

# Hawaii Marine

Welcome home, 'Kings of Battle!'

## Speakers share Holocaust experiences at ceremony

Christine Cabalo  
Photojournalist

Sharing memories of the Holocaust, concentration camp survivor Dora Heller and several other speakers spoke at the "Days of Remembrance Ceremony" held at Marine Corps Base Hawaii Wednesday.

First observed by U.S. Congress in 1980, "Days of Remembrance" is part of an annual observance of the Holocaust by the Department of Defense.

"The most important reason to have these observances is for people to be educated," said Master Sgt. Gloria Mason, equal opportunity advisor, MCB Hawaii, who coordinated the event. "We can't forget these atrocities, and we need to educate people to ensure this never happens again."

First to speak was Heller, who was born in Lithuania in 1921 and taken to a concentration camp in her early 20s. She said it was a shock to suddenly be called the enemy of the people and the nation just because she practiced a different religion or had a different hair color.

Before being taken, Heller said she had only heard rumors about the camps and didn't know what to expect.

"They take your clothes," she said. "They give you rags to put on. You really don't know what the next step is."

She remembers being imprisoned in the Stutthof Concentration Camp in Poland, then being transferred several times. Heller said the harsh conditions always left her constantly uncertain of whether she would survive.

"What you remember is the bunk beds," she said. "There were no pillows, no sheets. If you were lucky, you had straw. We had to huddle all together at night just to keep warm."

Those not in concentration camps spent World War II in hiding. Posing as a non-Jewish Hungarian, Margo Landesman was 14 years old when the Romanian Anti-Semitic Iron Guard raided businesses in January 1941. In one of the incidences she can remember, she was swept up by one of

Cpl. Regina A. Ochoa



First Lt. Matt Sordelet, Charlie Battery, 1st Battalion, 12th Marine Regiment, is welcomed home by his wife and 1-year-old daughter at a homecoming ceremony for the battery Thursday at Hangar 105. The remainder of the battalion is slated to return on Saturday and Monday after a seven-month deployment in support of Operation Iraqi Freedom.

## 1/12 returns from Iraq

Jessica T. Goolsby  
Special to the Hawaii Marine

Marines and Sailors from Charlie Battery, 1st Battalion, 12th Marine Regiment, returned home from a seven-month deployment in support of Operation Iraqi Freedom Thursday. The remainder of the battalion is scheduled to return Saturday and Monday.

"I'm speechless," said Veronica DeLeon, who welcomed home her husband, Cpl. Daniel DeLeon. "For a girl from New York to say she's speechless, you know something's up. But honestly, it's so surreal. It was well

worth the wait to have this moment. I'm excited and I'm very, very happy."

Crowds cheered as the Marines and Sailors debarked the plane at Marine Corps Base Hawaii's Hangar 105. Wives, children and loved ones alike embraced their returning service members, tears in their eyes and smiles on their faces.

"I'm pretty excited about being back," said Lance Cpl. Tory Fontenette, cannon crewman, Charlie Battery, 1/12, as he held onto his wife. "I'm happy about being able to see my wife. I'm so glad to be back."

More than 900 Marines and Sailors of Task

Force Military Police 1/12 deployed in September 2008 to the Al Anbar province and were assigned duties outside their normal artillery designations, taking on the provisional role of military police. The battalion served as convoy and border security, and supervised regional detention facilities throughout the country.

The battalion was joined by two additional units outside of 3rd Marine Division, including Delta Company, 4th Anti-Terrorism Battalion from Marine Corps

See 1/12, A-7

See HOLOCAUST, A-7

## Bright idea! New efficient lights dazzle K-Bay



Christine Cabalo

Construction crews replace several streetlights along Mokapu Road with new energy-efficient fluorescent bulbs April 22. A total of 300 streetlights at Marine Corps Base Hawaii will be upgraded as part of an energy savings performance contract the base Facilities Department has with company NORESKO.

Christine Cabalo  
Photojournalist

Days ahead are looking brighter thanks to new energy-efficient lighting at Marine Corps Base Hawaii.

Since September 2008, construction crews have been installing new lights, which shine brighter and run on less electricity along streets, in offices and on the base flight line. The mass lighting upgrade is one of several ongoing projects by the base Facilities Department and its contracting company NORESKO to reduce electricity consumption and save on energy costs.

Crews are currently upgrading 300 streetlights on base with new fluorescent light bulbs, said Robert Yungk, senior project manager, NORESKO. He noted more than 50 percent of the work is already finished, with no plans to close areas to install the remaining lights. Among the sections already completed are the streetlights along G Street and near the base front gate. The remaining upgrades for

lighting are scheduled to be completed by August.

"We're changing the fixtures from high pressure sodium lights, which gave off an orange color light, to a bright low, wattage bulb," said John Dunbar, Facilities Department resource efficiency manager, MCB Hawaii. "The new lights are night sky friendly and they shine down on the street [efficiently]."

The new fluorescent bulbs will emit a whiter, clearer light, making illuminated objects easier to see at night, Dunbar said. The new bulbs also shine in a focused beam, with more light concentrated on the street.

Base workers in more than 160 buildings are enjoying similar benefits with the new "Super T8" fluorescent bulbs and other types of efficient bulbs lighting up their office spaces. Lighting controls, including motion sensors detecting when people are inside a room, are additional measures the Facilities

See LIGHTS, A-5

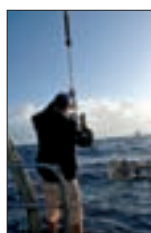
## Earth Day celebration at Mokapu



Kristen Wong

Colonel Robert Rice, commanding officer, Marine Corps Base Hawaii, and Maj. David Hudock, director, Environmental Compliance and Protection Department, present Mokapu Elementary fourth grader Kiani Cruz with a recycling prize pack. Cruz won first place in the annual essay and coloring contest, sponsored by the Environmental Compliance and Protection Department and the Base Recycling Center. The recycling prize pack was filled with notebooks, pencils, water bottles and more, all made from recycled material and provided by the Base Recycling Center. Each year, the Environmental Compliance and Protection Department and the Base Recycling Center hold an essay contest for the older Mokapu Elementary School students, and a coloring contest for the younger students. This year's essay topic was "Why is recycling beneficial to the environment?" The base celebrated Earth Day with many events, including an Earth Day Expo at Mokapu Mall Saturday and an Operation Homefront Nature Walk on Sunday. To see more about the base's Earth Day celebrations, see pages C-3 and C-4 in the Lifestyles section.

### Inside today's Hawaii Marine



#### Shark Bait!

The Hawaii Marine's lance corporals take on the shark cages on their day off, C1

### 3rd Marines Run

Runners turn out to test their abilities at the 3rd Marine Regiment 10K Run, B1



### Weekend Forecast

|          |   |
|----------|---|
| Today    | Scattered Showers.<br>High — 79<br>Low — 69 |
| Saturday | Scattered Showers.<br>High — 78<br>Low — 68 |
| Sunday   | Scattered Showers.<br>High — 78<br>Low — 68 |

## NEWS BRIEFS

### U.S. Census Bureau on Base

From April 20 through June 30, the U.S. Census Bureau will be commencing census operations on base.

For the first phase, Address Canvassing, personnel will be verifying physical addresses within the housing areas. The purpose of Address Canvassing is to enumerate the address and update the database of all addresses within the United States.

All census personnel working aboard MCB Hawaii will be wearing an orange reflective vest and an identification badge, which designates them as an employee of the United States Census Bureau.

For more information, contact Brenda Nagaoka at 257-0978.

### Scheduled Pressure Washing in Pa Honua

From April 6 to May 5, the Forest City Pressure Washing team will begin cleaning the exterior of homes located on Kekahune, Faleafine and Shimabukuro Place. Please ensure to remove all personal items from the lanai that could possibly be damaged during the pressure washing process.

For more information, contact the Resident Service Office of Forest City Residential Management at 839-8700.

### Scheduled Power Outage in Housing

On Tuesday, May 5, there will be a scheduled power outage in the Mololani neighborhood from 8 a.m. to 1 p.m.

As a precaution, Forest City recommends residents minimize opening refrigerator and freezer during the power outage. An un-opened refrigerator will keep food cold enough for several hours. A freezer that is half-full will hold food frozen for up to 24 hours. If your freezer is not full, group packages together so they will form an "igloo" protecting each other.

For more information, contact the Resident Services Office at 839-8700.

### Exchange no longer using plastic bags

Marine Corps Main Exchange customers are reminded that as of Jan. 1 plastic shopping bags are no longer available at check-out lines.

This is the first phase of a base-wide plastic shopping bag ban directed by Col. Robert Rice, commanding officer, Marine Corps Base Hawaii.

Follow-on phases of the ban will include other MCX locations while Base Environmental and Base Supply diligently work toward a plastic-bag alternative at the commissary.

Reusable canvas and recycled-material bags are available for sale at all Marine Corps Community Services locations as well as the commissary, and patrons of all establishments are highly encouraged to use reusable bags in order to protect and conserve our maritime environment.

### 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

www.mcbh.usmc.mil

|                        |                                   |
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# Chaplains' Corner

Things are not always as they appear

## Navy Lt. Alan Rogers

CPRW-2

Taking a break from the demands of running his own communications company, a longtime friend and his family recently visited the island from the mainland. Catching up on the events of our lives, the conversation eventually gravitated toward his work and inevitably led to the exchange of a "sea story" or two.

As the story goes, a technician was on a house call to diagnose an interruption in telephone service. Entering the small apartment, he noticed a large cat slinking behind the couch. Isolating the problem to a faulty wall jack, he crawled under a table in the dining area to troubleshoot the issue. Never a cat lover himself, he politely tolerated the rubbing against his leg as he lay on his stomach and quickly worked to resolve the issue. As the rubbing intensified and his patience waned, he blindly reached back to push the cat away, even manag-

ing a "nice kitty" as a contrived gesture of customer service. Immediately realizing that he had grossly misjudged the situation, the technician turned to find himself face-to-face not with his feline nemesis, but rather a four foot iguana. What transpired next ultimately resulted my friend settling a damage claim for three broken chairs and a replacement storm door. The encounter also serves as a reminder of a principle we must all face: things are not always as they appear.

### We all make assumptions.

And while the inherent risk of basing our decisions on them may not always be immediately evident, the impact misjudgments have on our lives can have drastic and lasting consequences. Most often, these outcomes originate in the way we formulate our basic beliefs. Those beliefs fuel what we think; what we think affects how we act; and our actions ultimately determine whether we will embrace the proverbial cat or iguana in life. For us to enjoy truly fulfilling and productive

lives, we must come to terms with what we really believe about ourselves, others, and the events that shape the past, present, and future.

The truth about ourselves will set us free. The great news is that situations are often not as bad as we make them out to be. The other news? We are often not as good as we make ourselves out to be. Never an excuse to wallow in the opposite extreme of self-loathing, this truth instead serves as an invitation to experience our true worth through God's offer of unconditional acceptance. Accepting personal responsibility and humbly recognizing that we are more culpable for the messes in our lives than we might want to admit frees us from the mistake of either claiming perfection in ourselves or demanding it from others. "How did I get here?" is an honest question often cried out in the midst of painful circumstances. Healing often begins in hearing the honest answer that neither others nor events placed us where we are; we did it. Seeing



ROGERS

ourselves in the light of truth may be a painful process, but it can unlock the certainty and unlimited potential of a hopeful future. Calling a reptile a cat with a skin condition will not change the reality, but will only prolong and intensify the consequences on that inevitable day when the misperception is exposed.

Being honest about ourselves enables us to freely love others.

See CHAPLAIN, A-6

# From the Board of Education



## STATE OF HAWAII BOARD OF EDUCATION

hereby presents this certificate to

### MARINE CORPS BASE HAWAII

WHEREAS, MARINE CORPS BASE HAWAII, located on Mokapu Peninsula of Windward Oahu, Kaneohe Bay, serves as a key U.S. Marine Corps base facility, with nearly 10,000 active duty Navy and Marine Corps personnel attached to the base. MARINE CORPS BASE HAWAII maintains critical operations, training, and support facilities, all essential to our Nation's military readiness and operations; and

WHEREAS, over the past ten years, the Hawaii State Department of Education and MARINE CORPS BASE HAWAII have forged an enduring partnership in support of students of military families, families, and public schools. This partnership has led to the development of School Transition Centers and programs in Kalaheo Complex schools, and the development of the Military Culture Course, a professional development course for educators about military culture, military student transition to Hawaii's schools, and the effects of deployment on students of military families; and

WHEREAS, MARINE CORPS BASE HAWAII nurtures positive partnerships with a number of Central, Leeward, and Windward public schools. Recently, over 200 Marines and Sailors took part in the "start to finish" of the new Aikahi Playground project; base mechanical engineer volunteers participated in Mokapu Elementary School's Robotics Program; and other volunteers assisted in the Kalaheo Complex recycling event; and

WHEREAS, MARINE CORPS BASE HAWAII has also been instrumental in promoting and improving educational policies, programs, and services to benefit students of military families, and has furthered military personnel volunteerism in public school projects through the Marine School Partnership Program and the Hawaii 3Rs Program; and

WHEREAS, besides its efforts to ensure a continuum of quality educational services and programs for students of military families, MARINE CORPS BASE HAWAII provides critical air, ground, and combat service support elements to our State's and Nation's defense; now, therefore,

BE IT RESOLVED that the Hawaii State Board of Education hereby recognizes MARINE CORPS BASE HAWAII for its vital role and function to our Nation's security, and for its contributions to public education in Hawaii; and extends its heartfelt appreciation to the men and women of America's armed forces for their immense acts of sacrifice and commitment to our great Nation.

Dated this 16<sup>th</sup> day of April, 2009

*[Signatures of Board Members]*

*[Signatures of Board Members]*



Kristen Wong

Colonel Robert Rice, commanding officer, Marine Corps Base Hawaii, and Amy Madsen, school liaison, Mokapu Elementary School, pause for a photo opportunity with members of the Hawaii State Board of Education at Mokapu Elementary School April 16. The BOE awarded Madsen and MCB Hawaii with certificates of recognition for their efforts in working with the local schools on various occasions.

# Serve *and* protect!



Photos by Lance Cpl. Achilles Tsantarliotis

An instructor demonstrates the course of fire to police academy recruits at the base range April 17. The recruits are the fourth class of civilian police to be trained aboard Marine Corps Base Hawaii. Civilian police integrate within the Provost Marshal's Office, supplementing the manpower and increasing base security.

## *Police recruits learn weapons handling*

**Lance Cpl. Achilles Tsantarliotis**  
*Combat Correspondent*

Marine Corps Base Hawaii's fourth class of civilian police recruits conducted weapons handling training April 17, at the Kaneohe Bay range.

The four-day long weapons handling curriculum is part of the Civilian Police Academy training. Civilian Police Academy graduates work side-by-side with military police, increasing efficiency and reducing strain on the Provost Marshal's Office.

Weapons handling and operating procedures training takes place about halfway through the nine-week course. During this training, recruits are immersed in the correct and safe way to operate a M9 handgun and shotgun.

The standard issue handgun, although a last resort, is a key police deadly force tool and essential to law enforcement, said Pat Buckley, a 47-year-old academy instructor and retired Marine with Homeland Security Solutions, Inc., from Ewa Beach.

"They're expected to serve and protect," he explained. "They have to feel comfortable and be proficient in weapons handling."

Buckley said the weapons handling curriculum is a universal standard throughout police training and is on par with what their Marine counterparts receive.

Before moving down the range to begin training, the instructors conducted a safety brief and reviewed the course of fire.

Buckley said safety and correct operation of weapons are stressed during the training. Instructors placed an additional targeting silhouette at an angle over the original to portray a hostage, challenging the recruits to act accordingly during the course of fire.

The trainees began the day-long weapons training getting used to the 9mm handgun before conducting shotgun familiarization.

The realistic exercise and comprehensive

training are fundamentals in preparing the trainees for everyday operations, said Sgt. Justin Polt, a 26-year-old training noncommissioned officer from Lancaster, Ohio, with MCB Hawaii PMO.

Operating a firearm is a first for some of the recruits.

Tim Hirokawa, a 21-year-old recruit from Kaneohe and former preschool teacher, said the training is the first time he's ever handled a weapon.

After several days of training he's more than comfortable using his sidearm safely and efficiently, he said.

"They explained everything about handling [the weapons,]" Hirokawa said. "For never handling a weapon before, I feel very proficient. It's because they do such a thorough job teaching us."

However, some recruits with prior weapons knowledge said they learned a good deal during the comprehensive training.

"I'm learning a lot still," said recruit Chance Marsh, a 23-year-old from Kaneohe Bay. "There's a lot of information, but it's all very important. The more I progress through the course, the more confident I feel to protect [MCBH.]"

One of the exercises the recruits trained with was a simulation fire drill. The instructors set up a barrier for trainees to conceal themselves behind, promoting effective target engagement.

"This is the basis for how [police] conduct themselves," he explained. "Weapons handling is an integral part of that. They graduate just as capable [as military policeman]. And, it's because of what's learned here."

Although the current cycle of recruits has gained a solid foundation for law enforcement, the training has just begun for this cycle of MCB Hawaii's civilian police, Polt said.

"This is just the beginning for them," Polt added. "They've improved a lot over the course of this cycle and when they graduate they'll continue training alongside us. I'm proud to work with them."



Garrett Nomura, a 30-year-old police academy recruit from Hawaii Kai, loads his 9mm handgun during weapons handling training instruction at the base range April 17. The recruits spend four days training in safe and correct weapon operation, which serves as part of a solid foundation for law enforcement.



Police recruit Chance Marsh, a 23-year-old from Kaneohe Bay, practices a rapid fire drill at the base range April 17. Although Marsh has been around weapons a good portion of his life, he said he still learned a great deal from the four days of weapons training. The training takes place just over the halfway point of the nine-week induction course and promotes a solid foundation for new police to continue forward.



A police recruit prepares to draw his 9mm handgun during weapons handling training April 17 at the base range. Recruits in the Academy's fourth class learn weapon safety and techniques over the course of five days during their fifth week of training.



Ysa Love-Davis, a 25-year-old police recruit from Kaneohe Bay, fires a 9mm handgun into a target at the base range April 17. The police recruits spent four days training in safe and correct weapon operations. The weapons training serves as part of a solid foundation for law enforcement. The Civilian Police Academy is on its fourth class since beginning civilian integration throughout military police roughly a year ago.

# AROUND THE CORPS

Your weekly guide to what's happening around the Corps

## East Coast



Lance Cpl. James W. Clark

### Marines advance physically, mentally

**MARINE CORPS BASE CAMP LEJEUNE, N.C.** -- Several Marines stand by a physical training table. They gather around one Marine in particular, whose height places him several inches above the next tallest Marine. He stands before the others not just as a senior Marine, but as a teacher.

These are his students and they have just earned the next highest distinction of training in the Marine Corps Martial Arts Program. The meeting seems less a ceremony, but more a gathering of good friends, who have worked, trained and grown together.

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

## West Coast



Cpl. Christopher A. Green

### MCIWEST appoints new sergeant major

**MARINE CORPS BASE CAMP PENDELTON, Calif.** -- Responsible for 65,000 service members' quality of life and seven different installations, Marine Corps Installations West has appointed a new sergeant major.

Sergeant Maj. Jeffery H. Dixon assumed this post as the symbolic noncommissioned officers sword was relinquished to him.

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

## Overseas



Sgt. Rocco DeFilippis

### Marines focus on international partnerships

**ACCRA, Ghana** — More than 30 officers and civilians from 15 different Economic Community of West African States countries became the first students to graduate from a new logistics course given at the Kofi Annan International Peacekeeping Training Center here Feb. 2-13.

As a joint Canadian Pearson Peacekeeping Center and U.S. Africa Command venture, hosted by the KAIPTC, the two-week Partnership for Integrated Logistics Operations and Tactics course focused on the planning, coordination and conduct of logistics in peace support operations.

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



STEP 1: Secondary Marine holds nail while primary Marine strikes nail with hammer.

STEP 2: Primary Marine strikes nail with Sledge Hammer.



-Engineers: They always Skip STEP 1 -



Cpl. Alvaro Aro

Private first class Malcolm C. Perez greets motivational speaker Nick Vujicic during his visit to Camp Pendleton at the Mainside Base Theater on April 17. Vujicic, who is from Melbourne, Australia, was born without arms or legs. He started the non-profit organization "Life Without Limbs," to travel the world and help inspire people.

## This week's top story

Man with no limbs  
inspires service members

Cpl. Alvaro Aro

Marine Corps Base Camp Pendleton

**MARINE CORPS BASE CAMP PENDLETON, Calif.** -- Imagine going through life having both hands tied behind your back and not being able to use your legs.

Nick Vujicic, from Melbourne, Australia, was born with no arms and no legs, but despite the circumstances, he managed to overcome those setbacks in life and deliver a message of motivation and faith to a Camp Pendleton audience, April 17.

Vujicic, whose motivational words were listened to by Marines, sailors, families and civilians, encouraged people to never give up and to use their faith to overcome the hardships of life.

He created Life Without Limbs, a non-profit organization that travels around the world to help inspire people and provide an optimistic view on their lives. Vujicic challenges people to dream big, to trust your faith with all your heart and to not grow weary when we fail to understand the great purpose for our lives.

"Life without purpose is a life without meaning, (therefore) a life without meaning is a life without hope," said Vujicic.

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

## Top story from the front



Lance Cpl. Melissa Latty

Gunnery Sgt. Terrance Simmons (far right), wire platoon staff noncommissioned officer-in-charge, Communication Company, Combat Logistics Regiment 27, 2nd Marine Logistics Group (Forward), marches a platoon during a drill session at the corporals course at Camp Al Taqqadum, Iraq, April 11. Simmons volunteered to teach Marines how to drill a platoon.

### NCO training in Iraq instills confidence and motivation

Lance Cpl. Melissa Latty

2nd Marine Logistics Group

**CAMP AL TAQADDUM, Iraq** -- With the U.S. mission in Iraq changing direction from counterinsurgency to a responsible drawdown, Marines at Camp Al Taqqadum, Iraq are taking advantage of their slower operational tempo to maximize training opportunities. To that end, in an effort to sustain their combat skills and develop leadership traits during their 13-month deployment, 47 Marine noncommissioned officers

and Navy petty officers recently completed a two-week long corporals course aboard the base.

During the course, the Marines are taught the fundamentals of leadership, drill and the history of noncommissioned officers.

"The purpose of the course is to train NCOs and give them the guidance they need to be better leaders," said Sgt. Jermaine C. Francis, a corporal's course instructor and squad advisor. "Also, to prepare them for situations they may be put into. We teach them what is expected of them and we give them pride in being an NCO."

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

# Marine goes Above and Beyond

*Master sergeant makes history as first Marine awarded prestigious local award*

**Kristen Wong**  
Photojournalist

The last thing Master Sgt. Christopher Jordan remembers right before his injury in an improvised explosive device explosion was checking a map and using his radio during a routine patrol in Iraq on Christmas Eve 2006.

"Next thing you know, I wake up laying on the ground and two of my Marines [were] sitting over me holding my hand," Jordan said.

As he regained consciousness in a trauma center before emergency surgery, Jordan asked the surgeons not to remove two things: his St. Christopher medal from his wife and a laminated photo of his family in his left breast pocket.

"[The surgeons] didn't expect him to heal from his knee surgery [for] at least a year," said wife Becca Jordan, a registered nurse and research assistant, Hawaii Medical Center East. "Within six months [he was] running."

Three years later, Jordan, now the operations and training chief for Marine Corps Base Hawaii, stops by Headquarters Battalion Monday morning, arms filled with binders, paperwork, folders and sticky notes. He's been up since 4 a.m., tending to his six-month-old daughter.

Jordan pushes up the sleeves of his desert camouflage uniform as he speaks, as if getting ready for another day of hard work. His schedule is filled with standard paperwork, meetings and physical training at lunch. Although he doesn't enjoy running, Jordan said it helps him relieve the stress of his busy life.

"He's a P.T. fool," said Mark Robinson, range scheduler, MCB Hawaii. "He P.T.s while most of us

[are] eating lunch ... "

At the end of the day, Jordan attends college courses twice a week as he works toward a bachelor's degree in management from Wayland Baptist University.

Jordan, who has been stationed on MCB Hawaii since April 2008, has many stories to tell, from his two Middle East deployments to his experience helping Hurricane Katrina victims.

On April 17, however, during the Morning Colors Ceremony, he made history as the first Marine to receive the monthly, locally-sponsored "Above and Beyond Award" for the month of April.

The Above and Beyond Award, initiated by the Lex Brodie Tire Company and Dita Holifield, local sales manager, Salem Media of Hawaii, is awarded monthly to a person in uniform, military or civilian, who is either a Hawaii resident or is stationed in Hawaii.

The recipient of the award receives a special plaque with an eagle statue on it in addition to a room at the Ilikai Hotel for two days.

"It's really a privilege to be recognized amongst everybody else that was submitted for this," Jordan said.

"[Master Sgt.] Jordan balances his commitment to the Marine Corps by remaining a dedicated and loving family man devoted to his wife and three children, first and foremost," wrote Lt. Col. Glen Butler, director, Operations and Training Directorate, in his letter nominating Jordan for the Above and Beyond Award.

Butler, a native of Chester Springs, Penn., said Jordan does more than his fair share of the workload each day, even taking initiative on several projects. One of

I would classify him as the professional Marine ....

He's looking out for the younger Marines that work for him. That's what makes him such a professional ...

he's not looking for any recognition on his part. He wants them to be recognized for what they do.

- Mike Smith



Kristen Wong

Dita Holifield, general sales manager, radio station KHCM and co-founder of the "Above and Beyond Award," gives a speech about Master Sgt. Christopher Jordan, operations and training chief, Operations and Training Directorate, at the Morning Colors Ceremony April 17. Jordan is the recipient of the "Above and Beyond Award" for the month of April.

his ideas was an essay contest at Mokapu Elementary School in conjunction with the annual Dewey Square tree lighting ceremony Dec. 12. Butler said Jordan suggested the students from Mokapu Elementary write a short essay about why they love their parents and the winners would light the tree.

Butler is not alone in recognizing his efforts. It seems there is no shortage of praise from any of Jordan's colleagues.

"[Jordan's] very knowledgeable and he's very organized," said Gunnery Sgt. Ralph Scott, Jr., range and training area chief, Operations and Training Directorate. "[It's] well deserved, that's for sure."

Many members of the Operations and Training Directorate said they admired his professionalism, such as Dan Geltmacher, range manager, and Mike Smith, deputy director, Operations and Training Directorate.

"His professionalism and follow

through have been exemplary," said Maj. Jeffrey Reichman, current operations/senior watch officer, Operations and Training Directorate. Reichman said events Jordan played a part in have been "well orchestrated and coordinated."

"I would classify him as the professional Marine ... " Smith said. "He's looking out for the younger Marines that work for him. That's what makes him such a professional ... he's not looking for any recognition on his part. He wants them to be recognized for what they do."

Among the younger Marines Jordan has mentored is Lance Cpl. Andrew Burgess, noncommissioned officer in charge of Marine Corps Training Area Bellows.

"When I do see him, he's awesome," Burgess said. "[He gives] me good guidance about where to find the answers [to issues or questions]."

Aside from work and school,

Jordan has his hands full at home as well with his three children.

"As a husband, as a father, we couldn't ask for someone better," Becca Jordan said.

Jordan said he spends most of his free time with his children, whether going to the beach or taking walks with his oldest son. His devotion to his children hasn't gone unrecognized.

"He is my hero because he defends our country and also helps others in need," his oldest son wrote in his first place 2007 Armed Services YMCA essay.

As far as future plans go, Jordan said he may consider a career in education, or possibly a management position in a small company. But for now, Jordan is moving on to become the operations chief for 1st Battalion, 12th Marine Regiment, in May.

"I'd keep him forever if I could," Butler said. "It's our loss, their gain."



Kristen Wong

*Un-bearably cute!*

Pausing from her teddy bear-themed arts and crafts project, 21-month-old Katelyn Daly attends to "Daddy Bear" at the Olina Child Development Center's annual "Teddy Bear Picnic" April 16. Approximately 50 children attended the picnic, and of that, about half of them were accompanied by their families, according to Kehau Aina, director, Olina CDC. The Olina CDC holds an annual picnic for parents to enjoy a potluck lunch with their children [and their teddy bears] to give them the opportunity to meet the teachers and program assistants at the center. Katelyn calls her bear "Daddy Bear" because it wears a custom-made shirt printed with a picture of her father, who is currently deployed. Katelyn and her mother, Lynne enjoyed lunch in a little playhouse on the lawn.

## LIGHTS, from A-1

Department has taken to reduce electricity consumption.

"During the course of the project, NORESO will retrofit or replace just under 25,000 fixtures," Yungk said. "This is one of the largest lighting retrofits to be done as a single project in Hawaii state history."

Even the base flight line's taxiway lights were upgraded with a "green" mindset when new energy efficient LED lights were installed earlier this month. The new lights will last

longer while providing high-quality light in addition to saving base officials money in operating costs.

The upgraded lighting from all of the projects will save more than \$1 million dollars annually from MCB Hawaii's electricity bill, said Bill Nutting, Facilities Department energy manager, MCB Hawaii.

"We're already seeing a deep drop in our [electricity] bills because of our energy conservation efforts," Nutting said. "We're planning on sticking to what we're doing by reducing energy costs everywhere we can."

# 1ST ANNUAL ARMED SERVICES "RIDE FOR SAFETY"

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CHAPLAIN, from A-2

Why is it that we often require mercy for ourselves but we demand justice for others? Rarely at a loss for an excuse to condone our own behavior, we are equally as quick to diagnose the simple and singular reason behind the unacceptable behavior of those around us; they're jerks, right? I love children, but some of my most fervent prayers have been offered when the airline seats next to me are empty and the couple with the screaming toddler walks down the aisle. There is another story of a man and his young son aboard a cross-country flight. Early into the journey, the unruly behavior of this boy not only drew the attention of the flight attendant, but also the entire cabin of travelers. Displaying much more than the willful behavior of the "terrible two's," this kid quickly proved himself a worthy candidate for intervention by an air marshal.

Completely oblivious and seemingly unconcerned of this situation, the child's father sat with his eyes closed and his ears concealed by headphones. Meanwhile, the exasperated flight attendant attempted to corral the toddler and prevent the other passengers from ejecting the boy's father. At the end of his patience, the flight attendant finally approached the man and demanded, "Sir, you will have to do something about your child!" "Oh, I... I apologize, I'm so sorry," the startled man began, "I didn't realize... I'm afraid neither one of us is really..." he stammered. As the angry flight attendant looked into the man's weary and bloodshot eyes, the young father continued, "You see, we're flying home to bury his mother."

Instantly, the demeanor of the flight attendant and the climate of the entire cabin changed. Impatience turned to empathy and anger yielded to understanding as the other passengers realized things were not as they appeared. Several people consoled the father while others patiently assisted with the toddler. While nothing of the tragic circumstances in this family changed, the way in which others viewed the reality of the situation both defined the moment and affected the future.

**There is a reason why others act as they do.** Often, it is a reflection of what we believe about them or what they reveal about us; sometimes, it is an indication of what they believe about themselves, us, or their own situation; and at other times, they really are jerks. In all cases, however, they represent fertile soil for us to plant love, exercise leadership, and mature in our own journey. Do you have a difficult, or perhaps even impossible, person in your life? See them through the lens of truth and believe they represent an opportunity rather than an obstacle.

**Loving others frees us to see through our pain.** The author C.S. Lewis wrote, "Pain is God's megaphone to our deaf ears." Freedom from despair when we feel victimized by others or our circumstances requires us to detach ourselves from the luxury of developing a victim mentality. We will encounter inevitable challenges and tragedies in life. While we are not always free of pain, we can be freed in and through it to grasp a new vision and direction. We cannot control events or the actions of others, but we do possess the power of choice that enables us to determine our own actions and reactions. Painful times now can even serve to prepare us to better enjoy the blessings of the future as we persevere and grow as a result. When our mission becomes avoidance of discomfort rather than growth, we deceive ourselves and miss the unparalleled opportunities that trials represent.

Though we may not feel it in the midst of trouble, these trials that build character and perseverance are temporary. Seasons of trials will come to us; lives of misery we must choose to bring upon ourselves. "Always" and "never" statements represent the cynicism of defeat and can only be declared if we are willing to concede to the cowardice of blame and regret. Since our lives are in progress, we and those around us are not complete; all of us are works under construction.

Regardless of our past or present trials, things do not have to remain as they have always been. Our failures are not final, our disappointments do not define us, and our past or present circumstances do not destine our ultimate outcomes. Before declaring your life a failure, your marriage a fatality, or your future a foregone conclusion, seek God and ask, "What do I believe about myself?" "About others?" "About the control events and circumstances have on my life?" Then listen and respond by faith. God's answer will set you free.

*ASYMCA celebrates Month of the Military Child with annual*

# Father - Daughter Dance

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

Young ladies dressed in elegant evening gowns entered the ballroom linked arm-in-arm to their fathers, who were dressed in their most formal uniforms for the 10th Annual Father-Daughter Dance held at the Lanai Ballroom at the Officers' Club aboard Marine Corps Base Hawaii April 18.

As Marines and Sailors escorted their daughters into the ballroom, they were given their assigned tables. Guests mingled with one another and had formal pictures taken by a professional photographer, hired for the event.

The purpose of the dance was to give young women the opportunity to be the highlight of the evening said, Terry Nelson, ASYMCA outreach director, and build a strong father-daughter bond.

"We've sold out the event every year and it's a great night for father-daughter bonding," said Nelson. "No moms are allowed, we want this just to be a night for the father and daughter because it is such an important bond."

The young girls acted as mature young women should and were dressed accordingly, said Nelson. Fathers said they were happy to spend an evening proudly escorting their daughters around the ballroom.

"It's great to do something with my daughter, before she grows up too quick and she doesn't think it's cool anymore," said Staff Sgt. Martin Metzger. "Tonight she looks like the most beautiful thing I've ever seen."

Fathers and daughters made their way back to their tables, and stood for the playing of the national anthem and a blessing by Navy Lt. Brandon Harding, chaplain, MCB Hawaii. Guests then enjoyed an elegant dinner buffet, which consisted of chicken, potatoes and vegetables followed by slices of the event's decorated cake for dessert.

After dinner, guests continued to mingle. Many girls said they were excited to be at their first Father-Daughter Dance, but for others, it wasn't their first time attending.

Madison Metzger, an 8-year-old who attended the dance for her third year, said she was excited to make it to this year's dance because it's her last year in Hawaii.



Photos by Lance Cpl. Cassandra Yoho

Marines and Sailors took their daughters out for a special evening at the 10th Annual Father-Daughter Dance, held in the Lanai Ballroom at the Officers' Club April 18. The sold-out Armed Services YMCA event gave fathers the opportunity to escort their daughters to an elegant dinner and dance, no moms allowed.

Many of the girls attending for the first time hoped it was not their last.

Zoie Gawer, an 8-year-old attendee, said she was happy to make it to her first dance. Her father is deployed, so he asked his best friend to take his daughter for her first Father-Daughter Dance.

"My dad sent me roses tonight and I know he really wanted to be here with me," Gawer said. "I hope we can come together next year."

Corporal Gustavis Barfield, Gawer's date, said he was happy to step up to the plate for his best friend and couldn't wait to take his beautiful date onto the dance floor.

The girls knew when it was almost time to dance, and were sure to push their fathers out on the floor early to reserve their spots. Most fathers went without too much of a fight.

The night quickly came to an end after a few hours of laughs, dinner and dancing. For many guests the 10th Annual Father-Daughter Dance was one night out which won't be forgotten.



After formal pictures, dinner and mingling, guests cut loose on the dance floor during the 10th Annual Father-Daughter Dance held at Lanai Ballroom, Officers' Club, Marine Corps Base Hawaii.

**1/12, from A-1**

Reserve Center, Billings, Mo., and Military Police Company, Marine Wing Support Squadron 271 from Marine Corps Air Station Cherry Point, N.C.

"This by all accounts was a very successful deployment," said Maj. Anthony Sermarini, executive officer of 1/12. "I think we've done some good things for both the Marines in Iraq and the Iraqi people in helping to facilitate the return of those detainees coming out of the internment facilities; it really is a critical part of what is going on there."

Sermarini noted that the overall progress in Iraq has been "outstanding," as the scope of violence there has decreased dramatically over the past year. This, in turn, allows the United States to "try to reduce the footprint of our Marines and Sailors on the deck," Sermarini said.

This was 1/12's second deployment in support of TFMP. The battalion deployed in March 2007, returning home the following October.

On their second deployment, 1/12 replaced 3rd Battalion, 10th Marine Regiment, from Marine Corps Base Camp Lejeune, N.C.

Prior to deployment, 1/12 endured a six-month pre-deployment training period, during which Marines and Sailors were trained across a wide gamut of situational and tactical exercises. Training began with artillery training at the Pohakalua Training Area on

the Big Island in March. In May, the howitzers were put away and the battalion moved on to basic drivers training for Mine Resistant Ambush Protected vehicles and humvees.

Additional mission rehearsal was done at Marine Corps Training Area Bellows and Schofield Barracks.

The battalion also completed training at the Joint Readiness Training Center at Fort Polk, La., in July.

There, they performed simulated exercises with Department of Defense-contracted Arab role players and Arabic-speaking actors.

"Marines and Sailors here are given a certain scenario — like driving a certain convoy route — and they have a series of role players they encounter and have to deal with," Sermarini said. "They go through a whole gamut of situations — rocket propelled grenade and improvised explosive device attacks, soldiers dressed as civilians, protecting civilian lives — and it's a pretty dynamic environment that forces Marines and Sailors to train their minds to react to a dynamic situation. There's no set scenario, no guarantee."

Training at JRTC lasted until late August, and in September the group was released for a short period of pre-deployment leave before heading to Iraq.

Once there, 1/12 assumed mission control and began securing convoy missions and processing detainees.

Aside from their provisional mission in Iraq, members of 1/12 found time to participate in the Corporal's Course and advance their Marine Corps Martial Arts Program knowledge, enhancing their overall professional growth and experience while deployed.

"The operational tempo in Iraq is no longer as intense as before, so it is much easier to achieve additional training while deployed than ever before," Sermarini said.

Sermarini expressed his extreme appreciation for all parties involved in this mission, both on the home front and overseas.

"Superb job, 1/12. Thank you for taking care of the task at hand and each other," Sermarini said.

"To our families, thank you for supporting your Marines and Sailors; your ability to affect the overall morale is tremendous and you did a superb job taking care of yourselves, your families, and your loved ones on deployment," Sermarini said. "You made the job very easy."

The battalion has turned TFMP mission control in Iraq over to 3rd Battalion, 3rd Marine Regiment, who started to cycle out in March from MCB Hawaii.

"Turning over with part of the family here at Marine Corps Base Hawaii is something special, and we've made sure to do our best not to leave any loose ends to tie up while deployed," Sermarini said. "We've definitely set them up for success."



Photos by Christine Cabalo

Margo Landesman speaks about her experiences in Romania at the "Days of Remembrance" ceremony Wednesday. She and her husband Alex Landesman were two of several guests who spoke. Margo Landesman told the audience about living through World War II in Romania.

**HOLOCAUST, from A-1**

the Hitler Youth marches and forced to shout out anti-Semitic remarks to blend in.

After her uncle's store was destroyed during the raids, she remembers how he bought her family tickets to sail on a ship called the Struma. The ship was bound for Palestine, but she remembers not all of her family could afford tickets.

"I had a ticket on the ship," Landesman said. "The ship was sunk by the Germans. [My uncle] wanted the whole family to go, but [tickets] were ... a fortune ... I'm alive because my father wouldn't let me go."

After the Russian Army came to Romania during the end of the war, Margo and her husband Alex Landesman said they still suffered hardships under a communist regime.

In the ending parts of the ceremony,

Daniel Klutstein, a Honolulu rabbi whose parents were part of the French Resistance, spoke about the stories he heard as a child.

Mason said she was happy to have Klutstein and the survivors speak, and she said the audience for the observance was one of the largest for the annual event.

Hearing the stories from these survivors touched Cpl. Robert Charles, finance clerk, Headquarters Battalion. Charles said he was glad he attended the ceremony and heard each survivor's story. In high school, he interviewed another Holocaust survivor and Charles said listening to survivors talk about their experiences is important in ensuring it never happens again.

"It's such an important part of history but most people put it in the back of their head," he said. "[The Holocaust] happened, and there really isn't any family unaffected by it."



Cpl. Regina A. Ochoa

Sergeant Brad Cain, forward observer, Charlie Battery, 1st Battalion, 12th Marine Regiment, kisses his wife and hugs his 2-year-old daughter Thursday at Hangar 105 at the battery's homecoming ceremony Thursday. The remainder of the battalion is scheduled to return Saturday and Monday after a seven-month deployment in support of Operatiton Iraqi Freedom.



Attendees were randomly selected for marker tattoos and to wear similar badges for people imprisoned in concentration camps during the "Days of Remembrance" ceremony at the base chapel on Marine Corps Base Hawaii Wednesday.

*It's an honor ...*

Christine Cabalo

Shaking hands, Col. Robert Rice, commanding officer, Marine Corps Base Hawaii, slips a commander's coin to Michele Chang, environmental protection specialist, Marine Corps Base Hawaii, during a Morning Colors Ceremony April 17. Chang was recognized as the Professional Employee of the Year during the ceremony. Rice presented 17 base employees, from civilians to service members, with a commander's coin, and presented the Sailor and Noncommissioned Officer of the Quarter with Certificates of Commendation. Local businesses also presented the "Above and Beyond Award" to Master. Sgt. Christopher Jordan, Operations and Training, MCBH, during the morning's ceremony.

**Base personnel recognized at the April 17 Morning Colors Ceremony:**

**Noncommissioned Officer of the Quarter -**  
Sgt. Brian A. Tuthill

**Sailor of the Quarter -**  
Petty Officer 2nd Class Roy McDowell

**Exceptional Community Service -**  
Petty Officer 1st Class Louis Cervantes

**Leader of the Year -**  
Gunnery Sgt. Michael Schellenbach  
Lt. Cmdr. Lance Lee

**Mentor of the Year -**  
Master Sgt. Joseph Hamblem

**Above and Beyond Award -**  
Master Sgt. Christopher Jordan

**Team Excellence -**  
Jackie Freeland  
Sgt. Louis San Miguel  
Staff Sgt. Lagendrick Boston  
Jessica Zauner

**Professional Employee of the Year -**  
Michele Chang

**Federal Supply and Manager of the Year -**  
Jim Sibert  
Dan Geltmacher

**Clerical/Assistant Employee of the Year -**  
Kelly Young  
Joseph Francese

**Trades and Crafts Employee of the Year -**  
Nathan Nakamoto

**For their help with MCBH's Track Day -**  
Jessica Workman  
Chelsea Parrish

# Clean house, MCB Hawaii

**Base Inspector Staff**

MCBH Base Inspector's Office

In the past few weeks, trash has increasingly being scattered about our general areas aboard our base, i.e., around the grassy areas, roadways, parking lots and beaches. Littering aboard base is a direct violation of Base Orders 5500.15B and 11014.20A. Picking up after yourself is an individual responsibility - all personnel residing, working, or visiting Marine Corps Base Hawaii are required to follow base orders and regulations.

Everyone is highly encouraged to ensure all trash and recycling bins are closed and secured to prevent their contents from blowing away and eventually become a problem. The accumulation of garbage has the potential to affect our natural environment such as our oceans and beaches, and eventually endanger natural wild life.

Active duty military members who litter while walking, will receive a Minor Offense Report and a copy will be forwarded to their unit commander. Trash or cigarette butts thrown from a personal owned vehicle will result in a traffic ticket.

An incident complaint report will be forwarded to the violator's command in cases involving litter thrown from government vehicles.

Family members and civilians on base, whether driving or on foot, will receive a Federal Magistrate Citation when littering which includes a \$20 fine for small items such as cigarette butts. Larger items such as plastic or glass bottles require a mandatory Federal Court appearance. Maximum penalties include a \$500 fine and up to 40 hours of community service.

Take an active role in our effort to maintain our base and beaches clean and beautiful. Base Orders can be found on the MCB Hawaii Web site at <http://www.mcbh.usmc.mil> under the Welcome Aboard tab.

## Top 10 things military teens want you to know

**Press Release**

TriWest Healthcare Alliance

**PHOENIX** — Teens of military families know firsthand the realities of war — and they want their teachers and peers to know what they go through.

They worry. Their emotions take a tremendous toll.

To help teachers, coaches and others who work with teens recognize and learn how to respond to these feelings, the National Military Family Association and TriWest Healthcare Alliance developed a toolkit titled, "Top 10 Things Military Teens Want You to Know."

"Lengthy, and often times, multiple deployments cause pressure and tension on military youth. Many feel like no one can relate to what they are going through," said TriWest President and CEO David J. McIntyre, Jr. "This toolkit explains how those in the lives of military teens can understand, support and encourage them."

Each toolkit features 10 cards with tips and resources on topics such as

deployment, community, transition and belonging.

The top 10 things military teens want you to know are that they are proud of their parents, think about the war often, move around, take on extra responsibilities, appreciate recognition of their family's service, value diversity, miss their parents, are like other teens, and they serve too.

"Military teens worry if their parent's deployment will be extended, if mom or dad will be different when they come home — if they come home — and how soon they will move again," said NMFA COO Joyce Raezer. "They're overwhelmed taking care of younger brothers and sisters."

Information included in the toolkit was compiled from survey results of 17,000 military kids during Operation Purple Camps, a national summer camp program for children of deployed service members. The responses are the result of one open-ended question about military life.

To order copies of the "Top 10 Things

Military Children Want you to Know" toolkit, please visit <https://secure2.convio.net/nmfa/site/SPageServer?page-name=toolkit>.

**About NMFA**

NMFA is the leading non-profit organization committed to improving the lives of military families of all ranks and services. The Association protects benefits vital to all families, including those of the deployed, wounded, and fallen. Our 40 years of service and accomplishments have made us a trusted resource for families and the Nation's leaders. For more information, visit <http://www.nmfa.org/>.

**About TriWest**

TriWest Healthcare Alliance partners with the Department of Defense to do "Whatever It Takes" to support the healthcare needs of 2.7 million members of America's military family. A Phoenix-based corporation, TriWest provides access to cost-effective, high-quality health care in the 21-state TRICARE West Region. Visit <http://www.triwest.com> for more information.



## Town Hall Meeting

"Sharing our annual successes and listening to your voices"

**April 28, 6 p.m.**

**Base Chapel**

- Last year's financials
- How the dividend was spent
- Customer service and feedback
- Upcoming projects (constructions and new programs)

Open to Marine Corps Base Hawaii active duty, family members and DoD civilians.

# Sports & Health

*Take me out to the ball game ...*



Photos by Lance Cpl. Daniel H. Woodall

Marine Aviation Logistics Squadron 24 "Magnum" pitcher/coach Clayton Williams lobs a pitch during the fourth inning of a 2009 Intramural Spring Softball game Tuesday at Riseley Field. The game was the first of the Intramural Softball League 2009 spring season.

## Intramural Softball League begins 2009 spring season

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

The 2009 Intramural Spring Softball regular season began Tuesday at Riseley Field, Marine Corps Base Hawaii, with 12 games scheduled each week until the playoffs.

Games are scheduled each week on Monday, Tuesday, Wednesday and Friday starting at 6 p.m. during the regular season. The season playoffs are slated for late July. Currently, all games will be played at Riseley Field.

The first set of games, originally scheduled for Monday, was postponed until Tuesday due to constant rain which flooded the field.

In the league opener, Marine Aviation Logistics Squadron 24 "Magnum" defeated the Helicopter Anti-Submarine Squadron Light 37 "Easyriders," 16-12.

Currently, the intramural league is comprised of 14 teams from various units on MCB Hawaii, said Joe Au, Intramural sports coordinator, Marine Corps Community Services. The league is open to all active

duty Marines and Sailors, Department of Defense civilians and family members 18 years of age and older.

"The rules of this softball league pretty much combines [Amateur Softball Association of America] rules with local rules to speed up each game," Au said. "There is a time limit for each game because three games will be played each game night."

A game will only end on a "mercy rule" or when the 55-minute continuous clock runs out. The softball mercy rule ends a game when a team is winning by 15 runs after three innings, 12 runs after four innings or 10 runs after five. Each game will last at least three innings regardless of how many runs have been scored or if time has expired.

The softball regulations vary from those in the recently completed Intramural Baseball League. For example, catchers do not have to wear full protective gear and the distance from the mound to the batter is reduced.

Another local rule, which keeps

the game moving and further separates the league from its baseball counterpart, is a fixed one ball and one strike count for each batter before they even step into the batter's box. Also, foul balls are always counted as strikes, despite the order in which they occur during a player's time at the plate.

Even though the season has already begun and 14 teams are registered, the league can still fit more teams into the schedule, Au said. Each team must have at least nine players who are attached or assigned to the particular unit they play for. Uniforms and other desired equipment are to be provided by each individual unit.

The next three games, scheduled for Friday, will start at 6 p.m. at Riseley Field, and will feature teams representing 1st Battalion, 12th Marine Regiment; Patrol Squadrons 9 and 47; Marine Heavy Helicopter Squadron 463; Combat Logistics Battalion 3; and HSL-37.

For more information about the Intramural Softball League or other intramural sports, contact Au at 254-7591.



Anti-Submarine Squadron Light 37 "Easyriders" infielder Manuel Mallada studies a ball outside of his strike zone during the opening game of the 2009 Intramural Spring Softball regular season Tuesday.



Marine Aviation Logistics Squadron 24 "Magnum" and Helicopter Anti-Submarine Squadron Light 37 "Easyriders" players congratulate each other after Magnum's 16-12 win at Riseley Field, Tuesday during the opening game of the 2009 Intramural Spring Softball regular season.

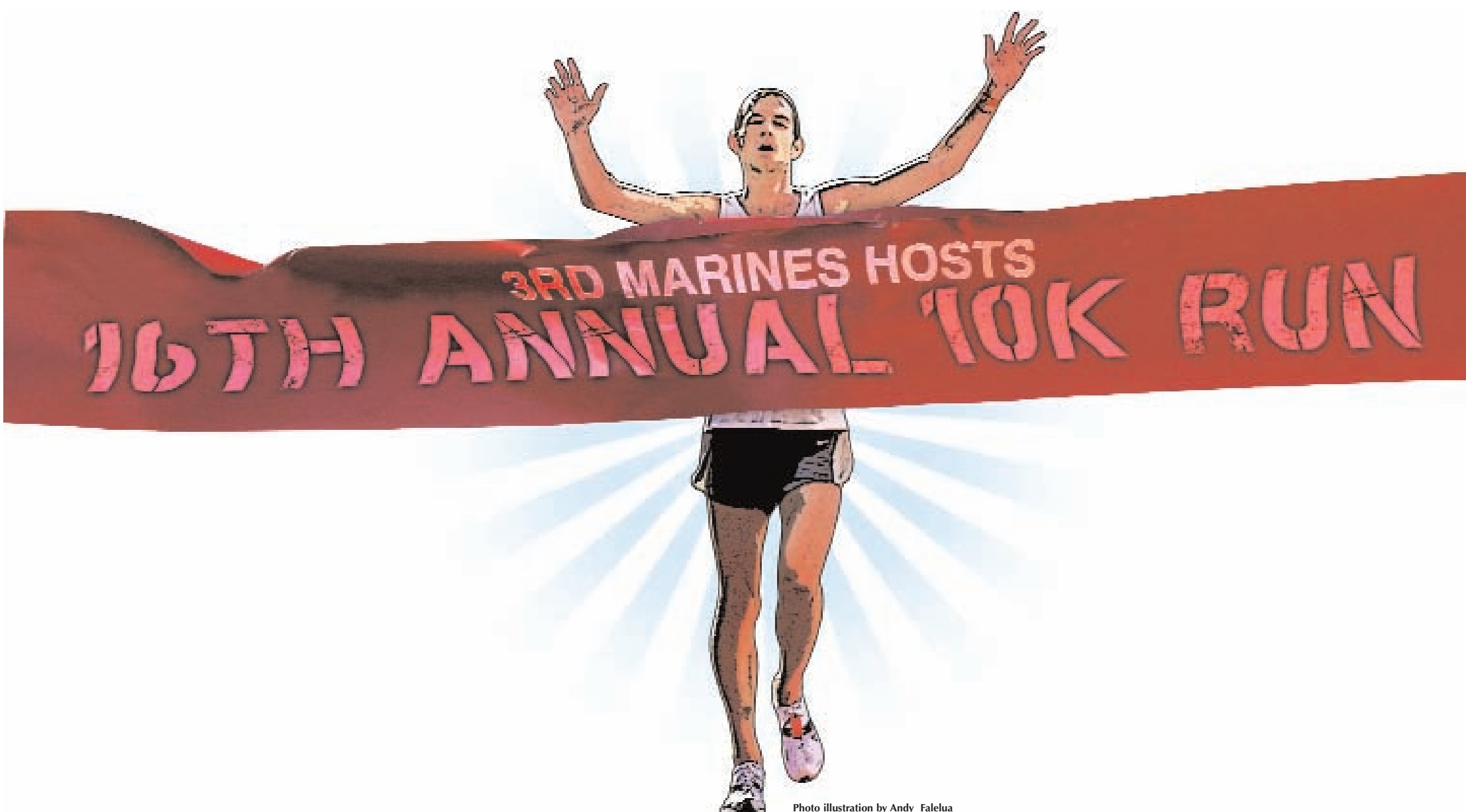


Photo illustration by Andy Falelua



Competitors in 3rd Marine Regiment's 16th Annual 10K Race take off from the starting line next to Pop Warner Field, Saturday.



Competitors in 3rd Marine Regiment's 16th Annual 10K Race push children in strollers during the beginning of the run, April 18.



Photos by Lance Cpl. Daniel H. Woodall

Runner Scott Hubbard crosses the finish line in 3rd place overall in 3rd Marine Regiment's 16th Annual 10K Race.

**Lance Cpl. Daniel H. Woodall**

*Combat Correspondent*

More than 120 runners turned out the morning of April 18, to participate in 3rd Marine Regiment's 16th Annual 10-kilometer Race on Marine Corps Base Hawaii.

The race, which was open to the public, was part of the Commander's Fitness Series and attracted runners from a wide range of ages and ability levels.

Competitors of the 10-kilometer run (approximately 6.3 miles) raced together, but were divided into several scoring categories based upon age and gender, giving each racer an idea of how they measure up against their peers.

The day also included a one-mile "family fun run" for parents with children too small to compete in the 10K race.

The race, which started and ended next to Pop Warner Field, took runners throughout the base, giving them views of the Nu'upia Ponds, sandy beaches, the golf course and many other sights on Marine Corps Base Hawaii.

Thirty-two minutes and 45 seconds after the race began, Steve E. Slaby, from Naval Station Pearl Harbor crossed the finished line in first place in both his racing category (males from 25-29 years old) and overall. The nearest competitor in any category finished more than four minutes behind him.

In his first race on MCB Hawaii, Slaby had an average mile pace of 5:17 during the competition.

Coming in first place for the women and 18th overall, Mandy Biscoe finished with a time of 44:08, and a mile pace of 7:07.

In his second race on MCB Hawaii, competitor Michael King placed 19th overall and fourth in his racing category (males from 30-34 years old).

"I compete whenever I have the opportunity, which usually works out to once per month," King said. "I enjoy [5-10 mile races] best because they require a balance of speed and endurance."

In order to prepare for races, King runs three to four times per week at varying distances with long runs on the weekends while eating a good balance of healthy foods.

After the race, Tina Lui, varsity sports coordinator for Marine Corps Community Services, presented medals to the winners of each category. Medals were also given to nine Marines from 2nd Battalion, 12th Marine Regiment, who placed first in the

"formation run" category. Competitors in this category had to run in formation and finish together in order to qualify for the award.

Lui also recognized the Marines from 3rd Marine Regiment who helped to organize the race.

"The Marines set up [the race] by road guarding, providing logistical support and setting up pivotal water stations along the course for the competitors," Lui said.

The next event in the Commander's Fitness Series is the Headquarters Battalion Sprint Triathlon Saturday, May 9. The event, which is on MCB Hawaii, will combine swimming, biking, and running into one event. For more information on how to register for the triathlon or any other upcoming fitness events, contact Lui at 254-7590.



Marines from 2nd Battalion, 12th Marine Regiment run toward the finish line in a formation during 3rd Marine Regiment's 16th Annual 10K Race, April 18.



Marines from 2nd Battalion, 12th Marine Regiment display their medals for placing first in the "formation run" category during 3rd Marine Regiment's 16th Annual 10K Race, April 18.



Runner Michael King sprints to the finish line during 3rd Marine Regiment's 16th Annual 10K Race, April 18. The race was part of the Commander's Fitness Series.

The Winners Of The Race By Category With Their Times

**Male Overall Results**

- 1 Steve Slaby 32:46
- 2 Ryan Dickson 36:54
- 3 Scott Hubbard 37:24

**Female Overall Results**

- 1 Mandy Biscoe 44:08
- 2 Lisa Murphy 46:25
- 3 Nalani Nelson 47:25

**Female Age Group: 2 - 14**

- 1 Kaitlyn O'Malley 1:23:35
- 2 Jenna O'Malley 1:48:49

**Male Age Group: 2 - 14**

- 1 Ixander Clerique 1:05:35
- 2 Joshua Hiatt 1:23:07

**Female Age Group: 20 - 24**

- 1 Lois Roberts 50:46
- 2 Brittany Shultz 53:56
- 3 Emily Root 55:42

**Male Age Group: 20 - 24**

- 1 Jorge Renjifo 42:15
- 2 Angel Soriano 45:23
- 3 William Edson 46:18

**Female Age Group: 25 - 29**

- 1 Kate Castello 47:53
- 2 Sherry Laniosz 49:31
- 3 Maribel Bacam 50:35

**Male Age Group: 25 - 29**

- 1 Ben Wunderlich 39:11
- 2 Charles Richter 39:51
- 3 Joshua Larson 40:11

**Female Age Group: 30 - 34**

- 1 Katie Markert 58:20
- 2 Tami Kerr 1:01:18
- 3 Lisa Clerique 1:35:53

**Male Age Group: 30 - 34**

- 1 Arran Hassell 39:20
- 2 Jonathan Phillips 41:12
- 3 Michael King 45:22

**Female Age Group: 35 - 39**

- 1 Malia Clemons 49:35
- 2 Kristin Means 52:24
- 3 Marnie Trippensee 55:35

**Male Age Group: 35 - 39**

- 1 Ronnie Silverhorn 40:27
- 2 Ray Estes 46:59
- 3 Evan Wahl 48:17

**Female Age Group: 40 - 44**

- 1 Dona Byron 54:52
- 2 Rori Spriggs 55:51
- 3 Susan Stoetzer 56:39

**Male Age Group: 40 - 44**

- 1 Louis Tomson 42:28
- 2 Marvin Dixon 42:48
- 3 Joseph Whitmore 45:48

**Female Age Group: 45 - 49**

- 1 Beverly Hudgins 56:46

**Male Age Group: 45 - 49**

- 1 Troy Denunzio 40:57
- 2 Brian Owen 51:09
- 3 Paul Ogloughin 52:51

**Female Age Group: 50 - 54**

- 1 Susan Redpath 52:42

**Male Age Group: 50 - 54**

- 1 Ken Watts 43:37

**Male Age Group: 55 - 59**

- 1 Michael Georgi 39:10
- 2 Marvin Fukuchi 47:23
- 3 Marr Gary 48:28

**Female Age Group: 60 - 98**

- 1 Karen Dapra 1:24:30

**Male Age Group: 60 - 98**

- 1 George Redpath 52:51
- 2 Harry Siegmund 1:06:59

**Formation Group:**

- 1 Michael Mcgregor 59:50

# America's mini pastime

*K-Bay Cubs bring out 'secret weapon'*

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

The "K-Bay Cubs" warmed up their arms in the outfield with some long throws and then brought it in for a few swings of the bat before their first Cubs' batter took the plate against the Hickham Rockies during the youth baseball game at the C Street Fields on Marine Corps Base Hawaii April 18.

The Cubs, coached by Joe Nordone and Robert Osbeck, are one of the top youth baseball teams in the Hawaii Military Youth Athletic Association, with a 4-1 record.

Osbeck said his team has come a long way since their first game. Almost half of the Cubs team had never played baseball before this season, so watching the players' fundamentals continually progress is a rewarding feeling for him as a coach.

The 7- and 8-year-old athletes practice twice a week and play against local opponents in the HMYAA at least once a week.

Youth baseball games are set up differently than typical baseball games. In the 7- to 8-year-old league, there is a minimum of three innings and a maximum of six. There is also a maximum time limit of an hour-and-a-half of playing time, Nordone said.

With two practices per week and weekly games, the Cubs' coaches make sure their young athletes know they can always count on them to be there, both on and off the field.

"We have an awesome relationship with our players and we make sure they know they can come to us with whatever questions they might have," Nordone said.

Having a close-knit relationship with their athletes and understanding their personal abilities makes deciding which player should be assigned to which position and where to place them in the batting order much easier, Osbeck said.

Even though the decision of where the athletes play is ultimately up to the coaches, players still have their preferred positions.

"My favorite position to play is first base because everyone has to come to it, so there is a lot of action," said Duece Latimer, a 7-year-old Cubs player. "I also like to catch fly balls and make big hits — it's a lot of fun."

The coaches and players aren't the only ones excited to be at the games. Many parents set up blankets and lawn chairs along the fence line to cheer on their athletes and show their support for this active, team-building sport.

"I love the organization, and I think it's great the kids learn to be team players," said Angela Grant, mother of a Cubs player. "It also is a fun way for the kids to learn to follow instructions at such a young age."

Even though the parents cheer from the fence line, Nordone said he encourages his athletes to cheer on their fellow teammates from the dugout. He has the team cheer on their teammates, which is the Cubs' "secret weapon" to winning.

Some highlights of their April 18 game include: Daniel Torkelson diving for the ball near first base and then reaching his foot back just in time to get the out; Violet Dunn increased her hits to an impressive nine consecutive hits at bat; and Bayan Waters and Ricky Grant, both of whom had hits into far left field.

After an hour of cheering for teammates and some hard-playing baseball, the K-Bay Cubs came out on top that afternoon, with a final score of 12-5. All smiles, the team formed one last huddle around their coaches for some team celebration and then broke for a small snack after their win.

"It's feelings like this that make me love coaching," said Nordone.



Photos by Lance Cpl. Cassandra Yoho

Rickey Grant takes a strong swing at a pitch during the Hawaii Military Youth Athletic Association baseball game the morning of April 18 at C Street Fields, on Marine Corps Base Hawaii. The K-Bay Cubs won the game, 12-5.



The K-Bay Cubs played the Hickham Rockies at C Street Fields, aboard Marine Corps base Hawaii April 18 as part of the Hawaii Military Youth Athletic Association. The Cubs defeated the Rockies, 12-5.



Daniel Torkelson, K-Bay Cubs first baseman, celebrates after a successful play during the Cubs' game April 18.



Josh Floto, K-Bay Cubs, gets ready for anything that might come his way during the youth baseball game, at C Street Fields, aboard Marine Corps Base Hawaii April 18. The Cubs won the game against, 12-5. The Cubs are part of the Hawaii Military Youth Athletic Association and have a 4-1 record.

# Spotlight On Sports

## Sports Briefs

### Parents for Fitness

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

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

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

### Jujitsu at Semper Fit Center

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

### Paintball Hawaii

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

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

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

### K-Bay Lanes

K-Bay Lanes offers economical entertainment, Mondays through Thursdays. All E-1s to E-5s pay \$2 for games and \$1 for shoe rentals.

Every Thursday, when you roll a strike with a colored pin as the headpin, you can win up to three free games of bowling.

All patrons are welcome to take advantage of this deal.

If you make the play, you win!

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

### Personal Trainers Available at Semper Fit

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

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

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

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

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

For more information contact Semper Fit at 254-7597.

### Fishing Charters Available at MCB Hawaii

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

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

### Semper Fit Offers New Array of Aerobics

The Semper Fit Center announces a new and expanded aerobics program. For more information call 254-7597.

### Okinawa Kenpo Karate

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

Adults and children are welcome.

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

For information call MCCS Youth Activities at 254-7610.



## Need a flexible workout?

Sign up for Semper Fit's PiYO class! Each session fuses Yoga and Pilates exercises for a well-balanced fitness regimen. Classes are Mondays from 10 to 11 a.m. For more information, call 254-7597.

## Semper Fit Group classes

### Cardio Kick

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

### Boot Camp

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

### Stretch/Flexibility Training

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

### Core Conditioning

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

### Cycling

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

### Cycle Express

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

### Gut Cut

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

### Pilates

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

### Muscle Conditioning

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

### Step

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

### Step it Up

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

### Step Challenge

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

### Strength and Conditioning

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

### Water Aerobics

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

For more information on group classes call 254-7597

Hours of operation:

Monday-Friday, 0430-2230

Saturday, 0700-2200

Sunday & Holidays, 0700-1800

## Commander's Fitness Series

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

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

### 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.

### 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.



## Cover the world in paint!

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

For more information, call 265-4283

# Youth **Sports** Update

## Youth volleyball schedule

**April 25**

K-Bay Semper Fit Gym

9 a.m. - U10 (*home team*) K-Bay 1 (*away team*) Pearl Harbor 1  
10 a.m. - U10 (*home team*) K-Bay 2 (*away team*) Pearl Harbor 2  
11 a.m. - U14 (*home team*) K-Bay 1 (*away team*) Pearl Harbor 1  
12 p.m. - U14 (*home team*) K-Bay 2 (*away team*) Pearl Harbor 2

**May 2**

Pearl Harbor Annex

1:30 p.m. - U14 (*home team*) K-Bay 2 (*away team*) Pearl Harbor 1  
2:30 p.m. - U14 (*home team*) K-Bay 1 (*away team*) Pearl Harbor 2  
3:30 p.m. - U10 (*home team*) K-Bay 2 (*away team*) Pearl Harbor 1  
4:30 p.m. - U10 (*home team*) K-Bay 1 (*away team*) Pearl Harbor 2

**May 9**

Pearl Harbor Annex

1:30 p.m. - U10 (*home team*) Pearl Harbor 2 (*away team*) Pearl Harbor 1  
2:30 p.m. - U10 (*home team*) K-Bay 2 (*away team*) K-Bay 1  
3:30 p.m. - U14 (*home team*) Pearl Harbor 2 (*away team*) Pearl Harbor 1  
4:30 p.m. - U14 (*home team*) K-Bay 2 (*away team*) K-Bay 1

**May 16**

Pearl Harbor Annex

1:30 p.m. - U14 (*home team*) K-Bay 1 (*away team*) Pearl Harbor 1  
2:30 p.m. - U14 (*home team*) K-Bay 2 (*away team*) Pearl Harbor 2  
3:30 p.m. - U10 (*home team*) K-Bay 1 (*away team*) Pearl Harbor 1  
4:30 p.m. - U10 (*home team*) K-Bay 2 (*away team*) Pearl Harbor 2

**May 23**

Pearl Harbor Annex

1:30 p.m. - U10 (*home team*) K-Bay 2 (*away team*) Pearl Harbor 1  
2:30 p.m. - U10 (*home team*) K-Bay 1 (*away team*) Pearl Harbor 2  
3:30 p.m. - U14 (*home team*) K-Bay 2 (*away team*) Pearl Harbor 1  
4:30 p.m. - U14 (*home team*) K-Bay 1 (*away team*) Pearl Harbor 2

For more information  
on youth sports call  
Clark Abbey at 254-7611

## HMYAA Youth Baseball

### Pinto Division schedule

**April 25**

Pearl Harbor Lynch Field

5 - 6:30 p.m. HK Orioles vs. PH Tigers

Hickam Vandenberg Field 10

5 - 6:30 p.m. P-H A's vs. HK Reds  
10:30 a.m. - 12 p.m. HK Orioles vs. HK Devil Rays

K-Bay C Street #2

9 - 10:30 a.m. PH Red Sox vs. KB Giants

**April 29**

Pearl Harbor Lynch Field

5 - 6:30 p.m. HK Orioles vs. PH Tigers

K-Bay C Street #2

5 - 6:30 p.m. K-Bay Giants vs. K-Bay Cubs

**May 2**

Pearl Harbor Lynch Field

9 - 10:30 a.m. PH Red Sox vs. PH A's  
10:30 a.m. - 12 p.m. PH Nationals vs. PH Tigers

Hicham Vandenberg Field 10

9 - 10:30 a.m. HK Orioles vs. HK Rockies  
10:30 a.m. - 12 pm. KB Giants vs. HK Devil Rays

K-Bay C Street #2

9 - 10:30 a.m. HK Reds vs. K-Bay Cubs

**May 6**

Pearl Harbor Lynch Field

5 - 6:30 p.m. HK Rockies vs. PH Nationals

Hicham Vandenberg Field 10

5 - 6:30 p.m. PH Red Sox vs. HK Devil Rays

### Mustang Division games

**April 25**

Pearl Harbor Lynch Field

9 - 11 a.m. HK Reds vs. PH Braves  
11 - 1 p.m. HK Rangers vs. PH Tigers  
1 - 3 p.m. HK Padres vs. PH Red Sox

Hickam Vandenberg Field 9

9 - 11 a.m. PH Yankees vs. HK Devil Rays  
11 - 1 p.m. KB Indians vs. HK Pirates

K-Bay C Street #1

9 - 11 a.m. PH White Sox vs. KB Mariners

**April 29**

Pearl Harbor Lynch Field

9 - 11 a.m. HK Pirates vs. PH Yankees  
11 - 1 p.m. HK Reds vs. PH White Sox

Hickam Vandenberg Field 9

9 - 11 a.m. KB Mariners vs. HK Padres

### Bronco Division games

**April 25**

Pearl Harbor Lynch Field

9 - 11 a.m. KB Dodgers vs. PH Blue Jays

Hickam Vandenberg Field 8

9 - 11 a.m. HK Angels vs. HK Reds

11:30 - 1:30 p.m. HK Rangers vs. KB Astros

### Pony Division games

**April 25**

Pearl Harbor Lynch Field

11:30 a.m. - 1 p.m. KB Cardinals vs. PH A's

**April 30**

Pearl Harbor Lynch Field

5 - 7:30 p.m. HK Padres vs. PH A's

# Intramural **Sports** Updates

Intramural Spring Softball season is beginning, and teams are playing hard to make it to the championships! Support your unit's team Mondays, Tuesdays and Wednesdays at 6, 7, and 8 p.m. at Riseley Field.

For more information about the Intramural Sports, contact Jo Au at 254-7597.

# Marine Corps Sports

## Hall of Fame

*Athlete of the week*

### Frank B. Goettge

*Class of 2001 - Fullback*

#### Press Release

*Marine Corps Community Services Sports*

Colonel Frank B. Goettge was born in Canton, Ohio, on Dec. 30, 1895. He attended Ohio University for one year, playing freshman football while there. He enlisted in the Marine Corps in May 1917, and was commissioned a second lieutenant the following year.

Goettge served with the 5th Marines in the Meuse-Argonne Offensive in November 1918, and later during occupation duty at Segendorf, Germany. There he excelled as a fullback on the 2nd Division, American Expeditionary Forces, football team.

On his return from Europe, he commanded a detachment of Marines of the 1st Provisional Brigade in Haiti until June 1921. Following a course of instruction at the Motor Transport School at Camp Holabird, Md., Goettge was assigned to Headquarters, Department of the Pacific, in San Francisco from December 1923, to March 1924. He then served a short time in Pearl Harbor.

Following his tour of duty in Hawaii, Goettge was sent to Quantico, Va., and enrolled in the Company Officers' Course, Marine Corps Schools. It was during this period that he won gridiron fame as part of the Marine Corps Football Team at Quantico. Fans across the region knew him as "The Great Goettge." As a fullback, Goettge dominated the field and was hailed as one of the greatest players of the day. He was even recruited by the New

York Giants, but he turned them down to remain in the Marine Corps.

Goettge served at the Marine Detachment in Peking, China, from March 1927, until September 1929, and then was detailed as Aide to President Hoover and later to Major Gen. Ben H. Fuller, Commandant of the Marine Corps.

A tour of sea duty aboard USS Pennsylvania in June 1933, preceded his assignment as commanding officer, Marine Detachment, Annapolis, Md. He completed the Senior Course, Marine Corps Schools, Quantico, Va., in 1939 and then served as executive officer, The Basic School, in Philadelphia.

Goettge joined the 1st Marine Division in Quantico in June 1941, and transferred with that unit to New River, N.C., in September of that same year. He arrived overseas in June 1942, as the division intelligence officer.

Goettge was killed in action on Guadalcanal on Aug. 12, 1942. His remains were never recovered. In addition to the Legion of Merit with Combat V, he was awarded the Victory Medal with Meuse-Argonne clasp, Army of Occupation of Germany Medal, Expeditionary Medal, Yangtze Service Medal, Second Nicaraguan Campaign Medal, American Defense Services Medal, Asiatic-Pacific Campaign Medal, World War II Victory Medal, and the Nicaraguan Medal of Merit and Diploma.

The Goettge Memorial Field at Marine Corps Base Camp Lejeune, N.C., was named in his honor.



## HQBN Sprint Triathlon

**Saturday, May 9**

Bike, swim or run to MCB Hawaii and grab your registration form for the most hard core event held on the Windward side. The Headquarters Battalion Sprint Triathlon consists of a 200 meter swim, 11 mile bike race and a 3.5 mile run. The event is part of the 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>.**

**808 ADVENTURES**

**SHARK DIVE**

The *Hawaii Marine's* lance corporals take Oahu by storm in "808 Adventures," a new series exploring fun things to do and see on island. Look for future installments in our upcoming editions.

**Lance Cpls. Daniel H. Woodall,  
 Cassandra Yoho and Alesha R. Guard**  
*Combat Correspondents*

Sitting around the office, we contemplated how to make the most of our day off. Together we brainstormed ideas of all the different activities we wanted to experience during our time in Hawaii.

We decided we wanted to start our island adventures with the most extreme activities we could think of – swimming amongst huge carnivores and falling from the sky.

We wanted to find an activity that would give us an adrenaline rush without emptying our pockets.

A few ideas came to mind, but after hearing about the "North Shore Shark Adventures," we agreed that should be the first stop on our day off. We gathered our gear at 5 a.m. and headed to North Shore, Haleiwa Beach.

In route to the harbor, we drove through the quaint town of Haleiwa. With tons of unique shops, interesting restaurants and beautiful beaches, we knew our day was guaranteed to be an interesting experience.

As we pulled up to the harbor, we easily spotted our boat as the steel cages latched onto the back of the "North Shore Shark Adventures" tour boats were hard to miss. We anxiously headed to our boat where a personable, friendly crew greeted us.

As the warm Hawaiian sun rose, we boarded the boat and enjoyed a relaxing twenty-minute ride into the deep blue waters off North Shore.

The cool mist of the ocean, and the hum of the diesel engine ripping through the water got us excited for our adventurous dive, which was only minutes away.

Along the way, the informative crew spoke about the marine wildlife we might be encountering while snorkeling, with the highlighted attraction being the Galapagos and sandbar sharks.

After a quick safety brief, one by one we inched our way down the cold metal cage ladder and into the cool, crystal blue salt water.

With our snorkels snugly on our faces, and the taste of salt water on our lips, we grabbed the sides of the steel bars of the cage as the crew slowly released us into the ocean.

Attached to the boat by a few ropes, the swell on the ocean carried us farther and farther away from crew.

We realized we were alone as the sharks began to surround us. It was only seconds before the first curious sharks approached the cage.

While the crew bated the sharks with various meats, we bobbed behind the steel bars, only inches away from a multitude of giant, wild carnivores.

Our initial reaction was fear; however, after spending a few minutes with these sea creatures in their natural environment, we saw them in a new light.

The peacefulness of the deep blue surroundings, along with the silence of being underwater allowed us to see sharks simply weren't the vicious monsters

sharks swam away. Searching the water for their odd disappearance, our eyes were drawn to the back of our cage. A 900-pound tiger shark was heading our way.

Even though this wild shark wasn't charging at our cage, somehow we quickly lost the peaceful mindsets we had previously been experiencing. His demeanor was fierce as he fearlessly approached the cage, staring at what could have easily been a three-course breakfast. We were surprised to find instead of reacting aggressively toward the bobbing cage and its occupants, the tiger shark circled us as if it was a routine performance.

After the tiger shark lost interest in our party, the crew pulled us back to the boat where we collected our gear and caught a final glimpse of these sea beasts from the safety of the side of the boat.

We chatted with the crew and other patrons about their personal encounters with the sharks as the sound of the engine cracked the peaceful calm we had been enjoying after the intense experience of being up close and personal with the sharks. This marked the end of our first adventure for the day.

The crew of "North Shore Shark Adventures" explained why they enjoy taking groups out on the tours to shark-infested waters.

"We want to put a stop to the demonizing of the sharks," said Dave Cunningham, the crew captain. "It's a surprise to some people to see the sharks in their natural habitat, rather than acting like vicious carnivores as portrayed on the 'Jaws' movies."

Another member of the crew, Chris Barboza, said he enjoys meeting new people and seeing their various reactions after a close encounter with these huge animals.

"It was so [amazingly] awesome," said Kevin Fliss, a patron visiting from Denver on vacation. "It was so fun and exciting, and it's something I've always wanted to do."

Along with being an unforgettable experience, patrons agreed the tour was well worth the time and money spent.

Ultimately the "North Shore Shark Adventures" got our blood pumping and hearts racing faster and harder than any other Friday morning we could possibly conceive, but it just wasn't enough. What else could we do to get our blood pumping even more? How about skydiving?

**Editor's Note:** If you have somewhere you want our lance corporals to visit and write about, e-mail us at [hmeditor@hawaiimarine.com](mailto:hmeditor@hawaiimarine.com).

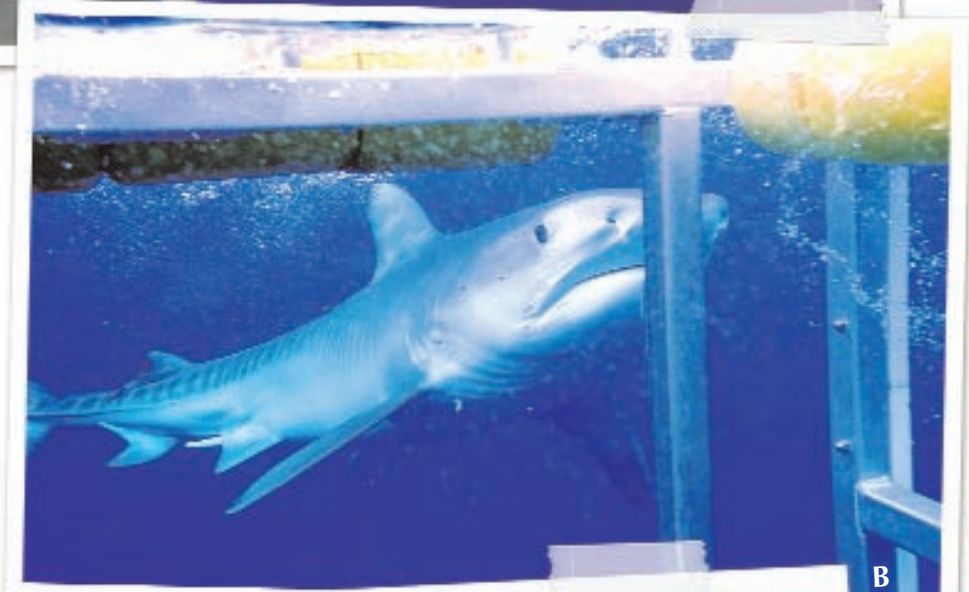


Photo Illustrations by And y Falelua

**A** A 13-foot tiger shark curiously approaches the cage to check out its occupants.

**B** The tiger shark peers inside the cage off the coast of Haleiwa on Oahu's North Shore.

they often are perceived to be. They actually have a certain serene beauty to them.

Halfway through our dive, we noticed many of the



C

D

E

F

Photos by Lance Cpl. Alesha R. Guard

**C** Attracted by bait, a Galapagos and sandbar shark swim in the blue waters of North Shore April 3.

**D** A family swims around in the "North Shore Shark Adventure" cage April 3.

**E** A tiger shark curiously approaches the "North Shore Shark Adventure" cage, as Lance Cpl. Daniel Woodall stares in amazement.

**F** Captain Dave Cunningham checks the underwater camera before recording a family's underwater shark experience for their personal DVD.

# 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.



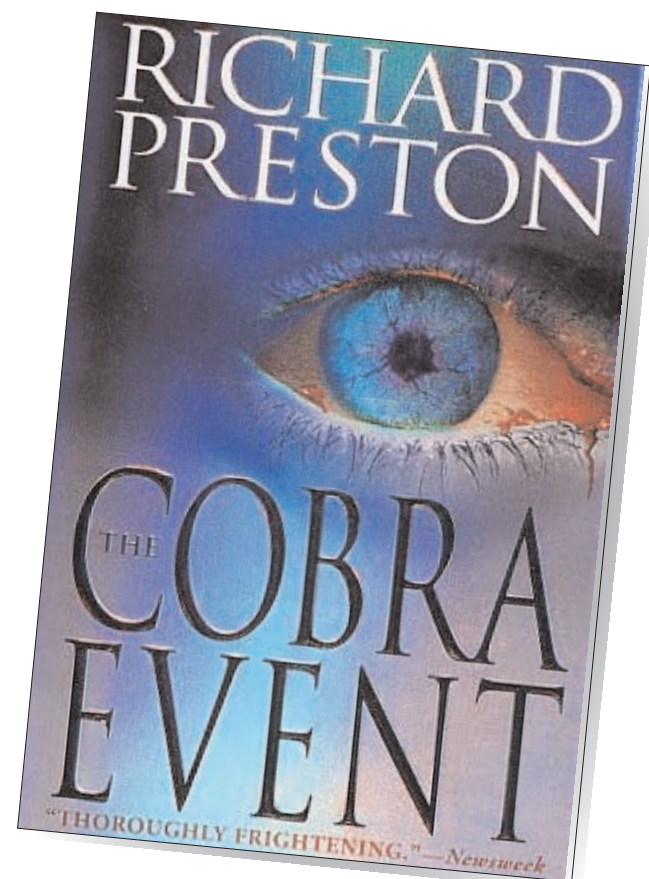
### 3/4 — On Target

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.



## 'The Cobra Event' brings bioterror threat to America

Cpl. Julia Sticha  
Special to Hawaii Marine

Time is racing in a countdown to the largest bioterrorism event to date on U.S. soil. The deadly Brainpox virus has been released in the tunnels of the New York City subway system.

The virus is airborne and recorded at a 100% death rate, which would cause an epidemic to equal that of the smallpox epidemic when settlers came to the New World.

Richard Preston shows us how vulnerable we are as a race when it comes to biological weapons in his 1997 thriller, "The Cobra Event."

He starts out the book in the mind of a high-school aged girl who, in art class, unexpectedly passes out and starts having seizures.

Enter Dr. Alice Austen, a medical pathologist from the Center for Disease Control and Prevention. Austen travels to New York to investigate the girl's odd case.

Once in the city, she discovers the girl's death is just the tip of the iceberg - a discovery which leads her on an incredible and deadly adventure.

The book is broken down into six parts, each part revealing more about the newly created bio-weapon.

I found "The Cobra Event" to be an easy read, mostly because Preston has multiple plotlines going on, all of which tie together at the end. He was able to keep my interest by switching directions multiple times during the story, jumping from one plotline to another.

Just as a plotline reached its climax, suddenly you're in another time and place within the story, seeing it along an alternate plot.

The side stories reveal progress which helps move the main story along smoothly without getting the reader confused or leaving them asking, "What does this mean?"

The majority of the scary stuff in the book isn't from Austen's adventures, but the seemingly true events in the side stories - investigations into Iraqi and Russian biological facilities, testing of biological weapons and accidental releases of bio-agents.

The real scary part is wondering how much of Preston's book could actually happen or is already happening.

After reading this book, I catch myself wondering sometimes, "How safe IS the air we breathe?"



## 'Juno' filled with sass, sarcasm, smiles

Lance Cpl. Cassandra Yoho  
Combat Correspondent

When I'm feeling irritated, having a bad day or just need a good laugh, there is one movie I can watch which always makes me smile.

"Juno" is absolutely my favorite laugh-out-loud movie.

Juno, played by Ellen Page, is a 16-year-old girl who gets herself into a situation forcing her to deal with a reality way beyond her maturity level.

A teen pregnancy presents her with adult decisions, but she adds some light-hearted humor along the way.

Page does an outstanding job playing Juno.

I can't think of a better actress to deliver her sassy remarks.

It's not only Juno's words, but also her body language and awkward facial expressions.

Her character is witty, intelligent and always has the last word.

After she spits out a clever comeback I think, "Who in the world comes up with this stuff?"

I personally am a huge fan of sarcasm and dry humor, and this movie is jam-packed with both.

Young adolescent attitudes scream from the screen, and the teenage awkwardness of face-to-face conversations with the characters, makes me snicker and reminisce about high school pasts.

Page's character, Juno, steals the show in this film, but the movie wouldn't be the same without all of its unique characters and their crazy personalities.

There's the air conditioner repair man for a dad; a wacky nail technician for a step-mother; a geeky cross-country

runner as the leading man and a quirky cheerleader as the best friend.

These characters, along with Juno, share one screen and make it impossible to be bored. The characters aren't the only thing keeping me laughing.

Let's talk about the outfits, because Juno's thrift store finds do a great job of keeping me interested.

The first time I watched the movie, I took a minute to count the layers of outdated sweaters she wears to school.

On top of her jeans and five sweaters, Juno feels the need to wear a skirt over her ensemble.

Along with the bizarre wardrobes comes a tacky outdated decorated house. I'm talking plastic sofa covers, 70's style carpet and Juno's wildly decorated room accessorized with a 'classy' hamburger telephone.

What I really enjoy about this movie is it's quick and to the point.

There isn't one part of the movie I get bored with or would skip. The flow is just right, and that's very important because I get bored easily.

The well-developed storyline allows me to watch "Juno" over and over again.

I wouldn't change a single thing about director Jason Reitman's film.

"Juno" is a movie any teenager or adult can appreciate and relate to.

The distinctive characters and hilarious script leave me laughing - out loud and begging for more.

4/4



(Confirmed Kill)

## Better Know A Critic



STICHA

Cpl. Julia Sticha feels the best books are the ones that keep you feverishly turning pages with an ending that doesn't disappoint. As a fan of the classics, her favorite movie is tied between The Big Lebowski and The Godfather. Her favorite authors include Michael Crichton, Richard Preston, Edgar Allan Poe and Sir Arthur Conan Doyle.



YOH0

Lance Cpl. Cassandra Yoho feels a good movie should make you forget about everything that's is going on in the outside world. Her favorite movies are always comedies. Whether a movie makes you laugh, cry, or scared to go to bed at night, if it takes you away from reality for those few hours then it's good to go in her eyes.

## Quick Hit 'The Happening'

1 out of 4 (No Impact, No Idea)

When I think of M. Night Shyamalan, well-directed suspense films such as "The Sixth Sense," "Unbreakable" and "The Village" come to mind. Some may argue he simply uses plot twisting to rope audiences in, but he also uses good storytelling and cinematography to connect well with audiences. His newest film, "The Happening," hit theaters with surprisingly little fanfare for a movie starring Mark Wahlberg, Zoey Deschanel and John Leguizamo. When I did hear about it, reviews billed it as a "true horror film" from Shyamalan with a mystery threat chill audiences. When I finally saw this movie, I had to say I was disappointed. A better title may have been "Running Away From Plants and the Wind" while we watch Marky Mark muster a one-emotion-per-hour pace for two hours. I was holding out for something ... anything to bring this movie out of its lull but my faith was not rewarded. It ended as serenely as it began and I was left somewhat frustrated that there was not more to the "terrifying mystery killer" than what it turned out to be. I'm sorry to say not much happened in "The Happening."

Sgt. Brian A. Tuthill

## TALK\* STORY

Today is Arbor Day, recognized around the world as a day to honor trees.

If you could grow anything on a tree, what would it be?

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



"Money. It's the one thing I don't have."

— Pvt. Anthony Brush



"Money. Why not?"

— Pfc. Mario Lopeznunez

"I would grow apples. That's all I need. It's something to eat. As long as you work you've got money."

— Sgt. Ryan Yarte



# MCB Hawaii Earth Day Expo

**Cpl. Regina Ochoa and  
Lance Cpl. Achilles Tsantariotis**

*Combat Correspondents*

Marine Corps Base Hawaii got a little greener April 18 at the base's first Earth Day Expo at Mokapu Mall.

The expo had a large turn out, and helped make the base's Earth Day celebration a success.

There are future plans to establish the event as one of MCB Hawaii's annual events, said Sharon Cacurak, marketing technician, Marine Corps Community Services.

Wandering throughout the expo, the former and current Miss Hawaii, and base commander Col. Robert Rice, handed out more than 5,000 free reusable bags.

The bags were handed out to help promote Rice's base policy banning plastic bag usage on base. The bags were purchased with proceeds from the Base Recycling Center, said Maj. David Hudock, director of MCB Hawaii's Environmental Protection and Compliance Department.

In an attempt to get base units involved in the day's fun, the expo boasted a Unit Recycling Competition. Marines and Sailors turned out to recycle their cans and bottles, and hopefully earn some money for their unit. The winning large and small units were awarded a \$250 cash prize.

Third Radio Battalion claimed the cash for large units, recycling more than \$319 worth of recyclables. The small unit prize

was won by VR-51, who collected more than \$88 of recyclable material.

Runners up included Headquarters Battalion, who collected more than \$85 in cans and bottles, and Combat Logistics Battalion 3, who brought in more than \$50 worth. Helicopter Squadron Light 37 collected more than \$35, and Marine Heavy Helicopter Squadron 362 collected more than \$43.

After Rice presented the eco-friendly units with their prizes, patrons were entertained by performers from the Dance Movement Academy and Polynesian Cultural Center, as well as a hula by former Miss Hawaii Kanoie Miller.

The expo gave base patrons the opportunity to learn about energy and earth-friendly products. Base and local vendors set up information booths, and a Farmer's Market gave MCB Hawaii a taste of fresh, organic produce.

"I think as we keep pushing the [recycling] message, people will see it's not too hard to make the transition to environmentally friendly alternatives," Cacurak said.

"MCB Hawaii's Earth Day Expo was a tremendous success created through the joint effort of many on-base departments as well as other Federal, state, local, and non-governmental agencies," said Hudock. "I think it created a heightened awareness amongst the MCB populations of what this base does on a daily basis to stay 'green' and the support we receive for our efforts from members of the community."



Photos by Lance Cpl. Achilles Tsantariotis

Colonel Robert Rice, commanding officer, Marine Corps Base Hawaii, presents 3rd Radio Battalion with \$250 at the Earth Day Expo. Units throughout the base participated in a recycling competition April 18 to raise awareness about various recycling outlets and increase participation.



A local musical group performs at Mokapu Mall during Marine Corps Base Hawaii's Earth Day Expo April 18. Attendees had a variety of live entertainment and dozens of eco-friendly vendor booths promoting environmental awareness of potentially harmful practices.



Attendees of Marine Corps Base Hawaii's Earth Day Expo visit some of the numerous "green" booths April 18. The expo promoted recycling and eco-friendly products as well as displayed alternatives for consumers such as hybrid vehicles.

## Mokapu Elementary holds Spring Festival

**Lance Cpl. Alesha R. Guard**

*Press Chief*

The school grounds of Mokapu Elementary were overflowing with jumping military working dogs and pirouetting dancers, airbrush tattoo and balloon artists, as well as a fire truck and ambulance display during the Mokapu Spring Festival April 18.

The Mokapu Elementary PTA held the festival as a fundraiser for newer, safer kindergarten playgrounds to be built at the school. After drawing a large crowd from the base and local community to their fun-filled festival, Mokapu is now one step closer to their goal.

"We host several activities throughout the year to bring families in to the school to have fun and socialize - and the Spring Festival was the biggest!" said Tiffany Dow, vice president, Mokapu Elementary PTA.

Dow said the purpose of holding the fair was to earn the funds necessary to pay for the needs of the school while bringing the base community together for a day of fun.

Throughout the day, families enjoyed pastel-pink cotton candy and buttery popcorn while visiting the fair's many booths such as the beanbag toss, bouncy house, book fair and cakewalk. The festival also featured a special performance from the Dance Movement Academy and two demonstrations by the Provost Marshal's Office Military Working Dogs.

Mindy Clepper, co-vice president, Mokapu PTA, said the school's PTA also used the festival as a way to introduce the base families to the many family-oriented programs and venues available to them.

A large number of representatives from various MCB Hawaii affiliations such as the Marina, Youth Center, Cub and Girl Scout clubs, Joint Education Center and Enlisted Wives Club all attended the fair in support of the school's fundraiser.

"We're hoping to introduce some of the great services we offer to the [community] and get our name out there to the base families," said Heather Zamjahn, administrative coordinator, Families Over Coming Under Stress Project.

At the entrance of the fair, children were welcomed to try on the hats and uniforms of the MCB Hawaii Federal Fire Department and

explore their fire truck and ambulance.

"I enjoyed the kids' interest in what we do," said Joshua Emmanuel, firefighter. "We're here to give back to the community today and get involved in the base events."

Dow said it was great to have support from the many base affiliations, as well as the off-base businesses in partnership with MCB Hawaii at the festival.

"Being a military school, we rotate families in and out a lot, so it's always good to take every opportunity to inform families of services available to them," Dow said.

Not only did the festival introduce families to the many programs aboard MCB Hawaii, but also to a variety of artists and businesses on base and within the local community.

The festival gave many spouses and service members the chance to showcase their home-run businesses and help get their name out to the base community, Clepper said.

"This was my first time selling my [headbands]," said Carrie Moore, creator of her own hair product line, Sweet Angel. "It was a really fun day."

Moore was only one of the many attendees whose smiles and laughing faces could be seen at the festival.

"All of the families were very excited about the festival," Clepper said. "We [even] had families from other schools attend."

No matter how much money the festival raised, Dow said she felt the event was a success because it was fun and a great way to see new and familiar faces. Without the immense turnout of volunteers from the base and local community, the fantastic fundraiser would not have been possible, she said.

"[Many] of our volunteers were parents, teachers, Mokapu staff or Marines and Sailors on base," Dow said. "We couldn't have made the Spring Festival a success without their support!"

The Mokapu Elementary School Spring Festival was only one of many fundraisers the school plans on holding this year to help raise money for new playgrounds.

Base patrons interested in volunteering at the school's upcoming fundraisers may contact the front office at 254-7964 for more information.



Children dance and skip in a circle together during a cakewalk at the Mokapu Spring Festival April 18. The Mokapu Elementary's Parent Teacher Association held the event as a fundraiser for newer, safer



Duece Latimer, a 7-year-old participant, laughs as he tries on a Federal Fire Department fireman's helmet at the Mokapu Spring Festival April 18. The festival was held to bring the base community's fam-

# Military Children's Educational Mission: Planet Earth

*Operation Homefront event teaches environmental respect and responsibility at Nuupia Ponds*

**Kristen Wong**  
Photojournalist

In the spirit of the recent Earth Day activities on Marine Corps Base Hawaii, families spent a breezy but bright afternoon making crafts before going on a tour of the Nuupia Ponds on base, April 19.

The purpose of the event, sponsored by Marine Corps Community Services Operation Homefront and the Environmental Compliance and Protection Department on base, was to teach children about the environment.

Bobbie Brock, coordinator, MCCA Operation Homefront, said she hoped through this event, children become more knowledgeable about the environment and how to care for it.

"It's just about taking responsibility and ownership of the environment and starting with your household," said Vanessa Donaldson of Kailua, who has been to at least seven MCCA Operation Homefront events with her children. "What we do today affects our children tomorrow. Change happens one person at a time."

Attendees began their morning with a craft project utilizing natural resources. Volunteers and students of Auntie Gladys Kukana Grace, a local lauhala weaver, taught the attendees how to make bracelets and stars out of lauhala - the leaves from the hala tree.

Elizabeth Goff, 6, showed off her lauhala necklace to her mother, Carmen, for whom she had made the necklace. Carmen Goff, a native of Ferrum, Va., said Elizabeth was excited about making a lauhala craft.

The children weren't the only ones making lauhala crafts. Amanda Emerson, a native of Cleveland, sat down with her niece, Julianna Pirttinen, 10, and their neighbor Anthony Bailey, 8, to make a bracelet of her own. Emerson said

the events MCCA Operation Homefront coordinates have "good information" and are "fun for the kids."

Later that afternoon, after finishing up with craft activities, children and parents alike gathered for a tour of the Nuupia Ponds.

John-Carl Watson, a natural resources technician with Marine Corps Base Hawaii's Environmental Compliance and Protection Department, led families on a short tour, walking along one of the pond trails.

Small heads peeked through the gaps in the bridge over the pond as children watched schools of mullet and other pond inhabitants make their way downstream.

Throughout the tour, Watson pointed out several animals and plants along the way and talked about the various efforts made by the base community to maintain the environment.

The tour ended across the street from Kahuna's Bar and Grill in a grassy area of the base, where Watson showed families local plant life like the Milo tree and non-native pickleweed.

Several families who have been to past MCCA Operation Homefront events expressed their enthusiasm in anticipation of future events throughout the year.

"I love it, the kids love it," said Julie Martin, a native of Dayton, Ohio. "It's on our calendar for the next eight months [while their father is deployed]. It just helps the kids to know that they're special."

Each month, MCCA Operation Homefront hosts an event on base for families of deployed Marines and Sailors. The next event will be a Family Field Day at Pop Warner Field May 30.

For more information about MCCA Operation Homefront events, call 257-2651 or 257-2654.

A calendar of events is also available at [http://www.mccshawaii.com/op\\_homefront](http://www.mccshawaii.com/op_homefront).



From left to right: Anthony Bailey, 8, Julianna Pirttinen, 10, Julie Martin, David Martin, 4, and Ethan Hunt, 6, take a look at the inhabitants of Nuupia Ponds April 19. The tour was sponsored by Marine Corps Community Services Operation Homefront, and the Environmental Compliance and Protection Department.



Noriko Yoza, of Ewa Beach, helps Laura Recklies, 7, work on a lauhala bracelet. Attendees to the Marine Corps Community Services Operation Homefront Nature Walk enjoyed an afternoon of refreshments,



Katie Martin, 7, and Ben Martin, 9, take a tour of the Nuupia Ponds on Marine Corps Base Hawaii as part of the Marine Corps Community Services Operation Homefront Nature Walk April 19.

## At Anderson Hall Dining Facility



**Today Lunch**  
Minestrone Soup  
Chicken Noodle Soup  
Pork Adobo  
Lemon Baked Fish Fillets  
Southwestern Rice  
Garlic Roasted Potato Wedges  
Simmered Mixed Vegetables  
Lyonnais Carrots

**Dinner**  
Minestrone Soup

Chili  
Conquistador  
Burritos  
Refried Beans w/ Cheese  
Spanish Rice  
Simmered Corn  
Simmered Green Beans

**Saturday Dinner**  
Cream of Chicken Soup  
Beef Barley Soup  
Pork Roast  
Chicken  
Cordon Bleu

Chicken Noodle Soup  
Chicken Cacciatore  
Mashed Potatoes  
Boiled Egg Noodles  
Broccoli Polanaise  
Simmered Succotash  
Savory Bread  
Dressing  
Chicken Gravy

**Sunday Dinner**  
Cream of Potato Chowder  
Vegetable Soup  
Oven Roast  
Honey Glazed Cornish Hens  
Rice Pilaf  
Savory Bread  
Dressing  
Simmered Asparagus  
Creole Summer Squash

**Monday Lunch**  
Beef Noodle Soup  
Cream of Broccoli Soup  
Chinese Five Spice Chicken  
Baked Mahi Mahi  
Wild Rice  
Garlic Cheese Mashed Potatoes  
Broccoli Polanaise  
Simmered Carrots

**Dinner**  
Beef Noodle Soup  
Cream of Broccoli Soup  
Beef Porcupines  
Braised Pork Chops  
Potatoes O' Brien  
Simmered Mixed Vegetables  
Simmered Peas

**Tuesday Lunch**  
Cream of Mushroom Soup  
Bean with Bacon Soup  
Caribbean Chicken Breast  
Parmesan Fish  
Parsley Buttered Potatoes  
Glazed Carrots  
Club Spinach

Bacon Soup  
Barbequed Chicken  
Ale Battered Fish Portions  
Steak Fries  
Mashed Potatoes  
Simmered Corn  
Simmered Asparagus

**Dinner**  
Cream of Mushroom Soup  
Bean with Bacon Soup  
Caribbean Chicken Breast  
Parmesan Fish  
Parsley Buttered Potatoes  
Glazed Carrots  
Club Spinach

**Wednesday Breakfast**  
Manhattan Clam Chowder  
Split Pea and Ham Soup  
Mexican Pepper Steak  
Bayou Chicken Breast  
Mexican Rice  
Mashed Potatoes  
Simmered Pinto

Beans  
Simmered Mixed Vegetables

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

**Thursday Lunch**  
Tomato Soup  
Chicken and Rice Soup

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

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



# Word to Pass

## Aboard MCB Hawaii

### MCBH Special needs information and support network

April 27

This event, scheduled from 6:30 to 8:30 p.m. in the ASYMCA building 3074, is an opportunity to network with other Exceptional Family Member Program families.

Receive information on programs and services pertaining to EFMP.

This month's featured speaker is Hawaii Fi-Do Service Dogs.

For more information call Brenda Suarez at 257-7782.

### Camp Smith craft fair

April 30

Camp Smith Craft Fair will be held at Camp Smith, Building 4, second floor from 7:30 a.m. to 2 p.m.

This annual event allows DoD card holders to sell homemade and seasonal craft items, baked goods, etc.

Open to active duty, Reserves, family members, DoD civilians.

For more information call Dot Aguigui at 477-5143.

### Test of Adult Basic Education (TABE)

May 4

This test, scheduled to begin at 7:45 a.m. in building 220, classroom A, is designed to measure basic academic skills commonly required for adult education programs.

The 90-minute test measures reading comprehension, language, spelling and math skills.

Open to active duty, family members and DoD civilians.

For more information call Maria Fullenwider at 257-2158.

### Transition Assistance Program (TAP) seminar

May 4-7

This seminar will be held in the Base Theater from 8 a.m. to 4 p.m. Public Laws 101-510 and 107-103 require all transitioning service members to attend a TAP seminar prior to separation.

Unit commanders are evaluated on their compliance with the law.

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

Primary POC for securing a slot is the Unit Transition Counselor (UTC).

For more information call Ric

Paguio at 257-7790.

### Defense Language Proficiency Test (DLPT) IV

May 5-6

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.

### ACT testing

May 8

This testing is scheduled to begin at 7:45 a.m. in building 220, classroom A.

This testing is by appointment only and available to military personnel only.

College-level entrance exam required by some schools and officer commissioning programs.

The first SAT or ACT is free for active duty. A \$30 fee is required for each additional test.

For more information call Maria Fullenwider at 257-2158.

## In the Community

### 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 welcoming support group in a healing environment, GriefShare may be for you.

Practical advice, 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 to attend the group.

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 Kamehameha Highway near the H-3 overpass.

The sessions are free with an optional \$10 fee for a workbook.

Free childcare is available with advance notice.

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

### "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 "Divorce Care" 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 and stress 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 and sessions are free with a \$10 registration and workbook fee.

The program will be repeated in future sessions and may be attended more than once.

You can join at anytime and free childcare is available.

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

Please leave a voicemail message for a return call.

# Mokapu Beat

## News from Mokapu Elementary

### Congratulations

Mokapu Elementary School recognizes the following students for their award-winning art and writing submissions in national, state and local competitions.

David Cates and Kaeleigh Miller -- *"Aloha Care Calendar Contest"*

Daniel Murphy and Savannah Rice -- *Hawaii Education Association "Write On" contest*

Gabby Salzman -- *NOAA's "Hawaii Humpback Whale Ocean Poetry Contest"*

Elizabeth Anderson, Chase Miller, Melanie Galindo, Susanne Cristo, Ivory Warthen, Tomas Marquez, Michelle Cisneros, Charlotte McGehee, Junior Salazar, Joey Baker, Takota Whitfield, Josie Garrett, Kaylee Gayhart, William Thompson and Nathen Kazmierczak -- *individual works to be published in national "2008-2009 Young Poet's Collection"*

Armando Elizaide -- *Dept. of Education's "50th Anniversary of Statehood Calendar Contest"*

Congratulations to all of the winners.

### Pride Day Cleanup

On Wed., April 29, 22 student council members from Mokapu Elementary School will help clean Fort Hase Beach for Base Pride Day.

Students will walk to the beach after school and spend an hour cleaning the beach area before returning home. The students decided early in this year to do a community service project, which coincided with Marine Corps Base Hawaii's Pride Day event.

Call Stephanie Tsuzaki at 254-7964 for more information.

### PTA Meeting

The final general PTA meeting of the year is Thurs., May 14, at 6:30 p.m. in the school cafeteria.

Next year's officers will be elected as part of the agenda. All are welcome to attend.

### 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 for students of all reading and math levels 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](mailto:mokapu_pta@yahoo.com)).

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

Thank you for investing in your children!

### Achieve 3000: KidBiz and TeenBiz

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

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

The program can be accessed on any computer with Internet capability: at home, in the school and base library, and at after-

school activity centers equipped with computers with Internet access.

The results have shown 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 questions about the program, call the school at 254-7964.

### Free Online Tutoring

Free online tutoring is available for students at <http://www.usmc-mccs.org>. The password is usmc.

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

### Save Box Tops

The Mokapu PTA collects Box Tops, Campbell's Labels for Education, and Tyson labels all year long.

Please save them and turn them in to the school's front office or children's teachers. A collection box is also available at the commissary entrance. Money collected from these goes toward various improvement projects at the school.

### English Language Learners (ELL) Highlights

The Language Assessment Standard Reassessment Test (LAS Links) is almost complete, with all our ELL students from kindergarten to 6th grade taking the test.

This reassessment measures a student's ability to understand the English language when reading, writing, speaking and listening in English. Results will be shared with parents via a personal letter sent after the completion of the assessment.

Questions may be directed to Ali Aspelin, ELL teacher, or Jacque Shaner, Vice Principal, at 254-7964.

M = Mutual Respect

O = Outstanding Citizenship

K = Keep Safe

A = Aim for Excellence

P = Problem Solving

U = Using Resources

# Volunteer Opportunities

Reaching out to help one another

## Camp counselors needed

Are you ready for the most inspiring week of your life? We want you for Muscular Dystrophy Association Summer Camp!

One week at camp = 140 hours of Community Service + Making an impact forever for a young child

**Quick Facts:** At camp, volunteer counselors work one-on-one with a child that has a neuromuscular disease, providing care, close supervision and attention.

Counselors push wheelchairs, lift and carry youngsters, and even "bunk down" near their campers so they can help them during the night. Above all, they become a youngster's friend for a week - and sometimes for a lifetime. This camp is scheduled from June 6-12.

For more information contact Jennifer Li at 593-4454.

## Junior Achievement volunteers needed

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

The lessons are spread into five sessions and cover various aspects of economics. Teaching material and kits are provided; no teaching experience is necessary. The lessons should be taught to three classes and last 30-45 minutes each. Monday and Tuesday afternoons work best.

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

## Track Team Seeks Marine Volunteers

The Mokapu track team is seeking Marines to help coach. Track practices are held every Tuesday and Thursday from 2:15 - 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.

Runners will 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.

## Tutors needed

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.

## Zoo Volunteers Needed

On June 6, the 4th Annual USO/Honolulu Zoo Society Military Appreciation Day will need more than 200 volunteers.

Spouses and older children are welcome and T-shirts will be provided.

Volunteer hours are 8 - 11:30 a.m., 11 a.m. - 3 p.m., or the full day.

Some tasks include: parking support, gate reception, keiki activities and concessions. Free shirt for volunteers.

For more info and to volunteer contact Master Sgt. Jacobs by May 22 at 449-2250 or by e-mail at rodney.jacobs@hickam.af.mil.

# Community Events

## April-May

### Spam Jam

The Spam Jam begins at 4:00 p.m. and ends at 10:00 p.m. Saturday on Kalakaua Ave. between Seaside and Kaulani.

The event is quickly becoming one of the most popular festivals in Hawaii because of its great food and entertainment in a family friendly atmosphere.

Both local residents and tourists have made this an annual tradition in Hawaii.

Visit <http://www.spam-jamhawaii.com> for additional information.

### Hawaii United Okinawa Association Spring Craft Fair

More than 100 craft and food vendors will attend this year's fair in Waipahu Saturday.

Guests are encouraged to make Food Bank Donations and participate in a silent auction. Free andagi (donuts) will be given to those riding the shuttle bus or by bringing a food donation to Hawaii Food Bank.

Limited parking is available with a free shuttle bus service from Leeward Community College and 94-430 Ukee Street, the lot across the street from 7/11 on Ka Uka Blvd.

Event begins at 8:30 a.m. Call 676-5400 or visit <http://www.huoa.org> for more information.

### 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.

The Pageant will be held at the Hilton Hawaiian Village in Waikiki.

For more information, call 221-2434.

### "May Day!" live from the lawn

This free event entitled "May Day!" is May 1 at the Hawaii State Art Museum on Hotel Street downtown.

The event features Hawaiian music from the Cruz family including Ernie Cruz Senior, Ernie Cruz Jr, Guy Cruz, John Cruz, and Tiffany Cruz. There will also be special guests for a full evening of delightful entertainment from one of the leading 'ohana of Hawaiian Music.

Call 586-0900 for more information about "May Day!" or the Hawaii State Art Museum.

### Arboretum Tours

(All year, each Tuesday and Saturday, except holidays) Enjoy the sights and sounds of the Lyon Arboretum, University of Hawaii. Knowledgeable guides will share highlights of the Arboretum collections. Tours are Tuesday 10-11:30 a.m. and Saturday 1-2:30 p.m. Registration is required. Tour donation: \$2.50.

Call 988-0456 for information.

### Mission Houses Museum

(All Year) Mission Houses Museum was established in 1920 by the Hawaiian Mission Children's Society, a private, non-profit organization and genealogical society. Its three restored houses and research library provide a unique glimpse into 19th century Hawai'i. The museum is located at 553 South King Street Honolulu, HI 96813-3002.

For more information, call 531-0481.

### Guided Tours of the Hawaii Theatre

(Tuesdays all year) The one-hour tour offers a unique insight into the history, art, architecture and restoration of the beautiful Hawaii Theatre in Chinatown, including a performance on the 1922 Robert Morton theatre organ. There is a fee for admission.

To book a tour or for information please call 528-0506.

## MOVIE TIMES

**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.

"Race to Witch Mountain"  
"The International"  
"Coraline"  
"Fired Up"  
"Race to Witch Mountain"  
"The International"  
"Fired Up"  
"Race to Witch Mountain"  
"Last House on the Left"

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

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



Mokapu Elementary School accepts and recycles used or broken electronic equipment.

Items accepted for recycling are:

- cell phones  
- ink cartridges  
- DVD players

- VCRs  
- printers  
- fax machines



## Don't throw it away!!

