

LIFESTYLES



Lance Cpl. Diamond Bruno, a machinegunner for Weapons Co., 1st Bn., 3rd Marine Regiment, performs squats with 4th graders at Webling Elementary School during their physical education class.

Role Models

— Lava Dogs put their leadership on display —

Story and Photos by
Pfc. Monroe F. Seigle
Combat Correspondent

Marines from Weapons Co., 1st Bn., 3rd Marines, went to Webling Elementary School to assist in classrooms, Nov. 15, as a part of the Adopt-a-School program.

The Marines assisted children in grades kindergarten through 6th grade with reading skills, mathematics and physical education; they also read stories to the younger children.

"A lot of the Marines in our company have a big heart," said 1st Lt. Mauro R. Sanchez, an 81mm mortar platoon commander with Weapons Co., 1/3. "These Marines really care about these kids and were eager to volunteer to go to the school. The kids really enjoy their visits."

In past visits to the school, the Marines from Weapons Co., 1/3, went to classes and told kids about themselves and assisted with homework assignments.

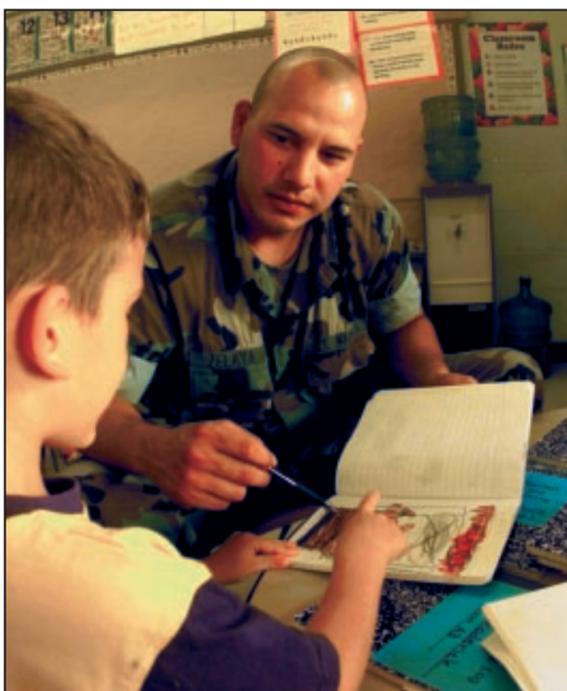
They also helped children construct a tea garden, which required the planting of several plants along with digging the layout of the garden.

"I feel great when I work with these kids," said Lance Cpl. Steven Ortiz, a TOW gunner for Weapons Co., 1/3. "I wish we could do this every week. It makes you feel really good about yourself when the kids come up and tell you they want to be a Marine like you are."

When the Lava Dogs with Weapons Co., 1/3, go on



Lance Cpl. Diamond Bruno, a machinegunner for Weapons Co., 1/3, talks to fourth graders about the importance of eating healthy during their health education class.



Lance Cpl. Hector Zelaya, a machinegunner for Weapons Co., 1/3, reads a story with a third grade student at Webling Elementary School.

"We want to stay in contact with these kids even when we can't see them," said Sanchez. "We want to be a part of these kids' lives and have a positive impact on them."

The only way to do that is to stay in touch with them and show them that we genuinely care about them and their education."

For the next visit to the school, the Marines from Weapons Co., 1/3, are going to bring tactical vehicles for display and wear camouflage face paint.

"These Marines have been a great influence to our children," said Roylene Quintero, Parent Community Networking coordinator at Webling Elementary. "These children's faces light up when the Marines come to see them."

"They have made school a much more enjoyable place for these kids and we are glad to see them come," Quintero added.

scheduled deployment to the Philippines, they plan on staying in contact with the children through mail correspondence.



Lance Cpl. Blake Mitchell, a mortarman for Weapons Co., 1/3, leads the way for first graders going to lunch at Webling Elementary School.



Mitchell participates in wheel barrow races with fourth graders during their physical education class.

MCCS

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POSSIBILITIES IN PARADISE

By Debbie Robbins, MCCS Public Relations

NOVEMBER

22 / Today

Horsin' Around at the Rocker Room — Ready for some horseplay? Who will be the prized ringer during the Rocker Room's Horseshoe Tournament?

Rocker Room club members and their guests may enter the horseshoe tourney, which will be held on the Rocker Room lanai at 7 p.m. Lots of prizes, pupus and entertainment await.

For registration information, call the Rocker Room at 254-5592.

Military Family Appreciation Week — The celebration is underway. The Personal Services Department would like to thank all military families of MCB Hawaii. Your sacrifices and dedication are very much appreciated.

Watch for updates concerning Military Family Appreciation

Week special events and activities. For more information, call 257-7790.

26 / Tuesday

Rise and Shine with Breakfast in Mind — They're hot off the grill and waiting for you. They're light, fluffy and in many flavors. They're the Fairways' fresh pancakes available to all base patrons every day at an all-you-can-eat price of only \$3.85.

Get an early, nutritious jumpstart on your day, whether you're about to tee off on the Klipper or bound for work. This Fairways special will have you fueled up and satisfied.

No reservations are needed. The Fairways restaurant is open for breakfast seven days a week from 6:30 – 11 a.m.

For more information, call 254-5592.

29 / Friday

Homecomings & Holidays

— Will this be the year you jet set to an exotic location? How about visiting the homestead?

Wherever you choose to ring in the holidays, stop by your local Leisure Travel Information Office, located inside Mokapu Mall, for discounted outer island and mainland airfares.

Next to Leisure Travel, your ITT office offers many discounts on local attractions, to include luaus, dinner cruises, museums and more.

For more information, call Leisure Travel at 254-7413 and ITT at 254-7563.

DECEMBER

5 / Thursday

"Tree-mendous" Holiday Gifts — Add your last minute entries to your holiday shopping list and head to the Camp H.M. Smith Craft Fair, Dec. 5 from 7:30 a.m. – 2 p.m. in Bldg. 4, adjacent to the Marine Corps Exchange.

Craft-goers will find yuletide treasures from homemade crafts to baked goods, all at bargain prices.

For more information, call 477-5143.

7 / Saturday



Santa Visits MCB Hawaii Families — Over the Koolaus and through the surf, Santa is bound for MCB Hawaii Dec. 7.

Santa will make his grand appearance during Santa's Village from 10 a.m. – 1p.m. inside the Enlisted Club Ballroom.

All base families are invited to visit this winter wonderland complete with tinsel trees and

hundreds of twinkling lights.

Bring the little elves to meet, greet and receive a free photo with Santa.

Once the keiki are satisfied sitting on Santa's lap and reciting their holiday wish lists, children may participate in the 12 Days of Christmas Crafting.

Various make-and-take holiday crafting tables will embellish the Santa scene.

Additional entertainment during this holly-day will include performances by Di Rodin's dance classes, a bouncy house and a guest appearance by Mrs. Hawaii 2002, who will sign autographs and read seasonal stories to the children.

All Santa's Village guests may enter a free drawing to win one of three Razor fold & store bicycles.

Mahalo to the Santa's Village sponsors: AAA Hawaii, Mary Kay, Princess House and Creative Memories.

For more information, call Personal Services' Jeanne McGuire at 257-7787.

SM&SP



Mahalo to AT&T In-Room Service for supporting the Single Marine & Sailor Program.

All events are open to single, active duty military. The SM&SP Office is located in Bldg. 219. Call 254-7593, for more information on any program or activity.

Program Review

Wednesday: You won't want to miss the Holiday Base Thanksgiving Dinner Party for single, active duty personnel, only. Volunteers are needed.

Thursdays: Enjoy free tennis lessons from 11 a.m. - 12:30 p.m. at K-Bay's tennis courts. Call 258-8081 for reservations.

Dec. 6: Participate in the Shank & Slice Golf Tournament at the K-Bay Klipper. Register by Dec. 5 for this event, which is open to all active duty military. All E-5 & below play for \$22, E-6 & above, \$30. The fee covers cart, green fees, pupus and prizes. Prizes will be awarded on blind draw.

Dec. 7: Don't forget to take advantage of Santa's Village at the Enlisted Club. Volunteers are also needed to support this event. Call 254-7593.

Jan 18: Mark your calendars now for these 2003 SM&SP Island Get-Aways: Maui, Jan. 18 – 20 & May 24 – 26 at \$270; Kauai, Feb. 15 – 17 at \$250; and the Big Island, Aug. 30 – Sept. 1 at \$270. Fees cover airfare, transportation and accommodations.

(Transportation is provided for all above mentioned events.)

Accommodating commissary patrons



Sgt. Alexis R. Mulero

Left — (From left to right) Kent Murata, assistant chief of staff, G-4; Navy Lt. Michelle Williams, deputy contracting officer, Base Supply; Gunnery Sgt. Paul Lauzon, passenger transportation chief, Transportation Management Office; Jeffery Dusich, commissary store director; Dollie Skellington, purchasing contract specialist, Base Supply; Chief Warrant Officer 3 Frank Duran, TMO officer in charge; and Lt. Cmdr. Robert Franks, supply officer, MCB Hawaii, Kaneohe Bay, assembled Monday to cut the ribbon celebrating new hours of operation at the Kaneohe Bay commissary. Right — Dusich offers the first slice of cake honoring the event to two-year-old Madeline Wilson, whose family received a complimentary gift certificate for \$20.

Tips guide novice cooks roasting turkeys

Kay Blakley

Defense Commissary Agency

Whether you're a seasoned cook with tons of turkey expertise or a culinary novice, no doubt you'll agree, it's just not Thanksgiving without the grand bird as the centerpiece of your holiday table.

If you're ready for a new challenge, try roasting a turkey following these amazingly easy methods.

How much do you buy?

Your first decision is likely to be what size bird to buy. Plan on 1/2 to 3/4 pounds per person for a regular bone-in turkey, and about 1/3 pounds per person for a boneless breast

or turkey roast. Allow a bit more, if you want plenty of leftovers.

As with all raw meat, turkey can spoil quickly if not handled properly, so make the commissary the last stop on your holiday shopping trip, and make the turkey the last item placed in your grocery cart.

Once home, place the turkey in the refrigerator or freezer immediately.

How long do I thaw?

It is very important that the turkey be fully thawed before being roasted, but having it thawed by the time you're ready to cook it requires some careful planning.

Never thaw turkey at room tem-

perature! Doing so provides the perfect environment for any harmful bacteria in the meat to rapidly multiply.

Leave the turkey in its original package and either refrigerate until the turkey is completely defrosted, allowing five hours per pound for the thawing process. Or, use the cold water method by placing the turkey in a large container, covering it completely with cold water, changing water every 30 minutes to an hour, allowing about an hour per pound total thawing time.

How do I prep for roasting?

Remove the giblet package and neck from inside the bird. Be sure to check both the body

cavity and the neck cavity for giblets, as sometimes there are two packages and you'll end up with a mess if you miss one.

Rinse the turkey inside and out with cold running water. Pat it dry with paper towels, then rub the inside cavity generously with salt.

For an unstuffed bird — which is recommended for first-timers, place a medium-sized onion cut into quarters, and 2 -3 celery sticks with leaves inside the body cavity. These add wonderful flavor. Discard the onion and celery, once the turkey is roasted.

For a stuffed turkey, follow the clean and dry steps above,

See **TURKEY**, B-6

MOVIE TIME

Prices: Adults (12 and older) \$3, Children (6 to 11) \$1.50, Children (5 and younger) free.

Matinee prices are \$2 for adults and \$1 for children. Parents must purchase tickets for "R" rated movies in person at the box office for children 16 years old and younger.

For E-5 and below, admission is free to the second show on Friday and Saturday evenings only. Sunday evenings, the price is \$1 for all patrons.

Please show your ID at the box office. Phone 254-7642 for recorded info.

Red Dragon (R)
Trapped (R)
The Tuxedo (PG13)
Hey Arnold, the Movie (PG)
Lilo & Stitch (PG)
The Banger Sisters (R)
*Windtalkers (R)
Barbershop (PG13)
The Tuxedo (PG13)

*FREE SNEAK PREVIEWS:

* Wednesday's movie is a free presentation, in honor of American Indian Heritage Month.
* The Nov. 30 movie showing at 7:15 p.m. — "Analyze That," which is rated PG13 — will be a free sneak preview. Movie-goers will be admitted first come, first serve.

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 3:30 p.m.
Sunday at 7:15 p.m.
Wednesday at 7:15 p.m.
Nov. 29 at 7:15 p.m.
Nov. 29 at 9:45 p.m.

Faith 'concert on the court' rocks K-Bay

Pfc. Monroe F. Seigle
Combat Correspondent

The Christian music band "GTM" gave a live performance at MCB Hawaii, Kaneohe Bay, Sunday, adjacent to the 1st Bn., 3rd Marine Regiment, battalion area.

The band has toured in 43 countries, their last stop in Russia where they performed for the Russian Army.

"The Marines are great people," said Jim Peters, lead singer for GTM. "We just wanted to show our appreciation for those that serve and protect our country."

Before the performance, the Base Chapel provided Marines, Sailors and family members in attendance with free hamburgers, hot dogs and a variety of soft drinks.

"Our goal was to enhance the spiritual wellness for all service members on base," said Navy Lt. Wes Modder, chaplain for Marine Aircraft Group 24. "GTM has performed for many military bases and wanted to perform for the Marine Corps."

"This was a family-friendly event for our community to enjoy."

During the performance, Peters talked about how his religion changed his life, and all the positive changes he was able to make through his higher power.

"This was for all communities of faith," said Modder. "A lot of other forms of entertainment we have don't meet everyone's religious needs. This gives them the opportunity to have good, clean fun and to meet the chapel community."

After the concert, GTM stayed and talked to audience members and discussed their faith.

"We have toured in many different countries and performed for all branches of the service," said Peters. "The Marines and Sailors here are very polite and professional. We look forward to coming back next year and giving another performance."

Thrift Savings deadline Dec. 31

Sgt. Robert Carlson
Press Chief

Eligible employees of the federal government can start or change Thrift Savings Plan contributions during the current open season, which ends Dec. 31. The next open enrollment period is scheduled to begin April 15.

For the new year, the maximum contribution has been raised to 8 percent for service members and federal employees, with five investment funds to choose from: The Government Securities Fund, the Fixed Income Index Investment Fund, the Common Stock Index Investment Fund, the Small Capitalization Stock Index Investment Fund, and the International Stock Index Investment Fund.

While there is no guarantee that these funds will do as well in the future as they have in the past, all posted positive return on investments during the last 10 years.

Investors can track their results on the TSP website at www.tsp.gov or by calling the TSP ThriftLine at (504) 255-8777.



Pfc. Monroe F. Seigle

With the soft tunes of their faith-based music, GTM brings life to the crowd assembled aboard MCB Hawaii, Kaneohe Bay, for the "Concert on the Court" celebration hosted by the Base Chapel, Nov. 10. The Christian entertainment also included comedy and inspirational messages.

America Recycles Day 2002

Mokapu gets students motivated to recycle

Story and Photos by
Sgt. Alexis R. Mulero
Combat Correspondent

The students and faculty of Mokapu Elementary School aboard MCB Hawaii, Kaneohe Bay, are dashing to see who can collect the most aluminum cans before Dec. 18.

The first-ever Mokapu Elementary Recycling Aluminum Can Challenge was launched on America Recycles Day 2002, Nov. 15, with a myriad of rallies to inspire the school's more than 850 youngsters to recycle.

"We hope that the current Aluminum Can Challenge will promote increased recycling aboard MCB Hawaii for all materials accepted through the program," said Jim Sibert, base recycling center manager.

During the rally, representatives from the MCB Hawaii Environmental Compliance and Protection Department reminded the children of the significance recycling programs provide the world around them.

Master Sgt. Sonny Johnson, an environmental inspector with the department, sang rhymes during the rally to encourage the Mokapu youngsters to recycle. He sang to children in pre-kindergarten to 3rd grade: "If you're happy and you know it, clap your hand. If your going to re-

cycle, stomp your feet. If you're happy and you know it, and you really want to show it, if you're

going to tell your parents, pat your head." He then sang a more "hip" tune to the older

children: "Wave your hands in the air, and wave them around like you just don't care. If you're

and environmental awareness with MCB Hawaii children," said Sibert.



Master Sgt. Sonny Johnson, an environmental inspector with the base's Environmental Compliance and Protection Department, sings with Mokapu Elementary School students Nov. 15 during the rally to promote recycling at the school's cafeteria.



Above — (Left to right) Brendan Bowe, Jasmen Erwing and Daniel Bevan, who are 3rd graders at Mokapu Elementary School aboard MCB Hawaii, Kaneohe Bay, were the first children at the school to turn in cans after the recycle rally began.

Left — Johnson high-five's Mokapu students as they exit the school's cafeteria following the rally.

going to recycle, stand up and say, 'oh yeah!'"

In addition to the rhymes, the children also received coloring books that discussed how to recycle and water bottles, courtesy of Base Recycling and Environmental.

At the completion of the aluminum can challenge, the class that collects the most weight in cans will be treated to a pizza party and a field trip to the Base Recycling Center.

The Base Recycling Center is supporting the event by picking up the cans daily at the school and weighing them. The center will report back to the school with each group's weekly progress.

Officials in the MCB Hawaii Environmental Compliance and Protection Department remind base residents that America Recycles Day 2002 is also a great time to start a recycling program at home.

The Family Housing Recycling pilot program has a collection point for several kinds of recyclables adjacent the Lending Locker and Family Housing Office. Currently, the program enjoys less than one percent participation.

"We hope to continue projects down the road that encourage recycling and environmental awareness with MCB Hawaii children," said Sibert.

TURKEY, From B-2

spoon some of the stuffing loosely into the neck cavity, pull the neck skin to the back of the bird and fasten securely with a small skewer, then loosely spoon remaining stuffing into the body cavity, tucking the drumsticks under the band or

tying legs securely to the tail with string. Twist the wing tips under the back.

For optimum safety, do not prepare the stuffing completely until you're ready to use it.

How do I cook the turkey?

The bird needs to reach an internal temperature sufficient to

kill potentially harmful bacteria. Therefore, place the prepared turkey, breast side up, on a rack in a shallow roasting pan. For easier clean up, add 1/2 cup water to the bottom of the pan.

Brush skin with cooking oil or melted butter. Insert a meat thermometer in the center of the inside thigh muscle, making

sure the bulb does not touch bone, then cover loosely with foil, if desired, to prevent over browning. Use roast times provided in package directions.

Remove foil during the last 45 minutes of baking time. When the bird is two-thirds done, cut the band of skin or string between the legs so thighs will cook evenly, then occasionally baste with pan drippings, if desired.

When is it done?

Rely on the thermometer to determine actual doneness at 175 - 180 degrees in the thigh, 160 - 165 in the breast. If stuffed, the thermometer inserted in the center of the stuffing should register 165. Don't rush things.

After reaching proper temperatures, remove the turkey from the oven, cover loosely with foil to keep warm and allow it to stand for 20 to 30 minutes before carving.

WORD TO PASS

EFMP Hosts Guest Speaker

The MCB Hawaii Special Needs Information and Support Network meets on the fourth Wednesday of every month. Its meetings are open to anyone wishing to discuss issues and concerns associated with special needs.

The next meeting will be held Tuesday from 6:30 - 8:30 p.m. at the Religious Education Facility of the Base Chapel (Bldg. 1090, adjacent to Dunkin' Donuts).

Part of the Exceptional Family Member Program, child care will be provided attendees. For more information, call 254-2135 or 257-7783.

Waimanalo Shops Remain Open

Though the state of Hawaii has begun the Makapu'u rock slide mitigation project, Waimanalo retailers and vendors along Kalaniana'ole Hwy., still remain open for business. Shoppers may browse and transact business as usual.

MCBH Participates in 'Click It or Ticket'

In conjunction with the Hawaii Police Department's "Click it or Ticket" campaign, there are going to be random seatbelt and child restraint checkpoints basewide through Dec. 2.

The Provost Marshal's Office, with assistance from HPD and the Base Safety Center, will be ticketing all motorists and passengers who don't adhere to this state and federal regulation.

All motorists aboard MCB Hawaii should be aware and comply with mandatory seatbelt laws, not simply during the campaign, but always.

For details, contact PMO at 257-2103, ext. 323.

JWC Holds Meeting

The planning and formation of the 2003 Joint Women's Conference — a forum for spouses of service members in all armed forces in Hawaii — is about to get underway, and spouses wanting to be involved in the 2003 event are invited to chair or serve on a committee.

If you're interested, attend the informational meeting, Dec. 2 at 9:30 a.m. at the Hickam Community Center.

The JWC Conference is an opportunity for spouses to share experiences and learn new skills. Call 421-8025 for more details.

USS Maine Film Debuts

Travel back in time with the USS Bowfin Submarine Museum on Tuesday when the documentary examining mysteries surrounding the USS Maine will be presented. Free to the public, the program begins at 7 p.m. on the Bowfin Park lanai, with refreshments at 6:30 p.m. Call Bowfin Park at 423-1341.