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Hawaii Marine



Lance Cpl. Cristina N. Gil

Left to right: **Hawaii Gov. Linda Lingle, Senate President Colleen Hanabusa, retired Army Col. David Brostrom, Mary Jo Brostrom, Blake Brostrom, House Speaker K.Y. Say and Army Maj. Gen. Robert G.F. Lee display the Hawaii Medal of Honor in remembrance of 1st Lt. Jonathan P. Brostrom at the State Capitol March 31. Brostrom was killed while defending an outpost in Afghanistan in July 2008. The Brostrom Family, from Aiea, Hawaii, was one of several families in attendance at the ceremony honoring 23 fallen heroes.**

Heroes remembered

5 Marines receive Hawaii Medal of Honor

Lance Cpl. Cristina N. Gil
Camp H.M. Smith Puclib Affairs Office

HONOLULU -- The bravery and courage of five Marines and 18 soldiers killed in Iraq and Afghanistan were honored in a ceremony at the Hawaii State Capitol March 31.

For their sacrifices, these men were recognized with the Hawaii Medal of Honor. Several family members and friends of the fallen were on hand to accept the award on their behalf. They were also honored with a joint-service color guard, a rifle volley and the playing of taps.

Approximately 150 people witnessed the solemn event, including top military and government officials from across the island, comrades of the fallen service members and grateful citizens.

"These men gave their very best and paid the ultimate price for our country. They have defended democracy afar and this is a small token of our appreciation," said Hawaii Gov. Linda Lingle.

The HMOH was created in 2005 by the Legislature's passing of House Bill 8 and is the first of its kind in the country. It is awarded to the loved ones of individuals killed in action while serving in support of operations Iraqi Freedom and Enduring Freedom with ties to Hawaii, in an effort to ensure they are not forgotten.

"We have a responsibility to those in uniform who defend the freedom we enjoy," said Lingle. "Our responsibility is even greater to the families of those who don't return."

Five Marines were honored during the ceremony, including: Lt. Col. Max A. Galeai, Capt. Philip J. Dykeman and Cpl. Marcus W. Preudhomme. The three were killed in a suicide attack during a meeting of tribal sheiks and community leaders in Karmah, Iraq, June 26. They were assigned to 2nd Battalion, 3rd Marine Regiment, Marine Corps Base Hawaii.

"It was truly a wonderful ceremony. The State of Hawaii has set an example for honoring our nation's heroes," said retired Army Col. David Brostrom, who accepted the HMOH on behalf of his son, Army 1st Lt. Jonathan P. Brostrom, who was killed while defending an outpost in Afghanistan.

"This is an award given on behalf of the people of Hawaii, showing us their gratitude," said Brostrom. "It definitely helps in getting closure. Every condolence, every hug and every 'I'm sorry' helps."

Local community recognizes Marines and Sailors

Kaneohe Business Group holds brunch to honor service members

Lance Cpl. Cassandra Yoho
Combat Correspondent

Outstanding Marines and Sailors from Marine Corps Base Hawaii were recognized by the Kaneohe Business Group at a luncheon and award ceremony Wednesday.

The ceremony, held at the Pohai Nani Retirement Home, expressed the local community's appreciation for the service members from MCBH.

"We feel it's important that the outside community supports military actions because they're the ones providing safety for us," said Chuck Eakes, President of the KBG who coordinated the event.

The business group presented certificates of appreciation to service members selected by MCBH. Those service members were: Noncommissioned Officer of the Year, Sgt. Michael J. Ciccolone; NCO of the Quarter, Sgt. Johnny R. Quesinberry; Marine of the Year, Cpl. Brandon T. Cox; Marine of the Quarter, Lance Cpl. Kyle F. Smail; Staff Sailor of the Year, Petty Officer 1st Class Matthew Lawyer; and Shore Sailor of the Year, Petty Officer 1st Class David Theothilus.

"It was great to be selected by the base, and it's definitely one of my biggest accomplishments," said Cox. "I really appreciate the community taking time to recognize some of its local service members."

The event was established a year ago in remembrance of a previous KBG member, the late John Parker, who helped enhance relations between MCBH and the local community.

"I wanted to start this award presentation on behalf of Mr. Parker," said Eakes. "He was a firm believer that the local community and military should have a relationship."

Cheryl Parker, John Parker's widow, spoke to the Marines and Sailors at the presentation about her husband's gratitude of the military.

"My husband supported the military full-heartedly," said Cheryl Parker. "The military was very important to him and he always thanked them for all they did."

Although KBG recognizes MCBH service members quarterly, their primary mission is to discuss their members' future plans and effects on the community during their monthly business meetings. In recent years, KBG has included MCBH as part of the community. They often bring up new ways to show support to the local base, said Eakes.

"I think it's great when Marines get involved and help out with the community, and the community turns around and gives right back as well," said Cox.



Lance Cpl. Cassandra Yoho

Marines and Sailors from Marine Corps Base Hawaii stand with Chuck Eakes, President of the Kaneohe Business Group, during an awards ceremony at Pohai Nani Retirement Home March 25.



Photo Illustration by Sgt. Sara A. Taylor

MARADMIN makes 'Leading Marines' MCI mandatory for promotion

Lance Cpl. Daniel H. Woodall
Combat Correspondent

According to Marine Administrative Message 0181/09 released March 20, Marines desiring promotion to the rank of corporal must complete Marine Corps Institute 0037, "Leading Marines" before they can be recommended for promotion.

Marines who were promoted to the rank of corporal after Oct. 1, 2008, must complete the mandatory MCI no later than June 30, or they risk being administratively reduced.

The new Professional Military Education qualification is more lenient to those Marines currently deployed. Deployed Marines will have 90 days from the date of redeployment to complete the MCI.

Furthermore, the MARADMIN does not apply to Marines administratively or disciplinarily reduced to the rank of corporal since Oct. 1, 2008.

The requirement will help new corporals understand the responsibility of their rank, said Gunnery Sgt. Freddy A. Armijo, Chief Instructor of Marine Corps Base Hawaii's Corporals' Course.

"Corporals should take the MCI," said Armijo. "Part of getting promoted to a noncommissioned officer is being more prepared. 'Leading Marines' does just that."

One of the prerequisites for Corporals' Course is to have the "Leading Marines" MCI completed.

"[Leading Marines] is a great foundation for what we teach at Corporals' Course," said Armijo. "We offer a tangible course based upon the intangible lessons found in the MCI."

Marine Corps Institute describes "Leading Marines" as a leadership philosophy that reflects the Corps' traditional strengths as an institution and attempts to define the very ethos of being a Marine. Topics covered in "Leading Marines" include Marine Corps history, traditions and tools to overcome challenges while in a leadership position.

Making the MCI mandatory for promotion to, or to keep, the rank of corporal, is a good concept, said Lance Cpl. Eric A. Hall, pay clerk, Disbursing Office, Headquarters Battalion, who has already completed the MCI. The Marine Corps teaches all of its Marines to be leaders, therefore, the MCI is necessary, said Hall.

"Academically, ['Leading Marines'] is not challenging," said Hall. "All [noncommissioned officers] should know basic fundamentals when it comes to leading Marines."

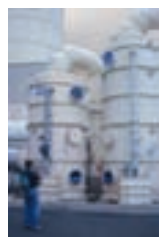
Armijo believes Headquarters Marine Corps wants all noncommissioned officers to be more prepared to understand how to lead.

However, simply taking the MCI does not guarantee a Marine has leadership principles, Armijo said. Ultimately, it is the responsibility of each Marine to understand the information and use it to lead by example.

"When a Marine is promoted to corporal, they are entrusted to be a leader, " said Armijo. "'Leading Marines' and Corporals' Course are extraordinary, free leadership investments that more Marines should utilize."

Marines can access more information on how to take the 0037 MCI "Leading Marines" by going online to www.mci.usmc.mil or by contacting their Command Unit Verification Report proctor.

Inside today's Hawaii Marine



Follow the flush...
Learn how water is recycled during city tour, **C1**



"We are the Champions"
MALS-24 takes Intramural Basketball Championships, **B1**

Weekend Forecast

Today
Isolated Showers.
High — 79
Low — 70

Saturday
Isolated Showers.
High — 78
Low — 71

Sunday
Isolated Showers.
High — 78
Low — 71

NEWS BRIEFS

Information Fair

Learn all about the admissions process to the Military Academies and also information about ROTC Scholarships at an information Fair sponsored by the JROTC Department at Punahou School.

This event is scheduled Wed., April 8, from 6 to 8 p.m. in the Wo International Center on campus.

Representatives from all Services will be on hand to speak to interested students and parents and answer your questions.

There is no charge for this event. Call 944-5723 for more information.

Musical Production

The Punahou School Theater Department and the Junior Reserve Officer Training Corps are inviting members of the military to enjoy the musical production, "The King and I", April 9, begining at 7 p.m. at Dillingham Hall, Punahou School.

Tickets are free, but limited. Please reserve your tickets by calling 944-5723 or emailing rtakao@punahou.edu.

Counterintelligence Looking for Marines

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

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

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.

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.

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.

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

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Hawaii Marine, Box 63062, Building 216,
MCB Hawaii, Kaneohe Bay, Hawaii 96863
E-Mail: hmeditor@hawaiimarine.com





'Red Lions' fly on under new commander

Above: **Passing the command colors March 27, Lt. Col. Hugh Tillman, outgoing commanding officer, Marine Heavy Helicopter Squadron 363, officially turns over command to Lt. Col. John Dobes, incoming commanding officer, HMH-363. Tillman is retiring from the Marine Corps, with plans to settle in Kailua, Hawaii. Dobes arrives from U.S. Central Command at MacDill Air Force Base in Tampa, Fla., where he previously worked as a policy officer.**

Left: **Offering a final salute, Lt. Col. Hugh Tillman, (second from right) outgoing commanding officer, HMH-363, leads the color guard during his March 27 retirement ceremony. Tillman has served in the Marine Corps for more than 20 years. During his career he has earned a Bronze Star and the Defense Meritorious Service Medal.**

Photos by Christine Cabalo



The history of Earth Day...

...and how MCBH will celebrate this year

Sharon Cucurak
Marine Corps Community Services

In 1970, the first Earth Day was celebrated by 20 million people. Founded by U.S. Senator Gaylord Nelson, the first Earth Day was a grassroots effort of teach-ins to put environmental issues at the front of the national agenda. That same year, the Environmental Protection Agency was established by President Richard Nixon.

Also in 1970, the Clean Air Act became federal law after being amended to require the EPA to develop and enforce regulations to protect the public from hazardous materials. It created new national air quality, auto emission and anti-pollution standards.

Fast-forward almost 40 years, and environmental protection and energy-efficiency have transformed from buzz words to a way of life. We buy Energy Star appliances, drive low-emission, fuel-efficient vehicles (if not hybrids!), use CFL light bulbs and reusable bags, and recycle. We have reduced non-smokers' exposure to the health risks of second-hand smoke by enacting tougher laws.

In Hawaii, the philosophy of malama aina (care for the land) is as important today as it was for the ancient Hawaiians. It is vital to protect the vulnerable island ecosystem from invasive species and pollution. If you see rubbish on highways, storm drains or beaches, make it your kuleana (responsibility) to clean it up – it all makes its way back to the ocean!

On base, there are many ways to help out the environment. You probably noticed solar panels being installed on base housing and barracks buildings. Take it one step further and be sure to turn off your lights and appliances when they are not in use.

Utilize the recycling bins provided by your housing office, or take your recyclables to the recycling center. When heading to the MCX or commissary, remember to bring along your reusable bags. Bring a reusable bottle of water to work each day, and commute, bike or walk whenever possible.

This month, Operation Homefront will partner with the Base Environmental Department for a special Earth Day event on April 19 from 2 to 4 p.m. Families of deployed Marines and Sailors will meet on the lawn next to Kahuna's Bar & Grill for a craft. Then, Base Environmental will host an educational nature walk through the Nu'upia Ponds. This is a great opportunity to learn about restoration projects that have taken place along this area and the indigenous plants and animals aboard MCB Hawaii. For more information, please call 254-7651

For more eco-friendly tips, come to the Mokapu Mall courtyard on Saturday, April 18 from 9 a.m. to 2 p.m. for the MCB Hawaii Earth Day Expo. This fun, free event will feature educational and environmental displays, a unit recycling competition, e-waste electronic recycling and hybrid vehicle displays. There will also be a travel and island activity expo, live performances, bouncy houses and more. Each patron will receive a free reusable bag, which authorized patrons can take into the Marine Corps Exchange Main Store.

There patrons will receive a 20 percent discount on items placed in the bag (certain restrictions apply, see store for details). Prize drawings will occur throughout the day. The Earth Day Expo is open to all Hawaii military, their dependents and DoD civilians. For more information, please visit www.mcc-shawaii.com/earth_day.htm. We have made great strides in being good stewards of our environment, and by keeping the earth in mind every day, things will only improve.

Motorcycle safety classes available

APRIL 2009
Safety Class Schedule
NOTE: To attend these classes, you must register with Base Safety, 257-1830.

Date	Time	Class	Location	Instructor
6 Apr	0800-1600	Drivers Improvement Course	Classroom	CAPEFOX
11 Apr	0800-1600	Remedial Driver Improvement Course (DIC)	Conf Rm	CAPEFOX
13-14 Apr	0730-1600	Basic Riders Course	Conf Rm	CAPEFOX
17 Apr	0730-1600	Experienced Riders Course	Conf Rm	CAPEFOX
22 Apr	0730-1600	Military SportBike Riders Course	Classroom	CAPEFOX
27-28 Apr	0730-1600	Basic Riders Course (Novice Riders)	Conf Rm	CAPEFOX



Photos by Lance Cpl. Alesha R. Guard

Participants in the 'tug-o-war' fight to pull the rope against their competition during CLB-3's field meet at Riseley Field March 27.

Field Meet

Headquarters Co. takes on Support Co. during CLB-3 field meet

Lance Cpl. Alesha R. Guard
Combat Correspondent

Combat Logistics Battalion 3 welcomed friends and family to a day-long field meet consisting of various competitions between its Support and Headquarters Company Marines at Riseley Field March 27.

While bringing the Marines and their families together to enjoy the day's festivities, the meet challenged the two companies to see who could win the most contests and take the title of 'overall field meet winner.'

"The field meet was held not only for the families, but also for the Marines," said Maj. John Elcock, CLB-3 commanding officer. "The intent was to get the [Marines] out of the office and give them an opportunity to showcase their talents and skills, and to have a good time."

With CLB-3's forward unit currently deployed to Afghanistan,

Elcock said Friday was the first time CLB-3 held an event like the field meet for their remain behind element.

"[Events like this] keep moral up," said Sgt. Rufus McCarley, noncommissioned officer in charge, Support Company office, CLB-3. "It not only shows the families that we are here for them, but [also] the Marines. It shows everyone that we can do something other than be Marines all the time. We can come out here, be ourselves and have a good time."

Sergeant Laura Townley, infantry weapons repair noncommissioned officer in charge, CLB-3 armory, said she was glad to see the Marines enjoy the day with their friends and families.

"Getting to spend time with the battalion lets the families know they are a part of the Marine family," Townley

See MEET, A-6



A spouse quickly spins around with her forehead on a baseball bat during the 'dizzy-izzy' relay, one of the many contests during CLB-3's field meet at Riseley Field March 27.



Competitors leap for the ball while playing in the volleyball tournament at CLB-3's field meet at Riseley Field March 27.



Children laugh together as they jump inside the brightly colored bouncy house at CLB-3's field meet at Riseley Field March 27.



Competitors in the 'corpsman relay' race to the finish carrying ammo cans and 'wounded' teammates during CLB-3's field meet at Riseley Field March 27.



Marines from Support Company, Combat Logistics Battalion 3, race against Headquarters Company Marines in the 'tire flip relay' during CLB-3's field meet at Riseley Field March 27.



A Marine with Combat Logistics Battalion 3, sprints to the end-zone while playing in the flag football tournament, one of the various competitions between the Support and Headquarters Company Marines during their field meet at Riseley Field March 27.

AROUND THE CORPS

Your weekly guide to what's happening around the Corps

East Coast



Sgt. Judith Carver

Motorcycle info sessions prep rider for spring

MARINE CORPS BASE QUANTICO, Va. -- With warm weather just around the corner, Driver's Training Branch and Cape Fox Professional Services held a motorcycle information session in the Quantico Commissary parking lot March 17.

From 6 to 8 a.m. riders stopped by to have everything from their tire pressure to helmets inspected.

"We started our motorcycle training session March 18 and our initiative is to cut back on motorcycle related accidents," said John Waltman, manager of the Driver's Training Branch here.

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

West Coast



Cpl. Shawn Spitler

Air crew chiefs engage targets aerial training

FORT HUNTER LIGGETT, Calif. -- Marines with Marine Medium Helicopter Squadron 166 (Reinforced), take turns firing a .50 caliber heavy machine gun from a CH-53D Sea Stallion helicopter as part of their training during the 11th Marine Expeditionary Unit's Marine Air Ground Task Force Exercise here March 29.

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

Overseas



Lance Cpl. Bobby J. Yarbrough

Okinawa personnel train for HazMat response

CAMP FOSTER, Okinawa -- Marines dressed in encapsulating suits, uncovered simulated toxic chemicals and biologic waste. Each member knew it was their job to assess and process the potential threats. With their oxygen tanks nearing empty, the team made their way out of the room, knowing their mission was a success.

The realistic exercise on Camp Foster was the final test for 23 service members and civilians during their training.

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





Sgt. Scott M. Biscuiti

Seaman Dustin Banks assists a simulated casualty to his feet during a humanitarian aid and disaster relief exercise here March 6. Combat Logistics Battalion 11, the 11th Marine Expeditionary Unit's combat service support element, conducted the training in preparation for their upcoming deployment later this year. Banks is a hospital corpsman with CLB-11.

This week's top story

MEUs stand prepared for crises around the world

Sgt. Scott M. Biscuiti
11th MEU

CAMP PENDLETON, Calif. -- Providing humanitarian aid and disaster relief is a likely scenario for any of the seven Marine expeditionary units. Whether at home or abroad, MEUs have been relied upon to rapidly ease pain and suffering in crises.

Combat Logistics Battalion 11, the 11th Marine Expeditionary Unit's combat service support element, trained for that very mission March 4-6 at the Range 130 urban training facility here.

In recent history, MEUs have deployed to numerous countries around the world in times of need. The 11th MEU assisted in two natural disasters during its last two deployments. The Marines and sailors responded to Hurricane Katrina in 2005 and Bangladesh in 2007 to provide humanitarian aid.

"Humanitarian missions have been the MEU's bread and butter," said Lt. Col. James Hensien, CLB-11's commanding officer. "It's one of the most realistic missions that we are likely to encounter."

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

Top story from the front



Cpl. Alan Addison

A Marine from the Quick Reaction Force tries to avoid being attacked during a training exercise with military working dogs and their handlers. The period of training was designed to show the Marines the capabilities of military working dogs. Not only are the dogs trained to attack when given the command, but they are also trained in explosive and drug detection.

Quick Reaction Force learns more about man's best friend

Cpl. Alan Addison
Regimental Combat Team 8

AL ASAD AIR BASE, Iraq -- Marines stand by as one of their own dons a black protective suit in preparation for what seems to be a race. As the Marine finishes putting on the suit, a dog handler emerges from the background with a barking German shepherd. As the Marine slowly walks in front of the dog, the dog's bark grows louder.

A few more seconds pass then without notice, the Marine begins to run. Not long after, the handler releases the dog's leash, and the animal lunges after the Marine in search for the perfect angle of attack.

The Quick Reaction Force comprised of Marines from Bravo Company, 1st Tank Battalion, Regimental Combat Team 8, conducted training with military working dogs and their handlers, March 30, 2009. The training focused on the attacking and tracking capabilities of the dogs.

"This was a really great training experience," said Gunnery Sgt. Jason Villasana, platoon sergeant for the QRF. "This is the first time in my Marine Corps career that I've been able to do anything like this."

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

Training with 2/3

Battalion prepares for Afghanistan deployment



A Marine with 2nd Battalion, 3rd Marine Regiment holds his rifle as he leads unit exercises during the battalions training at Mojave Viper, in Twentynine Palms, Calif.

2/3 takes on Mojave Desert

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

Marines of the Second Battalion, Third Marine Regiment began their final training March 13 at the Twentynine Palms, Calif. Mojave Viper training area prior to their planned deployment to Afghanistan later this year.

The vast deserts and harsh, mountainous terrain of the Mojave Desert is the perfect place for Marines to prepare for the battles they may encounter in Afghanistan.

"There are two primary differences to the training for Afghanistan; one is the powering down of the squad leaders, said Lt. Col. Patrick J. Cashman, battalion commander of 2/3. "This is a squad leaders' war."

"We are talking about an area of operations the size of the state of Massachusetts," he added. "There is absolutely no way that we can have squad leaders who don't demonstrate initiative; they need to be on the spot solving problems continuously; understanding that they are engaged."

"We win or lose ... based on the decisions our squad leaders make," said Cashman. "We have been putting a lot of emphasis on the authority and confidence of the squad leaders and I'll tell you right now that this battalion has some of the best squad leaders that you will find in the Marine Corps."

"They have done some exceptional training and they understand the role they will be in," Cashman added "We are going to have squad leaders doing patrols 30 to 40 miles away from the nearest friendly troops, and they are ready for it; they know how to control their fire and their squad [and] they know how to do everything they need to do."

"Secondly, the physical aspect of Afghanistan is going to be different; perhaps more difficult than Iraq," Cashman said. "The Marines in Iraq were doing extended vehicles patrols in burning heat and doing a great job of it. But you can get to most places you want to go by vehicle in Iraq; in Afghanistan, we have few paved roads in our area of operations."

"There is going to be a lot of foot movement and a lot of vertical movement," Cashman added. "So the Marines have really been hitting it every morning, doing lots of physical training in helmets and flak jackets, getting the necessary training to prepare them for Afghanistan."

"We must be more culturally aware of the situation and surroundings in Afghanistan, than we were in Iraq," said Lance Cpl. John H. Wade, team leader, 1st machine gun squad, Weapons Platoon, Echo Company, 2/3. "There were a lot more of us in Iraq than there are in Afghanistan."

"We all have prepared ourselves for the enemy in Afghanistan," said Lance Cpl. Ryan N. Brodsky, 3rd machine gun squad leader, Weapons Platoon, Echo Company, 2/3. "We know if we get ambushed or hit with a bomb that the enemy will not shoot and run away like they did in Iraq and that alone makes us respect them and the whole situation a lot more; and we know they are a lot smarter."

"I've been saying ever since I got back from Iraq that I wanted to go to Afghanistan," said Brodsky. "It seems like there is a lot more to be done there and I want to do more than we did in Iraq."

"From what we hear, they can flank us just as fast as we can flank them," said Wade. "That alone tells us they are much better trained than the enemy in Iraq."

Wade added "We are ready to go. We have been putting a lot of work into making sure that we all are ready for whatever they have to throw at us. This is what we do, and we do it the best; we plan on showing them just that."

2/3 uses new strategies, technology to prepare

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

In Iraq, Marines started using a technique called "site exploitation" to gather evidence and information to help keep insurgents locked away.

However, lacking formal training, it was hard for the Marines to understand what was evidence and what was the proper way to handle such evidence.

In Twentynine Palms Calif., Marines from Golf Company, 2nd Battalion, 3rd Marine Regiment have received such training and use a mock-up of a town to implement their training.

The small mock city features actual Iraqis playing the part of townspeople, sporting everything from a mayor, a barber, and of course, insurgents, complete with a cache of weapons and booby traps.

Marines use this town to brush up on their general urban combat and social skills by interacting with the players in town.

Marines also hone their site exploitation skills. With their newly acquired knowledge, Marines hope to keep the insurgents behind bars for an extended amount of time.

"The role players are exactly like what we would deal with "in country," and that really helps put us in the right mind-frame for dealing with crowd control and people who may not really understand what you are saying."

- Lance Cpl. Richard Garver, infantryman, 1st platoon, Golf Company, 2nd Battalion, 3rd Marine Regiment

"Every year they try to incorporate some new thing to the training here that benefits the Marines in more ways than one," said Lance Cpl. Mario T. White, a squad automatic weapon operator for 1st platoon, Golf Company, 2/3. "The training here always gives us a chance to work with new technology and new ways to strategically plan our attacks and better cover each others' backs. Overall, it's making us better Marines."

White said that in his two deployments to Iraq, he picked up a lot of the language, but with the added Afghan linguistic training now offered, he will be able to the same in Afghanistan.

White said, "I think the site exploitation stuff is really good, because [while] we may capture the enemy, without the evidence to put them away, they will get released," adding that, "... it is definitely time to get these guys off the street without being released before we can process the next one."

Site exploitation consists of the collection of objects found at a crime scene in hopes of retrieving DNA, fingerprints, or just straight enemy information to help convict parties involved at the scene of a crime. The evidence gathered could lead to other insurgents and their whereabouts.

The Handheld Interagency Identity Detection Equipment, another part of site exploitation, is use to gather iris scans, fingerprints and photos of possible insurgents and is about the size of a large digital camera.

If someone's iris scans or fingerprints are already in the HIIDE system, it will bring up their information and help identify if they are friend or foe.

"The training here is really good, and it is the closest thing to being in another country that we can get," said Lance Cpl. Richard Garver, an infantryman for 1sr platoon, Golf Company, 2/3, "The role players are exactly like what we would deal with "in country," and that really helps put us in the right mind-frame for dealing with crowd control and people who may not really understand what you are saying."

The Marines of Golf Company are ready to put their training to the test in Afghanistan.

By gathering the necessary evidence to put insurgents away for good, they plan on make certain no one gets a second chance to hurt the innocent.

MEET, from A-1

said. "They get to meet the other half of the Marine family that they rarely get to see."

Townley said she believes it's important to hold events for the remain behind element's families to assure them they have a support network they can rely on within the battalion.

She said it provides an opportunity for the spouses to meet one another and start building friendships, which will be vital to their well-being when their Marine or Sailor deploys in the future.

McCarley said the field meet provided the remain behind element an opportunity to build camaraderie during the absence of their brothers and sisters on deployment.

"I'm looking forward to the Marines being able to come out here, let their hair down, and have a good time," said 1st Sgt. Chester Wilson, senior enlisted advisor, CLB-3. "[Today] is all about unit cohesion. When Marines are able to get out and do things that [they enjoy], Marines act like Marines, and that's what it's all about here."

Throughout the meet the Marines and a few spouses competed in various contests including a humvee pull; a flag football, basketball and volleyball tournament; a seven ton tire flip relay; a tug-of-war battle; a "dizzy-izzy" baseball bat relay; a softball game and a pie eating contest.

After each competition, the Headquarters and Support Marines shook hands and laughed, joking about which company would take the overall win.

"There was a lot of competition throughout all the events," McCarley said. "It's been Support Company versus Headquarters Company [all day], … and the competition has been fierce. The football games were intense and the volleyball games were starting to get a little rowdy. It was a lot of fun."

After the marathon of contests ended, the Support and Headquarters Marines came together to share the day's event winners, and announce the overall champ.

"Did we have a good time, today?" Wilson asked his Marines at the awards ceremony.

"Oorah!" the Marines roared enthusiastically.

"Are we ready to do this again next month?" he asked.

"Oorah!" the Marines echoed.

Wilson then announced Headquarters as the overall field meet champs, with a close 44-40 win.

McCarley said the outstanding participation by all the Marines, Sailors and their families led the field meet to be a great success.

"Everybody coming out here, participating in the events, staying active and having fun - that's what makes an event [successful]," McCarley said.

Support Company



Photos by Lance Cpl. Alesha R. Guard

Marines from Support Company, Combat Logistics Battalion 3, huddle together after a marathon of contests against Headquarters Company at CLB-3's field meet at Riseley Field March 27.

Headquarters Company



Placing first as 'overall field meet winners', Headquarters Company, Combat Logistics Battalion 3, laugh together with their championship trophy after the day-long competition against Headquarters Company at Riseley Field March 27.

Lifesavers

Marines rely on quick, high-tech first aid at front lines

Press Release
Marine Corps Systems Command

Gary Berkheimer and the rest of the Marine Corps Systems Command Family of Field Medical Equipment team are keeping their eyes on the next military operation. Berkheimer, FFME's subject matter expert, said the group has already taken great strides to improve medical support to the field, but the quest to stay abreast of technology never stops.

The pursuit continues at the team's headquarters in Stafford, Va., part of MCSC's Chemical, Biological, Radiological and Nuclear Systems programs under the Combat Equipment and Support Systems product group.

There, the FFME team develops and fields systems to address the urgent medical needs of the warfighter in the field.

"We're always looking to improve for the next military operation," Berkheimer said. "We spend all year working on new developments and technology improvements so we can sustain our warfighters for the long haul."

Today's medical equipment has come a long way from the sets, kits and outfits used during the first Gulf War.

"We want to take care of Marines as soon as possible to save their lives," Berkheimer said. "Now they can use the First Aid Kit for major injuries and trauma. The gear is simple to use so Marines can apply it in any battle condition or state of mind."

Some of the gear now available or near full development that the FFME team has implemented in the medical system includes Combat Gauze; the Combat Lifesaver Kit; Corpsman Assault Pack; En Route Care System; Monitoring, Oxygen, Ventilation and External Suction device; and the Vaccine and Reagent Refrigeration System.

Scott Adams, Deputy Program Manager, CBRN, is confident the high-tech medical equipment serves the Marines and Sailors well because Navy medical personnel who have used this gear in the field helped to improve it. He pointed specifically to the Corpsman Assault Pack.

"Corpsmen participated in its design in 2005," he said. "As a result, the pack gives corpsmen speed and flexibility to tailor the equipment to the environment they're operating in. Corpsmen will breach the same doors and tunnels as their fellow Marines. The new design includes breakout patrol packs that increase mobility while decreasing the weight they carry."

Advances in modern combat medicine contrast markedly from Mobile Army Surgical Hospitals popularized two decades ago on the television series M*A*S*H.

The fictional Hawkeye and Trapper John performed surgery removed from the front lines. Today's Navy surgeons operate in Forward Resuscitative Surgery Systems, which is designed to treat 18 trauma cases through surgery. The FRSS is mobile and able to relocate with resupply based on the mission needs of the battle space.

Once surgery is complete and the patient is stabilized at the FRSS the En Route Care System, as Adams explained, is now used to medevac the patients to a higher level of care.

"Reports from Afghanistan said it was hard to keep patients warm," Berkheimer said. "Now we have an absorbent patient litter system with thermal guard. This APLS system can absorb five liters of fluid. The insulating material helps keep patients warm decreasing the negative effects of hypothermia, one of the leading causes of death subsequent to trauma on the battlefield.

"Part of our goal is to standardize equipment across the services," he added. "Through the Defense Medical Standardization Board and Committee for Combat Casualty Care, the FFME team shares technology and lessons learned with the other services. The team also reaches out to the medical industry to stay in step with the latest developments."

"Technology in the medical industry is ever-changing," said Lt. Cmdr. Jennifer Smith, FFME Team Leader. "Our mission is to treat, stabilize and transport. We need to ensure our equipment is rugged enough to meet our mission. We are constantly reviewing new products and treatment protocols to keep up with technology and advancements.

"Done right," Adams added, "our equipment in the field will be similar to that used in a hospital. Our system is invaluable to support that same standard of care in the field. Our modernization effort will make sure we're ready for the expeditionary environment. All of these efforts from the FFME team have greatly increased our battlefield survival rate during the 'golden hour.'"

Base residents must register home businesses

Be on your way to being your own boss - the right way

Base Inspector Office Staff
Base Inspector Office

Don't let your dreams of running a business from home slip away because you live aboard Marine Corps Base Hawaii. Residents who live in Forest City or 802 housing need to submit a letter of request for a home business through the Base Inspectors Office.

The only exception to the base order is for Family Day Care Home business services. Approval for this home business comes from the Child Day Care center.

Requests for home business approval must include the name of the business and types of items that you intend to sell. The following documentation must be included in the package for consideration:

Formal Request Letter
Hawaii Excise Tax
Brochure/Business Card
Appropriate housing addendum

You will be contacted upon review of your request and given the status of whether it was approved or disapproved. Please allow 2-3 weeks for appropriate consideration.

Home businesses involving hazardous materials/chemicals, or those creating an odor detectable outside of the home, animal breeding for profit, any that creates excessive trash, traffic or parking in the neighborhood and those that are sexual in nature or produce adult material as well as those that involve selling cooked foods will not be approved.

The Base Inspectors office is the sole authorizing agent for home businesses. Residents conducting business on MCBH without approval will be referred to the base Magistrate for disposition with the possibility of an eviction from base housing. Home businesses must be renewed annually to remain active aboard MCB Hawaii.

For more information on home businesses, see Base Order P5500.15B, Chapter 3. This and all base orders can be found on the MCBH Web site at http://www.mcbh.usmc.mil. Base orders are located under the welcome aboard tab.

A few simple rules to keep our housing communities safe and you'll be on your way to becoming your own boss.

Spouse career advancement

Press Release
Department of Defense

With Congressional authorization in Public Law 110-417, the Department of Defense is implementing the Military Spouse Career Advancement Account Program, providing resources and assistance to spouses of active duty services members, and Guard and Reserve service members on orders for one year, supporting their pursuit of a successful, long-term, portable career.

This centralized, virtual program, accessed through Military OneSource, will provide counseling and funding, up to $6,000, to assist with licensure, certification or education opportunities leading to portable employment opportunities.

The application process:

- A spouse will call the Military OneSource Center [1-800-342-9647] and speak with a Career and Education Consultant.

- The Military One Source Career and Education Consultant will assist the spouse in selecting a career goal and entering a Career Plan into the online system "My Career Advancement Account."

- Upon approval of the spouse's Career Plan for education, training, certification or licensure, Department of Defense will provide direct payment to the Payee (school, institution, or program) though the designated government Portal.

- The spouse will report to Military OneSource upon completion of the Plan and receipt of employment.

This Department of Defense funded program will be available in April.

Program specifics are available for your review at http://www.militaryonesource.com.

For more information the DoD point of contact is Mike Tevnan at (703) 908-1237 or by email mike.tevnan@moscenter.us.

Transitioning service members, veterans, and families asked to take part in survey

Survey to evaluate patrons experiences with TAMP, FMEAP programs

Press Release
Marine Corps Community Services

QUANTICO, Va. -- The Transition Assistance Management Program and the Family Member Employment Assistance Program offices are seeking transitioning service members, veterans and their family members to participate in a survey to evaluate their overall experience with these assistance programs.

To be eligible to participate, service members and veterans must have attended the Pre-Separation Counseling Brief, Transition Assistance Program Employment Workshop, or other transition services offered by TAMP.

Family members must have used employment assistance, career coaching, or other assistance offered by FMEAP.

Survey participants will be asked about their experiences with TAMP and FMEAP services and have an opportunity to suggest improvements to the various services and assistance the programs offer.

Although participation is voluntary, eligible service members are encouraged to complete this survey, along with their family members.

Greater participation will provide more reliable and actionable information to assist the program mangers in developing follow-on initiatives.

The survey is anonymous and will have no traceable data to the participant. Collected data will be analyzed for trends within pay grade, geographical areas, and other demographic categories.

Through analysis, plans and initiatives will be developed to enhance the quality of transition and employment assistance to Marines and Marine families.

The survey will be available online April 15 to May 29.

Participants are encouraged to visit the survey Web site at http://www.websrg.com/MCHQ/.

For additional information, contact Headquarters Marine Corps Transition Support Section at (703) 784-9523 or visit your local TAMP and FMEAP offices located on your local base.

Main pool reopens for recreational use

Press Release
Marine Corps Community Services

As of March 31, the Marine Corps Base Hawaii Main Pool is open for recreational use.

The pool had been closed for recreational use since Dec. 19.

The Manana Housing and Camp Smith Pools are also open; the Hilltop pool remains closed until further notice.

In order to comply with the Virginia Graeme Baker Pool and Spa Safety Act, the pools were equipped with new drain covers and safety vacuum release systems.

For pool hours and status updates, please visit http://www.mccshawaii.com/aquatics.htm.

For more information, please contact Marien Corps Community Services Aquatics Director Kari Hemund at 254-7655.

Hawaii Marine

Sports & Health

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MALS-24 snatches championship title, 51-47



Kostas Lazarou, Marine Aviation Logistics Squadron 24 Coach, smiles with his players as they hold the winning trophy of the Intramural Basketball League Championship tournament at the Semper Fit Center gymnasium March 25.

Lance Cpl. Alesha R. Guard
Combat Correspondent

Marine Aviation Logistics Squadron 24 took the 2009 Intramural Basketball League Championship title from Camp Smith at the Semper Fit Center gymnasium March 25.

After an intense, nail-biting game, MALS-24 came out on top, winning the final playoff game, 51-47.

"It was probably one of the best games all year," said Robert Green, MALS-24 player, after his team's championship win against Camp Smith. "I loved the challenge."

Before making the championship tip-off, Camp Smith had to defeat the number one ranked team in the league, Commander, Patrol and Reconnaissance Wing 2, in the semi-finals March 24. Ranked third in the playoffs, Camp Smith proved they belonged in the final championship game by beating the previous six-time champs, 64-60 - the biggest upset of this year's tournament.

"It was definitely a pressure release to finally beat them due to the fact they constantly 'yapped' about how we [couldn't]," said Marcus Miller, Camp Smith guard. "When it was all said and done, and the fouls were given and taken, the better men went on to victory."

Kostas Lazarou, MALS-24 coach, and his team came to the court early before their semi-final game against Postal, to catch Camp Smith and CPRW-2 battle it out. Lazarou and his players watched the game in anticipation, waiting to see who they would be up against for the championship if they should win the following game against postal.

"Since I've been here, CPRW-2 has been the dominant team," Green said. "I saw CPRW-2 fall, and I was very shocked. But I knew Camp Smith had a good team and was capable of pulling it off."

After Camp Smith's upset victory, the last semi-final game followed, with MALS-24 beating Postal, 83-44.

"We talked about not focusing on the last game, or the next game for that matter," Green said of their semi-final win against Postal. "We knew what we had to do, and we approached the game just like it was the championship."

The following night, MALS-24 and Camp Smith came back to the fan-filled gymnasium to go head-to-head for the championship title.

From the start, both teams dove for each rebound and pushed the ball up court for the fast break. Within the first ten minutes, a scrappy play led to Camp Smith losing their main point-guard, Timothy Johnson, to a hand injury.

Despite Camp Smith's tough defensive pressure, MALS-24 couldn't miss a shot, in or out of the lane. With 12 points from guard Bruce Mason, MALS-24 was in the lead at the half, 32-14.

During halftime, neither team shot around the court. Both opponents huddled around their coaches on opposite ends of the court and discussed the game at hand, with MALS-24 up 17 points.

Mason said his coach rallied his team saying, "Don't lose the intensity. Keep attacking and make smart decisions."

For the first 13 minutes of the second half, MALS-24 kept a safe lead, but began letting up defensively.

"[Camp Smith] was already down and had no other choice but to fight harder," Mason said. "The pressure was on us to keep the lead but we slowed down tremendously. In other words, we got complacent and gave them the chance to heat up."

Down 40-28, with only seven minutes on the clock, Camp Smith's defense began a five-minute shutout on MALS-24. By the 3:40 minute mark, Camp Smith was back in the game, trailing 40-36.

"After being down 17 points at halftime and losing our main point-guard, Johnson, it seemed bleak," Miller said. "But as long as we kept our heads in the game and our hearts beating, [MALS-24] already knew what time it was."

With two minutes left before the championship title was declared, MALS-24 led, 42-39. Trying to stop the clock, both teams attempted to draw a foul every chance they could - making the game a race against time.

"This is our game, and the way to win is through hard work and defense," Lazarou said to his team during the final two minutes.

Camp Smith's comeback cranked up their team's intensity, forcing MALS-24 to fight for every loose ball. Unable to slow down the game's pace, MALS-24 struggled to hold their lead as the clock ran out.

The fans leapt from their seats as the buzzer sounded, declaring the final score, 51-47, making MALS-24 the new champs.

"It was definitely a good game and I think everyone pushed the envelope the second quarter," Miller said.

Lazarou commented on his rivals, saying, "Camp Smith [players] were great competitors with lots of heart."

As the new champs, MALS-24 players said they are looking forward to next season.

"[We want] nothing less than the championship title!" said Green. "I think we've established ourselves as 'the team' [to beat]."



Photos by Lance Cpl. Alesha R. Guard

Players from Marine Aviation Logistics Squadron 24 battle for the rebound against Camp Smith's big defense during the final game of the Intramural Basketball League Championship tournament at the Semper Fit Center gymnasium March 25. Despite Camp Smith making a 17-point comeback after the half, MALS-24 fought to keep their lead, winning 51-47.

MALS-24 Intramural Basketball Champions



Players from Marine Aviation Logistics Squadron 24 huddle around their coach, Kostas Lazarou, at halftime during the final game of the Intramural Basketball League Championship tournament at the Semper Fit Center gymnasium March 25. After an intense battle to the buzzer, MALS-24 beat Camp Smith, 51-47.

CONGRATULATIONS

Intramural Baseball

PLAYOFFS BEGIN



3rd Radio defeats top-rated HQBN team in first game

Lance Cpl. Daniel H. Woodall
Combat Correspondent

The 3rd Radio Battalion baseball team defeated the Headquarters Battalion "Warriors," 13-11, Monday during the first round of the 2009 Intramural Baseball Playoffs at Riseley Field.

Because of the win, 3rd Radio avoided a must-win elimination game against Marine Aircraft Group 24 or Commander, Patrol, and Reconnaissance Wing 2.

The Warriors, with a 0-1 playoff record, cannot afford to lose another game in the double-elimination playoffs.

Ranked first out of the four teams in the league due to their outstanding 11-4 regular season record, the Warriors were upset by the underdogs 3rd Radio, who earned a 5-8 record during the regular season and earned the last spot left in the playoff bracket.

Third Radio jumped out to an early 2-0 lead in the first inning thanks to an inside-the-park homerun by shortstop E.J. Veliz, 3rd Radio.

The Warriors quickly responded by scoring six runs in the first three innings due largely to some throwing errors by 3rd Radio infielders and a solo homerun over the center field fence by catcher Todd J. Lawhon, Warriors.

Not to be outdone, 3rd Radio pitcher T. Wilson Nance and right fielder Jordan R. Poe started a barrage of hits and runs, helping them take the lead in the fourth inning, with a score of 7-6.

Although the game appeared to be an offensive showcase, both teams displayed outstanding defense when necessary.

Warriors starting pitcher Bradley A. Rich struck out a 3rd Radio batter with the bases loaded and two outs in the fourth inning to end what seemed like a defensive collapse.

Conversely, Nance also regained focus on the mound when 3rd Radio needed to halt further Warrior offensive production.

Rich also had some clutch offensive input. In the sixth inning the Warriors brought the game to a 9-9 tie on Rich's two run inside-the-park homerun.

Warriors player/coach Romeo Ibrao expressed his concern for 3rd Radio's strong offense.

"When you play every team competitively, you get to know them," said Ibrao. "We know [3rd Radio] can score."

And score they did. Third Radio put up six runs in the final three innings through a combination of strategic bunting and smart base running.

A throwing error during an attempted double play allowed the Warriors to score two runs in the last inning, bringing them closer to tying the game with a score of 13-11. But the Warriors fell short of a comeback when the game's last out was called due to base running interference.

The championship three-game series will be held each night at 6:30 p.m. on Riseley Field beginning Tuesday.



Above: **Warriors shortstop Brandon K. Parrent makes contact with the ball during the fifth inning during the 2009 Intramural Baseball Playoffs.**

Above: **Third Radio Battalion shortstop E.J. Veliz crosses home plate during the 2009 Intramural Baseball Playoffs.**

Above: **Warriors first baseman Anthony Rodriquez rounds second base during the kickoff game of the playoffs.**

Below: **Third Radio Battalion's right fielder Jordan R. Poe attempts to get a hit off "Warriors" pitcher Bradley A. Rich Monday.**

Below: **Third Radio Battalion shortstop E.J. Veliz prepares to swing during the third inning at the 2009 Intramural Baseball Playoffs.**

Below: **Warriors first baseman Anthony Rodriquez slides into third base during the 2009 Intramural Baseball Playoffs.**

Single Marine and Sailor Program hosts 8th annual Surf and Turf 5K

Scenic race route takes runners up sloping hills, sandy beaches, winding paths

Lance Cpl. Alesha R. Guard
Combat Correspondent

Over 140 runners came together for a healthy dose of fun and competition at the Single Marine and Sailor Program Surf and Turf 5k race Saturday aboard Marine Corps Base Hawaii.

The 8th annual competition is part of the Commanding Officers' Semper Fit Series, which promotes a healthy lifestyle among the base community.

The 3.1-mile course began at the Officers' Club, continued down to the Officers' Beach, weaved through the Kaneohe Klipper Golf Course, then curved back uphill to the Officers' Club.

Multiple competitors said the course provided a great challenge with its diverse terrain of sloping hills, sandy beaches and winding paths.

"[Racing in] the sand was challenging because I had never done that before," said Ellen Bush, finisher.

Bush participated in the Surf and Turf with her friend, Cristina Wenks, both of whom exercise regularly together. Bush said they signed up for the race as a way to motivate each other and give themselves an edge on their training.

Training for the 5k made exercising 'not so monotonous,' Wenks said.

"When you get bored, you get in trouble," Wenks said. "[Having goals] makes it more fun."

Participating in the Surf and Turf sparked interest in signing up for future races, the pair agreed.

"We would definitely do it again," Bush said.

Many participants commented on the beachfront view the tough course provided, agreeing with its reputation as being 'one of Marine Corps Community Services' most scenic races.'

"It was very beautiful," said Shannon Colby, finisher. "I liked the mixture of the sand on the beach with the rocks and [the golf course] during the sunrise."

Colby said he thoroughly enjoyed participating in the race with his daughters and their friend. He said race officials were posted throughout the winding course making it less intimidating for newer racers.

"[The race] was organized quite well," Colby said. "It was really easy to follow and marked very well."

At the conclusion of the race, awards were given to the top three female and top three male finishers in each of the ten age categories as well as the top three female and top three male overall finishers.

Flying through the course with a six-minute mile pace, Eric Hartmark finished first overall for the males, clocking in with a time of 17 minutes, 47 seconds. Close behind, Mandy Biscoe blazed through the finish line at 23:02, finishing first overall in the female category.

Many finishers in the youngest age group, 1 to 14-year-olds, also finished in the top of the pack. Chris Pidgeon completed the hilly course at 24:42 for the males, and Mary Benefield sprinted in at 31:41 for the females.

Tina Lui, Varsity Sports Coordinator, Marine Corps Community Services, said proceeds from the Surf and Turf will be donated to the Single Marine and Sailor Program to help support their mission and Hawaii's service members.

"The Fitness Series is a great way to promote fitness among the service members in an atmosphere outside of their normal [physical training] routine," Lui said. "It's a great way to build family togetherness and gives them something to do as a family."

The Marine Corps Air Facility Criterium Bike Race, the next race in the Commanding Officers' Semper Fit Series, is scheduled for Sunday. Interested racers can submit applications online through the base Web site or call 254-7590 for more information.



Photos by Lance Cpl. Alesha R. Guard

A participant in the 8th Annual Surf and Turf 5k picks up the pace as she sprints toward the finish line near the Officers' Club Saturday. Runners of all abilities competed in the 3.1-mile course, winding through the Klipper Golf course and down the Officers' Beach.



Runners emerge from the sands of Officers' Beach and begin to make their way through the Kaneohe Klipper Golf Course for the final leg of the Surf and Turf Saturday.



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.

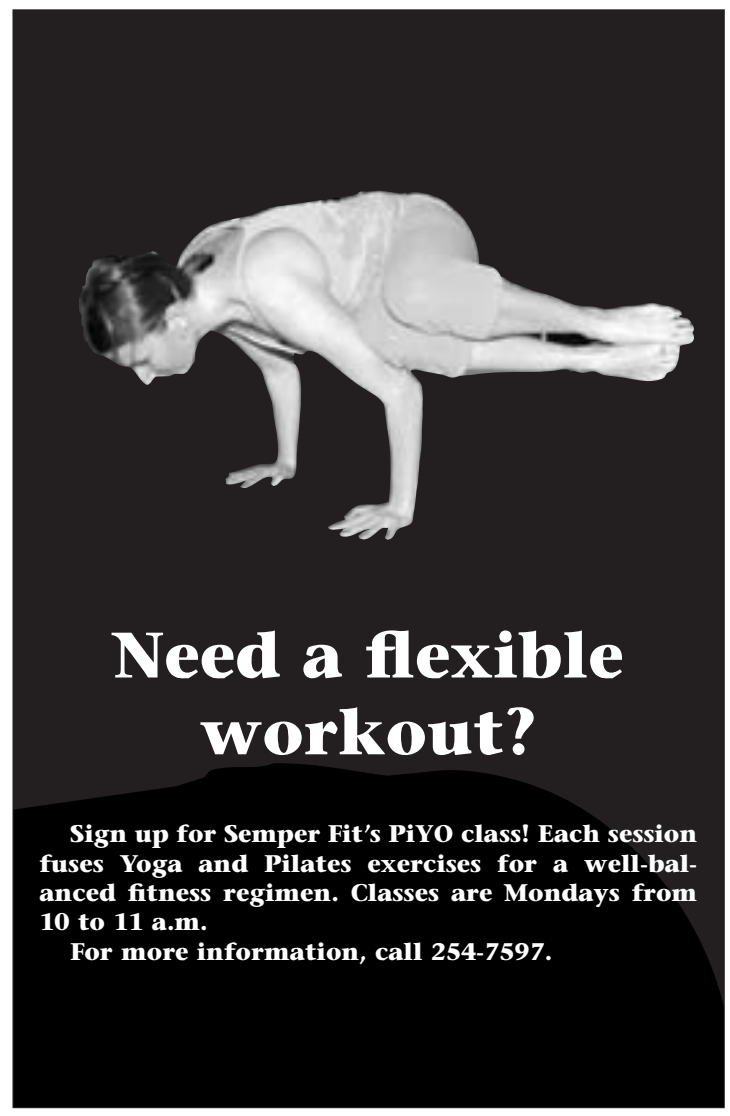
Okinawa Kenpo Karate

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.

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.

Headquarters Battalion Sprint Triathlon
Sat., May 9

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.

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.

Headquarters and Service Battalion's 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 SeniorOlympic Triathlon for 2009.



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

Health and Wellness

April is National Child Abuse Prevention Month

History of National Child Abuse Prevention Month

Press Release
http://www.childwelfare.gov

Increasing public awareness of the need to ensure the safety and welfare of children led to the passage of the first Federal child protection legislation, the Child Abuse Prevention and Treatment Act, in 1974.

While CAPTA has been amended many times over the years, most recently by the Keeping Children and Families Safe Act of 2003, the purpose of the original legislation remains intact.

Today, the Children's Bureau, Administration for Children and Families, U.S. Department of Health and Human Services, is the Federal agency charged with supporting States, Tribes, and communities in providing programs and services to protect children and strengthen families.

In the early 1980s, Congress made a further commitment to identifying and implementing solutions to child abuse. Recognizing the alarming rate at which children continued to be abused and neglected and the need for innovative programs to prevent child abuse and assist parents and families affected by maltreatment, the U.S. Senate and House of Representatives resolved that the week of June 6-12, 1982, should be designated as the first National Child Abuse Prevention Week.

They asked the President to issue a proclamation calling upon Government agencies and the public to observe the week with appropriate programs, ceremonies, and activities.

The following year, April was proclaimed the first National Child Abuse Prevention Month. Since then, child abuse and neglect awareness activities have been promoted across the country during April of each year.

The Office on Child Abuse and Neglect within the Children's Bureau coordinates Child Abuse Prevention Month, providing information and releasing updated national statistics about child abuse and neglect each April.

In 1989, the Blue Ribbon Campaign to Prevent Child Abuse had its early beginnings as a Virginia grandmother's tribute to her grandson who died as a result of abuse. She tied a blue ribbon to the antenna of her car as a way to remember him and to alert her community to the tragedy of child abuse.

The Blue Ribbon Campaign has since expanded across the country, and many wear blue ribbons each April in memory of those who have died as a result of child abuse. In other communities, special fundraisers are held to support prevention activities and treatment facilities for victims, and candlelight vigils are held as a remembrance.

Most recently, the focus has shifted toward a more positive message of celebrating "blue ribbon" individuals, organizations, and communities who have done much to prevent child abuse and neglect.

In Title II of the CAPTA amendments of 1996, the Children's Bureau was charged with identifying a lead agency in each State for Community-Based Child Abuse Prevention grants.

These grants support the development, operation, and expansion of initiatives to prevent child abuse and neglect, as well as the coordination of resources and activities to strengthen and support families to reduce the likelihood of child maltreatment.

CBCAP grantees within each State often take a leadership role in coordinating special events and preparing materials to support Child Abuse Prevention Month. Regardless of their role, CBCAP grantees are required to report annually on their Child Abuse Prevention Month activities.

In 2003, as part of the 20th anniversary of the original Presidential Proclamation designating April as Child Abuse Prevention Month, OCAN recast the National Child Abuse Prevention Initiative as a year-long effort. This initiative was launched at the 14th National Conference on Child Abuse and Neglect, which was devoted to the theme of prevention. A national press conference there was the setting for the release of the publication Emerging Practices in the Prevention of Child Abuse and Neglect.

The expansion of the Child Abuse Prevention Initiative was consistent with priorities of the Administration for Children and Families and the U.S. Department of Health and Human Services. OCAN and Child Welfare Information Gateway (formerly, the National Clearinghouse on Child Abuse and Neglect Information) partnered with the broader child abuse prevention community to raise awareness of the issue through a variety of tools, resources, activities, and public awareness events. Many of these materials have been made available in print and on the web to related Federal agencies, organizations, and concerned citizens in communities nationwide.

In 2004, there was emerging consensus among national child abuse prevention organizations and related Federal agencies that building public will for child abuse prevention required engaging the public in efforts to strengthen and support families and enhance parenting skills.

Building on this national momentum, OCAN shifted the focus of its child abuse prevention resources to incorporate a family strengthening message promoting parenting and community support.

Today, the Child Abuse Prevention Initiative is an opportunity for communities across the country to keep children safe, provide the support families need to stay together, and raise children and youth to be happy, secure, and stable adults.



Recognizing child abuse: *What parents should know*

Fact Sheet
http://www.preventchildabuse.org

The first step in helping abused children is learning to recognize the symptoms of child abuse. Although child abuse is divided into four types -- physical abuse, neglect, sexual abuse, and emotional maltreatment -- the types are more typically found in combination than alone. A physically abused child for example is often emotionally maltreated as well, and a sexually abused child may be also neglected. Any child at any age may experience any of the types of child abuse. Children over age five are more likely to be physically abused and to suffer moderate injury than are children under age five.

Recognizing child abuse

Experienced educators likely have seen all forms of child abuse at one time or another. They are alert to signs like these that may signal the presence of child abuse.

The Child:

- Shows sudden changes in behavior or school performance;
- Has not received help for physical or medical problems brought to the parents' attention.
- Has learning problems that cannot be attributed to specific physical or psychological causes.
- Is always watchful, as though preparing for something bad to happen.
- Lacks adult supervision.
- Is overly compliant, an overachiever, or too responsible.
- Comes to school early, stays late, and does not want to go home.

The Parent:

- Shows little concern for the child, rarely responding to the school's requests for information, for conferences, or for home visits.
- Denies the existence of -- or blames the child for -- the child's problems in school or at home.
- Asks the classroom teacher to use harsh physical discipline if the child misbehaves.
- Sees the child entirely bad, worthless, or burdensome;
- Demands perfection or a level of physical or academic performance the child cannot achieve.
- Looks primarily to the child for care, attention, and satisfaction of emotional needs.

The Parent and Child:

- Rarely touch or look at each other;
- Consider their relationship entirely negative; or
- State that they do not like each other.

None of these signs proves that child abuse is present in a family. Any of them may be found in any parent or child at one time or another. But when these signs appear repeatedly or in combination, they should cause the educator to take closer look at the situation and to consider the possibility of child abuse. That second look may reveal further signs of abuse or signs of a particular kind of child abuse.

Signs of physical abuse

Consider the possibility of physical abuse when the *child*:

- Has unexplained burns, bites, bruises, broken bones, or black eyes.
- Has fading bruises or other marks noticeable after an absence from school.
- Seems frightened of the parents and protests or cries when it is time to go home from school.
- Shrinks at the approach of adults.
- Reports injury by a parent or another adult caregiver.

Consider the possibility of physical abuse when the *parent or other adult caregiver*:

- Offers conflicting, unconvincing, or no explanation for the child's injury.
- Describes the child as "evil," or in some other very negative way.
- Uses harsh physical discipline with the child.
- Has a history of abuse as a child.

Signs of neglect

Consider the possibility of neglect when the *child*:

- Is frequently absent from school.
- Begs or steals food or money from classmates.
- Lacks needed medical or dental care, immunizations, or glasses.
- Is consistently dirty and has severe body odor.
- Lacks sufficient clothing for the weather.
- Abuses alcohol or other drugs.
- States there is no one at home to provide care.

Consider the possibility of neglect when the *parent or other adult caregiver*:

- Appears to be indifferent to the child.
- Seems apathetic or depressed.
- Behaves irrationally or in a bizarre manner.
- Is abusing alcohol or other drugs.

Marine Corps Sports Hall of Fame

Athlete of the week

George Thomas Seaver

Class of 2003 - Pitcher 6-2, 190

STATISTICS				
	IP	WINS	LOSS	ERA
Career	4782.2	311	205	2.86

Press Release

Marine Corps Community Services Sports

George Thomas Seaver was born Nov. 17, 1944, in Fresno, Calif. He joined the Marine Corps June 28, 1962. He served with Air Fleet Marine Corps Forces, Pacific in 29 Palms, Calif., through July 1963.

He remained in the reserves until June 27, 1970. Seaver attended the University of Southern California from 1963 to 1966. He joined the New York Mets as a result of the 1966 lottery.

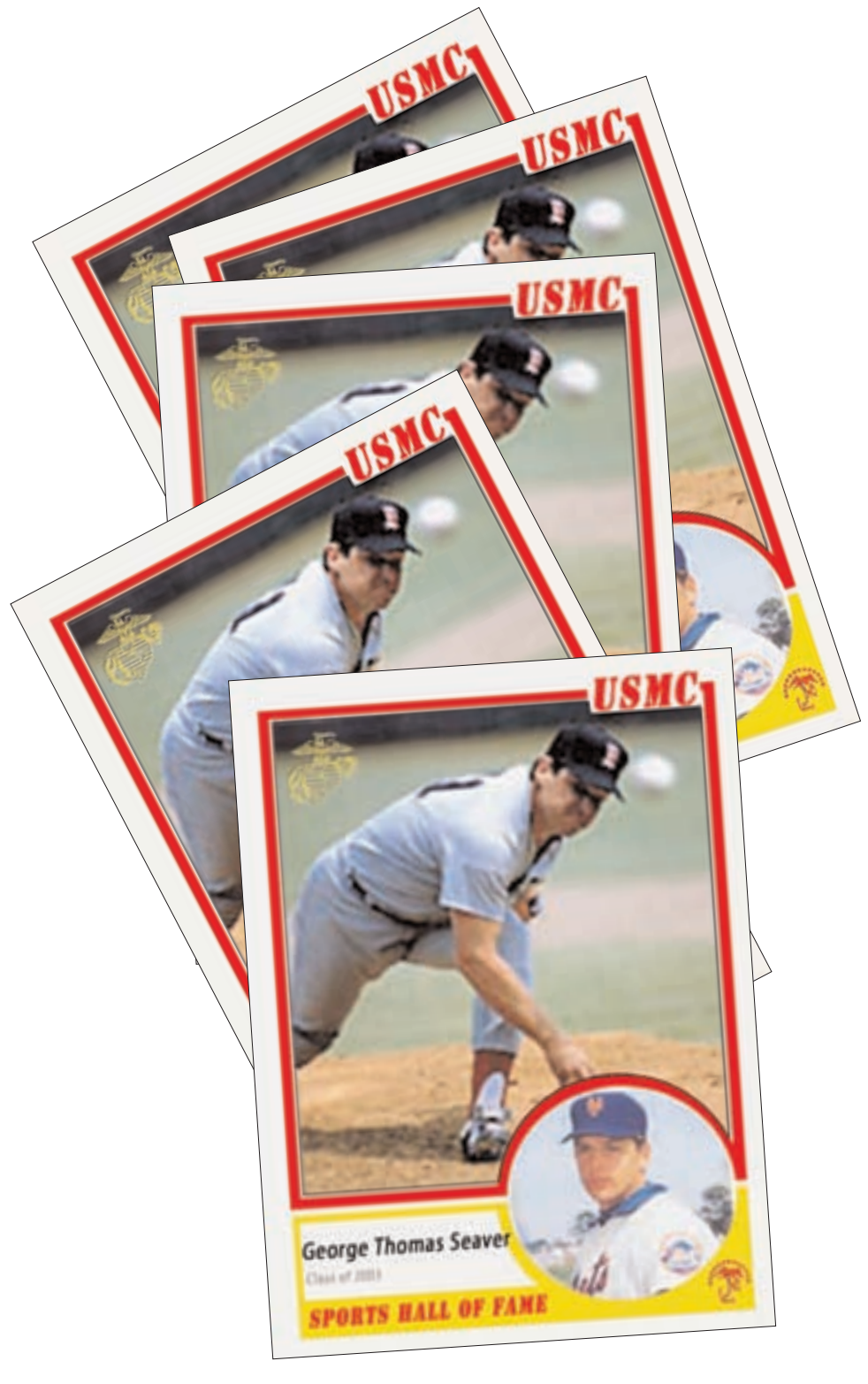
Tom Seaver was a franchise "power pitcher" who changed the New York Mets from "loveable losers" into "formidable foes".

Seaver was an immediate star, selected to the All-Star team in his first season; Seaver won 16 games for a Mets team that won just 61 games. He captured Rookie of the Year honors in 1967. He won his first Cy Young award in 1969 with a 25-7 record and a 2.21 earned run average.

Over his 20-year career Seaver won 311 games with an incredible 2.86 earned run average. He also set a National League career record for strikeouts by a right-handed pitcher with 3,272.

Seaver struck out 200 or more batters 10 times in a season and once fanned 19 in a single game. His second and third Cy Young awards were presented in 1973 and 1975 respectively.

Seaver was elected to the National Baseball Hall of Fame in 1992. He received an astounding 425 out of 430 (98.84 percent) ballots cast, which is one of the highest vote percentages for a candidate ever.



- **Born Nov. 17, 1944, in Fresno, Calif.**
- **Joined the Marine Corps June 28, 1962**
- **Attended University of Southern California 1963-1966**
- **Was the 1967 national League Rookie of the Year**
- **Was a 13 time All-Star**
- **Played for New York Mets, Cincinnati Reds, Chicago White Sox, and Boston Red Sox**
- **Was a three time Cy Young award winner**
- **Won 311 games**
- **Has made more opening day starts (16) then any other pitcher in baseball**
- **Was selected to the Baseball Hall of Fame in 1992**

Hawaii Marine
Lifestyles

April 3, 2009
Volume 39, Number 13
www.mcbh.usmc.mil

TOUR DE TRASH

Christine Cabalo
Photojournalist

KAPOLEI, Hawaii -- Tour groups discovered just how wastewater cleans up its act during the March session of "Tour de Trash."

"Tour de Trash," is a free series of daylong tours coordinated by the Honolulu Department of Environmental Services. Since 1999, the City and County of Honolulu has offered visitors an inside look at recycling and waste management.

"The tours are available to anyone," said Kevin Nesnow, recycling specialist, Honolulu Environmental Services. "We have six tours in total annually, each with a different theme. Earlier [this year] we had one about workplace recycling."

During the "Wastewater Treatment" tour, visitors followed the path of Oahu's pipes and met with the city officials who keep the water flowing.

The tour began with several outdoor demonstrations throughout Kapolei, Hawaii, by the crews who maintain Oahu's pipe network and work to prevent overflows of wastewater.

Huddled around an open sewer grate, workers lowered a robotic closed circuit TV camera into a pipe. The live footage showed on monitors inside a repair van, allowing crews to find damaged areas and seal the inside of pipes to stop leaks.

The camera system is invaluable for maintaining pipes, said Juan Florendo Jr., Collection Systems Management operations superintendent, Honolulu Environmental Services. Florendo said teams don't have to guess where leaks occur and can better monitor the effectiveness of treatments.

The group later saw how the pipes carry wastewater for cleaning to treatment plants, like Honouliuli Wastewater Treatment Plant in Ewa Beach, Hawaii. Walking along catwalks, the group stood above huge cleaning tanks filled with hundreds of gallons of wastewater ready for cleaning.

Tour visitors watched how officials slowed the flow of wastewater, using gravity to force heavy solids in the wastewater to sink to the bottom and leave cleaner water near the top of the tanks. The cleaner water is slowly siphoned away several times, allowing removal of finer scum from the water. Plant workers use various disinfection methods, including UV radiation tubes and micro filtration units, to make the former wastewater safe to use.

The resulting recycled water can be processed for multiple inexpensive purposes, said Cal Sueoka, recycle water systems coordinator, Honolulu Environmental Services.

When used for irrigation, the recycled water is sent to nine local public golf courses and other heavy water users. Sueoka said the recycled water is also used for industrial purposes, such as steam energy.

Sueoka and other city officals showed the group each stage of wastewater processing at the plant. Lori Honda, who was on the tour visiting the plant for the first time, said she was didn't realize how complex cleaning water could be.

"It's been very informative," she said. "I was surprised at how clean the [wastewater] can become."

The group also visited the larger Sand Island Wastewater Treatment Plant in Honolulu, which can refine leftover waste solids in addition to cleaning wastewater pumped to the plant.

The leftover solid material, known as biosolids, is dried and disinfected using natural methods. The end product is fertilizer pellets for plants, which city officials have used for landscaping in public areas. The nearby Sand Island Recreation Area is one of several projects using the biosolid fertilizer.

Inexpensive to produce, the organic pellets work for longer periods of time compared to common chemical-filled fertilizer, said Kenny Huy, plant manager, Synagro.

"It's a slow release of nutrients," he said. "It could take three to four years before the [biosolids] fertilizer dissolves on its own. "

Seeing the skilled work required for creating fertilizers and clean water from wastewater was an eye-opening experience, said Mark Hines, a teacher who took the tour with his family.

"Every student and taxpayer should go on this tour," Hines said. "These [city] services are ones we pay taxes for and can better understand with the tour. It's fun to do, and it's important to know how it works."

For those who want to join the next "Tour de Trash" session, "Recycled Products," is scheduled for May 21 from 8:30 a.m. to 4:30 p.m. Those on the tour will see demonstrations about composting, biodiesel fuel and using recycled products for construction.

Tours fill up quickly, and "Tour de Trash" coordinators are currently accepting names for the waiting list. Guaranteed reservations for tour space begin each year in January. To schedule custom tours or to be placed on the tour waiting list, call 768-3448. For more information about "Tour de Trash" and recycling in Hawaii, log on to: http://www.opala.org.







A Addressing visitors with a bullhorn, Kenny Huy, plant manager, Synagro, holds up a package of fertilizer pellets made from disinfected remains of wastewater called biosolids. Huy said the pellets are cheaper to buy than common fertilizer and release nutrients over longer periods of time.

B One of the guests on the "Tour de Trash" takes a picture of one of the scrubbers at Sand Island Wastewater Treatment Plant in Honolulu. The tours are free and coordinated by the City and County of Honolulu. Six tours, each with a differing theme, are available each year.

C Tour groups walk around platforms overlooking wastewater treated after passing through two clarifiers at Honouliuli Wastewater Treatment Plant in Ewa Beach, Hawaii. The plant produces two types of recycled water for either irrigation or industrial uses such as cooling.

D Juan Florendo Jr., operations superintendent, Honolulu Department of Environmental Services, (right) demonstrates how new sewer grate covers are attached to solar powered flow meters. The meters are able to detect an overflow of wastewater before it happens and send a text message alert to Florendo's cell phone.

E Standing next to his repair truck, Sam Pai, maintenance repairman, Honolulu Department of Environmental Services, winds up hoses used to vacuum and wash out clogged pipes. The truck can hold a maximum of 2,000 gallons of water and rubbish vacuumed from pipes.

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 ...

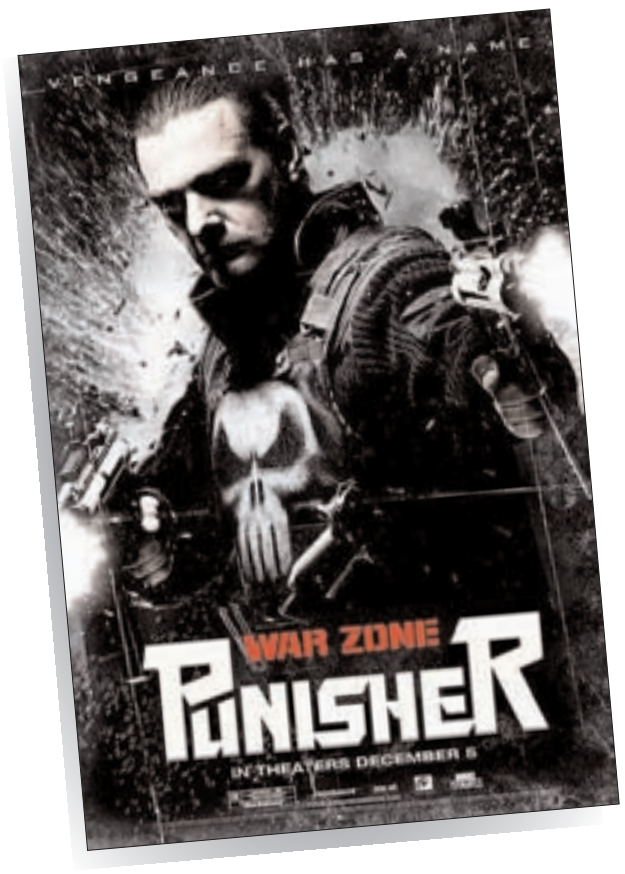
1/4 — No Impact, No Idea
Horrendous. Among the worst of the worst in its genre. Dedicating time to this is not only wasteful, but unforgivable. Avoid at all costs.

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.

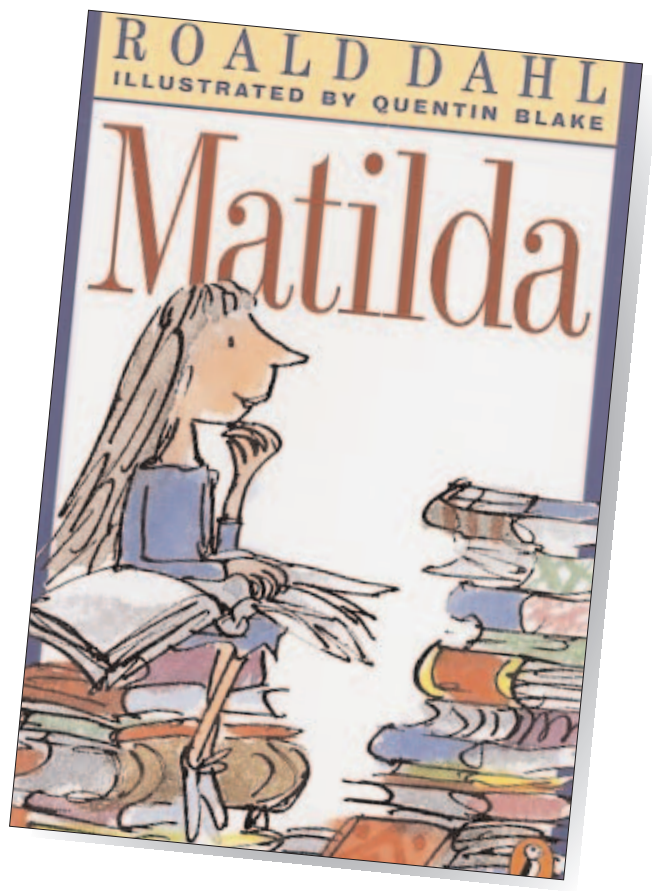
3/4 — On Target
Praiseworthy. A great endeavor, not quite an instant classic but still very entertaining. This is a sound investment of your time.

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.



'Matilda'



Kristen Wong
Photojournalist

Roald Dahl was one of my favorite authors as a child. One of the best books he ever wrote was "Matilda," a story which gave children everywhere a heroine to admire. Not only is our heroine intelligent, she is given the magical power of levitation, which I've always wished I could have. Obviously the book is fiction, but it's nice to see imagination at work.

"Matilda," is a story about Matilda Wormwood, a 5-year-old genius. A self-taught reader, she walks alone everyday to the library to read classic literature and is able to multiply four digit numbers in her head. But her parents could care less.



Her father, Mr. Wormwood, is a shady used car salesman, finding ways to cut costs and make profits off of vehicles that are less than ideal. Mrs. Wormwood watches soap operas and plays bridge with friends all day, when she's not getting her hair done. Mr. and Mrs. Wormwood dote on Matilda's older brother, Mike.

The day comes when Matilda is old enough to attend school for the first time. She is enrolled in a school with an authoritarian, fearsome headmistress named Miss Trunchbull.

On her first day, Matilda is assigned to a kind teacher, Miss Jennifer Honey. Miss Honey soon learns that Matilda is gifted, and goes to Matilda's parents to recommend she skip to a higher grade level. Mr. and Mrs. Wormwood refuse, insisting that Matilda is a worthless troublemaker. Miss Honey is determined, however to help her and gives Matilda advanced books to read during class.

Meanwhile, back at the school, Miss Trunchbull instills fear in every child's heart as she shows them just what will happen if they don't behave in school, whether it be making them eat an entire cake until they are sick, throwing them across a field by the pigtails, or putting them in the "chokey," a real life torture chamber in her office.

Matilda manages to make it through each day painlessly, until Miss Trunchbull makes a routine visit to her classroom and ends up antagonizing her. Soon, it's up to Matilda to use her genius mind, and some supernatural force, to stand up to the headmistress.

As a child, I enjoyed reading this book. I admired Matilda for going to the library by herself as a five-year-old. I admired her intelligence, and how proper her words were, despite the fact she was merely in kindergarten. I felt compassion for Miss Honey, who lived in a small, but cozy house, and endured Miss Trunchbull in more ways than one.

I recommend this book to children probably around third grade and above. The story may teach children early the reality of dealing with difficult people and/or situations as they grow older and learn about the world.

Even though I'm an adult, I still reminisce about the story, and as you read this I've probably gone home at this point and am rooting through my room for my old copy of the book just so I can read it again.

'War Zone' Punisher

Lance Cpl. Daniel H. Woodall
Combat Correspondent

"Punisher: War Zone" is not a sequel to 2004's "The Punisher," but rather, a complete re-imagining of the Punisher character and overall style.

Ray Stevenson (HBO's "Rome" series) plays Frank Castle, a former Marine turned vigilante after the mob guns down his entire family for witnessing a crime.

The film opens with Castle, years into his self-justified killing spree, assembling and loading a multitude of weapons.

As he completes his tasks, he watches a newscast detailing the release of notorious mafia boss and alleged murderer Gaitano Cesare from prison after a key witness to the crime he is charged with is conveniently murdered.



The next shot follows Cesare to a large mansion where we can presume the gathering of many people is an impromptu "welcome home" party.

At the height of the party, Castle decides to make an appearance by infiltrating the premises, cutting the lights, and feverishly murdering Cesare, as well as his relatives and guests. One of the few people Castle does not immediately dispatch is "Billy the Beaut" (Dominic West), the cruel heir to the Cesare family throne.

Castle follows Billy to a nearby construction site where, after a short scuffle, he tosses the heir apparent into a machine that crushes glass. Rather than killing him, the broken shards horribly disfigure Billy, who emerges from the incident as "Jigsaw" and vows to get revenge against Castle.

The ensuing 80-90 minutes of the film is basically a single, bloody action sequence briefly interrupted by pieces of dialogue whose only purpose is to allow the viewer to breathe.

In this sense, "Punisher: War Zone" seems to suffer from a sort of identity crisis.

At times, it's hard to tell if the film wants to be a mindless action flick or an introspective, fictional study about the cost of revenge on one's soul.

Marketed to audiences as an over-the-top, gory revenge story, the film definitely delivers. However, scenes attempting to offer an insight detailing Castle's emotional pain caused by the loss of his family seem too tacky in comparison to the intense action.

Ultimately, "Punisher: War Zone" plays out much better than its 2004 counterpart. The main difference between the two films lies in the demeanor of Frank Castle. Thomas Jane (2004's "The Punisher") portrayed Castle as a seemingly invincible figure staggering down the path of revenge while trying to justify his murderous cause. Stevenson's Frank Castle is beyond such emotions, his resolve strengthened by America's growing crime rate and what he perceives as a flawed judicial system. The result is the perfect anti-hero: one part savior, three parts emotionally detached killing machine.

This R-rated film is not for the squeamish. It's easy to see in the first five minutes the film targets young adults. "Punisher: War Zone" has just about every possible murder scenario one could imagine. Every stabbing, shooting, neck-breaking, axe-slicing and rocket-impacting death is fully played out on screen.

I had my doubts about the "War Zone" after watching the trailer, which is why I waited for the DVD to come out.

Now that I own the film, my only regret is that I did not see it on the big screen.

Better Know A Critic



WOODALL

Lance Cpl. Daniel H. Woodall believes a good film is one that serves its purpose, which is to allow its viewer a chance to escape from reality even for a brief two hours. He hates going to see a movie only to find his mind occupied with the next day's schedule rather than the film itself. He thinks the greatest film of all time shares its title with the greatest novel of all time: "Starship Troopers."



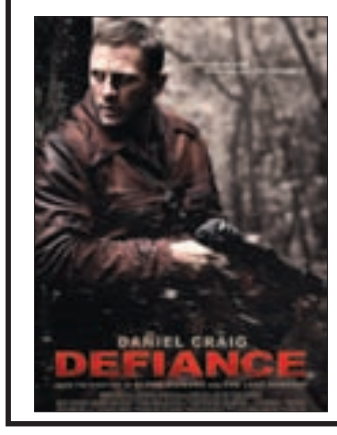
WONG

Kristen Wong has made an attempt to reconnect with the written world. Somewhere between the picture books and now, she lost the thirst for leisure books. Yet high school and college fed her a good mix of classics and contemporary literature, from Shakespeare to Zora Neale Hurston. Kristen enjoyed all seven Harry Potter books and takes out some time for eyewitness accounts on the paranormal.

Quick Hit

'Defiance'

3 out of 4 (On Target)



In 1941, Jewish farmer Tuvia Bielski (Daniel Craig) and his three brothers seek vengeance for their parents' death and attempt to evade the Polish section of the Nazi party in "Defiance." While brother Zus Bielski (Live Schreiber) works with the Russian Army, Tuvia Bielski finds more Jewish survivors who band together to form a secret community. The group protects each other and attempts to oppose the deadly socialist regime.
The plot is loosely based on historical events of the real-life Bielski Brothers, yet important details about their lives are left out. While Craig and the rest of the cast offer emotional performances, the movie fails in providing hard-hitting scenes capturing it. "Defiance" offers a glimpse of what Jewish people in Poland may have faced, but lacks the drama found in other movies about similar events.

Christine Cabalo

TALK* STORY

April Fool's Day has been a long standing tradition around the world. It's a time when people have fun pulling pranks on each other.

What were some April Fool's pranks you have ever pulled/heard of/thought about doing?

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



"In high school, we went inside and locked all the doors from the inside and escaped from the windows. But a fire happened on the same night. It started out an April Fool's joke but ended badly."

— Cpl. Danny Roldan



"Me and my brother switched classes for the whole day. We're twin brothers."

— Pfc. Andrew Maxwell



"Give a huge order of pizzas, give the wrong address, watch the delivery man come up to your neighbors and watch arguments ensue."

— Sgt. Walter Post

Easter Egg Recovery Mission



Morwenna Nielsen, 1, triumphantly holds up a green plastic egg during the Sunday afternoon Easter egg hunt. The children were divided into four different groups according to age and given a specific area to hunt for eggs



Haley Hardy, 7, [blue] Chasity Rosario, 12 [pink] and other children scramble to grab Easter eggs during a hunt at the Oahu Veteran's Center Sunday.

Kristen Wong
Photojournalist

HONOLULU -- On Sunday afternoon, armed with pastel blue, yellow and pink bags, approximately 150 military children stood in single file lines, poised for the hunt to come.

The Second Annual Operation Homefront Hawaii Chapter Easter Egg Hunt started with student volunteers from Radford High School placing colored, plastic eggs across the Oahu Veteran's Center's lawn. Meanwhile, volunteers inside the center registered each family and children received colored bags filled with brownies and cookies.

The children were then lined up according to four age groups, with Radford High School volunteers taking charge of each group. The groups walked outside and were given designated areas to hunt for eggs. After the signal was heard to start the hunt, children ages 2 and older scattered across the field like a flock of birds, grabbing egg after egg.

Once the lawn was picked clean, children opened their eggs, each of which contained a piece of candy. Upon returning the plastic eggs to volunteers, families were given large paper bags filled with even more treats.

"It's more than what I expected," said Army Sgt. Heather Hardy, a licensed vocational nurse and a team leader for Tripler Army Medical Center.

Hardy's daughter, Haley, 7, who grabbed at least 15 eggs during the hunt, said her favorite part about the event was looking for the eggs.

Some of the children had so many eggs it was a struggle to carry, like Camaryn Rosario, 7, who clutched eggs in both of her arms to turn them into the volunteers.

"I have no idea [how many eggs I have]," Rosario said.

Some of the families arrived just in time for the egg hunt, like Lou Cervantes, a military spouse from Schofield Barracks. She said what made the event worthwhile was seeing the children smile. Her son, Andrew, 5, who was at the refreshment table, said he was tired from the hunt. When asked how many eggs he found, Andrew replied "plenty."

Other families were not so lucky, arriving to the event late. Military spouse Sonia Naranjo-Blodgett said she got lost on her way to the center, and her three children were not able to hunt for eggs. They did, however, receive a bag full of treats and ate ice cream with other families.

Inside, volunteers served fruit punch, pretzels and cookies to the guests as spouses were able to partake in goods donated to Operation Homefront Hawaii by numerous sponsors.

"We're growing in terms of support," said Barbara Troegner, volunteer coordinator, Operation Homefront Hawaii.

Troegner said there are now more than 235 people volunteering their time for Operation Homefront Hawaii Chapter.

"It's fun," said Amy Nielsen, a native of Boston, who brought her daughter Morwenna, 1, to their first Operation Homefront event. "It's very nice of [Operation Homefront] for doing this stuff for us."

Operation Homefront is a national non-profit organization with 30 different chapters, dedicated to supporting the families of each branch of the military physically and financially.

Operation Homefront Hawaii hosts numerous events throughout the year such as a Christmas party for the families, school supply donations, trips to the zoo and more. For more information about Operation Homefront, visit http://www.operationhomefront.net.



Photos by Kristen Wong

Army Sgt. Heather Hardy, licensed vocational nurse, Tripler Army Medical Center, and her husband Rusty Hardy help Haley Hardy, 7, as she rummages through her "spoils" of the Operation Homefront Hawaii Chapter's second annual Easter egg hunt.

Community Events

March/April

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 an email to info@hawaiimusicawards.com or call 951-6699.

Hawaii International Sprin Film Festival

(April 3-9) 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

(April 18) 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

(April 19) 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

(April 25-26) 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.

Arboretum Tours

(All year, every Tuesday and Saturday, except holidays) Enjoy the ever-changing sights and sounds of the Lyon Arboretum, University of Hawaii. Enthusiastic and knowledgeable guides will share highlights of the Arboretum collections.

Tours are Tuesday 10-11:30 a.m. and Saturday 1-2:30 p.m. Preregistration is required. Tour donation: $2.50.

For more information call 988-0456.

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

Today

Lunch
Minestrone Soup
Chicken Noodle Soup
Roast Turkey
Caribbean Catfish
Steamed Rice
Garlic Roasted Potato Wedges
French Fried Cauliflower
Simmered Mixed Vegetables
Corn Bread Dressing
Turkey Gravy
Cranberry Sauce

Dinner
Minestrone Soup
Chicken Noodle Soup
Sauerbraten
Baked Stuffed Fish
Scalloped Potatoes
Noodles Jefferson
Simmered Green Beans
Creole Summer Squash

Saturday

Dinner
Cream of Chicken Soup
Beef Barley Soup
Beef Stew
Pork Chop Mexicana
Buttered Egg Noodles
Spanish Rice
Mexican Corn
Simmered Peas

Sunday

Dinner
Cream of Potato Chowder
Vegetable Soup
Beef Cordon Bleu
Tropical Pork Chops
Boiled Egg Noodles
Orange Rice
Club Spinach
Cauliflower Au Gratin

Monday

Lunch
Beef Noodle Soup
Cream of Broccoli Soup
Teriyaki Chicken
Salisbury Steak
Mashed Potatoes
Steamed Rice
Simmered Carrots
Simmered Lima Beans

Dinner
Beef Noodle Soup
Cream of Broccoli Soup
Honey Ginger Chicken
Hungarian Goulash
Wild Rice
Simmered Green Beans
Sandwich
French Fried Okra
Cauliflower Au Gratin

Tuesday

Lunch
Cream of Mushroom Soup
Bean with Bacon Soup
Chicken Adobo
Pepper Steak
Buttered Egg Noodles
Steamed Rice
Glazed Carrots
Simmered Black Eye Peas

Dinner
Cream of Mushroom Soup
Bean with Bacon Soup
Swiss Steak w/ Tomato Sauce
Lemon Baked Fish Fillets
Lyonnaise Potatoes
Rice Pilaf
Southern Style Green Beans
Simmered Mixed Vegetables

Wednesday

Lunch
Manhattan clam chowder
Spit Pea and Ham Soup
Caribbean Chicken Breast
Chili Macaroni
Italian Roasted Potatoes
Grilled Cheese

Dinner
Manhattan Clam Chowder
Spit Pea and Ham Soup
Baked Stuffed Pork Chops
Turkey Pot Pie
Boiled Egg Noodles
Dirty Rice
Calico Corn
Simmered Peas and Carrots

Thursday

Lunch
Tomato Soup
Chicken and Rice Soup
Pork Chop Suey
Baked Tuna and Noodles
Shrimp Fried Rice
Fried Cabbage
Club Spinach

Dinner
Tomato Soup
Chicken and Rice Soup
Swedish Meatballs
Chicken Breast w/ Alfredo Sauce
Steamed Rice
Buttered Egg Noodles
Simmered Brussels Sprouts
Simmered Summer Squash

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.

"The Pink Panther"	Today at 7:15 p.m.
"The Uninvited"	Today at 9:45 p.m.
"He's Just Not That Into You"	Saturday at 7:15 p.m.
"Madea Goes to Jail"	Saturday at 9:45 p.m.
"The Pink Panther"	Sunday at 2 p.m.
"New In Town"	Sunday at 6:30 p.m.
"He's Just Not That Into You"	Wednesday at 6:30 p.m.
"Madea Goes to Jail"	Friday at 7:15 p.m.
"He's Just Not That Into You"	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

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.

Health Room Needs Clothes

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

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

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

Please call the health room at 254-7968 for more information.

Three for Me

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

Parents interested should fill out a blue commitment card (available at the front office or by contacting PTA at mokapu_pta@yahoo.com).

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

Thank you for investing in your children!

Achieve 3000: KidBiz and TeenBiz

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

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

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

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

Parents, we ask for your support at home as often as is possible to allow your child to access the Kid Biz or Teen Biz program to complete articles daily and answer the "activities" multiple choice questions, as they read on to success. If you have any questions, please call the school at 254-7964.

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.

Pie anyone?



Photos by Lance cpl. Alesha R. Guard



CLB-3 holds pie eating contest

Above: **Combat Logistics Battalion 3 Marines from Support Company battle Headquarters Company in a 'pie eating contest' during CLB-3's field meet at Riseley Field March 27.**

Left: **Friends and family cheer on competitors of the 'pie eating contest' during Combat Logistics Battalion-3's field meet at Riseley Field March 27. The Marines of CLB-3 Support Company competed against those in Headquarters Company in various events throughout the field meet to see who could take the most wins. Family and friends were all invited to the meet which also consisted of a Humvee pull; a flag football, basketball and volleyball tournament; a 7-ton tire flip relay; a tug-of-war battle; a dizzy-izzy relay and a softball game.**

Word to Pass

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 8 a.m. 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.

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.

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.

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.

Easter Fair at the Kupulau Child Development Center
April 10

Come join us for Easter egg hunts, games, arts and crafts, entertainment and more!

Open to all base youth and is free for everyone.

First egg hunt begins at 10 a.m. Different egg hunts will be held based on age groups throughout the day.

Activities include face painting, arts and crafts, carnival games, balloon artists, rabbit zoo, a magic show, etc.

Sponsored by Marine & Family Services, Children Youth and Teen Program and Youth Activities.

Event is scheduled from 9 a.m. to noon at Kupulau CDC, building 6111.

For more information call Youth Activities at 254-7610.

Earth Day Expo at Mokapu Mall
April 18

Come to Mokapu Mall from 9 a.m to 1 p.m. for a resource expo and view a variety of static displays.

Those interested may participate in a reusable bag giveaway, contests and prizes. There will be activities for children.

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

For more information call MCCS at 257-2651.



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.