March 27, 2009
Volume 39, Number 12
www.mcbh.usmc.mil

Hawaii Marine

Fire!

Base, local Fire Departments respond, extinguish base fire



Photos By Sgt. Sara A. Taylor



Above: **A construction site blaze broke out at Marine Corps Base Hawaii March 21. Federal Fire dispatched five engine companies to the site, including one company capable of emergency medical aid. The Honolulu Fire Department also offered support during the fire. The damage was limited to the construction site.** ***Left:*** **Federal Fire crews assess the damage caused by a fire March 21 on Marine Corps Base Hawaii at a housing construction site near Fort Hase Beach. The fire is still under investigation, said Roma Raposa, fire inspector, Federal Fire, however the fire was ruled as accidental. No injuries were reported, but the fire damaged approximately $70,000 worth of building materials including fixtures and lumber.**



Christine Cabalo

Lifting up an Aikahi Elementary School student, Pfc. Charles Valentine, assaultman, 1st Battalion, 3rd Marine Regiment, helps a student across a set of trapeze rings at the school's new playground. Valentine helped build the playground, cutting boards used to support several platforms.

Playground reopened

Marine volunteers see the fruit of labor during Aikahi Elementary School playground dedication

Christine Cabalo
Photojournalist

KAILUA, Hawaii -- Just in time for recess, Aikahi Elementary School playground reopened March 20 with help from community volunteers and the Marines from Marine Corps Base Hawaii who helped rebuild it.

During an opening dedication ceremony at the school, 26 of the original 300 Marine volunteers from 1st Battalion, 3rd Marine Regiment gathered along with 500 Aikahi students. The ceremony included a Hawaiian blessing and the cutting of ceremonial leis by Hawaii State House Rep. Cynthia Thielen and Gay Kong, principal, Aikahi Elem. School.

"This [playground] is a symbol of resiliency," Kong said. "Resiliency means when something bad happens or if you're faced with a challenge, you bounce back even better than before."

Divided by grades, each group of students had a turn to play on the newly rebuilt area after the ceremony. The 1/3 Marines stayed to watch as students played on the new playground equipment throughout the day.

Many of the Marine volunteers stood near the structures they personally helped build. Lance Cpl. Cameron Ahola, rifleman, 1/3, was part of the volunteer team who put together several slides. After the opening ceremony, he stayed to help ensure students made it safely down those slides. Ahola said it was great to come back to see his work appreciated by the students.

"All of us [worked] together in a short time

See PLAYGROUND, A-5

Marine, Sailor help put out local fire

Lending helping hand saves complex

Kristen Wong
Photojournalist

KANEOHE, Hawaii -- On the morning of March 23, Sgt. Nicholas Grady, heavy equipment operator, Combat Logistics Battalion 3, finished his usual physical training, and was on his way to work when he saw smoke at 44-340 Olina St., otherwise known as the Yacht Club Knolls.

Grady said he hadn't seen any lights indicating the presence of a fire truck. In an effort to help, he jumped over the fence to the complex, grabbed one of the resident's fire hoses and began to spray water on the fire. He said his first thought was to check whether there were still people in the building.

"I was asking if anyone was in there," Grady said.

Soon, Grady was not alone. Two Yacht Club Knolls employees, Michael Levack, groundskeeper supervisor, and Mark Gomes, groundskeeper, noticed the fire while making their usual rounds on the property and called 911.

In the meantime, Levack, Gomes and residents whom KGMB9 news identified as Tom Kinney and Navy Chief Petty Officer Michael McCleary, diver, Submarine Squadron 1, took on more than three hoses to keep the fire at bay until firefighters arrived.

McCleary had been at home that morning, putting on his shoes and preparing for work when he said he heard his neighbor Sally's caretaker, whom KGMB9 news identified as Ula Namelo, calling for help. For confidentiality, Yacht Club Knolls would not disclose Sally's last name.

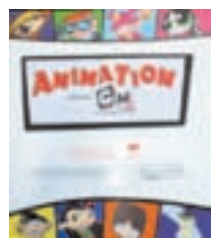
Namelo told KGMB9 she and Sally successfully evacuated through the back door.

"My wife and a couple of ladies were talking to her ... [Sally] was visibly shaking," McCleary said.

The four men with the hoses had various concerns about the fire and the surrounding townhouses. McCleary said the units are attached to each other through the attic, making it likely the fire would spread faster.

See FIRE, A-5

Inside today's Hawaii Marine



How are cartoons made?
Bishop Museum answers that question with new exhibit, **C1**

Iron man
MCAF holds first Iron Man Combat Fitness Test event, **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

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, Apirl 1. Prices for each event and further information can be found at 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 MRPF 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 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

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	Kristen 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 Tsantarliotis
Combat Correspondent	Lance Cpl. Cassandra Yoho
Combat Correspondent	Lance Cpl. Daniel H. Woodall

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, Kaneohe Bay, Hawaii 96863
E-Mail: hmeditor@hawaiimarine.com

Civilian Corner

Web site shows what's happening in the civilian community

Dr. Michael Smith
Deputy Director G3 Operations and Training

Everyone knows the Marine Corps has its own Web site. Active duty Marines can find out what is happening around the Corps by visiting http://www.usmc.mil but did you know that Civilian Marines also have their own Web site?

Manpower and Reserve Affairs at Headquarters Marine Corps maintains an excellent Web site for active duty, reserve, retired, and Civilian Marines.

There is also a wealth of information for the Marine Corps family so next time you are surfing the web, visit https://www.manpower.usmc.mil.

One of the things I like to check out is the Civilian Marine newsletter, "The ClipBoard," which features articles about many aspects Marine Corps civilian work life and workforce development. One recent article that caught my attention dealt with Centrally Managed Programs.

The Director, Civilian Personnel Programs, Manpower, and Reserve Affairs is the program sponsor for the Centrally Managed and Centrally Funded Program.

This is a great program that offers Civilian Marines some fantastic leadership training opportunities and as its name implies, it is funded by Headquarters Marines Corps.

I have personally benefited from some highly coveted training opportunities including The Disney Institute's Approach to Quality Service.

Headquarters Marine Corps provided me with the opportunity to visit Disneyland for three days and be totally immersed in their approach to quality.

This was an opportunity that few in government service ever get a chance to explore. The best part, I received some of the best quality service available which I can bring back to Marine Corps Base Hawaii and funding for the program did not have to come from my directorate or the base.

Most recently, I was accepted into the Executive Leadership Development Program. The cost for this 10 month long program is estimated at over $30,000.

But once again, there is a significant benefit from the training. I participate in the premier DoD training event gaining vast knowledge and again there is no cost to my directorate or the base.

There are many leadership development programs that are centrally funded. Programs are available for everyone from GS-5 through GS-15. Some of the available programs include: Executive Potential Program ; New Leader Program, Aspiring Leader Program; USDA Executive Leadership Program; Industrial College of the Armed Forces; DoD Executive Leadership Development Program; Congressional Fellows Program Seminar XXI; Federal Executive Institute, and Defense Senior Leadership Development. Take the time to look into these valuable training opportunities.

Whether apply for a centrally managed program or submitting a Letter of Instruction for review, nothing gets done until the paperwork is correct. Here at MCB Hawaii, that job is the responsibility of the Base Adjutant. The Marine Corps Base Hawaii Adjutant is John Hamilton and I stopped by to ask him about his career as a Civilian Marine.

Hamilton has been working as a Civilian Marine for one year. Hamilton is a prior Marine and attributes the combination of his military experience and his education for being selected to his current position.

He recognizes the importance of training and education and is currently working on a doctorate degree. One of the hardest parts of the doctoral journey is narrowing down a topic for the dissertation.

Hamilton's focus is on change management and he is exploring challenges that organizations face while undergoing and implementing change.

I asked Hamilton what he felt was the best part of working here at Kaneohe and he responded "The people, we really have a great time here."

He emphasized that it is the professionalism of the Marines and Civilians that he works with everyday that really makes the Adjutants office a great place to work. They have a tremendous work load but the focus on teamwork and the mission make the job very rewarding.

Finally, I would like to highlight some of the recent job opportunities at Marine Corps Base Hawaii. Remember, for the most up to date list of current job openings; check with Human Resources Office or on line at https://chart.donhr.navy.mil/.

Heating Equipment Repairer
WG-5309-08
Medical Support Technician (OA)
YB-0679-1
Mobile Equipment Metal Worker
WG-3809-08
Safety & Occupational Health Specialist
GS-0018-09

All you need to know about the Pass and Identification Office

Information on what is required for access to MCBH

Pass and Identification Offices Hours of Operation

Marine Corps Base Hawaii: 257-2047
Monday-Friday 5:00 a.m. - 8:00 p.m.
Saturday-Sunday 6:00 a.m. – 6:00 p.m.
Camp H.M. Smith:
Monday-Friday 7:00 a.m. – 4:00 p.m.
(Both facilities) Civilian Contractor hours:
Mon., Wed., Thurs. ONLY 6:00 a.m. - Noon

DoD Vehicle Decals

Who's Eligible:
- All DoD Common Access Identification Cardholders permanently assigned to MCBH
- Active duty personnel permanently stationed aboard MCBH
- Retired active duty personnel (all branches)
- Spouses of active duty MCBH personnel, retirees, or deceased service members
- DoD Civil Service personnel who retired from MCBH
- DoD or Non-Appropriated Fund personnel stationed at MCBH

What you need (active duty):
1) Military ID card
2) State driver's license
3) Hawaii vehicle registration or out-of-state permit
4) Hawaii no-fault insurance card
5) Hawaii vehicle safety inspection certificate
6) Completed MCHB vehicle decal application form which may be found at http://www.mcbh.usmc.mil/mp/default.htm or at Pass and ID Office
7) Driver's Improvement Card (DIC) if under 25 years old
8) Decal application form signed by E-8 or above if you are E-5 or below
9) Motorcycles must have all the above and Motorcycle Safety Foundation Card (Basic Rider Course)

For **non-active** duty personnel who qualify, you must have #1-6 and 9

Day Passes and Extended Passes

Day passes may be obtained at MCBH for DoD-affiliated visitors and are valid for one day.

Requests for extended stay passes must be requested via fax to 257-0071 or e-mailed to MCBH.MPPass.fct@usmc.mil at least 14 days in advance.

What you need:
1) Military ID card
2) State driver's license
3) Hawaii vehicle registration or out-of-state permit
4) Hawaii no-fault insurance card
5) Hawaii vehicle safety inspection certificate
6) Sponsorship (civilian guests or contractors)

Sponsoring others onto base

Sponsorship can be requested in person* or by phone from a registered base telephone number for non-military visitors.

Passes are good for one day on the same day as the request unless an extended pass is requested in writing.

Who may sponsor:
- Active duty personnel and dependants over 18 years old may sponsor guests, including beach areas
- Dependants under 16 may sponsor, but not for beach access
- DoD CAC cardholders stationed aboard MCBH
- Base tenant organizations

*Tow trucks must be escorted in person at all times

Houseguests

- Allowed for on-base residents only
- Sponsor must accompany guest when requesting pass
- All guests staying more than 72 hours must register in person with MCBH Family Housing Department before obtaining pass
- Passes valid for duration of visit (up to 30 days) and are renewable.

Cell Phone Number Registration

Cell phone numbers can be registered at the Pass and ID Office as base numbers.

This can be used for sponsorship for those who do not have landlines in base housing or use a government cell phone as their primary number at work on base.

You must present the Pass and ID Office with a valid ID card and proof of base residency.

Non-Resident Forms

Non-resident forms can be requested for any active duty member from any branch of service.

What you need:
1) Military ID
2) Vehicle registration
3) Leave and Earning Statement or W-2 form
4) Valid power of attorney (for spouses requesting for service members)

Picking up after pets keeps base clean, beautiful

Base Inspector Office Staff
Base Inspector Office

Just a reminder, picking up after your pet during walks leads not only to a nicer Marine Corps Base Hawaii, but also keeps you within base regulations.

A few owners aboard Marine Corps Base Hawaii are failing to remove their pet waste from the grassy areas and grounds around base.

Walking through grass hiding doggie land mines can be aggravating and creates a nuisance for families and individuals taking part in outdoor activities.

Pet owners are responsible for controlling their pets while on base and living within the guidelines of their housing agreement, one of which is to clean up feces deposited by their pets.

Owners must remove waste deposited by their pets on a daily basis from their yard. Waste deposited by your pet in another yard or in common areas must be removed immediately.

Owners need to carry a means to remove waste from common areas when walking any pet on base or after using the base Dog Park.

According to the Hawaii Pet Waste Management Center; pet waste can cause two problems:

First, it contains nutrients that can promote the growth of algae if it enter streams and the ocean due to rain. Algae can clog streams and destroy habitat for aquatic organisms.

Second, animal droppings are a source of pests and disease. Pets, children playing outside, and adults gardening are most at risk for infection from waste. Flies can also spread disease from animal waste.

Residents with pets living in housing aboard MCBH who do not clean up after their pets will receive a formal letter of warning from the Base Inspectors office. Any subsequent misconduct will result in a Magistrate court hearing.

Take pride in MCBH keep it clean. Enjoy the scenery and beauty of our base without the worry of pet waste. Please clean up after your pet.

Base orders can be reviewed at www.mcbh.usmc.mil under the welcome aboard heading. Information on pet waste control can be found in Base Order P5500.15B chapter 3.

MCBH Dog Park is located on Selden St, beside building 4014, in front of the canal. It can be used during hours of light.



130 JROTC cadets train, learn at MCBH

Local youths dedicate spring break to new experiences, challenges



Cadets from James Campbell High School receive a demonstration from Staff Sgt. Robert Cole, base range inspector, on how to properly climb a rope before attempting the obstacle course Monday on Marine Corps Base Hawaii.



Photos by Lance Cpl. Daniel H. Woodall

A cadet from James Campbell High School climbs over a log during a run through the obstacle course Monday. Each cadet volunteered to take on training challenges like this at MCB Hawaii and visit historic sites on Oahu during their spring break instead of staying at home.

Lance Cpl. Daniel H. Woodall
Combat Correspondent

Approximately 130 Junior Reserve Officer Training Corps cadets participated in a series of training events and demonstrations Monday at Marine Corps Base Hawaii.

The events included a run through the base obstacle course, leadership reaction course and a virtual patrol in the Combat Convoy Simulator. The cadets were also shown a static display of a CH-53D helicopter, and demonstrations of the training and skill of military police dogs and Explosive Ordnance Disposal robots.

Three of the high school JROTC units (from Radford, James Campbell and Kalaheo) were Navy, while the fourth, Castle, had a Marine Corps JROTC unit representing their school.

The day spent on MCBH is the first of three stops during the students' Spring Break JROTC Camp, said retired Lt. Col. Paul R. Fields, senior instructor at Radford High School in Honolulu. The students, ranging from 9th-12th grade, volunteered to participate in events teaching military history and offering leadership training at both MCBH and Naval Station Pearl Harbor rather than have a week of leisure over the break.

"I would rather be on a Marine base than at home," said Alan J. Kam, a 9th grade student and member of Castle High School's Marine JROTC program in Kaneohe. "It's a good experience and it's my first time doing this."

After lunch at Anderson Hall Dining Facility, the cadets split into their respective schools and marched to the Landing Zone Boondocker. First, military police dog handlers held a demonstration showing how their dogs find drugs and take down aggressors. After the demonstration, the cadets rotated through a series of four events, starting with the obstacle course.

"The obstacle course is a good way to challenge yourself," said Spencer B. Buan, a 9th grade student and member of James Campbell High School's Navy JROTC program in Ewa Beach. "It's a lot easier if you use teamwork as a tool."

Another event, an EOD display, allowed the cadets to see how the Marine Corps disposes of explosive material using high-tech robotics, said Gunnery Sgt. T.J. Manor, the staff non-commissioned officer-in-charge of EOD on base.

"The cadets were shown three different types of robots and an x-ray system we employ in EOD," said Manor.

The next event of the afternoon was the Leadership Reaction Course, which placed the cadets into situations where they must navigate an obstacle given a strict set of guidelines and only a few supplies to help them.

"We were given two ropes and three ammo cans to build a bridge and get across the sand," Kam said about one LRC challenge. "It's hard, but if we listen to each other, it gets a lot easier."

The fourth interactive event of the training day was a visit to the Combat Convoy Simulator, where the cadets were placed into a Humvee and given realistic weapons to simulate a convoy on patrol in Iraq in the state-of-the-art, 360-degree trainer.

Gunnery Sgt. Ralph Scott, the base range area training chief, organized the CCS event for the cadets.

"The most important thing for these cadets is to learn that leadership is everywhere," said Scott. "We present leadership tools for them to take with them for the rest of their lives, regardless of their decision to join the military or not."

"Bringing these cadets onto [MCBH] lets these kids see the broad range of careers in the military," said Manor. "It also allows them to see that the Marines are more than just about running and shooting."



Cadets from Castle High School use teamwork to attempt to cross an obstacle by building a wooden bridge at the Leadership Reaction Course Monday.



Above: Spencer B. Buan, a 9th grade Navy JROTC Cadet from James Campbell High School, climbs a rope at the end of the obstacle course Monday on Marine Corps Base Hawaii.

AROUND THE CORPS

Your weekly guide to what's happening around the Corps

East Coast



Sgt. Judith Carver

Intramural three-gun competition

MARINE CORPS BASE QUANTICO, Va. -- Pumped up with adrenaline, Marines and civilians from the National Capital Region participated in the first intramural three-gun shooting competition at Weapons Training Battalion March 16-20.

The competition was open to anyone at any level of proficiency as long as they came to one of the full days of training, said Chief Warrant Officer 3 Michael Musselman, the battalion gunner for WTBn.

Marines ranking from private first class to colonel showed up to test their skills.

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

West Coast



Cpl. Margaret Hughes

Company E officially rolls into the Wolfpack

MARINE CORPS AIR GROUND COMBAT CENTER, TWENTYNINE PALMS, Calif. -- Marines and sailors with 3rd Light Armored Reconnaissance Battalion gathered in formation for a ceremony to officially activate Company E and its guideon March 19 at the battalion's Light Armored Vehicle ramp.

Company E, known as Erie Company, is the newest addition to the Wolfpack.

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

Overseas



Cpl. Heather Golden

Marines battle elements during land navigation

CAMP FOSTER, Okinawa -- Marines across Okinawa got a taste of a new training system Semper Fit is integrating into its physical fitness program March 12-13.

The TRX FORCE, or functional operational readiness compact exercise, suspension training kit is being embraced by Semper Fit as a deployable physical training tool.

Several Marine Corps Community Service Okinawa trainers were on hand for sessions at all camps to show Marines what TRX can do for them.

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





Lance Cpl. Randy Little

Colton Dike meets his father, Sgt. Matthew Dike of Combat Logistics Battalion 26, for the first time at a return and reunion event March 23, at Camp Lejeune, N.C. Dike returned after a seven-month deployment with the 26th Marine Expeditionary Unit. The CLB had 10 families with newborns who met their fathers for the first time at the reunion, Monday.

This week's top story

26th MEU Marines, Sailors return to Camp Lejeune

Cpl. Jason D. Mills
26th MEU

CAMP LEJEUNE, N.C. -- The 26th Marine Expeditionary Unit, which includes about 2,200 Marines and sailors, returned to Camp Lejeune, N.C., from the ships of the USS Iwo Jima Amphibious Ready Group beginning March 23 after a seven-month deployment which began August 25, 2008.

While in the 5th and 6th Fleet Areas of Operation, the MEU supported regional security and stability sometimes as a show of force and other times as a helping hand. Besides supporting operations in Iraq and off the Horn of Africa, the MEU also conducted numerous Theater Security Cooperation exercises designed to bolster international relations and improve the military efficiency of regional allies.

Shortly after deploying, the MEU's CH-53E Super Stallions were detached and sent to Iraq to support Marine Aircraft Group-16 operating out of Al Asad. The detachment included more than 50 Marines and sailors, and spent six months supporting operations there.

The MEU also conducted counter-piracy operations near the coast of Somalia in cooperation with the U.S. Navy and Coast Guard. Though the mission was not expected, the MEU was well-suited to help with the piracy operations in the Gulf of Aden.

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

Top story from the front



Sgt. Dean Davis

Lance Cpl. Adam B. Monroe, a scout with 3rd Platoon, Company D, 1st Light Armored Reconnaissance Battalion, Regimental Combat Team 8, provides security during a patrol near a house in northern Iraq. As the Marine Corps is known for its expeditionary prowess, maybe one of its best examples can be found patrolling the terrain of northern Iraq as Marines of 3rd Platoon, Company D interdict smuggling and have remained outside the wire for the majority of their deployment.

LAR remains expeditionary throughout deployment

Sgt. Dean Davis
Regimental Combat Team 8

NINEWA PROVINCE, Iraq -- Since the Marine Corps is known for its expeditionary prowess, maybe one of the best examples of this trait can be found in Iraq's Ninewa province. Patrolling the terrain of northern Iraq, the Marines of 3rd Platoon, Company D, 1st Light Armored Reconnaissance Battalion, Regimental Combat Team 8, have spent the bulk of their deployment staying true to this expeditionary mindset by remaining 'outside the wire' to interdict smuggling.

"The work these Marines do is tough and they do a phenomenal job every time," said Staff Sgt. Joshua J. Lepper, platoon sergeant for 3rd Platoon. "The highlight of this deployment has been seeing the Marines out in the field for 75 days at a time with no complaints and happy to do the job they are assigned. I couldn't ask for a better platoon of Marines."

Occasionally the platoon returns to Sahl Sinjar Airfield, a remote airstrip here, but ask 1st Lt. John W. Heald, commander of 3rd Platoon, and he will tell you, that like the rest of the Marines in his platoon, he would rather be out operating in the desert and villages.

"It has been rough at times, but this platoon is very tight, which improves any situation," said Heald. "Being out for this long and living out of the vehicles like this forced us to adapt."

See http://www.marines.mil for full story or http://www.mnfwest.usmc.mil

Marines attend Career Day at Puohala Elementary

Student's get a taste of what it means to be a Marine

Lance Cpl. Alesha R. Gaurd
Combat Correspondent

Three Marines from Marine Corps Base Hawaii and volunteers from a variety of professions within the local community attended Puohala Elementary School's Career Day March 24.

Volunteers shared with students what they do on a day-to-day basis and how staying in school helped them thrive in their job fields.

Due to the large turnout of volunteers, "Career Day" was a very successful event, said Kane Principal of Puohala Elementary School.

"The intent of Career Day was to help students connect what they are learning everyday in the classrooms with a lifelong goal or career," Kane said. "It was important for them to hear successful folks repeat the message that reading, writing and arithmetic are still very important essentials in preparing for careers."

Kane said she believes career day provided the children a chance to interact with the many role models within the community.

"The Marines have always assisted us in one way or another - physical labor, funding, flag raising … " Kane said. "In every event they have shown themselves to be selfless, hard-working and respectful - attributes that are sterling examples for our students." The Marines who volunteered for career day at Puohala said they thoroughly enjoyed the opportunity to represent MCBH and speak with the children about their experience in the Corps.

"I shared that [Marines are] like America's 911 force – we work directly for the President of the United States," said Sgt. Jonathan Segoria, ammunition technician, Puuloa Rifle Training Facility.

By explaining to the children Marines work to protect them by policing the rest of the world, Segovia said the children began to understand saying, 'Oh, you're like cops!'

Segovia said he tried to clarify how Marines are different from soldiers and airmen. Marines don't just fly planes or sail boats – they can do it all by working together with the other services.

"I told them that just like how they work together as a team in a class, [the military services] do the same thing," Segovia said. "So that was one of the great things I got to pass along to them – the Marine Corps and the other services work together to make one strong military force."

Throughout career day, Kane said the children were exposed to a broad spectrum of jobs from Marines to doctors, firefighters and veterinarians. She said the volunteers each explained how important school is in order to succeed in their occupation.

"[Career Day] is important because … it starts the wheels turning in their minds about what choices they have, what talents they think that they have and how they might be successful in one of these careers," Kane said. "The most important thing is that it begins to alter their attitudes and thus, their behaviors."

Kane said volunteer opportunities like Career Day provide Puohala an opportunity to promote good relationships with the local community and Marine Corps Base Hawaii.

"The Marines, while they are [stationed] here, are a part of our community," Kane said. "It is important that we include them and that they seek opportunities to be included in the community.

"The interactions foster respect and good relationships," she continued. "We are always so pleased with the Marines that have visited and have helped improve our school. We are very grateful for their participation and support of our activities."

Kane said her students were 'raving' about the event and are eager for next year's carerr da.

"We are grateful for the opportunity of the service that the men and women of the United States Marines have so willingly given to us [today]," Kane said. "We hope that this great relationship can continue."



Lance Cpl. Alesha R. Guard

Sergeant Jonathan Segoria, ammunition technician, Puuloa Rifle Training Facility (right) and Lance Cpl. William Saulnier, armorer, Puuloa Rifle Training Facility (left) speak to Puohala Elementary School students during career day March 24.

Static Displays get their story told



Kristen Wong

From left to right: **Master Gunnery Sgt. Dennis King, Marine Corps Base Hawaii base historian; Petty Officers 2nd Class John Barry, Adam Booher and Brandy Dupuis, builders, Facilities Self-Help; Petty Officer 1st Class Eric Bailly, utilitiesman, Facilities Self-Help; Gunnery Sgt. Michael Schellenbach, Combat Camera staff non-commissioned officer in charge, pose in front of a new static display sign March 25.**

Kristen Wong
Photojournalist

Those who live and work on Marine Corps Base Hawaii see the static displays on either side of the road as they drive through the main gate. But if a curious few were to venture near the Pacific War Memorial and take a look around, they will notice something new.

Roughly five or six years since the white podiums were first installed, according to Base Facilities, the commemorative vehicles resting quietly on the lawn now have display signs. Numerous members of MCB Hawaii contributed to the repair and completion of the static display signs, which provide observers with the history and specifics about each display.

The 12 signs, made of porcelain, have text superimposed on a pictorial background. Nearly all signs have already been mounted, with the exception of three currently awaiting digging permits. Each sign is mounted on a white podium that facing its respective piece of military equipment, and has a 25-year warranty.

By February 2009, the signs were designed and manufactured. Lance Cpl. Brian Brown, combat lithographer, Combat Camera started working on the layouts in the summer of 2008, finishing up in July.

"My work will be there ... [for] years to come." said Brown, a Huber Heights, Ohio native. "It feels really good."

While touring each display, people can now learn some military history, said Petty Officer First Class Eric Bailly, utilities man, Facilities Self-Help, Headquarters Battalion.

Six Naval Seabees of the Facilities Self-Help department for Headquarters Battalion on MCB Hawaii spent two days repairing the 12 empty, deteriorating podiums. They pressure washed, patched and painted the podiums. After the Seabees finished repairs on the podiums, Base Facilities personnel mounted each display sign on them.

It is unknown why signs have not been placed on the podiums before now, said Master Gunnery Sgt. Dennis King, current base historian, MCB Hawaii.

In April, former Base Commander Col. Mark Dungan, Chief of Staff Chris Blanchard and former base historian Lt. Col. Tim Crowley decided to have signs installed on each podium.

King and Crowley were tasked with conducting research for the content of the signs, including photos and information.

"It's all about presentation," said Petty Officer Second Class Brandy Dupuis, builder, Facilities Self-Help, HQBN.

FIRE, from A-1

"We were trying to keep it from spreading," McCleary said. "It was pretty bad."

Gomes said there was also a strong wind blowing at least 10 - 15 miles per hour that morning.

"If we didn't have these four guys hosing the building we would have lost this building," said Roger Sheekey, site manager, Yacht Club Knolls. "I'm 95 percent sure of that. It was that close."

Levack, who mentioned this was the townhouses' first fire, said Grady and McCleary were "helpful."

"Hats off to those guys," Levack said.

The Honolulu Fire Department was notified of the fire at the townhouse by 7:23 a.m., and by 8:14 a.m., the 25 firefighters on the scene had successfully extinguished the fire, said HFD Captain Terry Seelig, public information officer.

The main unit affected had $200,000 in damages, and $10,000 in damages to the unit next to it.

Seelig said the investigator reported the fire's origin in the master bedroom of the unit, however, they couldn't conclude how the fire started. He said there was not enough information to single out one specific cause.

Seelig said the fire department is in favor of community members doing their part and assisting others to a certain extent, meaning they do not want to see people engaging in "risky" behavior.

"It's a great act of selfless compassion to try and help people, especially people that you don't know," Seelig said. "For Sergeant Grady to jump over the fence and help that's very commendable."

Seelig called the acts "noble," and "appropriate." He said it was appropriate because the group with the hoses stayed outside. Seelig said non-firefighters should not try to fight fires by going inside the burning building, because they can be exposed to harmful gases from the fire.

"Don't go in if [the building's] burning." Seelig said. "If you have a water hose … use it from outside."

Wednesday afternoon members of CLB-3 stood at attention as Col. Robert Rice, base commander and Sgt. Maj. James Sutton, base sergeant major, MCB Hawaii arrived to meet Grady and present him with a coin for his efforts.

"It felt pretty good," said Grady in response to his feelings about receiving the coin. "[I've] never met either [Rice or Sutton]. I've only been stationed out here for a couple of months now."

Rice and Sutton thanked Grady for helping the community and thus contributing positively to the Marine Corps' reputation.

"We definitely need more guys like Sergeant Grady and there's a bunch of them out there on the Marine base that's for sure," McCleary said.

PLAYGROUND, from A-1

to achieve a lot," he said. "The work we and the community did together is amazing."

Before volunteering, Pfc. Don Osburn, rifleman, 1/3, said he had never seen a playground as big as the one at Aikahi Elem. School.

"I never had a playground as a [child,]" he said. "So it was nice to help do this. When I grew up, we just had basketball and football fields to play in."

The playground equipment, decorated to look like animals, plants and geographic features found in Hawaii, used the theme "From the Mountains to the Sea."

Tropical fish and geckos cover several sets of trapeze rings children can cross to go from one end of the playground to the other. Students can also climb up and down a set of tire rings shaped like a volcano. A starfish-decorated boat is also available with a floor children can stomp on to make it shake.

Students, including Emma Compagnoni, sixth-grade student, Aikahi Elem. School, appreciate the efforts of the volunteers to make the playground look as nice as it is.

"I like the slides and the volcano rings," she said. "The tires [in the volcano rings] are fun. I love the turtle stage because of how it's built. It really does look like a turtle."

Compagnoni and other Aikahi students ate lunch with the Marines, who took a short break between supervising the classes using the playground. Students surprised several of the Marines by asking for their autographs during lunch. The children waved white lunch napkins and ripped notebook pages for the 1/3 Marines to write on.

Osburn, who signed his name for several students, said he was glad to be acknowledged for the work but his reward came from seeing the students happy.

"It's nice to see how our work makes the children happy all day," he said. "You can see the excitement in their faces, and they're just happy with having the new playground."



Christine Cabalo

Dozens of students enjoy all of the newly installed features of the Aikahi Elementary School playground during an opening ceremony March 20. A total of 90 percent of materials used to make the playground was made from recycled materials, according to Jenny Helman, public relations, Friends of Aikahi Playground.

Celebrating Women's History Month 2009



Photo courtesy of Audre Fall Wells; www.nps.gov

Audre Fall was the first drum major of the Marine Corps Women's Reserve Band.

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

The first woman reserves: part two

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

In later years, retired Col. Ruth Streeter reminisced that British women were flying planes in England early in the war and she expected American women to be organized to ferry planes to Europe.

When, at last, the quasi-military Women Air Service Pilots was formed under the leadership of the legendary aviatrix, Jackie Cochran, Streeter was 47 years old, 12 years beyond the age limit. Nevertheless, she tried to enlist four times and was rejected four times before she asked to meet Jackie Cochran personally, and then she was rejected the fifth time.

In January 1943, before the public knew about the Marine Corps' plan to enlist women, Streeter inquired about service in the WAVES. She asked about flying in the Navy but was told she could be a ground instructor. She declined and a month later found herself in Washington, the first director of the Marine Corps Woman Reserves.

After Streeter and Capt. Anne Lentz were on board, six additional women were recruited for positions considered critical to the success of the Women's Reserve. They were handpicked because of their special abilities, civilian training and experience, and then, with neither military training nor indoctrination, they were commissioned and assigned to various billets.

The somewhat dubious distinction of being last to take women had its benefits. The missteps and problems of the WAACs, WAVES and SPARS were duly noted and carefully avoided by the Marines, but more significantly, the other services were generous in sharing advice and resources. Right from the beginning, the Navy was a full partner in getting the fledgling MCWR off to a good start.

There was widespread skepticism about whether men could properly select female applicants, so women were sought immediately for recruiting duty.

The Navy sounded a call among WAVE officer candidates and 19 volunteers were selected for transfer and assigned to Marine procurement offices where, still dressed in their Navy uniforms, they set to work recruiting the first Marine women.

By agreement between the Navy Bureau of Personnel and Headquarters, Marine Corps, and to avoid competition in the recruiting of women for either naval service, Naval procurement offices were used by Marine procurement sections. Women interested in joining the WAVES or the Marines went to one office to enlist and receive physical examinations.

In time, however, the Marine Corps developed its own network of recruiting offices. The official announcement finally came on Saturday, Feb. 13, 1943, and women enthusiastically answered the call to "Be a Marine ... Free a Man to Fight!" Although enlistments were scheduled to begin on the following Monday, the record shows that at least one woman, Lucille E. McClarren of Nemacolin, Penn., signed up earlier, on Feb. 13.

Women who aspired to serve as a WR had to meet rather stringent qualifications which prescribed not only their age, education and state of health, but their marital status as well.

At the start, the eligibility requirements were similar for both officers and enlisted women: United States citizenship; not married to a Marine; either single or married but with no children under 18; height not less than 60 inches; weight not less than 95 pounds; good vision and teeth.

For enlisted or "general service," as it was called, the age limits were from 20 to 35, and an applicant was required to have at least two years of high school. For officer candidates, requirements were the same as for WAVES and SPARS: age from 20 to 49; either a college graduate, or a combination of two years of college and two years of work experience.

In time, regulations were relaxed so that the wives of enlisted Marines were allowed to join, and enlisted women could marry after boot camp. Black women were not specifically barred from the segregated Marine Corps, but on the other hand, they were not knowingly enlisted. While it is rumored that several black women "passed" as white and served in the MCWR, none have been recorded. Officially, the first black women Marines, Annie E. Graham and Ann E. Lamb, arrived at Parris Island for boot training on Sept. 10, 1949.

Early recruiting was so hectic that in some instances, women were sworn in and put directly to work in the procurement offices, delaying military training until later. American women were determined to do their part even if it meant defying the objections of parents, brothers and boyfriends who tried to keep them from joining up.

Marian Bauer's parents were so shaken at her decision to enlist that they refused to see her off. But then there were the lucky ones like Jane Taylor, who remembers the wise advice from her father, a World War I sailor, "Don't ever complain to me. You're doing this of your own free will. You weren't drafted or forced. Now, go — learn, travel, and do your job to the best of your ability." Zetta Little, the daughter of Salvation Army officers, joined because, ". . . someone waved a flag and said my brother would come home from the war sooner if I did."

The Marines were serious about the weight limits and just as underweight male enlistees have always done, underweight women devoured bananas washed down with water to bring their weight up to the required 95 pounds. Audrey Bennington, after being rejected by a Navy doctor because she was underweight, left the induction center to gorge herself, and when she returned, the corpsman turned accomplice, looked away as she climbed on the scale clutching her fur coat and shoes. An equally accommodating corpsman rested his foot on the scale and wrote down 95 pounds when diminutive Danelia Wedge was weighed the second time. "Wedgie" got as far as Camp Lejeune, N.C., but was afraid her military career was over when a doctor asked what had caused her to lose so much weight since enlistment. He accepted her quick response, 'Well, sir, long train rides don't agree with me."

Throughout the war the minimum age, set by law, remained unchanged even though it was sometimes difficult to defend. After all, some teenagers argued, 18-year-old girls were able to enlist in World War I, and even some 17-year-olds joined with their parents' consent. Others wondered why 18-year-old boys could be sent to combat, yet 18-year-old girls could not serve at all.

While some parents fought to keep their girls home, others asked special consideration for daughters who were too young to enlist. One of the most poignant letters came from a World War I holder of the Distinguished Service Cross who wrote to the Commandant in Jan. 1943, even before news of the Women's Reserve was announced:

"I know this is no time to reminisce, but I do want to bring this to your attention. I am the Marine from 96th Company, Sixth Regiment, who was with Lt. [Clifton B.] Cates and a few other Marines that captured Bouresches, France, and I turned over the first German prisoner and machine gun to you that our battalion captured on the night of June 6, 1918.

"I have a big request to ask . . . As I have no sons to give to the Marines, I would be more than happy if you . . . would recommend my daughter to the newly-formed Marines Women Reserve Corps. While I appreciate that her age may be a little young, she will be 18 this June . . . I feel sure she could fit into your program . . . surely this is not too much for a D.S.C. ex-Marine to ask of you . . . "

Recruiting for the MCWR was almost too

See WOMEN, A-7

WOMEN, from A-6

successful and one procurement officer, cautioning that the number of applicants so far exceeded the quotas that he feared a backlash of ill will, suggested that publicity be curtailed. Within one month of MCWR existence, while Marine forces regrouped after the campaign for Guadalcanal, and prepared for the move to New Georgia and the advance up the Solomons chain, Col. Littleton W. T. Waller reported: "The women of the country have responded in just the manner we expected . . . . Thousands of women have volunteered to serve in the Women's Reserve and from them we have already selected more than 1,000 for the enlisted ranks and over 100 as officers."

Naturally, each service wanted to recruit the very best candidates, and the women directors, joined in a singleness of purpose, set aside inter-Service rivalry to get the job done. Typically, the four leaders, Streeter; Maj. Oveta Culp Hobby, WAAC and WAC; Lt. Cmdr. Mildred H. McAfee, WAVES; and Lt. Cmdr. Dorothy C. Stratton, SPARS, ironed out their differences on recruiting women from the war industries, civil service, and agriculture, and submitted a recommendation to the Joint Army-Navy Personnel Board which eventually became an all-Service policy.

Women working in war industries were discouraged from enlisting, but some were persistent and in the end were required to go to the local office of the United States Employment Service for approval. Civil Service employees needed a written release "without prejudice" from their agency and when a reluctant employer released the employee "with prejudice," none of the Armed Services would consider her application for 90 days. Marines went a step further and barred their own civilian women employees who enlisted from working in their original jobs even if classified to a similar military occupational specialty.

Almost immediately, Streeter and the public relations officer, Lt. Louise Stewart, toured the United States, speaking at many gatherings such as women's clubs and Chambers of Commerce, to explain the purpose of the MCWR and to win public support. A more subtle but equally important reason for the tour and indeed for having a Director of Women's Reserve at all, according to Streeter, ". . . was because the parents were not going to let their little darlings go in among all these wolves unless they thought that somebody was keeping a motherly eye on them."

Families had good reason to be apprehensive; the early months were difficult for the Women Reservists. Of all the problems, ranging from barracks obviously designed only for male occupancy to the scarcity of uniforms, the most trying were the stares and jeers of the men which in the words of Col. Katherine A. Towle, second Director of the MCWR, ". . . somehow had to be brazened out."

From the start, the directors of the WACS, WAVES, SPARS, and MCWR focused their energy on the war effort, but it was difficult not to be distracted by the change in attitude of the fickle public whose early enthusiasm for women in uniform gave way to a nasty, demeaning smear campaign that started as a whisper and grew to a roar. The WAAC took the brunt of the abuse and never really recovered. It was so bad that some suggested it might be part of an enemy plot to sabotage the nation's morale. Sadly, a military intelligence investigation showed otherwise.

Nevertheless, the MCWR met its goal on schedule and reached strength of 18,000 by June 1, 1944. Then, all recruiting stopped for nearly four months and when it was resumed on Sept. 20, 1944, it was on a very limited basis.

Everyone agreed that the MCWR's recruiting success was directly tied to the Marine Corps' reputation — the toughest, the bravest, the most selective. Women like Inga Frederiksen did not hesitate to accept the challenge of joining the best. When a SPAR recruiter told her she was smart not to join the Marines because they were a lot rougher, Inga knew she had to be a Marine.



Photo courtesy of Marine Corps Gazette

Captain Henry W. Bransom speaks to a group of WAVES who volunteered to transfer to the Marine Corps and work in recruiting offices, such as this one in Washington, D.C. They wore WAVE uniforms until USMC uniforms were ready.

'In and Out of Harm's Way'

Regina T. Akers, PhD
U.S. Naval History & Heritage Command

The combat exclusion law prohibits women from being assigned to submarines, Special Forces, and combat units. However, the Global War on Terrorism and the fighting in Iraq and Afghanistan has made this restriction difficult to comply with because there is no delineated line of combat. Furthermore, there are critical shortages of personnel with certain specialties and there are instances where a female is the most qualified or only qualified person available for the mission. Moreover, the nature of the warfare and the face of the enemy vary from one location to another.

For these reasons the uniformed women's participation in this war is redefining combat and how women become engaged in it. Women now perform a myriad of duties including flying combat aircraft, commanding units, providing invaluable intelligence and linguistic skills, treating the sick and wounded, manning police check points, working aircraft support and cooking meals.

About five years ago, the Marine Corps began the Lioness Program, recruiting female volunteers from the various services to attach to all-male combat units to search Iraqi women and children who may be smuggling money or weapons to support the enemy at tactical control points along the Iraqi border.

They also train Iraqi women how to search other women. Since Muslim tradition prevents a man from touching any woman not related to him, insurgents select women to carry contraband and explosives. An increasing number of Muslim women are volunteering to become suicide bombers.

The Lionesses also accompany combat units searching houses. They are required to complete training in basic Marine Corps martial arts, language skills, search techniques, IED identification, the Muslim culture, how to shoot various weapons from supported firing positions and rules of engagement. Their work with combat units often leads them into relatively safe situations that quickly turn dangerous.

Three female Seabees attached to naval Mobile Construction Battalion 1 served in the Lioness Program in 2007. Volunteers complete 30 to 50 day tours. At least three Lionesses paid the ultimate cost. Meg McLagan and Daria Sommers released their 82-minute film, "Lioness" as part of the "Independent Lense" PBS series documentary in November of 2008.

The Department of Defense's new focus on Afghanistan requires fewer personnel than the fighting in Iraq but the dangers are just as eminent. The terrain is different and in some ways more difficult for waging war. The strong presence of Al-Qaida, the Taliban and the warlords, and the lack of infrastructure are challenging the United States' military and its coalition forces. Despite these conditions, our uniformed women continue to perform well in and out of harm's way.

Editors note: Dr. Regina T. Akers is one of the leading historians working on the Naval History and Heritage Command's Diversity Project. She enjoys traveling, sharing time with family, and sports, especially professional football. She looks forward to the Super Bowl each year and the May 2009 release of the new Star Trek feature film "Academy."

MCBH goes 'GREEN' with Earth Day Expo

Press Release
Marine Corps Community Services

Marine Corps Base Hawaii and Marine Corps Community Services are hosting an Earth Day Expo on Saturday, April 18 from 9:00 a.m. to 1:00 p.m. at the Mokapu Mall Courtyard at MCBH Kaneohe Bay.

Find out what MCBH is doing to improve the quality of life through environmental conservation as well as health and wellness activities.

In addition to educational resources and environmental displays, there will be a MCBH unit recycling competition and giveaways throughout the day, including free reusable bags.

As part of the expo, the MCCS Information, Tickets & Tours and Tradewind Travel offices will provide a one-stop showcase of Hawaii's diverse leisure and cultural activities.

Travel and excursion planners will share their expertise about the islands, from worldwide travel to weekend getaways and hula shows to hikes through nature.

Free drawings will be held throughout the event with opportunities to win prizes including free Waikiki Resort Hotel accommodations, Polynesian Cultural Center Deluxe Luau Packages, whale watch cruises and more.

Live entertainment will include performances by the Polynesian Cultural Center, Dance Movement Academy and Island Storm.

This free event is open to all military personnel and their families, military retirees, reservists, and Department of Defense civilians. For additional information, please call the MCCS Marketing Office at 254-7679.

Military OneSource

Confidential service avaliable 24/7 to service members and families

Press Release
Marine Corps Community Services

Looking for a better quality of life — physical and financial health, improved family relationships, living with less stress?

Did you know that beyond the face-to-face services of Marine Corps Community Services, the Department of Defense provides Marines and their families with a comprehensive tool that can help?

The tool is Military OneSource. Through a combination of expert, confidential counseling services (by phone, online, or face to face), plus free resources (online tools information, CDs, DVDs, booklets, and articles), and referrals to specific military and community programs, Military OneSource can help you and your family with concerns like:

- Debt, marital problems, parenting, relocation, deployment stress, self-management, grief, and much more

- Meeting your educational goals with information on colleges and scholarships specific to your background.

- Taxes — with free e-filing for your federal and state tax returns and the help of an expert consultant.

For those in leadership positions, Military OneSource provides research and services that can help you fulfill your commitment to your Marines' welfare. Rear detachment staff will find it a ready resource that can solve many issues before family members need to call you.

While achieving the life you want takes your initiative, Military OneSource can make the task less daunting by helping you to get started and by supporting your commitment to reach the finish line.

At no cost to Marines and their families, Military OneSource assistance is confidential and at your service 24 hours a day, 7 days a week, 365 days a year.

And Military OneSource can provide that help in over 100 languages through interpreters and translation services. As a supplemental service to the Marine Corps Community Service programs, Military OneSource offers a personal health coach, confidential counseling, CDs, DVDs, and booklets by experts on parenting, health, education, employment, recovery, repair, and much more – "You name it. We can help."

Wherever you are on the planet, call Stateside: 800-342-9647, Overseas: 800-3429-6477 or go to www.MilitaryOneSource.com.

To learn more, or for a presentation at your next event, contact Roxanne Earnest, Hawaii Military OneSource Consultant, please call Earnest at 294-9143 or send an email to Roxanne.earnest@miltitaryonesource.com

Hawaii Marine
Sports & Health
March 27, 2009
Volume 39, Number 12
www.mcbh.usmc.mil

MCAF HOSTS IRONMAN C.F.T.

Lance Cpl. Daniel H. Woodall
Combat Correspondent

Marine Corps Air Facility hosted a unit Iron Man Combat Fitness Test near Marine Corps Base Hawaii's crash fire rescue area and Supply Building 6026 Friday, March 20.

The event was a timed competition between eight teams of four people from MCAF, said Sgt. Walter Post, the Chemical, Biological, Radiological, and Nuclear noncommissioned officer in charge. Post helped to organize the event along with Sgt. Christopher Wliszczak and Cpl. Christopher Linder, both S-3 training NCOs with MCAF.

"It's an Iron Man style C.F.T.," said Post. "It consists of a half-mile run, fifty ammo can lifts per team member, the maneuver under fire course, and then another fifty ammo can lifts without any rest between events."

Lieutenant Col. Michael P. Antonio, commanding officer of MCAF, along with Sgt. Maj. Andrew Cece, sergeant major of MCAF, came up with the idea as part of a teambuilding fitness series. The event is a great way to measure endurance while having a good time, said Antonio.

"This is the first time we've done anything like this," said Antonio. "We're going to try it out today and, depending on how it goes, we would like to apply this to the whole base."

Many of the participants had previously taken a C.F.T., but none had run a continuous version, said Gunnery Sgt. Katrina N. Michael, S-3 training chief for MCAF and coordinator of the Iron Man competition. In fact, one of the eight teams was composed of all-Navy personnel who work at MCAF.

This was the first time running the maneuver under fire course for the Navy team, said Petty Officer 2nd Class Josh Koble, an air traffic controller and competitor on the team. The course was a good workout but lifting the ammo cans after all the other events is the most difficult section of the Iron Man C.F.T., said Koble.

"This is twice as hard as running a regular C.F.T.," said Cpl. Jason Luke, an aircraft rescue firefighter and member of the winning team. "The ammo can lifts at the end definitely presented a challenge."

The competition, which lasted approximately two hours, included a barbeque for participants and spectators as well as a coin presentation for each member of the winning team.

In order to have a legitimate shot at winning, each team needed to pace themselves according to their strengths, said Master Sgt. Keith Kulman, the crash fire rescue chief and also a member of the winning team. His team won the competition with a total time of 12 minutes, 56 seconds.

"Our team achieved outstanding results due to strategizing, pacing and a whole lot of Marine Corps spirit," said Kulman.

When all of the teams finished the course, the results were posted while Antonio and Cece, who also competed in the event, presented coins to the winning team.

"Maybe next time we'll prepare a little bit more," joked Cece while addressing members of MCAF. "Congratulations to everyone who participated today. I hope you enjoyed yourselves because the next fitness competition we are planning is a back-to-back P.F.T. [physical fitness test]"



Photos by Lance Cpl. Daniel H. Woodall

Competitors run the half-mile portion of the Marine Corps Air Facility's Iron Man Combat Fitness Test Friday.



A competitor carries a teammate during the maneuver under fire portion of the Marine Corps Air Facility's Iron Man Combat Fitness Test Friday on Marine Corps Base Hawaii.



Corporal Jason Luke carries two 30-pound ammo cans during the maneuver under fire portion of the Marine Corps Air Facility's Iron Man Combat Fitness Test Friday.

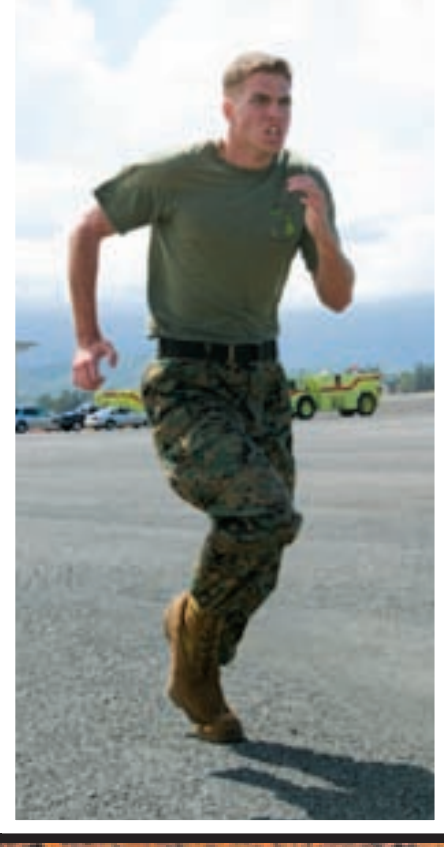


A competitor lifts a 30-pound ammo can during the Marine Corps Air Facility's Iron Man Combat Fitness Test Friday.



Above: **A competitor "high crawls" during the maneuver under fire portion of the Marine Corps Air Facility's Iron Man Combat Fitness Test Friday.**

Right: **A competitor runs the half-mile portion of the Marine Corps Air Facility's Iron Man Combat Fitness Test Friday on Marine Corps Base Hawaii.**



Klipper hosts St. Patrick's Day Commander's Cup Golf Tournament

Lance Cpl. Alesha R. Guard
Combat Correspondent



Lance Cpl. Alesha R. Guard

Golfers enjoy a sunny day at Marine Corps Base Hawaii's St. Patrick's Day Commander's Cup Golf Tournament at the Klipper Golf Course March 20. Service members, spouses and base patrons competed in 4-man teams during the quarterly 18-hole scramble tournament.

With a final score of 56, Aivao Tulua, Vivao Tauveve, Su'a Faaiu and Joe Siana took first place for Marine Corps Base Hawaii's St. Patrick's Day Commander's Cup Golf Tournament at the Klipper Golf Course March 20.

The quarterly 18-hole tournament, open to all base patrons, attracted 144 golfers of various abilities to the scenic greens overlooking the base's sandy beaches.

"The tournament is designed for everybody to get out and get together for some camaraderie," said Todd Murata, general manager, Klipper Golf Course.

Played in a 'scramble format,' the tournament focused on actively involving every golfer from each four-man team Murata said. During a scramble, all team members tee off and from each hit choose the best shot. The teammates then pick up their golf balls and all four hit from the chosen shot. Each team then continues the cycle throughout the hole.

"[A scramble] keeps everybody moving and keeps the game fun," Murata said. " It's designed for all levels of play, so you have beginners to advanced golfers all playing together. It's a team effort the whole way."

Murata said contests such as 'longest drive,' 'least team putts' and 'best dressed theme' are included in each quarterly tournament to help bring a competitive spirit to the greens. Not only did the first eight teams to place in the tournament receive prizes, but the winners of the tournament contests were awarded as well.

"I think that's why we get such great participation from these tournaments - the cost is low and there [are] lots of prizes for everyone," Murata said.

Jim Clouse, who has participated in the tournament the past two years, enjoyed [this quarter's] competition with friends, donning silly Irish hats and a lot of green in hopes of winning the best-dressed award.

"Every year it's a great time and you can't beat the service that you get here on Kaneohe Bay Klipper Golf Course," Clouse said. "It's great that in a time of war we have the time to come out here and play golf on a beautiful golf course."

Clouse said he enjoyed building camaraderie with his teammates during the scramble.

"I like the fact that the scramble golf tournament brings the team together," Clouse said. "Just like it is a team effort in the Marine Corps - one team one fight - the same concept applies to the tournament."

The tournament also gave many spouses a chance to spend some quality time together with their loved one.

"It's our first tournament together," said Katheryn Sasser, spouse. "My husband works such long hours and his favorite activity is golf, so it was really nice that I got to come along [and participate] with him today."

The next quarterly Commander's Cup Golf Tournament at the Kaneohe Klipper Golf Course is scheduled in the same scramble format on June 19. For more information, contact the Klipper Golf Course, general manager, Todd Murata at 257-2107.



Photos by Lance Cpl. Brian A. Marion

Lance Cpl. Kyle Williams, rifleman, 2nd Platoon, Lima Company, 3rd Battalion, 3rd Marine Regiment, tosses a sand bag filled with approximately 40 pounds of sand during the rock toss March 13.

Lima Company, 3/3 holds sports day

Lance Cpl. Brian A. Marion
Combat Correspondent



A Marine with 3rd Platoon, Lima Company, 3rd Battalion, 3rd Marine Regiment, rounds his bat during the Dizzy Izzy during Lima Company's Sports Day March 13.

One company; three platoons; 127 Marines; and a chance to get off work at 10 a.m. on a Friday afternoon was the recipe Lima Company, 3rd Battalion, 3rd Marine Regiment used to create a sports day for its Marines March 13.

The Marines in Headquarters, 2nd Platoon and 3rd Platoon separated into their platoons and then battled each other in seven events throughout the day. Each team received points depending on how the group finished. A platoon received one point for first, two points for second and three points for third. The platoon with the least amount of points at the end was declared the winner.

Depending on which platoon won, the final prize would change. If 2nd or 3rd Platoon won, they would receive the day off. If Headquarters won, the officers and staff noncommissioned officers would receive the day off while the noncommissioned officers would be in charge for the rest of the day.

Planning for the event started in February while the battalion was in Marine Corps Air Ground Combat Center Twentynine Palms, Calif. during Exercise Mojave Viper, but the senior leadership kept the goal of the day in their minds.

"We wanted to have a good day to build camaraderie and good sportsmanship among the Marines and to let them relax," said Capt. John Hunt, commanding officer, Lima Company, 3/3. "The Marines have been excited about today ever since they found out."

The morning activities consisted of the platoons playing each other in football, basketball, soccer and softball. The games were played in 45-minute games during round-robin style tournaments. Each platoon chose their best players to compete in the games.

The football and basketball games went first with the platoons slated for different time segments. Second Platoon dominated the football bracket while 3rd Platoon overcame Headquarters in the final minutes to win in basketball.

Next up came soccer and softball. In softball, 2nd and 3rd platoons faced off first, but it was quickly apparent 3rd Platoon was no match for 2nd. At the end of the regulation 45-minute limit, 2nd Platoon won 15-2. Third then faced Headquarters.

The first couple of innings found both team evenly matched, but Headquarters pulled ahead, sealing 3rd Platoon's fate as last for the series.

See SPORTS, B-5

Hollywood Knights sprint to catch up

Lance Cpl. Cassandra Yoho
Combat Correspondent

The music was blasting, the players were warming up and the fans anxiously awaited the start of the basketball game at the Semper Fit Center's gymnasium March 20.

The Hollywood Knights' tour stopped at the Semper Fit Center Friday night for some fun competition against the Marine Corps Base Hawaii basketball team.

The free event kicked off at 6 p.m., but fans were sure to get there early to get their favorite celebrities' autographs as the players warmed up.

The crowd roared with excitement and upbeat music was blasted through the gym while both teams went through their warm ups in preparation for the big game.

The Hollywood Knights were there for fun competition, but some players from the MCBH team had their intense game faces on.

"We're still going to win this game," said Timothy Johnson, point guard for the MCBH team. "Even though it's

See HOLLYWOOD, B-5



Lance Cpl. Cassandra Yoho

Hawaii Marine player snatches the rebound from Hollywood Knights, Wolfe. Hollywood Knights put up a good fight and kept up, but the Marines came out on top with a final score of 102-90.

Health and Wellness

March is save your vision month

How to keep your eyes healthy, 19 to 40 years old

Fact Sheet
www.aoa.org

Most adults, aged 19 to 40, enjoy healthy eyes and good vision. The most common eye and vision problems experienced by people in this age group are due to visual stress and eye injuries. By taking proper steps to maintain a healthy lifestyle and protect your eyes from stress and injury, you can avoid many eye and vision problems.

Good vision is important as you pursue a college degree, begin your career, or perhaps start and raise a family. Here are some things you can do to help maintain healthy eyes and good vision:

Eat healthy — As part of a healthful diet, eat five servings of fruits and vegetables each day. Choose foods rich in antioxidants like leafy, green vegetables and fish.

Don't smoke — Smoking exposes your eyes to high levels of noxious chemicals and increases the risk for developing age-related macular degeneration (AMD) and cataracts.

Get regular exercise — Exercise improves blood circulation, increases oxygen levels to the eyes and aids in the removal of toxins.

Wear sunglasses — Protect your eyes from harmful ultraviolet (UV) rays when outdoors. Choose sunglasses with UVA and UVB protection, to block both forms of ultraviolet rays.

Get periodic eye examinations — Although vision generally remains stable during these years, some problems may develop without any obvious signs or symptoms. The best way to protect your vision is through regularly scheduled professional eye examinations.

The American Optometric Association recommends that adults aged 19 to 40 receive an eye exam at least every two years.

If you are at risk for eye problems due to a family history of eye disease, diabetes, high blood pressure or past vision problems, your doctor of optometry may recommend more frequent exams.

In between examinations, if you notice a change in your vision, contact your doctor. Detecting and treating problems early can help maintain good vision for the rest of your life.

Dealing with visual stress at school or on the job

Eyestrain is a common occurrence in today's visually demanding world. A typical college schedule or office workday involves spending long hours reading, working at a desk, or staring at a computer. A poorly designed study or work environment, with elements such as improper lighting, uncomfortable seating, incorrect viewing angles and improper reading or working distances can add to the visual stress. As the day progresses, the eyes begin to fatigue and eyestrain and discomfort can develop.

The following are several key signs and symptoms of eyestrain:

- Sore or tired eyes
- Itching or burning sensations in the eyes
- Sensitivity to light
- Dry or watery eyes
- Headaches
- Difficulty focusing

Here are some simple steps you can take to minimize eyestrain, particularly during computer work:

Workplace Adjustments: Position the top of your computer monitor below eye level so you look slightly downward when viewing the screen.

This will help minimize strain on the eyes and the neck. If you are typing from copy, position the text at the same level as the screen. Adjust the screen brightness so it is most comfortable for you.

Avoid glare on the computer screen by adjusting window curtains or blinds, repositioning the monitor, or using a glare reduction filter.

Proper Lighting: Examine the lighting in your work area. Overhead lights can be harsh and often are brighter than necessary. Consider turning some of the lights off for a more comfortable lighting situation. Use an adjustable shaded lamp to provide specific task lighting as needed.

Rest Breaks: Throughout the day, give your eyes a chance to rest. Take several minutes every hour to look away from the computer and allow your eyes to re-adjust.

Consider standing up and walking around or doing alternate tasks that do not require extensive near focusing. Blink often to refresh the eyes and use artificial tear solutions, if necessary.

Posture: When seated at a desk, make sure your feet are flat on the floor. Use a chair that is adjustable and provides adequate support for your back.

When working at a computer, your arms should form a 90 degree angle at the elbows and your hands should be tilted up slightly to allow your fingers to travel freely over the keyboard.

Making these simple adjustments to your study or work area can pay big dividends in terms of preventing or reducing eyestrain. If you continue to experience eye-related symptoms, you may have a vision problem requiring treatment. Ask your optometrist.

Ensuring eye safety at work, home or play

The National Institute for Occupational Safety and Health reports about 2,000 U.S. workers sustain job-related eye injuries that require medical treatment each day. But more injuries to the eye actually result from use or misuse of products at home rather than on the job. Nearly 60 percent of all product-related eye injuries occur in and around the home, according to Prevent Blindness America.

Any injury to the eye has the potential for causing some vision loss or even blindness. Fortunately, most eye injuries can be prevented with the use of proper eye protection. Prevention involves being aware of the common causes of injury and knowing how to protect your eyes-at home, at work and at play.

At Work

Proper eye protection can help to lessen or prevent serious eye injuries.

Eye injuries occurring at work, whether in a factory, on a construction site, on a farm, or in a laboratory, can result from chemical burns, foreign objects in the eye and cuts and scrapes of the cornea. Common causes of injuries include

- splashes with chemicals, grease and oil
- burns from steam
- ultraviolet or infrared radiation exposure
- flying wood or metal chips

Not all forms of safety eyewear provide the same level of protection from flying objects, chemical splashes or radiation exposure. Be sure to wear the appropriate protection for the type of eye hazards in your workplace.

At Home

Using common sense can help protect the eyes at home. Following manufacturer's instructions and safety warnings will help prevent many household product-related eye injuries.

Wearing eye protection while performing certain household activities can prevent eye injuries. Some activities include:

- Cleaning the oven or using other strong household chemicals
- Chopping wood or doing woodworking
- Using motorized equipment or power tools like lawn trimmers and electric drills
- Jump-starting a car battery

Non-prescription safety goggles are sold at many home building stores and hardware stores. If you wear prescription glasses, ask your optometrist to make a recommendation on appropriate safety eyewear for household tasks.

At Play

Sprained ankles, skinned knees, and bruises are common occurrences when participating in sports. Unfortunately, so are injuries to the eye.

Regular eyeglasses and contact lenses do not offer adequate protection from sports-related eye injuries. Special eye protection is needed for basketball, football, hockey, baseball and racket sports.

Choose the right goggles or protective eyewear for your sport. Look for the AOA Seal of Acceptance for Eye Protectors for Selected Sports. Your optometrist can advise you on the appropriate eye protection.

Protect eyes from the sun

Even on an overcast day, harmful ultraviolet rays can damage both the skin and the surface of the eye.

Over time, unprotected exposure to the sun can increase the risk of certain types of cataracts and cancers of the eyelids.

UV, as well as blue light, has the potential to damage the retina, the light-sensitive lining at the back of the eye, which could lead to significant loss of vision.

UV damage is cumulative, so it's never too late to begin protecting your eyes from the sun's harmful rays.

The following tips can help prevent eye damage from exposure to UV radiation:

- Wear a wide-brimmed hat or cap. It can block up to half of the UV radiation, reducing the amount that may enter from above or around sunglasses.
- Wear sunglasses any time your eyes are exposed to UV radiation, even on cloudy days and during winter months.

Look for quality sunglasses that offer good protection. Sunglasses should block out 99 to 100 percent of both UVA and UBB radiation and screen out 75 to 90 percent of visible light. Look for the AOA Seal of Acceptance for Nonprescription Sunglasses.

How to keep your eyes healthy, 41 to 60 years old

Fact Sheet
www.aoa.org

If you are over 40 years of age, you've probably noticed changes in your vision. Difficulty seeing clearly for reading and close work is among the most common problems adults develop between ages 41 to 60. However, this is also the time when other changes in your eyes can start to affect your work and enjoyment of life.

Beginning in the early to mid-forties, most adults may start to experience problems with their ability to see clearly at close distances, especially for reading and computer tasks. This normal aging change in the eye's focusing ability, called presbyopia, will continue to progress over time.

Initially, you may find you need to hold reading materials farther away to see them clearly. Print in the newspaper or on a restaurant menu may appear blurred, especially under dim lighting. If you already wear prescription glasses or contact lenses to see clearly in the distance, the near vision changes caused by presbyopia can bring about the need to use bifocal or multifocal lenses. If you are nearsighted, you may have discovered that you now need to remove you glasses to see better up close. Fortunately, people with presbyopia now have many options to improve their ability to see well.

Along with the onset of presbyopia, an increase in the incidence of eye health problems occurs during these years. Whether or not there is a need for eyeglasses, adults should be examined for signs of developing eye and vision problems. A comprehensive eye examination is recommended at least every two years. Don't rely on an insufficient substitute like the limited driver's license vision test or other vision screenings to determine if you have an eye or vision problem.

Adults over 40 may be particularly at risk for the development of eye and vision problems if any of the following exist:

- Chronic, systemic conditions such as diabetes or high blood pressure.
- A family history of glaucoma or macular degeneration.
- A highly visually demanding job or work in an eye-haz ardous occupation.

Health conditions like high cholesterol, thyroid conditions, anxiety or depression, and arthritis for which you take medications. Many medications, even antihistamines, have ocular side-effects.

Understanding age-related vision changes

Just like your body, your eyes and vision change over time. Aging changes in various parts of the eye can result in a number of noticeable differences in how well you see. While not everyone will experience the same level of symptoms, the following are common age-related vision changes:

Need for more light: As you age, you need more light to see as well as you did in years past. Brighter lights in your work area or next to your reading chair will help make reading and other near tasks easier.

Difficulty reading and doing close work: Printed materials are not as clear as before, in part because the lens in your eye becomes less flexible with time. This makes it harder for your eyes to focus near objects with the same ability you had when you were younger.

Problems with glare: You may notice additional glare from headlights at night or sun reflecting off of windshields or pavement during the day, making it more difficult to drive. Changes within the lens in your eye cause light entering the eye to be scattered rather than focused precisely on the retina, thus creating more glare.

Changes in color perception: The normally clear lens located inside your eye may start to discolor making it harder to see and distinguish between certain shades of colors.

Reduced tear production: With age, the tear glands in your eyes will produce fewer tears. This is particularly true for women after menopause. As a result, your eyes may feel dry and irritated. Having an adequate amount of tears is an essential element in keeping your eyes healthy and maintaining clear sight.

Encountering problems with near vision after 40

If you have enjoyed relatively good vision throughout your life and haven't needed eyeglasses or contact lenses to correct distance vision, then the development of near vision problems after age 40 can be somewhat of a concern and a frustration.

Losing the ability to read the newspaper or see the cell phone numbers may seem to have occurred abruptly. Actually, these changes have been occurring gradually since childhood. But up until now, your eyes have had adequate focusing power to allow you to see clearly for reading and close work. Now your eyes no longer have enough focusing power for clear and comfortable near vision tasks.

This loss of focusing ability for near vision, called presbyopia, is simply the result of the lens inside the eye becoming less flexible. This flexibility allows the eye to change focus from objects are far to objects that are close. Persons with presbyopia have several options available to regain clear near vision. They include:

- Eyeglasses, including single vision reading glasses and multifocal lenses
- Contact lenses, including monovision and bifocal lenses
- Laser surgery and other refractive surgery procedures

As you continue to age through your 50s and beyond, presbyopia becomes more advanced. You may notice the need for more frequent changes in eyeglass or contact lens prescriptions. Around age 60, these changes in near vision should stop and prescription changes should occur less frequently.

Presbyopia can't be prevented or cured, but many options are available to help compensate for the loss of near focusing ability.

Warning signs of eye health problems

This is also the time in life when your risk for developing a number of eye and vision problems increases. If you experience any of the following symptoms, you may have the early warning signs of a serious eye health problem:

Fluctuating Vision: If you experience frequent changes in how clearly you can see, it may be a sign of diabetes or hypertension (high blood pressure). These chronic conditions can damage the tiny blood vessels in the retina, the light sensitive layer at the back of the eye, causing vision loss that can sometimes be permanent.

Seeing Floaters and Flashes: Occasionally, you may see spots or floaters in your eyes. In most cases, these are actually shadowy images of particles floating in the fluid that fills the inside of the eye. Although they can be bothersome, spots and floaters are usually harmless and typically do not risk vision. They are a natural part of the eye's aging process. But if you suddenly see more floaters than normal, and they are accompanied by bright, flashing lights, they may be a warning sign of impending retinal detachment—a tear of the retina. This should be treated immediately to prevent serious loss of vision. (Link to Spots and Floaters)

Loss of Side Vision: If it seems that you are losing peripheral or side vision, this may be a sign of glaucoma. Glaucoma occurs when the optic nerve is damaged and no longer transmits all visual images to the brain. It often has no symptoms until damage to sections of your vision has begun. (Link to glaucoma)

Seeing distorted images: If straight lines appear distorted or wavy or there appears to be a blind spot or empty area in the center of your vision, you may have the signs of age-related macular degeneration. The disease affects the macula, the part of your retina that is responsible for central vision where the eye's acuity is sharpest. The disease causes a blind spot that's right in the middle of your field of vision.

Regular eye examinations and early diagnosis and treatment of eye diseases can help you continue to preserve good vision throughout life.

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 Cener

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.

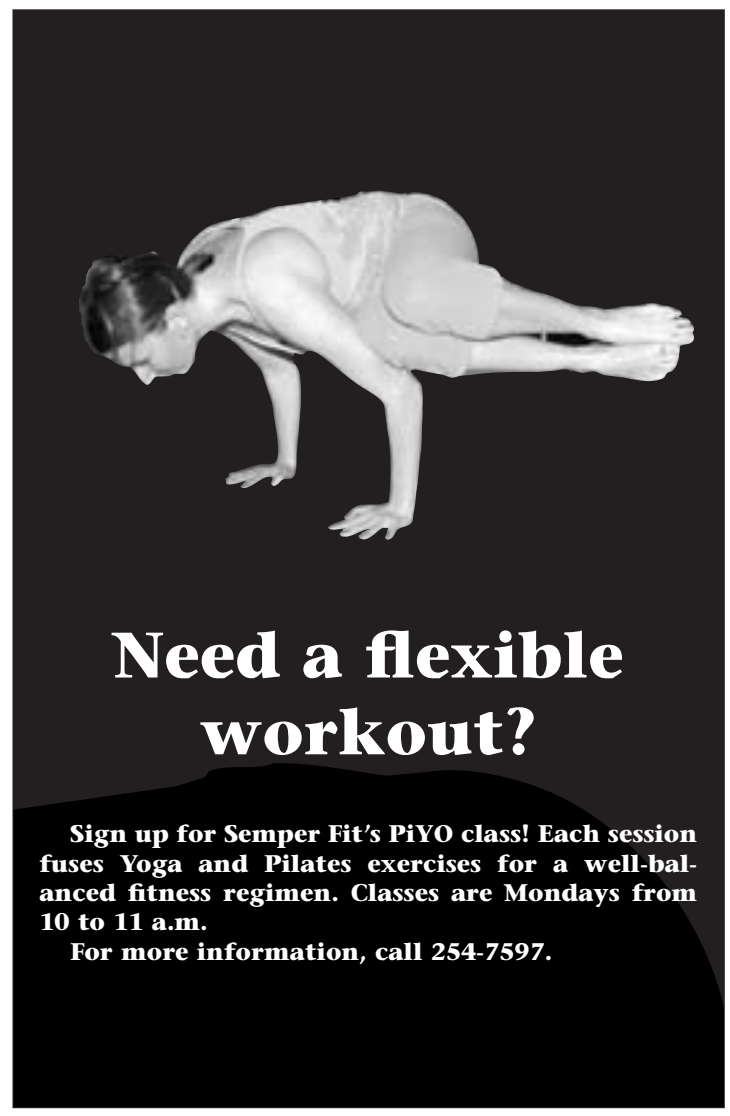
Okinawa Kenpo Karate

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.



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

Sat., 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

Sat., 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

Sat., 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

Wed., 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

Sat., Dec. 5

Jog off that Thanksgiving feast! This 4 mile run around the Nuupia 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.



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

HOLLYWOOD, from B-1

all about the kids and fans, we're still going to win."

The MCBH players were pumped and ready to put points on the board, but their coach was there to remind them to play hard, but not too hard.

"This game is all about fun, but my players will look organized," said Sgt. Maj. James Roberts, coach for the MCBH team.

Both teams moved to the center of the court to grab the jump ball and the game finally began. The MCBH team quickly showed the Knights they weren't there just for fun. Their quick feet and smooth passes quickly earned them points on the board.

The Hollywood Knights answered back with solid talent and teamwork, which left them trailing by only a few points.

During a break between quarters the Hollywood Knights admitted they knew the Marines would be tough competition.

"Those boys are definitely going to give us a run for our money," said Venom, Hollywood Knights player.

As the game moved into the second quarter the Knights started pulling some fans out of the crowd to try making foul shots and put some points on the board.

The crowd screamed with excitement, hoping to be picked as the next participant to make a basket. While the crowd was on their feet, Venom tossed toy basketballs into the crowd.

As soon as the buzzer sounded ending the first half, Marine Corps Community Services quickly set up tables for the celebrities to sit and sign autographs for their fans. The members of the crowd stormed the floor in hopes of being the first one in line for their favorite celebrities.

"Getting the autographs with the kids was exciting. My kids really enjoy Cody Linley from 'High School Musical,'" said Lori Raymond, spectator at the event.

One of the favorite celebrities at the event was Aaron Carter. Lines of kids were snaked around half of the court waiting for the pop star's autograph.

"It makes the younger fans feel good when we do these events, they get a chance to interact with us," said Carter. "It really makes me feel good because we're not paid to be here. We're just willing and excited to do this for the community."

After the autograph session wrapped up, the players took the court again. The second half was similar to the first, full of crowd participation and entertainment from the players.

The MCBH Military Police even got involved when they kicked Hollywood Knights player, Wolfe, out of the game, as part of a comical skit.

The two MP's handcuffed Wolfe, and chased him around the gymnasium. Even handcuffed, Wolfe was still able to put a couple points on the board.

MCBH team kept the lead for most of the two-hour game, but it wasn't by much. The Hollywood Knights put up a good fight and kept up, but the Marines came out on top with a final score of 102-90.





A fun night for everyone

Above: **Cody Linely shoots a jump shot trying to take the lead away from the Hawaii Marine base team. MCBH team kept the lead for most of the two-hour game, but it wasn't by much. The Hollywood Knights put up a good fight and kept up, but the Marines came out on top with a final score of 102-90.** ***Left:*** **Hollywood Knights player, Venom, walks to the center of the court in a handstand to entertain the crowd.**





Left: **Andante Brown, corpsman, Headquarters Platoon, Lima Company, rounds second base during a softball came against 3rd Platoon at Riseley Field March 13 during Lima Company's Sports Day.**

Photos by Lance Cpl. Brian A. Marion

Left: **Marines with 3rd Platoon, Lima Company, 3rd Battalion, 3rd Marine Regiment, cheer their tug-of-war team on as they compete against 2nd Platoon in the final round of the tournament March 13. Third Platoon won the match.**

SPORTS, from B-1

As Headquarters and 2nd platoon prepared to play each other, they talked among teammates, preparing for the final game. Headquarters won during the last inning of the game by one point.

For the soccer tournament, the teams fought to gain the fewest points, but 2nd Platoon defeated both 3rd platoon and Headquarters to win. After the four events finished, the Marines in the company were able to enjoy a barbecue and prepare for the final three events - the rock toss, Dizzy Izzy and tug-of-war.

"The Marines began practicing for these games right after they heard about them," said Staff Sgt. Matthew Salazar, platoon sergeant, Headquarters Platoon, Lima Company, 3/3. "Aside from the competitiveness of Marines, the biggest incentive they had to practice was releasing them from work."

After the barbecue, the platoons chose two Marines from each platoon to participate in the rock toss. The first Marine tossed a 40 to 50 pound sand bag as far as he could, and where it landed was the starting point for his teammate's throw. The platoon with the furthest combined distance won the event.

At first, it looked like no one could beat Headquarters Platoon in their toss, but Lance Cpl. Kyle Williams, rifleman, 2nd Platoon, Lima Company, and his teammate, out threw Headquarters by approximately three feet.

The platoons then chose three, six-person relay teams to tackle the Dizzy Izzy. Marines had to sprint from the starting line, to a baseball bat 40 yards away. When they reached the bats, the Marines placed their foreheads on them and spun around 20 times before dashing back to the starting line and tagging the next Marine.

When Marines ran back to the starting point, they tried to stay in their lane, but most of them ran a different route. Some Marines in lane three arced into lane one, while some Marines in lane one ran through the crowd. In the first relay, 3rd Platoon took a commanding lead, but Headquarters caught up and continued to arc to the lead with the rest of their Marines, winning the Dizzy Izzy.

Then came the final event: the tug-of-war. Each platoon chose their 12 stoutest Marines to pull against the other platoons. Headquarters Platoon faced 2nd Platoon in the first round, but a quick start by 2nd platoon gave them the win.

Headquarters then faced 3rd Platoon and suffered another loss. It all came down to the last, and by far the longest, match of the series.

Both 2nd Platoon and 3rd Platoon battled their ends of the rope with the encouragement of the screaming and cheering Marines from their platoons. When the whistle blew and the dust settled, 3rd Platoon erupted in cheers as they came out victorious.

"This day was mainly for the [younger] Marines [as a reward for their work]," Salazar said. "There was a lot of work to get done since we've been back and they worked hard to get it done."

After everyone settled down, Hunt walked in front of the Marines to inform them of the day's statistics. Third Platoon came in first place with a score of 12, Headquarters with 13 and 2nd Platoon with 16.

"It was pretty awesome to win the [sports] day," said Lance Cpl. Marvin Parker, rifleman, 3rd Platoon, Lima Company, 3/3. "Everyone here had fun today and it was a great day for competition."

Marine Corps Sports Hall of Fame

Athlete of the week

Carmen Basilio

Class of 2002 - Boxing Welterweight

STATISTICS				
	WINS	LOSS	DRAW	KOs
Career	56	16	7	27

Press Release

Marine Corps Community Services Sports

Carmen Basilio was born April 2, 1927 in Canastota, New York.

He served in the Marine Corps from 1945 to 1947.

He won 11 of 14 amateur bouts in 1947 and became a professional boxer in 1948.

His professional career began with three consecutive knockouts

He won the New York State welterweight championship with a 12-round decision over Billy Graham on June 6, 1953.

Basilio successfully defended the title in a 12-round draw with Graham on July 25.

In September of that year Basilio entered the ring for the world championship title. He lost to Kid Gavilan in a 15 round decision.

He earned the world championship with a 12 round knockout against Tony DeMarco on June 10, 1955.

In the spring of 1956 Johnny Saxton took the world title from Basilio in a 15 round decision. Exhibiting his tenacity and strength, Basilio regained the title with a knockout from Saxton in the 9th round.

Basilio then moved up in weight to win the middleweight championship with a 15-round decision over Sugar Ray Robinson on September 23. Robinson won a 15-round decision in their rematch on March 25, 1958.



- Born April 2, 1927 in Canastota, NY
- Served in the Marine Corps from 1945 to 1947
- Turned Professional in 1948
- Won the New York State welterweight championship in 1953
- Won the world welterweight championship in 1955
- Moved up to middleweight and won the world championship with a 15 round decision over Sugar Ray Robinson
- Inducted into the International Boxing Hall of Fame in 1990

Hawaii Marine
Lifestyles

March 27, 2009
Volume 39, Number 12
www.mcbh.usmc.mil

ANIMATION

Kristen Wong
Photojournalist

HONOLULU, Hawaii -- The Castle Memorial Building at Bishop Museum was full of activity as children from various school groups and families zapped, hopped and rearranged each of the many workstations found at the "Animation" exhibit March 10.

Created by Cartoon Network and the Oregon Museum of Science and Industry, "Animation" has been featured in Bishop Museum since Feb. 14 and ends May 10. The exhibit, which features many well-known cartoon characters, teaches audiences how cartoons are created - from start to finish.

There are six main topics presented in the exhibit: history; animation studio; art in motion; science laboratory; sound and stage; and the cartoon museum.

The exhibit is comprised of two large rooms filled with various stations. Each station has equipment patrons can play with, jump in and rattle all while learning how each particular station plays a part in creating a finished product.

One of the more popular stations is the Visual Effects booth. Patrons learn about bullet time, an effect altering the speed and angle of animated segments. This type of technology, used in movies like "The Matrix," is when the real speed of the characters is altered, and audiences can see a scene from different angles. Patrons stand in an open-air booth and push a single button. When prompted, the person inside the station moves their body while a machine captures their image. The screen on the outside of the booth displays the patron in mid-air, or mid-movement, and shifts the picture slowly to the left and right.

"It's good, it's fun," said Marisa, an eighth grader from HBA, who enjoyed the Visual Effects booth. "It has a lot to do and it's for all ages."

Another aspect of cartoon creation patrons can learn about is "foley," which is the process creating sound effects for television shows. This particular booth, which is partially enclosed, holds a table full of instruments and objects that make specific sounds. As the participant follows a clip of the "Codename: Kids Next Door" cartoon show, the machine prompts them to use each object to make a corresponding noise.

"The kids love [the foley booth]," said Heather Cook, an Alewa Heights resident who took her children to the exhibit. "It's very interactive and high tech."

Theresa Pukahi, volunteer chaperone, Laie Elementary School said the students expressed excitement about the exhibit.

"We're standing in line and they're like, 'It's Cartoon Network! It's Cartoon Network!'" Pukahi, a resident of Laie, said.

The children aren't the only ones that can enjoy the exhibit. Adults may catch a glimpse of older cartoons like "The Jetsons," "The Yogi Bear Show" and "The Flinstones." "Animation" also includes two small booths that show classic cartoons by Hanna Barbera that many adults may remember from their childhood.

Hawaii Baptist Academy chaperone Moku Paiva, who said he enjoyed watching the classic Hanna Barbera cartoons, said that through exhibits like these, parents and children can form a "connection."

"Now they know how cartoons are really made ... " Paiva said.

At the Stop-Motion Animation station, patrons can arrange shapes on a platform, and press a button to record the shapes, rearranging the shapes each time. The end result is an animation sequence of the shapes in different patterns.

Min Pongklub's son, Orion, 4, busied himself at the Stop-Motion Animation station, exclaiming that the round shapes resembled hockey pucks.

"So far it's pretty interactive," said Pongklub, a Kaneohe resident. "They're keeping themselves amused."

The museum holds "traveling exhibits" throughout the year, each one lasting around four months, said Donalyn Dela Cruz, public affairs director, Bishop Museum. After "Animation," the museum will feature a new exhibit known as "Backyard Monsters."

The Bishop Museum is a nonprofit organization and museum that hosts more than 300,000 visitors a year, said Dela Cruz. The museum has been around since 1889, and was built for Princess Bernice Pauahi Bishop by her husband, Charles Reed Bishop. Aside from individual visitors, about 40,000 to 50,000 Hawaii students take field trips there each year as well. Tourists and Hawaii residents alike come to see the exhibits. Dela Cruz said some Hawaii tourists come to the museum at least twice during their trip to Hawaii.

"I spoke to some tourists who made [Bishop Museum] a centerpiece of their visit," Dela Cruz said.

In addition to the permanent exhibitions such as Hawaiian Hall and The Kahili Room, the Science Adventure Center, which opened in 1999, is an area where students can do interactive activities and touch real lava rock while learning about how the Hawaiian Islands were formed.

Dela Cruz recommends visitors check out the collection of Hawaiian artifacts, although currently Hawaiian Hall is being renovated and will not be open until August of this year.

"[The Hawaiian displays are] unique." Dela Cruz said. "You're not going to find it anywhere else in the world."

General Admission for the Bishop Museum is $15.95 for adults and $12.95 for children aged four through 12 and seniors. Military personnel and Hawaii residents pay a discounted rate of $8.95 for adults, and $7.95 for children. Tickets are available at the Information, Tickets and Tours office.

Bishop Museum also has a "Military Appreciation Day" event scheduled for May 2, which is free of charge for active duty service members and military dependents. Dela Cruz said in addition to the regular exhibits, the day will also include activities on the lawn such as hula dancing and "lua" [Hawaiian warrior fighting style] demonstrations.

For more information, visit the museum's Web site at http://www.bishopmuseum.org.



A Min Pongklub, of Kaneohe, and her sons Orion, 4, and Damien, 2, try out the "Stop Motion Animation at the "Animation" exhibit March 10. The exhibit, which originated in Oregon, is one of the many exhibits offered at the Bishop Museum.

B Sarah Yasunaga, Malia Cook, Abigail Yasunaga and Bella Cook pose in one of the booths at the "Animation" exhibit. The display sign on this booth is entitled "Planning the Action." Patrons can move around on a grid as a camera photographs them. The end result is an animated scene of the different poses together.

C Abigail Yasunaga and Bella Cook pose for a special camera which takes several pictures, then combines them into an animated sequence.

D From Left to Right: Sarah Yasunaga, Bella Cook and Abigail Yasunaga create sound by using different kinds of tools in the "foley" artist booth.

E Donalyn Dela Cruz, public affairs director, Bishop Museum, demonstrates "Stop Motion Animation" by arranging shapes on a board, and recording them on video.

F Damien Pongklub, 2, and Orion Pongklub, 4, learn about "Stop-Motion Animation." Patrons can arrange colored tiles on a platform in different positions, each time pressing a button, which captures the image. The end result is an animated scene of the tiles moving on their own.

G Hawaii Baptist Academy students try out the Visual Effects booth. The booth teaches patrons about "bullet time," an animation effect used to speed up or slow down a character's action in a movie. Effects like these are used in movies like "The Matrix."

H From Left to Right: Malia Cook, Sarah Yasunaga and Abigail Yasunaga try out the "foley" artist booth at the Bishop Museum's new exhibit, "Animation." In 1889, Charles Reed Bishop, an influential man in Hawaii had Bishop Museum built, which displayed Princess Bernice Pauahi Bishop's culturally Hawaiian family possessions.

Hours: 9 a.m. to 5 p.m. Open seven days a week. Closed on Christmas Day.
Regular Admission: $15.95 for adults, $12.95 for children and seniors
Military and resident discounts: $8.95 for adults, $7.95 for children and seniors

PASS IN REVIEW



Your weekly guide to all aspects of entertainment

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

1/4 — No Impact, No Idea
Horrendous. Among the worst of the worst in its genre. Dedicating time to this is not only wasteful, but unforgivable. Avoid at all costs.

2/4 — High And To The Right
Mediocrity at its best. Lacks a few things that might have made it really good. A decent time waster, partake only if you have nothing better to do.

3/4 — On Target
Praiseworthy. A great endeavor, not quite an instant classic but still very entertaining. This is a sound investment of your time.

4/4 — Confirmed Kill
Genius. In the top 10 percent of its genre. This is the stuff legends are made of. Missing out on it would be a disservice to yourself.

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

Better Know A Critic


CABALO

Christine Cabalo thinks the best way to travel distant lands is through the library. "A really good story takes you through uncharted territories," she said. "Exploring hidden worlds is as easy as cracking open a book." Stories don't need exotic locations to be interesting, she said, but by the end of a tale readers should feel like they've stolen a peak into someone else's life.


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 synapses 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.

'Arizona'

Hear the full tale of the USS Arizona

Christine Cabalo
Photojournalist

History lovers can learn the full story behind the USS Arizona — from the initial designs to its final resting place — in "USS Arizona: Warship, Tomb, Monument."

Written by MacKinnon Simpson, the hardcover book features first-hand accounts and archival photographs to offer a complete ship history. Many may only think about the ship's role during the bombing of Pearl Harbor in 1941, but Simpson's book chronicles the USS Arizona during a time span of more than 90 years.

Simpson begins his narrative in 1913, describing the Congressional bill to build the USS Arizona. The author details the battleship's construction and how it was outfitted with heavy weaponry in addition to the tough outer casing needed to survive traditional sea battles.



Through the author's research, readers will learn how the battleship didn't see much fighting in European waters during World War I due to oil shortages; how the USS Arizona served as a gunnery training ship and patrolled the Atlantic Coast; and how the ship eventually made its way into the Pacific Fleet.

In the chapters about World War II, Simpson concentrates on the political and military leaders governing the USS Arizona instead of the ship itself. Rather than offering a detailed timeline of the Dec. 7, 1941 bombing as other authors have done, he uses a more personal focus. Simpson discusses the documented reactions from American leaders during the 1941 attacks as well as their strategic decisions.

For the ending chapters of the book, he writes about the efforts to construct the USS Arizona Memorial and the challenges modern historians face in preserving the ship. In this section, readers are treated to detailed paintings as well as underwater photographs depicting the conditions of the ship more than 68 years after sinking.

What prevents "USS Arizona: Warship, Tomb, Monument" from being a great book is Simspon's focus on too many obscure details in his narrative. Readers may feel like they're reading gossip rather than history in some chapters, especially during Simpson's chapters about the ship's dedication. While some history lovers might chuckle about the petty arguments about the dedication the ship, others might wish for more substantial information. Where his book really shines is in the range of colorful historical documents and illustrations reprinted for readers. Scanned images of hand-written letters, as well as other memorabilia about the ship are just as compelling as archived photographs of the ship through time.

Some of the best images are on the inside cover pages, where the author discusses stamps featuring USS Arizona imagery. Unique stamps from Uganda and other countries are reprinted, featuring vivid photorealistic scenes of the ship. Simpson also includes non-postage "Cinderella stamps" of the 1940s, which encouraged people to "Remember Pearl Harbor!"

Featuring more than 120 pages of content, Simspon's book goes above and beyond typical pieces about the USS Arizona. Despite his tangents into minor scandals about the battleship, the book's scanned photographs and historical documents make this a fine addition to any coffee table book collection.

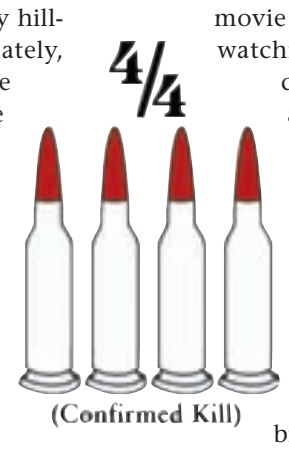


'The Emperor's New Groove'

Kristen Wong
Photojournalist

New children's movies are constantly being made each year, but I don't forget the older ones that I enjoyed. So, I would like to bring back "The Emperor's New Groove," which came out in 2000.

The story is about Emperor Kuzco [David Spade], a spoiled teenage emperor of a non-specified South American Indian kingdom. To celebrate his 18th birthday, Kuzco plans to build a summer palace on a nearby hillside. Unfortunately, that means all the villagers on the hillside will have to move. Pacha [John Goodman], the village leader protests, but Kuzco refuses to reconsider and sends him away.



Meanwhile, Yzma [Eartha Kitt], seasoned advisor to the emperor, has always wanted to rule the kingdom herself and actually tries to make royal decisions behind the emperor's back, which gets her fired. After being canned, Yzma is furious and decides she will assassinate the emperor and become ruler.

Her partner in crime and bodyguard, Kronk [Patrick Warburton], who is a few crayons short of a full box, sneaks the wrong potion into Kuzco's drink and turns him into a llama. After knocking the emperor llama unconscious, Kronk sneaks out of the palace to dispose of him for good.

Kronk, being clumsy and also conflicted about doing the right thing, ends up tripping and loses Kuzco. As fate would have it, the bag containing Kuzco falls on Pacha's cart, as he is leaving the city to go home.

Upon returning home, Pacha finds Kuzco the llama on his cart. Kuzco, remaining as selfish and stubborn as ever, demands that Pacha return him to the palace and plans to force Yzma to restore him to his human self. Pacha decides he will take Kuzco back to the palace if he promises not to destroy his village.

Several aspects of this movie make it worth watching. Spade's demeaning remarks, among other things, bring a story set in ancient Meso-American society into modern society. Kuzco for instance, is very shallow in picking his bride, rejecting each woman presented to him with brief remarks we all recognize "Paint your hair ... not likely... yikes ... yikes...and lemme guess, you have a great personality ... "

Many of the funny moments step in randomly. The chase scene between Yzma, Kronk, Kuzco and Pacha follow a map and a dotted line, for instance. When Yzma and Kronk look back at one point, there is literally a dotted line following them on the ground as they run. They look at each other and shrug.

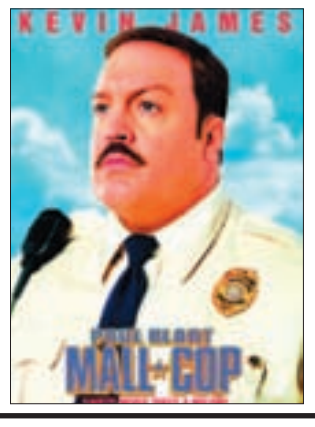
Children may love Yzma's high and chipmunkish voice when she is accidentally turned into a kitten by one of her potions. Yzma herself even stops during the dramatic scene and exclaims "Is that my voice??"

I recommend "The Emperor's New Groove" to children of all ages, adults and teens as well. It's a lesson to children about being selfless versus selfish, being a good friend and keeping a promise.

Quick Hit

'Little Miss Perfect' WeTV series

3 out of 4 (On Target)



"Paul Blart: Mall Cop" is a cute and funny movie. After failing to pass the police academy exam, Paul makes the best of his job as mall security. He's never found anyone special until he falls in love with Amy, who sells hair extensions and wigs at the mall. After humiliating himself (several times) in front of her, a brokenhearted Paul plays a few games in the arcade. Little does he know, a band of criminals has taken over the mall, and he's the only one who can stop them. Kevin James makes the show hilarious, from his unglamorous but funny slips and falls to his reluctant ingestion of a dirty lollipop. The movie is a product of its time, including several modern day favorites like "Rockband," text messaging, GPS navigation, and online matchmaker services. The movie turns a simple ride in a security guard vehicle into a cute, romantic experience. I recommend this movie to any adult who enjoys a good, lighthearted comedy.

Kristen Wong

TALK* STORY

March is Women's history month, celebrating influential women of the past, like Susan B. Anthony, Rosa Parks and Elizabeth Cady Stanton.

This year, what woman do you think deserves an Oorah?



"My mother. She's a school teacher and that's demanding enough. And she has cancer. She's the strongest woman I know. She still does everything a teacher does. I know people that have cancer that just stop living."

— Seaman Michael Webster



"Hilary Clinton, because she's done a lot for this country."

— SPC Corey Olson



"I would have to say my wife, because of the things she endures - multiple deployments, being a military spouse and motherhood."

— Gunnery Sgt. Khalif Ahmad

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

Sailor pushes to be best

Christine Cabalo
Photojournalist

The motivational poster hanging in Master Chief Petty Officer Meondra Kendley's office reads in bold, capital letters "COMMITMENT."

Kendley, command master chief petty officer, Special Projects Patrol Squadron Two, said the poster defines her values and what she strives to instill in Sailors under her command. Her dedication to her job and "Wizards" Sailors is present — many gifts and thank you cards decorate her office space.

One of her favorite gifts is a hand-drawn sketch of a Navy anchor featuring words the Sailor who drew it used to describe Kendley: inspiring and supportive. During more than 20 years in the Navy, Kendley said being professional with her colleagues and true to her beliefs has allowed her to advance.

"I always encourage the ladies [who serve] to feel free to be who they are," she said. "They should not have to feel like they need to adapt [by being] overly masculine to be accepted, just do your job well."

Kendley started her career in the Navy in 1985, initially working in the surface warfare community as a cryptographer decoding Morse code. Her work in the intelligence field has taken her to many ports outside of her hometown of East St. Louis, Ill. She's made a career of securing information, working at commands including Naval Security Group Activity, in San Vito, Italy and aboard the USS Post Royal.

After becoming a command master chief, Kendley served in her first aviation warfare community in January 2006 by leading VPU-2.

Since taking command of the Wizards, Kendley said she's worked hard for their welfare. She's encouraged regular vigorous physical training, often joining in runs or other types of training with those she commands.

Her commitment to leading her unit and setting an example for them is something Master Chief Petty Officer Don Krampert, command master chief petty officer, Commander, Patrol and Reconnaissance Wing Two admires about her. He said Kendley balances her focus to her job while caring for her two children and her husband who serves in the Army.

"I've seen her go on deployment and detachment whether her husband was here or not," he said. "It's not an easy job."

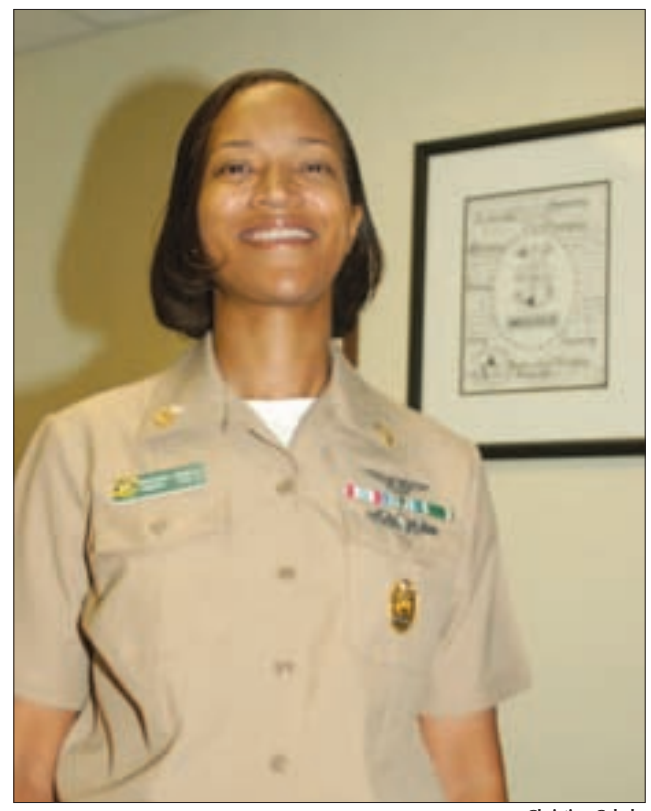
Her great example keeps the unit upbeat, Krampert said. The VPU-2 master chief petty officer is one of two female command master chief petty officers in her squadron's history, and Kendley said she hopes to see more great Sailors attain the billet in the future.

Leaving MCBH this June, the Wizards master chief petty officer said she's looking forward to continuing to guide young women and men at Naval Recruiting District San Antonio. A total of 1,200 Sailors will be under her care there, when she leads as their new command master chief petty officer.

Hoping to continue to serve as an example to others, Kendley said she's also glad to have more time to focus on challenging herself to be better. She said she's set the goal to tackle one of her most difficult challenges — learning to swim better in the open water.

Her drive to constantly strive for personal bests is one quality Chief Petty Officer Kenny Parker, aircraft maintenance supervisor, VPU-2, tries to emulate. Parker said her mentorship has helped him succeed in setting goals and exceeding them, a skill he said is needed in the Navy.

"I think if she really wanted to continue her career as a master chief she'd be a great fleet master chief," Parker said. "I could even see her as the first female master chief of the Navy."



Christine Cabalo

Master Chief Meondra Kendley, command master chief petty officer, Special Projects Patrol Squadron Two, stands in her office at Hangar 105. In her more than 20 years serving in the Navy, Kendley has received many pieces of art as gifts, including a hand-drawn anchor seen behind her from one of her squadron members at Marine Corps Base Hawaii.

3/3 host family day



Photos by Lance Cpl. Brian A. Marion

Marines with 3rd Battalion, 3rd Marine Regiment, and their families grab some food during their family day March 15 at Hangar 101. The Marines and their loved ones enjoyed hot dogs, pulled pork, teriyaki burgers, rice and various desserts.

Lance Cpl. Brian A. Marion
Combat Correspondent

Children laughed as Marines and their families enjoyed each other's company at 3rd Battalion 3rd Marine Regiment's Family Day, March 15 at Hangar 101 here.

The Battalion originally planned to host their family day at Bellows Air Force Base, but adverse weather conditions earlier in the week prevented the area from being accessible.

"We usually have [the family day] at the beach to give the Marines another thing to do," said Lt. Col. Jonathan Goff, commanding officer, 3rd Battalion, 3rd Marine Regiment. "Unfortunately, the picnic grounds were under water and the beach was closed. We decided for the hangar instead."

The entire battalion turned up for an afternoon filled with bouncy houses, food and raffle drawings. The Marines and their families began the day's activities with a meal of teriyaki burgers, hot dogs, pulled pork, rice and different desserts.

Once everyone sat down to eat, the children dashed off to the bouncy houses while the first drawing was announced. For the drawing, the winners received hats and T-shirts with the unit logo.

"The idea was for the Marine spouses to communicate among each other, build up relationships and allow them to create a support base while their husbands are deployed," Goff said. "There wasn't much for the younger Marines to do, but I thank them, the families and everybody for coming out."



Marines, Sailors and their families with 3rd Battalion, 3rd Marine Regiment, attend the battalion's Family Day at Hangar 101 March 15. The battalion held the day to give the Marine spouses a chance to meet each other and build support among each other.

Famed Tuskegee Airmen Visit VP-47

Squadron receives history lesson from WWII veterans

Lt. j.g. Zack Dalbom
VP-47 Public Affairs Officer

On Feb. 18, the combat aircrew and support personnel of Patrol Squadron 47 were visited by two World War II combat tested airmen. Retired Air Force Lt. Col. Bill Holloman and Lt. Col. Alex Jefferson took time to visit the "Golden Swordsmen" and deliver a presentation of the history, exploits and struggles of the famed Tuskegee Airmen.

In 1941, the 99th Fighter Squadron was activated at the Tuskegee Institute in Alabama, with the strong support of First Lady Eleanor Roosevelt. Much to the dismay of the Secret Service, she actually flew with a Tuskegee Airman, in order to prove that African-American pilots had the "right stuff" to support the fight. With this activation and White House support, the Tuskegee program began training young African-American men in the art and science of flying and maintaining combat aircraft.

Racism and segregation were the constant companions of not only Holloman and Jefferson but also the other more than one thousand plus young African-American aviators wanting to serve their country from the air. However, despite the opposition they persevered. Three more squadrons - the 100th, 301st and 302nd - combined with the 99th to form the All Black 332nd Group. The entire 332nd group never lost a bomber they were escorting. The term "Tuskegee Airmen" was not coined until 1972.

The squadrons flew the P-39 Airacobra, P-40 Warhawk, and P-47 Thunderbolt but were most known for flying the infamous "red tail" P-51 Mustang. Holloman boasts over 18,000 hours in 217 different aircraft throughout his military career. When asked what the most challenging thing he has done, he stated, "Landing that T-2 Buckeye on the carrier!" Jefferson flew over 500 hours in the P-51 but holds a particularly dubious distinction: while flying at nearly 350 knots, his "red tail" received a German shell forcing him to bail out over hostile territory. He was then held by the Germans as a prisoner of war until being liberated by Gen. George S. Patton's Third Army. When asked if they were ever scared during their combat missions, one pilot replied, "I did not have time to be scared. You don't get scared until after you landed and realized, man I could have died up there today."

Holloman and Jefferson said that flying is a team effort and that they could not have been successful with out the dedicated maintenance professionals on the ground who keep the planes flying in austere conditions and frequently, shortages of parts. Holloman said it was his contention that those who fixed the aircraft on a daily basis were the smarter, more educated people of the squadron.

His particular crew chief was a 38-year-old college professor whose work ethic was second to none. When Holloman asked him when he sleeps, his crew chief simply replied, "I sleep when you fly, sir, and that's enough for me." Holloman's missions rarely went over five or six hours.

After the presentation, VP-47's commanding officer, Cmdr. Dave Wright, presented the Tuskegee Airmen with Golden Swordsman coins and honorary Patrol Plane Commander patches and thanked them for taking time to visit the squadron. Before signing autographs and taking photos, the Airmen told the squadron, "With dedication you can accomplish anything if you set your mind to it. If someone says that you can't, it doesn't mean a thing if you believe in yourself."



U.S. Navy photo by Petty Officer 3rd Class Meagan E. Klein

Patrol Squadron Four Seven's Commanding Officer, Cmdr. Dave Wright, shakes hands with two retired Tuskegee Airmen after presenting them with squadron patches. Retired Air Force Lt. Col. Bill Holloman (left) and retired Air Force Lt. Col. Alex Jefferson (center) gave a presentation about their history to sailors from VP-47 in recognition of African American history month Feb. 19.

Iwo Jima Vets reunite, tour MCBH

Veterans reminisce on personal, military battles fought in Pacific

Lance Cpl. Cassandra Yoho
Combat Correspondent

Two elderly gentlemen stood side-by-side Saturday in front of the Pacific War Memorial near the main gate of Marine Corps Base Hawaii. They stood still but their hands trembled. The silence was broken by the crack of the monument's flag.

Standing before the massive monument, both men reflected back to where they were more than 60 years ago, to where they stood that afternoon, knowing their actions changed the world.

When driving onto Marine Corps Base Hawaii, immediately after passing through the front gate, there is a monument off to the left. To some it's an image on a war bond, stamp or a photograph which rallied a nation, to make people appreciate the sacrifices made for them. Many people probably notice it everyday, but don't realize its significance to Marine Corps history.

The war veterans of the Battle of Iwo Jima who visited MCBH, and ended their time here in front of the Pacific War Memorial. They stood in silence and reminisced about the bloodiest battle in the history of the Marine Corps.

"It happened so long ago, but I remember it like it was yesterday," said former Marine, Cpl. Leighton "Willy" Willhite.

These men and their families stopped at MCBH as part of their Iwo Jima veterans' tour. The tour is part of an annual reunion, which honors the veterans for their honorable service at the Battle of Iwo Jima.

The Veterans of Iwo Jima Association of America, along with Military Historical Tours, Inc. organize an annual 10- day tour to visit Pacific Theater battle zones of World War II, ending the tour in Hawaii, said Bob Perry, tour leader.

The tour's first stop on MCBH was the Anderson Hall Dining Facility for brunch and a tour of the kitchen.

Honoring the veterans, a display of black and white photos of Marines training for the island campaign decorated the dining facility.

Retired Marine Maj. Gen. Fred Haynes, a captain during the battle of Iwo Jima, and his wife, Bonnie Haynes, were two of the participants traveling with this year's tour. Haynes spoke with many Marines at Anderson Hall about his experiences and signed copies of his book, "The Lions of Iwo Jima."

The two Iwo Jima veterans quickly realized they had more in common than just fighting in the same battle. Haynes was actually Willy's captain at the time of the battle.

"I looked at him and thought, I know this man," said Willy. "He [Haynes] was the man that ordered my tank to take the mountain."

Willy was part of the Combat Team 28 as a tank driver for Charlie Company, 5th Tank Battalion, 5th Marine Division.

Fourteen tanks were ordered to trudge up Mount Suribachi but only three made it, and before reaching the top, CT28 lost one more, said Willy.

"Only two of us [tanks] made it to the top, and we sat there for four days, providing security," said Willy. "I know I will never forget that battle, I'll remember every minute of it. I hope the Marine Corps never forgets its history."

In 1945, Combat Team 28 was made up of 4,500 warriors including medical staff, tank drivers and communications support. They fought day and night, not willing to give up the battle, said Haynes.

"This means more to me than you'll ever understand,"

Former Marine corporal and Iwo Jima veteran Leighton "Willy" Willhite about the Pacific War Memorial.

CT28 was deactivated following the end of World War II. Although the unit is no longer a part of the Marine Corps, what they accomplished will stay with the Marine Corps forever.

After brunch the group loaded up onto a small tour bus for a tour of MCBH, and then made their final stop at the Pacific War Memorial in remembrance of the men who fought during the Pacific War.

The men reached the end of their tour, and stood quietly in front of the Pacific War Memorial. The group slowly made their way back to the tour bus. Although the tour ended for these veterans, their mark in history was made a long time ago, and their victory will never be forgotten.

"This means more to me than you'll ever understand," said Willy harshly to his son and grandson at the Pacific War Memorial. Willy expressed his anguish to his family saying, although people may hear of the battle, they'll never quite understand the emotional scars burned within his and his brothers' souls as they fought their hard-felt battle at the crossroads of history.



Retired Maj. Gen. Fred Haynes and tour leader, Bob Perry, identify a brick with Haynes' name engraved on it which is part of the Walkway of Honor surrounding the Pacific War Memorial.



Former Marine Cpl. Leighton "Willy" Willhite, whose tank helped secure Mount Suribachi, shows off the original paper military identification card he received when first drafted in 1943.

Right: **Retired Maj. Gen. Fred Haynes shakes hands with a Marine after sharing a story with a small group at the Anderson Hall Dining Facility.**





Retired Maj. Gen. Fred Haynes exchanges a handshake with former Marine Cpl. Leighton "Willy" Willhite at Marine Corps Base Hawaii's Pacific War Memorial Saturday. Haynes, then an infantry captain, commanded Willy's tank unit during the Battle of Iwo Jima.

Photo illustration by Sgt. Brian Tuthill

Community Events

March/April

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.

Hawaii Music Awards

(April 4) The Hawaii Music Awards is a nonprofit 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 or call 951-6699.

Hawaii International Sprin Film Festival

(Early April) The Hawaii International Spring Film Festival, showcasing 20 independent feature films, is held at the Signature Dole Cannery Theatres.

Expect the very best and latest in independent and global cinema. This Spring Festival has grown exponentially over the years and has become just as popular and successful as the main Fall Festival.

For more information call 528-3456.

Hawaii Invitational International Music Festival

(April 6-10 and 13-17) High school and junior high groups, college bands and pageantry units perform in competition for two weeks in Waikiki.

Free concerts in the park and the Annual "Salute to Youth" parade on Kalakaua Avenue. Join participants from Hawaii, the mainland and around the world in the largest Spring Break festival on Oahu. Festival tour and participation is by invitation only, but admission to all events is free and visitors are welcome.

For more information call 800-448-2374.

Young Peoples' Spring Exhibit

(Mid April) A selection of children's artwork from the spring session of the Honolulu Academy of Arts Center classes. Free Admission.

For more information call 532-8700.

Hawaii Youth Symphony Association Spring Concert

(Mid April) Please join the Hawaii Youth Symphony Association for exciting performances by Youth Symphony II, and Concert Orchestra. Pearl City Cultural Center.

For more information call 941-9706.

Leeward Community College Dance Festival

(Late April) With a reputation for presenting Hawaii's finest young dancers in works by established and emerging choreographers, the festival presents a variety of traditional, cutting-edge, and risk-taking dance styles.

This event will be held at the Leeward Community College Theatre in Pearl City.

For more information call 455-0385.

Miss Teen Hawaii International Pageant

(Late April) Contestants ages 13-18 compete for the title of Miss Teen Hawaii International.

Pageant events consist of buffet dinner with entertainment by local singers. Pageant will be held at the Hilton Hawaiian Village.

For more information call 221-2434.

Mission Houses Museum

(All Year) Mission Houses Museum was established in 1920 by the Hawaiian Mission Children's Society, a private, nonprofit 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.

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.

BAG SALE

AT THE ALL ENLISTED SPOUSES THRIFT STORE

April 4th, from 10 am to 2 pm

On Saturday, April 4th, from 10 a.m. to 2 p.m. the Thrift Store will be holding its monthly Bag Sale.

As many items that fit into a large brown paper bag may be purchased for only $5 (excluding items from front glass case or otherwise specially marked).

Active Duty ID must be shown for purchase of military uniforms.

This event will be sponsored by the VP-4 OSC.

Please call the Thrift Store at 254-0841 for more information or just stop by Pless Hall on 3rd St. for some great deals.



At Anderson Hall Dining Facility

Friday

Lunch
Minestrone soup
Chicken noodle soup
Pork Adobo
Lemon baked fish fillets
Southwestern rice
Garlic roasted potato wedges
Simmered mixed vegetables
Lyonnaise carrots

Dinner
Minestrone soup
Chicken noodle soup
Chicken cacciatore
Chili conquistador Burritos
Refried beans w/cheese
Spanish rice
Simmered corn
Simmered green beans

Saturday

Dinner
Cream of chicken soup
Beef barley soup
Pork roast
Chicken Cordon Bleu
Mashed potatoes
Boiled egg noodles
Broccoli polonaise
Simmered succotash
Savory bread dressing

Sunday

Dinner
Cream of potato chowder
Vegetable soup
Oven roast
Honey glazed cornish hens
Rice pilaf
Savory bread dressing
Simmered asparagus
Creole summer squash

Monday

Lunch
Beef noodle soup
Cream of broccoli soup
Chinese five spice chicken
Baked Mahi Mahi
Wild rice
Garlic cheese mashed potatoes
Broccoli polonaise
Simmered carrots

Dinner
Beef noodle soup
Cream of mushroom soup
Bean with bacon soup
Barbequed chicken
Ale battered fish portions
Steak fries
Mashed potatoes
Simmered corn
Simmered asparagus

Tuesday

Lunch
Cream of mushroom soup
Bean with bacon soup
Barbequed chicken
Ale battered fish portions
Steak fries
Mashed potatoes
Simmered corn
Simmered asparagus

Dinner
Cream of mushroom soup
Bean with bacon soup
Caribbean chicken breast
Parmesan fish
Parsley buttered potatoes
Glazed carrots
Club spinach

Wednesday

Dinner
Manhattan Clam Chowder
Split Pea and Ham
Soup
Meat Loaf
Pork Ham Roast
Garlic Cheese Mashed Potatoes
Tossed Green Rice
Cauliflower Combo
Broccoli, Cheese and Rice
Savory Bread Dressing

Thursday

Lunch
Tomato Soup
Chicken and Rice Soup
Swiss Steak w/ Brown Gravy
Chicken Vega
Oven Browned Potatoes
Spanish Rice
Simmered Corn
Simmered Peas and Carrots

Dinner
Tomato Soup
Chicken and Rice Soup
Beef Yakasoba
Tempura Sweet and Sour Pork
Shrimp Fried Rice
Simmered Broccoli
Fried Cabbage w/ Bacon
Sweet and Sour Sauce
Chow Mein Noodles
Chinese Egg Rolls

Assorted desserts will be served at each meal

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.

"Taken"	Today at 7:15 p.m.
"Underworld 3: Rise of the Lycans"	Today at 9:45 p.m.
"New In Town"	Saturday at 7:15 p.m.
"The Uninvited"	Saturday at 9:45 p.m.
"Paul Blart: Mall Cop"	Sunday at 2 p.m.
"Taken"	Sunday at 6:30 p.m.
"New In Town"	Wednesday at 6:30 p.m.
"The Pink Panther"	Friday at 7:15 p.m.
"The Uninvited"	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 Beat

News from Mokapu Elementary

End of Quarter

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

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 Tues., April 7, and continue through Thurs., 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 Sat., April 18, through Fri., April 24.

Hours for the fair are 10 a.m. – 2 p.m. Sat.; 8 a.m. – 4 p.m. Mon., Tues., Thurs. and Fri.; and 8 a.m. – 8 p.m. on Wed.

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.

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 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 Dec. 31.

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.

Web site 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 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.

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, or leave a message at the school's front office at 254-7964.

No School

March 30 – April 3, due to intersession. Normal school hours will resume on Monday, April 6.



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 Adrianne 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 invitational 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 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.

Word to Pass *On base events*

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.

Building Healthy Relationships
April 2-30

Building Healthy Relationships, which is scheduled from 9 to 11 a.m. or 1 to 3 p.m. in the Marine & Family Services office, building 216, is an on-going eight-session educational program for active duty and their family members with emphasis on communications issues, particular to married personnel.

This group is available in the morning or afternoon. Participants receive a certificate of completion at the end of course.

Classes meet every Thursday. Orientation is 0800 every Tuesday.

For more information call Counseling Services at 257-7780 or 257-7781.

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.

The next FBI presentation is scheduled to be held May 4.

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 Marine Corps Family Team Building conference room, located in 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.

Take a coffee break and FOCUS!
April 8

Learn about FOCUS Project services from 9 a.m. to noon in building 3022.

Take a breather from your stresses and get acquainted with your community.

Enjoy mid-morning refreshments.

All Marine Corps Base Hawaii community members and providers are welcome!

For more information call Devin Price at 257-7774.

Defense Language Proficience Test (DLPT) IV
April 8-9

This test is scheduled to start at 7:45 a.m. in building 220, classroom A. Marines qualified to receive foreign language proficiency pay are required to take this test annually.

Two days of testing is required. Those who wish to participate must register in advance.

Open to all active duty personnel.

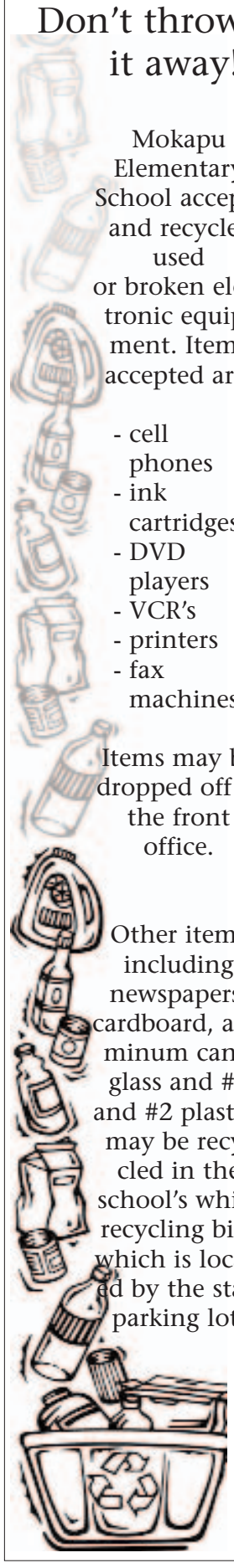
For more information call Maria Fullenwider at 257-2158.

Manana Teen Center egg hunt
April 10

Come celebrate Easter with egg hunts, activities and more at Manana Teen Center. Event is scheduled from 4 to 6 p.m. at the Manana housing area. Free to all Manana youth.

For more information call Manana Youth Activities at 456-1662.

Don't throw it away!!



Mokapu Elementary School accepts and recycles used or broken electronic equipment. Items accepted are:

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

Items may be dropped off at the front office.

Other items including newspapers, cardboard, aluminum cans, glass and #1 and #2 plastics may be recycled in the school's white recycling bin, which is located by the staff parking lot.

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.