

# M Hawaii MARINE

VOLUME 38, NUMBER 42

OCTOBER IS BREAST CANCER AWARENESS MONTH

OCTOBER 24, 2008



NBC Training  
A-3



Haunting  
B-1



Football  
C-1



Construction workers install water pipes Wednesday for sprinkling systems near new homes in Waikulu neighborhood aboard Marine Corps Base Hawaii. A total of 190 units in Waikulu will be replaced with upgraded homes with the help of Forest City Military Communities Hawaii. Other renovated areas include the Mololani area, with more than 690 older houses rebuilt.

## Housing remodel continues past 2013

Christine Cabalo  
Photojournalist

Waikulu housing residents will begin to move out of more than 20 homes next month as renovations begin in neighborhoods around Marine Corps Base Hawaii.

Base homes constructed more than 30 years ago are being demolished and upgraded by Forest City Military Communities Hawaii through the next six years. The Kapoho and Manana sections of the project are finished, and residents near Lawrence Road as well as Moffett Place are next.

"It's gone really smoothly," said Tatiana Blachfield-

Chang, relocations manager, Forest City. "We've had town hall meetings in the past to talk about previous phases. When Forest City completed the Manana neighborhood, about 168 homes for the junior enlisted and field grade officers were built."

Mass relocation will continue until March 2009 for the 190 units planned at the Waikulu neighborhood. Homes in the multi-acre area are designed to have 1,600 square feet of living space or more, and Waikulu will continue to be a junior enlisted living area.

The relocations manager said they've decreased having to

See HOUSING, A-5

## ETT Marines awarded for service in Afghanistan

Lance Cpl. Regina A. Ochoa  
Combat Correspondent

Four Hawaii Marines from Embedded Training Teams 5-2 and 1-9, Coalition Joint Task Force Phoenix, Combined Security Transition Command Afghanistan, were presented awards for actions during their nine-month deployment to Afghanistan in support of Operation Enduring Freedom during a ceremony Oct. 15 at 3rd Marine Regimental Headquarters.

Lt. Col. Patrick C. Byron and Master Gunnery Sgt. Douglas R. Thurston Jr. from ETT 5-2, and 1st Lt. James B. Parson from ETT 1-9, were presented Bronze Star Medals, and Staff Sgt. Jason J. Sarabia from ETT 5-2 was presented an Army Commendation Medal with combat distinguishing device during the ceremony by Maj. Gen. Robert B. Neller, commanding general, 3rd Marine Division.

Their awards were presented for their superior performance of duties while providing mentorship and training to 2nd Kandak, 1st Brigade, 201st Corps, Afghan National Army.

Sarabia's award was presented for his display of "valor and courage while under direct enemy fire" during an enemy assault in Afghanistan, according to his award citation.

The Marines said they were both honored and humble about their awards, attributing their success not to themselves, but to the actions of their fellow ETT Marines and Sailors.

"Being awarded the Bronze Star is a



Maj. Gen. Robert B. Neller, commanding general, 3rd Marine Division, awards Bronze Star Medals to Lt. Col. Patrick C. Byron and Master Gunnery Sgt. Douglas R. Thurston Jr. of Embedded Training Team 5-2, and 1st Lt. James B. Parson from ETT 1-9, as well as an Army Commendation Medal with combat distinguishing device to Staff Sgt. Jason J. Sarabia from ETT 5-2, at an awards ceremony Oct. 15 at 3rd Marine Regimental Headquarters. The Marines were all awarded for their leadership and valor while serving with the Afghan National Army in Afghanistan.

great privilege," Parson said. "Though an individual award, it is a testament to the sacrifice and efforts of all persons assigned to the ETT. Training, mentoring and advising the Afghan National Army was a demanding and rewarding task. Experiences garnered during this assignment were unique and shared by few."

Sarabia attributes his Army Commendation Medal not to his actions during a firefight with enemy

forces Sept. 27, 2007, but to the actions of the ANA soldiers he helped train.

"I am indifferent to the award," Sarabia said. "By this I mean I did not do anything any other Marine would have done that day. When my ANA and I were ambushed on that road that day, it was not something that I had planned out. The ANA and myself immediately went to work doing what

See AWARDS, A-4

## Solar technology heating up on base

Christine Cabalo  
Photojournalist

The energy outlook is sunny for workers at Marine Corps Base Hawaii, as three solar energy roof projects are slated next year to reduce electricity costs.

The MCBH Facilities Department is planning to reduce energy consumption to 30 percent less than what it consumed in 2003 within the next seven years. Project coordinators will discuss scheduled plans during the department's Oct. 29 Energy Fair at Mokapu Mall.

"We're using two different kinds of solar paneling," said John Dunbar, resource efficiency manager, Facilities Dept. "There's amorphous, which are the flat-roof type we've already installed in some base buildings. We also have solar tiles that are like shingles and can be stacked onto each other with a 20-degree pitch."

The energy producing tiles work best for structures like Building 268, the Base Communications Office. Having southern sunlight exposure, the building has the best chance of using solar power with a slanted roof that can absorb sun-rays at an angle. The solar shingles may produce as much as 40 kilowatts of direct current, which is changed into usable alternate current with an inverter.

"Its the size [of how far the tiles spread] that is one of the determining factors for how much energy you may get from paneling," he said. "With direct sun, you can receive several hours of steady energy. You get more energy at the peak of the day and less at other times."

Ron Hochbrueckner, project engineer, Facilities Department, maintains the roofing sensors that are connected to the Internet for monitoring. The project engineer said eventually his department plans to set up a kiosk at Mokapu

See SOLAR, A-4



Photo Courtesy of MCBH Facilities Department

Construction workers make the final installations of solar roofing panels on Building 1027 and later Building 1045. Three more solar roofing projects are scheduled for next year, which may produce as much energy as its workers use. The buildings are still connected to the main power grid and will run off of traditional electricity during cloudy days.

## Marines go green, recycle barracks mattresses

Cpl. Chadwick deBree  
Combat Correspondent

Old barracks mattresses from Marine Corps Base Hawaii were rerouted from landfills to a local recycling business Oct. 16, in an effort to help preserve Hawaii's environment.

Marines dropped off approximately 200 mattresses at the Green Bed Factory where the mattress materials were recycled and used for other purposes.

"We've kept almost 5,000 mattresses from going to the landfill," said Jim Riggs, manager, Green Bed Factory. "The landfill doesn't want them because they take up too much space. So we take them and strip them. The springs can be melted down and be used to make things like refrigerators or even cars, and the padded material can be burned down to make fuel."

When the mattresses arrive at the factory, workers strip off the fabric and foam material and remove the springs, which will be melted down.

Originally the base was paying the Defense Reutilization Management Office to pick up the mattresses and dispose of them. Now the base pays The Green Bed Factory approximately \$10 to have each mattress recycled considerably less than the cost of normal disposal.

"Sustainable living is MCB's ultimate goal," said Maj. David M. Hudock, MCB Hawaii Environmental Officer. "Part of sustainable living is reducing waste through reuse and recycling. Partnering with The Green Bed Factory not only reduces waste in our landfills, but also gives this local business a boost. It's a win-win for everyone."

"Though it costs the base to recycle the mattresses, it cuts down the amount of things the base takes to the dump," said James Sibert, manager, MCB Hawaii Recycling Center.

The base has gone to the company in the past to recycle used appliances such as microwaves. It wasn't until recently

See MATTRESS, A-5

## NEWS BRIEFS

### MCBH Facilities Department Energy Fair

The Marine Corps Base Hawaii Facilities Department will host an Energy Fair Oct. 29 at Mokapu Mall.

For more information, contact the Facilities Department at 257-2171.

### Counterintelligence Looking for Marines

The Marine Corps needs intelligent, motivated, and ambitious first-term corporals and sergeants to lateral move to the Counter-intelligence/HUMINT Specialist occupational specialty.

For more information on the field, contact the CI/HUMINT Branch at 477-8447.

### Base Chapel Hours

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

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

### FOCUS Project Workshop "Large and in charge!"

FOCUS Project will be holding their monthly workshop Nov. 12 from 6 to 8 p.m. in the FCC Training Room in Building 3022.

Military Families are encouraged to attend the workshop, which provides information and teaches skills for being a family in the military.

For more information you can contact FOCUS Project at 257-7774.

### Reirement Transition Assistance Program

The RTAP Seminar is open to all hands within two years of retirement, but service members in attendance can be no later than 90 days away from retirement.

The next class will be from Jan. 26 to 29, 2009, at building 279 from 8 a.m. to 4 p.m.

Reservations in advance are required.

For more information, call your Unit Transition Counselor.

### Commissary Closure

The commissary will open later on Wednesday, due to a special inventory.

Shoppers may come in from 1 to 8 p.m..

The commissary will resume normal hours Oct. 30.

For more information, call 257-1452 or 257-1460.

### Important Phone Numbers:

On-Base Emergencies	911
Military Police	257-7114
Child Protective Service	832-5300
Fraud, Waste, Abuse & EEO	257-8852
Pothole & Streetlight Repair	257-2380
Base Information	449-7110
MCBH Duty Chaplain	257-7700
DEERS	257-2077

## HAWAII MARINE

www.mcbh.usmc.mil

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# Chaplains' Corner *Forgive, give and live ...*

Lt. Alan Rogers

Commander, Patrol, Reconnaissance Wing 2

There's still a part of me that's a little surprised that I am a Chaplain. A lot of you who know me likely share that sentiment, but my reasons are different. I was sure that I was destined to be a major league baseball player (and still save a few days of leave each October just in case I get the call to provide some playoff help). Forget the fact that I lacked talent; I made up for that with sheer desire and determination.

I later found that formula may work for Chaplains, but not for big league ball players. Nevertheless, I practiced incessantly, pausing only occasionally for necessities such as meals and a few optional activities that mattered to my parents, like homework. I constantly bugged my sister to pitch to me for batting practice.

I remember the last time my sister and I played baseball. I'm not sure that she does because she never mentions it. Perhaps she's repressing a traumatic memory, or it could be that she cannot recollect any of the events of that day. It could even be argued that she is one of the most forgiving people on earth and chooses not to hold it against me.

It was a meatball of a pitch (she throws like a girl). I drove it right back up the middle, a beautiful line drive that got the whole ball in the sweet spot of the bat. The crack of the wood, however, was drowned out by the sound of the ball cracking her in the not so sweet spot on her forehead. She dropped like the Dow Jones. Like any loving brother, I reacted instantly ... and ran.

Occasionally, I emerged from underneath my bed and peered out of the back window of our house to check on

her progress, praying that if my Dad had the same view he would think she was sunbathing. Eventually she got up and came inside for some ice. The fact that she never told Dad was an act of pure mercy; still speaking to me, an extension of grace.

That she seems not to hold it against me today, either an involuntary neurological result of my near perfect swing or the conscious decision to forgive.

Why is it necessary to forgive again and again? In life, unfortunately, we'll be hurt again, and again. And often, these offenses bring pain with more lasting implications than a mild concussion.

True forgiveness brings our pain a message of mercy that says, "Paid in full; your debt is forgiven." This is reflected in the prayer, "...forgive our debts as we forgive our debtors."

Forgiveness acknowledges the mercy and grace we all want for ourselves, but are often slow to extend to another. While the pain is undoubtedly real, the greater reality of forgiveness releases us from its control over our lives. Unforgiveness holds us in the prison of that pain.

Most of us have internal baggage we'd trade in a heartbeat for a knot on the forehead. In a world filled with pain, the more difficult question often is not whether we should let go and forgive, but rather, "How is this possible?"

Forgiveness is not a feeling on which we wait, but rather a decision on which we act. Or, as Martin Luther King, Jr., said, it's "not only an act, but an attitude." We initiate this power when we take personal responsibility for forgiveness and reconciliation and find grace to extend to others by first applying its healing power in our own lives. This requires us to forgive ourselves, often the most difficult

step. There is always a cost associated with forgiveness: we must give up our "right" to harbor our pain and nurture our anger. Many of us choose instead to become stuck in the role of "spiritual bill collector" when we say, "I can't believe I was that stupid..." "But he owes me..." "She used me..." "Look at what they did!" The issue is really not that we failed or that someone else hurt us, but rather what we are going to do with that hurt. Will we forgive or seek payment? Canceling debts and choosing grace: Is it worth it? What's it worth to you to be set free?

God entrusts this power of forgiveness and responsibility of reconciliation to us. Perhaps the greatest truth is that it's neither dependent on the cooperation of others, nor does it excuse or condone hurtful actions or behaviors.

We don't have to wait for an apology that may never come to realize the power of forgiveness that we hold; placing both the origin of the problem and the source of the solution in the same place is a sure recipe for continued frustration and future disappointment.

Forgiveness acknowledges that God is the source of unconditional mercy, grace, and forgiveness that we all need and God is in a better position to extract righteous justice for the wrongs committed against us than we are. Forgiveness doesn't deny that an offense occurred, but rather exchanges immediate consequences for ultimate healing and wholeness; a good trade.

Corrie Ten Boom was a fifty-nine-year-old woman when she, her father, and sister were arrested by the Nazis for providing a hiding place for persecuted Jews during World War II. She would be the only member of her family to survive.



ROGERS

Two years after the close of the war, she was confronted with this "impossible possibility" of forgiveness.

Speaking at a church in Munich, she noticed a man standing in the rear of the audience and recognized him as a guard at the concentration camp where she had been held and where her father and sister died.

The man approached her and extended his hand, "I know that God has forgiven me for the cruel things I did there, but I would like to hear it from your lips as well. Fraulein, will you forgive me?"

Ms. Ten Boom described this as the most difficult thing she had ever been asked to do, remembering her sister as she thought, "could he erase her slow terrible death simply for the asking?"

She recalled, "I prayed silently ... still I stood there with coldness clutching my heart. I can lift my hand. I can do that much. Healing warmth seemed to flood my whole being, bringing tears to my eyes. 'I forgive you!' I cried. We grasped each other's hands, the former guard and former prisoner. I had never known God's love as intensely as I did then.

Forgiveness is an act of the will, and the will can function regardless of the temperature of the heart."

## Do your part ...



Lance Cpl. Alesha R. Guard

Col. Robert Rice, commanding officer, Marine Corps Base Hawaii and Sgt. Maj. James W. Sutton, base sergeant major, sign their absentee ballots Oct. 23 here. Sutton said retrieving an absentee ballot is quick and easy process and hopes Marines exercise their right to vote, a freedom they are defending. Contact your unit's voting officer for information on obtaining your absentee ballot from your county registrar.

## Weekend weather outlook

### Today



**Day** — Scattered showers. Mostly cloudy, with a high near 83. East wind around 13 mph. Chance of precipitation is 30 percent.

**Night** — Scattered showers. Mostly cloudy, with a low around 71. East wind around 10 mph. Chance of precipitation is 30 percent.

**High — 83**  
**Low — 71**

### Saturday



**Day** — Scattered showers. Mostly cloudy, with a high near 83. East wind between 10 and 13 mph. Chance of precipitation is 30 percent.

**Night** — Scattered showers. Mostly cloudy, with a low around 72. East wind around 11 mph. Chance of precipitation is 40 percent.

**High — 83**  
**Low — 72**

### Sunday



**Day** — Scattered showers. Mostly cloudy, with a high near 83. East wind between 11 and 14 mph. Chance of precipitation is 30 percent.

**Night** — Scattered showers. Mostly cloudy, with a low around 71. East wind around 11 mph. Chance of precipitation is 40 percent.

**High — 83**  
**Low — 71**

# Can you feel the burn?

## 2/3 conducts CS training



Marines with Weapons Company, 2nd Battalion, 3rd Marine Regiment, cover each other while making their way to the gas chamber during Operation Vulture's Nest Oct. 17.

**Lance Cpl.  
Brian A. Marion**  
*Combat Correspondent*

Each year Marines are required to go through the gas chamber for training requirements, but 2nd Battalion, 3rd Marine Regiment, added a twist to their gas chamber Oct. 15 through Thursday.

They conducted Operation Vulture's Nest, where they transformed the gas chamber at Landing Zone Boondocker into an enemy chemical weapons facility for their Marines to secure.

For the exercise, Marines wore various levels of Mission Oriented Protective Posture gear, or MOPP gear.

There are five levels, ranging from MOPP Level 0 – digital camouflage utilities, to MOPP Level 4 – gas mask, overboots, gloves and overgarments.

"It lets us look at how our squads operate in MOPP gear," said Capt. Bill Motary, commanding officer, Weapons Company, 2/3.

For the exercise, Marines departed in squad-sized units from the 3rd Marines Regimental Consolidated Chemical, Biological, Radiological, Nuclear Facility on Craig Avenue and patrolled down Selden Street to LZ Boondocker at MOPP level 2, overgarments and overboots.

Before they entered Boondocker, the squads upgraded their MOPP level to Level 4 for the impending assault on the facility.

"It's exactly the kind of training a unit needs," said Motary, a Washington, D.C., native. "It's an evolution stressing individ-

ual and unit skills simultaneously. It's to build confidence in Marines and their units about their equipment and their personal MOPP gear."

After the squads secured and cleared the gas chamber, they were exposed to o-chlorobenzylidene malononitrile, more commonly known as CS gas, for their annual training requirements.

"It's definitely good stuff," said Pfc. Josh Freeman, anti-tank missileman, Weapons Co, 2/3, from Mukilteo, Wash. "I haven't done much patrolling yet because I just got here, and this will help me in the future."

When they finished the gas chamber, Marines in the squad moved over to the rappel tower where they learned how to call in a nuclear, biological, chemical "1 Report."

During their patrol back to the CBRN Facility, each squad suffered a simulated casualty they had to evacuate from the contaminated area and treat using techniques learned during earlier classes.

"We wanted to give the Marines a feel of how it could be when they deploy," said Chief Warrant Officer 2 John Johnson, officer-in-charge, 3rd Marine Regiment CBRN Facility. "We want to make them as prepared as we possibly can for their deployment."

Once 2/3 Marines arrived back at the CBRN Facility, they learned how to decontaminate themselves.

"It took a while to get things rolling for the exercise, but we had some great support from both the Regiment and [3rd Battalion, 3rd Marine Regiment,]" Johnson said.



Photos by Lance Cpl. Brian A. Marion

A Marine squad with Weapons Company, 2nd Battalion, 3rd Marine Regiment, stack themselves outside the gas chamber before storming the mock weapons manufacturing facility during Operation Vulture's Nest Oct. 17.



Marines with Weapons Company, 2nd Battalion, 3rd Marine Regiment, listen during classes given by Marines at the 3rd Marines Regimental Consolidated Chemical, Biological, Radiological, Nuclear Facility Oct. 17.



Marines with Weapons Company, 2nd Battalion, 3rd Marine Regiment, conduct their annual training requirement for the gas chamber Oct. 17.

# Flying into training

## Echo 2/3 trains with helicopter exercise

Lance Cpl. Brian A. Marion  
Combat Correspondent

Cpl. Brian Tibbets, Mt. Baldy, Calif., Cpl. Chris Lawson, Monroe, La. and Pfc. Chris Silva, Oakland, Ore., field radio operators with Echo Company, 2nd Battalion, 3rd Marine Regiment, stood by a radio, waiting for the call from a helicopter.

Eventually, Silva heard the radio squawk and answered, giving terrain location, the type of terrain and wind direction to the pilot receiving the transmission.

"We're directing the helicopter in," Tibbets said. "Right now, we can see what's happening on the ground, but they can't until they come closer."

Soon after, the telltale thrumping of rotor blades was heard coming from the ocean, followed by the sight of a CH-53D Sea Stallion helicopter flying close to shore.

As the helicopter came closer to landing, Silva, Tibbets and Lawson face away from the helicopter. The reason becomes apparent as the Sea Stallion's rotor wash, the strong downward column of air the helicopter blades create, blew a cloud of sand in their direction. The sand, which was innocent and harmless lying on the ground, turned the air into a sand blaster, stinging skin and scratching glass.

As the dirt settled, they turned around to watch the rear hatch of the Stallion open. A squad from Echo Company emerged and set up a security parameter around it.

"It's an experience riding in one of them," said Lance Cpl. Connor Vaughn, rifleman, Echo Co., 2/3. "I rode in one last year, and



Photos by Lance Cpl. Brian A. Marion

Pfc. Daniel Miller, rifleman, Echo Company, 2nd Battalion, 3rd Marine Regiment, provides security for a CH-53D Sea Stallion helicopter from Marine Heavy Helicopter Squadron 463 after he egressed from it Oct. 17 at Landing Zone Eagle.

I'm excited to be back in one."

The helicopter ascended again, flying back to Marine Corps Training Area Bellows to pick up another squad while the Marines on the ground were blasted by sand once more.

A few seconds pass, and the signal is given to the Marines to get up and head back to the barracks to clean up after two days of training at Bellows.

The company flew to the training area and back in a CH-53D to get their Marines used to flying.

"We are training for deployment operations," said Gunnery Sgt. Johnny Vasquez, company gunnery sergeant, Echo Co., 2/3. "Every training area we go to will be by helo, and we want to train our Marines for anything."

The training at Bellows focused on getting younger Marines up to speed on subjects like reconnaissance, patrolling and combat operations.

"It's getting the young Marines oriented and educated on how we do things," said Cpl. Walter Krueger, squad leader, Echo Co., 2/3. "They did really well, and they have

squad and platoon leaders here to help them if they need it."

The Marines with Echo Company continue to train for future deployments, but for the younger Marines, riding in the helicopter will be engraved in their minds.

"It was worth it seeing the smiles on their faces inside the helicopter," Vaughn said. "They liked it and got a good glimpse of Bellows' beach, which is beautiful, they also saw the ocean and parts of the island they haven't seen before. It gives them a taste of what the fleet is like."



A CH-53D Sea Stallion helicopter from Marine Heavy Helicopter Squadron 463 prepares to land at Landing Zone Eagle Oct. 17. The helicopter conducted more than 10 flights from Marine Corps Training Area Bellows to the landing zone to drop off Marines with Echo Company, 2nd Battalion, 3rd Marine Regiment.



Cpl. Brian Tibbets, right, Cpl. Chris Lawson, middle, and Pfc. Chris Silva face away from the flying sand caused by the rotor wash of a CH-53D helicopter landing at Landing Zone Eagle Oct. 17. The Marines are field radio operators with Echo Company, 2nd Battalion, 3rd Marine Regiment who guided the helicopter to the Landing Zone from the ground.



Marines with Echo Company, 2nd Battalion, 3rd Marine Regiment, are guided out the rear hatch of a CH-53D Sea Stallion helicopter by the crew chief Oct. 17 at Landing Zone Eagle after training at Marine Corps Training Area Bellows.

### SOLAR, from A-1

Mall. Sensors are already online for Building 1027 along Mokapu Road, which was completed after other infrastructure improvements.

"There's a communication module that updates every 15 minutes," he said. "It sends data to the server, so people looking at the computer in the kiosk will see each update."

From his checks on energy production and usage in Building 1027, Hochbrueckner said there are times when solar roofing makes more energy than people working in the building need. When that happens, the excess energy feeds electricity into the main power grid that provides electricity to every building on base.

Base workers shouldn't be worried during cloudy days, Dunbar said, as those buildings will use normal electricity when solar power is low.

The installation takes as much time as asphalt shingles would take, Hochbrueckner said, and it's made from materials similar to plastic or polyvinyl chloride.

Dunbar said buildings scheduled for roof replacement are first in line for the paneling, since those structures are eligible for funding from Headquarters Marine Corps.

The solar roofing construction is one of several energy reduction and renewable energy projects the department is considering to save on energy, Dunbar said.

Experimental projects that can harness waves for energy or air conditioning that utilizes cold deep seawater is also under consideration at the department.

For now, Hochbrueckner said solar energy offers planners great flexibility to power workspaces and heat water for temporary guests who are staying at The Lodge.

"Our main area of concern is that while we're boosting solar energy use we're using more electricity in buildings that really require air-conditioning," he said. "We're below the baseline we set for 2003, but we're not as low as we should be. Workers and residents can help us get there with smart energy usage."

### AWARD, from A-1

we had to do and that is why I feel an indifference to the award. Am I pleased my command recognized my efforts? I am extremely pleased, but I honestly think I did what thousands of Marines have done over the past couple of years."

The ETT not only contributed to the training of ANA soldiers, but was involved in more than 200 enemy engagements, conducted more than 1,000 combat patrols and participated in numerous named operations. They also provided humanitarian assistance to local populations.

"Winning the hearts and minds of the locals is key to the fight in Afghanistan, and these efforts greatly contributed toward that end," said Maj. Bartholomew Battista, officer-in-charge, ETT 5-2. "Working as an ETT can be the most challenging and rewarding work a Marine will ever do. The frustration of working with a culture that thinks differently and has dif-

ferent expectations of its military can drive a Marine crazy, but the opportunity to succeed in a nearly autonomous environment can provide the most satisfying accomplishments a Marine will ever feel."

Thurston said his award meant a lot to him because it represented the entire ETT, including Petty Officer 3rd Class Mark R. Cannon, hospital corpsman, and Niamatullah Aslam, interpreter, both killed in action, and Sgt. Ian S. Parrish, who was seriously wounded in a firefight during the deployment.

Thurston said he was also grateful for the opportunity to deploy as the ETT's staff noncommissioned officer-in-charge, and thinks the ETT mission is important to improving combat operations in Afghanistan.

"I sincerely believe the impact of this ETT mission will one day allow Afghanistan to have a stable national government protected by a defensible national army," he said.

# One shot, one kill

*Puuloa approved to open 1,000-yard sniper range*

**Kristen Wong**  
Photojournalist

Weary snipers relieve their sweaty, dirt-stained shoulders of heavy packs and rifles after a long day of training at the rifle range. But they can rest easy, knowing a new range is in store for them at Puuloa.

The long-awaited 1,000-yard sniper range at Puuloa Rifle Range in Ewa Beach has been approved for completion around fiscal year 2010.

Dan Geltmacher, range manager, Marine Corps Base Hawaii said the range itself has been around since the 1940s. Geltmacher, an Enon, Ohio, native, said however, in the 1970s, safety regulations dictated the range be shut down due to the surface danger zone between firing points and targets being unsafe.

The range, which will cost 5.5 million dollars to reinstate, will be open to the other branches of the military to use for sniper training. Geltmacher said the new extension to the range will save time and money for snipers. Geltmacher said currently Marine snipers usually need to travel to other bases such as Camp Pendleton, Calif., or Camp Lejeune, N.C., for sniper training and practice.

"This gives us a capability we did not have before," Geltmacher said. "There is no adverse impact, we're just adding more distance."

School of Infantry (West), Detachment Hawaii, Advanced Infantry Training Battalion, has approximately 30 sniper stu-

dents at any given time, although the number can vary, said Staff Sgt. Michael Skinta, the staff non-commissioned officer-in-charge of Detachment Hawaii. The South Park, Penn., native said the school graduated about 50 graduates last year. Skinta said not having a 1,000-yard range on Oahu makes it harder for students to qualify for graduation.

Geltmacher said currently there are two known distance rifle ranges, respectively named A and B.

"They are adding a 700, 800, 900, and 1,000-yard firing points to B range, which is the eastern of the two ranges," Geltmacher said. He also said there's going to be around 10 firing points at the end of the target range.

"It'll finally give us a true sniper range," Skinta said. "It'd be a great addition to base capabilities."

Lance Cpl. Gerson Lindor Jr. is a rifleman for 3rd Battalion, 3rd Marine Regiment, who has been enrolled in the sniper school since Oct. 13. The Miami native is scheduled to graduate Dec. 17, and said the new range will make wind judgments easier.

Lance Cpl. Russell Injerd, also a rifleman for 3/3, said at Scholfield Barracks, the snipers currently learn to make difficult wind calls without flags when shooting at steel targets at unknown distances. The Homewood, Ill., native said the new range will most likely improve graduation rates.

"[The new range] would help you get more solid data for your rifle," Injerd said. "It is a deployment bonus."



Kristen Wong

After a day's training at the rifle range, Staff Sgt. Michael Skinta, staff noncommissioned officer-in-charge, School of Infantry (West), Detachment Hawaii, Advanced Infantry Training Branch, discusses strategies for improving performance. Puuloa Range will complete a new 1,000-yard sniper range for its sniper school in 2010.

## MATTRESS, from A-1

the base discovered the company was able to recycle and refurbish used mattresses.

The Green Bed Factory began its recycling program four months ago after thinking of a better way to get rid of mattresses.

Previously, the company was billed by the city for dumping mattresses dropped off by individual users.

This prompted the company to develop a better way to dispose of mattresses. Riggs said they took a trip to Los Angeles to visit different mattress factories to learn first hand how to recycle and rebuild mattresses.

Though Riggs can rebuild mattresses, those he receives from the military cannot be refurbished due to their odd size, but can still be recycled.

"I'm the recycling head on base, and I take it seriously," Sibert said. "I look for different ways to eliminate anything from going into the trash. With this program not only are we stopping them from going in the trash, but we're also putting them to good use by reusing them for different things."

The base plans on recycling approximately 700 mattresses every year through The Green Bed Factory.

## HOUSING, from A-1

move families frequently by continually securing a pool of extra houses. When neighborhood sections are scheduled for demolition, base residents can relocate to those homes.

Once reconstruction of the vacated homes is finished, other families move in. This cycle keeps developers on schedule, Blachfield-Chang said, and residents are able to move into upgraded housing. Forest City developers are also upgrading the areas with new amenities and appliances.

"All of the homes will have new 'Energy Star' appliances that are energy efficient," she said. "Many units will have new carpet and solar paneling for their water heaters."

Waikulu will also see changes to the materials of their roofs, as tiles are upgraded from asphalt to aluminum, said Ian Lange, director of construction, Forest City.

The newer tiles handle the island sea air better, he said, with a lifetime warranty against major corrosion.

Forest City's other project area, Mololani, spans 150 acres from Lawrence Road to Conner Loop. Relocation in the area began in April 2008 and will continue through October 2011. A total of 690 units, Mololani will have more than 8 percent of homes in the project as future housing for the senior enlisted in the South Ulupau neighborhood.

Inside all units weather insulation will be installed for better regulation of indoor temperatures, Lange said. The upgraded features will also include central air-conditioning that uses less energy.

The Mololani homes are single-ply houses first constructed in the 1970s, with few units featuring vinyl siding.

"If you look at some of the older homes in Mololani you can see three to five window units in just one home," he said. "There might be one air conditioner in every room."

Lange said the homes are a long-term investment for Forest City, and the company works to ensure high standards. There will also be meeting spaces, like a community center for neighborhood activities. Each new neighborhood is

designed to include more green spaces and communal amenities like playgrounds. In addition to buying new appliances that reduce energy use, developers are set to recycle materials from the older homes.

"Workers take the concrete from the sidewalks and asphalt from the houses to reuse," Lange said. "We save on gravel, ensure landfills are empty and keep costs low."

Both projects have a combined cost of \$400 million, with improvements to the sidewalks and utilities. Lange said the patience of residents has been fantastic in the face of road closures or blackouts to bring the new facilities online.

As families moved into Kapoho and Manana housing, the relocations manager said it's been a joy for her team to see people enjoy their new homes.

"We appreciate the sacrifices our men and women make for the country," Blachfield-Chang said. "For all they do, they deserve great houses."

For more information about MCBH housing, log on to <http://www.fcmarine-shawaii.com>.

# AROUND THE CORPS

## TBS keeps IED training up to speed

**Cpl. Travis J. Crewdson**  
*Marine Corps Base Quantico*

**MARINE CORPS BASE QUANTICO, Va.** — Since the war in Iraq began in 2003, more than 1,700 of the nearly 4,200 U.S. fatalities have been caused by improvised explosive devices employed against troops in support of Operation Iraqi Freedom.

In an effort to counter enemy tactics and combat the successful use of these lethal weapons, students at The Basic School are taught to identify and react to devices in IED lane training.

Lieutenants from Fox Company at TBS experienced training Tuesday at Murphy's Demo Range as they entered week 15 of the 26-week training cycle. After classroom training, the student-officers get up-close IED training from the Marines of Combat Engineer Platoon, part of Combat Instructor Company.

"The purpose of this training is to expose (the students) to currently used trends and IED indicators," said Sgt. Victor Magana, senior instructor at Combat Engineer Platoon. "Insurgents have habits just like everyone else, and that creates these common trends."

Magana said that much of what he teaches is based on reports from deployed troops around the world as well as his experiences in Afghanistan, where he saw several examples of what he shows his classes.

After some instruction and a closer look at some Marine-made versions of IEDs, the stu-

dents try their hand at identifying and reacting to employed devices in three themed IED lane trails. The "Korean trail" contains devices reported or suspected to be used in Korea. The "Afghan trail" is themed toward desert operations, the types of devices used and their methods of employment. The "Vietnam trail" is set in the tree line and serves as a reminder that not all IEDs are roadside bombs.

"(Combat) is not always in the desert," Magana said. "Jungle warfare could come back, and as Marines, we have to be ready for anything. I want our students to be aware of their surroundings, understand the (intelligence reports) they receive and not be new to the concept."

Along the lanes, TBS students perform a mock foot patrol in full combat gear to maintain their combat mindset. Magana said, the simulation devices they encounter range in size, complexity and employment. Some are victim activated, while others may use command wire, remote activation or multiple incorporated methods. Of course, if a lieutenant happens to step on a pressure plate on the "Afghan trail," he will not receive the Purple Heart, just a lot of white powder.

According to Capt. Donnie Fricks, Combat Engineer Platoon commander, the training is part of a combat engineer field exercise, which also incorporates two more days of mobility and counter-mobility demolition applications. During these drills, each student-officer gets to make their own "bang" using C4 and TNT,



Cpl. Travis J. Crewdson

**Fox Company students at The Basic School try to identify simulated improvised explosive devices along the Afghan trail during IED lane training Oct. 14 instructed by Marines from MCB Quantico's Combat Engineer Platoon.**

learning to employ it to remove or create obstacles in an effort to turn, fix, block or disrupt the enemy.

Some of the Fox Company lieutenants will get a chance to use the techniques they learned this week in their third field exercise by incor-

porating it into their battle plans. Continued IED detection and reaction training can make the difference in Marine casualties when these officers lead their troops into battlefields around the world.

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1st Lt. William Recalde  
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# Hawaii MARINE LIFESTYLES

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OCTOBER 24, 2008

## HAUNTED LAGOON

*Bone-chilling canoe rides*

**Kristen Wong**

*Photojournalist*

Photos by Kristen Wong

The "Laie Lady" makes an appearance at the Polynesian Cultural Center's "Haunted Lagoon." The lagoon has multiple surprises in store for its guests.

As the sun sets, the Polynesian Cultural Center becomes quieter as vendors return home and close up shop for the day. A few lights are present on the way to the canoe rides, which are still open. The dock is lined with thick cobwebs, as if the canoe ride had been abandoned for years.

Two dark figures in black beckon from the back of a canoe, each holding a long staff with which to steer the vessel. The canoe bounces slightly in the water as you step in and take a seat on the bench. The canoe slides through the water, a woman with a long, white dress appears, walking across the water with hardly a ripple beneath her feet. Her black hair pours down over her face, perhaps concealing bitter tears. A loud voice booms and welcomes you to the "Haunted Lagoon."

As Halloween draws near, friends and families often plan a laidback evening of candy duty at home, a cheery Halloween party, or maybe go on a ghost tour. For people who are still wracking their brains for a fun activity, the PCC is hosting its Haunted Lagoon, Oct. 24 to 31 from 6:30 to 9 p.m., with the exception of Sunday.

Using strobe lights, smoke, screams and haunting sound effects, the staff of PCC put their best rotting foot forward to scare the living daylight out of families who come. The "Haunted Lagoon" is the first of its kind at the center. Bianca Mordasini, a public relations representative for PCC from McNeil Wilson Communications said this event is unique to the center, because the majority of the center's events cater to Polynesian culture.

"I hope everyone's real excited to get a good scare," Mordasini said. The Honolulu resident also said most of the Halloween events tend to be in downtown Honolulu, so she's hoping local residents who live nearby will attend.

"There's a committee of folks who were trying to find something new that would appeal to the locals," said Amy Hennessey, a public affairs representative for the PCC. "[It would] give them something cool on the North Shore, something different."

There are two separate canoe rides, one for adults and the other for children. The children are in canoes marked by a glow-stick to signify to the creatures of the lagoon to go easy on the scares.

Hennessey said the "Laie Lady," the star of the Haunted Lagoon, is based on a supposed ghost that roams the area, whom she referred to as a "Kahuku Lady."

On Thursday, schools from Waialua to Kaneohe came to get an advanced tour of the Haunted Lagoon. Scores of students of all ages screamed and clutched each other as they were escorted through the lagoon.

"I like it over a haunted house," said Laie resident Anthony Cocco, who brought his family to see the Haunted Lagoon special preview. "They definitely look like they put a lot of effort into it." While Cocco's younger son, 5-year-old Ephraim, silently shook his head when asked if he was scared, his older son, 6-year-old Donovan, was a different story.

"Donovan had to cover his ears a couple times and close his eyes," Cocco said.

Kahuku resident 11-year-old Kaimana Finau, who attends Kahuku Elementary School, called the ride "spooky." Finau said his favorite part of the haunted lagoon was "on the end when the [ghost] came out."

The Haunted Lagoon is just one of the many activities available to residents and tourists alike at the PCC. In addition to regular canoe rides, and other events, the center has several shops and eateries available. For more information, visit the PCC Web site at <http://www.polynesia.com>.



Guests and their families wait in line for the special preview of the center's first unique Halloween event. Throughout the canoe ride, visitors will witness many surprises, including zombies popping out from the trees and dining outdoors on severed appendages.

A scary old man plays an eerie tune on the organ near the lagoon. The first annual "Haunted Lagoon" premieres from Oct. 24 to Oct. 31 (Except Sunday) from 6:30 to 9 p.m. Tickets are on sale for \$8 for adults and \$5 for children.



# PASS IN REVIEW



## “Nights in Rodanthe” No sparks in new flick

**Christine Cabalo**  
Photojournalist

Failing to ignite audience interest, “Nights in Rodanthe” ends up dissolving into a stale film adaptation of the Nicholas Sparks book.

Adrienne (Diane Lane) is temporarily running a friend’s North Carolina beach inn. Her estranged husband, Jack (Christopher Meloni) begs her not to go, asking for reconciliation after his infidelities. Unsure of her feelings, she focuses on protecting the old inn from an oncoming storm. When Paul (Richard Gere) checks in, having booked the inn all to himself, the two fall in love. Both agree to temporarily separate so they can deal with their family problems. They write love letters detailing a planned reunion, but tragedy strikes before their reunion can happen.

It’s hard to believe that Gere and Lane teamed together twice before, yet have no chemistry during “Nights in Rodanthe.” Perhaps their time together in “Unfaithful” and “The Cotton Club” worked against them because they’re much too friendly and impassionate this time around. Neither digs very deep for their characters, and their performances make the movie’s clunky dialogue worse. Convenient plot devices, like the forced separation of Paul and Adrienne, further sink the film’s already shaky premise.

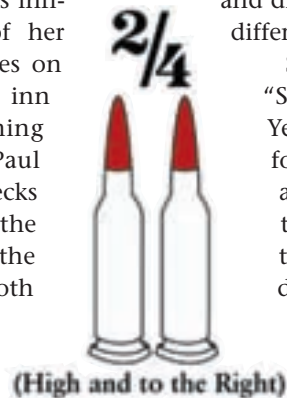
Few of the supporting cast members put in a stellar performance save for Scott Glenn as widower Robert Torrelson. Glenn tugs at viewer’s heartstrings, especially during scenes where he urges Paul to take responsibility for his mistakes. Meloni, who audiences may recognize better as Detective Eliot Stabler on “Law and Order: Special Victims Unit,” plays Jack as just a desperate version of his

television character. “Nights in Rodanthe” fails at being a sincere tearjerker in the second-chance-romance movie genre. It’s infinitely inferior to other screen adaptations of Sparks works like “The Notebook” or “Message in a Bottle.” Besides being tearjerkers, those movies had a good mix of intrigue and self-reflection audiences could identify with. Having the right balance of comedy and drama makes all the difference.

Similar films like “Same Time, Next Year,” successfully force its main characters to question themselves and their surroundings due to their isolation. There’s some attempt by writers and actors to make a statement about their world, but audiences never really get emotionally involved in either character’s journey.

The film’s best asset is its cinematography, as the actors and their beachside setting look as beautiful as possible. The blues of the sea and sky are prominent throughout the movie, especially as the characters take pensive walks along the coast. Paul rents out the inn’s “Blue Room” and Adrienne wears a periwinkle dress for their big date. It’s a visually smart approach, as the wide range of blue hues would have complemented the range of emotions the characters demonstrated.

“Nights in Rodanthe” is nicely highlighted with quick scenes featuring the town’s fishing and farming communities. If nothing else, at least this movie may inspire viewers to make the trek to the coast for their own more heated adventures.



## 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



**Christine Cabalo is a firm believer that a marriage of good lyrics and melodies makes perfect music.** “Lyricists don’t have to use obscure or academic words,” she said. “Musicians can refrain from finger twisting chords.” Great music should definitely be fun to sing and hum.



**Kristen Wong is called “eclectic” by an old college friend.** She dips into a variety of music collected over the course of 27 years. Her CD’s range from Linkin Park to Keahiwai to Big Band Swing. Kristen very rarely drives her car without playing a CD or the radio. She doesn’t claim to be an expert by any means, just a person who likes a little bit of many things, if not everything..

## Second Opinion “Nights in Rodanthe” 3 out of 4 (On Target)

Richard Gere and Diane Lane team up again after much success in “Unfaithful” for a more tame (and more romantic) “Nights in Rodanthe.” The movie was beautiful, containing everything a love story should, from redemption and salvation to a beautiful location. Lane’s acting shines to pull the audience through every emotion imaginable with her character. Gere, on the other hand, reprises basically every romantic movie role he’s ever played as the sensitive, hurt man who finds himself through finding love. The plot, like Gere’s typecast role, is fairly predictable, but the tragic twist at the end is enough to leave even the most hardened cynic crying. Though it’s based of a Nicholas Spark’s novel, don’t go to this movie if you’re expecting something on the same level as “The Notebook,” you’re bound to leave disappointed. I’d recommend this movie to anyone woman looking for a good cry or any man looking to woe is date.



— Lance Cpl. Regina A. Ochoa



## New Kids on The Block CD “The Block” a few blocks short of success

**Kristen Wong**  
Photojournalist

The New Kids On The Block used to sing to me through my walkman when I was around 10 years old. When my best friend no longer cared for them I scored all her cassette tapes for my birthday. I still have them to this day, in addition to a CD version of their greatest hits, which I play from time to time to reminisce, as the thought of their handsome faces makes me smile.

Then one day this summer, I heard “Summertime.” I did not know who sang this song, but it wasn’t bad. I remember smiling at the lyrics, “don’t call after 10 but you know that I did cause I couldn’t stop thinkin’ ‘bout you.” That’s dedication. That’s the kind of attention women want. It reminds me of the time when I told my fiancee before we first went out not to call until after finals week during graduate school and he called earlier because he didn’t want to wait. But I digress.

The New Kids on the Block have returned, and I couldn’t be happier. I bought their new album “The Block,” and although it’s not perfect, it has a few shining tracks I will never forget. In addition to “Summertime,” the other two highlights are “Sexify My Love” and “Single,” featuring new artist Ne-Yo.

A few of the tracks killed me though, leaving me screaming like Homer Simpson at a Bachman Turner Overdrive concert: “No new crap! Taking care of business!” For those of you who perhaps didn’t see this episode, the band was about to play new songs they had recently written, but Homer knows what he likes and

refuses to listen otherwise.

Ironically, one of the highlights, “Single,” helps and hurts the album at the same time. As I was browsing in Sam Goody’s, the television screens above my head were playing “Single.” The opening tune was the exact tune to “Viva La Vida,” the newest hit by Coldplay. Still, after clenching my teeth past the obvious rip-off, I enjoyed the one-on-one attention the New Kids tend to give their female audience in their songs.

“I’ll be your boyfriend till the song goes out ...” is a comfort for lonely girls out there, at least for a short time.

I did not need the quiet echoing of “If you ain’t got no money,” a lyric straight from Fergie’s “Glamorous,” and even though the same guy, Jamal Jones, had a hand in writing “Single,” that lyric had nothing to do with the song.

The kids can still sing, that was never a problem. Perfect harmony, and of course, you can still hear Jordan Knight’s high notes, though not as high as they used to be. But perhaps someone should rewrite lyrics that better utilize their talent. The few tracks, with plain titles like “Lights, Camera, Action,” and “Put it on my Tab,” and “Officially Over.”

“Lights, Camera, Action” was an attempt at a song about an intimate moment on tape for a couple. I think those are better left behind closed doors, or perhaps rewritten, because listening to the lyrics was more like trying not to hear your loud neighbors through the wall.

I’m happy the five young men who made long drives lovely with old favorites like “Hangin’ Tough” are doing well as older gentlemen with wives and children, and better hair styles. I’m happy they tried. But my broken heart will be replaying “Summertime,” until I perhaps warm up to the other songs on the CD.



## TALK\* STORY

Oct. 24, 1926 was the last performance of magician Harry Houdini. Before he passed away he told his wife a word they would use should they meet again in the afterlife.

**Do you believe in the paranormal?**

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



“Yes. One time after I passed by Sea Life Park. There’s a lady [possibly a ghost] there stopping me at 4:00 in the morning on the road to Hawaii Kai. You couldn’t see her face, it was like a sun. You could only see white clothes, and long hair. She looked like she needed a ride but I didn’t stop. It was too dark. A friend told me that area was where they threw dead bodies during World War II.

— Cathy Hoffman



“I believe strange things happen. I’ve never seen a ghost before but I’ve heard of them. There’re things the eyes can see that the brain does not recognize. I believe there’s something out there.”

— Cpl. Christopher Tillman



“Yeah. Back at home in Virginia my grandparents had a washhouse in the back of their house. We could see ghosts in the window. We would never go in there.”

— Sara Waltson



# Volunteers raise spirits at "BOO Fest"

Clowning around makes for chilling thrills

**Christine Cabalo**

Photojournalist

Tricks and treats await visitors planning to attend the 10th Annual BOO Fest at Bellows Air Force Station starting today from 6 to 10 p.m.

Sgt. Jeffrey McFarland, heavy equipment operator, Combat Logistics Company 35, is one of more than 10 Marines and Sailors from Marine Corps Base Hawaii volunteering this year. He's constructed sets and will do his best to scare passengers on the Trolley of Terror ride.

"It's the first time I've gotten to do this," he said. "I heard about this through my wife who was reading the newspaper and saw the ad for volunteers. My wife knows I love Halloween and scaring people, so she saved (the ad with contact information) for me to call in."

He connected with Tech. Sgt. Robert Wooderson, security operations non-commissioned officer, Detachment 2, 18th Force Support Squadron, Bellows AFS, who's worked the Halloween festival since 2002.

Wooderson and Air Force Master Sgt. Michael Dvorak, chief of security, DET 2, 18th FSS, developed the overall theme "Carnival of Lost Souls," then worked on

a story for the ride. It's the last time both will organize "BOO Fest" before they permanently change stations, and Dvorak said they're pulling out all the stops.

"Last year we had a lot of scary clowns," Wooderson said. "So I thought this year we should bring them back. When we thought about clowns, it seemed natural to do a carnival theme for the whole event."

Dvorak said he isn't afraid of clowns, but he finds that visitors become animated at seeing the unusual clowns. The two-mile trolley ride is one of several highlights of "BOO Fest," featuring nine stations for scaring visitors. Scenes this year are arranged to mimic an old carnival, including monster elements like circus sideshow acts.

More than 3,500 visitors came to the Bellows festival last year, including families with small children.

"We have a haunted house, a costume contest and many other attractions besides the trolley," Wooderson said. "All types of rides and sponsor booths are here for any of the local military families to enjoy on a budget."

Trolley volunteers will be improvising their scenes for each ride to scare passengers. McFarland said he's convinced the scenes will be scary, as many of the volunteers have performed before and love scaring people all the time. McFarland said he's gotten into the spirit of the sea-

son by buying a new mask to celebrate.

"I've been practicing by scaring my wife," he said. "I've hid in closets or around the house, and because I get up a lot earlier than she does I can surprise her."

Dvorak said he'll miss seeing teenagers and younger children having fun at next year's "BOO Fest."

In 2007, the airman played the gatekeeper as he watched people enter and leave the trolley ride. He remembers seeing a 15-year-old girl who entered the ride looking slightly depressed.

"She was quiet, lying against the railing when she went in," Dvorak said. "By the time she came out, she was laughing and having a great time. I'll miss that interaction aspect of it and seeing everyone enjoy what we've worked hard for."

Volunteers from several branches of the Armed Forces come together to make "BOO Fest" possible, he said. He'll miss the fellowship he felt as all of the volunteers work together to build stages or entertain crowds during the event. Dvorak is happy to say he has been part of a non-profit event that uses its admission fees to pay for the costs of running the event.

"A family can come down and enjoy themselves without spending a lot of money," Wooderson said. "It's our chance to give back to the military community."



Courtesy of Hickam Kukini

Children can have their hair and faces made up today and tomorrow during the "10th Annual BOO Fest" at Bellows AFS. This year's theme is "Carnival of Lost Souls," with a trolley ride, haunted house and several other spooky activities for \$15 admission. Marines and Sailors from Kaneohe Bay volunteered to make the event possible.



Photo illustration by Kristen Wong

**Kristen Wong**

Photojournalist

Ghost stories in Hawaii are nothing new. Every Halloween people take haunted tours, the "ghost books" come to the front counters of bookstores, and tales such as those of a faceless woman, ghostly night marchers, and the fire goddess, Pele, come back to the dinner table.

But as service members and their families retire to their respective base this evening, perhaps the haunting has just begun. Spirits are said to appear in several military installations from time to time, frightening service members, causing trouble, or simply amazing witnesses.

## USS Arizona Memorial

Tourist Thomas N. Colbath writes about the sorrowful ghosts of the USS Arizona who drove him to tears, asking him where they were and how they could return home. Author Rick Carroll's book "The Best of Hawaii's Best Spooky Tales," includes Colbath's written account, which tells about he and his wife's visit to the USS Arizona Memorial, where Colbath encountered three despairing Sailors' spirits.

Author Richard Senate, featured in the "Encyclopedia of Haunted Places" by Jeff Belanger, writes about the ghost of the deck officer from World War II on the memorial. Senate writes that the deck officer was killed on Dec. 7, 1941 while he had stepped away from his post, and his soul supposedly can't rest because he feels responsible for not being where he should have been that day.

## Barber's Point

Coast Guard Ensign William French was patrolling for the first time on the beach at Barber's Point when he encountered an unauthorized Volkswagen Beetle on the military grounds. Inside the car, a young Filipino woman was sleeping with an Army jacket on. French warned her that she must leave because she had no valid military decals, but she begged for a few more minutes because she was tired. French decided to let the woman sleep for a bit while he finished his rounds, and said he would return and escort her to the gate. Later, after finding her gone, French questioned the guards at the gate as to why they let her through. One of the guards described the lady in detail, saying that every new guy patrolling keeps seeing her appear, but when

they go back to where the van was parked, there aren't any tire tracks. Grant writes in the story that this woman was actually shot to death by her husband on the base, and now her ghost sleeps in that car on the beach. In author Glen Grant's book "Chicken Skin Tales," Grant retells French's story.

## Hickam Air Force Base

Within Hickam's gates, the Headquarters Pacific Air Forces building is said to house a ghost named Charlie, unsolvedmysteries.com reports. Upon further investigation, the employees of the building have more to tell.

Lea Arakaki, a historian for the 15th Airlift Wing History Office in the 1980s, wrote a feature story in the then Hickam Falcon (now the Hickam Kukini newspaper) about possible ghost activity on the base. According to Arakaki's account, people have witnessed faucets begin running on their own accord, a radio dial choosing its own stations and doors moving without wind or human intervention.

George Elwood, a retired Air Force lieutenant colonel from Dayton, Ohio, had a personal experience with a ghost during his years stationed at Hickam Air Force Base around 1981. Elwood, now a senior system engineer at Science Applications International Corporation, said he was working late in the PACAF building around 11 p.m. As he walked up the steps to his command post, Elwood said he heard footsteps behind him.

"When I looked around, no one was there," Elwood said.

Because of Charlie's many infamous sightings, a plaque now hangs on an office wall in the building entitled "A Tribute to Charlie," written by Andi Grosshuesch. The plaque describes several sightings, and a historical background of the building. According to Grosshuesch's account, on Dec. 7, 1941, Army Air Force Pvt. Charles L. Hruscky's squadron resided in the building that used to be barracks known as "Hale Makai."

"We do not know if Pvt. Hruscky was one of the 35 persons killed by that 500 pound bomb that morning," wrote Grosshuesch. "However, we do know that 'Charlie' does make for interesting conversation."

## Pearl Harbor

The Feb. 23, 1913, issue of The New York Times reported that Congress spent more money on the Pearl Harbor dry docks than any other at the time. The news article attributes the dock collapse to loose, unstable mud. There may be, however, a super-

natural explanation, according to a first-hand account on the US Navy's Web site, by a man named David K. Richards.

Richards was commissioned to help build the dry docks on Pearl Harbor Naval Shipyard around 1909. Richards writes about a warning he received from an elderly man named Kupuna Kanakeawe. Kupuna Kanakeawe came to him and said they were building the dry docks over the entrance to a shark goddess's home. According to Grant's account in "Obake Files: Ghostly Encounters in Supernatural Hawaii," a Hawaiian shark god transformed a woman named Ka'auupahau into a shark. Ka'auupahau ensured that humans were safe in her corner of the ocean.

"At the end of four days, the instruments indicated to Mr. Ross (an assistant construction worker) that the bottom was starting to rise," Richards wrote. "He immediately ordered all men to come up from the bottom, also all divers from the outside. Just as the last diver got up and removed his helmet by the tender, section two let go its bottom, and sections one and three caved in."

In addition to the shark goddess, Pearl Harbor perhaps seems to house other ghosts.

Blaise Atabay, the co-founder and lead investigator of Hawaiian Island Ghost Hunters, used to work as captain watch commander for Hana Engineering, a firm contracted with Pearl Harbor for security. Atabay's security officers guard Borchers Gate, which is part of Makalapa Compound near Pearl Harbor. Atabay said the gate was named after a Marine with the last name Borchers, who was shot to death by an unknown assailant.

Atabay said often, the military officers would have parties, and share food with the guard on duty. Atabay said each time the officers would mistakenly bring two plates to the guard, for "you and your friend," even though there is only one guard on duty at a time. Perhaps the officers saw Borchers' ghost, keeping the guard company.

## Schofield Barracks

A retired Army service member writes that while his construction team was building a road on base around the 1950s, they found an extremely large rock in their way. After several tries to remove the rock, the team decided to halt production for the day and destroy it the following day with explosives. The man reported that the rock, which had been too heavy and "too deep" to move with forklifts and chains, had been moved out of their way by morning, with no signs as to how it was moved. Grant tells us the unnamed man's story in "Obake Files."

Another Army tale comes from a man known to Grant only as C. Taylor, who relayed a story about "choking ghosts" in the 1940s at an airfield in Kahuku. Taylor wrote that the barracks were unknowingly built over a night marcher trail. The night marchers, spirits of ancient Ali'i (Hawaiian royalty), Hawaiian warriors, and others, have special trails they walk each night on the island. According to other stories Grant collected, they could allegedly kill, assault, or cause illness to those who slept, sat, or stood on their path when they were marching.

## Ford Island

Atabay said he'd heard a story about a master chief petty officer who walks aboard the pier on Ford Island with an old-style paper military ID. Atabay said the guards check the ID, and it is valid.

"He walks onto the pier," Atabay said. "And shortly after that, he's gone in the blink of an eye."

As for MCB Hawaii, little is known about unconfirmed ghost rumors that circulate here. Building 216, also known as the General's Building, was a dispensary in its earlier days. Perhaps one night, while you are on duty or working late at the office, stick around, and maybe you'll see a ghost.

## MOVIE TIME

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

For ticket pricing, the Base Theater Box Office defines an adult as a patron 12 and older and defines a child as a patron from 6 to 11. Children 5 and younger are admitted free of charge. Parents must purchase tickets for R-rated movies in person at the box office for children 16 and younger. Patrons must present their military identification card when purchasing tickets. Call 254-7642 for recorded information.

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

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

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

"The Woman"  
"Traitor"  
"Burn After Reading"  
"Miracle at St. Anna"  
"The Woman"  
"Babylon A.D."  
"Bangkok Dangerous"  
"The Family That Preys"  
"Babylon A.D."

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

# Spotlight On Base

## ON THE MENU

### AT ANDERSON HALL

#### Friday

##### Lunch

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

##### Dinner

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

#### Saturday

##### Dinner

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

#### Sunday

##### Dinner

Cream of potato chowder  
Vegetable soup  
Barbecued beef cubes  
Bombay chicken breast  
Boiled egg noodles  
Steamed rice  
Creole green beans

Fried cabbage  
Chicken gravy  
Key lime pie  
Peanut butter cookies  
Easy chocolate cake  
Caramel frosting  
Strawberry gelatin  
Orange gelatin  
Vanilla cream pudding  
Chocolate cream pudding

#### Monday

##### Lunch

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

##### Dinner

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

#### Tuesday

##### Lunch

Cream of mushroom soup  
Bean with bacon soup  
Apple glazed corned beef  
Honey glazed Cornish hens  
Parsley buttered potatoes  
Rice pilaf  
Fried cabbage w/bacon  
Simmered carrots  
Chicken gravy  
Mustard sauce  
Blueberry pie  
Congo bars  
Lemon pound cake  
Bread pudding  
Lemon gelatin  
Raspberry gelatin

Vanilla cream pudding  
Chocolate cream pudding

##### Dinner

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

#### Wednesday

##### Lunch

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

##### Dinner

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

#### Thursday

##### Lunch

Tomato soup  
Chicken and rice soup  
Santa fe glazed chicken breast  
Salisbury steak  
Steamed rice  
Boiled egg noodles  
Simmered peas and carrots

Simmered mixed vegetables  
Brown gravy  
Chocolate cream pie  
Chocolate chip cookies  
Marble cake  
Butter cream frosting  
Cheese cake w/blueberry topping  
Cherry gelatin  
Lime gelatin  
Vanilla cream pudding  
Chocolate cream pudding

##### Dinner

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

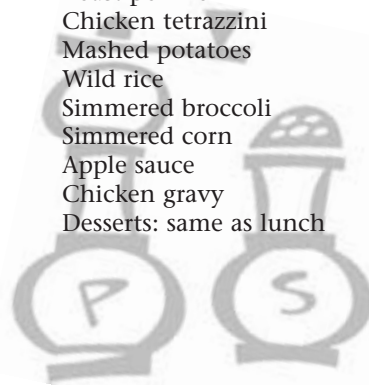
#### Friday

##### Lunch

Minestrone soup  
Chicken noodle soup  
Chinese five spice chicken  
Beef yakisoba  
Shrimp fried rice  
Vegetable stir fry  
Corn O'Brien  
Chicken gravy  
Chinese egg rolls  
Sweet and sour sauce  
Chow mein noodles  
Pumpkin pie  
Coconut raisin cookies  
Ginger bread cake  
Banana bread  
Raspberry gelatin  
Lemon gelatin  
Vanilla cream pudding  
Chocolate cream pudding

##### Dinner

Minestrone soup  
Chicken noodle soup  
Roast pork loin  
Chicken tetrazzini  
Mashed potatoes  
Wild rice  
Simmered broccoli  
Simmered corn  
Apple sauce  
Chicken gravy  
Desserts: same as lunch



## Word to Pass

### Oktoberfest Tonight

Sponsored by the Officers and Staff NCOs of HQBN, Oktoberfest will be held at the Officers' Club poolside next to the Rocker Room from 4:30 to 6:30 p.m.

Enjoy free German pupus and specials on German drinks.

Open to E6 & above and sponsored guests. For more information call Don Figueira at 254-7650.

### Halloween Dance at Teen Center Tonight

Dance to the sounds of deejay Uniteddjs at the Teen Center. Costumes encouraged. The dance for 10 to 13 year olds is from 5 to 7:15 p.m. The dance for 14 to 17 year olds is from 7:15 to 10 p.m. Cost is \$1 for CYTP members. Guests pay \$3 (two guest maximum per member). Drinks available for 50 cents. For more information Youth Activities: 254-7610.

### Kaneohe Officers' Spouses' Club wine tasting event Oct. 25

The Kaneohe Officers' Spouses' Club will be hosting a wine tasting event at the Paul Mitchell Estate in Lanikai Oct. 25. For more information or to purchase tickets email koscinfo@gmail.com or call Dianne Sanchez at 744-6538.

### The Marine Corps League meeting Oct. 25

The Marine Corps League perpetuates the traditions and spirit of ALL Marines and Navy FMF Corpsmen, who proudly wear or who have worn the eagle, globe and anchor of the Corps.

The Aloha Detachment of the Marine Corps League will meet Oct. 25 from 9 to 11 a.m. at Anderson Hall Dining Facility, Marine Corps Base, Kaneohe.

This is an organizational meeting and those who join at this meeting will be considered charter mem-

bers of the Detachment. For further information please contact John Ah Chick at 227-9115 or Bill Haney at 230-9728.

### Spooky tales and treats Halloween program Oct. 25

Join us for spooky stories, fun craft activities and tasty treats in the Base Library (Building 219) from 10 to 11 a.m. Open to all military families, sponsored guests and DoD civilians.

For more information call Merri Fernandez, at 254-7624.

### Operation Homefront: Halloween costumes & pumpkin decorating Oct. 26

This event is for spouses and dependents of Marines/Sailors who are currently deployed in support of OIF/OEF. It is scheduled from 2 to 5 p.m. at Tiki Island. Pumpkins will be provided for decorating and there will be a costume contest. Unlimited putt-putt, bumper boats,

candy and prizes during this time only. Please contact your unit Family Readiness Officer for more details. For more information call Meghan Brophy or Bobbie Brock at 257-2654.

### Halloween Party at Tiki Island Oct. 31

Children 12 years and under in costume will receive a free round of miniature golf between 5 and 7 p.m. Tiki Island's hours of operation are from 3 to 9 p.m. For more information call Lynn Colville at 254-1601.

### Books and cookies with Wally "Famous" Amos Oct. 29

Enjoy wonderful stories and yummy cookies with this very famous storyteller at the base library from 3 to 3:45 p.m. Open to all military families, sponsored guests and DoD civilians. For more information call Merri Fernandez at 254-7624.

## Volunteer Opportunities

### Honolulu Community Action Program

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

### Special Olympics Windward Area

Special Olympics Windward Area is in need of volunteers for their upcoming bowling events, held at the K-Bay Lanes. The events will be Nov. 1, and at least 25 volunteers will be needed. For more information, call Mark Sterlacci at 225-8336.

### All Enlisted Spouses Club Thrift Shop

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

# Mokapu Beat

## News from Mokapu Elementary

### Red Ribbon Week

Red Ribbon Week is Oct. 23-31. The week focuses on helping kids say no to drugs, bullying and other harmful activities.

The PTA is sponsoring a poster and poetry contest for kids in all grades, based on the theme "What Does Red Ribbon Week Mean to you?" Submissions should be turned in to the office by Today.

One poster winner and one poetry winner will be chosen from each grade. For more information, contact the PTA at [mokapu\\_pta@yahoo.com](mailto:mokapu_pta@yahoo.com).

### Make a Difference Day

Make a Difference Day is Saturday, Oct. 25. This day is set aside for volunteers to help make a difference in the local school by helping with projects to spruce up the campus.

Volunteers are needed between 8 a.m. and 4 p.m. to help with easy gardening, painting and litter pick-up. People are also welcome to donate food for the day. It should be dropped off in the school cafeteria after 7:30 a.m. Volunteers should report to the cafeteria for breakfast and assignments at 8 a.m.

For more information, contact the PCNC office in room P-6, or call 254-7964.

### Windward Mall Gift Certificates

The PTA is selling Festival of Giving coupons for Windward Mall for \$5 each. The coupons entitle the holder to discounts and free items at a wide variety of stores in the mall the weekend of Nov. 15-16. Please support your military kids and contact the PTA at [mokapu\\_pta@yahoo.com](mailto:mokapu_pta@yahoo.com) to purchase the coupons.

### Save Box Tops

The Mokapu PTA collects Box Tops, Campbell's Labels for Education, and Tyson labels all year long. Please save them and turn them in to the school's front office or children's teachers. A collection box is also available at the commissary entrance.

### Pizza 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. People must submit the fundraiser form with their order.

Forms can be obtained from the

school or at Papa John's on the fundraiser nights. Dates for the fundraiser are the following Thursdays: Nov. 20, Dec. 18, Jan. 15, Feb. 19, March 19, April 16, May 21 and June 4.

### Anyone for Chess?

If you like to play chess, Mokapu wants you! A new chess club is forming at Mokapu Elementary School, and participants are looking for a few adult chess players to help. Anyone willing to spend one hour per week playing chess with kids should contact the PTA at [mokapu\\_pta@yahoo.com](mailto:mokapu_pta@yahoo.com), or leave a message at the school at 254-7964.

### Recycle at Mokapu

All are encouraged to use the new recycle bin in the side parking lot at Mokapu. The white bin takes mixed recyclables, including newspaper and cardboard, aluminum cans, glass and #1 and #2 plastics. Items labeled HI-5 should also be put in this container.

The school will also take other items at the front office, including cell phones, ink cartridges, DVD and VCR machines, printers and fax machines. Proceeds from the recycled items benefit Mokapu Elementary School and the Parent-Teacher Association.

# Community Events

### Kailua Town Halloween treat street

Kailua Town will once hold its annual Halloween Treat Street event on Oct. 25 from 4 to 9 p.m. Everyone is invited to attend this FREE community event which provides costumed revelers with a host of free activities including picking over 300 pumpkins from the mini-pumpkin patch, keiki crafts and games, face painting, balloon sculptures, live entertainment, food booths and a costume contest with thousands of dollars worth of prizes. The event will also feature a safe trick-or-treat costume parade throughout Kailua Town. Registration for the costume contest will take place at the parking garage stage beginning at 4:30 p.m. For additional information, please contact Amy Hammond of Special Events Hawaii at 234-0404 or <http://www.kaneoheranch.com>.

### Bellows AFS's "10th Annual BOO Fest celebration"

Bellows Air Force Station is having their 10th Annual BOO Fest Celebration Oct. 24-25 from 6 p.m. to 10 p.m. This event is open to all active duty military, spouses, dependents, military retirees and current Department of Defense employees and all sponsored guests. Free Entertainment including: face painting, colored hair spraying, Haunted House and Costume Contest.

Other attractions, which cost \$13, include the "Trolley of Terror Ride" which takes you into the Haunted back wooded areas of Bellows AFS, the Rockwall of Doom and the Boogedy Bungee Jump. Presale tickets are now on sale at most MWR, ITT and ITR offices. The cost of the tickets include the trolley ride, rockwall and bungee. Tickets will be on sale the day of the event as well for \$15.

The Marine Corps Forces Pacific Band is scheduled to perform at this two day event from 6 to 7:30 p.m.

For more information contact Master Sgt. Michael Dvorak at 259-4204 or Tech Sgt. Robert Wodderson at 259-4208.

### Cat Show

A cat show will be held at McCoy Pavilion, Ala Moana Beach Park, Oct. 25 from 10 a.m. to 4 p.m. The cats in costume contest will be held from 12 to 12:45 p.m. Come help select the top Halloween cat and the best decorated cage. Mainland judges will be brought in and food will be on sale for both humans and cats. Admission is \$4 for adults, \$2 for seniors and children.

### Downtown Honolulu Halloween Hallowbaloo

On October 31, Downtown Honolulu will be the site of a unique Halloween celebration: a Halloween Hallowbaloo with world-class entertainment on six stages, a Trick or Treat Gallery Walk, Jack-o-Lantern Contest, a Costume Contest and the kind of raucous Halloween revelry that can only happen once a year.

Free Street Festival : The Street Festival on Nuuanu Avenue will showcase three stages of entertainment and run from 5:30 p.m. to 10:30 p.m. Highlights include free performances by Brett Dennen and Papa Mali, both of whom regularly headline many of America's largest music festivals.

Concerts : Closing out the night will be three, euphoric concerts (separate tickets to be sold for each show). Headliners include Maceo Parker, the James Brown alumnus and legendary King of the Soul Saxophone; reggae dub master Mad Professor; and The Helio Sequence.

For more information visit the Hallowbaloo website at <http://www.hallowbaloo.com>.

## Halloween Costume Parade

Students will participate in a Halloween costume parade the morning of Oct. 31.

Students will start from their classrooms and walk around the school grounds to the cafeteria.

Once at the cafeteria, the student's costumes will be judged by volunteer judges from units aboard Marine Corps Base Hawaii. Winners will receive a prize that has yet to be determined.

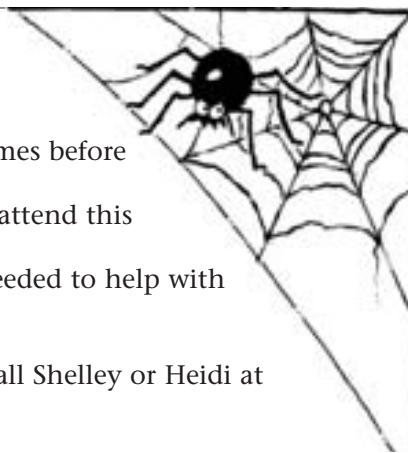
Students may wear their costume to school or may

change into their costumes before the start of the parade.

Parents are welcome to attend this event.

Parent volunteers are needed to help with this event.

For more information call Shelley or Heidi at 254-7964.



# AROUND THE CORPS

## Trebil Transition Team trains the trainers

*Marines, Sailors help  
develop Iraqi troops  
first aid skills*

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

TREBIL, Iraq — Marines and Sailors from the Trebil Port of Entry Transition Team worked with their Iraqi counterparts Oct. 11 to develop fundamental first aid skills for the Iraqi troops manning the border port here.

The students were a mix of Iraqi firemen, commandos and customs police. As representatives of their respective agency, they will take back the skills they learned to serve as instructors themselves in the classic “train the trainer” concept that is being implemented by Coalition forces throughout Iraq.

Petty Officer 2nd Class Uldarico Apan, 29, of Bremerton, Wash., is the POETT’s corpsman. Apan explained that the bandaging, wrapping and splinting techniques he taught are most relevant to the kinds of emergencies that the Iraqi border personnel may face due to realistic occupational hazards here.

“There is always the possibility of an insurgent attack here, but we’re most worried about accidents such as people falling from trucks or having their foot run over by warehouse or commercial vehicles during inspections,” said Apan, who plans to conduct follow-on training on the treatment of burns and head wounds.

Sgt. Victor F. Virgen, the 24-year-old POETT maintenance chief and native of Solvang, Calif., assisted Apan with the hands-on practical application portion of the training.

Virgen, who is beginning his third tour in Iraq, explained that the real focus of the training is giving the Iraqis the mental preparedness and knowledge to be able to act quickly and take necessary steps to keep their injured comrades alive until they can get to a hospital.

“They picked it up a lot faster than most Marines do going through first aid training the first time,” remarked Virgen. “These are just simple things they can do to help their friends, family and co-workers survive an accident. They were really on the ball with wraps, splinting and positioning of bandages. These guys just really enjoy learning.”

Warrant Officer Sarmad Laiek Saleah, an Iraqi fire department supervisor, expressed the vital importance of this training for first responders like the men he leads.

“Because (firemen) are so very few, we need more knowledge about first aid to help the people we evacuate from accident scenes. I can be both a practitioner and a supervisor,” said Saleah through an interpreter.

Saleah’s main challenge, at present, revolves around his lack of vital equipment, which he submitted a request to the Iraqi Ministry of Interior for last year. With only one antiquated fire truck and no ambulances, heavy machinery or fire retardant protective equipment, he is doing the best thing he can with the resources he has. He is training his people.

“Our job as firemen is simple,” said Saleah. “It is to help human beings and save lives.”



Capt. Paul Greenberg

**An Iraqi fireman practices utilizing the fireman’s carry technique he’d just learned during a first aid class taught by Coalition forces from the Trebil Port of Entry Transition Team Oct. 11. Trebil is located in western al-Anbar province on Iraq’s border with Jordan.**

# Hawaii MARINE SPORTS

HAWAII MARINE C SECTION

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OCTOBER 24, 2008



Lance Cpl. Alesha R. Guard

Malike Ellis, Marine Corps Air Facility Renegades' offensive running back, sprints down the field before getting tackled by the Marine Aviation Logistics Squadron 24 Bandits' defense Tuesday during an Intramural Football League regular season game at Pop Warner Field. The Bandits won 32-0 despite a well-matched battle from the Renegades.

## Bandits pillage Renegades, 32-0

**Lance Cpl. Brian A. Marion**  
Combat Correspondent

The Marine Aviation Logistics Squadron 24 Bandits shut out the Marine Corps Air Facility Renegades 32-0 Tuesday during an Intramural Football League regular season game at Pop Warner Field.

Both teams had their share of turnovers, but it was the Bandits who capitalized on the turnovers more efficiently.

Before the game, Andrew Cece, Renegades' head coach, felt his team would give the Bandits a tough game if they could play four quarters of solid football.

"We are extremely prepared for the game, but we are short on people," Cece said. "Our numbers have been our battle since the beginning of the season. Half my players are shift workers so we usually end up with a different half of the team each game. MALS is a good team with a great coaching staff, and I can only expect so much from my players."

Terry Choi, Bandits' head coach, tried to squeeze in practices for his players any time he could between their regular duties.

"We are as prepared as we can be," Choi said. "These games are for the Marines to come out here and relive the glory days from high school."

The game started with the Renegades receiving the ball and blasting down the field, but an interception and a 65-yard return from Davis Daray, Bandits safety, slung them to the lead with 10 minutes, 29 seconds left in the first quarter.

The Bandits kicked off to the Renegades once again, and they bulldozed their way down field with the help of fullback Fernando Camacho.

With just over five minutes left in the first quarter, it seemed like the Bandits would get the ball back, but Camacho drove the defense and was finally brought down 24 yards past the line of scrimmage after driving through five defenders.

Their drive didn't hold though, as they were unable to score when the first quarter ended with the score, 6-0.

The Renegades tried to continue their drive in the beginning of the second quarter, but the Bandits defense held.

The Bandits then drove down the field and with 9:23 left in the half, Dominique Cook, tight end, caught a pass in the end zone, bringing his team's score to 12. Their extra point attempt was unsuccessful.

Both teams continued to battle back and forth for the remainder of the half, but the Bandits managed one last score with 14 seconds left in the half. Detric Causey, Bandits quarterback, slipped through the defense and ran in 15 yards to score the third touchdown of the game, and a pass to Cook earned them a two-point conversion.

The second half kicked off with the Bandits leading, 20-0.

The Bandits continued their drives in the third quarter when they battled their way into the end zone with 9:59 left in the third quarter.

The Renegades battled back, plowing through the defense, but a recovered fumble by Chris Peterson, Bandits linebacker, gave the Bandits offense another chance to score with 8:23 left in the third.

It looked like the Renegades might get the ball back with six minutes left in the quarter,

but a 20-yard pass to Ryan Bailey, Bandits' wide receiver, breathed new life into the offense, and with 5:50 left in the quarter, the Bandits drove in another touchdown when Peterson caught a screen pass in the end zone, making the score 32-0.

Defense was turned up by both teams in the fourth quarter, causing several turnovers, interceptions and fumbles.

The Bandits tried to score one more run with 3:31 left in the game, but Adrian Arreola, Renegades defensive end, recovered a fumble and gave his team one last chance to get on the scoreboard.

The Renegade weren't able to capitalize on the opportunity, and with 30 seconds left in the game, the Bandits knelt the ball. After letting the time run out, the Bandits won the game, 32-0.

"We played a good game, but we were slow out there," Choi said. "Our offensive execution was really bad, and we need to work on our fundamentals. We saw a revamped MCAF team today who can compete against us. They are a very competitive team and I look forward to playing them in the playoffs."

## Team Havoc swings past 3/3 for victory

**Sgt. Brian A. Tuthill**  
Press Chief

Patrol Squadron 47's Team Havoc matched bats against 3rd Battalion, 3rd Marine Regiment at Riseley Field Tuesday night for another game in the regular season of the Intramural Softball League.

Although the first few innings of the game were close, Team Havoc broke away and kept their lead until time expired, pinning the score at 15-10.

Through the first and second innings, both 3/3 and Team Havoc hit solid baseline drives past infielders but also hit deep fly balls which slipped through outfielder's hands early on. Two runners passed home plate for 3/3 and three scored for Team Havoc before the third inning, bringing the score to 3-2.

After one out at the top of the third, 3/3 took the lead with five runs scored. But it was at the bottom of this inning that Team Havoc began

to pull ahead, scoring six runs before taking the field again.

"The first few innings we were really feeling them out and getting ourselves warmed up," said Dan Nicks, Team Havoc pitcher and captain. "As soon as we got in our stride we took off and never looked back."

And took off they did, keeping 3/3 from scoring runs during both the fourth and fifth innings while Team Havoc put three on the board each inning, including a fence-hugging homerun by third baseman Sabino Velazco in the fourth, raising their lead to 15-7.

As the sixth inning began, all eyes were on the clock as the game's time limit loomed only minutes away. Jason Meyers, 3/3 second baseman, said his team just needed more time to make their stand.

The first cracks of the bat at the top of the sixth were solid drives for 3/3, sending runners to second and third base on each hit. They managed to bring in three runs before the first two outs.

With two runners on bases and two outs, 3/3's final out signaled the end of the game for time with a final score of 15-10.

"We started off strong and we finished strong, but we just didn't have enough time to make the comeback," Meyers said. "Time was a big factor." Meyers also noted an improvement in his team's performance overall during the game, but especially in their batting and defense.

For Team Havoc, their goal was to come out and play their hardest no matter what team they were facing during the game, Nicks said.

"There was nothing really that I saw in 3/3 that was a downfall," Nicks complemented. "They are a good team, they came out here and played well."

"We only worried about us, though, we didn't care if they put up one run or 10 runs," Nicks continued. "We were worried about good fielding and doing a good job behind the plate."



Sgt. Brian A. Tuthill

Patrick S. Allen, outfielder for 3rd Battalion, 3rd Marine Regiment, hits a single Tuesday night again Patrol Squadron 47.

# Hawaii National Guard Youth Challenge cadets gain confidence at MCB Hawaii



Photos by Sgt. Brian A. Tuthill

Cadet Jonathan Koa, a 17-year-old Kapolei resident, receives directions from Staff Sgt. Jens J. Orsen, helicopter rope suspension training master, 4th Force Reconnaissance Company, 4th Marine Division, at the Landing Zone Boondocker rappel tower Saturday.

## *At-risk teens take on rappel tower, confidence course, leadership exercises*

**Sgt. Brian A. Tuthill**  
Press Chief

Eighty-seven teenage cadets from the Hawaii National Guard Youth Challenge Academy Class 29 took on Marine Corps Base Hawaii's confidence course, leadership reaction course and rappel tower at Landing Zone Boondocker Saturday.

The time spent at MCB Hawaii is one of the Kapolei-based Youth Challenge's confidence building and leadership/followership exercises during their five-month curriculum.

The cadets, currently in their third month of the program, broke into three platoons during the evolution and were assisted by Marine instructors volunteering from the Staff Noncommissioned Officer Academy on the confidence course and helicopter rope suspension training (HRST) masters from the School of Infantry's Hawaii detachment and 4th Force Reconnaissance Company on the rappel tower.

The cadet platoon conducting the leadership reaction course, which involves problem-solving scenarios using given supplies, directions and obstacles, broke into smaller teams each with a cadet leader.

Although the Youth Challenge may seem like any other Junior Reserve Officer Training Corps or Young Marines unit wearing tri-color camouflage utility trousers and shined black boots, they are no ordinary collection of teens. These young men and women, 16 to 19 years old, hail from all of the Hawaiian Islands and one from Guam who have come together to take control of their lives. The Hawaii National Guard and the State of Hawaii provide a staff to educate and train them 24 hours a day in a highly-structured and disciplined environment which includes drill, schoolwork and personal hygiene.

For some cadets, this "quasi-military" program is a last hope to turn their lives around from violence, crime, drugs or alcohol. For

others, it's a way to complete their general equivalency degree and move on from a rough life they were born into. Sometimes it's simply acquiring the discipline they need to make it on their own not only as adults but as productive citizens. Whatever their reasons, they are here now and they are together, said Gail Fujimoto, academy case manager.

"The main goal is they want to get their education," Fujimoto said. "We get them their GED but also teach them skills they can use like how to write checks and life-coping skills such as anger management. There is also a leadership aspect to it like today, but we also have our student body where they vote on polling machines like they would in an actual election and elect their president and secretaries."

Cadets are initially volunteers screened into the program. Class 29 began three months ago with 127 cadets. Upon graduating, the remaining cadets return home and are assigned to mentors, someone they choose from their community, who will guide them for the following 12 months. Fujimoto said they also want to make sure cadets continue moving forward with their lives by either finding a job, going to school or joining the military.

"We have had a number of our cadets join the Marine Corps and other services because they like this environment so much," said Tunu I. Tupuola, the Youth Challenge Academy's commandant and himself a retired Marine sergeant major. "We used to go to the Army for this kind of training, but coming to a Marine base is good exposure for them, too, I think."

While running the confidence course, some cadets adopted a "leave no man behind" mindset and sacrificed their resting time to circle back and help some of the struggling cadets over logs, poles and other obstacles.

At the rappel tower they fought fear and encouraged each other as they leaned back at unfamiliar angles on the rope and scaled down



Cadets of 2nd Platoon from the Hawaii National Guard Youth Challenge Academy work as a small team to pass gear over and through obstacles without touching the ground at the Leadership Reaction Course at Landing Zone Boondocker.

the 45-foot wall, most cheering loudly on the way down.

It was during the leadership reaction course when many cadets noticed the change taking place in themselves and those around them because of the Youth Challenge, said Cadet Danavan Decoipo, a 17-year-old Pearl City resident recently selected as the academy's "Cadet of the Month."

"At the beginning, there was no way any cadets would listen to each other, so taking on the leadership reaction course they worked as a team to get the task done. It was great to see," he said. "The obstacle course showed us that all the [physical training] we've been doing the past couple of months has really paid off. A lot of the cadets at the beginning of the program were not physically fit and could barely run, but now they are able to jump the logs and do everything."

Of the Marines who donated their time to

assist the Youth Challenge's instructor cadre during the training, many come from similar backgrounds, said 1st Sgt. James D. Vealey, director of MCB Hawaii's Staff NCO Academy.

"It's not hard to get volunteers for events like this," Vealey said. "Some of them have similar backgrounds growing up and this is the kind of program they wish they had gotten involved in when they were misguided youths. We want these young men and women to know that somebody really cares about them."

These cadets could be the future of the Marine Corps or any branch of service, said 1st James S. Brown, first sergeant of the inspector and instructor staff of 4th Force Reconnaissance Company, 4th Marine Division.

"I was one of them once and I hope they learn something from this and come out of the program as productive citizens," Brown said.



Cadet Gabriel Brown, 17, from Kapaa, Kuwai, has his rappel rope secured by Staff Sgt. Jens J. Orsen, helicopter rope suspension training master, 4th Force Reconnaissance Company, 4th Marine Division, at the top of the 45-foot-tall rappel tower Saturday.



Marine instructors from the Staff Noncommissioned Officer Academy guide Cadet Michael Siliga over the double bars of the confidence course as he is helped over by fellow cadets Saturday at Landing Zone Boondocker.



Staff Sgt. Jens J. Orsen, helicopter rope suspension training master, 4th Force Reconnaissance Company, 4th Marine Division, instructs cadets of the Hawaii National Guard Youth Challenge Academy how to properly fasten a rope harness.

# Intramural Sports update

## 2008 Intramural Fall Softball League standings

TEAM	WIN	LOSS
WARRIOR BLUE	5	0
HMH-463	6	2
VP-47	5	2
2-2	4	4
3RD RADIO BN	3	4
LAW DAWGS	2	4
3RD MARINES	2	4
3/3	2	4
MALS-24	0	6

Current as of Oct. 15

## 2008 Intramural Fall Softball League schedule

6 p.m.	<b>Tonight</b>	3RD RADIO BN VS. LAW DAWGS
7 p.m.		3D MAR REG VS. VP-47
8 p.m.		HMH-463 VS. MALS-24
<b>Oct. 27</b>		
6 p.m.		VP-47 VS. LAW DAWGS
7 p.m.		MALS-24 VS. 2-2
8 p.m.		3RD RADIO BN VS. WARRIOR BLUE
<b>Oct. 28</b>		
6 p.m.		3D MAR REG VS. HMH-363
7 p.m.		VP-47 VS. 2-2
8 p.m.		3RD RADIO BN VS. 3/3
<b>Oct. 29</b>		
6 p.m.		VP-47 VS. HMH-363
7 p.m.		3D MAR REG VS. 2-2
8 p.m.		WARRIOR BLUE VS. 3/3
<b>Nov. 3</b>		
6 p.m.		LAW DAWGS VS. WARRIOR BLUE
7 p.m.		MALS-24 VS. 3/3
8 p.m.		HMH-363 VS. 2-2
<b>Nov. 4</b>		
6 p.m.		MALS-24 VS. 3RD RADIO BN
7 p.m.		3RD RADIO BN VS. 3D MAR REG
8 p.m.		LAW DAWGS VS. 3/3
<b>Nov. 5</b>		
6 p.m.		HMH-363 VS. LAW DAWGS
7 p.m.		MALS-24 VS. WARRIOR BLUE "HQBN"
8 p.m.		VP-47 VS. 3RD RADIO BN

## Tackle Football Schedule

LOCATION/DATE/TIME	TEAM	VS	TEAM
Pop Warner Oct. 28 6:30 p.m.	HQBN		MCAF
Pop Warner Oct. 29 6:30 p.m.	MAG-24		CAMP SMITH
Pop Warner Nov. 4 6:30 p.m.	CLC-3		CAMP SMITH
Pop Warner Nov. 5 6:30 p.m.	MAG-24		HQBN

**PLAYOFFS**

First round: Nov. 12  
Semi Finals: Nov. 18 & 19  
Championships: Nov. 25

## 2008 TACKLE FOOTBALL STANDINGS

TEAM	WIN	LOSS
CAMP SMITH	5	0
CLB-3	5	1
HQBN	3	2
MAG-24	1	5
MCAF	0	6

Current as of Oct. 15

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

## Fitness Challenge

Sept. 2 through Oct. 30

A challenge for youth to complete:

**300** sit-ups,

**300** pushups

**30** Mile walk/run

Open to Children Youth and Teen Program members.

Participants must pre-register at the Teen Center. (Building 1090)

For more information call Youth Activities at 254-7610.



# Spotlight On Sports

## Sports Briefs

### Soccer Tryouts

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

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

### Beginner Outrigger Canoe Paddlers Wanted

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

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

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

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

### Parents for Fitness

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

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

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

### Paintball Hawaii

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

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

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

### K-Bay Lanes

K-Bay Lanes offers economical entertainment, Mondays through Thursdays. All E-1s to E-5s can pay \$1.75 for games and \$.50 for shoe rentals.

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

### K-Bay Lanes Color Pin Special

Every Thursday, when you roll a strike with a colored pin as the headpin, you can win up to three free games of bowling. All patrons are welcome to take advantage of this deal. If you make the play, you win!

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

### Personal Trainers Available at Semper Fit

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

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

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

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

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

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

### Youth Activities Coaches Needed

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

If you are interested in coaching please call today!

For more information contact Clark Abbey at 254-7611.

### Fishing Charters Available at MCB Hawaii

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

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

### Semper Fit Offers New Array of Aerobics

The Semper Fit Center announces a new and expanded aerobics program. These new classes now being offered include a variety of workouts. Call 254-7597 for more information.



**Need a flexible workout?**

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

**For more information, call 254-7597.**

## Semper Fit Group classes

### Cardio Kick

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

### Boot Camp

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

### Stretch/Flexibility Training

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

### Core Conditioning

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

### Cycling

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

### Cycle Express

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

### Gut Cut

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

### Pilates

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

### Muscle Conditioning

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

### Step

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

### Step it Up

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

### Step Challenge

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

For more information on group classes call 254-7597

Hours of operation:

Monday-Friday, 0430-2230

Saturday, 0700-2200

Sunday & Holidays, 0700-1800



# HEALTH AND WELLNESS

## Managing your Thrift Savings Plan

### Lifelines

Office of the Secretary of the Navy

For many Navy and Marine Corps families their only retirement programs are their military retirement and the Military Thrift Savings Plan (TSP).

With all the volatility in the financial markets (more than \$2 trillion in retirement investments lost in the third quarter of 2008) it is imperative that service members know what their Thrift Savings Plan is doing.

A cottage industry has developed around the Thrift Savings Plan with several organizations that are tracking the funds.

These organizations include everything from bloggers who are watching the activity of the TSP Board to companies that are using sophisticated market analysis programs to

advise users about which funds they should be investing in and what percentage of their investments should be allocated to the funds.

The Military TSP is the equivalent of a 401K program for military families.

Contributions to the plan are tax-deferred, or deducted off-the-top of your pay-check, before your state and federal taxes are deducted. TSP funds are not taxed until they are pulled out at retirement when families are in a lower tax bracket.

The following are the choices of where users can put their money:

G Fund – Government securities

F Fund – Fixed income index

C Fund – The common stock index

S Fund – The small cap stock index

I Fund – The international stock index

L Fund – The life cycle fund

The L Funds are the new offering from the TSP Board to provide users with a convenient way to diversify their account among the G, F, C, S, and I Funds, using professionally determined investment mixes that are tailored to different time horizons.

Your “time horizon” is the date (after you leave Federal service) that you think you will need the money in your TSP account.

Because it is important for each L Fund to maintain its target investment mix, the TSP will automatically rebalance each L Fund daily.

Then, each quarter, the investments in each

L Fund will shift to a slightly more conservative mix. In addition, experts will review the investment mixes periodically to be sure they are still appropriate.

“TSP advisors are saying, “If you are in the Thrift Savings Plan and tempted to jump out to the safety of the G-Fund remember that historically, the stock and bond markets have always rebounded over time.

So if you keep your money in the market, it will eventually recover and continue to grow.

But if you jump out of the stock or bond funds into the G Fund, you lock in your losses — and you aren’t poised to reap the rewards when waning markets go back up.

As always, LIFELines cannot offer financial advice, but managing your Thrift Savings Account is absolutely critical in these tumultuous times.

## Credit unions unfazed by banking industry turmoil

### Lifelines

Office of the Secretary of the Navy

Despite the bad news on the financial front the nation’s credit unions, and, in particular the several military credit unions are reporting strength and security. Part of the reason is that credit unions are insured by the National Credit Union Share Insurance Fund and no money in the fund has ever been lost.

The world’s largest credit union is a military credit union with \$35 billion in assets. That credit union announced in the second quarter of 2008 that members of all services active and reserve, as well as defense department employees are now eligible for membership.

Loan rates for mortgages, cars and personal lines of credit are traditionally lower at military credit unions. Active and retired service members often receive preferred rates and premiums for banking at credit unions.

As a policy, credit unions customarily do not criticize other financial institutions. They let their performance speak for their stability and security.

When the deposit insurance rate was increased to \$250,000 in the so-called bailout bill for traditional banks and thrifts, credit union deposits were included. This, in spite of the fact that the credit union insurance fund has never been, and is not now facing any pressure.

While stressed civilians are seeking payday loans to meet their day-to-day needs, military families are discovering credit union “stretch loans.” These alternative loans, offered as the Department of Defense leadership declared war on pay-day loans, are reasonably priced and include credit counseling.

Todd Hatfield, a credit union mortgage development officer said in the midst of the financial crisis, “It has pretty much been business as usual for us, as we are welcoming first-time buyers and have been able to get them into a conventional loan with as low as 5% down.” That credit union is not facing difficulty because it has not been out there buying mortgage-backed securities as investments or making subprime mortgage loans, but following conservative, sound lending practices,” said Todd Hatfield

Ed Mierzwinski, consumer program director at the U.S. Public Interest Research Group, plugged credit unions in an online story in late October 2008. He said, “In general, my recommendation is to bank at a credit union, not at a bank.”

One credit union in the Pacific Northwest in proximity to military families opened 34% more new checking accounts in October 2008 compared with September 2007 because of what officials termed the “economic crisis.”

The LIFELines Services Network cannot and will not offer financial advice or endorse one financial service institution over another. Nevertheless, the facts on credit unions are very positive and certainly worth investigation.

## Service members employ recession buffers, still seek help

### Lifelines

Office of the Secretary of the Navy

Military members receive some buffers from hard times through benefits like housing and meal allowances, commissaries and a strong support network. But they feel the crunch of increasing prices like everyone else.

Finance professionals who work directly with service members say they are seeing more requests for help from soldiers, Sailors, airmen and Marines.

“We’re really seeing a lot of people asking for assistance,” said Kelly Stewart, a community readiness consultant who counsels airmen about their finances on Andrews Air Force Base, Md. “It just seems to get worse with the economy.”

On Camp Pendleton, Calif., “We’re seeing the military folks cut back on food,” said Mike Hire, director of the Navy/Marine Corps Relief Society there. “Just like with other Americans, folks are looking for bargains and store brands, and they’re buying things that go further. Maybe you haven’t eaten rice or spaghetti as much as you do now.”

The pinch has been especially hard on young servicemembers who aren’t old enough to remember the last economic slowdown, let alone have never juggled finances through a recession, financial advisors say.

“You have a number of folks who come into the military and are making more money than they ever thought they would,” Hire said. “The problem is, they don’t understand how much it is going to cost. They don’t think in terms of hard economic times; they think in terms of how much money they have.”

Where people tend to make mistakes is in not having enough savings to cover unexpected costs, Hire said. When people put pen to paper and create a budget, most draw a fixed income line and fixed expense line. That’s a mistake, Hire said. “Expenses are never solid. They move up and down all the time. That’s where people get into trouble,” he said.

Lynn Olavarria, manager of the financial readiness program on Fort Bragg, N.C., agreed that education and self control on spending are key to

keeping finances in check. “What I’m seeing is young people coming out of their parents’ home and they have no kind of background for dealing with finances,” she said. “Everybody wants everything now. I’m seeing that change more all the time. It’s the instant-gratification generation. They incur debt quickly because we all know how easy it is to get credit.”

Financial readiness programs are widespread to educate military members about their personal finances and classes are mandatory at first-duty stations, Olavarria said. The services offer financial counselors free of charge, as well as outreach programs, because of its impact on military readiness.

“When financial problems are introduced into an airmen’s life, their mind might be other places and it can affect the mission,” Stewart said.

Servicemembers go to financial counselors for basic budgeting, referrals for interest-free loans, and sometimes because they are in danger of losing their security clearances due to financial problems, Stewart said. “Some clients I see have hundreds of thousands of dollars in debt -- credit card debt, judgments, it varies,” she said.

Finance experts have this advice for military members to improve their financial shape: Take advantage of your benefits and support network; make smart spending choices; and save more.

There are many programs set up for military members to save money. The Military Savings Deposit Program allows those deployed to combat zones to have money automatically taken out of their paychecks and placed into a savings account. Servicemembers earn 10 percent on the balance of the savings up to three months after their deployment ends, said Maj. Burke Beaumont, comptroller of the 316th Mission Support Squadron at Andrews Air Force Base, Md.

Contributing to an interest-bearing savings account and also to the government’s Thrift Savings Plan for retirement “is a no-brainer,” Beaumont said. The challenge is in making those contributions rather than spending additional money, such as those made from combat deployments, on things like

expensive vehicles, iPhones and other status symbols, he said.

“You need to put that money to something you could use in the future,” Beaumont said. “I’m seeing a lot of really nice cars on base: corvettes, brand new Mustangs, Hummers. That’s money you could be investing.”

Military members also must be careful not to use predatory lenders that charge very high interest, solicit around military bases, and make it simple to get a loan, Beaumont and other financial advisors said. The problem has gotten so bad that Congress last year passed a law that caps the interest rate on loans to military members at 36 percent.

“But 36 percent is still a lot, and they really reach out to military members,” Stewart said. People get themselves in trouble with loans by not considering the impact of paying off the full amount with interest, she said. “People say, ‘I can afford to pay \$115 a month. What they’re not looking at is that they are going to pay back \$5,000 on a \$3,000 loan.”

Predatory or “payday” lenders have gotten so common around bases that most financial readiness programs offer free classes on base to teach about their dangers, the financial advisors said. Also, Army Emergency Relief has started a new program that soldiers can use in place of private lenders. Under the Commanders’ Referral Plan, a soldier can receive interest-free loans of up to \$1,000 twice per year with a commander’s referral, Olavarria said.

In fact, all four services have relief societies represented at most bases that give interest-free loans and, occasionally, grants. If a service member has to choose between paying a bill late -- and possibly messing up his credit rating for years -- or getting an interest-free loan from the relief society, then they should choose the society’s help, advisors say.

“Military members are lucky because they have relief societies like ours,” Hire said.

The Navy/Marine Corps society at Camp Pendleton doled out \$3.8 million in emergency aid in 4,668 cases in 2007, he said. Those numbers will be similar for this year and are up from \$2 million in 2005 and 2006, he said.

# AROUND THE CORPS

## American Gladiators in Iraq

**Lance Cpl. Shawn Cummins**

*Regimental Combat Team 5*

**HIT, Iraq** — The American Gladiators paid a visit to the Marines of 3rd Battalion, 7th Marine Regiment, Regimental Combat Team 5 to show their support and have some fun Oct. 8.

Titan, Militia, Panther, Phoenix and Venom, stars from the television show "American Gladiators," traveled here to sign autographs and take pictures with the Marines.

The gladiators arrived early in the day and started by spending time visiting the Marines and Sailors with the battalion. One of the gladiators, Venom, even stopped to help Marines fill sand bags. After sitting down for lunch and talking to the Marines, the gladiators tested their strength against some of the Marines with some tug-of-war and a few rounds of "Bull in the Ring."

"I really didn't expect them to come out and actually do (events)," said Lance Cpl. Dillon J. Bob, 21, a squad automatic weapon gunner with Lima Company, 3rd Bn., 7th Marines. "For them to actually come out here, it makes us feel like they actually care."

Alex Castro, a former Marine who plays Militia on "American Gladiators," was the first to get things started, jumping in line with some of the larger Marines to take on Lima Co.'s machine gunners in a match of tug-of-war. After a failed attempt by Militia's team to take the win, Titan ran up to give them a hand during the second round.

Despite their best efforts, the machine gunners won again.

After the tug-of-war, the ground fighting began with a game called "Bull in the Ring," which is a contest to see who the last man standing is.

Two Marines stepped up to take on Militia at once and were tossed beyond the sand bags lining the perimeter of the ring in a matter of seconds.

"It was a good time," said Cpl. Kyle D. Dringman, who stepped into the ring with Militia during the event. "I'm glad we got to do a little tug-of-war and ground fighting. I'm glad they did something with us instead of just coming and taking pictures because we actually got involved with them a little."

After leaving Hit, the American Gladiators traveled to Camp Rawah to visit more Marines with the battalion.



Lance Cpl. Shawn Cummins

Alex Castro, better known as Militia from the TV show "American Gladiators," stares down the competition after tossing two Marines out of the ring during a round of "Bull in the Ring" with members of 3rd Battalion, 7th Marine Regiment, Regimental Combat Team 5 at Camp Hit, Iraq, Sept. 8. After sitting down for lunch and talking to the Marines, the gladiators tested their strength against some of the Marines with some tug-of-war and a few rounds of "Bull in the Ring."