

Hawaii Marine

Hungry to HELP



Loading in boxes and cans of non-perishable food, Marines from Headquarters Battalion lift several bins into vans from the Armed Services YMCA.

Base pulls plug on energy waste

MCB Hawaii reduces energy consumption by 7 percent

Christine Cabalo
Photojournalist

Leading the charge in energy reduction, Marine Corps Base Hawaii, Kaneohe Bay has reduced its electricity use by 7 percent since last year according to the Facilities Department.

Energy use at K-Bay has decreased through people using less and installing new technology, said John Dunbar, resource efficiency manager, Facilities Department.

“We saw significant savings this year with our energy savings performance contracts,” Dunbar said. “We have more than 25,000 reduced energy light fixtures which don’t use more energy and provide clear lighting. There is energy efficient street lighting, LED taxi way lights, as well as motion sensor lighting in offices.”

Replacing older lighting with new technology to regulate energy use has been a significant way to cut down, Dunbar said. One of the base’s contracting companies, NORESKO, has also installed energy saving appliances. The company has installed efficient air conditioning at the base’s barracks including in public places like the Marine Corps Exchange.

The efforts are part of many initiatives by bases Corpwide to reduce energy by directive of Gen. James T. Conway, Commandant of the Marine Corps. Bases are seeking to reduce their energy use by 30 percent of energy totals in 2003, as part of several new federal laws seeking conservation.

Hoping to sustain the savings over time, Dunbar said the Facilities Department is also looking for more ways to produce renewable energy. Several photovoltaics projects, including solar tiles placed on MCB Hawaii office buildings, can generate electricity for the base’s power grid. He said even more projects like solar-paneled carports to provide renewable energy and shaded parking are waiting for funding.

Solar power isn’t the only form of renewable energy being considered, said William Nutting, energy manager, Facilities Department. Experiments are also conducted to harness sustainable energy from wave movements and naturally occurring ocean temperature differences.

“Our end goal is having a net zero energy base by 2030 or generating our own energy in excess or at the level we use it,” Nutting said. “So we’d be able to stand alone on our own power if Hawaiian Electric Company ever goes down. We’d rely on renewable energy.”

The energy manager also noted a key factor in keeping energy down is through educating users. Base barracks and operational efforts accounted for approximately 36 percent of energy use, according to figures from the Facilities Department. Ensuring

“Our end goal is having a net zero energy base by 2030.”
— William Nutting



Photos by Christine Cabalo | Hawaii Marine

Hiking down Mokapu Road, Headquarters Battalion members each carry 25 pounds or more of food in their packs during a Nov. 20 food drive at Marine Corps Base Hawaii. Marines bought several types of non-perishable food to distribute to families in time for Thanksgiving by the Armed Services YMCA and local shelters. Approximately 5,000 pounds of food was arranged into baskets of food for needy families for Thanksgiving or stocked in one of the association’s emergency food banks.

Operation Harvest brings food to needy

Christine Cabalo
Photojournalist

Headquarters Battalion is getting food on the table for needy military families with “Operation Harvest,” and showed their muscle during a Nov. 20 food drive with a 4.2-mile hike.

Many of the battalion’s 200 Marines each purchased 25 pounds or more of non-perishable food, then carried their loads through trails around Nu’upia Ponds at Marine Corps Base Hawaii. Starting just before dawn, the Marines travelled in formation until they reached the Base Chapel where they loaded the food into boxes for the Armed Services YMCA.

“Some of us have as much as 40 pounds of canned goods,” said Maj. Anthony Frank, executive officer, HQBN. “I’m carrying pumpkin pie filling, beans, corn and a variety of food.”

Members of HQBN filled their packs with the foodstuffs, as part of the battalion’s monthly physical training session. Requested items for the charity drive included ready-made piecrusts, box desserts and other food needed for a holiday meal. Several frozen turkeys were also

donated.

“I’m carrying a 10-pound bag of rice plus some canned goods,” said Capt. Raymond Tung, company commander, HQBN. “It’s heavy, but it’s easy to carry in your pack because it’s dead weight that doesn’t shift. The canned goods shift around though.”

The donated items were arranged into baskets for ASYMCA’s Holiday Food Basket program, which provides ready-to-cook meals for military families in need. The baskets were delivered to homes from Monday to Wednesday, just in time for Thanksgiving dinner. Volunteers, including representatives from Girl Scouts of Hawaii and college students from University of Hawaii, helped sort through the many donations from the unit.

The remaining items are stocking the association’s three emergency pantries, which offer food during any time of the year for retired and activity-duty service members in need. The pantries receive food from this project and other programs sponsored by Naval Station Pearl Harbor and other military bases.

See HARVEST, A-6

See ENERGY, A-7

Echo Battery rocks ‘Fuji-san’ during artillery training



Staff Sgt. Marc Ayalin | 12th Marine Regiment

An artilleryman with gun three, Echo Battery, 2nd Battalion, 12th Marine Regiment, holds the propellant used to explode the round out of an M777 lightweight howitzer, Nov. 6.

Staff Sgt. Marc Ayalin
12th Marine Regiment

Artillery Marines from Echo Battery, 2nd Battalion, 12th Marine Regiment, poured steel rain upon the ranges of the North Fuji Maneuver Area, Nov. 2-11, as they participated in Artillery Relocation Training Exercise 09-03.

The battery, or “King of Battle,” as they are often referred to, included more than 120 Marines and sailors who recently arrived in Okinawa, Japan, as the first unit to participate in the Corps’ unit deployment program since 2006. As a fairly new command, this is the battery’s second live-fire exercise since activation in October of 2008. Previously, in June, the battery conducted a month-long live-fire exercise at the Pohakuloa Training Area on the Big Island of Hawaii.

On the mainland, the training tempo at

Camp Fuji’s NFMA was conducted in three phases to allow a “crawl, walk and run” approach and ensure the Marines learned their trade proficiently, according to Capt. Todd Litvin, battery commander for Echo Battery.

“First, we wanted to increase our proficiency in the basics as an artillery battery of shoot, move, communicate and maintain while trying to seamlessly incorporate ourselves into our new battalion’s operations,” Litvin said. “Secondly, we wanted to fully exercise our digital systems and communications capabilities from the observers on the hill all the way down to the individual howitzers on the gun line.”

For nine days, the battery fired several hundred artillery rounds during both day and night fire missions. Deploying and firing the M777 lightweight howitzer proved to be a very versatile weapon for some of the Marines whose trip here was their first deployment with

the battery.

“The lightness of this weapon along with its digital fire control system allows us to be faster in setting up and sending rounds down range,” said Sgt. Luis Ledesma, first gunner for gun three and a Riverside, Calif., native.

The advancements in military technology have taken digital communications to the gun itself. The M777’s built-in digital fire control system allows firing data, such as the type of munition and the elevation and direction, to be sent directly to the gun from the fire direction center Marines. That information is displayed on one of two screens mounted in the gunner’s area during each fire mission.

For commanders, one highlight of the exercise was the ability to conduct an artillery raid, something uncommon during these types

See ECHO, A-6

Over the limit, on the blog

HPD starts posting photos of DUI offenders on Web

Kristen Wong
Photojournalist

The Honolulu Police Department is using the Internet as a tool against driving under the influence of drugs or alcohol. As of 10 a.m. Wednesday, the HPD posted its first batch of names, faces and offenses of people who have been charged with

driving impaired, whether it’s referred to as “driving under the influence,” “driving while impaired,” or other similar names.

For a trial of at least six months, HPD will post the offenders of the preceding week each Wednesday at <http://www.honoluluupd.org>. Offenders will be posted for a total of 24 hours. Last year, 4,315 drivers

on Oahu were charged with “operating a vehicle under the influence of intoxication,” and 182 resulted in a motor vehicle collision, according to HPD. Alcohol or drug use has also contributed to 20 traffic fatalities in 2008.

Police Maj. Clayton Kau, public information officer,

See BLOG, A-7

Inside today’s Hawaii Marine



Broncos End Season On A High Note

The K-Bay Broncos finish the season with a win against the Hickam Colts, 32-22, at the C Street Field here, B-1

Chillin’ at Cholo’s
Get south of the border taste at the North Shore at Cholo’s Homestyle Mexican restaurant, C-1



Weekend Forecast

Today	Heavy Rain High — 83 Low — 70
Saturday	Scattered Showers High — 82 Low — 70
Sunday	Scattered Showers High — 83 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 a.m. 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.

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.

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

CORRECTIONS

On the front page of the Nov. 20 edition of the Hawaii Marine a memorial photo was incorrectly captioned. The supporting image of the “Island Warriors honor courage, sacrifice of 10 fallen brothers” article should have read, “Lauren Sanders wipes away her tears during the memorial. Sanders was there to support her husband, a corpsman with 2/3, and her Island Warriors family. Sanders said she was there with other wives to support their husbands who lost brothers and to support each other as it could have been any one of them sitting under the VIP tent with the families of the fallen. ‘My heart aches for those families that lost sons, brothers and husbands, and for our Marines and sailors who lost friends who may as well have been brothers,’ she said.”

On page C-8 of the Nov. 20 edition of the Hawaii Marine, the Space-A Travel announcement was missing information. The class is only open to spouses of 1st Battalion, 12th Marine Regiment.



Hawaii Marine
www.mcbh.usmc.mil

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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:

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RESCUE ME

Boy scout honored with Medal of Merit for saving mother



Photos by Christine Cabalo | Hawaii Marine

Wearing his Medal of Merit, Nathaniel Gribbins, (right) stands with his Boy Scouts pack and their pack mast who helped Gribbins apply for the honor.

Christine Cabalo
Photojournalist

When Nathaniel Gribbins found his mother unconscious on the floor of their house aboard Marine Corps Base Hawaii, he didn’t panic. The now fourth-grade student used his Boy Scout training to call for emergency help then ensured the safety of his siblings as he waited. For his quick thinking, Gribbins was awarded the Boy Scouts of America’s Medal of Merit during a Nov. 20 ceremony at Marine Corps Base Hawaii. It is presented to Boy Scouts for lifesaving or acts above and beyond what’s expected of a youth or adult member.

Gribbins’ mother said she remembers some of what happened when she passed out August 2008. After an afternoon session of physical training, she spent the evening cooking dinner for her family and felt very sick. Suffering from dehydration, she passed out before making it to the couch.

“The stove was on and it could have been very dangerous,” she said. “But Nathaniel was calm and had the presence of mind to put his one-and-half-year-old brother into the high chair and call for help.”

The 10-year-old said he relied on his first aid training, finding a family friend near their home and calling 911. He later flagged down the emergency technicians, alerting them where to find his mother.

“I talked to the medics and told them what happened and they gave Mommy an IV,” he wrote in an essay he wrote for the Boy Scouts of America. “They turned her over and put a machine on her to check her heart.”

He also turned the stove off and took out the chicken patties his mother was making, but they had already burned a little. After technicians told him he couldn’t ride along in the ambulance, the Boy Scout watched them drive to the hospital from a friend’s house.

The Medal of Merit is awarded when the Boy Scout’s National Court of Honor rules the award is deserved for heroic actions. The application for his award was submitted by the Boy Scouts’ pack master, Senior Chief Petty Officer Michael Quijano, aviation maintenance administrationman, Commander, Patrol and Reconnaissance Wing Two. Quijano said he teaches his pack basic safety skills including reciting their address and finding help in emergencies.

“The skills we cover are very age appropriate,” he said. “We talk about first aid in ways they can understand it. The biggest benefit, I think, is that they learn by doing. They practice their skills and apply it.”

Representatives from the Aloha Council of the Boy Scouts of America pinned the medal and bestowed a patch with certificate for Gribbins’ actions. His mother said the whole process of applying for the award was a great opportunity for her son to see how Gribbins’ actions can positively affect people.

“I’m kinda scared and happy,” Gribbins said. “I was scared because

I got the award in front of everyone and there are lots of people here. I feel brave for doing it.”

Among several guests who later congratulated the Medal of Merit recipient was Col. Robert Rice, commanding officer, MCB Hawaii. Rice shook Gribbins’ hand and told him he thinks the Boy Scout will be a good Marine someday.

Praise also came from the Aloha Council representatives who presided over the ceremony. David DeCaires, district executive, Boy Scouts, said Gribbins’ lifesaving actions showcase the importance of scouting and will hopefully encourage more to follow his example.

“[The Medal of Merit is] not a common thing to have presented,” DeCaires said. “It’s not something we do every month or even every year. You only receive this if the National Council deems you worthy, and then it’s presented.”



Speaking with his mother, Nathaniel Gribbins waits for the award ceremony to start with his mother. Gribbins found his mother on the floor unconscious in August 2008 and stayed calm to call the ambulance.

My CAA funding military education

Old and new military programs offer spouses financial aid

Kristen Wong
Photojournalist

Military spouses pursuing further education may be eligible for financial aid at the Joint Education Center for Lifelong Learning.

The Military Spouse Career Advancement Account can provide as much as \$6,000 for eligible military spouses. Among the spouses who qualify are those of active duty service members, National Guard and reservists.

The school the spouse chooses must be registered with MyCAA. If the school is not already a participant of MyCAA, the JEC will assist the spouse in getting them recognized. Spouses are eligible even if they’ve already earned a bachelor’s degree and pursuing a higher degree, license or a certification in their field.

Don’t know where to start? Spouses should visit the JEC on base and create an account on the MyCAA Web site. This account serves as a communication bridge between the MyCAA

program and the spouse seeking funding.

Originally, in 2007, a Career Advancement Account was created to assist military spouses. Through the Hawaii State Department of Labor, there is still funding available through this older program.

Plai Kong, now a resident of Carlsbad, Calif., utilized the older CAA program while stationed with her husband on MCB Hawaii. With the help of financial aid, Kong earned a Bachelor of Science degree in business administration with a concentration on finance from Hawaii Pacific University.

“At the time I wasn’t working, so resources were tight so just to have additional help makes a huge difference for my husband and I,” Kong said. “The [staff at the] CAA program made it easy to apply for.”

Loretta Cornett-Huff, education services officer, JEC, said the funding still available from the original program was originally earmarked for other qualifying spouses, but became available as spouses had to

stop their education for varying reasons, such as moving. Courtney Crawford, a Kailua resident, is currently working on her associate’s degree in science at Kapiolani Community College. Crawford, who plans to eventually become a radiologist, was awarded a grant from the older CAA program as well.

“It was very smooth,” Crawford said. “It didn’t take long to approve [me].”

Although the older program is still available, it is only for a limited time. Spouses can ask the JEC staff which program would be more appropriate for them to apply for. The JEC staff can provide more details on the rules and regulations of the older CAA program, which are more restricted than the new program.

For more information call the JEC at 257-2158, Military One Source at 1-800-342-9647 or visit <http://www.militaryonesource.com>. The Web site on which spouses can register with MyCAA is <http://aiportal.acc.af.mil/mycaa>.

AROUND THE CORPS

Your weekly guide to what's happening around the Corps

East Coast



Lance Cpl. Santiago G. Colon Jr. | Marine Corps Air Station Cherry Point

Run benefits children, environment

MARINE CORPS AIR STATION CHERRY POINT, N.C. — Despite the cold wind and rain, nearly 75 Marines and civilians showed up to participate in the America Recycles Day 5-kilometer race at the Cherry Point physical fitness test course, Nov. 13. The 5th annual run and walk was hosted by the air station's Environmental Affairs Department in support of Toys for Tots, a wounded warriors program and a cleaner planet.

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

West Coast



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

Delta Company 1st Tanks breaches the wall

MARINE CORPS AIR GROUND COMBAT CENTER TWENTYNINE PALMS Calif. — Combining the power and armor of the M1A1 Abrams Main Battle Tank and support from follow-on forces to breach an obstacle and push forward is essential in war fighting. Both elements support each other because each has the ability to do what the other cannot do in some cases, said Master Sgt. Timothy Tompkins.

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

Overseas

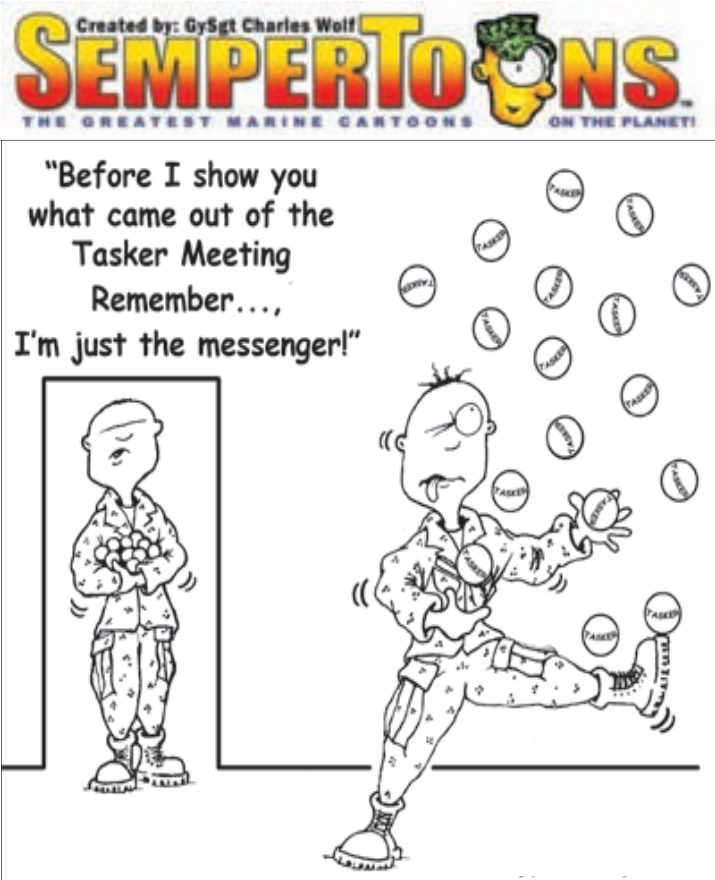


Master Sgt. Grady T. Fontana | Marine Forces Europe

Marines prepare Georgian Soldiers for deployment to Afghanistan

KRTSANISI, Georgia — About half a kilometer away from two companies of Georgian Soldiers lies the objective — an old, run-down air traffic control tower. A cluster of off-white, weathered and tattered buildings, removed of all doors and windows, are the skeletal remains of Vasioni Air Base, a Russian-era military base about 15 miles east of Tbilisi.

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



This week's top story



Pfc. Franklin E. Mercado | 2nd Marine Logistics Group

Sgt. Lee R. McCurdy, a food specialist with Camp Lejeune Base Food Service, prepares food during the week-long test of the Expeditionary Feeding Kitchen Nov. 18. Marines produced 1,500 meals a day using the new system.

Expeditionary Feeding Kitchen look to make FFSS obsolete

Pfc. Franklin E. Mercado
2nd Marine Logistics Group

CAMP LEJEUNE, N.C. — A large 7-ton truck rolls in and unlatches its trailer. The trailer extends and opens up into a ready-to-use kitchen as cooks immediately hook up a generator and get started on making enough food to feed 500 hungry warfighters. According to officials from Marine Corps Forces Systems Command, this new Expeditionary Feeding Kitchen may be the future of food service operations in the Marine Corps. The new kitchen system underwent extensive testing aboard Marine Corps Base Camp Lejeune, N.C. from Nov. 16 to Nov. 20, where approximately 1,500 meals were served to personnel

from the base each day. The new time-saving equipment took about 45 minutes to construct and become fully operational ... a vast improvement upon the old Field Food Service System, which Cpl. Dustin K. McGowan said was a "logistical nightmare." "With the old system it took three [7-ton trucks] and a crane just to move it to your location," said McGowan, a food service specialist with Marine Wing Support Squadron 272 aboard Marine Corps Air Station New River, N.C. "With the new system, all you need is one [truck] and you're good-to-go." McGowan added that the kitchen's high mobility and minimal energy consumption makes it extremely favorable to the Marines operating it. "The older food system took two [16-kilowatt generators] to keep it up and running," McGowan explained.

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

Top story from the front



Cpl. Meg Murray | Multi National Force - West

Marines with Multi National Force - West load scrap metal into the back of a 7-ton truck aboard Al Asad Air Base, Iraq, Nov. 20. Their base-wide cleanup effort is dubbed Operation Blue Spoon.

Operation Blue Spoon underway aboard Al Asad

Cpl. Meg Murray
Multi National Force - West

AL ASAD AIR BASE, Iraq — As the clouds and drizzle of the rainy winter season roll into Iraq, many Marines with Multi National Force - West are rolling out. The gradual drawdown of Marines aboard Al Asad Air Base has sparked the idea for Operation Blue Spoon. Operation Blue Spoon was set into motion by II Marine Expeditionary Force Headquarters Group (Forward), and it focuses on cleaning up areas of the base that have been neglected over the past six years. Though the official mission of the operation is to reclaim, document and dispose of excess materials on Al Asad Air Base,

to accomplish the end state of a sanitized base for future use, Maj. Matthew Mestemaker, the commanding officer of II MHG (Fwd) Headquarters and Service Company, explained the significance of the mission for Marines. It's just the right thing to do, said Mestemaker. The Marines have been here on Al Asad for the past six years, and we're getting ready to leave. When we do, we want to leave it better than when we came aboard. Marines from 3rd Battalion, 24th Marine Regiment, and II MHG (Fwd)'s Personnel Security Detachment, Truck Detachment, and Heavy Equipment platoon have volunteered personnel and equipment, like 7-ton trucks and forklifts, to assist in the operation. We pick a starting point and pick up big materials, like scrap metal, and take it to, explained Lance Cpl. Cory Strong.

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



Atafing, or for non-flightline maintenance personnel, All Tools Accounted For. This is done when each shift begins their day.

The Never Ending Cycle

A day in the life of HMH-362's maintenance department

Lance Cpl. Colby W. Brown
Combat Correspondent

The cycle starts, or renews itself, at seven in the morning with a walk around the hangar, looking for debris.

Some people would call this a "police call of the area" but trash that is usually picked up during a police call doesn't have the potential to be sucked into the rotors of a helicopter and cause foreign object damage.

After the walk, a morning maintenance meeting is held in the maintenance control room.

While the desk sergeants meet, the rest of each maintenance section in Marine Heavy Helicopter Squadron 362, the Ugly Angels, make sure all their tools are accounted for and prepare for the day.

The three main maintenance sections, flight line, airframes and avionics, complete section specific tasks.

They ready for coming jobs that can range from the simplest of tasks to completely replacing the inner workings of a helicopter.

When the desk sergeant — or better put — the section manager returns, the day's jobs are tasked out and completed.

"It all really depends on what's broken on the airframe," said Gunnery Sgt. Joseph Mosley, airframes staff noncommissioned officer in charge, HMH-362. "It could be changing the tires to changing out the engines. It just depends on the day."

The section responsible for mechanical maintenance is the flight line. They remove and replace system components, ensuring each helicopter in the squadron is up to flying standards.

"I like working with my hands," said Lance Cpl. Neil Connors, flight line mechanic, HMH-362. "I like fixing stuff. We keep the flight schedule going and get all the gripes fixed as soon as possible. And we make sure we do the maintenance correctly the first time."

When a hydraulic line is leaking or the pressure just isn't

right, the right section to call is airframes. They are responsible for the airframe itself and all the hydraulic lines.

"The first priority after each morning meeting is setting up for the flights of the day, checking the tires and hydraulics," Mosley said. "The second priority is maintenance."

When the lights go out, the avionics section gets the call to fix the problem. They do a lot more than fix lights, being responsible for everything electrical from the altimeter to the empty gas tank light.

"We receive pilot write-ups of any discrepancies on the aircraft," said Cpl. Thomas Lara, avionics technician, HMH-362. "Then we troubleshoot the problem and make sure all the electrical systems are working the way they are supposed to. The electronics are unpredictable."

Each section does its part to keep the birds of the Ugly Angels in the air. And at four in the afternoon the night shift arrives, different people completing the same mission to keep the squadron running through the night.

They go through every step completed during the day starting with the walk, continuing a cycle. The day crew will pass down all jobs and discrepancies they were not able to finish to the night crew.

At seven in the morning the next day the night crew will pass what they weren't able to finish.

"It's a never ending cycle of day and night crews," Lara said.

All the while, the maintenance control section sets to play the cycle. Assigning each section their individual jobs, they make the 11 helicopters of the Ugly Angels are full mission capable.

"We delegate which section is doing what," said Staff Sgt. Nantapol Siriupathum, maintenance controller, HMH-362. "We prioritize the jobs and what the sections are doing to facilitate the flight schedule."

Through day and night, the maintenance department of the Ugly Angels works to provide full mission capable aircraft



Sgt. Todd Bo wer, flight line mechanic, HMH-362, works on the rotor of one of the 11 helicopters of the squadron.



The morning maintenance meeting is where each section is assigned their tasks for the day and task from the prior shift are handed down.



Lance Cpl. Ahmed Greene, avionics technician, HMH-362, prepares to go to the top of a helicopter to work on antennas.



Lance Cpl. Ahmed Greene, a avionics technician, HMH-362, and Cpl. Chris Herod, avionics technician, HMH-362, walk out to work on the electrical systems of a helicopter belonging to the squadron. Each day, the Marines of the Ugly Angels receive different jobs that include to any part of the helicopter, and they never quite know what to expect.

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StaffSgt.M arc Ayalin| 12thM arineRegiment

ECHO, from A-1

of training events, according to Litvin.
“We performed a raid in which we displaced two guns to a different firing point, fired and then regrouped back to our main position,” Litvin said. “It’s one of the more advanced maneuvers an artillery battery can do and we did it.”
While the Marines remained busy on the gun line, the cold weather near Mt. Fuji showed them that harsh conditions come in different climates. According to Litvin, the Marines needed to be tested in the austere conditions that Fuji provides. Yet, he added that test didn’t seem to bother the Marines much. It just fueled their motivation to take on greater climate challenges.
“What’s good about this cold weather is that it shows if we can do our job in this cold climate, we can do it anywhere,” said Cpl. Julio Alvarado, second gunner for gun three and a Bay Shore, N.Y. native.
Despite the cold, training together as a team

was what the Marines enjoyed most.
“The best thing is that we were out here for nine days getting more gun time and having the slow build up of unit cohesion,” said Lance Cpl. Dillon Page, an artilleryman for gun three and an Ann Arbor, Mich., native.
For Litvin, he agrees that the training was beneficial for the unit as a whole.
“We were successful in accomplishing all of our goals that we laid out going into the exercise and all the Marines have a certain sense of accomplishment and new-found confidence in the end,” Litvin said. “I’m very proud of their performance.”
“We trained to our required standards during this exercise and it has made us more proficient and ready for combat,” said Staff Sgt. Gregory Smith, operations chief for the battery.
Until their scheduled return to Hawaii in March, the battery’s UDP schedule includes some non-artillery training on Okinawa and then a return to mainland Japan for another live-fire exercise scheduled in January.



Lance Cpl. Alesha R. Guard | Hawaii Marine

Marines from Headquarters Battalion take a brief rest after delivering food to the Base Chapel Nov. 20. Marines bought several types of non-perishable food to distribute to families in time for Thanksgiving by the Armed Services YMCA. Approximately 5,000 pounds of food was arranged into baskets of food for needy families for Thanksgiving or stocked in one of the association's emergency pantries.

HARVEST, from A-1

“This project’s donation is the biggest I’ve ever seen,” said Sarah Glaze, outreach director, ASYMCA. “We do holiday baskets for Thanksgiving and Christmas, and these donations help out a lot.”
While Marines loaded up three pickup trucks worth of non-perishables, Lt. Cmdr.

David Stroud, deputy command chaplain, MCB Hawaii, presented Glaze with two checks totaling \$5,000.
The Base Chapel collected the monetary donations from contributors during the chapel’s Christian services.
Without the support of MCB Hawaii, Glaze said the ASYMCA would not be able to have projects like the Holiday Food Basket program

for families.
“We’re very thankful Headquarters Battalion could provide us with these donations and assistance in helping to support families of sailors and Marines,” she said. “This is just such a great help.”
The deputy command chaplain said the Base Chapel was eager to do anything to help during the holidays and throughout the year. He and

the HBQN executive officer agreed the hike helps families and builds camaraderie among the Marines.
“It’s a good opportunity,” Frank said. “For the Marines, it’s great to have Operation Harvest as a nice morning hike and a time to collect donations for families.”
For more information about donating to the Armed Services YMCA’s emergency pantries,

Branching Out

MCB Hawaii receives nearly a thousand Christmas trees for sale

Lance Cpl. Cassandra Flowers
Combat Correspondent

Marine Corps Community Services is scheduled to hold its annual Christmas tree lot sale located behind Building 1404, across the street from the Marine Corps Exchange Annex aboard Marine Corps Base Hawaii.

Nearly a thousand trees will be available for purchase including Noble firs, Fraser firs, Grand firs and Douglas commercial firs. Prices range from \$16 to \$69, depending on height and type of tree.

“The trees are coming from Washington state,” said

Cherrelle Halas, sales clerk leader. “We’ll put our first set of trees out Friday morning at 6 a.m. and will be open until 7 p.m.

They usually sell pretty quickly. By the second week in December, the trees are usually gone.”

Ken Takeya, MCCA retail operations specialist, said he feels the location and the low prices are why base residents really enjoy the tree lot.

“This is really good for our residents,” Takeya said. “Knowing that a mom and her kids can get a convenient and inexpensive Christmas trees for the holidays right on base is great. I think the residents

really appreciate the prices and convenient location.”

Even though the trees come from an outside vendor, profits from the tree lot go right back to MCCA, which in turn gives back to our Marines and sailors here.

Along with the fresh cut trees, tree stands and tree preservatives will be available for purchase. Marines plan on volunteering to help families load the trees in their vehicles.

Regular hours are Monday through Friday 11 a.m. to 7 p.m., and Saturday and Sunday 10 a.m. to 6 p.m. Special hours for Nov. 28 are 8 a.m. to 6 p.m. For more information on the trees, contact 254-7616.



Lance Cpl. Colby W. Brown | Hawaii Marine

Lance Cpl. Jonathan Espinoza, Headquarters Battalion, cuts the travel straps around Christmas trees, preparing them for sale, after they were unloaded from the truck.

BLOG, from A-1

Media Liaison Office, Honolulu Police Department said the page was put up to discourage drivers from operating a vehicle while impaired by alcohol or drugs.

“It’ll encourage people to drive more responsibly and safely,” Kau said.

Making the page available to the public is not as new an innovation as some may think. Police Maj. Thomas Nitta of the traffic division said this information is already available to the public and the media in an arrest log at the main police station in downtown Honolulu.

Although Kau said the Web page is supposed to discourage drivers, Nitta said the page’s purpose is also to make the public aware of the large numbers of this type of offense.

“We’re not trying to embarrass people,” Nitta said.

He said while some people may think 15 to 20 people are arrested a week, the average is closer to 80 to 90.

Marine Corps Base Hawaii has had a total of 59 offenses last year according to the Military Police Department records. In 2009, the Military

Police Department has 33 people charged for driving while under the influence of alcohol or drugs, or have refused to take a breath test.

The base makes its unit officers, the commanding officer of the base and the chief of staff aware of all such offenses in a daily blotter, according to Master Sgt. Patrick Torkelson, master sergeant of the Military Police Department. This blotter, although not public like HPD’s new blog, discloses names and offenses.

“We assist HPD in whatever positive way possible to aid them with fulfilling their mission,” Torkelson said. “HPD will ultimately decide if this campaign will work as a deterrent.”

In Hawaii, drivers with a blood alcohol content of at least .08 will be charged with OVUII. If a driver is younger than 21 and found to have any amount of alcohol in their bloodstream, they will also be charged. MCB Hawaii drivers who are charged with OVUII on or off base will lose their base driving privileges.

Nitta said awareness of the prevalence of impaired driving is just one facet of many traffic safety issues the division wishes to address, with the holidays fast approaching.

ENERGY, from A-1

residents and workers stick to conservation makes a definite difference, Nutting said.

“We have regular energy awareness fairs where we talk about ongoing programs, letting consumers see how we monitor energy,” he said. “We do have quarterly meetings to keep others aware and [representatives from those meetings] spread the message about consuming energy or water.”

He and Dunbar said upcoming plans suggest regular audits of energy use for MCB Hawaii, so officials can better account for power use. The two noted careful electricity management is not only part of following new energy federal laws, but are

worthwhile for possibly saving money.

“There are so many projects and potential projects it’s hard to keep track of them all,” Nutting said. “In October, we finished installing more energy efficient lighting, and it’s just part of the many things we’ll hopefully be seeing some energy savings from far into the future.”

3rd Radio unit deploys to Pacific

Lance Cpl. Colby W. Brown
Combat Correspondent

Marines from Third Radio Battalion, the signals unit of Marine Corps Base Hawaii, are busy. They have a constant deployment rotation, sending detachments of Marines to support the 31st Marine Expeditionary Unit, based out of Okinawa, in the East Pacific.

Every six months, the unit deploys a platoon-sized unit to support the MEU and the time has come for Marines to leave Hawaii to relieve the 3rd RAD detachment who are in the Pacific now.

“We will be supporting the 31st MEU operations,” said 1st Lt. Will Schick, platoon commander, 3rd RAD detachment to 31st MEU. “We will be supporting signals Intel and general signals support to the only forward MEU in the entire Marine Corps.”

Twenty-three Marines from 3rd RAD and five from 1st Radio Battalion, stationed out of California, are set to replace their fellow signals Marines at the end of this year. Half the group will deploy in early December and those remaining will deploy the first week of January.

The detachment will support the MEU in their involvement in multiple exercises including Cobra Gold in Thailand and Balikatan in the Philippines.

In addition to the exercises, the MEU is set to conduct an array of different missions including humanitarian assistance, disaster

relief and tactical recovery of aircraft personnel.

“31st MEU operates in the PACOM (United States Pacific Command),” Schick said. “So it’s a huge AOR [area of responsibility]. It spans from Japan to the edges of Madagascar — it’s going to be any time any place.”

Among the Marines being deployed will be analyst, operators and linguist in Chinese, Korean, Farsi, Russian and Indonesian.

Each detachment platoon is formed three to four months before their deployment, so unit cohesion is a big part of preparing for deployment.

“The platoon has been together for two to three months. The NCOs [non-commissioned officers] are the fabric that hold the unit together,” Schick said. “The success or failure of this deployment hinges on their work and I have no doubt that they will succeed.”

The length of the deployment varies due to operational demands but is set for six months. The platoon currently on the MEU has been deployed for a year due to operational demands.

“We will be providing more single support than has been done in the past,” Schick said.

Even though this is a regular duty to the unit, 3rd RAD expressed the importance of their mission of support to the overall mission of the MEU.

“We are an integral part of the MEU,” Schick said. “They need us to operate to its full potential.”

Hawaii Marine Sports & Health

COSMIC FUN for everyone

K-Bay Lanes hosts Special Olympics fundraiser event

Lance Cpl. Ronald W. Stauffer
Combat Correspondent

The Special Olympics of Hawaii brought smiles as bowlers and volunteers flooded K-Bay Lanes bowling alley during a fundraiser Saturday.

Teams from Special Olympics of Hawaii-Windward area enjoyed a morning of cosmic bowling and an opportunity to socialize and practice for the upcoming state competition.

"It's a fundraiser and a fun way to enjoy themselves," said Mark Sterlacci, the Special Olympics of Hawaii Windward director. "That's why we're cosmic bowling. This is great because it builds the athletes' self esteem and enables them to feel that they're giving to the community and want to give more."

Sterlacci said normally the event would be a practice day for the bowlers, but the time was just to have fun.

While the bowlers prepared at their lanes, volunteers from the base community consisting of Marines, sailors and military family members, gathered for a short brief of the day's events and then met their bowlers.

From the time the lights dimmed until the last ball was thrown, the alley was filled with laughter, cheers and the occasional victory dance. At times, a victory wasn't needed as the bowlers boogied to the music.

"This is a joint effort," Sterlacci said. "It gives them self confidence as well as working on their physical fitness. It's wonderful and amazing."

He also said he's very impressed with the military and their contributions, especially the Marines. Their mission is to protect the country and the people of America, and still volunteer.

"They're all Americans," Sterlacci said. "They're our children and they're our future."

Sterlacci's son, who has autism, was one of the many athletes participating in the event. Although he wasn't bowling, he was helping his father host the event and called out raffle numbers throughout the morning.

Sterlacci said one of the things his son always tells him is "all one needs to achieve is the opportunity."

"Special Olympics offers that opportunity to individuals with intellectual abilities to be someone and express themselves," Sterlacci said. "We want them in the community and we want them to be involved. This is one way that enables them to do that and it gives them courage."

As the sounds of bowling balls crashing into pins were music to the bowler's ears, it was the joyful faces that inspired the family members who cheered in the seats. At the same time, the volunteers couldn't help but keep a smile on their faces.

"It's really nice to give and help out with the Special Olympics," said Cpl. Sergio Hernandez, a volunteer. "My wife and I have been doing this for a couple years now."

Hernandez said they started volunteering in 2007 and he found it was a great way to devote his spare time. Also, he's helped by volunteering at multiple events conducted by the program in

See BOWLING, B-6



Photos by Lance Cpl. Cassandra Flowers | Hawaii Marine

Byan Waters, 7, snags the flag of the Colts' running back. Waters said the reason the Broncos beat the Colts is because the Broncos were able to figure out their opponent's plays, and change up their defense to defend them properly.

If only robots played flag football

Broncos power over the Colts, 32-22

Lance Cpl. Cassandra Flowers
Combat Correspondent

After eight weeks of twice-a-week practices, Saturday morning games, and a whole lot of running, Hawaii Military Youth Athletic Association flag football ended its season Saturday morning with the Kaneohe Broncos defeating the Hickam Colts 32-22.

The 7 and 8 year olds were pumped for their last game. Yelling with excitement, both teams agreed they were ready to defeat their opponent. Cody Butler, one of the Colts' coaches, reminded his team, "defense wins the game." His players repeated the phrase as they ran on the field and took their positions.

Pumped and ready to get their hands on the ball, both teams played aggressively during the first half. Within minutes, the Colts managed to sneak away from the defense and run the ball back for a touchdown. The Broncos quickly answered back. After a few wide-open passes down the field, the Broncos



The Hickam Colts break away and run the ball for a touchdown, during the Mighty Mites flag football game Saturday morning. The Kaneohe Broncos defeated the Hickam Colts 32-22 at the C Street fields aboard Marine Corps Base Hawaii.

were celebrating in the end zone.

At the half, the Broncos were up 18-14. Both teams took a knee and listened to their coaches' new game plans.

The Colts' coaches reassured their players they were doing great on the field, but reminded them to look for how their opponents were lining up their offense. It

seemed like the Broncos always had an open player to make a play.

On the other side of the field, the Broncos huddled. Lorenzo Ross, Broncos coach, congratulated his team on how well they were playing. He thought all aspects of their game

See FLAG, B-6

WARRIORS SHOW NO MERCY



Lance Cpl. Ronald W. Stauffer | Hawaii Marine

Anthony Rodriguez blasts a ball into the outfield during a 2009 Intramural Softball League playoff game at Annex Field, Nov. 20. Rodriguez is the right fielder for Headquarters Battalion Warriors.

Lance Cpl. Ronald W. Stauffer
Combat Correspondent

The Headquarters Battalion Warriors held their own, beating 3rd Radio Battalion, 12-2, during both teams' second game of the 2009 Intramural Softball League playoffs at Annex Field, Nov. 20.

"I like the advantage of playing on a big field," said Romeo Ibrao, Warriors head coach, before the game. "Their bats look strong, but like any other team, defense is the key to winning any game. I know my defense will hold them."

In the other dugout, 3rd Radio head coach and first baseman, Michael Smith, said Headquarters has always been tough competition, but he believed his team would do well against them.

"What it all boils down to is having fun," Smith said.

Only one team could walk away with a 2-0 standing for the playoffs and the Warriors defense wasn't about to accept any less, as they swept the field for every pop fly or ground ball they could get their gloves on.

Batting first, the Warriors stepped up, showing they weren't taking the game lightly. Left center fielder Todd J. Lawhon hit the first home run of the game, bringing in one run with him.

The Warriors' impeccable batting brought in numerous runs in no time. Runners rounded the bases with ease as the hits kept coming and took control of the game early with seven runs.

Third Radio's batters got off to a shaky start in the bottom of the first, sending two up and two down. Finally getting a runner on first, 3rd Radio's clean up batter popped a high fly ball to Warriors' right center to end the inning.

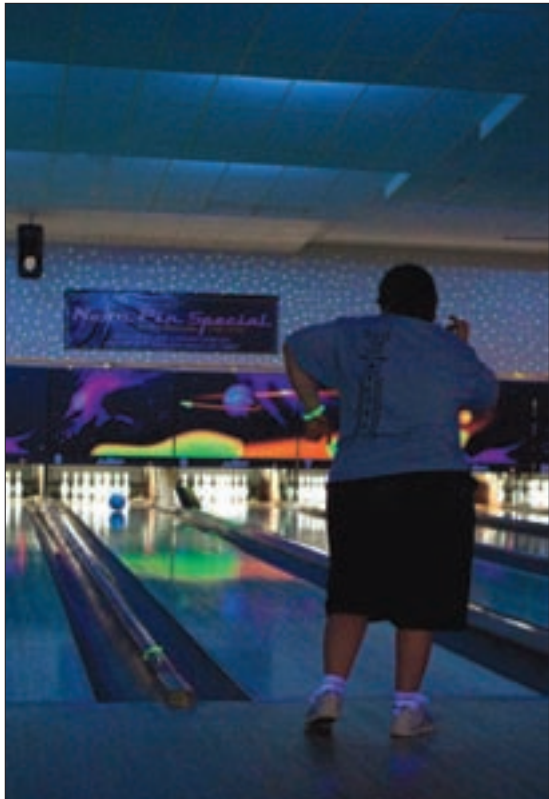
In the top of the second, the Warriors knocked two fly balls into the outfield for outs and what looked like a short half inning. In a miraculous hit, Lawhon ran the bases for another home run and the start of another batting crucifixion, leading 11-0, before 3rd Radio's defense could end the top of the inning.

Looking to get their bats started, 3rd Radio wasn't able to get a runner on base until their third batter stepped to the plate. But in a relapse of the first inning, the Warriors made the tag at second on the next hit, leaving 3rd Radio high and dry.

The Warriors continued to swing away, while holding a secure lead over 3rd Radio in the top of the third inning.

Penetrating 3rd Radio Battalion's

See SOFTBALL, B-6



Lance Cpl. Ronald W. Stauffer | Hawaii Marine

Alyssa Moncur grooves to the music while waiting for her bowling ball to crash into the pins during a Special Olympics fundraiser at the K-Bay Lanes, Saturday. Bowlers used the event as a fun day of cosmic bowling before the upcoming state competition.

ONE MORE TO GO



Raiders wide receiver Fred Williams fends off an Assassins defensive back in the third quarter of the ITFL semi-finals game at Pop Warner Field. The Raiders scored a late touchdown, bringing them to within four points of the Assassins, but failed to recover the onside kick.

*1/12 defeats
Camp Smith
Raiders 22-18,
advances to
championship*

Cpl. Danny H. Woodall
Combat Correspondent

With the Intramural Tackle Football League championship game scheduled for Dec.1, the only question on peoples’ minds is who will attend. Fans, check. Referees, check. And as of Tuesday night, the 1st Battalion, 12th Marine Regiment Assassins just RSVPed.

The Assassins, ranked number two in the regular season, defeated the Camp H.M. Smith Raiders 22-18 and secured a spot in the finals.

It wasn’t easy, however, as the Raiders capitalized on early Assassins offensive miscues and scored on their first possession, a 30-yard touchdown pass to wide receiver Fred Williams. Then, adding more frustration to their early deficit, the Assassins fumbled on the ensuing kickoff.

Fortunately, Assassins linebacker Dennis Sansoucie, changed the momentum of the high-stakes playoff game for his team by recording an interception two plays later.

Rather than repeating the mistakes they made on their first drive, the Assassins drove the length of the field and punched in a rushing touchdown and successfully converted a two-point attempt, giving them an 8-6 lead.

The Raiders, however, continued to test the Assassin defensive backs with a high-powered passing attack, which provided them another touchdown, putting them up 12-8 in the second quarter.

With less than three minutes to play in the half, the Assassins showcased their own passing game, finding wide receiver Melvin Wells open for a 35-yard touchdown reception, giving them a 16-12 halftime lead.

“We’re at a junction,” said Assassins head coach Ansil Lewis. “We can go to the right, or we can go the left. We have one half to play ... leave it all on the field tonight.”

The Assassins answered Lewis’ challenge.

Running back James Owens scored on the Assassins’ first drive of the second half, a 40-yard rushing touchdown, giving them a 22-12 lead in the third quarter. The Assassins strong defense kept the Raiders out of the end zone for the majority of the second half, until the Raiders scored with only 16 seconds left on the clock.

Desperate for a miracle finish, the Raiders attempted an onside kick, but the Assassins recovered the ball and earned a victory.

For the Raiders, this marks the first time in two years that they haven’t played in the championship game.

After the game, Lewis and others expressed their happiness in the team’s performance in the do-or-die semi-finals game.

“Today, we definitely played as a team,” Sansoucie said. “The bomb to Wells before halftime was big for us. I’m proud of the way our offense played today.”

The Assassins will face off against the Headquarters Battalion Warriors or the Marine Aircraft Group 24 Bandits in the championship game, scheduled for 6:30 p.m. on Dec. 1 at Pop Warner Field.

“I want to play [the Warriors],” Sansoucie said. “They’re great competition [for us] and it’s meant to be for the number one and two ranked teams to meet in the championship.”



Photos by Cpl. Danny H. Woodall | Hawaii Marine

Assassins Dawud Hakim returns a punt against the Raiders on Tuesday night during an Intramural Tackle Football playoff game. The Assassins won the game 22-18 and advanced to the championship game.



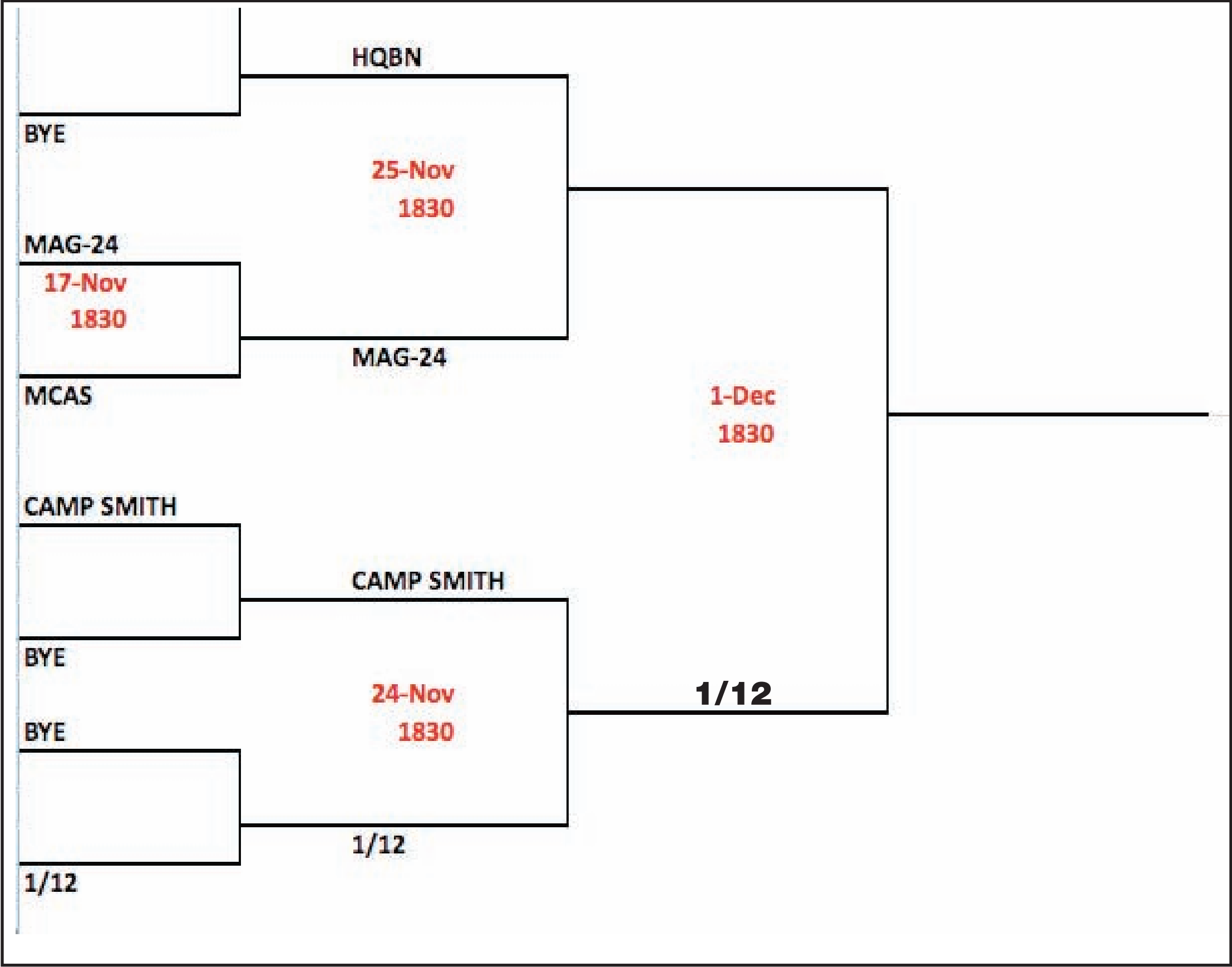
Assassins running back James Owens attempts to break a tackle in the first quarter of an Intramural Tackle Football League playoff game. Owens finished the game with impressive stats, rushing for more than 100 yards and a touchdown.



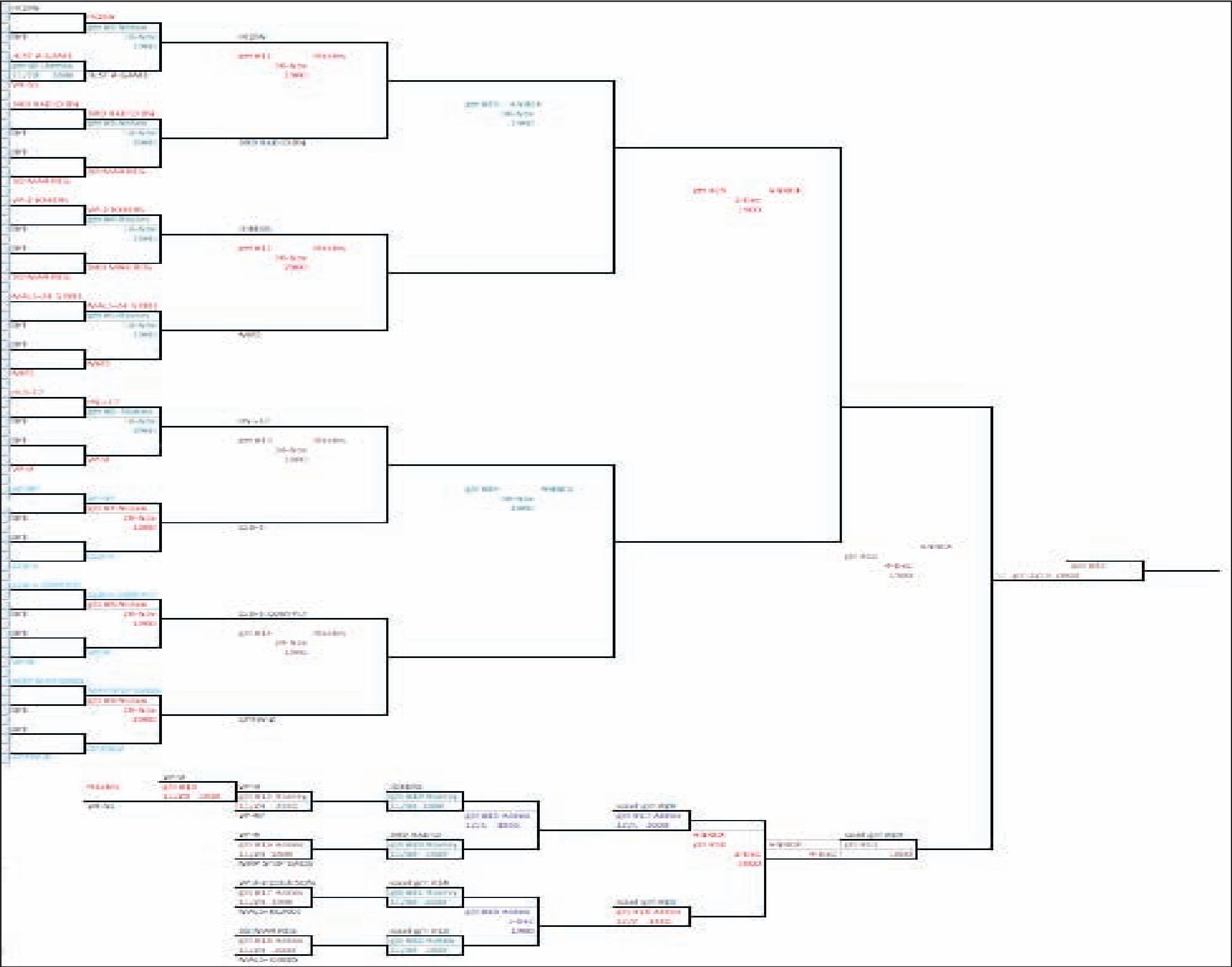
Camp H.M. Smith Raiders defensive back Fred Williams tackles a 1st Battalion, 12th Marine Regiment Assassins wide receiver on Tuesday night at Pop Warner Field. Williams, who is also a wide receiver, gave the Raiders a 6-0 lead on a first quarter touchdown reception.

Intramural Sports Updates

2009 Intramural Tackle Football League Playoffs Bracket



2009 Intramural Fall Softball League Playoffs Bracket



Spotlight On Sports

Sports Briefs

Okinawa Kenpo Karate

Every Tuesday and Thursday, join MCCS 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 MCCS 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.

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.

Commander’s Fitness Series

To register for events in the Commander’s Fitness Series visit the Semper Fit Center or go to the MCCS 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** Spanish **800-232-0233** Website **www.cdc.gov/flu**

An exclusionary affair

Cpl. Danny H. Woodall
Combat Correspondent

Thanksgiving: a time to gather in fellowship with your loved ones. A time to give thanks for a harvest season which provided your family with ample crops for the ensuing winter months. And, of course, a time to watch football.

For more than 40 years, the Dallas Cowboys and Detroit Lions have hosted separate National Football League games on Thanksgiving Day. Ever since these two teams began playing on this holiday, the sun has continued to shine, children frock whimsically in meadows full of laughter and Shaquille O’Neal has ceased starring in feature films.

However, and most unfortunately, there exists an anti-holiday faction in America, intent on destroying Thanksgiving. These evildoers are expressing their opinion (i.e. crying) by saying Dallas and Detroit shouldn’t have exclusive rights to hosting the Thanksgiving games. Their poisonous words are trying to ruin what is otherwise a generally pleasant occasion for American football fans, nay, for all of America herself.

“It’s not (sniff) fair,” says a football fan between sobs. “Why doesn’t MY team get to play on Thanksgiving?”

Well, gather around my kiddies and I’ll tell you exactly why: because your team doesn’t deserve it. If you wanted to have a Thanksgiving game then you should have gotten on the proverbial ball when the Lions did, during the Great Depression, or when the Cowboys followed suit, in the 1960s.

Dallas and Detroit had a revolutionary idea and both teams have profited from it greatly, both economically and exposure-wise. Realizing their own complacency, football fans of various NFL teams are complaining about the long-standing tradition and are attempting to destroy what others have built.

The most prominent flaw of their argument lies in its core ideology. Whether they know it or not, these Thanksgiving defectors are taking a stance with unethical political and economical ramifications. To humor their arguments, let’s pretend the NFL decides to cater to their demands and begins a constant Thanksgiving game rotation. Everyone gets a chance to host a game, so everyone wins ... right? Wrong.

Reforming the sacred Thanksgiving game format would forever pollute every football tradition, and the NFL would have no choice but to appease every complaint forwarded to the commissioner. What’s next? “My team hasn’t won a Super Bowl?” Let’s just start handing out trophies to everyone! Then, once every team in professional football is deemed equal, we can take that mentality and apply it to the rest of America! I don’t like that someone else has something I lack, so let’s spread the wealth! Get rid of private ownership and give everything to the state to be redistributed equally!

Simply put, if you give these mice some cookies, they’ll want a glass of Communism.

Though it may be true that “Octomom” has produced more children in the past year than the Detroit Lions have had winning seasons since 1972, tradition should resonate more powerfully than numbers. In an era where professional players change teams more than their socks and fickle owners drive their franchises out of cities more than they drive their luxury sedans, it is clear that a little stability can go a long way.

Keep the traditions; stop the whining. Once your team garners the ratings the Dallas Cowboys produce week after week, you may have a case.

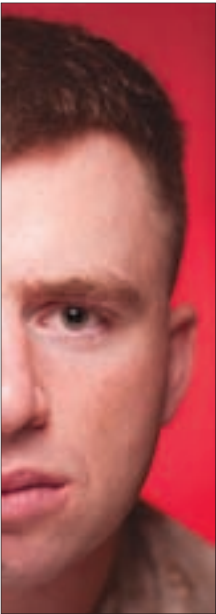


{ Thanksgiving Football

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



WOODALL



BROWN

QUIT HOGGING THE TURKEY

Isn’t Thanksgiving supposed to be about sharing?

Lance Cpl. Colby W. Brown
Combat Correspondent

Thanksgiving Day dinner used to be around a table with every relative you could think of. Now, with the passing of time and changing of society and culture, it is spent around the boob tube, or as some like to call it, a television.

“What could a family watch while feasting on turkey and spending quality time with each other on such a momentous day?” one might ask. The National Football League doesn’t let anyone else answer that question because they have already given a permanent answer.

Every Thanksgiving, millions of people watch football regardless if they are fans or not, and they are stuck watching the same two teams every year. Out of tradition or complete idiocy, the NFL has kept the Cowboys and the Lions as the two main teams who play each year.

They may play different teams, but it is always them playing on Thanksgiving. I say, “Put a team on the TV that someone will actually want to watch” or better yet, “Put on a team that wont put you to sleep before the tryptophan in the turkey does.”

Having the same teams monopolizing Thanksgiving is a horrible idea because not everyone is a Cowboys or Lions fan. Actually no one is but that is beside the point.

The point is, the Cowboys and Lions aren’t good enough teams to be playing when the amount of viewers is comparable to that of the Super Bowl.

Put a team on that is actually winning games or has someone important like Brett Favre. I want to watch an entertaining game, not a game where the opposing team of either the Cowboys or Lions improves their season record by beating the worst team in their division.

Yeah, sure, the Cowboys may be having a fluke season with the whole winning thing, but that will end eventually because it always does. Especially in the playoffs when they choke. They always choke.

It doesn’t really matter who plays just as long as it is different from the year before. I’m sick of watching the Cowboys every year while I eat. Seriously, I get sick after watching them play and end up on the toilet. And I’m tired of falling asleep during the Lions game; it ruins the whole “let’s watch football” idea because EVERYONE ends up falling asleep.

To be honest, I am just sick and tired of the same thing every year.

It may be a tradition but so was spending five hours around the table for Thanksgiving dinner. Last time I checked, only Amish people do that nowadays. And quite frankly I envy them because they don’t have to watch the Dallas Cowboys play football.

The NFL needs to change up the schedule. Thanksgiving has become a very boring sports day, mainly because no one cares about the Cowboys or the Lions.

“Keep the traditions; stop the whining.”



SOFTBALL, from B-1

infield defense with line drives and baseline hits, the Warriors took base after base without a fight, but only scored one run.

Finally stopped with an infield pop fly, the Warriors took the field to hold onto their overpowering lead.

Third Radio started the bottom of the inning with a high fly ball to the outfield for an out, but were able to get batters on bases before the Warriors shut down the inning.

Batting well into to the top of the fourth inning, the Warriors kept their bats fired up, looking determined to keep advancing, but to their dismay, 3rd Radio's defense kept fighting and refused to let the Warriors score any runs during their half.

First to bat and with nothing to lose, 3rd Radio shortstop, Adam Kunkel, ripped into a pitch sending it flying well over the Warrior's right fielder's head. Turning on his wheels and not looking back, Kunkel rounded the bases for a home run and the first run of the game for 3rd Radio.

Stirred up, 3rd Radio's batters continued to hit, bringing a second runner in, and the score to 12-2. It wasn't enough to get past the Warriors' defense.

Up to bat in the top of the fifth inning, showing they weren't about to let up, the Warriors continued to put runners on the bases, but were stopped short by fly balls and fielded ground balls.

Moving into the bottom of the fifth inning, the Warriors were looking for a mercy rule, which states if one team is ahead by at least eight runs after five innings the game will be ended.

"We're going to hold them here. We've definitely come through tonight," said William "Cheddar Bob" Dewease, Warriors left fielder.

For one last show of a powerful defense, the Warriors took the field and proved they were a force to be dealt with. Only allowing a couple base hits, the Warriors shut the inning down with ease and put another win in the books.

"We always want to start off hot and put the pressure on them," Ibrao said after the game. "I always want to have [the other team] catch us and rely on my defense."

Ibrao said he was satisfied with the win and how his team played, and looked forward to their next challenge.

"One game at a time and one stick at a time," Dewease said. "Third Radio put up a valiant fight tonight. They're a good team and we'll see them again."



Lance Cpl. Cassandra Flowers | Hawaii Marine

A Broncos receiver outs run the Colts defensive players during a flag football game Saturday morning. Although the Colts’ defense put up a good fight, the Broncos fast speed earned them more points during the game.

FLAG, from B-1

were coming together to help them take the lead.

"We got the run," Ross said. "We're doing great out there."

With Ross' offense performing great, he decided to switch up his defense. He told his defensive players to take a few steps back from the line of scrimmage, which would allow his players to cover more of the field and stop big pass completions from their opponent.

While Ross altered his team's strategy, his players discussed another way to ensure them the win. Ryan Bennett, 7, said if he were the coach he would create a robot which could clone his teammates. The robot would never be tired and constantly run for touchdowns.

Unfortunately, no robots were available to take on the second half of the game, but the players took the field still motivated. Opening with a big play for the Broncos, Max Brown, 7, threw a pass to his receiver who out-ran his opponents into the end zone. The Colts didn't give up and managed to stop the extra point by snagging the Bronco's running

back's flag right before he crossed the goal line.

With minutes left in the game, the Broncos intercepted a long pass by the Colts and ran the ball back for a touchdown.

The Broncos took the win, but the Colts said they were happy with their season and the fundamentals learned.

"We worked as a team," Brown said. "Teamwork always gets us our wins. Our coaches, too — they were really strict, but they taught us a lot."

The Broncos coaches laughed when they heard they were called "strict."

"At the beginning, the players were always trying to find a way to get to the ball," said Juan Garcia, another Broncos coach. "We had to show them how to execute plays and that's how to win games. So our 'strict' was teaching them not to just run after the ball."

The fundamentals the Broncos' coaches instilled in their players managed to earn them another win and was a great way to end their season.

BOWLING, from B-1

numerous locations on Oahu.

"The turnout is really great today," Hernandez said. "A lot of people came and it's going to be a fun event."

Sterlacci said he understands the difficulty for service members to find

extra time in their schedule, but he appreciates the support when they can.

"Opening up to us is such a wonderful expression of what [the military does], and it's incredible," he said.

He also said bowling is one of the many sports played throughout the different seasons. The Special

Olympics consists of many sports such as basketball, swimming, track and field, bocce ball and more. Athletes compete in each sport to the best of their abilities and are awarded just like the Olympics.

"In the Special Olympics, everyone's a winner and everyone's awarded,"

Sterlacci said. "Our first three places at state are medals. If you go below that, you get ribbons. Everyone gets an award."

Even though there were no medals or ribbons when the lights turned on at K-Bay Lanes, each bowler was awarded with a prize basket and the

support of everyone around them.

The Special Olympics will be hosting a state competition Dec. 5-6, consisting of multiple sports in The Holiday Classic. The events will take place at Hickam Air Force Base, Pearl Harbor and here, where athletes will be competing in multiple events.



Indoor and outdoor seating is available at Cholo's Homestyle Mexican Restaurant, which is located in Haleiwa. From burritos to enchiladas, Cholo's provides food prepared based on authentic recipes from the northern and southern regions of Mexico.



Cholo's is open Sunday through Thursday from 10:30 a.m. to 9 p.m. and Fridays and Saturdays from 10:30 a.m. to 9:30 p.m. A mix of tourists, Hawaii residents and military customers frequent the restaurant.



Chase Haleiwa hunger away at Cholo's



Grilled shrimp tacos, served with rice and refried beans, are one of the many dishes available at Cholo's.

Kristen Wong

Photojournalist

There is much to see and do in Haleiwa, from taking in the scenery to visiting shops. One never knows quite where to rest their eyes first. But for some water weary surfers, tired tourists and many military customers, a Mexican meal at Cholo's Homestyle Mexican Restaurant is just the place to start.

Located near the middle of the town with a staff of 60, Cholo's has served a variety of Mexican food for 14 years. Though it's difficult for the owners to pinpoint just how many customers come through daily, as many as 50 have been found waiting for a table at one time. The restaurant is busiest during the weekends.

There's indoor and outdoor seating available. Playing softly from amidst the customer chatter are various types of recorded music such as salsa and mariachi. Every wall is covered with treasures from Oaxaca and Michoacan, both are Mexican locations filled with crafts, according to co-owner Nancy Salemi. Famous Mexican painter Frida Kahlo's portrait gazes from a frame at sombrero-clad skeletal figures perched above a counter.

The multicolored tablecloths, some with strawberry patterns, are also from Mexico. From colored bags to pottery and crucifixes, the décor is reminiscent of the many local vendors along the streets of Mexico's tourist spots, with their homemade goods laid on blankets and cardboard boxes.

Salemi said she travels to Mexico three to four times a year, returning with various works of art and new recipes for the restaurant. Salemi personally selected each piece on the wall.

"I think when people come in here they feel like they really are in Mexico," Salemi said.

When it comes to the food, Salemi said the dishes, which range anywhere from \$5 to \$15, are often made with ingredients grown by local farmers.

One of the most popular dishes available at the restaurant is the Carne Asada, which includes grilled marinated sirloin steak and comes with rice, refried beans, cilantro and guacamole. Salemi said the fish tacos, which are made from Ahi, or Hawaiian tuna, are equally popular.

For vegetarians, Salemi recommends the grilled veggie plate, cheese quesadillas and veggie nachos.

Robert Damaso of Mililani, a regular customer and a former corporal in the Marine Corps, prefers chimichangas when he comes to the eatery, and recommends the Kaneohe Bay military community come to the restaurant.

"It'd be worth the drive," Damaso said. "The food is good."

Damaso's wife, Lynn Vana Damaso, favors beef enchiladas, which she describes as "spicy" and "savory."

"I'm always adding guacamole and sour cream," Vana Damaso said. "To me, it's a must."

Vana Damaso and her mother, Olivia Mattson commented on the friendliness and consistent attentiveness of the servers.

"This is what I call the 'Hawaiian style,'" Mattson said. "They're not just catering to the locals."

Customers don't need reservations to eat at Cholo's, unless there is a party of eight or more people. Cholo's is open Sunday through Thursday from 10:30 a.m. to 9 p.m. and Fridays and Saturdays from 10:30 a.m. to 9:30 p.m. For more information, call 637-3059.



All of the decorations at Cholo's, including the tablecloths, are mainly from Oaxaca and Michoacan, both located in Mexico.

PASS

IN

REVIEW



Remake recaptures runaway ride

Christine Cabalo
Photojournalist

Dispatching action and adventure, “The Taking of Pelham 123” is an eye-catching remake of the 1974 film and original suspense novel.

The updated thriller begins when New York City train dispatcher Walter Garber (Denzel Washington) notices something odd about the subway train heading to Pelham Bay Park Station. He calls to the train’s operator, only to discover it’s been hijacked by a group of robbers led by a criminal calling himself Ryder (John Travolta). Ryder demands a ransom of \$10 million in one hour for his kidnapped passengers and refuses to speak to anyone else but Garber. The mayor (James Gandolfini) and law enforcement personnel are forced to hand over the money, but not without staging a daring rescue attempt.

The movie follows the cops on the hunt for Ryder, the subway riders who battle fear to try to fight back and the loved ones of those caught in the middle of the tragedy.

The remake includes a lot of changes to adapt the story from the 1970s, and it goes beyond subway train dispatchers using GPS and digital sensors. Ryder keeps track of his press coverage through a secret Wi-Fi booster. It also inadvertently increases the signal of the Internet link from a train passenger’s laptop broadcasting before the attack. The signal and Ryder’s continued look at the stock market are clues for the audience something else sinister is going on through the chaos.

Both Washington and Travolta are satisfying as the reluctant hero and over-the-top villain, but neither really offers a very unique performance. Washington is a cool,

honorable hero yet never really delves into his character’s faults. Travolta certainly acts villainous, but seems to only be a statically evil man without much complexity.

Everyone in the cast, even Gandolfini, seems to rely on a fake pushy New Yorker attitude for their performance in the movie. The writers also thought modernizing the movie meant adding a lot of swearing to get an R-rating.

Standing out from its 1974 predecessor, this film features full-frame action sequences one after another. Dramatic chase scenes and earthquake-like explosions rocking the cameras are initially impressive, but quickly grow old. Director Tony Scott, who also directed Washington’s “Man on Fire,” solely relies on gimmick camera work and quick cutaways to keep interest. The camerawork in that film highlighted the crazed atmosphere of political kidnapping in Mexico, but the similar cutaways in this movie have no substance.

The video quality itself is crisp, with clear widescreen views for dizzying explosions. Also included in this release is an audio commentary from Scott with other filmmakers, giving audiences insight into how they remade the popular film. The DVD extras about the real New York subway train system and a behind-the-scenes look at the film are nice, but the real golden ticket is the commentary.

The new “The Talking of Pelham 123” took a slight detour to Boringtown, but eventually pulls into Action City. With this DVD as a movie rental, no emergency exits are needed.



(On Target)

Your weekly guide to all aspects of entertainment

Welcome to the Pass In Review, your number one source for cinema, music, videogame and book reviews. The Pass In Review crew consists of more than 10 critics, each with their own idea of what makes a movie, album, game or book great. So be sure to take advantage of the Better Know A Critic section, which spotlights this week’s critics to better help you choose the critic with opinions most like your own. Using our breakthrough four point scale system you can quickly decipher what is worth your time and what isn’t, or read the full review for an in-depth analysis and explanation of the rating. The rating system uses ammunition and range terminology, so if you’re not familiar, here’s a quick breakdown of the ratings ...

1/4 — No Impact, No Idea

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



2/4 — High And To The Right

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



3/4 — On Target

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



4/4 — Confirmed Kill

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



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

Better Know A Critic



CABALO

When Christine Cabalo wants a night in, good DVDs are a must. “The best ones leave me yawning, because I was up the night before watching them over and over again,” she said. “How much I enjoyed a DVD is directly related the amount of sleep I get that night.” Her favorite DVD extras are fun games based on the release and behind-the-scenes commentary.



STAUFFER

Lance Cpl. Ronald W. Stauffer is a total action freak. Growing up on “shoot ‘em up” movies with Chuck Norris as a role model, he only laughs at horror flicks. You might catch him hiding in the corner of the theater during an occasional chick flick, but it’s only for future research.

Second Opinion

“The Twilight Saga: New Moon” 2 out of 4 (High and to the Right)

While I can’t say I was completely disappointed by “New Moon,” it didn’t live up to all the hype. Kristen Stewart, who plays the leading lady, needs to be fired. She’s possibly the worst actress in existence. Surrounded by a fantastic supporting cast, she only looks worse. She’s boring. Then there’s the leading men — Edward (Robert Pattinson) looks brooding and depressed the entire time, and all Jacob (Taylor Lautner) needs to do is run around with his shirt off looking buff (slap me in handcuffs, he looks good.) I know it’s unfair to compare movies with their book companions, but the novel was my favorite in the saga, and the movie was sadly disappointing. Like “Twilight” that came before it, the soundtrack and the scenery were the best parts of the movie, which isn’t a good sign for something so high profile. (Team Dump Bella!)

— Cpl. Regina A. Ochoa



If only I were a 17 year-old girl ...

Lance Cpl. Ronald W. Stauffer
Combat Correspondent

Team Edward or Team Jacob? Who cares?!

The mess-of-emotions movie “The Twilight Saga: New Moon,” is supposed to continue its predecessor “Twilight,” yet is nothing but an upset, unless you fall into the female teenage populace.

I read “Twilight” and actually thought it was a decent book, but to my dismay, the movie left me questioning whether the film was low budget or if they actually thought casting bad actors would enhance the movie.

I went ahead and read “New Moon” in hopes that, unlike the film, at least the books would keep on a roll, and once again I was wrong. At this point, I was hoping at least maybe the movie would be better than the book.

I spent \$34.50 on Fandango for my party of three to see the midnight showing opening night. Showing up two hours early to ensure seats and waiting in a line that wrapped around the block, there wasn’t a doubt in my mind the movie was going to be great.

Then the screen lit up, the movie started and all my hopes and dreams seemed to fade away as I watched the same boring, prolonged dramatic scenes the director tried to portray in the first movie.

I never thought vampires could be so emotional. I was under the impression they roamed the night, looking for their next meal.

At the same time, I was unbelievably shocked and almost sick by the reaction from the crowd when Jacob Black (Taylor Lautner) made his first appearance in the film. Apparently the 17-year-

old actor’s bulked up body was nothing but a heart-stopper for the preteen females when he stripped his shirt. If you happen to be of age and drooling over this, maybe you should consider putting yourself in handcuffs.

I felt like I was watching a PG remake of the movie “Underworld” (2003). Both movies portray the whole “fighting for love theme,” but the special effects used by the director of “New Moon” were a sham. I’m still trying figure out if I should slam my head in my car door for wasting my time and money, or write a letter to director Chris Weitz and have him do the same for making an even worse sequel to previous director Catherine Hardwicke’s epic failure.

The only respectful theme I could appreciate in the new movie was the correlation of the werewolves and Native Americans. Native Americans hold a strong respect for nature and wildlife, which was portrayed in the movie. I could say that the introduction of the wolves was probably the most interesting part of the movie, but I refuse to give it any credit for creativity.

Seriously though, in the first movie Bella puts herself in danger.

In the second movie, she’s trying to get herself killed and on top of that, Edward is trying to get himself killed. Why can’t they just do it for the viewers? They won’t because there’s still more books and horrific movies to be made.

The only “oohs and awws” I heard from anyone in the crammed theater was when two adolescent boys removed an article of clothing — that is all.

Somehow, the film managed to gross more than \$140 million over the weekend. Why can’t they give us a total amount of people who asked for their money back?

I would only hope the next book and movie, “Eclipse,” would make up for all the disappointment I have suffered, but I’m not going to hold my breath.



(No Impact, No Idea)

TALK* STORY

Known for his great live performances, singer, songwriter and rock music legend Jimi Hendrix was born on this day in 1942. The Hawaii Marine wondered ...

What is the best concert you’ve ever been to?



3 Days Grace. Their music was great and they put on a good show. It was very entertaining. They were very energetic.

— Petty Officer 3rd Class Sean Van Valkenburgh



“Dave Matthews [Band] in September, at Golden Gate Park in ’04. The whole week was crazy.”
— Sgt. Jennifer Maybee



“Tech 9 in Springfield. That and ‘Rock This 2000.’”
— Sgt. Joshua Arcidino

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



Lance Cpl. Ronald W. Stauffer | Hawaii Marine

Music for the children

Singer and actress Anita Hall is reflected in the electric guitar of Sgt. Oscar Olive, a guitarist assigned to U.S. Marine Corps Forces Pacific Band, during a concert rehearsal, Nov. 20. Hall is one of many local performers rehearsing for the second annual Na Mele o na Keiki (Music for the Children) Toys for Tots Holiday Concert, which is presented by the MarForPac Band and BAE Systems, a worldwide partner of the USO. Master and mistress of ceremonies for the second year are Danny Kaleikini and Carole Kai. Steve Holt, the Honolulu Boys Choir, Jake Shimabukuru, Amy Hanaiali'i and Honorary Marine Cpl. Jim Nabors, will be joining Hall and the band on stage. The concert is scheduled for Dec. 7 at the Neal S. Blaisdell Concert Hall in Honolulu, and will begin at 7 p.m. Tickets to the concert are free and will be available today at the Blaisdell Center's Box Office and are limited to four per person. A limited amount of tickets will be available at ITT. Marines will be at the concert collecting toys for those wanting to donate. This year's goal is 45,000 toys. For more information call Chuck Little at 477-8309.

Operation Best Wishes captures holiday gifts for those deployed

Lance Cpl. Ronald W. Stauffer
Combat Correspondent

Family members of deployed spouses were given the opportunity to make a pre-holiday video for their loved ones Monday at the Windward Community Federal Credit Union as part of the third annual Operation Best Wishes.

Spouses and children huddled in front of the camera to express their support and love to those who are away for the holidays through the program produced by Western Corporate Federal Credit Union and the Defense Credit Union Council.

"They contacted us and we've been very fortunate over the last three years to be [part of it]," said Fred Perry, president and CEO of Windward Community Federal Credit Union. "Once I heard what the program was meant to provide, it was very easy to say 'yes' and offer our facilities."

Hill said he's talked to the young Marines who come into the credit union or their family members when they're deployed and sees how stressful and difficult those times can be. He also said he has two daughters, one residing on the East Coast and the other on the West Coast, and has a sense of what it's like to be away from family.

"It's a unique opportunity and privilege to have the chance to give something back to both the deployed loved ones and to the spouses or family members that are here on base," Perry said. "It's a tremendous satisfaction to play a very small part."

Bryanne Salazar and her two sons were one of the families who partook in the taping after the recent deployment of her husband, who is assigned to Weapons Company, 1st Battalion, 3rd Marine Regiment.

"This is really nice because he left us a surprise video before he left," Salazar said. "I thought this was the perfect opportunity to send him a video back because we don't have the capability to get a video online or burn it to send to him."

Salazar said this is her husband's sixth deployment and she is very thankful for Operation Best Wishes and the opportunity it's given her family.

"It's very difficult and it doesn't get easier with age," Salazar said. "I'm right up there with the wives who are going through it for the first time. We're all in the same boat because it's hard and

you worry about your husband."

Both of Salazar's sons said it feels good to be able to give their father something while he's gone and they want to be just like him one day.

WesCorp's goal is to help credit unions and their members get in touch with their deployed loved ones.

Seven years ago, the company started with taking their Web-casting technology and put it to good use during the holidays trying to connect military families with their loved ones and has been successful.

WesCorp, based in San Dimas, Calif., is nation wide and plans to visit 20 credit unions at 20 military bases.

"It's been rewarding," said Joe L. Keller, director of Web technology for WesCorp. "Sometimes it's

tough to sit in here and listen to these people talk to their loved ones who are overseas fighting for us. It never gets any easier, even over those six to seven years."

Keller said every story is different and touching, and hopes the program makes a difference for the service members who are overseas. He also said WesCorp has many members who are military, so they tried to reach out to them.

"This is a way for all the credit unions that we're visiting to give back to their members," Keller said. "The credit unions are the ones who are financing the company to come out."

Shontel Rose, whose husband is with 1/3 for his second deployment, said she feels sad and is still trying to get into the daily routine of not having her husband around.

"I thought this was a really cool program," Rose said. "It was nice that those of us that aren't really computer oriented have a program to

— Fred Perry

help us out. It's pretty hard for us, not knowing what to expect."

Perry said the environment has changed and family members have more opportunities to stay in touch with loved ones than two years ago. He believes this offers a really unique way to be able to send a video message to their loved ones compared to Internet correspondence or phone calls.

"Anything we can do to make that a little bit better time for them, it's what we're here for," Perry said. "Just providing them that connection takes on some unique significance. Any time we can do that, it's a real honor, especially around the holiday."

Honoring their heritage



Kristen Wong | Hawaii Marine

David L. Bevett and Don Soldier Eagle perform a Native American dance at Anderson Dining Hall Facility Nov. 20. With this year's theme "Understanding Native American Heritage Now and Then," 3rd Radio Battalion coordinated this year's Native American Heritage Month luncheon aboard Marine Corps Base Hawaii. The luncheon included a special Native American menu, guest speakers and several cultural dance performances. Some of these dances can take up to days at a time, according to guest speaker David Windhorse Long, a gourd elder of the Northern Cherokee Nation of Missouri and Arkansas. Guest speakers at the luncheon had both military and Native American ties. Bevett, whose bloodline includes Cherokee and Chee, has also served in the Army and Navy. Guest speaker Army Sgt. Phillip Cornejo's has a multifaceted heritage which includes Lipan Apache and Choctow. Long, a Vietnam veteran who has previously served in the Navy, is of Choctaw and Cherokee descent. During the luncheon, Long honored Col. Robert Rice, commanding officer of Marine Corps Base Hawaii, and Gunnery Sgt. Curtis Miller, equal opportunity representative of 3rd Radio Battalion, with new membership to the Intertribal Gourd Society of Hawaii.

Hang out with the SMART Girls

Pfc. Vanessa M. American Horse
Combat Correspondent

In a large, energy-charged room saturated with children playing and studying, a small group of girls sits in the back corner in deep discussion. They're not tediously going over schoolwork or sitting through a boring lecture. The girls are there for SMART Girls, a teen center class at the Youth Activities Center Monday.

SMART stands for Skills, Mastery and Resistance Training, and the local SMART Girls club is only one element of the nationwide SMART program sponsored by the Boys and Girls Club of America. The program is designed to boost healthy attitudes and lifestyles that will enable early adolescent girls to nurture their own physical and mental well-being. The six-week program is open to 10- to 12-year-old girls, and there is no fee for the class.

Meetings start off with an in-

depth discussion of various topics such as self-esteem, relationships, body image and self-worth. After the serious conversation ends, the entertainment begins.

"Interactive games are used to encourage problem solving," said Caressa Blackman, the program coordinator. "We encourage the girls to be silly to develop skills to become outspoken in a positive way."

Club members, along with the staff, play chair swap games and charades together to build camaraderie. The program also encourages young girls to associate themselves with peers who have higher levels of self-esteem in hopes of producing an overall improvement in their confidence.

"SMART Girls taught me to believe in myself," said Alyssa Dominguez, 11, a member of the club. "Sometimes, I'm negative and here we get to talk things out."

Issues between the members and their peers is a big topic for discussion

at meetings.

"There's a lot of drama between girls," said Emilee Farley, 11, another member. "We get to fix it here and figure out how to fix our relationships between friends and guys."

In the future, the Teen Center wants to arrange local guest speakers from nutritionists to relationship experts for the SMART Girls class. At the end of the program, the SMART Girls celebrate by having a party for the members and staff.

"They kick all the boys out on a Friday evening and extend the Youth Activities Center's hours until 10 p.m.," Blackman said. "The girls can gossip while getting manicures and pedicures, and share the experiences they learned from in the class."

A boys group is in the works, but is slow to start due to a lack of male staff.

The Teen Center is a popular safe environment on base for children to hang out after school and enjoy



Pfc. Vanessa M. American Horse | Hawaii Marine

A Teen Center staff member explains the rules to a game of chair swap to members of the SMART Girls class at the Youth Activities Center Monday.

various activities. The staff endeavors to build trust between themselves and the members, making it more likely a child will report any wrongdoing they encounter. Blackman said the open door policy is a comfort to

parents who can rest assured their children have an additional adult outlet if needed.

For more information about the SMART Girls program or other Teen Center activities, call 254-7643.

Toys for Tots corporate sponsors thanked

Cpl. Cristina Noelia Gil
U.S. Marine Corps Forces Pacific

Corporate sponsors of the Marine Corps Reserve’s annual Toys for Tots program held their annual VIP reception at the First Hawaiian Bank Building here Nov. 19.

The guests were treated to appetizers and entertainment by local entertainers Anita Hall and Danny Kaleikini, accompanied by the U.S. Marine Corps Forces, Pacific Band.

“Some people might wonder, ‘In a time when finance is so tight, why would a few toys matter?’” Hall asked the audience before her performance.

“But it makes all the difference in the world. Because of people like you, many kids will have gifts under their trees this year.”

Marine Corps Base Hawaii commanding officer Col. Robert Rice presented plaques to the sponsors and thanked them for their

dedication to the Toys for Tots program.

Three companies were also given top honors for their participation in the first ever Tricycle Cup toy collection competition, which was held Nov. 17. Employees in the downtown Honolulu community were given the chance to donate new, unwrapped toys or cash. Businesses were pitted against each other to see which could generate the most toy donations. The top three were Merrill Lynch, American Savings Bank and Morgan Stanley Smith Barney.

“We really didn’t expect to receive this honor,” said Diane Kimura, vice president/wealth management advisor, Merrill Lynch Global Wealth Management, who accepted the Tricycle Cup trophy on the company’s behalf.

“We just wanted to do our part and give the Marine Corps a hand while they serve the community. It’s the least we can do for the kids.”

Visit <http://www.toysfortots.org>.



Cpl. Cristina Noelia Gil | U.S. Marine Corps Forces Pacific

The U.S. Marine Corps Forces, Pacific Band accompanies local entertainer Anita Hall as she sings during a Toys for Tots corporate sponsors reception at the First Hawaiian Bank Building on Nov. 19.

Remember to keep healthy when traveling for the holidays

Staff

Tripler Army Medical Center

With the increase in air travel during the November and December holiday seasons, travelers are reminded to review the recommendations noted on the <http://www.flu.gov> Web site.

Know when you should avoid travel. If you are sick with symptoms of influenza-like illness, you should not travel. These symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, and fatigue. A significant number of people who have been infected with this virus also have reported diarrhea and vomiting. Stay home if you are sick

until at least 24 hours after you no longer have a fever (100 degrees) or signs of a fever (without the use of a fever-reducing medicine, such as acetaminophen).

Be prepared for health screenings at airports. Airport staff in some countries may check the health of arriving passengers. Travelers from the United States arriving in other countries may be checked for fever and other symptoms of H1N1 flu, and their travel may be delayed. Please note that the U.S. Department of State usually cannot interfere with the rights of other countries to screen airline passengers entering or exiting their countries, nor can it influence the number of days in quarantine.

You can prepare for travel by educating yourself about the

outbreak situation and screening procedures in your destination country or countries.

CDC recommends persons who are ill with or suspected of having H1N1 influenza to use facemasks, if available and can be tolerated by the user. If not, tissues should be used to cover coughs and sneezes. Facemasks are also recommended for persons at increased risk of severe illness from influenza if they cannot avoid crowded settings. More information is at: <http://www.cdc.gov/h1n1flu/masks.htm>

For more health tips, check with your healthcare provider, or visit the TAMC Web page at <http://www.tamc.amedd.army.mil/> and click the link “Fight the Flu.”

Taking steps to avoid holiday money woes

Elaine Wilson

American Forces Press Service

In my early 20s, I was high on pre-approved credit card applications and seemingly no-strings-attached loans.

I charged with a blissful abandon and let the resultant bills pile up in the corner of my rickety side table. Every now and then I’d glance over at the dusty stack, but couldn’t bring myself to touch it, let alone open the envelopes stamped with increasingly urgent late notices.

My consumer frenzy came to an end when the applications quit coming and the bill collectors started calling. Overwhelmed by the thought of a penniless future, I opted for the bankruptcy route, a path I regretted taking for the next 10 years.

It took me more than a decade to rebuild my financial standing and I’ve become very protective of it, flaws and all.

But each holiday season, I feel like my makeshift financial life raft is about to sink again. Not surprising since it’s overloaded with Thanksgiving feasts, Christmas decorations and gifts, holiday parties and plane trips to see family and friends.

I start out with the best of intentions. I carefully set a budget, assign an amount to each person’s gift, and save all receipts to keep track.

And each year, I throw all caution to the wind sometime after the turkey leftovers are gone and shortly before the caroling begins.

That impulse is common, experts say. It’s all too easy to get caught up in the holiday frenzy and then feel the pain of the spending hangover later on.

But it’s definitely possible to weather the

holiday storm without getting blown away, particularly for our military families who have excellent financial resources at their fingertips.

I did some research on Military OneSource and it turns out I was on the right track with the idea of a budget, although I frequently veered off course. An important step to avoiding massive holiday debt is to set a holiday budget, the site says.

First, figure out how much you’ll be spending for gifts, entertaining, travel and decorating:

- Gifts: Figure out who you want to buy gifts for including teachers, mailmen and co-workers. Then set a price limit for each gift. Don’t forget to add in the cost of shipping and wrapping paper, OneSource advises, or you could be underestimating the expenses.
- Entertaining: If you’re having a party, estimate how much it will cost. Don’t forget to add in the cost of bringing dishes to other people’s events. You can cut corners in this area by having a potluck or a cookie swap rather than providing all of the food yourself, OneSource says.
- Travel: Figure out how much you’ll be spending on transportation, including gas.
- Decorating: Estimate how much you’ll spend on holiday decorations. I’d check last year’s holiday bins before hitting the department stores. I bet you’ll be surprised by how much you already have that you forgot about.

After you tally up the estimates from these areas, figure out if the total is more than you

can afford. If it is, then find areas within the categories where you can cut back. Here are some budget-conscious tips I found on Military OneSource to help:

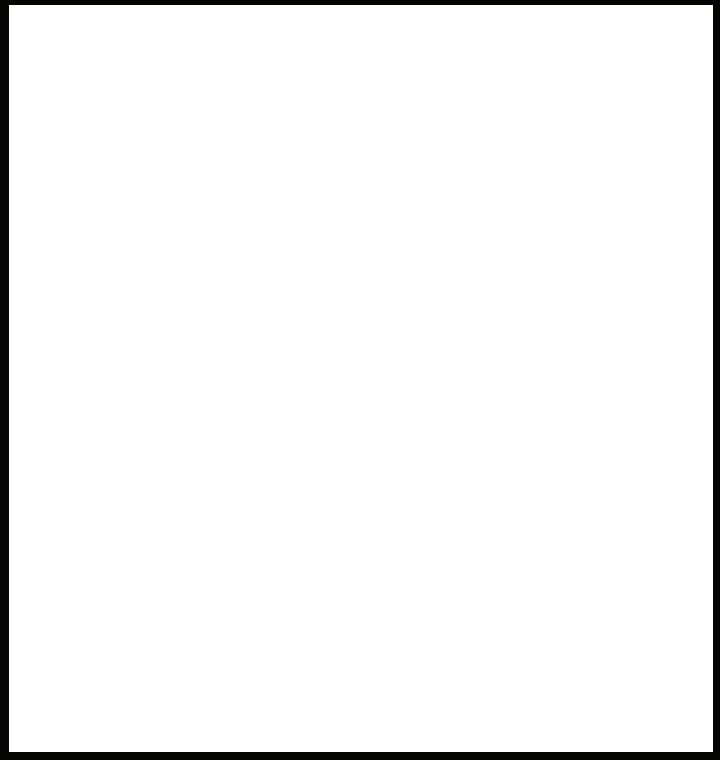
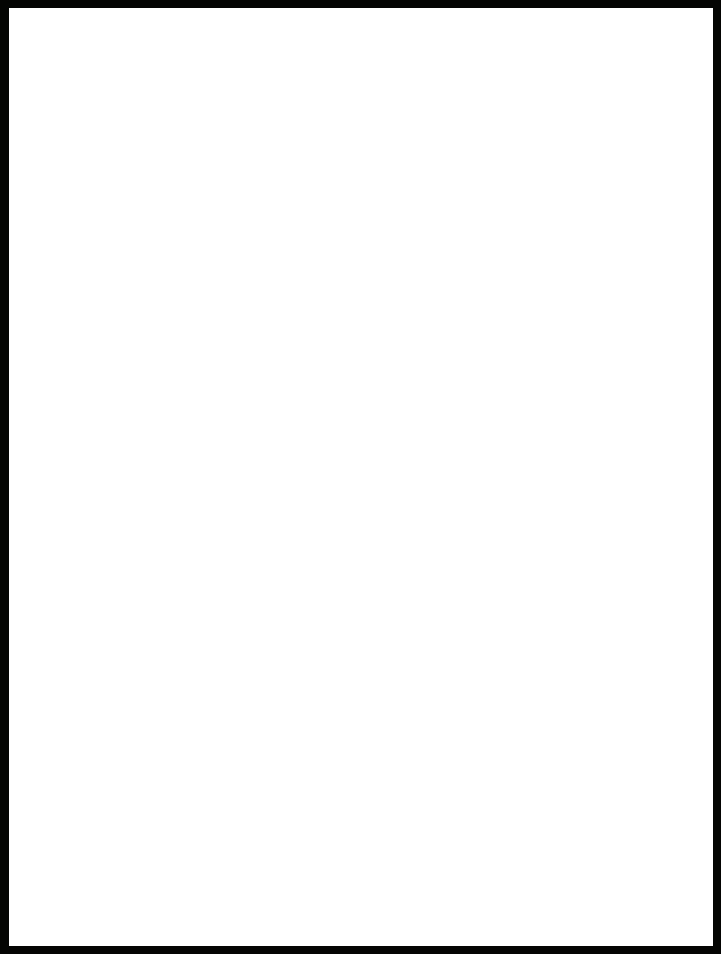
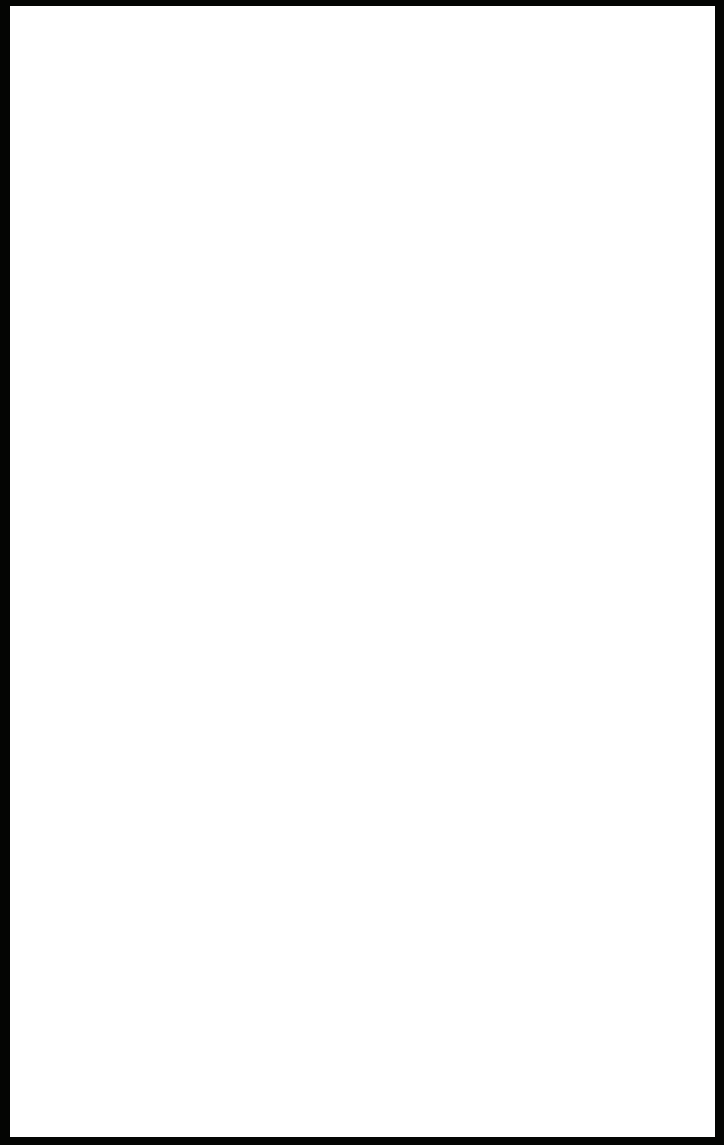
- Set expectations with friends and family. Let them know if you’ll be cutting back on the number of gifts or how much you plan to spend. This is especially important for children, who often have unrealistic expectations about gifts.
- Cut back on the number of gifts you buy. If you have a large family or group of friends, ask if they’d like to draw names out of a hat and give one gift per person. Or give family gifts, such as a board game, a “movie night” with gift certificates to a video rental store and snacks, or passes to a local museum.
- Consider giving homemade gifts. There are many heartfelt, thoughtful gifts that don’t come with a sales receipt. You could cook some treats; put together a photo album; make a themed gift basket full of smaller items, like tea, paperback books or gardening tools; or give the gift of your time.
- Be sure to use your Exchange. In addition to the usual tax savings and price-matching benefit, you’ll find special holiday discounts.
- Make a shopping plan. Don’t head out to the mall without a specific list of gift ideas. This is how you end up spending more than you budgeted for. Look through catalogues or on Internet sites for ideas and create a list before you even step foot in a store.
- Look for bargains. Try to buy several


things from one catalogue or Internet site to save money on shipping, or better yet, look for sites that offer free shipping.

- Cut back on mailing expenses. If you always send gift boxes or holiday cards to loved ones far away, think of ways to save on or eliminate shipping costs this year. Buy magazine subscriptions or send online gift certificates instead of shipping gifts. And be sure to mail things early so you don’t have to pay extra for fast shipping.
- Make careful travel plans. If your holiday plans include a trip, be sure to investigate all of your options as early as possible. For example, can you drive instead of fly? Stay with a friend or relative instead of in a hotel room? Spend time looking for the lowest-price ticket. You can save a lot of money by flying immediately after the holidays rather than before.
- Use your credit card wisely. Be very careful about using your credit card to pay for holiday expenses. Don’t use your card unless you know you can pay if off right away. You don’t want to start the New Year off with an oversized credit card bill.

Once you’ve set a budget and cut corners, then it’s time to start saving. Set aside some money each paycheck or find a layaway program you can pay off in increments.

With a little belt-tightening and number crunching, you’ll make it through the holidays debt hangover free. I know that’s my goal this year.





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.

“Surrogates” - PG-13	Today 7:15 p.m.
“Zombieland” - R	Today 9:45 p.m.
“Couple’s Retreat” - PG-13	Saturday 7:15 p.m.
“The Invention of Lying” - PG-13	Saturday 9:15 p.m.
“Where the Wild Things Are” - PG	Sunday 2 p.m.
“Whip It” - PG-13	Sunday 6:30 p.m.
“Zombieland” - 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

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.

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

Anger Management Workshop

Tuesdays

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 enrollement 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. 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 Hawaiiana classes, call 531-0481.



Oahu High School Robotics

Ongoing

Mentors are needed for Oahu's high school robotics teams and upcoming events. Military and civilian personnel have volunteered on robotics programs, finding it a wonderful opportunity to encourage students to go into math and science fields and to stay in school, and connect what they are learning to real world applications. Large-scale robotics competitions start in January. Hawaii students have participated in VEX and FIRST contests, competing at national events. Call Ashlee Snodgrass at 473-8000, ext. 5173, for more information or to volunteer.

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.

MAIL DURING THE Holidays

Thanksgiving is over and it's time to finish up the holiday shopping and get to the post office to send off gifts! Whether you're sending gifts to your family back home or your deployed service member, it's important to ship them early to make sure they beat the holiday rush. Our handy shipping guidelines will help you through the holiday season.

Cut off dates for mailing correspondence, letters and packages

Mailing to CONUS

First Class Mail – Dec. 21
Priority Mail – Dec. 21
Express Mail – Dec. 23
Parcel Post – Dec. 17

Mailing Internationally

First Class Mail needs to be sent by the following dates

Africa – Dec. 4
Asia/Pacific Rim – Dec. 11
Australia – Dec. 11
New Zealand – Dec. 11
Canada – Dec. 11
Caribbean – Dec. 11
Central/South America – Dec. 4
Mexico – Dec. 11
Europe – Dec. 11
Middle East – Dec. 11

Mailing to APO/FPO Addresses

	Express Mail Military Services	First Class Mail (letters and cards)	Priority Mail	Parcel Airlift Mail	Space Available Mail	Parcel Post
APO/FPO AE ZIP 093	N/A	Dec. 4	Dec. 4	Dec. 1	Nov. 21	Nov. 13
ALL OTHER APO/FPO	Dec. 18	Dec. 11	Dec. 11	Dec. 4	Nov. 28	Nov. 13

Tips for sending overseas

Packing right

It's important to make sure the gifts are properly cushioned so they won't get jostled around or damaged on their trip. If you're reusing a box, cover all the old labels and markings with heavy black marker or your labels. Tape it up with clear or brown packaging tape, reinforced packing tape, or paper tape. Avoid things like cord, string, and twine — they get caught in the mail processing equipment. Also, be mindful of sending anything temperature-sensitive (like candy or candles) to hot climates.

Don't send this

It's important to ensure you don't send anything prohibited in the region your service member is deployed to. Prohibited items to service members deployed to Iraq and Afghanistan include:

- Obscene articles (prints, paintings, cards, films, videotapes, etc.).
- Any matter depicting nude or seminude persons.
- Pork or pork by-products.
- Alcohol products.
- Tobacco products.
- Drugs of any kind.
- Blades over 3 inches long.

Learn more about shipping costs, dates and options at <http://www.usps.com>.

Sending some love to the front lines

Finding it hard to put together a care package? Don't know what to send? Here's a list of what service members need while deployed, as well as some ideas for a special holiday care package.

Toiletries

Send the essentials, which are hard to come by in a combat zone. Don't forget toothpaste, toothbrushes, deodorant, cotton swabs (handy for hygiene and rifle maintenance), baby wipes (by the boat load), razors, shaving cream, some good soap, shampoo, and hair products (hair ties and bobby pins for females). For the added touch, send a small bottle of your shampoo or conditioner, or even a bar of your soap so they can be reminded of home.

Foot care

Service members are aching from wearing boots. Help keep them healthy and comfortable by sending things like their favorite brand of boot socks, some breathable insoles, baby powder, and anti-fungal foot spray.

Something to keep them busy

Send a copy of their favorite magazines, sudoku, crosswords, brainteasers, video games for their hand-held devices. For something special, load up a music player with their favorite songs and movies, or send copies of new releases they haven't seen yet. Send a copy of their favorite book. Calling cards are good for both the service member and the family waiting on a call! Fill a digital frame keychain with photos from home, so they can keep it with them all the time!

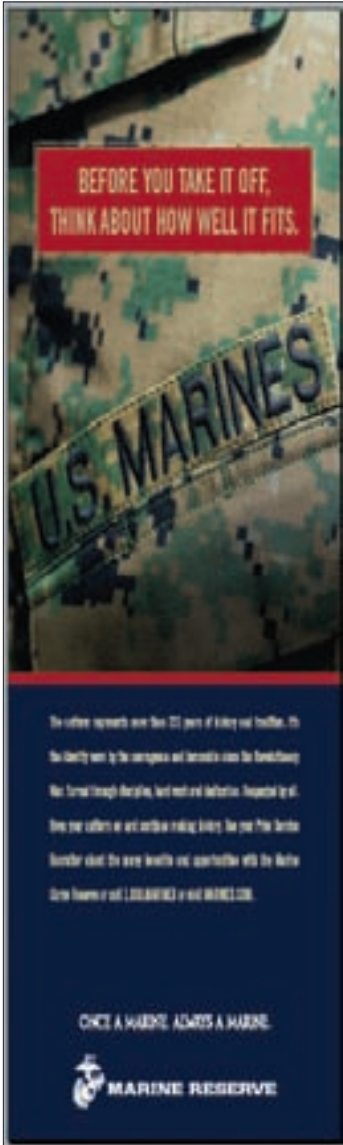
Something yummy!

Good snacks are better than gold overseas. Send individual sized packages of snacks and drink mixes. Favorites include lemonade, beef jerky, tuna packets, pepperoni sticks, sunflower seeds and homemade cookies (include a piece of bread to suck up the moisture and keep them fresh for weeks!). Marines and sailors have a nack for making the best of any situation, so send foods they can cook over a fire, and find a small set of fire-safe cookware (something you'd buy for a Boy Scout). It's sure to be a hit!

Have a homey holiday!

Nothing's worse than being away from family for the holidays. Send some cheer in a box by putting together a special holiday package. Some ideas to include:

- A mini Christmas tree (you can find one about a foot tall, pre-decorated that you can send in a small box).
- A picture of the family in holiday clothes (lamine it so they can keep it in their pocket and not worry about it getting wet).
- A "feast" of packaged sausages, cheeses and hot chocolate.
- Their favorite holiday cookies and candies in themed tins.
- New gloves and mitt warmers.
- A big card signed by everyone.
- A big, warm, cozy blanket.
- A tape player with holiday wishes from home.



MCB Hawaii Track Day

Dec. 11 @ P-3 Ramp!

Learn to ride like the pros from the pros with Keith Code's California Super Bike School!

Register for this event @ the Base Safety Center - Bldg. 279

All K-Bay Active Duty/Reservist Welcome!
Proper PPE required:
DOT/SNELL APPROVED HELMETS & LEATHER/RACE/MESH JACKETS

Morning Session: 0700 - 1100
Afternoon Session: 1230 - 1630
(1st time participants a priority)

Only 60 Rider Slots Available! 1st Come 1st Served!!





Don't spend all your cash shopping on Black Friday!

Put aside a few bucks for the

Thrift Store Bag Sale!!

Head down to the All-Enlisted Spouses' Club Thrift Store Dec. 5 for some great deals during the \$5 Bag Sale.

Fill up a large brown paper bag with as much as you can and only pay \$5.

The sale runs from 10 a.m. to 2 p.m.

This sale excludes specially marked items. An active duty I.D. is required to purchase uniform items.