

# Hawaii Marine

'Track Day' to come to MCBH in April

## Motorcycle practice, safe environment



Lance Cpl. Brian A. Marion

Marine Corps Base Hawaii will host a "Track Day" April 4 - 5 at the Marine Corps Air Facility's P3 ramp. The two day program will allow 144 participants to spend a few hours riding their motorcycles under close watch of motorcycle professionals.

**Kristen Wong**  
Photojournalist

Marine Corps Base Hawaii to hold Track Day for motorcycle enthusiasts

Active duty Marines and Sailors, as well as reservists on Marine Corps Base Hawaii are invited to participate in a free test run of "Track Day" April 4 - 5.

The two-day program, sponsored by the base and put together by Base Safety, will allow 144 participants to spend a few hours riding their motorcycles under the close watch of the California Superbike School, at the airfield P-3 ramp on base.

According to the Naval Safety Center, fiscal year 2008 yielded 25 fatalities involving Marines riding motorcycles. A recommendation was made to have several Marine Corps bases participate in Track Day as a preventative measure against motorcycle accidents, according to Marine Administrative Message 707-08, which came out after the 20th meeting of the Marine Corps Executive Safety Board.

If Track Day, which is currently a "beta test," proves to be a safe and positive experience, future events like it are a possibility.

"Depending on how successful [Track Day] is and if we run another one in the

See **TRACK**, A-7

## The power of giving

Base donates beds to local non-profit organization

**Lance Cpl. Cassandra Yoho**  
Combat Correspondent

When driving around Marine Corps Base Hawaii, it's obvious there are constant renovations being made, but where does the furniture and equipment not needed by the base actually go? The answer is not a landfill... it's the base recycling center.

In fact, the recycling center has so much furniture and equipment it can often donate to non-profit organizations, said Jim Sibert, recycling center manager, MCBH.

Recently the recycling center donated almost 70 beds to a local weeklong leadership camp for young teens. Before the furniture is donated, the recycling center must check with the Defense Reutilization and Marketing Office, to make sure no

See **DONATION**, A-7

## An ocean-side memorial



Photos by Lance Cpl. Alesha R. Guard

Friends and family gather to pay respect to Lance Cpl. Thomas Reilly Jr., (June 28, 1989 - Dec. 21, 2008), during the brick laying ceremony at Marine Corps Base Hawaii's Pacific War Memorial March 16. Reilly deployed to Iraq with 1st Battalion, 3rd Marine Regiment in August 2008. Reilly was posthumously awarded the purple heart, Navy and Marine Corps Achievement Medal, and Combat Action Ribbon. Reilly is survived by his father Thomas W. Reilly, mother Georgina R. Bray, sister Regina Reilly, and brother Kenneth Bray.

## Marines from 1/3 honor fallen brother

**Lance Cpl. Alesha R. Guard**  
Combat Correspondent

"...We gather here today in the safety of this island to say farewell to Lance Corporal Thomas Reilly Jr., a son, a brother, an uncle and a Marine who has returned home," said Chaplain Brandon Harding, during Reilly's remembrance memorial Monday at Fort Hase beach. "Today is the day that the Marine Corps pauses to honor him for the ultimate sacrifice."

After the singing of the "National Anthem," Capt. Paul Stubbs, Charlie Company commanding officer, conducted role call of his company.

One Marine was missing. Stubbs voice echoed against the sound of the waves as he called out, "Lance Corporal Thomas Reilly Jr., 2nd Squad, 2nd Platoon, Co., 1st Battalion, 3rd Marine Regiment, killed in enemy action 21 December 2008."

Three Marines of Charlie Company then slowly marched to the "Marines' Hymn" before their fellow brothers, and precisely placed a rifle, set of boots and a Kevlar on Reilly's memorial stand.

While the memorial was erected before them, each Marine stood at attention and saluted their fallen brother.

Throughout Monday's ceremony, many Marines who befriended, lead or worked alongside Reilly shared their memories of him to his family, and assured their brothers his sacrifice would forever be remembered and honored.

"When I spoke to you all at Camp Baharia that day, two and a half months ago, I told you his



A Marine renders a salute as he pays his respects to Lance Cpl. Thomas Reilly Jr., (June 28, 1989 - Dec. 21, 2008), during the memorial service at Marine Corps Base Hawaii's Fort Hase Beach March 16.

death was not in vain," said Lt. Col. Andrew Milburn, commanding officer of 1/3. "He died as a Marine in the service of his nation, he died accomplishing a mission which has proved to be very successful. The commanding officer of

Regimental Combat Team 1 wrote of the battalion that you accomplished what no other battalion had been able to in Karhma. You seized Karhma from the hands of the insurgency and never looked back."

After Milburn's final words to his Marines, he shared the inscription on a plaque made for Reilly titled, "For the Fallen," reading, "They shall not grow old as we who are left grow old. Each shall not weary them, nor the years condemn. At the going down of the sun, and in the morning, we will remember them."

Following Milburn, Stubbs next spoke to his Marines.

"Eighty-five days ago we lost a son, a brother, and a friend," Stubbs said. "From that time I've asked myself about the nature of what we do, what we give, but mostly what is given to us. I've been to Arlington, I've been to other military cemeteries, but while I was solemn and respectful, I missed something. In losing T.J., and in seeing other countries and their struggle, I see it clearly: Every aspect of my life, every choice I am free to make, every decision, I owe to him and others like him who have fell before."

"The government cannot create - it can conceptualize," he continued. "It needs men like T.J. to stand and go into battles for the ideals it represents. Every war, every drop of blood, every suffering, every life lost, has been so we can try to live free."

Stubbs then asked the friends and loved ones present, to try to imagine what our nation might be like if bad men were not held accountable for their wrongs in our land.

"T.J. gave all of us, all the days of his life - he gave of the most precious gift with the best of reasons,"

See **MEMORIAL**, A-7



Lance Cpl. Alesha R. Guard

## FBI conducts training at K-Bay ranges

Members of Los Angeles Special Weapons and Tactics Team practice shooting during their two-day training aboard Marine Corps Base Hawaii March 17 and 18.

See **A-3** for full story

### Inside today's Hawaii Marine



#### Hungry?

Local restaurant offers delicious plate lunches, **C1**

#### MCAF Criterium Bike Race

Bike race receives participants from across Oahu, **B1**



### Weekend Forecast

Today  
Isolated Showers.  
High — 79  
Low — 69

Saturday  
Isolated Showers.  
High — 78  
Low — 69

Sunday  
Isolated Showers.  
High — 78  
Low — 69

## NEWS BRIEFS

### Commissary modified hours

The MCB Hawaii Commissary will be closed the morning of March 26 due to inventory. The store will be open from 1 to 8 p.m.

### 2009 Maritime Patrol and Reconnaissance Force Reunion and Symposium to be hosted at NAS Jacksonville

The 2009 Maritime Patrol and Reconnaissance Force Reunion and Symposium will be held at NAS Jacksonville, Florida April 2 - 3, 2009 for all active duty, reserve and retired officers.

The highlights of the 2009 Reunion and Symposium will consist of an Active Duty and Reserve Flag Officers briefing, the dedication of the MPRF Weapons School, a Golf Tournament held at the NAS Jacksonville Golf Course, a VP/VQ Detailer Brief for Junior Officers and O-4s, a retired MPRF Flag Luncheon and a Flight Suit Reception at the NAS Jacksonville Officers' Club.

There will also be a Junior Officer and VP/VQ Detailer no-host social at the "T" Bar the night prior to the Reunion, April 1. Prices for each event and further information can be found at [www.mprfreunion.org](http://www.mprfreunion.org) or by contacting LCDR Chris Artis at (904) 235-9955 or LCDR Chris Flaherty at (703) 695-2106.

Individuals interested in attending the MPRF Reunion and Symposium must RSVP no later March 26. All interested parties can register and pay for all Reunion and Symposium events online at [www.mprfreunion.org](http://www.mprfreunion.org) or mail checks payable to "VP REUNION FUND" to the following address:

LCDR Chris Flaherty  
100 N Union St. Apt. A  
Alexandria, VA 22314

### Tax Center hours of operation

The Base Tax Center is open Monday - Thursday from 9 a.m. to 6 p.m., as well as Fridays for individual and unit appointments only.

When visiting the tax center, please remember to bring the following items:

- Interview/Intake Survey (located on website) optional
- Proof of Identity (state ID, military ID, drivers license)
- Social Security Card or individual tax ID number
- All W-2, 1098 and 1099 forms
- Recorded amounts of other income
- Child care providers identification number
- Amounts/dates of estimated other tax payments
- Bank routing and account numbers for direct deposit/debit
- Last year's tax forms
- Last year's tax stimulus

For more information, contact Staff Sgt. Boston at 257-7081 or the Senior Tax Advisor at 257-6744.

### 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.

### Marine Corps League

The Marine Corps League, Aloha Detachment, is encouraging Marines, Fleet Marine Force corpsmen and anyone who has the desire to preserve the traditions and promote the interest of the U.S. Marine Corps to join the Aloha Detachment on Oahu.

For more information, contact John Ah Chick at 227-9115 or 261-9693.

### Important Phone Numbers:

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

## Hawaii Marine

[www.mcbh.usmc.mil](http://www.mcbh.usmc.mil)

Commanding Officer Col. Robert Rice  
Base Sergeant Major Sgt. Maj. James Sutton  
Public Affairs Officer Maj. Alan Crouch  
Public Affairs Chief Gunnery Sgt. Demetrio J. Espinosa  
Managing Editor Tanya Espinosa  
Assistant Editor Sgt. Sara A. Taylor  
Photojournalist Christine Cabalo  
Photojournalist Kristin Wong  
Combat Correspondent Cpl. Regina A. Ochoa  
Combat Correspondent Lance Cpl. Brian Marion  
Combat Correspondent Lance Cpl. Alesha R. Guard  
Combat Correspondent Lance Cpl. Achilles Tsantariotis  
Combat Correspondent Lance Cpl. Cassandra Wood  
Combat Correspondent Lance Cpl. Daniel H. Yooll

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

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

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

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

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

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

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

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

HAWAII MARINE, BOX 63062, BUILDING 216,  
MCB HAWAII, KANEHOE BAY, HAWAII 96863  
E-MAIL: [HMEDITOR@HAWAIIIMARINE.COM](mailto:HMEDITOR@HAWAIIIMARINE.COM)

# Chaplains Corner

Stepping out to meet the challenge

## Chaplain Troy Todd

Base Chapel

About this time of the year, you see more people going to the gym or out running to enhance their ability to make a good score on the physical readiness test. Have you noticed those out running around the base? There is such a diverse mixture of runners; some fast, some middle of the road and then there are those who appear to be in a great battle to survive and reach finish the race.

Running has a lot to do with your mindset. When you first start off, the body often tells you to give up, just walk, and take it easy. About the time your body is telling you to quit your mind should start to think of reasons why you should run.

For instance, you might need to send a mental message to your body that you cannot quit for you have to pass this test. Or, you might send the message that you know from experience that things will improve as you establish that rhythm and gain that "second wind."

Some people have told me that running is "mind" over matter. Experienced runners reveal that you can set "marked goals" (i.e. to that large tree down the road) to run towards. All through the run you establish goals that are realistic.

Once you reach a goal you can do a re-evaluation in which you acknowledge you made it okay so far, that you are not dying and you can go on towards the next goal. It is important to mark a goal that is visible and attainable. Eventually, after you have run some distance you remind yourself "I can't quit now I have come too far."

Our life can be compared to running. Runners have knowledge of the course and they know where the finish line is located. As we live our lives, it is essential to establish realistic goals to achieve. Like a runner, we need to establish goals that are within our reach and can be met with a mindset of perseverance.

Sir Winston Churchill views perseverance best when he said "Kites rise highest against the wind - not with it." Soar to new heights, set sail to new goals as you work to fulfill your dreams and stretch to grasp those goals that are in your reach.

We can achieve anything we set our mind to do. Our greatest hindrance to reaching our goals might be the way we establish our minds to view situations in life. A wise man once told me, "Good things to have in life never come easily and hard work has its rewards."

The most important thing about motivation is goal setting. You should always have a goal. Do you have a positive, attainable, realistic goal that you can accomplish in the next few months or year?

Goals help motivate people to reach down deep inside themselves

and find an unknown source of inspiration. Set your mind right now to reach your goals. Grow into the person you are capable of becoming. Don't settle for second best, instead do your very best at reaching your dreams one marked attainable realistic goal at a time.

Speaking on the issue of setting goals, Jim Rohn once said, "If you go to work on your goals, your goals will go to work on you. If you go to work on your plan, your plan will go to work on you. Whatever good things we build end up building us."

This is the point for clarity. This is the time that you lay aside the "negative imprints" upon your mind from those key people in your life that have told you - you can't, your not good enough, those negative thoughts that try to keep your talents and qualities locked away.

Today is the day that you trample negative images and establish the image of a victorious person who is ready to climb the tallest mountain to reach your goal. Step out; establish a marked trail to reach your goals. Stay with the race, run past the aches and pain life brings you.

Catch that second wind that resonates from optimistic persevering hope. Visualize where you need to go and how to get there in order to reach your goals. Enjoy the freedom that comes when you face the future full of motivation and direction.

No one can quench your zest to fulfill your goals. People may try to slow you down but hang in there and keep "running the race of life that leads to a victorious finish." Keep away from people who try to belittle your ambitions. Small people always do that, but the really great ones make you feel that you too, can become great. (Mark Twain)

Your talent is God's gift to you. What you do with it is your gift back to God (Leo Buscaglia)

As you run the race of life towards your marked attainable realistic goals, remember one important thing; "Trust in the Lord with all your heart, and lean not on your own understanding. In all your ways acknowledge Him and He shall direct your paths." (Proverbs 3:5,6) Always remember, "Never deprive someone of hope; it may be all they have." (H. Jackson Brown, Jr)



TODD



Photos by Christine Cabalo



## 1/3 bids Aloha to sergeant major

Left: Lieutenant Col. Andrew Milburn, commanding officer, 1st Battalion, 3rd Marine Regiment, (left) presides over a March 17 Post and Relief ceremony. Sergeant Maj. Richard Lewallen, outgoing sergeant major, 1/3, holds the noncommissioned officers' sword and prepares to pass it to Sgt. Major Dwight Jones, incoming sergeant major, 1/3. Lewallen's next assignment will be command sergeant major for Marine Aviation Training Group 21 at Naval Air Station Pensacola in Pensacola, Fla. Jones arrives from 2nd Marine Logistics Group, Marine Corps Base Camp Lejeune, N.C. Below: Shaking hands, Sgt. Maj. Richard Lewallen, outgoing sergeant major, 1st Battalion, 3rd Marine Regiment, hands the microphone to Sgt. Maj. Dwight Jones, incoming sergeant major, 1/3 during their March 17 Post and Relief ceremony.

# Keep the base neighborhoods tidy

## Base cracks down on bulk trash left by curbs

### Base Inspector Office staff

Base Inspector Office

It has come to the attention of the Commanding Officer of Marine Corp Base Hawaii that an increase in bulk items and trash cans have started flooding our communities. Residents in the Forest City and 802 housing areas are placing trash curbside too far in advance, and failing to remove the empty trash cans after pickup.

Bulk trash not suitable for regular trash pickup, such as furniture, mattresses, bed frames, box springs and appliances can be left curbside and collected the second and fourth Wednesday of each month for Forest City residents. Rolled up carpeting can be left for pickup as long as it is tied. Minor home repair/remodeling material that does not exceed one cubic yard/36 inches square can also be left for pickup.

Automobile parts, dirt, rocks and any refuse that is suitable for the regular twice-a-week collection will not be picked up by the bulk trash contractors.

All Forest City and 802 housing residents that have items for pickup must place it curbside on the scheduled pickup day no earlier than 6 p.m. the day prior or by 6 a.m.

the morning of collection. All trash cans and recycling bins must be removed from curbside by 8 p.m. on the day of collection.

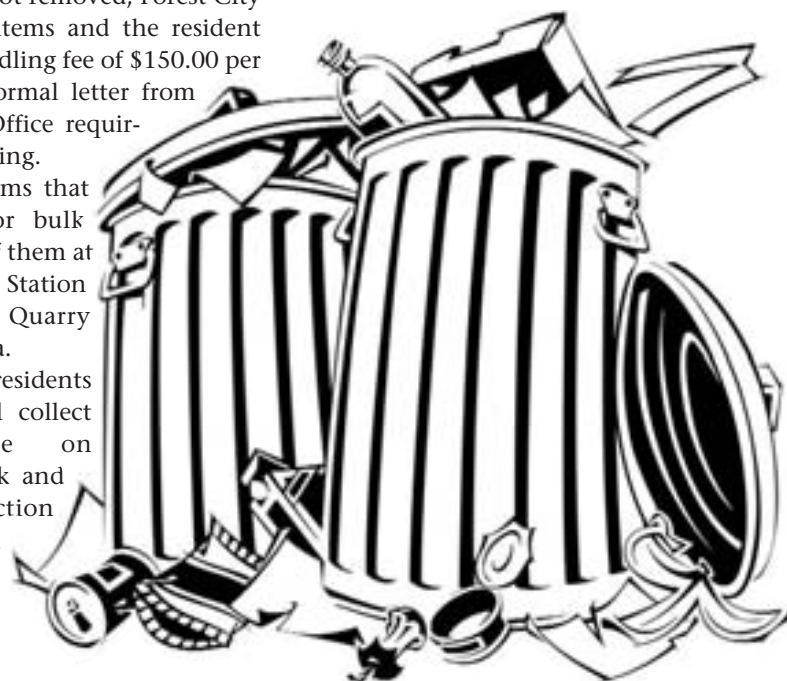
Residents with items that are left curbside on a non-bulk trash day or items that are unsuitable will be notified and required to remove those items within 24 hours of notice. If items are not removed, Forest City will dispose of the items and the resident will be charged a handling fee of \$150.00 per load along with a formal letter from the Base Inspector Office requiring a Magistrate hearing.

Residents with items that are not suitable for bulk pickup can dispose of them at the Kapaa Transfer Station located on Kapaa Quarry Access Road in Kailua.

Effective April 1, residents of 802 housing will collect recycling curbside on Mondays only. Bulk and regular trash collection will be picked up on Tuesdays only.

Residents can refer to their Forest City hand-

book for the proper procedure for handling bulk items and trash pickup. The information is located under refuse collection and recycling. Forest City residents with questions or concerns can call 839-8700 and 802 residents can call 257-1257. Please assist in keeping our base clean and beautiful.



# Special Weapons and Tactics Team trains at K-Bay Ranges

**Lance Cpl. Alesha R. Guard**  
Combat Correspondent

As part of a short deployment exercise to Marine Corps Base Hawaii, the Los Angeles Special Weapons and Tactics Team took part in proficiency training at Marine Corps Base Hawaii's rifle range.

The focus of their exercise included training with the rifle and pistol on the K-Bay ranges as well as training at R-3, the K-Bay shoot house.

The L.A. SWAT Team is one of four rapid deployment teams in the FBI that train to respond to any world-wide crisis, said Dale Monroe, SWAT Commander, L.A. FBI SWAT Team. Located in New York, Washington, D.C., Miami and Los Angeles, each of the four teams are made of various entities such as bomb technicians, SWAT, evidence response, hazardous materials and dive teams.

"The rapid deployment team's [entities] have to exercise deploying to various locations," Monroe said. "For this exercise, it was SWAT's turn to deploy. We had this opportunity, thanks to the Marine Corps, to conduct this training on Kaneohe Bay."

Monroe said the training at MCBH is similar to what they would do on a typical day on the mainland. The team goes to various shoot houses and live fire ranges throughout California and the West to train in different environments and settings.

"Kaneohe Bay has given us this opportunity to conduct our fire arms and close-quarters battle training which is fundamental and the very basic of what we need to continually work on - the bread and butter of our mission," Monroe said.

With only so many shoot houses in the world, Monroe explained, it is very beneficial for SWAT teams to train in new houses they are unfamiliar with. He said the L.A. SWAT team had never seen the Kaneohe Bay shoot house before, which gave the team a chance to practice their close quarters battle skills in a new setting.

"To be able to come here and train in a house with an unknown floor plan and conduct a live 360 degree live-fire - you can't surpass the value to that," Monroe said.

Not only did the SWAT team get to train in the range's shoot house but also on the rifle and pistol ranges. Monroe said firing on the K-bay ranges exposed the SWAT team to a new climate and the challenges similar climates may bring in an area they may deploy to.

"It's great to come here and avail ourselves of this environment," Monroe said. "With the help from the range [personnel], the commanding officer, and everyone that has been involved, [the base] has supported us in this short mission and we really appreciate the opportunity to come here," Monroe said.

Robert Mango, site supervisor, Ranges and Training Areas, was very supportive of the L.A. SWAT Team's training saying, "Marine Corps Base Hawaii maintains a strong willingness to support any and all efforts, by our range and training area customers, to conduct safe and realistic training."

Dr. Michael Smith, Deputy Director, Operations and Training, said the opportunity to work with the SWAT team, provided many benefits to the base during the interagency training.

"It is important for the Marine Corps to train with other services and agencies because that is the way we work," Smith said. "We don't do anything in isolation... we always rely on other services and agencies to some degree."

Smith said the base is continually looking for ways to interact with other services and state and federal agencies.

"Colonel [Robert] Rice [base commanding officer] is very supportive of interservice and interagency training and has tasked Operations and Training with exploring every opportunity imaginable," Smith said. "The L.A. FBI has been out here before for training, and now we are looking at ways that MCBH can work with them to gain some new skills. If we work together, it is important that we train together."



Left: A member of the Los Angeles Special Weapons and Tactics Team practices close-quarters battle training at the K-bay shoot house Tuesday.



Above: During the live-fire training, a member of the LA SWAT Team practices proficiency at the K-Bay range Tuesday.  
Below: Team members practice firing while assaulting forward during their live-fire training Tuesday.



Right: Watching their every move, a coach evaluates how a three-man team makes their way through the shoot house.  
Below: A three-man SWAT team prepares to egress through a room of the K-Bay Range shoot house.



# AROUND THE CORPS

Your weekly guide to what's happening around the Corps

## East Coast



Cpl. Casey Jones

### 1/6 Marines stalk Combat Hunter's Course

**MARINE CORPS BASE CAMP LEJEUNE, N.C.** -- The Marines of 1st Battalion, 6th Marine Regiment, 2nd Marine Division, are currently taking part in the two-week long Combat Hunter's Course at the Military Operations in Urban Terrain facility here.

The Combat Hunter's Course is relatively young having been in existence for less than 15 months. The course's curriculum is still evolving but currently consists of three main parts; enhanced operations, combat profiling and combat tracking.

See <http://www.marines.mil> for full story

## West Coast



PFC Michael T. Gams

### NCO's prepare for their future; Corporal's Course offers new experiences

**MARINE CORPS AIR GROUND COMBAT CENTER, TWENTYNINE PALMS, Calif.** -- Corporals are learning new skills that will help them throughout their careers during this quarter's Corporals Course at the Combat Center.

On March 10 the Marines in the course, which started March 6th, participated in the Combat Fitness Test, a first time experience for most.

See <http://www.marines.mil> for full story

## Overseas



Lance Cpl. Jeffrey Cordero

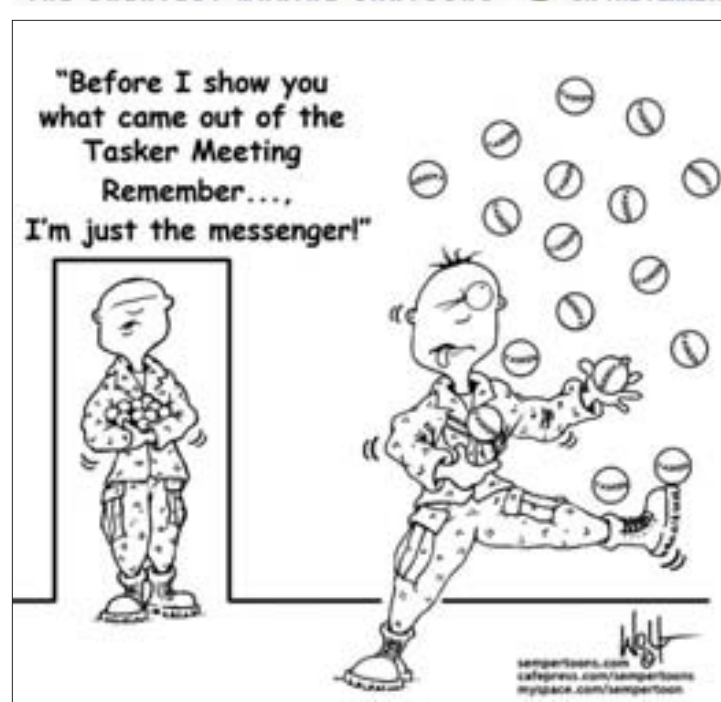
### Marines battle elements during land navigation

**CAMP FUJI, Japan** -- Marines and sailors with the Okinawa-based 12th Marine Regiment, 3rd Marine Division, faced a day of traveling through the snowy woods of Combined Arms Training Center Camp Fuji during land navigation training.

The task for the Marines and sailors was to locate four precise points before returning to the starting point.

"The purpose of the training was to train Marines in basic land navigation skills," said Sgt. Gabriel Paradise, a fire direction control man with Headquarters Battery, 12th Marines.

See <http://www.okinawa.usmc.mil> for full story



Cpl. Eric C. Schwartz

Lance Cpl. Gabriel Aguilar, an ammo man with Fox Company, 1st Light Armored Reconnaissance, Regimental Combat Team 8, inspects mortars inside a Light Armored Vehicle during a night exercise here. Aguilar is an intrinsic part of the vehicle's three-man team, carefully inspecting each mortar before handing it off to mortarmen, making sure the proper round is sent downrange.

## This week's top story

### 1st LAR mortarmen return to their true calling

**Cpl. Eric C. Schwartz**  
Regimental Combat Team 8

**AL ASAD AIR BASE, Iraq** -- As each 81mm high explosive mortar round slammed into the desert sands of Shadow Range aboard Al Asad Air Base, Iraq, the Marines of Company F, 1st Light Armored Reconnaissance Battalion, Regimental Combat Team 8 honed their skills.

Company F has been nomadic during their deployment in support of Operation Iraqi Freedom. For the past three months

they have lived out of their light armored vehicles combing the desert along the Syrian border, but now based aboard Al Asad they are able to focus their efforts on traditional warfare training.

"I'm an infantryman with mortars, but all of them have been doing grunt work out here," said Lance Cpl. Gabriel Aguilar, an ammo man with Company F's mortar team. "Now they're going to work and doing their true job."

Although the company is almost finished with their deployment, they looked forward to going outside the wire one last time to train with the weapons they know best.

See <http://www.marines.mil> for full story

## Top story from the front



Cpl. Alan Addison

Marines from Multi National Force-West's Quick Reaction Force wait to exit a CH-53E helicopter during a quick reaction exercise at Camp Ripper, Iraq. Marines from Bravo Company, 1st tank Battalion, Regimental Combat Team 8, assume responsibilities of the QRF March 12.

### Tank Marines take responsibilities as quick reaction force

**Cpl. Alan Addison**  
Regimental Combat Team 8

**CAMP RIPPER, Iraq** -- "First to fight" is a phrase that often comes to mind when referring to the Marine Corps. Not only is being the first to engage the enemy very important, but reacting quickly to a call for assistance or help is imperative.

Marines from Company B, 1st Tank Battalion, Regimental Combat Team 8, conducted quick reaction training March 11, 2009, in preparation to take on responsibilities as Multi National Force-West's Quick Reaction Force. Although this job

calls for these Marines to operate outside of their military occupation specialty, the training they have completed has helped prepare them for their upcoming task.

"They have really adapted to the mission; it's different from anything they've done throughout their current deployment but they're doing a good job," said 1st Lt. James Smith, current QRF Platoon Commander, Company D, 3rd Amphibious Assault Battalion. "We've been teaching them to transition out of their normal tank mindset into a more infantry-based thinking."

The last training exercise the QRF Marines participated in as a drill which provided them the opportunity to practice their reaction time from start to finish.

See <http://www.marines.mil> for full story

# Navy on the green side

## *Corpsman critical to battalion's success*

**Lance Cpl. John P. Hitesman**  
*2nd Battalion, 3rd Marine Regiment*

**29 PALMS, Calif.**, -- Navy corpsmen are a different breed of Navy medical personnel; they choose to take on the responsibility of doing whatever it takes to make sure Marines make it home from war – and for most, it is choice, not an order.

The corpsmen of the 2nd Battalion, 3rd Marine Division Headquarters and Service Company Battle Aid Station, are just that -- highly motivated and ready to do what it takes to get their Marines back in the fight and to bring everyone home alive.

"I made the decision the first time I got to a hospital," said Petty Officer Second Class Ricardo Vann Jr., of 2/3 BAS. "I hated how things were ... it all seemed too political. I realized the only place things made sense was in the field with the Marines; that is where a corpsman is supposed to be."

"When you are working sick call at a clinic or a hospital, you may get a "thank you" here and there, but when you are here on the "green side" it's like family and it's not like that in any hospital anywhere, said Petty Officer Third Class Steven D. Dacre, of 2/3 BAS. "When you deploy with a Marine unit, you are like brothers. You may not be the same blood, but the relationship you get from being a doc [corpsman] to a Marine is unbeatable."

"When you save a Marine's life and he gets sent home, and then you come home and step off that plane and the Marine is there and their family is there and they thank you for saving

their Marine's life ..." Dacre said, "there is no way to describe that feeling."

"On the Navy side there are so few "green side" corpsmen that we all develop a life-lasting bond," said Petty Officer Third Class Robert D. Gamble, of 2/3 BAS.

Corpsmen are also dedicated to teaching Marines how to administer first aid to each other.

"It is essential that these Marines learn (the) things we try and teach them," said Vann. "Because there is only one of us per, like 15 Marines, and we can only help one person at a time. Any Marine can save his buddies' life with the skills that we teach."

"Marines knowing these skills also helps us in situations like when there are multiple people injured," Vann added. "We can start dictating to Marines about what they need to do to get things started – if they know the skills we taught them then, they will know what we are telling them to do."

"We are an extension of them just as much as they are an extension of us," said Gamble. "I feel a lot more confident in myself and my abilities when I teach my guys. By teaching them, I know what they can do and that makes my job just that much easier."

"Just like when they teach me how to use my weapon better and give me tips," Gamble added.

"We think the Marines are the best fighting force out there and the Navy corpsmen are the best medical teams out there," said Dacre. "They save our lives by suppressing the enemy, and if they get hit, we going to do what ever it takes to repay them for that."



Lance Cpl. John P. Hitesman

Petty Officer Third Class Steven D. Dacre (right) and Petty Officer Second Class Ricardo Vann Jr. (left) use Petty Officer Third Class Robert D. Gamble to show Marines of the 2nd Battalion, 3rd Marine Regiment the best way to apply pressure to the femoral artery in the leg to stop bleeding. The training took place during a basic Field First Aid class held at 29 Palms' Camp Wilson on Mar. 10.

# Motivation runs in their blood



Lance Cpl. Alesha R. Guard

Chief Warrant Officer 3 Martin Maschio, a food inspector for Western Pacific Food Team, reenlists his son Cpl. Martin Maschio at a ceremony March 10, held at the Anderson Hall Dining Facility. CWO 3 Maschio was visiting Marine Corps Base Hawaii during a routine assisted visit to Anderson Hall Dining Facility. While aboard MCBH, CWO 3 Maschio was able to make his son's homecoming with 1st Battalion, 3rd Marine Regiment, March 4.

## *Father reenlists son after Iraq deployment*

**Lance Cpl. Alesha R. Guard**  
*Combat Correspondent*

Chief Warrant Officer 3 Martin Maschio was visiting Marine Corps Base Hawaii during a routine assisted visit to Anderson Hall Dining Facility, when he was hit with a string of luck. Knowing he would be leaving to go back to Okinawa March 12, he thought he would miss his son's homecoming from Iraq.

However, returning to MCBH March 4 with 1st Battalion, 3rd Marine Regiment, Cpl. Martin Maschio arrived just in time to be welcomed home by his father.

"To see him come back safe and sound put a tear in my eye," CWO 3 Maschio said, a food inspector for Western Pacific Food Team. "I know what it's like to come home and [there are] friends but [there are] no family members waiting for you. It is very sad. I tried not to, but of course I shed a tear because he is my son, and I'm glad he made it back safe and sound with his platoon. It was very touching, and I'm glad I was there."

During their reunion, CWO3 Maschio realized their reunion could not have happened at a better time.

"When I picked him up at the flight line, he told me 'I'm going to reenlist Monday, would you be able to reenlist me?' I told him that would be awesome," CWO 3 Maschio said. "I have done a lot of great things in the Marine Corps, and I have reenlisted a lot of Marines, but this is very special."

At a ceremony Tuesday, at Anderson Mess Hall, CWO 3 Maschio had the honor of reenlisting his son into the Corps - an honor he

said he had long awaited. "Before I get out of the Marine Corps, I always said I wanted to either reenlist or promote my son," CWO 3 Maschio said. "I was lucky enough [to be able to] today. I was in the right place at the right time."

His son said he couldn't have thought of anyone better than his father to reenlist him.

"It meant the world to me," said Cpl. Maschio, of his father reenlisting him Monday.

CWO 3 Maschio said he talked to his son while he was in Iraq about reenlisting and his different choices in the Corps such as Marine Security Guard Duty if he stayed in.

"I think we have a great relationship," CWO 3 Maschio said. "We wrote each other often and he called when he could while he was deployed."

After speaking with his father and much consideration, Cpl. Maschio applied for MSG duty and will be attending the training this fall.

"I had heard about MSG duty when I was 16, and ever since then I have been wanting to do it," Cpl. Maschio said.

CWO 3 Maschio said he is very proud his son will be staying in the Marine Corps for another enlistment and looks forward to hearing about his son's experience training to become a Marine Security Guard.

"He knows he will have to work hard and stayed focused because it will not be given to him," CWO 3 Maschio said. "I think he is moving in the right direction and he will do well in the Marine Corps as long as he stays out of trouble and stays motivated."

# Celebrating

## Women's HISTORY MONTH

# 2009



Marine Corps Historical Collection

On Feb. 13, 1944, Col. Mike, the mascot of the Central Procurement Division in Chicago, tells 2nd Lt. Florence Bailey what it was like in the Old Corps. The "Free a Marine to Fight" recruiting poster in the background has a portrait of a woman Marine painted by famed artist Douglas Crockwell. The original painting hung in the office of the Director of Women Marines until the billet was abolished in 1977.

# FREE A MARINE TO FIGHT: Women Marines in World War II

## *The first woman reserves: part one*

**Col. Mary V. Stremow, USMCR (ret)**  
*www.nps.gov*

The decision to organize the Women's Reserve in the Division of Reserve was natural because the division was already responsible for recruiting all reserve personnel.

Up to this point it had nothing to do with training, but now, it inherited all matters pertaining to the Women's Reserve, including training, uniforming, and administering. An organization created within the Division, the Women's Reserve Section, Officer Procurement Division, was staffed to handle the new activity.

It very capably accomplished its first mission, the selection of a suitable woman for the position of Director of the MCWR when the eminently qualified Mrs. Ruth Cheney Streeter was commissioned a major and sworn in by the Secretary of the Navy on Jan. 29, 1943.

Major Streeter was not, however, the first woman on active duty in the World War II Marine Corps. A few weeks earlier, Mrs. Anne A. Lentz, a civilian clothing expert who had helped design the uniforms for the embryon-

ic MCWR, was quietly commissioned with the rank of captain. She had come to Marine Headquarters on a 30-day assignment from the WAAC and stayed.

By all accounts, the selection of Streeter to head the MCWR was inspired. It fell to this woman who had never before held a paying job, to facilitate recruiting, training, administration, and uniforming of the new Women's Reserve.

Streeter, 47, president of her class at Byrn Mawr despite completing only two years of college, wife of a prominent lawyer and businessman, mother of four including three sons in service and a 15-year-old daughter, and actively involved for 20 years in New Jersey health and welfare work, was selected from a field of 12 outstanding women recommended by Dean Virginia C. Gildersleeve of Barnard College, Columbia University.

Dean Gildersleeve chaired the Advisory Educational Council which had earlier recommended to the Navy the selection of Lt. Cmdr. Mildred McAfee, Director of the WAVES.

Colonel Littleton W. T. Waller, Jr., Director of Reserve, and his assistant, Maj. C. Brewster Rhoads, travelled across the country to inter-

view all candidates personally, and discreet inquiries also were made about the nominees. The Commandant firmly believed the success of the MCWR would depend largely on the character and capabilities of its director. Streeter must have seemed an obvious choice. She was confident, spirited, fiercely patriotic, and high-principled. Discussing the interview in later life, she said:

As nearly as I can make out, Gen. Holcomb said, "If I've got to have women, I've got to have somebody in charge in whom I've got complete confidence."

So he called on Gen. Waller. Gen. Waller said, "If I've got to be responsible for the women, I've got to have somebody in whom I have complete confidence." And he called on Maj. Rhoads. So then the two of them came out to see me.

Having passed muster with both Col. Waller and Maj. Rhoads, Streeter was scheduled for an interview with Gen. Holcomb. In the course of the first meeting, he asked repeatedly whether she knew any Marines.

Dismayed, and convinced she would be disqualified because she did not know the right people, she answered honestly that she knew no Marines. In fact, this was exactly what the Commandant wanted to hear

because he worried that if she had high-ranking friends in the Corps, she might circumvent the chain of command when she couldn't get her way.

After the interview, Col. Waller said he thought it went well, but the appointment still had to be approved by the Secretary of the Navy. That was good news for Streeter since Secretary Knox was a close friend of her mother and her in-laws, and her husband had been the Secretary's personal counsel.

Throughout her long life, Ruth Streeter remained a devoted Marine, but the Corps had not been her first choice. After the fall of France in 1940, Streeter believed the United States would be drawn into war. In interviews she spoke of German submarines sinking American ships a mile or two off the New Jersey shore, in plain sight of Atlantic City.

So, fully intending to be part of the war effort, she learned to fly, earned a commercial pilot's license, and eventually, bought her own small plane. In the summer of 1941 Streeter joined the Civil Air Patrol, and although her plane was used to fly missions aimed at keeping the enemy subs down, to her enormous frustration, she was relegated to the position of adjutant, organizing schedules and doing "... all the dirty work."

**TRACK, from A-1**

future, it's quite possible we can open it up to other branches," said Mario Diprete, safety specialist/Motorcycle Safety Foundation rider coach trainer, Base Safety.

Beta tests have already been conducted on several other bases, such as Marine Corps Base Camp Pendleton, Calif., who held their Track Day in January of this year.

"If this is one way to scratch that itch for these guys to go to a safe, controlled environment where they can kind of let their hair down a little bit but yet, get some instruction ... a little bit of tutelage ... we're liable to see this again maybe on a more regular basis." Diprete said.

During the actual event, there will be two sessions per day. During each session, a group of riders will rotate between three stations: riding on the track; resting; or taking in a quick briefing before their next turn. Attendees will have 20 minutes to ride on the track before making way for the next group. Diprete said attendees could potentially spend at least an hour riding their bikes during the sessions.

The event has a dual purpose. Not only do the Marines get to learn how to better operate their bike, the base MSF rider coaches will also be learning how to facilitate future Track Days on MCB Hawaii.

But before participants can start burning rubber, they must adhere to several rules. First, participants must own their own bikes. Diprete said participants cannot use a bike that belongs to someone else. Second, participants must fill out a form to register for Track Day. The form calls for a command endorsement, and lists necessary items each rider must bring, including military identification cards, motorcycle license or permit, and the state safety inspection. Participants must also have taken a MSF course before signing up for Track Day.

**DONATION, from A-1**

Department of Defense affiliates need any of the furniture.

After DRMO confirms they do not need the equipment, the recycling center is free to donate it to any non-profit organization.

"The base is constantly doing renovations, so the furniture that's no longer being used by the DoD goes straight to the recycling center," said Sibert. "Instead of letting the furniture become waste, we offer it to non-profit organizations."

One of the non-profit organizations, which caught word of the donations, was Hawaii Youth Leadership Alliance.

This alliance sponsors a weeklong camp called Winners Camp. The camp teaches young teens how to obtain leadership skills and eventually become great leaders, said Delorese Gregoire,

founding director of Winners Camp.

Sibert was contacted and told the camp needed new beds, said Gregoire.

"Mr. Sibert and I worked together, and now the camp has [almost 70] wonderful new beds," said Gregoire. The old beds' springs were busted, and the mattresses sunk in the middle. Also, along with taking up a lot of room, the old beds were quite cumbersome.

The twin-sized donated beds came from the barracks, which are currently being renovated, on MCBH.

Not only are the camp's new beds more comfortable, but they can also become bunk beds very easily. This allows the kids to have more space in their actual rooms, said Sibert.

"The kids are very appreciative of the new furniture, said Gregoire." I think it will make their week-stay more enjoyable."

On Track Day, there will be what is called a "technical inspection," to ensure each motorcycle is functioning properly. Every rider must complete this inspection prior to participating in the event.

Riders must also remember to bring appropriate gear known as personal protective equipment. Gear required by MCB Hawaii Base Order 5100.22 includes clothing made from leather or synthetic materials, full-fingered gloves, boots with hard soles and a helmet that covers the face with a face shield or goggles. This helmet must also meet the requirements of the U.S. Department of Transportation as well as the Snell Memorial Foundation.

"It's important to have a track day because it provides a level of education and awareness for the riders here at [MCB Hawaii] that we cannot currently provide with the instructors that we have," said Terri Watkins, safety specialist, Base Safety. "It's a golden opportunity for all the riders here to leverage out the experience and expertise of the people that are training them to do this and they should take every advantage to participate if they can."

So how is it different from the safety courses already offered on base? Watkins described CSS as "five levels above us," and who "know every nuance of these motorcycles." In addition, CSS's Web site lists a large number of motorcycle riding champions who've won various competitions.

CSS was founded by retired superbike racer Keith Code and Richard Lovell in 1979. The school's team travels across the country to various racetracks. Interested parties can go to the Web site and sign up for one of four different skill level courses.

For more information about Track Day, call Diprete at 257-1830. For more information about the California Sportbike School, visit <http://www.superbikeschool.com>.

**MEMORIAL, from A-1**

Stubbs continued. " And what I owe him is more than remembrance or even reverence and gratitude - I owe him and the others who have fallen in service every moment of freedom I will ever have. And as I serve, I will remember him, and cherish his gift."

Personal reflections from three Marines of Charlie Co. followed, beginning with Staff Sgt. Mike Brown, Charlie Co.

"Reilly was my radio operator, and he was a damn good one," Brown reflected. "...toward the end of the deployment, you have to start thinking about who's going to take over next year on the next deployment and who's going to lead Marines. ...Reilly was [me and my platoon Sgt.'s] first choice to become one of the squad leaders [for] next year's up and coming deployment. First of all because he was technically and tactically proficient with the radio. But, it was his command presence and his character [which made him our first choice]."

One of Reilly's closest comrades, Lance Cpl. Floyd Rude, spoke of the strong

friendship they developed during their time in Hawaii.

"T.J. was by far the best friend I've ever had," Rude said. " It didn't matter what we were doing, where we were at or what was happening - you could always count on T.J. to be there for you ... If you were in a bad mood or upset, he'd find you and make you smile... He was always looking out for us. He would take time out of his day to come talk to us and make sure his friends were ok and that we were happy."

Rude reflected, as he shared the many memories he had of Reilly and him laughing with those in attendance.

"It's going to be harder to laugh now that he's gone, but I know that T.J., wherever he's at now, is always going to want us to laugh," Rude said. "... He's probably sitting here, smiling and laughing at us just because that's how he is... Even though it is a mourning process - that's just what he wants us to do - he wants us to have fun."

He continued saying, "He's been a great friend, and he will never be forgotten forever. Although he has left our world, he will never leave our hearts - and his memories and smiles will remain strong among us."

Lance Cpl. Jeremiah Perez concluded the personal reflections, sharing with Reilly's family the influence Reilly had on his fellow Marines.

"Ma'am ... I would like to personally tell you here in front of everybody, that he is never going to be forgotten," Perez said. "[Reilly] has impacted each and every one of our lives, whether we were close with him or not, and he was honestly a gift from God."

At the closing of the ceremony, the Marines of Charlie Co., 1st Battalion, 3rd Marine Regiment silently paid their respects to their fallen hero and took turns sharing memories with Reilly's mother Georgina and sister Regina.

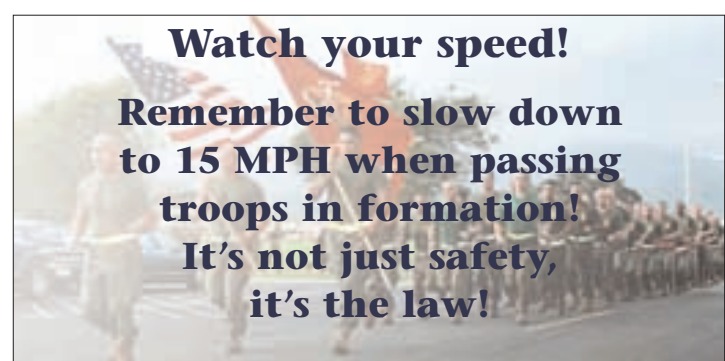
The prestigious, time honored Marine Corps memorial ceremony honoring Reilly 'was beautiful,' Georgina said.

"I've been proud of my son since the day he was born," his mother reflected. "He was a great person and loved everyone. If I could tell anybody anything, I'd tell them they should always call their mother... He always called me no matter where he was in the Marine Corps ... and he always told me he loved me."



Lance Cpl. Alesha R. Guard

Marines bow their heads as they pay respect to Lance Cpl. Thomas Reilly Jr., (June 28, 1989 - Dec. 21, 2008), during the memorial service at Marine Corps Base Hawaii's Fort Hase Beach March 16. Reilly deployed to Iraq with 1st Battalion, 3rd Marine Regiment in August 2008. Reilly was posthumously awarded the purple heart, Navy and Marine Corps Achievement Medal, and Combat Action Ribbon. Reilly is survived by his father Thomas W. Reilly, mother Georgina R. Bray, sister Regina Reilly, and brother Kenneth Bray.



# A day in the life of Readiness Community Support Services

**Roberto Katekaru**

CWDP

Readiness Community Support Services is a division of the Social Services section within the Marine & Family Services department of the Marine Corps Community Services. RCSS is dedicated to delivering counseling, information and referral services to the base community.

Department of Labor statistics indicate that social services vocations will be in greater demand in the near future. I have always had an avid interest in this area ever since enlisting in the Navy, where I pursued a typical line of work as a personnel/educational specialist and career counselor.

Thirty years later I found myself in search of a career change and a great opportunity availed itself working for the State of Hawaii, Department of Labor and Industrial Relations as a veteran employment consultant.

Fully equipped with special skill-sets after four years of on-the-job training and various training sessions at the National Veterans Training Institute, Denver, Colo., I made my decision to move out of state government and re-enter the Department of Defense.

That decision would lead me into a love affair with the U.S. Marine Corps and ultimately work in a time-honored environment delivering quality services to our customers, not to mention working with a great professional team. When I say Marines, I mean the whole team concept which includes our civilian workforce.

RCSS is a place where everyone's mindset on fulfilling the needs of the community through outstanding customer service. We are constantly looking for better and creative ways of making the "experience" for our customers a rewarding one. The golden rule of treating others as you would like yourself to be treated is foremost.

RCSS is one of the best places that I've had the pleasure of working for, and that's not because my bosses are reading this article. The camaraderie is honed so that when one of our program managers is overloaded with a special project, we all pitch in. Helping each other is second nature.

My personal observations of Marine Corps Base Hawaii are good work ethics are the norm rather than the exception. This macro attitude permeates all sections across each department and is similarly exhibited when our team conducts outreach projects and assists other community-based organizations.

The following is a synopsis of some of our services:

- *Relocation Assistance Program* is designed to assist families in making informed decisions to guarantee a smooth and successful move to and from MCB Hawaii. Once service members arrive on-island a must for all newcomers, or as we say in Hawaii, malahinis, is the New Arrival Orientation.

NAO is held once a month and provides the newly arrived with a wealth of knowledge regarding base services and other valuable information needed to assimilate with ease in the new environment.

*The Lending Locker* is another great program provided by the RAP. The services are offered to transitioning service personnel and their families to offset the out of pocket expenses incurred when moving to a new duty station.

The Lending Locker provides basic household commodities such as kitchenware, beddings, ironing boards, microwaves, coffeemakers, etc.

- *Island Tour*: Want to see some of the great sites of our Island? RAP provides an Island Tour on the second Friday of each month. It is open to active duty, reservists, retirees, and families with valid military identification. Registration is required due to limited seating. Children must be at least 5 years old to attend the tour.

If you're interested in any of the services offered by our Relocation Assistance Program contact our receptionists at 257-7787 or 257-7790. Point of contact for RAP is Marie Jesus, Program Manager, 257-7788 and Latonia Taylor, 257-7789, Relocation Program Assistant.

- *Information & Referral Program* delivers the marketing and advertisement for all the programs within Marine & Family Services.

Our program specialist is available day and evenings to brief the base community and is often involved with community events to provide information on the various programs and services.

Each year, I&R also plans, coordinates and executes the Volunteer Recognition Ceremony. Point of contact is Sandee Patinio, 257-7794.

- *Personal Financial Management Program* provides financial education, training, counseling, and information and referral. A solid understanding of your personal financial situation and prospects will give you a better chance of achieving financial success during your career and helping build confidence in facing financial challenges and responsibilities. Various workshops are provided throughout the year. Point of contact: Cathern Bergeron, 257-7783.

- *Family Member Employment Assistance Program* caters to the military spouse and coaches them in the job search processes. There are a number of employment workshops to select from such as Resume, Federal Application Process, and Interviewing Techniques.

A great job search resource also available for local employment is the Joint Employment Management System job bank.

The Web site hosts over 1,500 job orders and is also offered to those individuals who are on the mainland and want to look for work on-island before arriving.

It provides them an opportunity to review the island's labor market. Distance registration is welcomed. The site is <http://www.jemsjobs.com>. When registering, select Marine Corps Employment Resource Center and subsequent approval will be completed within a few working days, if not sooner. FMEAP also has a great resource center available to the military community with computer stations, internet access (no email due to security), and a wide variety of employment books in the Career Resource Management Center and

Library.

Also, FMEAP plans, coordinates, and executes a base Job Fair each year, usually during the summer. This year's Job Fair is tentatively scheduled for June 19. There are base recruitment events that are presented by the FMEAP. These events are represented by government agencies such as CIA, FBI, NSA, Border Patrol, etc., and sometimes federal contractors.

Did you know FMEAP also coordinates the Retired Activities Program and assists the Commanding Officer, MCBH with his annual Retiree Appreciation Day?

FMEAP is the point of contact for retirees throughout the globe who need to obtain assistance and guidance on their benefits, including travel to Hawaii. Point of contact is Ric Paguio, 257-7795.

- *Transition Assistance Management Program* provides resources and assistance to enable all separating/retiring service members and their families to make a successful transition from military to civilian life.

TAMP provides information through the mandatory pre-separation counseling and briefs and the Transition Assistance Program Employment Workshop. The Department of Defense and Department of Labor, have entered into a partnership to deliver TAP throughout the service branches.

The U.S. Marine Corps has mandated that everyone must attend prior to separation or retiring. Spouses are cordially invited to attend briefs and workshop with their sponsor. The program also sponsors special recruitments working in tandem with FMEAP to bring federal agency recruiters and presentations to the community.

- *Exceptional Family Member Program* is designed to provide assistance to active duty personnel with family members who have special needs before, during and after relocation due to Permanent Change of Station orders.

It is a mandatory enrollment program (MCOP1754.4A) for active duty. For more information, please contact Roberto Katekaru, Program Manager, 257-7773, Dana Mollet, Family Case Worker, 257-8894, or Brenda Suarez, Training, Education and Outreach Specialist, 257-7782.

I hope this has given you an insight on our programs and services.

We often hear from members of the community they were not aware of the many services available to them, even though we have an active marketing program.

Many of these services are "no cost" to you. So please take the time to empower yourselves with this knowledge and perhaps if you're not at the moment interested, pass it on to others. Remember, we are all working together for a better future.

Our program managers, and their staff are often out and about conducting business, so if you are unable to speak to the specific program staff, please contact our receptionists, 257-7787 and 257-7790.

If you're interested in any of our advertised workshops or special events and would like to reserve a seat, please contact the receptionists' desks.

For more information about Marine & Family Services, go to [www.mccshawaii.com/mfs.htm](http://www.mccshawaii.com/mfs.htm).



# Sports & Health

## K-Base Criterium Bike Race



Photo illustration by Micah Kagihara



Photo's by Lance Cpl. Daniel H. Woodall

Competitors in the "women" and "juniors" categories prepare to take off during the MCAF Criterium Bike Race, Sunday.

## MCCS, MCAF host Criterium Bike Race Sunday

**Lance Cpl. Daniel H. Woodall**  
Combat Correspondent

Marine Corps Community Services and Marine Corps Air Facility hosted a Criterium Bike Race Sunday on the Marine Corps Base Hawaii flight line near Runway 22.

The event is the third race in a four-part series, said Tina Lui, the MCCS Varsity Sports Coordinator. After the fourth and final race, scheduled for April 5, an overall series winner will be recognized along with the top three competitors in each of five racing categories: expert; senior; (less experienced than experts, not age related), women; juniors; and public (open to anyone).

"Individuals accumulate points for their participation and placement in the races," said Lui. "Even though the races are an individual effort, having teammates definitely helps to work the course..."

Several area cycling clubs and teams participated in the race, including the Hickam Area Cycling Club, Tradewinds, Cambio, Pac Velo, and the Hawaii Youth Triathlon Club.

Each skill group raced for 30 minutes or more on the 0.08 mile-long circuit course. Trevor K. Carlyle, a 12-year-old member of the Hawaii Youth Triathlon Club, competed in the juniors group. This was his first bike race.

"I liked the course because it was flat," said Carlyle. "Riding for 30 minutes would be a lot harder if there were any hills or sharp turns."

Volunteers from MCAF, among others, helped set up the oval-shaped course by providing logistical support and manpower in order to make the course more enjoyable, Lui.

The goal of this Criterium Bike Race is to offer a safe, fun environment for cyclists of all skill levels, said Nguyen Le, who owns Momentum MultiSport and helped organize each race. According to Le, providing a safe course will help attract people to cycling and a healthier lifestyle.

"The races are held on the flight line because the airfield is closed on Sundays," said Navy Master Chief Petty Officer Jeff L. Mathis, the MCAF senior enlisted advisor. "The races are highly successful. We see a higher turnout each time and are glad to see that the bikers can use the real estate for good, safe fun."

The event attracted racers of all skill levels, from novices trying to get a good cardio workout, to expert cyclists who have competed in Hawaii cycling tournaments.

Coast Guard Petty Officer 2nd Class Ben Sambrano, a recruiter at the Coast Guard Recruiting Office in Pearlridge, competed in the senior group and races for team Cambio. Sambrano is also the 2008 Hawaii State Cycling Champion in both the individual and team events.

"This race was primarily training for me," said Sambrano. "The turnout is great. Cycling is definitely making a comeback."

The winners from Sunday in each category are: Benjamin Collins (Expert), Troy Keipper (Senior), Kristen Phillips (Women), Cody Spraker (Junior), and Wing Ho (Public).

For more information on the MCAF Criterium Race, or how to register online for the final race in the series on April 5th, contact the MCCS, Varsity Sports Coordinator, Tina Lui, at 254-7590.



Competitors in the "senior" category take off after a pacing lap at the MCAF Criterium Bike Race, Sunday.



A competitor in the "expert" category speeds around the last turn approaching the finish line at the MCAF Criterium Bike Race, Sunday.



Competitors in the "women" and "juniors" categories round the last turn of the circuit course in the beginning of their 30 minute event at the MCAF Criterium Bike Race, Sunday.



Ben Sambrano, a competitor in the "senior" category, finishes replacing his front tire after it went flat during the first few laps at the MCAF Criterium Bike Race, Sunday.

# Marine trains hard to reach goals

**Lance Cpl. Cassandra Yoho**  
*Combat Correspondent*

During a small ceremony outside of Marine Corps Base Hawaii's Provost Marshal Office March 23, Col. Robert Rice presented a plaque to Gunnery Sgt. Scott Hubbard, operation chief, Criminal Investigation Division, MCBH for being the first military service member to cross the finish line at the Honolulu Marathon which took place Dec. 14.

Hubbard doesn't have a history of running marathons this was only the second marathon he's competed in. Fourteen years ago he ran the Okinawa Marathon at age 19 and only decided to run the Honolulu Marathon after his younger brother began taunting him.

"I couldn't turn down a challenge," said Hubbard. He's my little brother - I wasn't going to let him beat me." Hubbard, now 33, kept his word and beat his brother across the finish line with a time of 3:12:43.

Although finishing a marathon should be considered quite the accomplishment, Hubbard wasn't impressed with his time. He wanted to run the 26.42-mile marathon in 2:50, but due to tendonitis in his ankle, the last three miles of the course gave him some trouble.

"I first notice my ankle injury a few weeks [before] the marathon," said Hubbard. "The staff at the Smart Center, did a great job treating my ankle and keeping me running."

Despite Hubbard's injury he was still able to get in some last minute extensive training to prepare himself for the race.

Starting his training in August only gave Hubbard 16 weeks before the Honolulu Marathon, but Hubbard said he began his training at a slow pace, running about a seven-minute mile. Monday through Friday he would average six to eight miles per day, increasing to a quicker tempo on Saturday, and a longer run, anywhere from 14 to 22 miles, on Sunday.

"I was running about 60 to 100 miles a week," said Hubbard.

Although Hubbard was able to complete the marathon, he

said he jumped into long distance running too soon and advises anyone thinking about running a marathon to give themselves at least 24 weeks to train and prepare.

This extensive training period allows the runner's body to adjust properly to the impact, which comes along with long distance running and ensures the least amount of injuries, said Hubbard.

"I think everyone should run a marathon, it's a challenge against yourself," said Hubbard. "... I congratulate anyone who takes on the challenge."

Discipline played a huge role in training for the marathon. Along with the extensive training required to be able to run the distance, he also made sure his body was getting the proper nutrition it needed.

High complex carbohydrates made up 50 percent of his diet, along with good proteins like chicken, turkey and peanut butter for the extra calories. He also eliminated all processed sugars from his diet.

He enjoyed the challenge of preparing for the marathon, but along with the intense training also came the tranquility of the sport.

"My long runs help relieve so much stress," said Hubbard. "I don't really think about anything when I run- it's my time to zone-out."

Hubbard likes the alone time, but he is part of a local running group called, "Fleet Feet." Hubbard runs with the group twice a week, and encourages anyone that thinks they want to run a marathon to join the group.

"Fleet Feet" allows a runner to pace themselves off of other people, training for the same goal.

Hubbard is training now for the Marine Corps Marathon, taking only one week off to rest.

He plans to run the Marine Corps Marathon, Oct. 25 in Washington, D.C.

"My ultimate goal for myself if to run for the Marine Corps Marathon Team," said Hubbard. "I think with about a 2:40 run time, I can get noticed."



Lance Cpl. Cassandra Yoho

Colonel Robert Rice, commanding officer, Marine Corps Base Hawaii speaks to Military Police Officers after presenting Gunnery Sgt. Scott Hubbard a plaque March 23 for being the first military service member to cross the finish line during the Honolulu Marathon Dec. 14.



## Intramural Basketball Playoffs begin



Photos by Lance Cpl. Achilles Tsantariotis

Above: A player for Golf Course drives to the hoop against CISD's defense during the first night of the Intramural Basketball League season Championship Tournament Tuesday. The tournament continues through next week with the final game scheduled for March 25.

Left: Jeremiah Vanderburg, point guard and team captain for CISD, goes in for a layup against Golf Course's defense during the first night of the Intramural Basketball League season Championship Tournament Tuesday. After a three minute overtime, CISD beat Golf Course 43-53 to move on to the second round of the tournament. The tournament continues through next week with the final game scheduled for March 25.

# Marine makes time for family, basketball

**Lance Cpl. Alesha R. Guard**  
*Combat Correspondent*

Corporal Frederick Allen can be described as nothing less than self-motivated.

While working as Operations Chief at the Marine Corps Base Hawaii Post Office, holding a part-time civilian job, taking college courses, and being a full-time parent, Allen also manages to find time for his passion: basketball.

A sport he's enjoyed playing since he was six years old, basketball is Allen's way of unwinding from work and his studies, he said.

Playing basketball through high school, he is currently continuing his passion by participating in the Intramural Basketball League, where he can be seen ripping rebounds from the rim for Postal.

"I love the competition of basketball," Allen said. "I enjoy playing with my team and being able to learn from each other."

He said he has enjoyed developing his skills this season with his teammates and seeing his team come together.

Allen said he has a drive which won't let him give anything less than his best not only in basketball but in all aspects of his life.

With such a hectic schedule, he said he often misses out on down time or sleep to accomplish all his daily activities which is a sacrifice he is willing to make. Allen said he believes to be successful in the Corps, the classroom and on the court, one adage rings true - there's no room for excuses.

"You have to develop zero tolerance for failure and be consistent in the things that you do," Allen said. "If you say you're going to do something, you have [to follow through with] it no matter what the cost is. If I have to stay up until 2 in the morning to get my homework done for school, then that's what I have to do."

He said he became motivated to take advantage of the educational opportunities provided by the military after the birth of his son. Allen said he wanted to set an example for his son by furthering his education.

Allen has been diligently taking college courses the past two years and has not only earned his associates but also his bachelor's degree in Criminal Justice. He was recently accepted to Hawaii Pacific University where he will begin working toward a masters degree in Diplomacy and Military Studies in May.

Earning his degree has taken him one step closer

to his next goal of being accepted into the Enlisted Commissioning Program.

"I think that's my calling - to lead Marines - and this would be the opportunity to do that," Allen said. "I [also] wanted to better myself and I think I'll be better suited [in a leadership position]."

Balancing such a hectic schedule is not easy, Allen said. He attributes much of his success in both his work and education to his supportive family.

"My wife is always there for me and is very supportive," Allen said. "She is always willing to sit down with me and help me with my writing or math."

Allen said he believes he wouldn't be where he is today if he didn't have the personal drive and loving support from his wife and son.

"If you want something, you've got to go after it and go get it yourself," Allen said. "Self-motivation is a powerful thing."

Allen's motivation for success helped his team achieve a high record during the regular season games, earning them a spot in the Championship Tournament bracket. He said he and his teammates are looking forward to the Championship Tournament which began Tuesday.



Allen

# Health and Wellness

## Lunch and Learn Understanding food and mood

**Kristen Wong**  
Photojournalist

**FORD ISLAND, Hawaii** -- More than 100 people gathered at the Navy Lodge Hawaii Conference Room for the second "Lunch and Learn" luncheon sponsored by the Hawaii Multi-Service Market Management Office and the Hawaii Health Promotion Working Group March 11.

The luncheon, which was free of charge, was available to all personnel with valid military identification cards. The topic of the two-hour long lecture focused on how the types of foods people eat affect how they feel, emotionally and physically.

"We had a really good response," said Air Force Lt. Col. Leigh Lindquist, chief of clinical operations, Hawaii Multi-Service Market Management Office. Lindquist, an Indianapolis native, said she had to stop registration much earlier than the deadline because the expected 100 attendees turned into 125.

Each participant was given a dietitian approved lunch, including: a granola bar, four small vegetable wraps, fruit and Sun Chips. They also had their choice of diet soda or water.

The attendees were also given an anonymous survey about their moods and eating habits in conjunction with the meal. The guest speaker of the luncheon, Dr. Mark Verschell, director, Lifestyle Expectations, Emotions, Exercise and Attitudes in Nutrition Healthy Lifestyles Program, Tripler Army Medical Center, said the purpose of the survey was to provide an example of how food can be psychologically linked.

The answers from the survey, which asked various questions about when people feel like eating, were input into a computer by Verschell's assistant, Sheri Yager, an Argosy University graduate student. Attendees could request their results via e-mail.

Verschell introduced the LE<sup>3</sup>AN program, which helps people actively manage their health by learning about nutrition and attending group support meetings.

Verschell then continued by defining key nutrition terms, such as macronutrients and micronutrients. With lighthearted food related comic strips and cartoons complimenting his slide presentation, Verschell talked about various studies regarding the effects of food on the mind.

For example, one study concluded a person could become more alert if they ate foods containing protein. Some studies believe carbohydrates and fat can cause moods such as irritability. But Verschell cautions people not to constantly change how

and what they eat based on what they hear.

"You can't believe everything you read in the popular media ... " Verschell said. "We encourage patients to not make quick, rapid changes in their dietary behaviors every time a new article [comes out] ... "

He also included information about chemicals found in food such as tryptophan and serotonin. Tryptophan, for example, is a chemical found in certain types of food such as turkey, and may make a person sleepy.

However, Verschell pointed out to the attendees the effect food's chemicals have on human emotions is dependent on several factors.

"Your weight is a component of competing priorities," Verschell said.

In other words, a person can't automatically expect to be sleepy just because they've eaten Thanksgiving turkey which is ripe with tryptophan. The fat and carbohydrates in additional foods such as the sides and dessert can change the chemical's



Kristen Wong

**For the lunch portion of "Lunch and Learn," TriWest Healthcare Alliance provided vegetable wraps, Sun Chips, fruit, a granola bar, and either soda or water. Participants were asked to fill out an anonymous survey after eating the lunch. The survey was meant to show each individual how eating affects their mood. "Lunch and Learn" is a luncheon sponsored by the Hawaii Multi-Service Market Management Office and the Hawaii Health Promotion Working Group.**

## March is save your vision month

### How to keep your children's eyes healthy, 6 to 18 years old

**Fact Sheet**  
[www.aaa.org](http://www.aaa.org)

A child needs many abilities to succeed in school. Good vision is a key. It has been estimated that as much as 80% of the learning a child does occurs through his or her eyes. Reading, writing, chalkboard work, and using computers are among the visual tasks students perform daily.

A child's eyes are constantly in use in the classroom and at play. When his or her vision is not functioning properly, education and participation in sports can suffer.

As children progress in school, they face increasing demands on their visual abilities.

The school years are a very important time in every child's life. All parents want to see their children do well in school and most parents do all they can to provide them with the best educational opportunities. But too often one important learning tool may be overlooked - a child's vision.

As children progress in school, they face increasing demands on their visual abilities. The size of print in schoolbooks becomes smaller and the amount of time spent reading and studying increases significantly.

Increased class work and homework place significant demands on the child's eyes. Unfortunately, the visual abilities of some students aren't performing up to the task.

When certain visual skills have not developed, or are poorly developed, learning is difficult and stressful, and children will typically:

- Avoid reading and other near visual work as much as possible.
- Attempt to do the work anyway, but with a lowered level of comprehension or efficiency.
- Experience discomfort, fatigue and a short attention span.

Some children with learning difficulties exhibit specific behaviors of hyperactivity and distractibility. These children are often labeled as having "Attention Deficit Hyperactivity Disorder" (ADHD). However, undetected and untreated vision problems can elicit some of the very same signs and symptoms commonly attributed to ADHD. Due to these similarities, some children may be mislabeled as having ADHD when, in fact, they have an undetected vision problem.

Because vision may change frequently during the school years, regular eye and vision care is important. The most common vision prob-

lem is nearsightedness or myopia.

However, some children have other forms of refractive error like farsightedness and astigmatism. In addition, the existence of eye focusing, eye tracking and eye coordination problems may affect school and sports performance.

Eyeglasses or contact lenses may provide the needed correction for many vision problems. However, a program of vision therapy may also be needed to help develop or enhance vision skills.

#### **Vision Skills Needed For School Success**

There are many visual skills beyond seeing clearly that team together to support academic success.

Vision is more than just the ability to see clearly, or having 20/20 eyesight. It is also the ability to understand and respond to what is seen. Basic visual skills include the ability to focus the eyes, use both eyes together as a team, and move them effectively. Other visual perceptual skills include:

- recognition (the ability to tell the difference between letters like "b" and "d"),
- comprehension (to "picture" in our mind what is happening in a story we are reading), and
- retention (to be able to remember and recall details of what we read).

Every child needs to have the following vision skills for effective reading and learning:

**Visual acuity** — the ability to see clearly in the distance for viewing the chalkboard, at an intermediate distance for the computer, and up close for reading a book.

**Eye Focusing** — the ability to quickly and accurately maintain clear vision as the distance from objects change, such as when looking from the chalkboard to a paper on the desk and back. Eye focusing allows the child to easily maintain clear vision over time like when reading a book or writing a report.

**Eye tracking** — the ability to keep the eyes on target when looking from one object to another, moving the eyes along a printed page, or following a moving object like a thrown ball.

**Eye teaming** — the ability to coordinate and use both eyes together when moving the eyes along a printed page, and to be able to judge distances and see depth for class work and sports.

**Eye-hand coordination** — the ability to use visual information to monitor and direct the hands when drawing a picture or trying to hit a ball.

**Visual perception** — the ability to organize

images on a printed page into letters, words and ideas and to understand and remember what is read.

If any of these visual skills are lacking or not functioning properly, a child will have to work harder. This can lead to headaches, fatigue and other eyestrain problems. Parents and teachers need to be alert for symptoms that may indicate a child has a vision problem.

#### **Signs of Eye and Vision Problems**

A child may not tell you that he or she has a vision problem because they may think the way they see is the way everyone sees.

Signs that may indicate a child has vision problem include:

- Frequent eye rubbing or blinking
- Short attention span
- Avoiding reading and other close activities
- Frequent headaches
- Covering one eye
- Tilting the head to one side
- Holding reading materials close to the face
- An eye turning in or out
- Seeing double
- Losing place when reading
- Difficulty remembering what he or she read

#### **When is a Vision Exam Needed?**

Your child should receive an eye examination at least once every two years - more frequently if specific problems or risk factors exist, or if recommended by your eye doctor.

Unfortunately, parents and educators often incorrectly assume that if a child passes a school screening, then there is no vision problem.

However, many school vision screenings only test for distance visual acuity. A child who can see 20/20 can still have a vision problem. In reality, the vision skills needed for successful reading and learning are much more complex.

Even if a child passes a vision screening, they should receive a comprehensive optometric examination if:

- They show any of the signs or symptoms of a vision problem listed above.
- They are not achieving up to their potential.
- They are minimally able to achieve, but have to use excessive time and effort to do so.

Vision changes can occur without your child or you noticing them. Therefore, your child should receive an eye examination at least once every two years - more frequently if specific problems or risk factors exist, or if recom-

ended by your eye doctor.

The luncheon ended with a few musical numbers from the Honolulu Blend Show Chorus, including the well-known 1930s song "It had to be you." Members of the chorus made the audience laugh as they waved a bag of chips and sang with admiration to a can of soda.

John Hunter, a Kaneohe resident, and his wife Inge, attended the program. Hunter said he and his wife have been making an effort to live healthier lifestyles.

"We definitely learned a lot," said Hunter, a retired Army chief warrant officer 3. "The relationship between food and mood was something we never considered before."

Some attendees came to the luncheon because they were interested in improving their way of life. Terri Cloud, a retired Army sergeant first class, and a longtime Honolulu resident attended the session to motivate herself to lose weight and be a "little healthier and active."

"Lunch and Learn' is a good opportunity to be exposed to different program options that are available to the military family ... " Cloud said.

Some of the attendees, like Col. Heidi Warrington, chief, Army Public Health Nursing, Pacific Regional Medical Command, Tripler Army Medical Center, walked away surprised by some of Verschell's presentation. One of the things she found surprising was, based on a study, people may actually feel sleepier if they eat sugar rich foods before bed.

"I would recommend any service member or family member to take advantage of a stimulating, fun and easy way get some current information and to network with experts in the field," Warrington said.

The Hawaii Health Promotion Working Group tries to have at least two or three "Lunch and Learn" programs a year. Each program is usually tailored to suit the needs of military families, said Air Force Lt. Col. Audrey Hockburn, individual mobilization augmentee to the chief of clinical operations, MSMMO. Hockburn said the group is planning to offer another program in September.

For more information about the LE<sup>3</sup>AN program, call Verschell at 433-1496. For more information about "Lunch and Learn," service members or DoD civilians who have common access card access can visit the Multi-Service Market Management Office Web site at <https://kx.afms.mil/msmmo>, or <https://kx.afms.mil/hawaii-referral-center>.

mended by your eye doctor.

The earlier a vision problem is detected and treated, the more likely treatment will be successful. When needed, the doctor can prescribe treatment including eyeglasses, contact lenses or vision therapy to correct any vision problems.

#### **Sports Vision and Eye Protection**

Outdoor games and sports are an enjoyable and important part of most children's lives. Whether playing catch in the back yard or participating in team sports at school, vision plays an important role in how well a child performs.

Specific visual skills needed for sports include:

- Clear distance vision
- Good depth perception
- Wide field of vision
- Effective eye-hand coordination

A child who consistently underperforms a certain skill in a sport, such as always hitting the front of the rim in basketball or swinging late at a pitched ball in baseball, may have a vision problem.

If visual skills are not adequate, the child may continue to perform poorly. Correction of vision problems with eyeglasses or contact lenses, or a program of eye exercises called vision therapy can correct many vision problems, enhance vision skills, and improve sports vision performance.

Eye protection should also be a major concern to all student athletes, especially in certain high-risk sports.

Thousands of children suffer sports-related eye injuries each year and nearly all can be prevented by using the proper protective eyewear. That is why it is essential that all children wear appropriate, protective eyewear whenever playing sports. Eye protection should also be worn for other risky activities such as lawn mowing and trimming.

Regular prescription eyeglasses or contact lenses are not a substitute for appropriate, well-fitted protective eyewear. Athletes need to use sports eyewear that is tailored to protect the eyes while playing the specific sport. Your doctor of optometry can recommend specific sports eyewear to provide the level of protection needed.

It is also important for all children to protect their eyes from damage caused by ultraviolet radiation in sunlight. Sunglasses are needed to protect the eyes outdoors and some sport-specific designs may even help improve sports performance.

# Spotlight On Sports

## Sports Briefs

### Parents for Fitness

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

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

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

### Jujitsu at Semper Fit Center

Andre Derizans, a third degree Gracie Jujitsu black belt, is teaching a class Tuesdays and Thursdays at 7:30 p.m. at the Semper Fit Center. All experience levels are welcome. The class costs \$100 per month. For more information, call the Semper Fit Center at 254-7597.

### 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 pay \$2 for games and \$1 for shoe rentals.

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 Semper Fit at 254-7597.

### 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. For more information call 254-7597.


### Okinawa Kenpo Karate

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

Adults and children are welcome.

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

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



**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 overworked 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.

### Strength and Conditioning

Geared toward active duty personnel who get up early. This class focuses on strengthening the body utilizing hand weights, steps, bands and balls. This is a great alternative to running, running, and more running.

### Water Aerobics

This non-impact workout is excellent for cardiovascular conditioning, flexibility and strengthening. Aqua training is a terrific way to gain fitness without the stresses of gravity experienced in land-based training.

### For more information

on group classes

call 254-7597

Hours of operation:

Monday-Friday, 0430-2230

Saturday, 0700-2200

Sunday & Holidays, 0700-1800

## Commander's Fitness Series

To register for events in the Commander's Fitness Series visit the Semper Fit Center or go online to <http://www.mccshawaii.com/cgfit.htm>.

For more information about the events, call Tina Lui at 254-7590.

### SM&SP Surf & Turf 5k

Saturday, March 28

One of MCCS' most scenic races, the SM&SP Surf & Turf takes runners to the reaches of MCBH Kaneohe Bay, including stretches down our most panoramic beaches. This race begins at The Officers' Club and winds down through the Kaneohe Klipper Golf Course and beyond.

### 3rd Marines 10k Run

Saturday, April 18, 7 a.m.

Can you handle a 10k? If so, then put your feet to the test, and sign up for the 3rd Marines 10 kilometer race. Taking racers all across the base, this CO's Fitness Series race is a real challenge. Avid runners will love this course designed to test novice and trained long-range racers.

### VP-47 5k Runway Run

Saturday, July 4

All of Oahu is invited to get physical and enter the VP-47 5k Runway Run at 7 a.m. The race starts & finishes at Hangar 104, and takes runners along the MCBH Flightline, catching glimpses of historical Pyramid Rock. MCCS will present awards to the top three finishers in various age groups, as well as, to the top three overall Men and Women finishers.

### HQSVCBN Camp Smith 5k Grueler

Wednesday, Sept. 16

Race over to Camp Smith for the Camp Smith 5k Grueler, and show the mountain what you're made of. The 5k foot race takes diehard runners throughout Camp Smith's rugged mountainous terrain beginning at the panoramic Bordelon Field. If you think you can handle the race, you are in for a visual delight. High above the Pearl Harbor basin, this race will treat runners to scenic vistas, from Honolulu to Ewa Beach.

### 3rd Radio Bn Jingle Bell Jog

Saturday, Dec. 5

Jog off that Thanksgiving feast! This 4 mile run around the Nupia Ponds will help you stay fit throughout the holiday season.

In the spirit of the season, a Family Fun Run around the Pop Warner Field track will take place after the race.

### HSL-37 Splash & Dash Biathlon

TBA

An amphibious assault is coming to Kaneohe Bay. As they are trained to do, the Marines and Sailors aboard MCB Hawaii will be passionately hitting the surf and the turf around the Marine Corps Air Facility. This is not a training exercise, it for real. It is the HSL-37 "Easyriders" Splash & Dash Biathlon.

The race begins with a 500 meter open water swim, then grab your running shoes and head around the flight line for the five kilometer foot race. Running by the flight line enhances the race by giving participants a military feel during their run. The scenery is beautiful and runners get a chance to run on an active taxiway and see military aircraft.

### MCAF Tradewind Triathlon

TBA

The MCAF Tradewind Triathlon is the final triathlon offered in Hawaii this year, so get registered early. The Tradewind Triathlon hits the shores and streets of MCB Hawaii Kaneohe Bay with a 500 meter swim followed by an 11.1 mile bike course, and ending with a 5 kilometer run. This event is ideal for amateur or experienced triathletes, and even serves as the Official Hawaii Senior Olympic Triathlon for 2009.

### HQBN Sprint Triathlon

TBA

Bike, swim, or run to MCB Hawaii and grab your registration form for the most hardcore event held on the windward side. You had better be ready, because the HQBN Sprint Triathlon is right around the corner.

The Triathlon consists of a 500 meter swim in the waters of Kaneohe Bay, an 11 mile bike race circumnavigating the entire base, and ends with a 3.5 mile run, all concluding at the Base Marina. Participants may enter individually, or in three-man relay teams. For the relay teams, one person will swim, one person will bike and one person will run.



**Cover the world in paint!**

**Aim for a fun time with friends! Open Saturdays and Sundays from 9 a.m. to 5 p.m.**

**For more information, call 265-4283**

# Intramural **Sports** Updates

## Intramural Basketball League Standings

Team	Wins	Losses
CPRW-2	12	0
MALS-24	11	1
POSTAL	7	5
CISD	5	7
CAMP SMITH	9	3
HSL-37	Dropped out of league	
VP-47	6	7
VPU-2	4	8
CAC	6	6
VP-9	3	9
MCAF	6	6
HMH-463	2	9
GOLF COURSE	1	11

Final standings as of March 16

Intramural Basketball Playoff schedule

## No playoff game tonight

Playoffs are scheduled for:

March 23

March 24

March 25

These games will be single elimination.

## Intramural Baseball League Standings

Team	Wins	Losses	Tie
HQBN	7	4	
3RD RADIO BN	4	7	1
MAG-24	4	3	1
CPRW-2	7	8	

Updated as of Mar. 16

For more information about Intramural sports, contact Joe Au at 254-7597.

# Marine Corps Sports Hall of Fame

*Athlete of the week*

## William H. "Billy" Mills

*Class of 2001 - Track and Field*

- Born June 30, 1938, Pine Ridge, South Dakota
- 1958 All American in Cross Country
- 1959 All American in Cross Country
- 1960 Won title in Big 8 Conference Cross Country tournament
- 1964 Won gold medal in Olympics for 10,000 meter run, first American to win this event
- 1972 Named one of "America's Outstanding Young Men"
- 1984 Movie "Running Brave" made detailing his Olympic victory
- 1966 Baseball Hall of Fame Induction
- Died July 5, 2002 at age of 83

### Press Release

*Marine Corps Community Services Sports*

William M. "Billy" Mills was born in Pine Ridge, South Dakota, on June 30, 1938.

Mills grew up on an Oglala Sioux Indian reservation and was orphaned at the age of 12.

He first became involved with distance running while attending the Haskell Institute, an Indian school in the city of Lawrence, Kan.

He had taken up running as part of a rigorous training program to become a boxer. However, he abandoned boxing in favor of running. His talent and hard work made him a natural at several distance events.

An exceptional runner at the University of Kansas, he was coached by Bill Easton and continued to develop as a long-distance runner. He was a 1958 and 1959 All-American in cross country while at Kansas.

In 1960, Mills won the individual title in the Big Eight Conference's cross country tournament. The following year, Mills was the conference champion in the two-mile race with a time just over nine minutes. The Kansas team, filled with gifted track and field athletes, won the 1959 and 1960 NCAA outdoor national championships.

After entering the Marine Corps, Mills was commissioned as a Second Lieutenant in December, 1962, and on graduation from

The Basic School, Quantico, Va., he was designated a Basic Motor Transport Officer.

During his three years on Active Duty, Mills served as a Motor Transport Officer with Service Battalion at Quantico and with Truck Company, 1st Force Service Regiment, Camp Pendleton, Calif.

He also traveled around the world competing in distance-running events.

Mills is perhaps best known for his stunning upset in the 10,000-meter run during the 1964 Olympics held in Tokyo, Japan.

Mills was entered in the 10,000 meter run, a race which no American had ever won in an Olympics.

He was far from a high profile entrant. Many of the media hardly focused on the fact that he was even in the race.

The lion's share of the attention was going to Australia's Ron Clarke, who at that time held the world record in the event. Tunisia's Mohammad Gammoudi also received much press as he was expected to be the chief rival of Clarke for the gold.

Each entrant had to qualify for the finals through a set of preliminary races.

Mills' qualifying time was twenty nine minutes and ten seconds. Ron Clarke's time was nearly a minute faster. Such a performance gave Mills little hope of contending.

The race began on a wet track. Mills kept pace with the pack for the first several laps. With the final lap of the race just ahead, a pack of runners slowed Mills down slightly.

He eventually worked his way back to the leaders during the final lap. Just before the final turn, he was still keeping pace with Clarke and Gammoudi, who by now had forced him to the outside of the running pack.

In the last 100 meters of the race, Mills surprisingly found a huge burst of energy and sprinted past his two surprised competitors.

He held the lead as Clarke and Gammoudi fought unsuccessfully to catch Mills. Noticing the amazing events transpiring before him, one commentator began screaming on television "Oh my God, look at Mills!



He's gonna win!"

Mills later said that he kept telling himself over and over that he could win.

He broke the tape with a new Olympic record time of 28 minutes and 24 seconds. His last lap time had been a scathing 59.8 seconds, and his overall time was nearly a minute faster than his personal best time in the event.

A stunned crowd could not believe their eyes. Mills' notoriety was so low that a news person ran up to him after the race and said "Who are you?"

The following year, he set a world record

in the six-mile run at the Amateur Athletic Union Championships. Mills left active duty in December 1965.

He continued to serve in the Marine Corps Reserve until September 1971. He resigned as a captain.

After leaving the Marine Corps, Mills continued running and became active in Native American affairs.

He was named one of America's "Outstanding Young Men" in 1972. The 1984 film "Running Brave" details Mills' road to victory at the Olympics.

Mills died July 5, 2002 at the age of 83.

# Hawaii Marine Lifestyles

MARCH 20, 2009  
VOLUME 39, NUMBER 11  
WWW.MCBH.USMC.MIL



Photos by Christine Cabalo

**Christine Cabalo**  
Photojournalist

A classic Corvette stands on Cooke Street as its owner stands in line for food at Tsukenjo Lunch House. Opened by the parents of current owner Doris Nabarro in 1959, Nabarro said she has many memories of helping out at the stand. The preparation for many dishes remains the same as it was when Tsukenjo's first opened.

**HONOLULU** — The long line of customers winding along Cooke Street usually tips people off to the treasured treats stewing inside Tsukenjo Lunch House.

Hungry people know Tsukenjo's is the place to go for Hawaii's ultimate comfort food: a plate lunch. The house has served the Hawaii specialty featuring rice, salad and a meaty entrée since opening in 1959.

Started by Tetsu and Mitsuko Tsukenjo in order to care for their seven children, the restaurant was initially a noodle stand before expanding its menu. Many Honolulu residents may also remember ordering their dishes from the store's renowned red lunch wagon, which served customers from 1970 to November 2007.

Now running the family business, daughter Doris Tsukenjo Nabarro serves up breakfast and lunch. Nabarro said her day begins early, at 1:15 a.m. to prepare for the hundreds of customers who come in.

"By 3:30 a.m. I'm finishing all the egg and tuna sandwiches," she said. "I see people in as early as 4:30 a.m. A lot of construction workers and emergency responders come in for the early morning rush, but we see a whole range of people at a time."

The masses keep coming back for the lunch house's sizzling take on local barbecue. Customers can choose from a rotating menu of specials or from the house's stock menu including serving chicken marinated in soy sauce and beefy meat loaf.

Jon and Wanette Shirafuji from Honolulu, like to alternate between favorite savory meat dishes.

"We like ordering off the daily specials menu," Jon Shirafuji said. "Today we ordered char siu chicken and fried noodles."

Nabarro said their most popular item, roasted pork with rich, brown gravy, is served every day on the stock menu. She takes



Hungry customers eat their food with locally made soft drinks inside the lunch house. All orders come with two scoops of rice and a choice of salad: macaroni, potato or garden. Roast turkey, kalua pig, hamburger steak and beef stew are several items on the rotating menu.



Generous portions of macaroni salad compliment Tsukenjo roast pork with brown gravy. Owner Doris Nabarro said the dish is one of the most requested items by customers. The shop also sells sandwiches, roast beef, fried noodles and chicken curry.

as many as 200 orders daily for the customers who want their fill of the home-style favorite.

Gerry Mastumoto, vice president, Tsukenjo Lunch House, and older sister to Nabarro, said anyone can find a dish they like at prices they can easily digest. Most items are under \$7, and she said many customers say portions are generous.

Customers often see Matsumoto at the lunch house's ordering window or hear her voice when placing an order for delivery. The two sisters said they enjoy catching up with regular customers and meeting new ones.

When reminiscing with older customers, the sisters said many diners remember getting their plate lunch "fix" from the store's old red lunch wagon. Selling food from rotating locations, Nabarro said she only recently closed the wagon to focus on their main Cooke Street location. Though the wagon is out of commission, the memory of it still lives on, in cotton T-shirts and tank tops the store sells.



Doris Nabarro, owner, Tsukenjo Lunch House, ladles hot gravy and meat into one of the dozens of lunch boxes served daily. Nabarro's mother and father first opened the store as a stand to sell Japanese saimin noodles and soup in 1959.

Of the repeat customers who step into the lunch house, Nabarro said not all are customers old enough to remember Tsukenjo's when it first opened. A lot are repeat customers who live far away, like San Francisco, who come to her store to satisfy their cravings.

"We're their first stop [during] their visit to Honolulu," Nabarro said. "And they always say they come back because they miss the food."

The storeowner said she's seen many changes to the neighborhood, yet her store remains. With only a few minor changes, Tsukenjo Lunch House's original menu items are still available for a new generation of diners.

"I'd watch my mother cook food here when I was growing up," she said. "I worked here part-time too as I got older, and now I'm doing what she did."

Tsukenjo Lunch House is located at 705 Cooke Street in Honolulu, at the corner of Queen and Cooke streets. The lunch house is open Monday to Friday from 4:30 a.m. to 2:30 p.m., and delivery is available to certain areas with a minimum order of 10 plates. For more information, call 597-8151.



Tsukenjo Lunch House sells t-shirts featuring the shop's famous lunch wagon which used to dish out food for customers in downtown Honolulu. Painted orange, the wagon began operations in 1970 and continued service for 37 years until the shop sold the wagon last year. The lunch house itself opened in 1959.

# PASS *IN* REVIEW



## For

**Lance Cpl. Daniel H. Woodall**  
*Combat Correspondent*

"The Watchmen" is the title given to a group of publicly ousted costumed vigilantes set against a backdrop of an alternate version of the Cold War.

But they are not your average protagonists. They lie, cheat, and murder all in the supposed name of good.

Most superheroes are known for their ability to infiltrate an arch-nemesis' secret compound and rescue a group of innocent civilians at the last possible instant.

But the Watchmen, composed of Dr. Manhattan (a blue-illuminated man with god-like powers), the Silk Spectre (the spandex-clad love interest of Dr. Manhattan), Ozymandias (the smartest man in the world), Rorschach (a masked man with an affinity for violence), the Nite Owl (the gadget enthusiast of the group), and the Comedian (ironically, a born killer) are more likely to set the compound on fire to ensure the death of said villain and not think twice about it.

The movie begins with the murder of the Comedian by a shrouded figure. After some speculation regarding the murderer's identity, Rorschach tries to unite the group in order to enact a bloody vengeance against the murderer regardless of those standing in the way of his pursuit for justice.

Once the hunt begins, the group unravels a plot deeper than they could have imagined.

For those who do not already know, "The Watchmen" is based upon a series of graphic novels released under the same name in the mid-1980s written by Alan Moore.

Director Zach Snyder, who also directed "300" and

"Dawn of the Dead," recreates several scenes found in the books. Visually, the film is stunning.

Incredibly breathtaking scenes varying from the jungles of Vietnam to the surface of Mars almost overpower the content of the film.

Luckily, there are enough plot twists and sharp dialogue to keep even the most casual moviegoer interested for 163 minutes.

The reason "The Watchmen" will always be remembered however, is neither for the computer-generated effects nor for the adapted content, but rather for the intense gore and violence which earned the film an R rating, separating this superhero tale from nearly all of its watered-down predecessors.

Snyder's infatuation for bone-breaking hits, gut-wrenching decapitations and exploding bodies does not make the film a tasteless exploitation of violence, but instead, a monumental achievement.

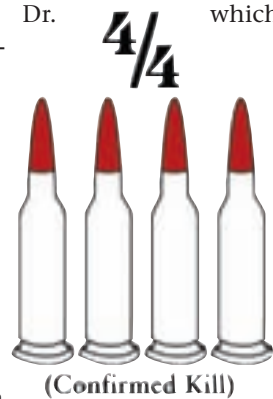
By incorporating said violence, Snyder has effectively altered the traditional superhero genre.

Moviegoers are likely to see a darker, more violent side of their favorite masked-heroes in upcoming films for years to come.

For me, the movie was a masterpiece from beginning to end. But I couldn't help but notice the amount of people standing in the lobby outside the theater stating their confusion over certain elements of the film.

During the intro-credits, there is a flashback sequence explaining the history, establishment, and the eventual disbanding of the Watchmen. As long as you pay attention during this part of the film, you will enjoy yourself.

Simply put, "The Watchmen" is a great film... just don't bring the kids.



4/4

(Confirmed Kill)

## Special edition 'Watchmen'

### 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.



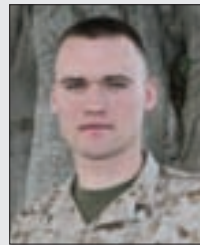
#### 4/4 — Confirmed Kill

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



WOODALL

Lance Cpl. Daniel H. Woodall believes a good film or book is one that serves its purpose, which is to allow its viewer/reader a chance to escape from reality even for a brief two hours. I hate going to see a movie only to find my mind occupied with the next day's schedule rather than the film itself. Furthermore, the greatest film of all time shares its title with the greatest novel of all time: "Starship Troopers." "Casablanca" is a close second.



WONG

Kristen Wong admits she sometimes has to be dragged to movies that she later finds to be outstanding. She prefers fantasy driven movies, like Lord of the Rings, the Harry Potter films, and The Matrix Trilogy. She loves to give synopses of all her favorite movies to curious and unsuspecting folks, and hopes one day she'll see "Based on the book by Kristen Wong" on the big screen.



## Against

**Kristen Wong**  
*Photojournalist*

The more artsy symbolism I saw in this year's "Watchmen" - the newspaper with the headline "War" clinging to a pole, the blood droplet on the yellow smiley face - the more I thought perhaps I was watching an intellectual film that I had to think through to appreciate. I tried. I'm still trying.

The first thing about this movie that bothered me was the absence of its title. Usually an interesting subplot or a loud, commanding title would precede the movie, getting me excited about what's to come. Maybe I missed it, but after a few minutes of the movie - I figured they were delaying it for effect - the title eluded me.

"Watchmen," based on a graphic novel series by Alan Moore and Dave Gibbons, is about superheroes, or what's left of them, while a fictional America in the 1970s waits for a supposed attack from Russia during the Cold War.

I had never read the novel, and didn't know what to expect, but I figured I would catch on, especially since the first 10 or 20 minutes is a collage of significant historical events, with the superheroes of the story carefully woven into them.

The movie then goes into the death of retired superhero, The Comedian, at the hands of an unknown intruder.

Rorschach, a hero whose mask is always changing into different ink shapes, pays each of his old powerful friends a visit, warning them of their possible demise, and trying to figure out who was behind the murder.

It was interesting for a while. The funeral, the flashbacks and Rorschach's journal

entries all successfully moved me. But by the time the movie was three-quarters of the way finished, I was still not sure what the story's purpose was.

Not only was the plot difficult to understand, but the superheroes were not well defined. I really had to pay attention just to find out what their superpowers were. Most of them, except Dr. Manhattan, seemed only gifted at super human hand-

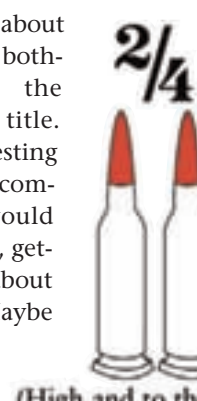
to-hand combat. To top it off I barely got to know their superhero names, because they kept calling each other interchangeably by their aliases. It was probably on purpose to show just how secondary the superhero aspect is to the story, and how much simpler superheroes were back in the day, but I wanted more clarification.

Then the climax came. After this, the character Dan starts punching a non-responsive Adrian with frustration and anger at the situation's outcome. I felt the same way, screaming "C'mon!! You dragged me through two depressing hours for that??"

But I'm not going to put down the entire movie. The creators of "Watchmen" deserve better than that for their historical collage, which was full of significant events and people.

I thought they created powerful, colorful effects throughout, from a close-up shot of The Comedian's little smiley face button, tarnished with a single drop of blood to a hippie placing a flower into the opening of a soldier's gun right before it fired. I also enjoyed the classic music from the 1960s and '70s, which was a fitting treat.

Maybe one day I'll watch it again and understand. But for now, it's best for the adoring graphic novel fans.



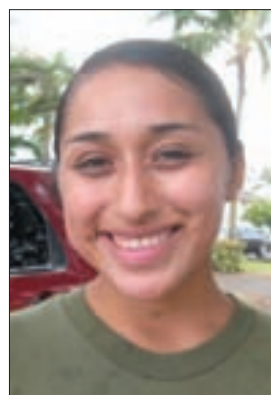
2/4 (High and to the Right)

## TALK\* STORY

Poet Emily Dickinson once said "A word is dead when it is said, some say. I say it just begins to live." There are many words in history that will live on, because we make it so.

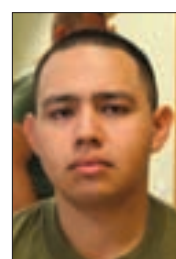
**What quotation will live on in your heart?**

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



"'Well-behaved women rarely make history.' If we didn't learn to take chances women wouldn't be where they are today.' Marilyn Monroe wasn't the typical actress but she took chances to get her name out there."

— Petty Officer Third Class Ruth Rodriquez



"'There's only two kinds of people who understand Marines and that is the enemy and the Marines.' It just shows you're one of a kind or the other kind."

— Pfc. Emeterio Rodriguez

"George Orwell said in "1984," "The strong men stand by to do violence on those who want to harm us so we can sleep safely in our beds tonight." That basically sums up one of the reasons I'm in the Marine Corps."

— Pfc. Kirk Gadsby







Photos by Lance Cpl. Cassandra Yoho

**Above and right:** Children of deployed service members bowl at K-Bay Lanes March 14 during Operation Homefront's March event. Each month the program offers a different family-oriented event for families who have a loved one on deployment. Next month's Operation Homefront event will be an outdoor nature walk to celebrate Earth Day. The event is scheduled for April 19.



# Bowling fun with Operation Homefront

**Lance Cpl. Cassandra Yoho**

*Combat Correspondent*

Families of deployed Marines and Sailors gathered at K-Bay Lanes Saturday to enjoy afternoon of free cosmic bowling as part of Marine Corps Base Hawaii and Marine Corps Community Services' Operation Homefront program.

Those who attended received free games and shoe rental and were able to interact with other families with deployed loved ones.

"Operation Homefront is a program [MCCS created] for the families of deployed service members aboard Marine Corps Base Hawaii," said Bobbie Brock, MCCS coordinator. "We put on some type of event for the families once a month. It's something we can do to help keep the families' minds off of their deployed Marine or Sailor."

The purpose of Operation Homefront is to give support to the families, while giving something back to them, without costing the families anything.

MCCS understands the tough time families are going through, and wants to take some of the stress and pain from the families.

There were approximately 25 families at the bowling event on Saturday, and the number of attendees keeps growing for Operation Homefront events.

"I really enjoy coming out to the events," said Cindy Warren, military spouse of a Marine deployed with 1st Battalion, 12th Marine Regiment. "It gets me and the kids out of the house, and it's something different to do."

Brock said along with keeping the families busy, Operation Homefront is also a great way for spouses to network with one another and share stories and experiences.

When the spouses get together they talk about what they like about Operation Homefront, and many participants have suggested new ideas.

One of the new ideas is a 'spouses only' day. Operation Homefront plans to implement adult only events for the spouses to have some 'grown-up' time, said Brock.

The first event for spouses will be a fashion show at the Officers' Club, which is scheduled for May.

"I really enjoy the adult communication, and I'm really looking forward to the all-spouses events," said Rice Almengor, who's a spouse of a Marine deployed with, Marine Heavy Helicopter Squadron 362.

Operation Homefront is a program designed to help comfort families during their tough times.

If there are any questions or suggestions for the program, spouses can go through their unit's Family Readiness Officer, said Brock.

Next month's Operation Homefront event will be an outdoor nature walk to celebrate Earth Day. The event is scheduled for April 19.

"Operation Homefront has been a big success, and families seem to really appreciate it," said Brock. "It gives spouses a chance to relax, and the best part is they don't have to plan anything. MCCS does it all for them."

For more information call a MCCS coordinator, 257-2651 or visit [www.mccshawaii.com](http://www.mccshawaii.com)

## Women honored at luncheon *Colonel speaks about female face of Marine Corps*

**Christine Cabalo**

*Photojournalist*

Women are vital to advancement of the Marine Corps, Col. Catkin Burton told attendees of the Women's History Month Luncheon held at the Anderson Hall Dining Facility March 16.

As the guest speaker, Burton, assistant chief of staff comptroller, U.S. Marine Forces Pacific, praised the contributions of the first official generation of female Marines in 1918. Burton noted women have risen through the ranks since they officially became part of the Corps and are taking on more responsibility than ever before.

"Women do need to occasionally reflect on our shared situations to help us make it in this very macho, male-oriented, aggressive organization of which we find ourselves a part," Burton said. "Women have particular issues to work through, particularly in light of significant involvement in Iraq."

Deploying female Marines face the same challenges their male counterparts face, she said, and it's important to seek help for problems such as post-traumatic stress disorder. The



Christine Cabalo

**Honored guests bow their heads during an invocation at the Women's History Month Luncheon at Anderson Hall Dining Facility March 17. Guest speaker, Col. Catkin Burton, assistant chief of staff comptroller, U.S. Marine Forces Pacific, (second from right) talked to the crowd about how women have advanced in the Marine Corps.**

colonel also urged the crowd to be informed about additional concerns, including breast cancer and sexual harassment. Informational pamphlets, addressing these concerns and more were available for attendees to take with them.

Exhibits featuring the challenges facing women and how they have persevered were also on display.

Many posters featured famous women in history like Helen Keller, who overcame the challenges of being deaf and blind in the 1900s. Keller was the first deaf and blind person to earn a Bachelor of Arts.

Additionally, luncheon coordinators set up a slideshow and video featuring information about pioneering women from the last twenty years.

Among the women featured were Madeline Albright, who was the first woman to become secretary of state. The slideshow also featured Army Gen. Ann E. Dunwoody, who is the first woman in the military to achieve a four-star officer grade.

In arranging the luncheon, Staff Sgt. Jania Tung, equal opportunity representative, Headquarters

Battalion, said she felt inspired by the women who overcame adversity to accomplish their goals. Tung said she remembers serving with a female captain who didn't give up during a difficult time, even when the captain was told to resign so a male Marine could take her place.

"Now more than ever [women are] an equal part of the workforce in the military, or in corporate America," Tung said. "We're just as equal as our male counterparts, and we're successful. We've persevered from our past challenges, and women are making more of a difference every day."

Sgt. Vidalisse Rivera, motor vehicle operator, Combat Logistics Battalion 3 said she feels proud to carry on the legacy. Rivera said she was surprised to hear about women in the past as mechanics.

The Marine Corps has progressed and taken positive steps forward, Burton said, and she's glad to see rifle training has replaced makeup classes for women.

"We've learned equally well to apply camo makeup," she said. "When we patrol the streets of Baghdad and Fallujah, it is not as ladies, but as warriors ready to take and return fire."

## Word to Pass *On base events*

### **Super Sleuth Saturday at the Base Library**

March 21

Search for clues to answer some questions about our monthly topic at the Base Library from 10 to 11 a.m.

Open to military children and guests in second through sixth grade.

For more information call Merri Fernandez at 254-7624.

### **Transition Assistance Program (TAP) Seminar**

March 23-26

Public Laws 101-510 and 107-103 require all transitioning service members to attend a TAP seminar prior to separation.

This seminar is scheduled from 8 a.m. to 4 p.m. in building 279, second deck.

Unit commanders are evaluated on their compliance with the law.

Separating service members may attend a seminar within one year of separation date, but must attend NLT than 90 days prior to separation date.

Primary point of contact for securing a slot is the Unit Transition Counselor. The next TAP seminar is scheduled for April 6-9.

For more information call Jeff Esposito at 257-7790.

### **LIFESKILLS - ABC's of body language**

March 25

Discover if your body language and facial expressions are working for you or against you

in your communication and relationships, personally and professionally.

This class is scheduled from 6 to 9 p.m. in the Marine Corps Family Team Building conference room, building 244.

Open to all active duty and spouses; suggested for couples and singles.

Reservations are required before attending this event and childcare is reimbursable.

For more information call Jocelyn Pratt at 257-2653 or 257-2410 or email [Jocelyn.pratt@usmc.mil](mailto:Jocelyn.pratt@usmc.mil).

### **Issue beyond the brief: Casualty notification brief**

March 25

This workshop, scheduled from 6 to 8 p.m. in the MCFTB conference room, building 244, aims to educate and reassure spouses that they will be taken care of in every possible way should the need arise for a CACO to visit.

Open to all spouses, active duty military, and civilians as room is available, regardless of deployment status.

Childcare is reimbursable and reservations are required.

For more information call Leilani Richardson or Valerie McCarley at 257-2650 or 257-2658.

### **Command Financial Specialist Training**

March 30 - April 3

CFS Training, scheduled from 7:30 a.m. to 4 p.m. in the Combat Camera classroom, is provided in accordance with MARADMIN0039 09 and SECNAVINST 1740.4

Qualified individuals are financially stable E-6 and above with at least one year remaining in the command at time of training.

A CFS is a liaison between command and USMC PFMP whose duties include establishing and administering command PFM program, presenting unit training, and advising command on policies and matters related to PFM.

Reservations are required

For more information call Cathern Bergeron at 257-7787 or 257-7790.

### **Issue beyond the brief: Effects of combat stress on Marines and families**

April 1

This workshop, scheduled from 6 to 8 p.m. in the MCFTB conference room, building 244, will define what Combat Stress and Post Traumatic Stress Disorder are and the differences between the two.

Spouses will learn about the signs and symptoms of combat related stress, recognize effects of combat stress and PTSD on families, and learn ways to cope with stress associated with combat.

Open to all spouses, active duty military, and civilians as room is available, regardless of deployment status. Childcare is reimbursable and reservations are required.

For more information call Leilani Richardson or Valerie McCarley at 257-2650 or 257-2658.

### **FBI Recruitment Presentation**

April 6

A recruitment presentation, scheduled from

10 a.m. to noon in the Combat Camera building 267, for FBI agents and professional staff.

Open to all interested parties considering a career with the FBI.

Reservations are required. For more information call Marine & Family Services at 257-7790.

### **Baby Bootcamp**

April 7

A childbirth education and infant care class, scheduled from 8 a.m. to 4 p.m. in the Base Chapel, that prepares expectant parents for labor and delivery, newborn care, postpartum changes, and breastfeeding basics.

Open to all active duty and their spouses. Reservation required.

For more information call New Parent Support Program at 257-8803.

### **Issue beyond the brief: Effective communication skills**

April 8

This last workshop in the Beyond the Brief series, scheduled from 6 to 8 p.m. in the MCFTB conference room, building 244, is designed to help spouses recognize and remedy the communication challenges that occur with the military family.

Open to all spouses, active duty military, and civilians as room is available, regardless of deployment status.

Childcare is reimbursable and reservations are required.

For more information call Leilani Richardson or Valerie McCarley at 257-2650 or 257-2658.

# Word to Pass

## Community Events

### GriefShare at First Presbyterian Church of Honolulu at Koolau Golf Course

If you have lost someone through death, and are feeling the need of a support group in a healing environment, GriefShare may be for you.

Practical advise, loving support, as well as emotional and spiritual guidance are important areas covered in DVD presentations, prayer and discussions.

This is a nationally recognized and acclaimed program to help you move from grief to joy. It will be repeated, so you may join at any time, and attend more than one series. All religions are welcome.

Meetings are on Sundays from 11 a.m. to 1 p.m. at the church located at 45-550 Kionaole Road in Kaneohe.

Signs for the church are posted on Kam Hwy near H-3 overpass. The sessions are free with an optional \$10 fee for a workbook. Free childcare with notice.

Please call the church at 532-1111 or Lee Alden Johnson at 226-7511 for additional information.

### "Divorce Care"

Divorce can hurt, make you mad, cause depression, but there is help available to discover there is live and joy after divorce

Nationally recognized and acclaimed program "DivorceCare" meets Thursday evenings from 6:30 to 8:30 p.m. at First Presbyterian Church of Honolulu at Koolau Golf Course, 45-550 Kionaole Rd., Kaneohe.

This series is for anyone going through the pain, disappointment, challenge and/or anger of divorce.

The program offers a welcoming and non-judgemental place to learn about the process of growing out of divorce, dealing with old and new relationships, and practical tools for going through the process.

All religions are welcome. Sessions are free. \$10 Registration and workbook fee. Program will be repeated, and may be attended more than once. Join anytime. Free childcare available with notice.

Please call Al and Marsha Coscina at 254-3136 with any questions or to get directions to the church.

Please leave a message for a return call.

## MARINE MAKEPONO

HAWAIIAN FOR 'MARINE BARGAINS'



## At Anderson Hall Dining Facility

### 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

#### Dinner

Minestrone soup  
Chicken noodle soup  
Roast pork loin  
Chicken tetrazzini  
Mashed potatoes  
Wild rice  
Simmered broccoli  
Simmered corn

### Saturday

#### Dinner

Cream of chicken soup  
Beef barley soup  
Herbed cornish hens  
Shrimp jambalaya  
Candied sweet potatoes w/marshmallows

Herbed broccoli

### Sunday

#### Dinner

Cream of potato chowder  
Vegetable soup  
Yankee pot roast  
Chicken breasts in orange sauce  
Mashed potatoes  
Boiled egg noodles  
Simmered mixed vegetables  
Simmered pinto beans

### Monday

#### Lunch

Beef noodle soup  
Cream of broccoli soup  
Steak ranchero  
Creole pork chops  
Lyonnais potatoes  
Southwestern rice  
Mexican corn  
Simmered peas and carrots

#### Dinner

Beef noodle soup  
Cream of broccoli soup  
Russian turkey stew  
Baked fish w/garlic

butter  
Steamed rice  
Simmered corn

### Tuesday

#### Lunch

Cream of mushroom soup  
Bean with bacon soup  
Beef sukiyaki  
Bombay chicken breast  
Steamed rice  
Fried cabbage  
Simmered carrots  
Chicken gravy  
Sweet and sour sauce  
Egg foo young  
Chow mein noodles  
Chinese egg rolls

#### Dinner

Cream of mushroom soup  
Bean with bacon soup  
Creole macaroni  
Jerked roast turkey  
Mashed potatoes  
Grilled cheese sandwich  
Simmered green beans  
Cauliflower au gratin  
Corn bread dressing

### Wednesday

#### Lunch

Manhattan clam chowder  
Split pea & ham soup  
Sweet and sour spareribs  
Country style steak

Red beans and rice  
Mashed potatoes  
Club spinach  
Simmered corn

#### Dinner

Manhattan clam chowder  
Split pea & ham soup  
Savory baked chicken  
Beef pot pie  
Boiled egg noodles  
Parsley buttered potatoes  
Creole summer squash  
Simmered peas

### Thursday

#### Lunch

Tomato soup  
Chicken and rice soup  
Dijon baked pork chops  
Beef Stroganoff  
Buttered egg noodles  
Oven glo potatoes  
Simmered carrots  
Simmered Italian mixed vegetables

#### Dinner

Tomato soup  
Chicken and rice soup  
Orange & rosemary honey glazed  
Chicken breast  
Simmered corned beef  
Islanders rice  
Parsley buttered potatoes  
Glazed carrots  
Fried cabbage w/bacon

Assorted desserts will be served at each meal

# Community Events

## March

### Hawaii Music Awards

(Mid March) The Hawaii Music Awards is a non-profit organization dedicated to promoting the diversity of music found in Hawaii and the Pacific Rim by honoring and acknowledging the talents and achievements of the music community.

Music education is supported by providing funding for scholarships and grants for the Music Foundation of Hawaii.

Excellence is recognized in the recording arts and professions and supporting businesses. The Award Show venue changes from year to year.

For more information send email to [info@hawaiimusicawards.com](mailto:info@hawaiimusicawards.com) or call 951-6699.

### Heiva I Honolulu

(Mid March) Tahiti Nui International's "Heiva I Honolulu," presents a variety of dance and music over three days.

Categories include Solo, Group 'Ote'a, Aparima, Ahupurotu, Mama Ruau, and Drumming. Handicrafts and entertainment from the South Pacific will be highlighted in the annual celebration of Tahitian culture and dance.

There is a fee for admission.

For more information call 384-2765.

### Waikiki Artfest

(Late March) Presented by the Handcrafters and Artisans Alliance.

Handmade in Hawaii products for sale by the artists, including wood products, clothing, jewelry, stained glass, candles, quilts, ceramic arts.

Enjoy live entertainment, good food, and meet the artists.

Kapiolani Park, 9 a.m. to 4 p.m.

For more information call 696-6717.

### Windward Orchid Society Spring Show and Plant sale

(Late March) Come and see beautiful orchids in every imaginable hue.

Orchid societies from Oahu vie for prizes awarded by the American Orchid Society for creative floor and table landscape displays and for outstanding orchids in various categories.

There are demonstrations on the care of orchids and a great big plant sale. S.W. King Intermediate School

Armory, 46-155 Kamehameha Hwy., Kaneohe (Two blocks North of Windward Mall).

For more information call 247-3345.

### Splendors of Ikebana Demonstrations

(Late March) Everyone is invited to celebrate the arrival of spring at Honolulu Hale's "Splendors of Ikebana" exhibition. Colorful flower displays will be complemented with the offering of free ikebana-making demonstrations.

This is a great opportunity to learn traditional and contemporary techniques of ikebana flower arranging by instructors of the art.

For more information call 523-4674.

### Wiki Wiki one-day Hawaiiana & Collectibles show

(March 29) Hawaii's strictly vintage collectibles (20 years and older), antiques and Hawaiiana show and sale from 10:30 a.m. to 4:30 p.m.

Exhibitors from Oahu, other Hawaiian Islands, and mainland U.S. sell vintage Hawaiiana, antiques, estate jewelry, kimono, koa, rattan, aloha shirts, tribal art, textiles, toys, dolls, coins, stamps, Mings, ivory and much more. Blaisdell Center, Hawaii Suites. Admission fee.

For more information call 941-9754.

### Mission Houses Museum

(All Year) Mission Houses Museum was established in 1920 by the Hawaiian Mission Children's Society, a private, non-profit organization and genealogical society.

Its three restored houses and research library provide a unique glimpse into 19th century Hawai'i. Located at 553 South King Street Honolulu, HI 96813-3002.

For more information call 531-0481.

### Public tours at James Campbell National Wildlife Refuge

(Thursdays and Saturdays October through February) James Campbell National Wildlife Refuge is located near Kahuku town on the north shore of Oahu.

This wetland refuge is home to four endangered Hawaiian water birds and numerous migratory waterfowl and shorebirds.

The refuge offers public tours Thursdays and Saturdays starting the third Saturday in October and ending the third Saturday in February each year.

For more information call 637-6330 ext. 27.



Reaching out to help one another

## Volunteer Opportunities

### Junior Achievement volunteers needed

The 5th grade classes at Mokapu are looking for one or more volunteers with a business or economics background to help teach Junior Achievement lessons.

The lessons are spread into five sessions and cover various aspects of economics. Teaching material and kits are provided; no teaching experience is necessary.

The lessons should be taught to three classes and last 30-45 minutes each. Monday and Tuesday afternoons work best.

For more information, or to volunteer, please contact Adrienne Vincent at Mokapu Elementary School's front office at 254-7964.

### Track Team Seeks Marine Volunteers

The Mokapu track team is seeking Marines to help coach.

Track practices are held every Tuesday and Thursday from 2:15 p.m. to 3:15 p.m. at the school.

Kids will participate in a flexed-arm hang/pull-up, sit-ups, shuttle run, long jump, 35- and 50-yard dash, and the 300- and 600-yard run.

Participants will compete at the Windward District Physical Festival at Kaiser High School on Tuesday, March 3, from 8:30 a.m. to 12 p.m.

They will also compete at the Kainalu Invitational at Kainalu Elementary School in Kailua on Thursday, May 14.

More information on that invitation will be available at a later date.

To volunteer, or for more information, contact Melissa Ferreira at Mokapu Elementary School's front office at 254-7964.

### Local elem. school looking for tutors

Aikahi Elementary School is looking for volunteers to help tutor students in reading and math for 1st, 2nd and 5th grades Monday-Friday from 8:15 to 11:45 a.m.

For this and more information on volunteering at local schools on Oahu, please contact Amy Madsen, at 630-8281.

### 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. - 1:30 p.m. on Monday-Friday except for Wednesdays (store is closed) and on 1st and 3rd Saturdays each month from 10 a.m. - 2 p.m.

Please call 254-0841 or send an email to [mcbhaesc@yahoo.com](mailto:mcbhaesc@yahoo.com) for more details.

### PBS Hawaii

PBS Hawaii is looking for two to three volunteers to answer telephones for one hour every Thursday. Dinner is provided.

For more information, call Headquarters and Service Battalion S-1 at 257-3007.

### Honolulu Community Action Program

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

# Mokapu Beat

News from Mokapu Elementary



## Spring Break & Intersession

Spring break is Monday, March 23, through Friday, March 27. There will be no school for kids that week or the following week, March 30 – April 3, due to intersession. Normal school hours will resume on Monday, April 6.

### End of Quarter

The third quarter of school ends today. Parents should help students ensure their work is completed and submitted on time.

### Math Camp

The Title I office is sponsoring a spring intersession math camp for kids in grades 3-6. It will take place from Monday, March 23, through Wednesday, March 25, from 8 - 11:30 a.m. Room location is still to be determined.

In this program, kids will explore math and test-taking strategies through games and fun, hands-on activities.

Space is limited. Preference is given to students with teacher referrals. There is no fee for the camp.

Call 254-7964 ext. 270, or send an email to resha\_ramolete@notes.k12.hi.us to register or for more information.

### 4th Quarter Bus Pass

Children who ride the school bus should pay for their 4th quarter bus pass in the front office. A round-trip pass costs \$30.80 and a one-way pass costs \$15.40. Payment is due by Friday, April 3.

### Hawaii State Assessments (HSA)

The Hawaii State Assessment for students in grades 3-6 will begin on Tuesday, April 7, and continue through Thursday, April 16.

The testing will be held during the morning hours on Tuesdays, Wednesdays and Thursdays of those two weeks. Students will perform better if they are well rested and have eaten breakfast each morning.

They should have sharpened #2 pencils and an eraser for the tests. Parents should ensure their children arrive at school before the first bell rings at 7:50 a.m.

### Book Fair

Mokapu Elementary School's library will host a spring book fair from Saturday, April 18, through Friday, April 24.

Hours for the fair are 10 a.m. – 2 p.m. Saturday; 8 a.m. – 4 p.m. Monday, Tuesday, Thursday and Friday; and 8 a.m. – 8 p.m. on Wednesday.

The book fair also has a Web site: <http://bookfairs.scholastic.com/homepage/mokapu>.

Questions may be directed to Vicki Kwiatkowski at 254-7964 or emailed to PTA at [mokapu\\_pta@yahoo.com](mailto:mokapu_pta@yahoo.com).

### Parenting Class

A seven-week parenting class will be offered at Mokapu Elementary School starting in April. PCNCs Shelley Murphy and Heidi Dickens will facilitate the class using material from Parent Project Jr.

The class is called "Loving Solutions: A Parent's Guide to Raising Kids" and will focus on kids 5-10 years old. It will be held Tuesdays from 5:30 – 8:30 p.m. in room P-6 from April 21 – June 2.

The class itself is free, but participants will need to purchase the workbook, which is \$22. Child care will be provided for kids 5-10 years only, with reservations made by April 13.

Questions and RSVPs should be directed to

### Website Tool for Standards

A great tool to work with kids on meeting and exceeding reading and math standards can be found at <http://soarathome.com>.

Struggling and gifted students alike can benefit from this site, sponsored by the Dept. of Defense through a worldwide two-year grant, and funded by the Military Impacted Schools Association with the Princeton Review, Houghton Mifflin Skills Tutor, and the University of Northern Iowa. There are parent video trainings on certain math topics for parents. Parents can also compare standards at each grade level between states. Deployed spouses can view how their child is doing on the standards.

The website gives parents a quick 30-item

more information.

### Three for Me

PTA is sponsoring the "Three for Me" volunteer program at the school. Each parent is encouraged to volunteer at least three hours at the school during the entire year.

Parents interested should fill out a blue commitment card (available at the front office or by contacting PTA at [mokapu\\_pta@yahoo.com](mailto:mokapu_pta@yahoo.com)).

When their hours are completed, their names will go on a blue star to be added to the "Walk of Fame" in the school hallway. Stars are added on a monthly basis.

Thank you for investing in your children!

### Achieve 3000: KidBiz and TeenBiz

Mokapu Elementary School is very fortunate to have online access to Achieve 3000!

All students in grades 2-6 have access to this valuable Web-based reading program, which is geared to each student's current reading level.

The program can be accessed on any computer with Internet capability: at home, in the school and base library and at after-school activity centers equipped with computers with Internet access.

The results have shown that students who have used the Kid Biz and Teen Biz program just twice weekly have made significant gains in reading more than three times the expected norm.

Parents, we ask for your support at home as often as is possible to allow your child to access the Kid Biz or Teen Biz program to complete articles daily and answer the "activities" multiple choice questions, as they read on to success.

If you have any questions, please call the school at 254-7964.

### Free Online Tutoring

Free online tutoring is available for students at [www.usmc-mccs.org](http://www.usmc-mccs.org). The password is usmc.

This is an interactive homework tutorial for students and parents in math, science, English, writing, and social studies.

### 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. Money collected from these goes toward various improvement projects at the school.

## Spring Festival

Save the date! Saturday, April 18, will see a spring festival at Mokapu Elementary School. From 10 a.m. to 2 p.m., the PTA-sponsored festival will feature the K-Bay Dance Academy, face painters from Aloha Clowns, balloon artists from Adventure Balloons, K-9 demonstrations, fire trucks, games, prizes, raffles, and community vendors!

Games will require tickets, which are 25 cents each. Prior to April 15, people may buy five tickets for \$1.

The PTA would love to have more volunteers for the festival. If interested, please contact the PTA at [mokapu\\_pta@yahoo.com](mailto:mokapu_pta@yahoo.com), or leave a message at the school's front office at 254-7964.

Shelley or Heidi in P-6 or by calling 254-7964.

### Kindergarten Registration

Mokapu Elementary School is accepting registrations for the 2009-2010 school year for incoming kindergarten students. The hours of registration are 8:30 a.m. - 12:30 p.m., Monday-Friday in the school office. Please ask to see the registrar. The following documents are required:

- 1) health records (Form 14), including a physical and TB clearance card
- 2) birth certificate, the original or certified copy. Child must be 5 years of age by December 31, 2009.
- 3) proof of current address (e.g. a utility bill or housing agreement)
- 4) legal documents if there are changes to your child's name or custody/guardian arrangements.

assessment on each Hawaii state reading or math standard. It automatically scores the quiz and provides a percentage-right score for each topic within that benchmark. If you click on the topic it will provide a link to a customized, colorful, web-based tutorial for the student. Parents can register their children at this website to provide them with the remedial or enrichment help their child needs. The grade level, automatically determined from the child's birthdate, can be adjusted.

### Health Room Needs Clothes

The health room at Mokapu is in need of kids' clothes, all kinds and all sizes.

The clothes are given to kids who have need of replacement clothes during the school day.

Especially needed are new underwear and inexpensive flip-flops. Bring the items to the health room at any time during the school day.

Please call the health room at 254-7968 for

## MOVIE TIME

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

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

Call 254-7642 for recorded information.

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

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

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

"Hotel for Dogs"  
 "Frost/Nixon"  
 "Paul Blart: Mall Cop"  
 "Underworld 3: Rise of the Lycans"  
 "Inkheart"  
 "Frost/Nixon"  
 Sneak Preview "Brothers at War"  
 "Taken"  
 "Underworld 3: Rise of the Lycans"

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.

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



Mokapu Elementary School accepts and recycles used

### Don't throw it away!!

or broken electronic equipment. Items accepted are:

- cell phones
- ink cartridges
- DVD players
- VCR's
- printers
- fax machines

Just had a baby?



To set up an appointment to enroll your child in DEERS call 257-2077 or to make an appointment online visit <http://www.es.cac.navy.mil>.

To enroll your child in TriCare visit the Branch Medical Clinic, Kaneohe Bay.