

# Hawaii Marine

## ‘Island Warriors,’ ROK Marines train together



Cpl. Tyler Giguere | III Marine Expeditionary Force

U.S. Marine 1st Lt. Matt Shibata (center), directs gunfire during Korean Marine Exchange Program 15-12 at Rodriguez Landing Zone, Republic of Korea, Sept. 25. Alongside their ROK counterparts, the Marines took over a fortified enemy hill to provide security for other Marines to press forward. KMEP 15-12 is a bilateral training exercise that enhances the ROK and U.S. alliance, promotes stability on the Korean Peninsula and strengthens ROK and U.S. military capabilities and interoperability. Shibata, from Honolulu, is with Fox Company, 2nd Battalion, 3rd Marine Regiment, currently assigned to 4th Marine Regiment, 3rd Marine Division, III Marine Expeditionary Force under the unit deployment program.

**Cpl. Tyler Giguere**  
*III Marine Expeditionary Force*

**RODRIGUEZ LIVE-FIRE COMPLEX, REPUBLIC OF KOREA** — Marines are known for running toward the sound of chaos, and they did just that Sept. 25.

With steel rain from mortars and artillery slamming into a mountainside, tanks firing then maneuvering, and machine guns unloading thousands of rounds, U.S. and Republic of Korea Marines charged forward during the final exercise of Korean Marine Exchange Program 15-12.

Although KMEP is an annual bilateral training exercise between the ROK and U.S., this final exercise was a milestone for the participating ROK battalion. “This is history in the making,” said Lt. Col. Yoo

*See ROK, A-7*

## Happy 240th Birthday Navy!

Shipmates, families and friends,

This week we celebrate 240 years of the United States Navy being “Ready then, ready now and ready always!”

Many would say that it is our equipment, weapons systems and platforms that make our Navy great. I would agree that these aspects give us an advantage, but at its core, what truly makes us great is our people.

Since 1775, excellence has been the hallmark of our Navy and I can confidently say that this year is no different. I have spent time with our Sailors around the globe and have had the privilege to witness firsthand their professionalism, technical knowledge and commitment in everything they do.

As we celebrate our Navy’s rich heritage, we celebrate all Sailors, both past and present, for raising their right hand and taking an oath to defend our great nation.

A Navy career can often times be challenging, but we do not serve alone. Our friends, families and loved ones also serve a vital role in our lives and the overall success of our Navy.

Thank you for your service and for always striving toward excellence. Happy Birthday Navy!

Very respectfully,  
MCPON Mike Stevens



Petty Officer 1st Class Martin L. Carey | U.S. Navy

**SAN DIEGO** — Master Chief Petty Officer of the Navy Mike Stevens speaks with Sailors during an all-hands call as part of his visit to Naval Base San Diego, Sept. 2. The Navy was founded on Oct. 13, 1775.

## Coast Guard hosts Combined Federal Campaign kickoff event in Honolulu

**Petty Officer 2nd Class Tara Molle**  
*U.S. Coast Guard District 14 Hawaii*

**HONOLULU** — The Hawaii-Pacific Area Combined Federal Campaign kickoff event at the Prince Jonah Kuhio Kalanianaʻole Federal Building was hosted by the Coast Guard, Monday.

Rear Adm. Vincent Atkins, the Coast Guard 14th District commander, presided over the event.

The Hawaii-Pacific Area campaign is one of the nation’s largest and most successful campaigns. Only three locations in 2014 raised more money than the 90,000 federal employees here in Hawaii-Pacific region who contributed more than \$4.5 million to the campaign.

Of the \$4.5 million contributed by federal employees, \$1.8 million directly supported local charities throughout communities in the Hawaii-Pacific area.

“Giving together, making a difference is

*See CFC, A-7*



Petty Officer 2nd Class Tara Molle | U.S. Coast Guard District 14 Hawaii

Coast Guardsmen and federal employees visit charity and nonprofit organizations during a Hawaii-Pacific Area Combined Federal Campaign kickoff event at the Prince Jonah Kuhio Kalanianaʻole Federal Building, in Honolulu, Sept. 21. The CFC is the most inclusive workplace giving campaign in the world with more than 22,000 charities benefiting from the campaign.



**Boo to the flu**  
NHCH K-Bay branch providing flu shots to TRICARE beneficiaries, **A-2**



**A morning jog with a dog**  
SM&SP volunteers at Hawaiian Humane Society, **B-3**





# NEWS BRIEFS

## Combat Camera scheduled to close Oct. 15, 16

The Combat Camera offices will be closed Oct 15 and 16. The closure includes the photo studio as well as all Combat Camera Services due to air show requirements. If you have any questions, comments or concerns, contact Gunnery Sgt. Guadalupe Deanda at 257-1397.

## DEERS to have closure, limited service

The DEERS ID Card Center will be closed Monday and have limited service Tuesday in observance of Columbus Day. Check the online appointment system at <https://rapids-appointments.dmdc.osd.mil/> to schedule your appointment outside of the holiday closure period. For more information, call 257-2077.

## Turn off electrical appliances at work for holiday

With another long weekend ahead, the base needs everyone's help to save energy. Please remember to switch off all the lights, turn off (or put to sleep) all your computers, unplug printers and scanners and all other plug-loads before leaving today. Remember, whatever you leave "on" at your workplace today will stay on the entire weekend wasting energy and thus money. Switching off lights, as well as turning off and unplugging machines that are not in use can result in enormous energy savings.

Keep windows and doors closed when using air conditioning. Do not air condition an empty space that is not in use. Wise use of air conditioners will help save energy and the base's financial resources. Thank you for your understanding and action, and have a great long weekend. For more information, call 257-1668.

## Military families invited to Global Month of Service Celebration

Families of active duty service members are invited to the Hilton Hawaiian Village Waikiki Beach Resort's Fall Festival, a free event, scheduled for Wednesday, from 1 to 3 p.m. at the resort's Great Lawn, located at 2005 Kalia Rd. The festival celebrates Hilton's Global Month of Service. Come and enjoy activities such as fun games, face painting, and more. Each child will get to stuff their own plush animal and make a superhero cape to take home.

## Community Emergency Response Training available

Free three-day Community Emergency Response Training is now available for Hawaii residents. The training teaches residents how to help their community following a disaster and Learn important disaster response skills. Classroom instruction is scheduled for Oct. 24 and 31 from 8 a.m. to 4 p.m. at Keolu Latter Day Saints Chapel, located on 1461 Kanapuu Drive, in Kailua, Hawaii. A practical exercise is scheduled Nov. 7 from 8 a.m. to 2 p.m. at the Diamond Head Battery Harlow Bunker. To register, email Leslie Kahihikolo at [KailuaCERT@gmail.com](mailto:KailuaCERT@gmail.com).

## Base Safety to host Fire Warden Training

The Base Safety Directorate is scheduled to host a Fire Warden Training Nov. 12 from 9 to 11 a.m. at building 279 in the classroom. This training will be held quarterly. Class size will be 40 students. Call 257-1830 to register.

## Important Phone Numbers

On-Base Emergencies	911
On-Base Emergencies (Non-medical)	257-2123/2124
Child Protective Services	832-5300
Fraud, Waste, Abuse & EEO	257-8852
Base Information	449-7110
MCB Hawaii Chaplain	257-3552
DEERS ID Center	257-2077



# Hawaii Marine

[www.mcbhawaii.marines.mil](http://www.mcbhawaii.marines.mil)  
[www.hawaiiimarine.com](http://www.hawaiiimarine.com)

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Lance Cpl. Zachary Orr | Marine Corps Base Hawaii  
**Pfc. Carlos Cervantes, a rifleman with 3rd Battalion, 3rd Marine Regiment, and a King City, Calif., native, speaks to a role player with a simulated wound from a simulated improvised explosive device detonation while conducting Military Operations in Urban Terrain training aboard Marine Corps Training Area Bellows, Sept. 29. MOUT training is conducted to teach Marines to capitalize on the strategic or tactical advantages of possession or control of an urban area.**

# FIGHT THE FLU



Christine Cabalo | Marine Corps Base Hawaii  
**Petty Officer 2nd Class Zachary Adams, of San Jose, Calif., prepares to inhale a nasal spray flu vaccination administered by Seaman Hayden Bankston, of San Angelo, Texas, at the Kaneohe Bay branch clinic of Naval Health Clinic Hawaii, Monday. The clinic offers both injected flu vaccinations and nasal spray forms. Adams, is an information systems technician with the Navy Information Operations Detachment and Bankston is a hospital corpsman with the immunizations clinic at the K-Bay branch clinic of NHCH.**

# ICE COMMENTS

**COMMENT:** The flightline Marine Mart needs to have deli items (chili, hot dogs, soup, etc.) available for customers with late-night shifts. There is nothing to eat at 6 p.m. — no food left.

**RESPONSE:** Dear valued customer, thank you for using the Marine Corps Base Hawaii Interactive Customer Evaluation Program. I am the assistant manager at the flightline Marine Mart. I appreciate you taking the time to let us know your concerns. We will be extending the hours of our deli operation up to 7 p.m. immediately. I hope we have exceeded your expectations. We value your patronage at the flightline Marine Mart. Should you need any further assistance, please call me at 254-7676.

*\*note: Comments may have been edited for anonymity, clarity and space.*  
**Interactive Customer Evaluation**

**ICE IS:**  
- A web-based tool for collecting feedback about the services provided by various organizations throughout the Department of Defense.  
- Allows customers to submit on-line comment cards to rate the service providers that they have encountered at military bases and related facilities around the world.  
- Allows service providers to collect customer satisfaction data in a standardized format which is stored in the ICE database.  
- Provides customers with a convenient and efficient method to express their opinions to service providers and receive feedback.

**ICE is NOT:**  
- To be used as a sole source to report safety concerns.  
\*\*The Base Safety Directorate should be contacted directly at 257-1830.\*\*  
- Intended for use to submit complaints regarding fellow employees or management, to spread rumors, to threaten or to make public announcements.  
Visit the ICE site at <http://ice.disa.mil>.



# AROUND THE CORPS

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Your weekly guide to what's happening around the Corps

## West Coast



Sgt. James Gulliver | I Marine Expeditionary Force

**MARINE CORPS BASE CAMP PENDLETON** — The 37th Commandant of the Marine Corps, Gen. Robert Neller, speaks to Marines of the I Marine Expeditionary Force about the future of their Corps during his visit to Camp Pendleton Monday. Neller spoke about future equipment that will be used by the Marine Corps, discussed the importance of being a strong leader and answered any question the Marines had.

## East Coast

**MARINE CORPS BASE CAMP LEJEUNE** — Marines with II Marine Expeditionary Force speak to a Marine Corps Base Camp Lejeune police officer about motor vehicle safety during the unit's Safety Exposition aboard Camp Lejeune, N.C., Sept. 30. The purpose of the exposition was to help promote a variety of different safety measures service members can implement in order to help maintain the MEF's readiness standards.



Cpl. Michael Dye | II Marine Expeditionary Force



Cpl. Ryan Mains | 31st Marine Expeditionary Unit

## Overseas

**CROW VALLEY, Philippines** — U.S. Marine Lance Cpl. Mitchell Kokoruda places a claymore mine during demolition training at Crow Valley, Philippines, Oct. 2. The Philippine Marines and the U.S. Marines with Echo Company, Battalion Landing Team 2nd Battalion, 5th Marines, 31st Marine Expeditionary Unit, conducted the side-by-side training as part of Amphibious Landing Exercise 2015, a bilateral training exercise conducted by members of the Armed Forces of the Philippines alongside U.S. Marine and Navy forces. PHIBLEX focuses on strengthening the relationship between the two nations across a range of military operations, including disaster relief and complex expeditionary operations.



# NMCRS Minute:

## Saving for periodic expenses

**Rebecca White**  
*Navy-Marine Corps Relief Society K-Bay Branch*

Want to stay out of debt? Are you not in debt, but stressed every time a holiday or car repair comes around? If so, reduce your stress and your debt by planning ahead for periodic expenses.

***What is a periodic expense?***

It is an expense that doesn’t happen every month, but you know is coming (maybe this year, maybe in three years). Birthdays, holidays, annual passes/memberships and clothing are examples of periodic expenses that happen every year. Car repairs and travel may only occur every one to three years.

***How do I plan for these?***

1. Decide what’s coming in the next year (or longer).
2. Add up the amount you need for each expense.
3. Divide that by 12 to get your monthly savings amount.
4. Save that amount every month — no credit cards or personal loans required.

**For example:**

1. Decide:
  - \$800 for Christmas, once a year      \$800 x 1 =   \$800
  - \$100 per birthday for four people    \$100 x 4 =   \$400
  - \$1,500 for a trip home in 12 months   \$1,500 x 1 = \$1,500
  - \$500 for new clothes for four people   \$500 x 4 =   \$2,000
  - \$700 for new tires in three years      \$700 / 3 =   \$233
2. Add it up:                                      \$800 + \$400 + \$1,500 + \$2,000 + \$233 = \$4,933
3. Divide by 12:                                \$4,933 / 12 = \$411
4. Save monthly:                              \$411

# HONORING HERITAGE



Kristen Wong | Marine Corps Base Hawaii

Marine Corps 1st Lt. Andres Martin, a pilot with Marine Light Attack Helicopter Squadron 367, stands beside his UH-1Y Huey in Hangar 101, Tuesday. Martin, a Los Angeles native, is the son of Mexican immigrants. His mother worked for a produce packing company and his father was a welder. “They came from nothing to having the American dream,” he said. Martin is the first in his family to be born in the U.S. and join the military. He joined the Corps to be a part of something elite. “It’s not even a job, it’s a passion,” Martin said of the Marine Corps. For Martin, National Hispanic American Heritage Month means taking on challenges. Though some people may believe their background keeps them from reaching their goals, Martin believes otherwise. “I really hate people who make excuses, like ‘we grew up in the ‘hood.’ I’m living proof that you’re able to set goals, follow them and listen to your mentors.” As National Hispanic American Heritage Month continues through Oct. 15, Marines celebrate the culture and achievements of Hispanic Americans, which today make up approximately 15 percent of the Corps. Noteworthy Hispanic Marines have been recognized throughout history, such as Vietnam-era Medal of Honor recipient Sgt. Alfredo Gonzalez, and Maj. Gen. Angela Salinas, the first Latina to earn the rank of brigadier general.





Photos by Petty Officer 3rd Amber Porter | Patrol Squadron 9

# KEEPING ‘GOLDEN EAGLES’ FLYING

**(ABOVE) SIGONELLA, Sicily** — Seaman Sabrina Rios, an aviation structural mechanic airman assigned to the Golden Eagles of Patrol Squadron 9, safety wires tire components on a P-3C Orion maritime patrol aircraft at Naval Air Station Sigonella, Oct. 1. The ‘Golden Eagles’ Squadron is forward deployed to the U.S. 6th Fleet area of responsibility and is assigned to Commander Task Force 67, responsible for tactical control of deployed maritime patrol and reconnaissance squadrons throughout the European and African areas of responsibility.

**(RIGHT) SIGONELLA, Sicily** — Petty Officer 2nd Class Nana Piccione, (left) and Petty Officer 3rd Class Henry Kessler, both assigned to the Golden Eagles of Patrol Squadron 9, launch a P-3C Orion maritime patrol aircraft at Naval Air Station Sigonella. Piccione is an aviation structural mechanic and Kessler is an aviation electrician’s mate.





# ‘TRINITY’ MARINES MOUT UP FOR DEPLOYMENT

Lance Cpl. Malcolm Johnson, a rifleman with 3rd Battalion, 3rd Marine Regiment, and a Glendale, Ariz., native, buddy drags a role player to safety after a simulated improvised explosive device detonated while conducting Military Operations in Urban Terrain training aboard Marine Corps Training Area Bellows, Sept. 29. MOUT training is conducted to teach Marines to capitalize on the strategic or tactical advantages of possession or control of an urban area.



Photos by Lance Cpl. Zachary Orr | Marine Corps Base Hawaii



Pfc. Brandon Keefe, a rifleman with 3rd Bn., 3rd Marines, and a Camden, N.J., native, checks for any enemy movement.



Lance Cpl. Jordan Orr, a rifleman with 3rd Bn., 3rd Marines, treats role player Gregory Smith for shock after a simulated improvised explosive device detonated. Smith was among several volunteers who were role players during the training exercise.



ROK, from A-1

Hogeun, the commanding officer of 11th Battalion, 1st Regiment, 2nd Marine Division, ROK Headquarters Marine Corps. “Not only is this is the first time our unit has done anything on a battalion level scale, but it is one of the few times where the (ROK’s) 2nd Division has participated in a KMEP.”

For the battalion, participating in this scope of training exercise meant performing infantry tactics within a broader, combined arms spectrum. The principle units involved were with ROK 11th Battalion, 1st Marines and U.S. 2nd Battalion, 3rd Marine Regiment, III Marine Expeditionary Force. These battalions were supported by two artillery batteries and an entire ROK mechanized unit, which was equipped with tanks.

“For something of this scale to be completed our



U.S. Marine Lance Cpl. Michael W. Silver provides suppressive fire during Korean Marine Exchange Program 15-12 at Rodriguez Landing Zone, Republic of Korea, Sept. 25. Silver, a Marine with Fox Company, 2nd Battalion, 3rd Marine Regiment, and Carrollton, Ga., native, is a rifleman with currently assigned to 4th Marine Regiment, 3rd MarDiv, III MEF under the UDP. KMEP 15-12 is a bilateral training exercise that enhances the ROK and U.S. alliance, promotes stability on the Korean Peninsula and strengthens ROK and U.S. military capabilities and interoperability.

two nations had to work together from the smallest details all the way up,” said Maj. Sokyoun Lee, the operations officer for ROK 11th Battalion. “The amount of joint work was unbelievable; something I’ve never seen a unit do before.”

Every night the U.S. and ROK battalion leadership sat down, side-by-side, and planned each event. Every section included a U.S. Marine and his ROK Marine counterpart.

“We have had translators working night after night to maintain such great communications among our forces,” said Lee, from Seoul, ROK. “Every brief has slides translated for English and Korean ... so that



Cpl. Tyler S. Giguere | III Marine Expeditionary Force

U.S. Marines storm a hill to prepare for a full battalion-scale assault exercise during Korean Marine Exchange Program 15-12 at Rodriguez Landing Zone, Republic of Korea, Sept. 25. The Marines are with Fox Co., 2nd Bn., 3rd Marines, currently assigned to 4th Marine Regiment, 3rd Marine Division, III Marine Expeditionary Force under the unit deployment program.

CFC, from A-1

our 2015 campaign slogan,” said Lt. Cmdr. Nicolas Jarboe, Hawaii Pacific-Area CFC project officer. “The federal workforce of (more than) 90,000 employees in the region have the ability to positively impact the lives of those around us. We embrace this amazing opportunity.”

The CFC is the most inclusive workplace giving campaign in the world with more than 22,000 charities benefiting from the campaign. The first CFC campaign was conducted in 1964 as an experiment in six cities.

The result was a substantial increase in contributions over previous federal charity fundraising efforts. An annual fundraising campaign was highly favored by the federal community and has grown into a highly successful campaign.

Rear Adm. Vincent Atkins, the Coast Guard 14th District commander, gives an opening speech during a Hawaii-Pacific Area Combined Federal Campaign kickoff event at the Prince Jonah Kuhio Kalanianaʻole Federal Building, in Honolulu, Sept. 21.



Petty Officer 2nd Class Tara Molle | U.S. Coast Guard 14th District Hawaii



# Sports & Lifestyle

## USO, Sesame Street Visit K-Bay



Photos by Kristen Wong | Marine Corps Base Hawaii

**TOP:** Characters from the TV show "Sesame Street," accompanied by a special military child character named Katie, sing and dance. **BOTTOM:** Cookie Monster visits families during a Sesame Street/USO Experience for Military Families performance at Kahuna's Community Ballroom aboard Marine Corps Base Hawaii, Sept. 30. Families at MCB Hawaii attended two shows on Sept. 30 and one on Oct. 1. The half-hour performance, coordinated by the USO, featured characters from the children's TV show, "Sesame Street." According to the touring show's website, its purpose is to show support for military children as their family experiences major life changes, such as a permanent change of station or transitioning back to civilian life. The tour first started in 2008, introducing Katie in 2011. This year, the tour is introducing a new performance in which Katie returns to civilian life. The group will continue on to military installations in Korea. This year's tour, which started in May, is scheduled to visit more than 40 installations. For more information and resources, visit [uso.org/Sesame/Tour-Schedule/](http://uso.org/Sesame/Tour-Schedule/). Events like the Sesame Street performance support MCB Hawaii's mission of providing direct support for families aboard the installation. **BOTTOM RIGHT:** Jillian Coyne shows her enthusiasm for the "Sesame Street" crew.

### Help bring joy to a child this year!

*Toys For Tots is kicking off this year and we need volunteers and donations. Contact the coordinator for any inquiries at: [toysfortots2015.hawaii@gmail.com](mailto:toysfortots2015.hawaii@gmail.com).*

*No Toys for Tots campaign can succeed without the generosity of people volunteering their time, funds or toys.*





AT EASE

Your weekly dose of non-mandatory fun in Hawaii Marine

As you unwind reading the paper while you eat breakfast in the morning, wait at the doctor’s office or ride the bus home, check out “At Ease” for some stress relief. Look no further for a funny story, a comic or a puzzle. Are you a budding journalist? Do you have some witty stories, movie reviews or insightful columns our base readers might enjoy? Email your submissions to [hawaiimarineeditor@gmail.com](mailto:hawaiimarineeditor@gmail.com). Please keep your submissions approximately 500 words, and make sure to include your first and last name along with a title for your article. Hawaii Marine staff reviews content and edits submissions. No explicit content, graphic language or topics inappropriate for a general audience. If you have any questions, feel free to call 257-8837.

# Highlight military life in college essays

**Lisa Smith Molinari**  
*Contributing Writer*

Our middle child, Anna, came home from school crying last night. This is not unusual for teenage girls. In fact, it happens so frequently, that we sometimes have to feign concern. While we might gasp loudly and blurt with outstretched arms, “Oh, Sugar Dumpling, what’s got you so upset?” my internal monologue is really saying, “Good Lord, what is it this time ... probably boy drama, or another project is due, or skinny jeans went out of style ... I’d better record ‘Survivor’ because this might take a while.”

But last night, Anna plopped onto the couch looking quite pitiful. With puffy eyes and a wobbling chin, she explained, “It’s just ... everything! I have another paper due in English, a stats test on Friday, the SAT this weekend, and I somehow have to upload my portfolio for my applications to Syracuse and Delaware. And between all that, somehow finish my college essay!” Her face contorted as tears plopped onto her sweatshirt.

Our daughter isn’t the only 17-year-old who is feeling the weight of the world on her shoulders. Many of the

3.3 million U.S. high school seniors are under pressure from parents, guidance counselors, teachers and themselves to distill their life experience down to one single, flawless 650-word college essay. But are the tears and missed “Survivor” episodes worth it? Do essays really matter all that much to admissions counselors?

There are varied reports on whether or not essays are seriously considered by colleges. Three former admissions counselors from Dartmouth College, University of Pennsylvania and University of Chicago stated in a Nov. 14, 2014 article in Time magazine that they read and seriously considered every essay that came across their desks. However, they all acknowledged that no student with lackluster grades and test scores ever got into their schools based on a great essay.

Mitchell Stevens, a sociologist who studies higher education, spent 18 months in the admissions office of a top-tier liberal arts school working alongside counselors through two full admissions cycles. In a Nov. 13, 2014 article in The New Republic, Stevens stated that the “hard numbers” — GPA, test scores, class rank, and number of AP and honors courses — reigned su-

preme in their admissions decisions. The applicants on the low and high ends of the school’s standards were decided upon quickly, but even for the middle pool of applicants, essays “rarely got even cursory attention from admissions officers.”

Stevens said the factors that mattered more were: “How likely was an applicant to accept our offer of admission? Had we already accepted anyone from his or her remote ZIP code? Had the applicant received any special endorsement from a college alumnus or a faculty member? Did someone in the office owe a favor to the applicant’s guidance counselor?”

Furthermore, in its 2014 State of College Admissions Report, the National Association of College Admissions Counselors found that the most important factors in admissions decisions by percent of people polled were grades in college prep courses (82 percent), strength of curriculum (64 percent), SAT/ACT scores (58 percent), and overall grades (52 percent). While opinions on essays were evenly spread, with only 22 percent reporting essays as having considerable importance, 38 percent moderate importance, 23 percent lim-

ited importance, and 17 percent no importance at all.

Regardless of this disheartening research, the essay serves as the one place on the Common Application (the online standard application accepted by approximately 500 U.S. universities) where military children can set themselves apart. If there is a weakness in class rank, GPA, or consistency of curriculum; a personal essay that mentions moving three times during high school, living overseas or a parent’s lengthy deployment, might not only catch the attention of admissions counselors, but also will spotlight the resiliency, adaptability and strength of military child applicants.

Military children in particular must seize opportunities to mention their uncommon experiences in their applications. Honor, sacrifice, service, hardship, adventure and worldliness — these traits don’t show up in the “hard numbers” of a student’s GPA or test scores.

So dry your tears military high school seniors, and put your pens to paper. It’s time to give those college admissions counselors an education in military life.

[www.themeatandpotatoesoflife.com](http://www.themeatandpotatoesoflife.com)

Created by: GySgt Charles Wolf (ret.)

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SUDOKU

	3			4			6	
9		4						
7				5		1		4
	5		7		4			
3			1				8	
			6			7	9	
						9		
		2	8					
				7			1	3

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Level: Advanced

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

3	1	2	9	7	4	5	6	8
7	5	9	3	6	8	4	1	2
8	4	6	2	5	1	3	7	9
1	6	7	5	3	9	8	2	4
5	8	4	2	9	1	7	6	3
2	6	3	4	8	7	1	5	9
4	3	8	5	6	9	2	7	1
2	1	5	7	3	4	8	6	9
9	6	8	7	2	4	1	3	5

ANSWER:

Times

Movie

FROM THE DIRECTOR OF THE SIXTH SENSE AND THE PRODUCER OF PARANORMAL ACTIVITY AND INSIDIOUS

GRANDMA'S RULES:

1. Have a great time.

2. Eat as much as you want.

3. Don't ever leave your room after 9:30 pm.

AN ORIGINAL THRILLER FROM WRITER/DIRECTOR M. NIGHT SHYAMALAN

THE VISIT

"The Perfect Guy" PG-13 Today | 6:30 p.m.

"No Escape" R Today | 9:15 p.m.

"The Visit" PG-13 Saturday | 6:30 p.m.

"A Walk in the Woods" R Saturday | 9:15 p.m.

"War Room" PG Sunday | 2 p.m.

"The Visit" PG-13 Sunday | 6:30 p.m.

"The Perfect Guy" PG-13 Wednesday | 6:30 p.m.

**Prices:** All shows are \$5 for adults and \$3.25 for children. All 3-D shows are \$8 for adults and \$6 for children. For ticket pricing, the base theater box office defines an adult as a patron 12 years and older and defines a child as a patron from 6 to 11 years old. 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 details.





Photos by Kristen Wong | Marine Corps Base Hawaii

# MARINES, SAILORS EXERCISE, BOND WITH DOGS

**HONOLULU** — Lance Cpl. Tyler Richard (left), a motor transport mechanic with Marine Unmanned Aerial Vehicle Squadron 3 and Johnston, R.I. native, and Lance Cpl. Jacob Landis, an automotive maintenance technician with Marine Unmanned Aerial Vehicle Squadron 3 and Farmville, Va., native, play with Bone, an adoptable shelter dog, at the Hawaiian Humane Society, Sunday. Richard and Landis are Marine Corps Base Hawaii Single Marine & Sailor Program volunteers. Through SM&SP, single or unaccompanied Marines and Sailors have the opportunity to volunteer at the shelter throughout the year. The service members take adoptable shelter dogs out into the community for exercise. The SM&SP also offers other volunteer opportunities such as preparing meals for the homeless at the Institute for Human Services, and sorting items at the Habitat for Humanity. Part of Marine Corps Community Services Hawaii’s mission is to contribute to the retention of Marines, Sailors and family members aboard MCB Hawaii by offering various recreation programs such as SM&SP in garrison and deployed environments. For more information, visit [www.mccshawaii.com/smsp](http://www.mccshawaii.com/smsp).

Cpl. Angel Godina, a logistics noncommissioned officer with Wounded Warrior Battalion West-Detachment Hawaii and Ontario, Calif., native, shares a moment with Juicy, an adoptable shelter dog at the Hawaiian Humane Society, Sunday.



Lance Cpl. Daniel Bolewski (left), a landing support specialist at Combat Logistics Battalion 3 and Santa Clarita, Calif., native; and Godina take shelter dogs out for a morning run from the Hawaiian Humane Society, Sunday. Bolewski and Godina are Marine Corps Base Hawaii Single Marine & Sailor Program volunteers.



# SPOTLIGHT ON SPORTS

## Semper Fit group aerobics classes

### CYCLING

This class uses specialized stationary bikes that help burn a large amount of calories and tone up your lower body while improving your core strength. Classes are Mondays and Wednesdays from 9 to 10 a.m.

### EXTREME 60

Looking for a 60-minute, full-body workout to build strength and endurance? This new craze uses the 20-second work/10-second rest method of high intensity interval training while burning fat and building strength and endurance. Classes are Tuesdays and Thursdays from 9 to 10 a.m.; Mondays and Wednesdays from 5:30 to 6:30 p.m.

### GUT CUT

This 30-minute abdominal class is designed to strengthen your core muscles and kick some major butt. Classes are Mondays and Wednesdays from 11:45 a.m. to 12:15 p.m.

### HIGH INTENSITY CIRCUIT TRAINING

Putting the “fun” back into functional training, this hourlong workout is for people on the go. The class incorporates a series of circuits designed to challenge your muscular endurance and will strengthen your cardiovascular system. Classes are Tuesdays and Thursdays from 11:30 to 12:30 p.m.

### HITT WOD

High Intensity Tactical Training Workout of the Day will follow the prescribed one-hour HITT program as laid out by the Headquarters Marine Corps manual. Classes are Mondays, Wednesdays and Fridays from 11:30 a.m. to 12:30 p.m. and Tuesdays and Thursdays from 5:30 to 6:30 p.m.

### KICKBOXING

This high-energy class incorporates punches and

kick combos to improve endurance, speed and agility while burning calories and increasing muscle tone. Classes are Mondays and Fridays from 10 to 11 a.m.

### KICKBOXING CANCELLED TODAY

### PILATES PLUS

Pilates Plus will help you to increase flexibility and develop total body strength. Each exercise focuses on engaging and firming the core, improving balance, coordination and achieving correct body alignment by utilizing the breath and being mindful of each exercise. Ultimately, this workout will help you achieve a leaner body as you sculpt and tone your muscles using mat exercises, resistance bands and balls. Classes are Tuesdays and Thursdays from 10 to 11 a.m.

### WATER AEROBICS

This non-impact workout is excellent for cardiovascular conditioning, flexibility and strengthening. Be fit without the stresses of gravity. Contact the base pool at 254-7655 for registration. Semper Fit Group Exercise tickets do not apply for this class.

### YOGA

Yoga includes meditation and exercises to help you improve flexibility and breathing, decrease stress and maintain health. Please bring your own mat. Classes are Tuesdays and Thursdays from 6:30 to 7:30 p.m.

### ZUMBA

Zumba is a high-energy workout that combines international rhythms, like salsa and reggaeton, with easy to follow dance/fitness moves for a cardio/toning workout. Not a dancer? No worries! This program is designed for anyone who wants to party and exercise. Classes are Tuesdays from 5:30 to 6:30 p.m.

K-Bay Semper Fit Center  
new hours of operation:  
Monday to Friday: 4 a.m. to midnight  
Saturday and Sunday and federal  
holidays: 5 a.m. to 9 p.m.

Camp H.M. Smith Semper Fit Center  
new hours of operation:  
Monday to Friday: 4 a.m. to 7:30 p.m.  
Saturday and Sunday: 8:30 a.m. to 4 p.m.  
Federal holidays: Closed



COMMUNITY, BASE BRIEFS/VOLUNTEER OPPORTUNITIES

Join the Great Hawaii ShakeOut

Hawaii Emergency Management Agency, formerly State Civil Defense, is encouraging Hawaii’s families, schools and businesses to take part in the statewide Great Hawaii ShakeOut earthquake preparedness drill Thursday at 10:15 a.m. The internationally recognized earthquake drill allows people to practice, in their homes or at work, what to do during earthquakes. Organizers suggest to improve preparedness by following three simple steps: “Drop, Cover and Hold On.” Drills provide an opportunity to update emergency plans and supplies. For details, visit [www.shakeout.org/hawaii/](http://www.shakeout.org/hawaii/).

Watch free outdoor movies at Turtle Cove

Come out to Turtle Cove at Bellows Air Station for free outdoor movies and popcorn in the afternoon. Movies play Mondays and Wednesdays, with a different movie each night. Here’s this month’s schedule:  
Monday: “Insidious: Chapter 3”  
Wednesday: “Aloha”

Oct. 19: “The Age of Adeline”  
Oct. 21: “Poltergeist”  
Oct. 26: “Paper Towns”  
Oct. 28: “Cinderella”

Kaneohe Bay Air Show rehearsal open to military, DOD

The Kaneohe Bay Air Show is scheduled to open to the public on Oct. 17 and Oct. 18. However, there will be an Oct. 16 rehearsal open to service members, military families, retirees and Department of Defense civilians. Gates open at 9 a.m., and the air show will begin at 11 a.m. Authorized patrons are allowed to sponsor guests on base as long as they accompany their guests. For details, visit [www.kaneohebayairshow.com](http://www.kaneohebayairshow.com).

2015 Kaneohe Bay Air Show volunteers needed

The “Food & Beverage Crew” needs volunteers for the 2015 Kaneohe Bay Air Show. Volunteers will receive an air show T-shirt and water bottle, volunteer meal and letter of appreciation (or certificate of commendation within 24

hours). There are three shifts per day on Oct. 16, 17 and 18 from 8 a.m. to 4:30 p.m., 9 a.m. to 5:30 p.m. and 10 a.m. to 6:30 p.m. Call 254-7638 to sign up.

Celebrate Lights On Afterschool at Capitol

Celebrate the Lights On Afterschool in Hawaii Oct. 21, at 2:45 pm at the State Capitol. Invite your afterschool kids groups, families, school staff and community members. Lights On Afterschool is a national celebration of the afterschool programs that keeps kids safe, inspire learning and help working families. Every year, Americans attend more than 7,500 Lights On Afterschool events in all 50 states and the District of Columbia. For more information, visit [www.hawaiiafterschoolalliance.org](http://www.hawaiiafterschoolalliance.org).

Castle Wellness Center to host cooking demo

An “Eat Well for Life: Perfect Pairings,” cooking demonstration is

scheduled for Oct. 22 from 6 to 7:15 p.m. at Castle Wellness & Lifestyle Medicine Center. Samples and written recipes will be provided.  
All foods prepared and served in these demonstration classes are made with non-animal food products. Cost is \$10 per person. Class seating is limited, and payment and reservations are required two days in advance.  
Call 263-5400 or register online at [castlemed.org](http://castlemed.org).

Find thrills, chills at Boofest

Come down to Boofest, Oct. 24 from 5 to 9 p.m. in building 220 at Bellows Air Force Station. This free event will feature a costume contest, giveaways, trunk-or-treat, balloons, temporary tattoos, movies and hair spray stations. Visit the Bellows Carnevil, a haunting under the big top. Food and beverages will be available for purchase.  
For more information, see [www.bellowsaifs.com](http://www.bellowsaifs.com).