve," said Romeo 'Coach Rome' Ibrao, coach, Warriors. "They came a long way from from the beginning of the season."

"The more you practice the better you play," said Annie Smack, utility player, MCBH Women's Softball Team. "A lot of girls here have never played softball before so every one have improved."

Even though they lost, they look at the game with their heads up to prepare for next year.

"We didn't hit the ball very well," Smack said. "And it's hard to catch a ball that hits the fence, but it's all about fun. We came out here expecting to get better and we did. Overall, I think it was great. We would have never met each other if we didn't play and some of the people who have never played the game before will be able to play in other leagues."

For the Warriors, this was the first step toward their goal of taking home the championship title.

"We hope to win it all but we will play one game at a time, one inning at a time," said Brandi Mack, first basemen, Warriors. "Anything short of winning will be a letdown."

## 3rd Marines fall to Jokers in first game of playoffs

Lance Cpl. Ronald W. Stauffer  
Combat Correspondent

The Patrol Squadron 2 Jokers eliminated 3rd Marine Regiment after a crucial win, 10-6, during the first night of the 2009 Intramural Softball League playoffs at Annex Field.

The playoffs are double-elimination and the Jokers held their own, utilizing a great infield defense and pitcher Nicole Miner, who sealed the deal with a game ending strike out.

"It's the playoffs and everybody's mindset changes in the playoffs," said Jokers coach and second baseman Scott Lemcke, before the game. "We're ready to play."

Lemcke said the last time his team faced 3rd Marines in the regular season they lost, but believed the tables would be turned – if all they do is hit the ball.

Third Marines, up to bat first, started with a good rhythm, securing runners with base hits until they were loaded. They were only able to get one runner home before the Jokers' defense got the third out.

The Jokers scored their first run on an overthrown ball to 3rd Marines' third baseman. And another on a sacrifice play.

The Jokers led the game at the end of the first inning 2-1.

During the top of the second, 3rd Marines couldn't get a runner past first base. Lemcke attempted a double play in the inning getting the out at second, but couldn't beat the runner at first.

Third Marines were able to bring the inning to an end with a quick double play at second, but the Jokers were able to score one

run before the inning ended giving them a two run lead.

In the top of the third, 3rd Marines first baseman Justin Powers hit a high line drive over the infield and past the outfield for the first homerun of the game, bringing in one runner and himself before the ball got back to the infield.

Third Marines, trailing by one run, shut the Jokers down in the bottom of the inning allowing no runs and no mercy.

Driving into the fourth inning, the Jokers' defense allowed no runs and finally got their bats on, bringing three runners in and securing a hefty lead, 6-3. The inning was brought to a close by a line drive miraculously caught in the air by 3rd Marine's third baseman.

Third Marines batters didn't even make it to first base before their third out, as the Jokers went three up and three down, getting



Lance Cpl. Ronald W. Stauffer | Hawaii Marine

Nicole Miner releases a pitch from the rubber during the first night of the 2009 Intramural Softball League playoffs at Annex Field, Wednesday. Miner is the pitcher for the Patrol Squadron 2 Jokers. The Jokers beat 3rd Marine Regiment 10-4, and ended the game with a strike out.

all three outs from infield hits.

In a repeat of the fourth inning, 3rd Marines were unable to score, only giving up one run to the Jokers before the end of the fifth inning and still weren't able to secure any runs in the top of the sixth.

During the bottom of the sixth, Lemcke smacked a line drive over the infield, bringing in two runs with the bases loaded, leaving runners at first and third with one out. A third run was brought in from hit right down the left base line swatted by John R. Barajas Jr., Jokers third baseman.

At the end of the inning, Jokers led by seven runs. As 3rd Marines stepped to bat in the final inning, they needed eight runs to keep the game going or suffer a loss.

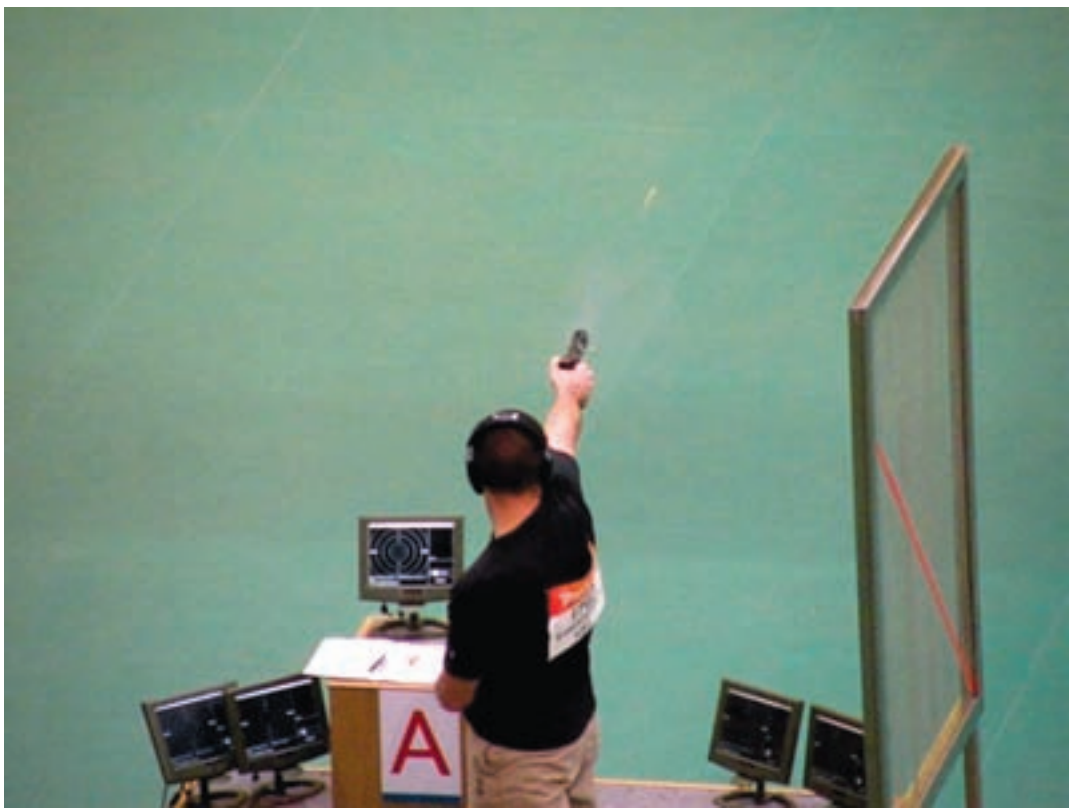
The Jokers allowed one base hit from 3rd Marines first batter and took out the next two batters at first base. With a runner advancing to third, the clean up was able to swing for a base hit bringing in a run, but the next batter was struck out by Miner to end the game.

Jokers won the game and moved up in the playoffs bracket.

"It's a great momentum builder," said Lemcke. "We won the first game of the playoffs and it's awesome. Once we get rolling with the bats, it's pretty solid after that. It just takes a minute."

He said his team was beat by 3rd Marines in their last game during the regular season and admitted they're a good ball team who can hit the ball, but his team had fun this game.

"Our pitcher had three looking strike outs and ended the game on a strike out," Lemcke said. "She was excellent."



Courtesy Photo

Keith Sanderson, chief marksmanship instructor, Marine Corps Base Hawaii, is a world-class shooter in the rapid fire pistol event. Sanderson has competed in the 2008 Olympics and has won several World Cup events. He was recently named the 2009 USA Shooting Athlete of the year.

# HAVE PISTOL, WILL WIN

*MCB HAWAII CHIEF MARKSMANSHIP INSTRUCTOR SELECTED AS 'ATHLETE OF THE YEAR'*

**Press Release**  
*USA Shooting*

Pistol shooter and Marine Corps Base Hawaii chief marksmanship instructor Keith Sanderson has been selected as the 2009 USA Shooting Athlete of the Year.

Sanderson was chosen based on the USAS Athlete of the Year Nomination and Selection Procedure, which is a points system that rewards performance in major competitions.

Sanderson, a 2008 Olympian, earned the Male Athlete of the Year honor after an outstanding World Cup season in 2009, winning an unprecedented three medals on the

International Shooting Sport Federation World Cup circuit. Sanderson captured the gold at the Beijing World Cup, silver in Changwon, South Korea and bronze at the World Cup Munich in the Men's 25m Rapid Fire Pistol event. Sanderson also grabbed fifth place at the Milan World Cup. In addition, Sanderson finished in third place at the 2009 Rifle/Pistol Fall Selection Match at Fort Benning, Ga.

Sanderson was selected as the overall USAS Athlete of the Year, but USAS also recognizes the Discipline Athlete of the Year, who earns the highest number of points in each discipline. Sanderson earned the title USAS Male Athlete of the Year for his discipline, the pistol.



Photos by Cpl. Danny H. Woodall | Hawaii Marine

Cyber Warriors quarterback Clayton Jones stretches for the end zone in the second half of the game. Jones led his team to victory by running in both Cyber Warrior touchdowns in the second half and added another in overtime.

Warriors quarterback Jim Bell attempts to deliver a pass over a leaping Cyber Warriors defender during an Intramural Flag Football League game. The IFFL games are played exclusively at Camp H.M. Smith but the league is open to teams from Marine Corps Base Hawaii.



## D FLAGGIN' 'EM DOWN



Cyber Warriors safety Jim Kikuchi breaks up a pass intended for Warriors receiver John Baker on Tuesday during an Intramural Flag Football League regular season game at Camp H.M. Smith's Bordelon Field.

*Intramural Flag Football League combines competition with recreation*

**Cpl. Danny H. Woodall**  
*Combat Correspondent*

With the playoffs scheduled to begin in January in Marine Corps Base Camp H.M. Smith's Intramural Flag Football League, every game matters and every play counts. On Tuesday, the Special Operations Command, Pacific Warriors and the Pacific Command Cyber Warriors took this to heart. Both teams struggled at various points in the game due to higher than normal wind, but still provided exciting displays of athletic ability with an even more exciting finale.

The Warriors, at 4-1 on the season, were clear favorites going into the game against the 1-3 Cyber Warriors. After taking a 14-0 halftime lead with a high-powered offense and stifling defense, it certainly seemed as if the SOCPAC Warriors were well on their way to another victory. Warriors quarterback Jim Bell threw two touchdown receptions, the last on a 40-yard pass to close out the first half.

The PACOM Cyber Warriors however, had different plans.

"We had a sluggish defensive performance [in the first half]," said Cyber Warriors quarterback Clayton Jones. "Offensively, we need to stop the wind from blowing."

Though unable to control weather patterns, Jones proved he could control a game. Following a SOCPAC Warriors punt in the second half, Jones put his team back into the game with a 45-yard touchdown run and successful two-point conversion. The Warriors lead was now cut to 14-8.

Yet again, with only 10 minutes remaining in the game, Jones drove his team down the field and punched in another score, knotting the score at 14-14. With two minutes left in regulation, Jones provided a key defensive play by intercepting a Bell pass.

The game went into overtime following a 40-yard SOCPAC Warrior completion, which was halted at the one-yard line. In overtime, Jones scored his third touchdown of the game, sealing a Cyber Warriors victory at 20-14.

"This [league] is about fun, participation and camaraderie," said Curtis Stranghoener, lead sports specialist, Marine Corps Community Services, MCB Camp H.M. Smith. "Games are scheduled during [service members'] lunch time so they can get in some midday [physical training] while not keeping them from their families after working hours."

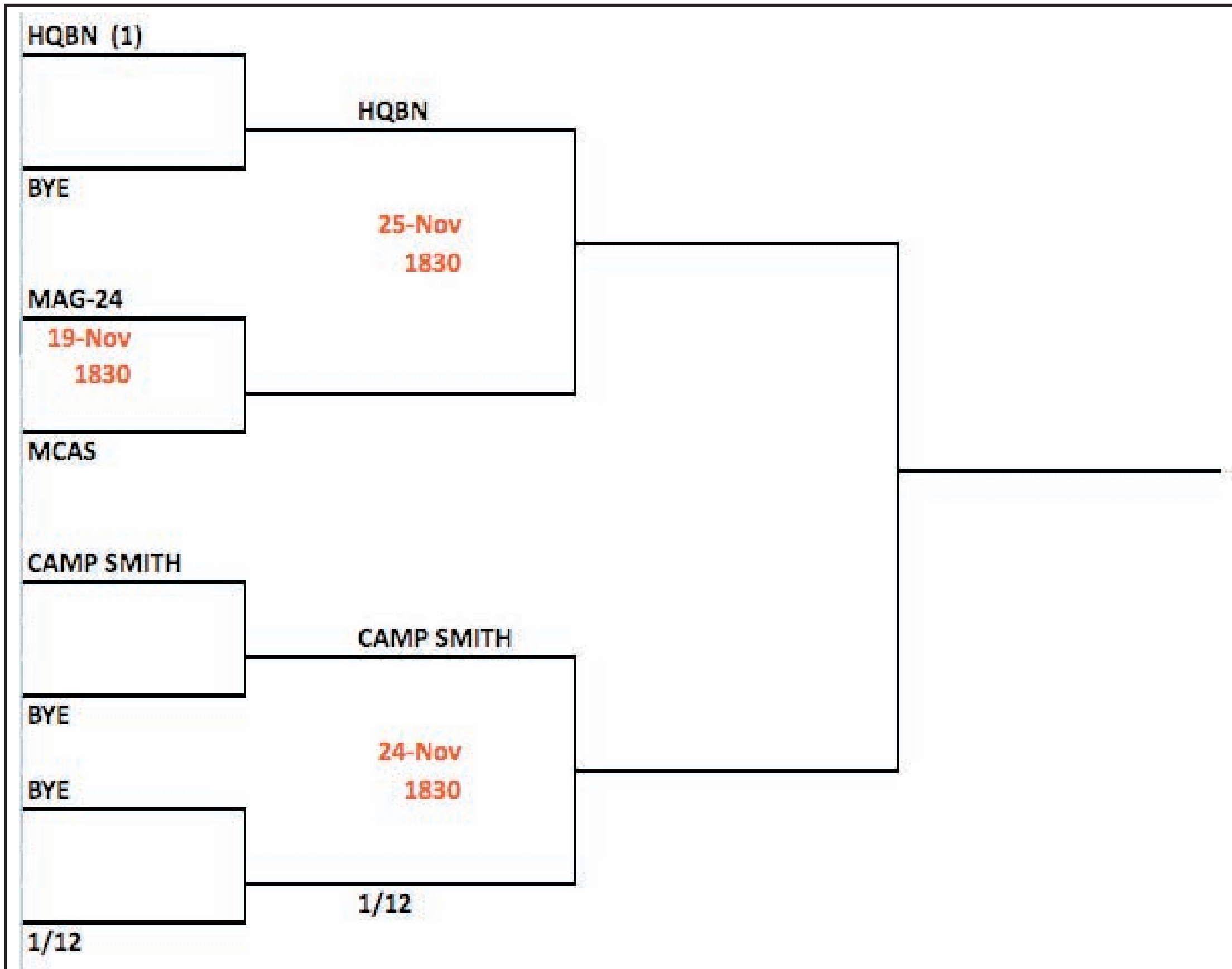
Though the games are played at MCB Camp H.M. Smith, the league is open to interested participants from Marine Corps Base Hawaii who wish to form a team.

"I encourage everyone to come out and play," Stranghoener said. "Teams from K-Bay should definitely come out for next season for the fun and [exercise] you get from flag football. If anything, come for the wings. The championship team is treated to a catered wing party."

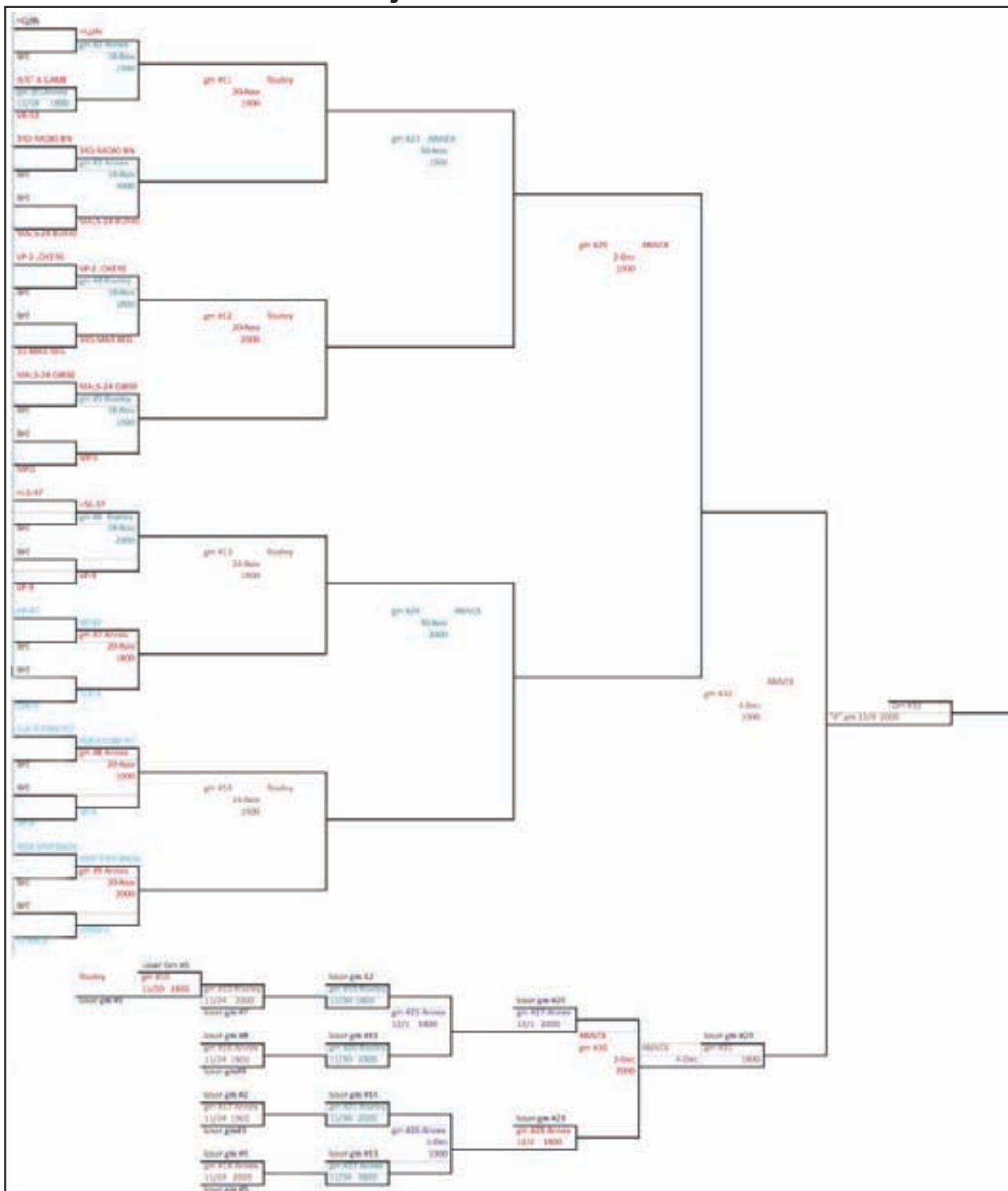
Those who want to form new teams will have to wait, as this season is already in full swing. Next season is scheduled to begin concurrently with most football leagues in September 2010. For more information, contact Curtis Stranghoener at 477-0498.

# Intramural Sports Updates

## 2009 Intramural Tackle Football League Playoffs Bracket



## 2009 Intramural Fall Softball League Playoffs Bracket



## Make the best of the week before turkey day

**Education Staff**  
Food Safety and Inspection Service

Preparing Thanksgiving dinner can be a wonderful experience, yet daunting for those planning it. The goal is to have a safe and delicious turkey dinner, and if planned one day at a time, it can be fun and memorable. To ensure a successful and safe celebration, USDA recommends a Thanksgiving countdown.

**T minus 6:** (Friday, today): If you decided to buy a frozen bird and haven't purchased it yet, buy it today so you have adequate time to thaw it in the refrigerator. For thawing a frozen turkey, move it into your refrigerator now. Leave the frozen bird in its original wrapper and place it on a tray to catch any juices that may leak from the package as the turkey thaws. Allow approximately 24 hours per 4 to 5 pounds of turkey.

**T minus 5:** Do a thorough cleaning job on your refrigerator and the appliances needed for preparing the Thanksgiving meal. Sanitize all countertops and cutting boards using a solution of 1 tablespoon unscented chlorine bleach per gallon of water. If using an electric roaster oven, bring it into the kitchen and make sure it is working. If smoking a turkey, have adequate charcoal and/or other fuels.

**T minus 4:** Set the table including serving dishes and utensils, and round up the needed chairs. Plan your Thanksgiving Day cooking timetable based on the size of your turkey or other meats.

**T minus 3:** Make vegetable side dishes and breads ahead of time. Store the side dishes in the refrigerator (40 degrees F or below).

**T minus 2:** If buying a fresh turkey, this is the day to bring it home from the store. If you forgot to thaw the frozen turkey or don't have room in the refrigerator for thawing, don't panic. You can submerge the turkey in cold water and change the water every 30 minutes. Allow about 30 minutes defrosting time per pound of turkey. Cook immediately after thawing.

**T minus 1:** No. Don't even think of pulling an all-nighter with your turkey. It's not safe to cook a turkey all night at 200 degrees F. The minimum oven temperature is 325 degrees F to ensure any bacteria are destroyed.

**Thanksgiving Day:** If you still need to thaw your turkey, microwave thawing is probably your only option now. Check the manufacturer's instructions for the size turkey that will fit into your oven, the minutes per pound, and the power level to use for thawing. Cook immediately after thawing.

Use a food thermometer to check the internal temperature of turkey and stuffing. A cooked whole turkey is safe at a minimum internal temperature of 165 degrees F throughout the bird and stuffing. Check the internal temperature in the innermost part of the thigh, wing, the thickest part of the breast and the stuffing.

All turkey meat, including any that remains pink, is safe to eat as soon as all parts reach at least 165 degrees F. When turkey is removed from the oven, let it stand 20 minutes before removing the stuffing and carving the turkey.

After Thanksgiving dinner, cut the leftover turkey into small pieces; refrigerate stuffing and turkey separately in shallow containers within two hours of cooking.

# Spotlight On Sports

## Sports Briefs

### Okinawa Kenpo Karate

Every Tuesday and Thursday, join MCCA Youth Activities for Kenpo Karate Kobudo classes, held from 6 to 7:30 p.m. in Building 1391, located behind the old 7-Day Store. Adults and children are welcome.

Costs for classes are \$35 for adults, \$25 for children, and \$20 for additional family members.

For information, call MCCA Youth Activities at 254-7610.

### 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 254-7666/7667.

### Parents for Fitness

The Parents for Fitness Program is a cooperative babysitting effort available at the Semper Fit Center 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 e-mail MCBHcoop@hotmail.com.

### 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.

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

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

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

### Semper Fit-For-Life Program

A year-round program promoting fitness for the entire family, this motivational program is designed to encourage patrons to incorporate fitness into their daily routine.

Participants log their mileage/hours in any of the following activities: running/jogging, walking, swimming, cross-country, rowing/kayaking, bicycling, rollerblading aerobic activity, weight training, martial arts, basketball, racquetball and soccer.

Awards are given when a Semper Fit-For Life milestone is reached.

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

## Commander's Fitness Series

To register for events in the Commander's Fitness Series visit the Semper Fit Center or go to the MCCA Web Site at <http://www.mccshawaii.com/cgfit.htm>. For more information about the events, call Tina Lui at 254-7590.

### 3rd Radio Bn. Jingle Bell Jog

Sat., Dec. 5

Jog off that Thanksgiving feast! This 8-mile run around the Nuupia Ponds will help you stay fit throughout the holiday season.

### 3rd Annual VP-9 King of the Hill 5K Run

Sat., Jan. 16

VP-9 hosts its annual King of the Hill 5K on Saturday, January 16 at 7 a.m. The race begins and ends at Dewey Square, and the

course takes runners up the hill to the Officers' Club, then up the even bigger hill of Kansas Tower.

### CLB-3 Swamp Romp

Feb. 20

The race begins at the Boondocker building, neighboring the Marine Corps Exchange Annex parking lot. Six-person teams will negotiate an obstacle-laden course that includes mud, crawling, jumping, mud, swinging, sounds of combat, and more mud. Sign up early to get dirty with Combat Logistics Battalion 3.

# Will you be pregnant this flu season?

## Doctors recommend you get a flu shot!

Being pregnant increases your risk of getting very sick from the flu. Stay healthy during your pregnancy. Get vaccinated.



October and November are the best months to get a flu shot.



Department of Health and Human Services  
Centers for Disease Control and Prevention



For more information, ask your healthcare provider or call the CDC Immunization Hotline  
English 800-232-2522 Español 800-232-0233 Website [www.cdc.gov/flu](http://www.cdc.gov/flu)

## Semper Fit Group classes

### Boot Camp

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

### Cardio Kick

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

### Cycling

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

### Gut Cut

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

### High Intensity Circuit Training

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

### Lower Body Blast

Want to tone up your legs? This class targets all the major muscle groups in your legs, including your core muscles. Strengthening these muscles will not only help firm up those areas but also maintain a healthy posture.

### Keiki and Me

Don't have a sitter? This class is designed for the active parent done in an outdoor setting involving the kids. Build strength and cardiovascular endurance during this fun group setting. With the use of resistance bands, body weight exercises, abdominal work and plyometrics this can help strengthen your body and mind. Bring your own stroller.

### 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.

### 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.

### PiYo

If pilates and yoga were mixed together, this is what you would get. This class will help develop strength, flexibility and balance to sculpt long, lean muscles. With pilates, yoga and a combo of upbeat moves, this mat class will get your blood flowing while re-shaping you from head to toe.

### Power Yoga

If you're looking for a class to increase strength, stamina and flexibility, this class is for you. They use yoga postures that are an excellent cross-training routine for athletes, along with poses to calm the mind and body.

### Speed and Agility

Swifter, Higher, Stronger ... Train like an athlete. This class focuses on developing strength, power, balance and agility while maintaining flexibility. Dynamics of this class include plyometric type exercises designed to produce fast, powerful movements and improve functions of the nervous system while increasing foot speed.

### 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 and Tone

The best of both worlds in one class! A great step class and some resistance training in an hour and 15 minutes. Get your heart pumping with an upbeat step session that will tone your muscles.

### 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.

### 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.

### Zumba

This is a Latin inspired, dance-fitness class incorporating international music and dance movements. It includes a combination of fast and slow rhythms, that tone and sculpt. The class integrates aerobic, interval and resistance training. Dancers and non-dancers will have a blast while getting an incredible workout!

### Hours of operation:

Monday-Friday, 4:30 a.m. - 10:30 p.m.

Saturday, 7 a.m. - 10 p.m.

Sunday and Holidays, 10 a.m. - 6 p.m.

## The National Hockey League

Giving Detroit one reason to be happy since 1926

**Cpl. Danny H. Woodall**

*Combat Correspondent*

The National Hockey League provides fans with the most entertaining athletic action in any professional sport, as well as the most heated sports debates. Here are excerpts from a conversation I had with another diehard hockey fan just a few moments ago:

"Hey, did you catch that game last night? ... No, the hockey game ... No, not an intramural game, the Red Wings and the Avalanche ... Yes, the NHL ... Yes, it still exists ... No, I'm not joking ... Where are you going?"

Unbeknownst to ignoramuses, the NHL opened its 2009 season almost two months ago. For NHL fans, both of us, this meant one thing and one thing only: (insert legitimate reason to be excited about hockey). That's right! Who needs football or basketball when you have a sport like hockey, which encompasses unbelievable talent and fast-paced action that never, under any circumstance, bores anyone? (That was a rhetorical question, of course; please don't answer.)

This writer, now unable to continue the sarcastic charade of being a hockey fan, firmly believes that the NHL is a doomed-to-fail professional sports organization. Its physicality can't compare to the National Football League, its traditions are trumped by Major League Baseball, and its playoff season is dramatically inferior to the concurrent story lines of the National Basketball Association.

Even more, the cancellation of its 2004-2005 season is a precursor to the inevitable implosion, via bankruptcy, of the league.

The briefly sanctioned in game fights, rather than the entertaining displays of manliness which most hockey fans boast about, are nothing short of classless acts of pseudo-barbarism better performed by professional fighters.

If I wanted to see two grown men slap each other while removing articles of their clothing, I would seriously reevaluate my life goals.

However, hockey does have its perks. If you want an excuse to avoid a less-than-desirable social function, simply say you have a prior engagement. When pressed further on the matter, tell the inviting party that you have "tickets" to a "hockey" game. By the time

these people process the notion that another person would voluntarily offer monetary funds to see live hockey, you're home free.

An average NHL game lasts two and a half hours. There are several things I'd rather do with that time and here are a few: watch a football game, go for a run, read a good book, or skip a run to rehearse a full dance routine to Miley Cyrus' "Party in the USA", despite immediate social exclusion from my peers (totally kidding. I wouldn't read a book no matter how good it is).

Plus, there's a multitude of players with whom the American public has no connection. Gretzky aside, I find it difficult to associate with many of the modern NHL rosters. For example, and be honest, ask yourself when you start to lose interest in the following list of sports heroes: Michael Jordan, Roger Staubach, Tiger Woods, Babe Ruth, Ricky Bobby, Guy Lafleur, Ilka Sinisalo, Bubba Berenzweig, Artem Chubarov ...

The National Hockey League has several problems, but hey, things can be worse for the NHL ... it could be Major League Soccer.



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



WOODALL



BROWN

## Hockey Players: Gladiators on ice

**Lance Cpl. Colby W. Brown**

*Combat Correspondent*

Have you ever walked into a skating rink and been chilled by something other than the cold? Have you ever been chilled, had goose bumps go down your spine, from the essence of badassness?

I have, because I have been to a National Hockey League game. Albeit, I have been to just one, but that single game made such an impact on how I view sports that all I can say is the NHL is underrated.

How come there isn't such hype for hockey? It's like the 21st century incarnate of the coliseum where gladiators used to fight. If you can't handle or just plain don't like watching two warriors battle, then you are a pansy.

What sport is more fast-paced, action-packed and heart racing? Yeah, sure, if you are new to the sport, the rules may be confusing but it is still more entertaining than watching any other sport. Where else is it not against the rules to bare knuckle fight in the middle of the rink just because you don't like a guy.

If players did that in basketball, they would barely touch each other and fall down crying. Then the refs would break it up before the two players could look at each other. It is like that in every mainstream sport, where everyone is just too unmanly to punch one another.

I guess you could watch boxing. But when you watch boxing, is there the possibility of somebody smacking each other with a stick? Or better yet, taking off their skate and attempting to cut each other? NO!

Some naysayers may complain about hockey's nonsensical useless injuries from pointless fights. But these aren't just fights, ladies and gentlemen. These are battles royal of territory, pride and to see who the alpha male is on the ice.

The only question is why don't more people watch such a glorious event? Why can't people just admit that their favorite sport pales next to hockey?

Yeah, sure the NHL has had a little trouble getting people to watch but what sports league hasn't had a set back? Baseball: steroids. Basketball: marijuana. Football: Terrell Owens.

What other sport has clocked its players going from one end of the arena to the other at 40 miles an hour? I mean, come on people, hockey is where it's at.

If you're an adrenaline junkie, just think about the possibility of getting hit in the head with a puck that goes more than 90 miles an hour. No other sport can even start to compare with hockey — other

than women's bikini mud wrestling. That wins bar none.

But back to how badass hockey is, especially the goalies — need I say more? They have the best reflexes in the world, having to react in less than .3 seconds, to block a shot. And they just stand in the way, too. I'm pretty sure I would get out of the way of a frozen solid hockey puck traveling more than 90 mph.

There is simply no way around it. Going to a hockey game beats any other sporting event (besides women's bikini mud wrestling). Plus who wouldn't want to have a hockey player on your side in a fight?



It's like the 21st century incarnate of the coliseum where gladiators used to fight."



# MAJOR LEAGUE SOCCER CLINIC

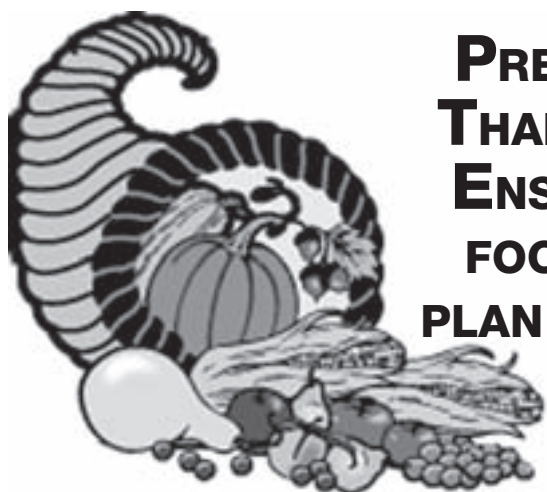
**DEC. 5 ON  
MARINE CORPS  
BASE HAWAII**

**KICK THE BALL WITH THE PROS  
DURING A FREE SOCCER CLINIC WITH  
PLAYERS FROM D.C. UNITED (DEVON  
McTAVISH AND MARC BURCH) AND  
HOUSTON DYNAMO (BOBBY BOSWELL  
AND MIKE CHABALA).**

**THE ADULT CLINIC IS SCHEDULED FROM  
10 A.M TO NOON, AND CHILDREN CAN  
COME TO THE YOUTH CLINIC FROM  
2 TO 3:30 P.M.**

**NO REGISTRATIONS ARE NECESSARY,  
JUST JOIN THE PLAYERS AT  
POP WARNER FIELD.**

**FOR MORE INFORMATION, CALL  
254-7591 OR 254-7610/7611.**



**PREPARE EARLY FOR THE  
THANKSGIVING WEEKEND.  
ENSURE YOU COOK YOUR  
FOOD COMPLETELY, AND  
PLAN SAFE TRAVEL ROUTES!**



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

**U.S. MARINES**

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

# Into the Jungle

## Explore the wilderness at Lyon Arboretum

Lance Cpl. Colby W. Brown  
*Combat Correspondent*

I'm walking up a hill. Slipping on roots, leaves and molded-over rocks. My neck is constantly craned toward the top of mountain. I push through bushes and trees that are more crowded than a rush hour subway train in downtown New York.

The end of the trail isn't near but I need to rest. A tree helps hold me up. The trail leads farther up but the way down looks a lot easier to traverse. The tree slips, or the sweat on my arm makes me slip, and I fall a couple feet down the trail. I stop next to a burn pile of old wood at the edge of a small outcropping.

I stand up and find myself with a view that spans from the heights of towers and buildings in Honolulu to the tops of the Koolau Mountain Range. It's funny, but I didn't expect a view that took my breath away from a hike up a goat trail at a botanical garden.

The Harold L. Lyon Arboretum, University of Hawaii at Manoa is the only botanical garden located within a tropical rainforest in the United States and the only easily accessible rainforest on the island. It was established in 1918 to test different species of trees for reforestation. Then in 1953, it became a part of University of Hawaii and has been developing its collection of tropical plants ever since.

There are almost 200 acres of tropical rainforest, with many different types of plants including hibiscus and beehive ginger to palm trees to Araucarias (native of New Caledonia) which look like pine trees. There is also the Aihualama Falls and many different trails, which could possibly take you to the outcropping where that breathtaking view was, but to be honest I couldn't find my way, back to that exact spot.

The plants grown at the arboretum are from different places around the world. The main goal at the arboretum is develop, restore and preserve tropical plants, especially those that are endangered.

The arboretum is part of the university and serves as an outdoor laboratory for students and classes.

There is no cost for admission to the arboretum but donations are gladly accepted. There is a visitor's center where it is asked that visitors sign in before walking the trails. Also, gifts, snacks and drinks are available for sale.

The hike around the arboretum can take an hour to an hour and a half but anyone could easily get lost among the many trails and plants and spend hours immersed in the shrubbery — or maybe even find the outcropping where I saw an amazing view.

For no cost, this place is great for a lazy afternoon or a short hike. It is open everyday except Sunday and holidays and is a great idea to occupy a weekend with a low budget. For more information, call 988-0456.



Lyon Arboretum, University of Hawaii at Manoa, is deep in the Manoa Valley pressed against the Koolau Mountain Range. It offers a variety of many different tropical plants and a short hiking trail.



Photos by Lance Cpl. Colby W. Brown | Hawaii Marine

# PASS REVIEW

## 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.



## 'COD: Modern Warfare 2' best game of 2009

**Cpl. Andrew Ochoa**  
*Contributor*

No one ever thought that the epic, movie-like gameplay of the "Call of Duty" franchise's "Modern Warfare" and "World at War" could ever be topped. That was until Nov. 10, when Infinity Ward's "Modern Warfare 2" hit the shelves, and gamers and critics alike were blown away.

I have never been much of a gamer until my wife bought me a Playstation 3 for my 21st birthday. One of the first titles I bought was "COD: Modern Warfare." I saw my fellow Marines playing it in the barracks and figured I would get a taste of the action. I beat the game in a little under three days and was extremely proud seeing as I've never really played, let alone beat, a game before.

A deployment and about nine months later, I bought

"Modern Warfare 2" and am in awe. In the beginning, the game brings you to the frontlines of Afghanistan with the U.S. Army Rangers. This is a great way to start the game, but a disappointment to Marines. You then find yourself in the heart of Russia as

a British SAS operative under the wing of the first "Modern Warfare's" Soap MacTavish, now a captain. The game then brings you to Rio De Janeiro as part as Task Force 141, where you must hunt down terrorists linked to a civilian massacre in Russia framing America and practically starting World War III.

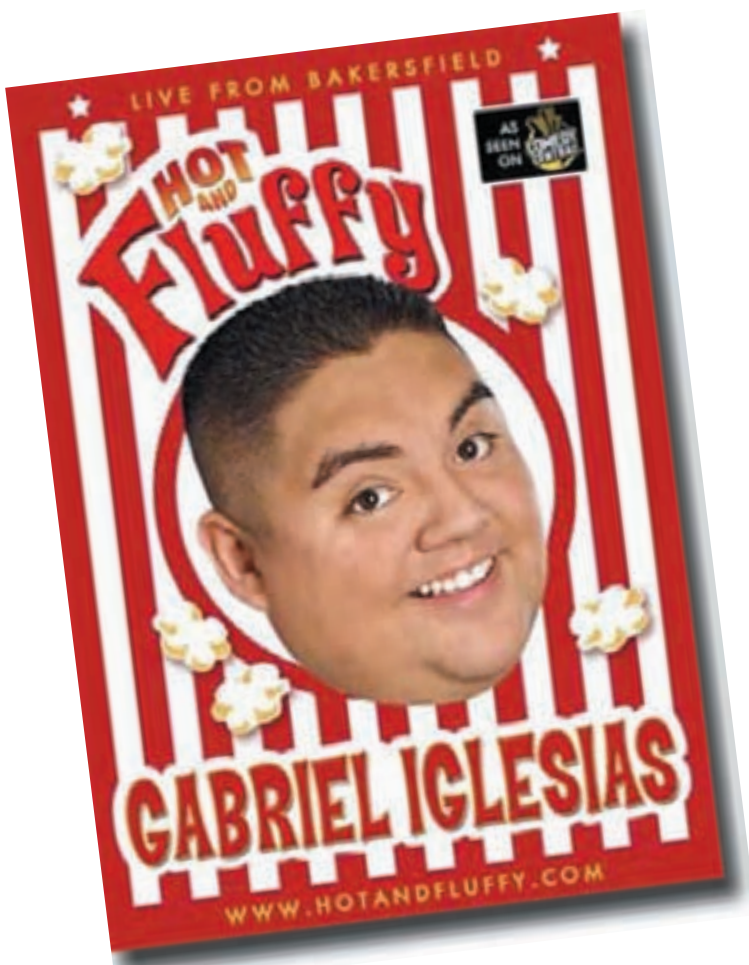
The graphics are also a testament to Infinity Ward's great game developers. With an HDMI cable, the game is so close to reality. The char-

acters in the game move and look like real people. The environment makes you feel as if you're literally running across the front lawn of the White House or watching the Capital building burn to the ground on the other side of Washington, D.C. The game has far fewer glitches than its predecessor and blows the gamer away, literally in some cases, with its cinematography and movie-like action. Whether you're leaping from a rooftop to a Super Stallion or jumping a snowmobile across a gulch to escape the Russians, the gameplay will keep you on the edge of your seat.

Not only does the storyline captivate players, but the Spec Ops and Multiplayer modes are also addicting. There are many mission choices in Spec Ops mode. You can play as two snipers on a rooftop and do your best to kill the oncoming forces or protect your buddy on the ground in a Blackhawk with a M134 Gatling Gun. My favorite Spec Ops mission is "Overwatch" where you run along the ground dodging the enemy while your buddy destroys the from above in an AC-130 Gunship.

The highly anticipated "Modern Warfare 2's" ridiculously awesome storytelling and gameplay keeps you on the edge of your seat. Even if it's 2 in the morning and you're tired from a hard day's work, the game can't be put aside. Every turn and every level leave you wanting more and more.

From the opening as soldiers in Afghanistan to the return of one of the first "Modern Warfare's" key characters (a plot point that no one saw coming), "Modern Warfare 2" is and will be a classic for years to come. Whether you get the game for its great campaign or are a veteran of online gaming, this game is the ultimate gaming experience.



## Multi-talented Iglesias is well worth watching

**Kristen Wong**  
*Photojournalist*

It's not everyday you see a club-hopping chick, a theme park employee, a fake Irishman and the "Crocodile Hunter" in a show, all voiced by one man.

"Hot and Fluffy," a 2007 DVD featuring Gabriel Iglesias, a former contestant on "Last Comic Standing," is a favorite of mine. If you don't know Iglesias' comedy and are considering seeing his show at Neal S. Blaisdell Center Nov. 27, I recommend this DVD.

Iglesias, a native of San Diego, has jokes galore on topics from going to the drive thru to Disneyland. He even theorizes that traffic stops can actually turn into entertaining, amusing events.

"If you can make a cop laugh, you have a chance," Iglesias said.

For the record, I don't encourage anyone to actually test his theory, but his tactics are, admittedly, humorous. I won't go into detail here, you'll just have to watch the DVD to get the full experience.

Traffic stops aside, Iglesias seems able to find humor in other normally serious situations, such as the death of television show host Steve Irwin, Hurricane Katrina or the current war in the Middle East.

For those of us who were either born and raised in Hawaii or spent a few years here, we get an extra treat. He mentions visiting Hawaii, calling Hawaiians "my family," because to him, they resemble Mexicans.

Much of Iglesias' comedy is driven by sound effects. He rarely tells a story without adding an element of sound. His

amusing account of riding Disneyland's "Splash Mountain" ride was accompanied with the "squish, squish" sound of water-soaked legs. His experience with an airplane drop is not complete without a few girlish screams, nor can you enjoy police stories without his eerily accurate impression of a police car siren.

His talent is by no means limited to mere noise. Iglesias is gifted with impersonating famous people. He even goes so far as to mimic the acts of fellow Latino comedians Carlos Mencia and George Lopez.

Watch Mencia and Lopez first, if you've never seen their performances. It's much, much

funnier if you are familiar with the person Iglesias is impersonating. Sadly, I couldn't relate to his impersonation of comedian Paul Rodriguez, whom I have never seen perform. Although a few of his attempts need just a bit of polishing, I was impressed at how close he came to mimicking real people.

As with many DVDs, there are also special features, including guest appearances from other comedians (I never heard of them, but they are funny), and a question and answer session with Iglesias.

As with many comics, I would recommend this DVD to adults with an open mind. Some of Iglesias' jokes may be inappropriate for younger children. The performance is worth at least one viewing, if not several.



## Better Know A Critic



**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 synopses 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.

WONG



**Cpl. Andrew Ochoa likes reality and epic storytelling in a game.** "I won't play a game unless I know it's going to be something I'll keep and play for years," he said. He's a huge fan of the "Modern Warfare" series and other military games like "SOCOM" and "Operation Flashpoint". He thinks, however, it's difficult find time to play games since he became a father.

OCHOA

### Second Opinion

#### "Call of Duty: Modern Warfare 2" 4 out of 4 (Confirmed Kill)

I don't own a Xbox. I don't own a Playstation. I don't even own a Wii. But what I do have is the experience of playing this brilliant game. I don't say that just because I am a nerd or just because I am a gamer. I say that because this game is better than every other game ever. I am not alone when I say I could spend a whole week straight playing this game. I may not have the equipment to play video games everyday. But I have some friends who will allow me the privilege of playing and sometimes watching this awesome game.



— Lance Cpl. Colby W. Brown

## TALK\* STORY

Mickey Mouse turned 81 years old two days ago. Walt Disney and Ub Iwerks created this famous mouse in 1928. The Hawaii Marine wondered ...

### Who's your favorite cartoon character?

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



Popeye, because he has muscles, and he eats spinach. I love spinach.

— Vernnen Walker



"Wolverine, because he's badass. He holds no bars."

— Sgt. Joshua Gainey

"Phineas and Ferb. They build stuff every day."

— Juliana Marshall



# The man who keeps on giving

**Lance Cpl. Cassandra Flowers**  
*Combat Correspondent*

After serving in the Army, earning a bachelor's degree and having a successful career in business, volunteering his time to the Boy Scouts of America and other various non-profit organizations, and being a grateful husband of 42 years, Michael Broham still finds time to keep on giving.

At 68-years-old, Broham doesn't show any signs of slowing down his continuous love for people. After serving three years as an Army medic, Broham attended school, planning on succeeding his father as a doctor. His career choice made sense for a compassionate man who enjoyed working with people.

Attending Wayne State University, Broham took an accounting class, which changed his career goals. The Sturgis, Mich., native found a new field of study in business which he felt fit his personality and still allowed him to help others.

As a banker and credit manager, Broham said he found the connection with people he needed along with a way to have a successful career.

While Broham was a devoted husband and banker, he always made time for many volunteer organizations.

"I enjoy working with many different people," Broham said. "I enjoy learning. When I learn more, I become more productive, which helps me give back to the best of my ability."

Broham said one of his favorite organizations to work with was the Boy Scouts of America. After almost 10 years, Broham decided to take on a different mission. After speaking with a close friend about volunteer work he had done on Marine Corps Base Hawaii, he was ready for the new challenge.

"I heard about the work available at the Navy Marine Corps Relief Society and I thought, 'that sounds like something I would love to do.'"

Now a volunteer at the NMCRS aboard MCB Hawaii, Broham said he enjoys putting his business skills to work, while helping out service members and their families by reducing their anxiety and stress during tough emergency situations.

"I know this job fits him very very well because it allows him to use his talent," said Sandra Broham, his wife. "All of his past experiences with people have allowed him to learn how to deal with different situations. I think that is what the Marines and sailors appreciate the most."

Broham's wife isn't the only one who feels his life experiences bring knowledge to the table. Marty Ann Grant, director of NMCRS, said she sees his vast knowledge from working with different people in many different situations make him a helpful candidate for the Marines and sailors.

"What he has done for us in the past year has really been amazing," Grant said. "He's a great team player and his vast knowledge really helps out the Navy Marine Corps Relief Society when it comes to thinking up new ideas."

Grant said she is impressed with Broham's capability of adapting to new challenges quickly, but he said he owes a lot of what he does to Grant and his other co-workers.

Broham credits his success at the NMCRS directly to the people he works with.

"A career is built through the help of many many people," Broham said. "I couldn't help others without others helping me."

Modest about his success with helping many people throughout his life, he feels his way of giving back is equivalent to others' duty to serve our country. He described his work as his own personal "duty."

Even though he served in the Army and climbed the ranks very quickly during his three-year enlistment, Broham didn't feel it



Lance Cpl. Cassandra Flowers | Hawaii Marine

**Michael Broham, Navy Marine Corps Relief Society volunteer, sits in his office aboard Marine Corps Base Hawaii. Broham, 68, has been volunteering his time at NMCRS for approximately one year. His co-workers say his efforts are greatly appreciated, and his previous experiences with various non-profit organizations will only benefit the Marines and sailors here.**

was his ideal career.

"I'm very happy and grateful for the opportunities the Army allowed me to have," Broham said. "It got me to this point today, where I can mentor others and enjoy doing so. What I have is a very rewarding career."

Broham still considers his position at the NMCRS, along with tutoring for the Hawaii Literacy organization, a career, even after being retired for almost three years. To Broham, the time he takes out of his day to help others

makes him feel productive, and he never plans to hit "retirement mode."

Willing to always give and not expect anything in return, Broham is among the respected volunteers of MCB Hawaii. His desire to help people and his devotion to others makes him stand out as another reliable person for service members to call in a time of need.

"The only way I can describe my work and how much I truly love what I do is ... a service to others is the best work of life," he said.

## Helping hands



Lt. j.g. John David Inman | Patrol Squadron 47

**Golden Swordsmen of Patrol Squadron 47 volunteer their time at Aikahi Elementary School in Kailua, beautifying grounds as part of the Adopt-a-School program.**

### VP-47 Golden Swordsmen adopt Aikahi Elementary

**Lt. j.g. John David Inman**

*Patrol Squadron 47*

Over the past several months, the Golden Swordsmen of Patrol Squadron 47 have adopted Aikahi Elementary School as a way of reaching out to the local community. The squadron has dedicated weekday afternoons and weekends to not only improve the Kailua school's grounds, but also to interact directly with Aikahi students through mentorship and homework assistance.

Earlier in the school year, a team of Golden Swordsmen spent several Saturdays improving the playground and natural areas. The playground project involved raising two platforms that had settled over time and required the digging of several large holes followed by two separate concrete pours. Afterward, several tons of rubber mulch was spread to improve the overall safety condition of the playground.

Later, a work team landscaped the school grounds and playground area. Projects included weeding flower beds, mulching and raking the school boundary and cleaning the school parking lot, while several Swordsmen made study aids for the teachers.

"Helping the teachers and kids out was a great way to build a positive relationship with the community and was overall a rewarding experience," shared Petty Officer 3rd Class Emmanuel Barbosa, who participated on both days.

Both projects helped to improve safety for the students and the overall appearance of the school.

On weekday afternoons several groups of Golden Swordsmen also volunteered their time mentoring students and offering homework assistance. Students are primarily tutored in math and reading, but all subjects are covered.

The Adopt-a-School program has offered Golden Swordsmen the opportunity to interact with the local community, and a chance to say thank you for the support given to the dedicated service members of Marine Corps Base Hawaii.

## Breaking OUT of her shell

*Marine spouse honored in Key Spouse Recognition Program*

**Lance Cpl. Ronald W. Stauffer**

*Combat Correspondent*

It has been said the first deployment is always the hardest. Marines pack up what they need and off they go to a new home in a foreign land. But what of the home they left behind?

Jillian Sentell is one of the numerous spouses Corpwide who has experienced her husband leaving for a deployment and trying to assure herself everything would be alright.

From January to August 2009, she faced her fear for the first time, and alone, until she met the Marine Heavy Helicopter Squadron 362's family readiness officer. She then met other spouses seeking the same comfort she needed. She never expected the impact she was going to make.

Her compassion for others not only made a difference for the spouses here and the deployed Marines, but also it caught the eye of the whole command.

Sentell was nominated by the commanding officer of Marine Heavy Helicopter Squadron 362 for the Key Spouse Recognition Program, which is sponsored by the Navy League Honolulu Council.

The program is open to all branches and Sentell won for the Marine Corps. She said she didn't see her contributions as an accomplishment.

"It's good, but I don't think of it as anything super or special," Sentell said. "I just do what I do. If it needs to be done then it needs to be done."

Things weren't always easy for the 28-year-old, Atlanta native.

Sentell's husband, assigned to Marine Heavy Helicopter Squadron 362, received orders to Iraq nine months after their marriage in May 2008.

"It was overall hard and overwhelming," Sentell said. "It was hard to adjust."

They resided off base at the time and not knowing people well was the start of Sentell's frustrations. Soon after her husband's departure, she moved into base housing and was visited by her mother for a week, but it wasn't enough.

"I couldn't just sit at home and drive myself crazy for seven months," Sentell said. "I didn't know anybody and normally I'm an introvert. I keep to myself and I don't do large crowds."

Bound and determined to stay busy, she found a helping hand waiting for her with



Courtesy Photo

**Jillian Sentell video tapes Marine Heavy Helicopter Squadron 362 family members at a Saint Patrick's Day party. Sentell helped organize the party, as well as many other events to support the unit's family members during the squadron's deployment. Her husband is a Marine in the unit, and said he was shocked at his introverted wife's involvement in the unit and support for the families. Sentell was recognized by the Key Spouse Recognition Program for her volunteer efforts.**

the squadron's family readiness officer, Troy Euclide.

"With the new family readiness program, Jillian was one of my volunteers and had come up with most of the events that we [conducted]," Euclide said. "Because of her, she made my job very easy during this last deployment."

Euclide said early in the deployment, Sentell would assist him in making phone calls to parents who weren't able to receive e-mails. In that short amount of time, he described her as a chick slowly breaking its way out of its shell until she wasn't the shy person she was before.

"She's a true, caring person, who wanted to stay busy with her husband gone, but she did it for the right reasons," Euclide said. "Energy wise, she always had a full tank and she always wanted to help."

The squadron held 12 family-events during the deployment and Euclide said Sentell was the driving force behind all of them.

"She would be at every event taking pictures so I could forward the pictures to the command, and they would upload them and put them on their message board," Euclide said. "She's in the same boat with some of the other spouses, but she's a little bit older and life experienced."

Beyond planning the events for the spouses on the home front, Sentell would ensure that the deployed Marines and sailors were taken care of, too.

She sent care packages to her husband and other members of the squadron, but one of the major events was a Saint Patrick's Day surprise.

Sentell and other spouses made "cake in a jar," a crafty concoction of cake batter that is baked and sealed in a mason jar. To appreciate the Irish festivities, the cake was dyed green, and frosting and other toppings were, also sent.

Her husband said when the packages arrived, "it was like Christmas, because when we were making the transition from Iraq to Afghanistan, it was a lot of [the Marines'] first deployment and they weren't getting anything."

"Just a note on top of one of the jars or on a box that said 'give this to a friend,' brought the morale way up," he added.

He said during his first deployment before he met his wife, he didn't get anything. This time around he said it went a lot smoother and felt a lot better knowing he had some support back home.

"The massive show of support that we got made the time go by faster and kept the morale high, knowing that we were coming back to a good situation," Sentell's husband said. "To the Marine on the actual front, it's a holiday. 'Somebody sent me a gift and somebody back home was thinking of me.'"

Another appreciated effort was the "Ugly Angelettes" photograph, choreographed by Sentell. Wives gathered in their spouse's trousers, flight suit or coveralls and posed in front of a CH-53D Sea Stallion. Sentell also sent individual photos of the spouses posing in the helicopter.

"They were well received. A lot of people were actually [wanting] pictures of their wives," Sentell's husband said. "We had the standard morale board, but for the guys to have pictures that they could call their own really helped a lot."

When Sentell's husband got word of all the activities she was coordinating, he said he couldn't believe his introverted wife had worked on.

"This is not the woman I married," he said. "It feels good to know that my wife is that dedicated to keeping not just me, but the Marines to my left and right, upbeat, happy and giving us the things that we need."

Sentell's explanation was not having any family on island pushed her to make her own family here, but said she couldn't have done anything without Euclide.

"He was like the big anchor," Sentell said. "He helped me in coming out of my shell, and being active. It was nice to have other people to talk to, who understood that my husband was gone, their husbands were gone and we had the same concerns."

Unfortunately for Euclide, Sentell is scheduled to depart the island early next year for Florida. She won't be forgotten for all her great deeds.

"It's a sad thing," Euclide said. "It's hard to find someone that caring and wanting to help so much."

Euclide said Sentell will be sorely missed. He said whatever unit she is going to, they have no idea what a wonderful, splendid human being they have coming their way.

"If every deployed unit had a Jillian, the family readiness program would be untouchable," Euclide said.

# Volunteers build 'Bikes for Tykes'

Marine and BAE employees band together for 'nut and bolts' work on behalf of Toys for Tots

**Chuck Little and  
Cpl. Achilles Tsantarliotis**  
*U.S. Marine Corps Forces, Pacific*

**HONOLULU** — Tools clanged, compressors hummed, sweat dripped from brows and excited chatter filled the room as more than 70 volunteers set about their labors Saturday morning, Nov. 14 at the First Hawaiian Bank Center here.

For two hours, this downtown Honolulu conference room was transformed into a makeshift Santa's workshop and BAE Systems employees, their families, friends and Marines became elves for a day as they assembled more than 130 new bicycles to be donated to the Marine Corps' Toys for Tots Hawaii program.

The bicycles were paid for by BAE Systems' Hawaii-based employees as part of their four-year old "Bikes for Tykes" program. Each year employees collect money and purchase the bikes unassembled from Huffly, have them shipped to Hawaii and then volunteer their time and efforts on a Saturday morning to assemble the bikes and deliver them to the Marines.

"We have a nice time here assembling the

bikes and it all goes toward a very noble cause," said Ken Keinle, operations manager and Toys for Tots coordinator from BAE. "It's a great campaign and we're happy to a part of it."

The project has grown significantly in its first four years, from approximately 47 bikes the first year to the more than 130 this holiday season. The number of volunteers has grown significantly over the years as well.

"Most of the guys here are electronics technicians, so we all enjoy getting out here, doing some nuts and bolts kind of work every year and building bikes for those who really need them," said Steve Leavitt, a four time volunteer and BAE employee.

The Marine Corps' Toys for Tots program here has once again partnered with The Salvation Army to handle distribution of donated toys. The Toys for Tots program here in Hawaii accepts donations of new, unwrapped toys or cash, and every toy and every dollar collected here to purchase toys stays in Hawaii to make the holidays brighter for our less-fortunate keiki.

For more information on the Toys for Tots Hawaii program, call 257-7125.



BAE Systems employee Carrie Leonard (center), her husband David Kimball and 6-year old son Alec joined with Marines to put together donated bikes.



BAE Systems employees, families, friends and Marines get into the holiday spirit as they work together to put together bicycles for the Toys for Tots campaign.



Sgt. Matt Weber (right) of the Joint Intelligence Operations Center at U.S. Pacific Command and his wife assemble one of more than 130 bicycles donated by BAE Systems employees to the Marine Corps' annual Toys for Tots Hawaii drive. The Webers were among the many who volunteered their time to help with this year's fourth annual Bikes for Tykes event.

Photos courtesy of Chuck Little | U.S. Marine Corps Forces, Pacific



## UPCOMING EVENTS

**Toys for Tots Cruise**  
*Saturday, Nov. 28*

This is the 35th Annual Oahu Car Clubs Toys Cruise to benefit the Toys for Tots Hawaii Collection Drive. Oahu Car Clubs will meet at the Kapolei K-Mart at 10:30 a.m., Saturday, Nov. 28, and depart at 11:30 a.m.

They will cruise the H-1 to the H-3, over the Koolau Mountain Range to Marine Corps Base Hawaii where they will donate toys to the drive and put on a casual car show. There will be entertainment, refreshments and an opportunity for the community to come out and appreciate these beautiful automobiles.

This event is free and open to the public.

**Toys for Tots at Hawaii Kai parade**  
*Saturday, Nov. 28*

Every year, Toys for Tots participates in the annual Kalikimaka Parade in Hawaii Kai with a Humvee and trucks heading down Lunalilo Home Road. Starting at 10

a.m., the parade makes its way from Kamiloiki District Park to Koko Marina Center and to Santa's arrival and kids activities. Participants and spectators are encouraged to donate new, unwrapped gifts for Toys for Tots.

**Join the ride!**  
*Sunday, Dec. 6*

The thunder of the Toys for Tots Motorcycle Ride will fill Magic Island at Ala Moana Beach Park starting at 11 a.m. Riders from CLB-3 will be meeting earlier at Burger King out the back gate of Marine Corps Base Hawaii at 8:30 a.m. on that Sunday. If any other rider wants to join up with CLB-3, they can meet at the specified area. What's requested is the donation of a small unwrapped toy and — better yet — a small donation to the Toys for Tots fund, too.

To man up with CLB-3 for the trek, contact Sgt. Jeffrey McFarland from CLB-3 via e-mail or call 541-7374.

**Na Mele o na Keiki — A Toys for Tots Holiday Concert**  
*Wednesday, Dec. 9*

This second annual Toys for Tots Holiday concert is scheduled to begin at 7 p.m. at Neal S. Blaisdell Concert Hall in Honolulu. It features our U.S. Marine Corps Forces Pacific Band and several local guest artists playing holiday favorites. It is graciously sponsored by BAE Systems, a worldwide partner with the USO.

It is free and open to the public; ticket availability to be announced later. Check the Hawaii Toys for Tots Web site.

*Since 1996, the Marines Corps' Toys for Tots Hawaii program has collected nearly 640,000 toys and more than \$350,000 to purchase toys for distribution to nearly 400,000 of Hawaii's children. This year's goal is 45,000 toys. Given the tough economic climate, it's anticipated that the need will be greater than ever. For more information on the Toys for Tots program, call 257-7125 or visit <http://toysfortots.org>.*

# CHILDRENS' REACTIONS TO DEPLOYMENTS MAY VARY

**Samantha L. Quigley**  
American Forces Press Service

**WASHINGTON** — It's hard to predict how a child will react to having a parent deployed in a war zone, the Marine Corps' family advocacy manager said here Wednesday on the last day of the 2009 Department of Defense Child Development Conference.

"I'm constantly getting ... people asking, 'So, how do children react to war?'" Keita Franklin said. "It's such a loaded question, because what we know is the development is really at the core of all that and ... pre-existing vulnerabilities sort of feed into how they react to war.

"So, I just always say, 'they're just very individualized,'" she said, adding that some do very well. "What I will tell you is that the normal sort of childhood trials and tribulations of parenting are all cranked up a notch."

Children with a parent, or two, deployed can become increasingly clingy or whiny, cry more, exhibit aggressive behavior, and have a greater fear of separation, she said.

But, as Franklin pointed out, war affects every child differently, and a child's reaction to one deployment will not necessarily be the same reaction he or she has to subsequent deployments.

Researchers have been able to isolate a correlation between repeat deployments and family stressors, as well as with behavioral problems in children, she said. "All of this becomes a 'feedback loop.'"

A child has behavioral problems, she explained, and then another parental deployment causes a higher level of stress, and then the behavioral problems can increase.

"So, you can see how the cycle continues," Franklin said.

In addition, a parent's behavior can influence a child's reaction through what Franklin called "transgenerational transmission of trauma" — children being raised by parents who have been exposed to severe situations of trauma and adopt some of those symptoms

themselves.

There's little research on this idea, Franklin said, but some comparisons can be made by looking at the effects of depression on children since traumatic stress and depression often present similar symptoms. And just as the absence of a parent can affect a child, she noted, so can the parent's return, especially if the returning parent is exhibiting symptoms of post-traumatic stress disorder.

Some of those symptoms include irritability, hypervigilance, avoidance or emotional numbness. Early intervention is the key to helping the service member cope with those feelings as well as keeping those feelings from affecting children in the family, Franklin said, possibly averting "a full-blown diagnostic issue."

While Franklin's discussion included children of all ages, she read a letter from the son of a Vietnam veteran who was just a toddler when his father returned with signs of what is now called post-traumatic stress. His father was always angry and emotionally detached from the family.

"I share that with you because he says he was a toddler, and toddlers are the age group you are often dealing with," Franklin told the conferees. "Even though this person was a toddler, he's now an adult child reflecting on that experience. So, PTSD does have something to do with the mental health needs of children."

No one understands this in quite the same way as those with the Zero to Three organization.

With the mission of promoting the health and development of infants and toddlers, Zero to Three doesn't interact directly with parents, but rather provides training and guidance to those who do. For military children, the group's focus is resilience, said Colleen Legasse of Zero to Three's military projects department.

"We know that young children feel the spectrum of emotions that adults do [and] that older children do," she said.

She told the conferees that certain changes



Samantha L. Quigley | American Forces Press Service

**Keita Franklin, Marine Corps family advocacy manager, talks to 2009 Department of Defense Child Development Conference attendees about the needs of military children with deployed parents on Wednesday, in Washington, D.C. Her presentation was part of the Department of Defense's 2009 Child Development Conference.**

are normal during a deployment. Some children's eating and sleeping habits change, or they express anger toward the deployed parent. They may even refuse to come to the phone or computer to say hello to the deployed parent, Legasse said.

And much as it is for older children, homecomings aren't always as smooth as the parent or caregiver at home hopes they'll be.

"I think it's important to think of homecomings as very stressful as well," Legasse said.

Depending on the age of the child and the length of the deployment, young military children may have never met their returning parent before. Some may have been so young

when the parent deployed that they don't remember them.

And if a parent returns injured, temporarily or permanently, it can be traumatic for a young child who remembers mom or dad a certain way.

Caregivers can help to ease their young charges' stress by helping them build secure attachments, helping them maintain a schedule and to understand what's happening in an age-appropriate manner, and helping them gauge their reactions to stressful events.

Zero to Three offers resources for caregivers of military children on its Web site at [http://www.zerotothree.org/site/PageServer?pagename=key\\_military](http://www.zerotothree.org/site/PageServer?pagename=key_military).

## Remembering the legacy of Maj. Pless

### Turned helicopter into shield

*As our current warriors continue the fight, we pause to reflect on those who have served with distinction through these recurring spotlights on distinguished service members.*

**Name:** Maj. Stephen Wesley Pless, United States Marine Corps  
**Born:** Sept. 6, 1939, in Newnan, Ga.  
**Died:** July 20, 1969, in Pensacola, Fla.  
**Awards:** Medal of Honor, Distinguished Flying Cross, Silver Star, Bronze Star, Air Medal and Purple Heart

Many aboard Marine Corps Base Hawaii recognize the building named after him, Pless Hall. However, they may not know Maj. Stephen Wesley Pless served the uniform with distinction, earning the Medal of Honor.

While a senior at Georgia Military Academy, Pless enlisted in the U.S. Marine Corps Reserve on Sept. 6, 1956. After graduation, he attended recruit training and advanced combat training at Parris Island, S.C., finishing in October 1957.

In his career, he served as a served as an artillery surveyor, pilot, assistant administrative officer, squadron adjutant, flight instructor, brigade air officer and other distinguished posts.

After a detachment in April 1966, Pless was assigned duty as Brigade Platoon Commander, 1st ANGLICO, Marine Corps Air Station Kaneohe Bay, Hawaii.

Later that year, he was sent to Vietnam, serving in various leadership positions. Over the course of his time in Vietnam, Pless flew a total of 780 combat missions. He was the only Marine aviator awarded the Medal of Honor in the Vietnam War.



**Major Pless' extraordinary heroism... prevented the annihilation of the tiny force."**

— from Maj. Pless' Medal of Honor citation

"His courageous actions reflect great credit upon himself and uphold the highest traditions of the Marine Corps and the U.S. Naval Service," concluded the citation.

On Jan. 16, 1969, President Lyndon B. Johnson presented Pless the Medal of Honor at a White House ceremony.



United States Marine Corps photo



# Movie Times

**Prices:** All shows are \$3 for adults and \$2 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.

“Fame” - PG	Today   7:15 p.m.
“The Invention of Lying” - PG-13	Today   9:45 p.m.
“Surrogates” - PG-13	Saturday   7:15 p.m.
“Jennifer’s Body” - R	Saturday   9:15 p.m.
“Cloudy with ... Meatballs” - PG	Sunday   2 p.m.
“Zombieland” - R	Sunday   6:30 p.m.
“Jennifer’s Body” - R	Wednesday   6:30 p.m.

For more information about the theater’s schedule and to check movie times, call the Movie Hotline at 254-7642.

# Mokapu Beat

What’s happening at Mokapu Elementary School

## Turkey Trot

Mokapu Elementary School’s annual Turkey Trot will be held on Nov. 25, starting at 8 a.m. Students in grades K-6 will run or walk around the track at the school during a set amount of time. The two students in each grade with the most laps will receive a gift card. Volunteers are needed to help tally student laps.

Please contact PTA at mokapu\_pta@yahoo.com or call Shelley Murphy or Heidi Dickens at 254-7964 to help.

## Pizza Fundraiser Nights

Papa John’s Pizza on base is partnering with the Mokapu PTA to offer pizza nights as a fundraiser for the school. Once a month people can order pizza and have a portion of the cost go toward the school. The process is a little different this year: The PTA will send home a flier. When families order pizza (coupons will be accepted), they should peel and place the price sticker from the pizza box on the flier and return the flier to school. The following Thursdays will be the fundraiser nights: Dec. 3, Jan. 14, Feb. 11, March 4, April 1, and May 6.

## Family Holiday Night

The Mokapu PCNC office and PTA invite families to attend the Family Holiday Night on the school cafeteria on Dec. 4, from 5 to 8 p.m. This is a “thank you” celebration for the holidays to express gratitude to the wonderful families and volunteers at Mokapu. There will be free pizza, drinks, crafts, board games and make your own sundaes!

## Off-Campus Evacuation Drill

Mokapu Elementary staff and students will conduct their annual off-campus evacuation drill to the Semper Fitness Center on Dec. 8, at 8:15 a.m. Anyone willing to help during this drill should contact Shelley Murphy or Heidi Dickens at 254-7964.

## Marine Band, Chorus Performance

The Marine Corps Party Band and Mokapu Chorus will perform a holiday show in the school cafeteria on Dec. 10, from 6 to 7:30 p.m. All are welcome to come to the show, which will feature holiday music fun with elves, Frosty, Rudolph, Santa and Mrs. Claus! Refreshments will be served following the show.

For more information, contact the PTA at mokapu\_pta@yahoo.com.

## McTeachers Night at MCB Hawaii McDonald’s

On Dec. 17, from 4 to 7 p.m., Mokapu Elementary School teachers, staff and PTA board members will be serving behind the counter at the McDonald’s on base. They will also serve in the dining area and hold special activities on the lanai. Money earned will go directly to the grade levels for classroom needs. Please come and support our school!

## Volunteers Needed

Mokapu Elementary School needs volunteers all year long for a variety of jobs, from classroom needs to administrative help and special activities. Particularly needed are volunteers for Popcorn Fridays, to either pop corn in the morning and/or sell it after school. Please contact Heidi or Shelley in the PCNC office in P-6, or call 254-7964 for more information or to volunteer.

## Mokapu T-Shirts

Newly designed Mokapu T-shirts can be purchased in room P-6. Mokapu T-shirts with the old design are being sold as well. PTA members receive a discount off each Mokapu T-shirt purchase.

## Hawaii Gun-Free Schools Act

Important reminder: If a student brings a BB gun, air gun, or paintball gun to school, he/she will be dismissed and won’t be able to attend school for at least one calendar year. Parents, it is a good idea to talk this over with your child. Check your child’s backpack for anything that could be considered unsafe. Children should bring only school supplies to school. Personal items, including toy guns, should remain at home.

## Before/After School Care

Kama’aina Kids organization provides the on-site before and after school care. For more information about openings and cost, call 254-7931(Mokapu) or 262-4538 (main office).

## Early Release Wednesdays

Wednesdays are early release days. Students will be dismissed from school at 12:30 p.m. every Wednesday.

# MARINE MAKEPONO

HAWAIIAN FOR ‘MARINE BARGAINS’

## Real Estate

**Cottage for rent.** One bedroom, one bathroom cottage in Kailua, located in the back of landlord’s home. Secluded and private. Living room/dining room and full kitchen with refrigerator and range/oven. Washer and dryer also in cottage. Five minute walk to Kalama Beach with private access. Ten minutes from base. Parking available in driveway. No pets, non-

smoker. \$2,000 per month, including water, sewage and electricity. Contact Jim at 261-4487.

## Miscellaneous

**Exercise equipment for sale.** Pro-Form GL 105 Interactive Trainer Cardio Bike. Features include CD player and hand-grip pulse sensor. \$150 or best offer. Call 254-2133.

## Electronics for sale. A

32-inch Sony Vega Trinitron Color TV, \$75. Also selling a Whirlpool Duet Electric Dryer with shoe rack for \$100. For more information, call 840-0203.

## Vehicles

**2007 Mazda Grand Touring RX-8.** 5,000 miles, one owner. Car features 6-speed gear and includes all power features. Fully loaded. Asking \$25,000. For more information, call 744-7954.

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



# WORD TO PASS

## On Base

### Deployment Childcare *Saturday*

The 'Olina Child Development Center is offering free childcare for the families of Marines and sailors deployed in support of Operations Iraqi and Enduring Freedom from 9 a.m. to 1 p.m.

Call Resource and Referral to see if you are eligible at 257-7430. For more information, call the 'Olina CDC at 257-8354 or Maria Torres at 257-8702.

### Turkey Tales and Treats *Saturday*

Come to the Base Library from 10 to 11 a.m. for a fun-filled hour of Thanksgiving stories, crafts and treats.

This event is open to all military families, sponsored guests and Department of Defense civilians.

For more information, call 257-7624.

### Anger Management Workshop *Nov. 23 - 30*

This group focuses on anger management techniques and communication skills. This is a six-session series, and participants receive a certificate upon completion of all six sessions.

Classes run from 9 to 11 a.m., and are open to active duty and family members.

An orientation must be attended before enrollment into the class. Orientations are every Tuesday at 8 a.m. Classes meet every Tuesday.

For more information, contact Counseling Services at 257-7780.

## In the Community

### Arboretum Tours *Tuesdays and Saturdays*

Enjoy the sights and sounds of the Lyon Arboretum, University of Hawaii.

Knowledgeable guides will share highlights of the arboretum collections. Tours are Tuesday 10 to 11:30 a.m. and Saturday 1 to 2:30 p.m.

Registration is required and a tour donation is requested.

Call 988-0456 for more information.

### Guided Tours of the Hawaii Theatre *Tuesdays*

The one-hour tour offers a unique insight into the history, art, architecture and restoration of the

beautiful Hawaii Theatre in Chinatown, including a performance on the 1922 Robert Morton theatre organ.

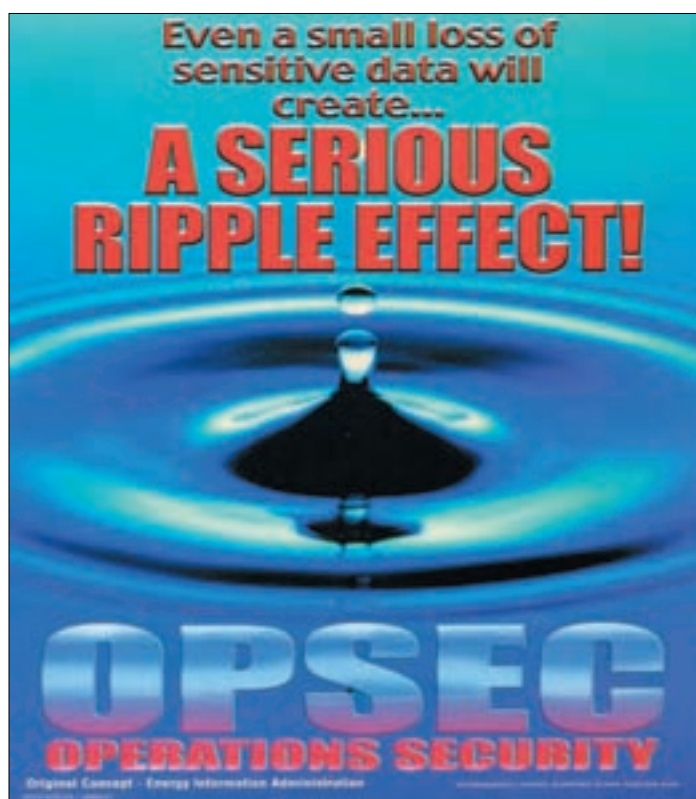
There is a fee for admission.

To book a tour or for information, please call 528-0506.

### Free Lauhala Weaving Class *First Saturdays, 10 a.m. to 2 p.m.*

Learn to weave lauhala leaves from the Lauhala Weaving Hui members who gather to weave and share information with each other. Classes are held at the 553 South King St. in Honolulu.

For more information about these Hawaiian classes, call 531-0481 ext. 714.



### Special Olympics Bowl-a-Thon *Saturday*

Special Olympics Hawaii will be having a Bowl-a-Thon fundraising event at K-Bay Lanes.

Volunteers are needed to assist with T-shirt distribution, participant check-ins, escorting and assisting athletes during the event, scorekeeping and refreshment distribution.

Special Olympics Hawaii is looking for 12 to 24 volunteers who will report at 8:30 a.m. at K-Bay Lanes.

Volunteers are needed until 1 p.m. Anyone interested in volunteering for this wonderful event to benefit the athletes of Special Olympics can contact Mark Sterlacci at 225-8336.

### All Enlisted Spouses' Club Thrift Store *Ongoing*

If you would like to give back some of your time to the base community, here is your chance.

Anyone with base access may shop at the Thrift Store. Active duty I.D. is required for purchase of uniform.

The All-Enlisted Spouses' Club Thrift Store, located in Building 212 (Pless Hall), needs volunteers.

Thrift Store hours are from 9 a.m. to 1:30 p.m., Monday through Friday, and is closed Wednesdays.

Call the Thrift Store at 254-0841 for more information.

### Toys for Tots *Ongoing*

The 2009 Toys for Tots season is now in full swing, and it promises to be a busy year!

Organized by the I&I staff for Detachments 4th Force Reconnaissance Company, and Fox Company, Anti-Terrorism Battalion, each year, local businesses and numerous organizations host Toys for Tots fundraising and donation events to collect toys for the less fortunate keiki in Hawaii, and the Salvation Army distributes the toys before Christmas so less fortunate children will have presents.

Come help us support these events! Look for collection boxes around base and contribute a new, unwrapped toy!

For more information, contact Master Sgt. Scott Crockett at 216-3295.

# USO Hawaii shares Thanksgiving joy with military families

### Press Release *USO Hawaii*

This Thanksgiving, military families will once again have a little help with their dinner celebration from USO Hawaii, at its Honolulu International Airport center, between Baggage Claim E & F.

USO Hawaii will provide dinner for 55 individual members of our military service who are deploying Thanksgiving day through the Honolulu International Airport. The complimentary traditional turkey dinner is USO Hawaii's way of taking care of troops by providing them with the comforts of a "home away from home."

In addition to the day's Thanksgiving dinner, 40 goodie bags full of food supplies will be provided to E-6 and below military and their families on a first come, first-served

basis. Those wishing to receive a goodie bag can e-mail their request at usohawaii@uso.org while supplies last.

For members of the community, here's a way you can help bring Thanksgiving joy to our military on the islands.

Donations of gift certificates and gift cards to places like the Navy Exchange, Wal-Mart, the Marine Corps Exchange, any base commissary and Target, ranging from \$25 to \$50, will be gladly accepted.

Please mail any donations to USO Hawaii at 300 Rodgers Blvd., #48, Honolulu, HI 96818.

The gift certificates will be distributed to military families in need of some help for their Thanksgiving dinner celebration.

For inquiries as to how you can help, please call Eva Laird Smith at 836-3351, or e-mail her at elsmith@uso.org.

# Happy trails!



Courtesy Photo

Staff Sgt. Paul W. Matchniff retires today after 20 years of service in the Marine Corps. Matchniff completed recruit training at Marine Corps Recruit Depot, Parris Island, S.C., in April 1990. After Marine Combat Training and military occupational specialty school, he was assigned to Marine Aviation Logistics Squadron 16, Marine Corps Air Station Tustin and MCAS El Toro. In December 1992, Matchniff was transferred to MCAS New River, N.C., where he served as a Collateral Duty Inspector for the T64 power plant at MALS-26. He was assigned to the LHA2 USS Saipan in December 1994 for Operation Uphold Democracy. In April 1996, Matchniff was assigned as a Data Systems Specialist for MALS 24. After completing recruiting school in April 1997, Matchniff was assigned to Recruiting Station New Jersey, where he served as a canvassing recruiter at RSS Red Bank. While on recruiting duty he was meritoriously promoted to the rank of staff sergeant. In February 2001, he was assigned as the noncommissioned officer in charge of RSS Red Bank. In February 2001, Matchniff was transferred to Marine Corps Base Hawaii for duty at Marine Aviation Logistic Support Element as the work center supervisor for 41N and the Power Plants Chief. He also served as the Marine Aircraft Group 24 assistant foreign object damage officer and gas turbine maintenance. From August 2003 to August 2005, he served as the MALS-24 operations and training chief. He then returned to Power Plants Division and was again assigned the work center supervisor for 41N and later became a Quality Assurance representative. He also served as the staff NCOIC for the MAG-24 funeral detail from May 2004 to May 2008. Matchniff is married to Kimberly Anne Matchniff and has five children.

# Operation Best Wishes

Record a free video greeting for far away loved ones this Thanksgiving

## Press Release

Operation Best Wishes

The sixth-annual national tour of Operation Best Wishes will be in Hawaii next week. The special program keeps spirits high among the military by helping to bring holiday cheer to those deployed and their families. Through the free program, a customized holiday video greeting can be made by service members and their families at a mobile Web-TV recording studio, which can be sent via the Internet to that special person.

The program is scheduled to visit the

Windward Community Federal Credit Union aboard Marine Corps Base Hawaii at Kaneohe Bay on Monday, Nov. 23, from 11 a.m. to 7 p.m. On Tuesday, the sessions will be at Hawaiian Tel Federal Credit Union at Wheeler Army Airfield near Wahiawa, from 11 a.m. to 7 p.m.

Sponsored by the Defense Credit Union Council and participating credit unions, the program sets up the studio at credit unions serving the military. Families and enlisted wishing to send the free customized holiday video greeting to a deployed loved one or distant relatives or friends can reserve a 10-minute recording

session online then visit the mobile studio at the assigned time to webcast the greeting. Walk-ins are also welcomed.

Messages can be shared via live webcasts and also stored for later viewing, hosted on a secured Web site where the greetings can be accessed multiple times.

The 2009 tour of Operation Best Wishes is visiting a total of 20 military venues across the U.S. this year, offering more than 960 recording sessions to some 2,700 family members and friends. For more information or to make a reservation, visit online at <http://www.OperationBestWishes.com>.

# Space-A Travel

Thinking about spending some time on the mainland or somewhere special for the holidays? Space-A Travel is an option that is available, but very few people know enough about it to utilize it.

Learn more about Space-A Travel at an evening class on Nov. 30 at 6 p.m. Class location will vary on the amount of people interested.

Please RSVP to Master Sgt. Christopher Scott by Nov. 25 if you are interested in attending. Contact Scott at 257-3221 or [christopher.a.scott@usmc.mil](mailto:christopher.a.scott@usmc.mil)



Remember  
to Recycle

