Hawaii Marine



Cpl. Manuel Concreras, a wireman with 2nd Battalion, 3rd Marine Regiment, prepares to be submerged during Shallow Water Egress Training Wednesday at the base pool aboard Marine Corps Base Hawaii. The course teaches Marines how to escape from an aircraft after an emergency water landing.

Cpl. Khalil Ross

Marine Corps Base Hawaii

"Ditching, ditching, ditching!" the underwater egress instructors yell. The modular amphibious egress trainer drops and shudders as it makes contact with the water. The rising water creeps up the legs of the Marines. There is nothing they can do except grab their legs and brace for their world to fill with water and flip over.

The "Island Warriors," 2nd Battalion, 3rd Marine Regiment underwent Shallow Water Egress Training Tuesday at Marine Corps Base Hawaii's base pool.

Thirteen Marines completed course. The first day of the two-day course was a class explaining the equipment, its uses and the process of exiting a sinking helicopter. The second day was putting that knowledge to use.

Cpl. Michael Scott, a motor transport operator with 2nd Bn., 3rd Marines, was part of the first team that completed the training. It was also his first time doing the training.

"I'm not going to lie, I was pretty nervous," the six-foot, 200-pound Marine said. "(It was hard) adjusting to being flipped upside down and strapped in while being in the water."

During the training the "Island Warriors" used three different seat belts while

See HELO, A-7

FIGHTING CRIME A **BITE AT** A TIME

Cpl. Michael Foster, a military working dog handler with the Provost Marshal's Office helps Elementary Kainalu School students try on a bite suit at Dewey Square, Tuesday. Military police officers from PMO showed the dozens of students how the K-9 unit trains dogs for law enforcement.





Civilian Military Police Officer Travis Cleaveland begins to spin as military working dogs Nero and Dar simultaneously bite him during the demonstration.

Reliving the Battle of Midway

Christine Cabalo Hawaii Marine

It ended June 5, 1942 at approximately 9 a.m. when Hiryu, one of the last Imperial Japanese Navy aircraft carriers in the water, sank into the Pacific Ocean.

How the Battle of Midway began to turn the tide during World War II was with efforts from American forces, including Hawaii Marines and Sailors. This year marks the 73rd anniversary of the historic battle.

"If we could turn back the clock, this is a couple of months after the Pearl Harbor attack and the fear was there," said Brad Hayes, museum director at Naval Air Museum Barber's Point. "It was a very real possibility we'd be invaded. A lot of things happened up to that point on Oahu."

Just a few months beforehand, in March 1942, Japanese forces launched a second attempt to air bomb Pearl Harbor. Hayes said the plan, called Operation K, used two Kawanishi H8K "Emily" flying boats. The surprise pair of planes missed their planned target, but managed to drop four bombs on Tantalus Peak in Honolulu.

Hayes said aviation units played a key role at Midway Atoll and in other locations during the war.

"One thing to keep in mind is the level of training Japanese aviators had," said Burl Burlingame, a historian at the Pacific Aviation Museum. "They were very well trained, with several years of combat."

Oahu military units were rebuilding after previous heavy losses from the Dec. 7 bombings. Unlike today's modern forces, several Navy and Marine Corps aviation squadrons changed locations frequently, Burlingame said. He said units often were connected to carriers, then embarked as needed.

Then Naval Air Station Kaneohe Bay helped refuel and maintain several naval aircraft that were part of the battle, including the Navy's Fighter Squadron 3. Surviving photographs of the unit taken in May 1942 show the naval aviators tending to their F4F-4 Wildcat fighter planes. The crews used a revetment, a parking area for aircraft surrounded by blast walls on three sides, covered with camouflage netting. The concrete remains of those walls are still visible at Marine Corps Base Hawaii, near The Cabanas and base's motorcycle track.

Marine pilots operated out of Marine Corps Air Station Ewa during the 1940s, which is near current day Kalaeloa Airport. Hayes said among several Marine units training at MCAS Ewa were Marine Aircraft Group 21, Marine Attack Squadron 211 and Marine Scout-Bombing Squadron 241. Hayes said VMA-211 was nicknamed the "Wake Island Avengers" since they were initially

See MIDWAY, A-7



Semper Sun 101 Days of Summer begins, B-1



Warriors Win Warriors dethrone Kings of Battle in the intramural softball championship, B-3

Saturday High 83° Low 72°

Sunday High 83° Low 74°

A-2 • June 5, 2015



www.hawaiimarine.com

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Base Sergeant Major	Sgt. Maj. Gregory L. Hall
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> Hawaii Marine, Box 63062, Building 216, MCB Hawaii, Kaneohe Bay, Hawaii 96863 Email: HawaiiMarineEditor@gmail.com Fax: 257-2511, Phone: 257-8837

This week in Corps history: June 8, 1995: A Marine tactical recovery team from the 24th Marine Expeditionary Unit attached to the USS Kearsarge rescued a downed U.S. Air Force pilot, Capt. Scott O'Grady, from Bosnian-Serb territory in Bosnia.

- U.S. Marine Corps History Division

Interactive Customer Evaluation is:

- A web-based tool for collecting feedback about the services provided by various organizations throughout the Department of Defense.
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ICE COMMENTS

COMMENT: My recent visit to the Firestone aboard Marine Corps Base Hawaii was awful. I needed to get a safety inspection for my car on the morning of May 5. I live 40 minutes away from base, so when I leave for work, it's dark. I dropped my car off at 8 a.m. and was told I could leave my car there all day so they could do the inspection and they would call me when it was finished. I left them with my work and cellphone numbers, just to make sure they could reach me. 4:30 rolls around and I haven't received a call. So I call them. I talk to Josh, he tells me my safety inspection was a failure because my headlights weren't working along with my reverse lights. This made no sense to me, I just used my headlights that morning and I've never had a problem with it before. I was really confused by this accusation. He tells me I need new head light bulbs, which cost \$96, and new taillights, which cost \$50. I just couldn't believe it, so I tell him not to do the repairs and that I would fix it myself. I wasn't about to spend \$150 for \$20 worth of parts. I catch a ride with a superior over to Firestone to check out my car that had magically stopped having headlights and taillights. I arrive and no one was working the counter. I don't blame the girl who was there. She was the only one present. She explains to me what she was told: The headlights broke and I need to come back when it's fixed. I grab my key and head to my car and what happens? They're in perfect working condition — no faults, nothing wrong. I return inside and tell the girl that it's working and if they could recheck it, seeing that they just looked at it. She heads to the back office and returns telling me I have to come back tomorrow. I left my car at this place for eight hours and all they did was try to get me to buy new headlights to replace ones that still worked. This is just atrocious. I'm betting I'm not the only one that this has happened to. This should not be happening to those who serve honorably. Something needs to happen, please. Thank you for your time.

RESPONSE: Good morning <name omitted>, thank you for taking the time to let us know about your recent experience at Firestone Complete Auto Care at Kaneohe Bay and would like to offer my apology for the experience you encountered. I understand the service manager of Firestone, <name omitted>, has been in contact with you to discuss your concerns. <Name omitted> performed your safety check this morning and you passed the safety inspection. I understand you are happy with how the Firestone staff treated you and will be returning to do other services in the future. <Name omitted> offers his apology and has addressed the customer service issue with his staff to ensure great customer service is being given to all patrons. Please contact me if we may be of any service in the future. Very respectfully, <name omitted>

*Comments may have been edited for space, anonymity and clarity.

MARINE CORPS BASE HAWAII EVENTS

FUTURE EVENTS

The Marine Corps wants to hear about your permanent change of station experiences with school-age children. Your voice will have an impact on the future K-12 education support services we offer. Please participate in our brief survey to provide input related to your children's school experiences.

Let's work together to make every PCS a "Positive Change of Schools" for your children. Find the survey at www. surveymonkey.com/s/K12MarinePCS.

Homes are available for rent on Marine Corps Base Hawaii for Basic Housing Allowance-eligible and geo-bachelor service members. Active-duty Army, Navy, Air Force, Marines, Coast Guard, National Guard & Reserves. Visit www.fcmarineshawaii. com for information. Apply now by calling 1-866-340-0122. You may also come to the Forest City office at 1571 Lawrence Road for more information or to apply.

Many of the TRICARE enrollmentrelated letters that used to be physically mailed are now available at www. dmdc.osd.mil/milconnect. Instead of receiving them in the mail, beneficiaries whose email address is on file will receive an email directing them to the Mil Connect website where they can view or download their documents. For more information, call Heidi Vazquez at 473-1880.

Weed Warriors are needed June 13, from 8 to 11:30 a.m. Join the Sierra Club, community volunteers, and Base Environmental staff to remove invasive trees and shrubs from the historic Nuupia Ponds and wildlife wetland habitats on base.

Meet at H-3 Gate Pass House Parking Lot at 8:00 a.m., from there you will proceed with Environmental personnel to the work site. The base will provide cotton gloves and tools. Wear old clothes, closed-toe shoes and sunscreen. Bring plenty of water. Expect

to get dirty. Letters of appreciation will be issued to all military members. For questions contact Lance Bookless at lance.bookless1@usmc.mil or 257-7000.

The Single Marine & Sailor Program is offering a volunteer opportunity at the Hawaiian Humane Society for June 14, at 8 a.m. Sign up by today.

The opportunity is open to all single or unaccompanied Marines and Sailors. Assist with the dog running program, as well as other duties. Transportation will be provided. Call Karley Peterson at 254-7593.

The 101 Days of Summer Swim Meet is scheduled for June 12 at 7 a.m. at the base pool. Earn points for your unit. The swim meet is open to all active duty personnel. Register by June 10 with Health Promotions at 254-7636 or call the Substance Abuse Counseling Center at 257-8377. For more information, call Beckie Page at 254-7636.

next Spouses Transition Assistance Readiness Seminar is scheduled for June 13 from 7 to 10 p.m. Reduce the unknowns at this free workshop. Get information on various topics, including Veterans Affairs benefits, budgeting, and relocation. For more information or to register, call 257-7097.

Sign up for the Summer Reading Program: Read to the Rhythm. The program kicks off at the base library, June 13 from 10 a.m. to noon. There will be prizes, activities, and a performance by Uncle Wayne and the Howling Dog Band. For more informaiton, call the

base library at 254-7624. The Single Marine & Sailor Program is looking for all single, unaccompanied

Marines and Sailors to help at the Hawaiian Humane Society June 14. Volunteers will meet at Kahuna's Recreation Center at 8 a.m.

call

information,

coordinator at 254-7593.

Sign-up by June 9. For more

the

SM&SP

next Lifestyles, Insights, Networking, Knowledge and Skills for Spouses class is scheduled for June 16 from 5 to 9 p.m. in the conference

room of building 244. This event is provided by spouses for spouses to help acquire the knowledge and develop the skills to successfully meet the challenges ahead and make new friends.

The class is open to all active-duty Marine Corps and Navy spouses. Reservations are required. For more information, call Marine Corps Family Team Building at 257-2657.

All ranks are welcome to play in the Commander's Cup Golf Tournament, scheduled for Aug. 7, from noon to 5 p.m. The format is a four-man scramble. Team registrations will be accepted at the Klipper Pro Shop until close of business, Aug. 5. For more information, call the Pro Shop at 254-1745.

TODAY

The Marine Corps Base Hawaii post office has Click-N-Ship pamphlets available for patrons. The pamphlets contain websites and instructions how to prepare packages at home to ship. Patrons are able save money and print postage from usps.com, as well as order free shipping supplies. For more information, visit the base post office or call 257-2008.

MONDAY The SAT and ACT tests are scheduled for Monday at 9 a.m. in classroom A of the Education Center. These college-

level entrance exams required by some schools and officer commissioning

programs. Available to military personnel only. For more information, call the Education Center, 257-2158.

Slots are still available for summer

swimming lessons at the base pool. Sign-

TUESDAY

up now. Visit www.mccshawaii.com/ aquatics for summer swim brochure with dates and times of lessons. For more information, call the base pool at 254-7655

WEDNESDAY

The next Library Book Club meeting is scheduled for Wednesday from 5:30 to 6:30 p.m. at the base library. This month's book is "A Light Between

Oceans" by M.L. Steadman. The club is open to adult members of the MCB Hawaii community. For more information, call the base library at 254-7624.

The Single Marine & Sailor Program is hosting a free barbecue luncheon June 10 from 11 a.m. to 1 p.m. in the courtyard at Kahuna's Bar and Grill.

The event is open to all single, unaccompanied Marines and Sailors. Attendees must dine in only, no takeouts. For more information, call the SM&SP coordinator at 254-7593.

THURSDAY

A transition brief is scheduled for active-duty service members and spouses at the Pollack Theater, Thursday from 9:30 to 11 a.m. at Pollack Theater aboard Camp H.M. Smith.

Uniform of the Day or appropriate civilian attire. Registration is not required. For more information, call the Transition Readiness Program at 257-7790/96.

The Personal Financial Management Program has scheduled a home buying workshop Thursday from 11:30 a.m. to 12:45 p.m. in classroom G of building 220. Bring your lunch. Get the latest information on purchasing a home.

The workshop is open to all active duty and family members, and Department of Defense civilian employees. Register online at www. mccshawaii.com/pfmpworkshops. For more information, call PFMP at 257-7783/1232.

AROUNDEORPS

Your weekly guide to what's happening around the Corps

East Coast

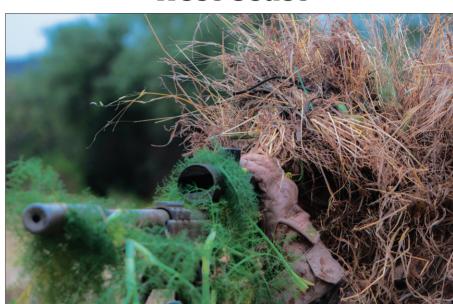


Cpl. Michael Dye | II Marine Expeditionary Force

Marines with 1st Battalion, 10th Marine Regiment, are swarmed by role-players asking for help during Infantry Immersion Training aboard Marine Corps Base Camp Lejeune, N.C., May 29. The immersion center is a Military Operations on Urban Terrain environment that allows Marines to experience a realistic village and encounter role-players to better sharpen their MOUT skills.

See https://www.dvidshub.net/news/165207/marines-with-1st-bn-10th-regconduct-house-house-street-street-training#.VW9tT2RVhHw for full story

West Coast



age Cal Danielle Bedrigues I I Marine Evanditionery Fore

A Marine with 1st Marine Division, 7th Marine Regiment participates in stalking training aboard Marine Corps Base Camp Pendleton, Calif., May 27. The training was the last event during Division School's six-weeklong Pre-Scout Sniper Course.

See https://www.dvidshub.net/news/164860/marines-1-7-attend-prescout-sniper-course#.VW9vAWRVhHw for full story

Overseas



Cpl. Lucas Hopkins | U.S. Marine Corps Forces Europe and Africa

Lance Cpl. Patrick Jenkins (left), a water support technician, and Cpl. Steven Valliere, a watch chief, process Marines through a non-combatant evacuation operation tracking system during evacuation control center sustainment training aboard Naval Air Station Sigonella, Italy, May 27. Approximately 30 Marines, all assigned to Special-Purpose Marine Air-Ground Task Force Crisis Response-Africa, participated in the training to refresh their evacuation operation skills.

See https://www.dvidshub.net/news/165122/us-marines-rehearse-non-combatant-evacuation-operations#.VW9vF2RVhHw for full story

A-4 • June 5, 2015

HAWAII MARINE

Hawaii Red Cross urges residents: Prepare now for hurricanes

Press Release

Hawaii Red Cross

Hurricane season runs June 1 through Nov. 30 for the Central Pacific area.

The Hawaii Red Cross is urging families and individuals to prepare for the storm season ahead. Hurricanes can cause life and property-threatening hazards such a flooding, storm surge, high winds and tornadoes. The Hawaii Red Cross recommends that residents reevaluate their family evacuation plan, emergency preparedness kit and get better prepared. Preparation is the best protection against the dangers of a hurricane.

"By taking a few simple actions like making an emergency kit and a family plan, you can prepare for hurricanes and other emergencies," said Coralie Chun Matayoshi, CEO of the Hawaii Red Cross. "Even if you took action to prepare last hurricane season, it's important that you revisit and update your communication plan and check your kit for expired items. Being prepared in advance can be a lifesaving measure when a storm threatens our islands."

The American Red Cross recommends the following preparedness actions:

Download the free Red Cross Emergency app to your mobile device. Emergency is the one-download resource that puts vital information at your fingertips. This "all-inclusive" app combines more than 35 different severe weather and emergency alerts from natural to man-made, giving you real-time information to help keep you and

your loved ones safe. Choose the alerts that are important to your location. Monitor activity across the country to know when incidents are about to occur in the locations of your family and friends. Activate "Family Safe" to notify loved ones that an alert has been issued in their area and check to see if they are safe. Access vital information on what to do before, during and after an emergency strikes. Download the app by visiting redcross.org/apps.

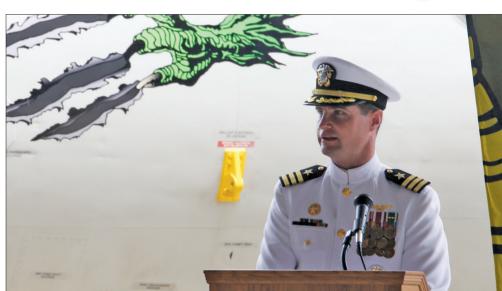
For more information, visit redcross.org/prepare/disaster/hurricane. The Hawaii Red Cross can be reached at 734-2101.

The Red Cross Hurricane App is free and available for download on smartphones.

Kristen Wong | Hawaii Marine







Photos by Cpl. Adam O. Korolev | Marine Corps Base Hawaii

SKINNY DRAGONS' WELCOME NEW COMMANDER

ABOVE: Cmdr. Jonathan E. Spore, incoming commanding officer of Patrol Squadron 4, makes remarks during a change of command ceremony at Hangar 104 on Thursday. Spore took command of the "Skinny Dragons" from Cmdr. Eric M. Hanks. **LEFT:** Navy Capt. Steve L. Newlund (left), commanding officer of Commander Patrol and Reconnaissance Wing 2 presents a Meritorious Service Medal to Hanks, outgoing commanding officer for VP-4.

HAWAII MARINE June 5, 2015 • A-5

GOLDEN EAGLES HONE FLIGHT

Navy Capt. Stephen L. Newlund, (left), the commanding officer **Commander Patrol** Reconnaissance Wing 2, Officer 2nd Class Tracy McAllister, a naval aircrewman, and Lt. Cmdr. Keith Buckingham adjust landing controls on a P-3C Orion maritime patrol aircraft belonging to the "Golden Eagles" of Patrol Squadron 9 during a routine training flight, May 28. Naval aircrewmen and pilots are required to maintain a certain amount of flight hours per quarter to continue mission readiness and performance.



Treatment for addiction is a phone call away with AMIOP

Virginia Jones and Jim Goose Guzior

Tripler Army Medical Center

TRIPLER ARMY MEDICAL CENTER — For more than 30 years, Tripler Army Medical Center has had an ongoing program tucked away in its own ward, providing a valuable service to thousands of activeduty service members, retirees and family members from all branches of the military. Some people might remember when they were known as TRISARF, the Tri-Service Addiction Recovery Facility. In 2014, along with a move to a larger space came a new name: Addictions Medicine Intensive Outpatient Program. So what is AMIOP and what do they do?

As the name suggests, AMIOP provides treatment for substance use disorders. The staff at AMIOP follows criteria from the American Society of Addiction Medicine and their service level is categorized as a level 2.5, which means "intensive outpatient." Patients attend the program for five weeks, Monday through Friday from 8 a.m. to 3:30 p.m. Each day is spent in classes, groups, and in individual sessions with licensed behavioral health counselors who have specialty certifications

in addictions. Referrals come from commands, medical providers and from patients themselves. The patients are introduced to recovery through a variety of methods including learning about the scientific and medical models of addiction and the spiritual component provided by successful 12-step programs such as Alcoholics Anonymous and Narcotics Anonymous. Families are encouraged to actively participate so that they can learn about the effects of addiction on everyone, including their children. Like many other diseases, addiction often runs in families. Children are at risk of developing this disease with both genetic and environmental factors as significant contributors.

The clinic has a provision of therapies aimed at patients who often feel frightened, ashamed, guilty and confused. Unfortunately, the negative stigma associated with substance use disorders contribute to these feelings. Much of the focus is spent on destigmatizing this disease and normalizing feelings through education. A disease of this magnitude that affects millions of people in the U.S. alone should be regarded with the same respect as any other disease because it is a medical disorder.

"Addiction can lead to catastrophic outcomes if left untreated. That's why we want to reach out to the community to make our services well known," said Gerard Delisio, the clinical director of AMIOP. "It's not until something tragic happens that we react. Let's be proactive, and fight this disease together without fear."

Pandy Ching, a senior counselor and licensed specialist clinical social worker, has worked in the clinic since its inception.

"Misinformation is deadly," Ching said. "People consistently fail to recognize that addiction as a medical disorder is no different from diabetes, hypertension, or some forms of cancer. These all have a cause, symptoms, and a treatment protocol."

The treatment protocol for addiction is abstinence, so if you feel that you are having difficulty with sustained periods of abstinence call or electronically consult AMIOP for an assessment. If you are stationed in the continental U.S., check with your local military treatment facility to see if there is an AMIOP near you. There is a consultation liaison representative from Tripler Army Medical Center, standing by for your call at 433-6098.

A-6 • June 5, 2015



Photos by Kristen Wong | Hawaii Marine

ABOVE: Jonah Baluca, 10, helps his brother, Alijah, with his ride on the new trike path during a mini family fun fair for the Kaneohe Bay Armed Services YMCA in building 455, May 29. The new trike path and accompanying shade structure were both recently completed and opened to families. The top of the shade structure is blue to represent the ASYMCA and the poles are red to represent the Marine Corps.

RIGHT: Kami Harmer and her daughter, Weslyn, rest beneath the new shade structure with shave ice.



ASYMCA invites families to use new structures

Kristen Wong

Hawaii Marine

Just accepted into preschool, Tyler Roberthon, 2, took his red tricycle for a spin on a brand new trike path, joining other children at a mini family fun fair in front of building 455, May 29.

The staff of the Kaneohe Bay Armed Services YMCA was busy as families partook in ruby red shave ice and enjoyed the new shade structure and trike path on the lawn. That same day, the newest class of graduates donned blue cap and gown sets, some heading for their last year of preschool, the rest preparing for kindergarten.

With funding from private donors, and approximately 12 weeks of planning and installation by a contractor, the structure and path were completed on the front lawn.

"Children and parents alike all enjoyed playing in the new outdoor space at our unveiling party on Friday," said Dannie Zboyovsky, the Kaneohe Bay branch director. "As the grass continues to grow in we will be able to host more events outdoors and incorporate more outdoor activities into our programs' curricula."

The structure and path also had a personal touch from those who would be using them. The ASYMCA staff chose the color blue for the shade to represent the ASYMCA colors, and red for the poles to represent the Marine Corps. In April, MCB Hawaii families were invited to leave their mark during an event called "Handprints in Hawaii." Parents and children left handprints and initials in the wet cement. Zboyovsky said they made prints to create a "rumble strip" for the children when they ride their tricycles over the path.

Zboyovsky said the children have not had a play area of their own for quite some time. The organization's previous play structure was removed last June because the equipment was no longer age-appropriate. The ASYMCA was also forced to move temporarily due to flooding last summer, and reopened at its current location Oct. 22, 2014. Zboyovsky said the location is semi-permanent, according to the ASMYCA's memorandum of understanding.

Sofia Castacio, the office manager at the K-Bay ASYMCA, said before the structure and path were built, the grassy area was filled with rocks and dirt. She added that the teachers either took the children to play at nearby playgrounds, or a smaller, back area of building 455.

"We couldn't use this area at all," Castacio said, referring to the area's previous state. "(The new structure and path are) definitely better."

Zboyovsky said having the outdoor space allows the ASYMCA teachers the flexibility to expand their lesson plans to include the outdoors. She added that the trike path as a gross motor activity encourages coordination and large muscle development for the children.

"We are constantly growing in numbers," Zboyovsky said. "Our client interest and enrollment is higher than ever, as is our growing waitlist for our parent participation preschool classes. We look forward to growing exponentially in the coming months, years and hope to open afternoon classes in the near future."

Zboyovsky said she hopes to sand down and repaint the existing redwood benches and tables in the area as well.

"We are currently only limited by our building capacity limitations," she said. "(We) would love to have more space to expand programs and services."

"I like it," said Aimey Roberthon, Tyler's mother. "Honestly, anything to encourage outside play is good."

Tyler will be starting preschool soon at the K-Bay ASYMCA. She said the path fits the children's needs better than the "typical slides and swings."

"It gets them moving around," Roberthon said.

A-7 • June 5, 2015 Hawaii Marine



Photos by Cpi. Adam O. Korolev | Marine Corps Base Hawa

Cpl. Manuel Concreras, a wireman for 2nd Battalion, 3rd Marine Regiment, holds Cpl. Jared Malczewski's legs as he prepares to orient himself upside down in the base pool as a part of Shallow Water Egress Training at the base pool, Wednesday. In this scenario, the Marines learned how to put on their oxygen apparatus while underwater.

HELO, from A-1

plunged into the water. There are five mandatory levels to the training, each new level adding a bit more challenge to the equation. Scenarios ranged from scooting farther away from the exits to shedding gear before exiting the MAET. One dunk requires Marines to work without an oxygen supply tank altogether.

"(The new scenarios) make you lose your position," Scott said. "The instructors teach you how to find your place by feeling your surroundings and reorienting yourself."

It's kind of a mind game as the water rushes in and up your legs, he added.

"There is a lot of anticipation with the water surging in," Scott said. "You're waiting (and watching) the water to hit you so you can start the process of getting out. It's like a cold, wet clock ticking away as it climbs up (your body)."

Scott said this is one course where you need to listen to the instructors. They tell you exactly how to get out and the easiest way to do it.

"(Remember,) you have an air tank with you so you're fine," Scott said.

Michael Brennan, a SWET instructor, guided the Marines through the final level, which was the performance evaluation. Brennan has been a SWET instructor for 10 years.

"(We teach) people to get comfortable with breathing compressed air to get out of a conveyance," Brennan



Lance Cpl. Brian Vecchitto, a motor transport operator with Headquarters and Service Company, 2nd Battalion, 3rd Marine Regiment, readies himself for impact inside of the modular amphibious egress trainer.

said. "The more comfortable you are with breathing compressed air, the more likely you are able to survive (an underwater conveyance)."

MIDWAY, from A-1

stationed west of Oahu on Wake Island when their unit was also attacked Dec. 7, 1941. Imperial Japanese forces eventually captured and occupied the island until the end of the war.

"Until the Battle of Midway the U.S. was losing the war in Pacific badly," said Shauna Tonkin, the director of education at the Pacific Aviation Museum. "Imperial Japan was getting closer to reaching its goals, (which included) occupying and taking control of the South Pacific and Pacific Rim."

Those interested to learn more about the Marine and Navy contributions to conflict at Midway Atoll have modern resources at their fingertips. The Pacific Aviation Museum has an exhibit about the battle available year-round. The museum is commemorating the battle with an hourlong presentation with Midway historian Craig Symonds, Saturday at 1:30 p.m.

Digital copies are available of extensive histories about the battle. Marine Corps historian Lt. Col. Robert D. Heinl Jr. published a series of articles.

describe how

sources

These

commanding officer of Marine Scout-Bombing Squadron 241, Maj. Lofton R. Henderson, was killed in action leading several planes in glide bombing to attack. Heinl includes several first-person accounts, including one from Capt. Elmer G. Glidden, leader of the second division in Henderson's group.

"After making my run L kept heading on

"After making my run I kept heading on for the water, and I headed on an approximate bearing home," according to Glidden in Heinl's article. "Looking back I saw two hits and one miss that was right alongside the bow. The carrier was starting to smoke."

Heinl describes how these hits to Imperial Japanese carrier Akagi were confirmed by the carrier's commanding officer during later interrogations. With a joint operations effort, American military forces stopped Imperial Japan's attempts to expand to Hawaii.

"When four carriers sunk at Midway, Japan had lost the core of its aviators," Burlingame said. "The Japanese aviators never really bounced back after that during the war."

Annual commemorations of the battle offer a glimpse into the sacrifices made by those who fought. Even before American forces left Midway Atoll, the dangers were evident.

"All planes that had returned to the base were badly shot up and some were in very unflyable condition," wrote Capt. Marshall A. Tyler in a now declassified report for VSMB-241 written June 12, 1942. "1st Lt. Iverson's plane had (more than) 210 bullets and shrapnel holes in it scattered over every portion of the plane."

Sports & Lifestyle



The first "fun run" finisher runs along the Nuupia Ponds trail with no one in sight behind him, May 29 at the Nuupia Ponds Fun Run/Walk. The race wasn't for placement or medals.

Cpl. Khalil Ross

Marine Corps Base Hawaii

The kick off for the 101 Days of Summer Program was the Nuupia Ponds Fun Run/Walk May 29 which started at the back entrance to the ponds and finished near the physical fitness test starting point by building 1635.

There were nine different units who ran as a formation as well as individuals who ran on their own.

participant Race Kemton Taylor, an Installation Personnel Administration Center Marine, said the race was fun and challenging.

"It started off slow because we were running in formation, but once we broke into individual running it picked up," said the Kingston, Jamaica, native. "The heat added another level to the run."

Taylor has run in two other races in the Commanding Officer's Fitness Series. He plans to run many more and looks forward to the ones in the

"(I'm) looking forward to more runs like these as a group," Taylor said. "They are a great way to meet people from other units that you don't get to see during the workday."

Taylor also said people can see their progress with these races too.

"(These runs) are nice workouts," Taylor said. "(Running) helps maintain weight and keeps your heart strong.'

Taylor said with the Pond Run

starting off the 101 Days of Summer Program, Marines will have plenty of activities to keep busy during the summer.

Beckie Page, the assistant manager at the Semper Fit Center as well as acting Health Promotions coordinator, said there were about 50 more participants this year from last. She said it was a great kick off to the 101 Days of Summer.

She said the program's various activities are chosen to raise awareness of substance abuse and promote responsible alcohol consumption.

Each 101 Days of Summer event has a point system based on unit participation. Each Fitness series run adds points to a units score. There are also classes provided that Marines can take to get even more points At the end of the summer program the points are tallied and the first, second and third place winners will get a cash reward that the unit can use at its own discretion.

"I feel that the events and activities within the 101 Days of Summer are an amazing team building opportunity for all units," Page said. "Witnessing the camaraderie between fellow Marines and Sailors is what teamwork is all

The complete list of 101 Days of Summer events and activities can be found at mccshawaii.com link or contact Page at the Health Promotion Office at 254-7636.



2015 Schedule of Events & Activities

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29

Nuupia Ponds Fun Run/Walk – Across Pollock Field

JUNE

9-19	Lunchtime	Horseshoe Tournament –
9-19	Lunchume	Riseley Field Horseshoe Pits
12	0700-0930	Swim Meet – K-Bay Base Pool
20	0630	Surf & Turf 5K – The Officers'

25	1700-2100	Bowling – K-Bay Lanes
JULY		
4	0630	Runway Run 5K – Hangar 104
8-24		3-on-3 Basketball – Semper Fit Center Basketball Court
18	0700	Camp Smith Grueler 5K

AUGUST

4-17	Lunchtime	Sand Volleyball — Riseley Field Sand Courts
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0630 Tradewind Triathlon

14 1130 SM&SP Shank & Slice Golf Tournament

Field Meet – Riseley Field and 0800-1200 Pop Warner Track

Health, Wellness & Fitness Fair – 1100-1300 Camp Smith Fitness Center

SEPTEMBER

There are nine core classes 101 Days of Summer provides to units and individuals. The classes address nutrition, physical fitness, stress management, STD/HIV prevention education, alcohol and substance abuse prevention, chronic disease education, tobacco cessation and injury prevention. Earn points when participating in any of these classes during the 101 Days of Summer program. Earn up to 2,100

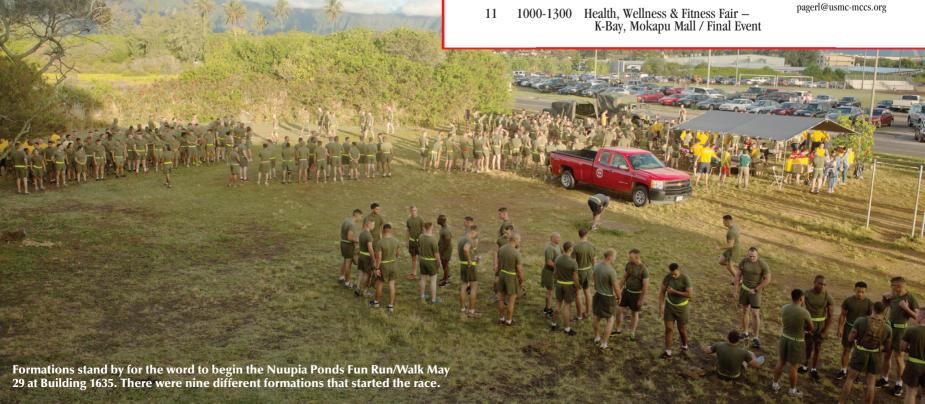
points in this area. The other area of focus is Health Risk Assessment (HRA). Units also get points when Marines and Sailors complete a Health Risk Assessment.

This HRA survey may be found online at https://nmcpeh-web2.med.navy.mil/pls/ newhra/dsc6pop.NEHCha_Login





MCCS Health Promotions 254-7636



KEVIE

Your weekly guide to the best aspects of entertainment

sing 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 there's 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.



Better Know A Critic

Kristen Wong admits she sometimes has to be dragged to movies that she later finds to be outstanding. She loves movies that make her care about the characters and sympathize with their plight. She enjoys action, fantasy, comedy and dabbles in horror.





Making, not wishing for, a better 'tomorrow'

Kristen Wong

Hawaii Marine

Have you seen children do things far too advanced for their age? Do you enjoy the talents of well-known actors like George Clooney and Hugh Laurie? How about watching country singer Tim McGraw tackle the role of a NASA engineer? Perhaps you enjoy futuristic worlds with cool gadgets. "Tomorrowland" will deliver all this and more.

The story begins with Frank Walker (Clooney) and Casey Newton (Britt Robertson) making a recording. We're not exactly sure what's going on, but they begin by each telling us how they got to where they are today. "Tomorrowland" is one of those movies that only gives us bits of plot at a time. This makes summary without spoilers difficult, so I'll stick to the preview. Casey is being released from jail. As an officer returns her belongings, she discovers a small pin with a "T" on it, which shows her something quite unique. That's all I'm going to say. Go and watch the movie.

I say this because the effect will not be the same if I tell you everything now. Instead, I encourage you to experience the journey for yourself, first with Frank, then with Casey. I felt like a child again. I shared their amazement, horror, curiosity and yearning for something just out of reach. Have you ever been in the midst of something so wonderful, only to have it wrenched away, like waking up from a good dream? I hope you feel the same way.

This movie actually does not touch on new themes. It explores the larger themes of apocalypse, conservation and politics. As with many movies, it shows audiences the fruits of endurance, persistence, hard work and having faith in oneself and others. You've heard it all before. But it's presented so well you don't roll your eyes at such a tired, overstated lesson. Instead, you cheer for the characters as they face challenges, and you feel that the lesson is validated.

"Tomorrowland" shares the same concept as the TV show, "Eureka." However, unlike "Eureka," the audience is not part of the wondrous new world, but left to gaze from afar. I think the larger message of the movie is quite sad, but honest: Is humanity worth saving? We're not a perfect species. We mess up. I saw the show "Life After People." If humans went extinct, the Earth would break down everything we built, grow over it and would be as lush and untainted as it once was, free of crime, war and pollution. Obviously, it's just a theory. But in my opinion, it's humbling to be reminded that the world is much bigger than we are.

I am not here to point fingers and preach. I'm just as flawed as everyone else. But I left the theater feeling that there is still hope, and there are still good people in the world. I hope when people see this movie, they will also take away something positive, and, in their own way, turn that positivity into progress like the "dreamers" will in Tomorrowland.







SUDOKU

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Fun By The

Like puzzles? Then you'll love sudoku. This

mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

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ANSWER:



Prices: All shows are \$5 for adults and \$3.25 for children. All 3-D shows are \$8 for adults and \$6 for children. For ticket pricing, the base theater box office defines an adult as a patron 12 years and older and defines a child as a patron from 6 to 11 years old. 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.

"Avengers: Age of Ultron" PG-13 Today | 6:30 p.m.

"The Water Diviner" R Today | 9:15 p.m.

"Ex Machina" (Final Showing) R Saturday | 9:15 p.m.

"Hot Pursuit" PG-13 Saturday | 6:30 p.m.

"Avengers: Age of Ultron" PG-13 Sunday | 2 p.m.

"The Water Diviner" R Sunday | 6:30 p.m. "Avengers: Age of Ultron" (Final Showing) PG-13 Wednesday | 6:30 p.m.

Black Knights defeat 1/12, reign as intramural softball champions

Cpl. Adam O. Korolev

Marine Corps Base Hawaii

The Marine Aviation Logistics Squadron 24 Black Knights dethroned 1st Battalion, 12th Marine Regiment Kings of Battle in the championship game of intramural softball, Saturday at Annex Field.

Service members of both teams were awake by 8 a.m. in preparation for the final games; however, MALS-24 had a slight advantage since they were up to play and won against the Pookela team, allowing them to warm up, according to MALS-24 Black Knight shortstop

Casey Horton.

get our bats live and get stretched out," Horton said.

The final teams had squared off prior to the championship, allowing for both teams to gauge how the actual championship game would roll. It was apparent within the first three innings that the Black Knights would have the upper hand, with a score of 13-0 at the bottom of the third inning.

"We struggled during the first game and we had a lot of errors in the outfield," said 1st Bn., 12th Marines pitcher Bradley Diamond. "We got ourselves in a better position for the second game, and I think we played a intramural softball players filled the stands. They cheered as several of the Black Knight batters launched home runs under the blue sky and beyond the field's black gates, which became commonplace throughout the game.

"We're a tight-knit group," Horton said. "(All of us) come from the same command. We are not one of those teams who picks other people. We work together, hang out together and play

softball together."

The Kings of Battle tried to fight the growing lead but spirits smoldered as the Black Knights were running through the home plate like clockwork. field, and hope began to surface.

By the fifth inning, 1st Bn., 12th Marines were only down by four points, but only had 15 minutes of game play left. They became more determined to take the champion crown; but unfortunately, their determination could not match up to the Black Knights' royally tight ball playing.

With a final score of 19-14, The Black Knights seized the championship title.

"Today they were definitely the better team," Diamond said. "They have a lot of really good players, and they always hit the ball really well. Today, unfortunately, we weren't able to recover from our mistakes as well as they did. It was a good season. It's



The members of the Marine Aviation Logistics Squadron 24 Black Knights team pose for a photo after winning the intramural softball championship Saturday at Annex Field. The Black Knights defeated 1st Battalion, 12th Marine Regiment, 19-14.

B-4 • June 5, 2015

HAWAII MARINE

The guard who never smiles

Lisa Smith Molinari

Submission

During morning rush hour, cars creep forward in a queasy gas-break rhythm toward Gate 1. The most recent ISIL threats have prompted heightened security, so the guard is taking his time.

After school drop offs, I join the security line in order to get back to our house on base. With nothing else to do but wait, I flop down the visor and grab a flosser from my purse. Every few seconds, I peek under the mirror and inch the minivan toward the back bumper of the blue Prius ahead of me.

In the space of two minutes, I manage to floss my teeth, pluck a few stray eyebrow hairs with the tweezers I keep in the center console, and dust the pollen off the dashboard with my sleeve.

With the gate finally in sight, I feel for my military identification card. I use the pad of my thumb to grip the edge of the laminated card, tugging it from its slot. Every once in a while, it's not there, and I feel that nervous burn in the pit of my stomach. Did I lose my military ID? But after a few panicked seconds, I find it in the wrong slot or rattling around in the bottom of my purse with gum wrappers and stray coins.

This time, my ID is just where it's supposed to be, and I slide it out between my thumb and forefinger in one fell swoop.

As the blue Prius ahead of me stops at the guard station, I see him.

"Oh no not that guard" I mumble

"Oh no ... not that guard," I mumble to myself with dread. Will he finally crack a smile?

I've known many gate guards in my 21 years as a Navy spouse. Our family has lived on base for our last three tours of duty in Germany, Florida, and now Rhode Island. We also lived on base in California, but that was during the 90s when the gate guard, if there was one at all, would simply wave vehicles through, casually eyeballing for military decals on windshields.

Nowadays, in the post 9-11 era, military folks have "personal" relationships with

their gate guards, who check our military ID cards multiple times each day. We begin to recognize the guards and their distinct personalities.

There's the chipper young military guards willing to exchange "thank-yous" and "have-a-nice-days" while fulfilling their duties. The Department of Defense police guards are a more eclectic mix. Some reflect local social mores — southern hospitality, west coast mellowness, midwest sincerity, northern reserve. In Florida, I enjoyed banter with guards who had slow-cooked southern drawls, and here in New England, I perk up when I see the one who chats with an amusing Nor'eastern accent, complete with dropped "r"s that turn up on the end of other random words.

Of course, no matter which guard is at the gate, there is always that serious moment when they swipe my ID through their hand-held card reader, apparently revealing everything in my past, including that day I got grounded for digging worms up in the neighbor's backyard. No matter what I've done in my life, I always feel like I'm in trouble. But what a relief it is when the guard looks up from his little machine of secrets, hands me my ID, and says with a smile, "Have a nice day, ma'am." Whew!

But some guards are different.

After checking the Prius driver's ID, the stoic guard orders him to proceed with a flick of his finger, as if jettisoning a bug from his shirtsleeve. I sheepishly approach the guardhouse, handing over my ID. Should I kill him with kindness? Drip with sarcasm? Or hit him head-on with, "Hey mister, this ain't no Buckingham Palace — lighten up!"

But as usual, I utter no words other than a weak "thank you" after being summarily dismissed.

Driving away, I realize, as much as I'd feel more comfortable if he would let his guard down and smile, he might be more comfortable keeping his guard up.

And as long as the guards are keeping us safe, I guess I'm comfortable with that.

www.themeatandpotatoesoflife.com

HAWAII MARINE June 5, 2015 • B-5

COMMUNITY, VOLUNTEER BRIEFS

Rides, games, more at 50th State Fair

The annual 50th State Fair is scheduled to open its doors today starting at 6 p.m., and Saturday and Sunday, starting at 4 p.m., at the Aloha Stadium in Honolulu. Remaining dates for the summer include June 12 through 14, June 19 through 21, June 26 through 28 and July 3 through 5. There are games, rides, entertainment and more. For more information about parking and admission fees, visit http://www. ekfernandez.com/events/50th.asp.

WCS to host spring concert

The Windward Choral Society is performing its 7th annual spring concert, "I Am in Need of Music," tonight from 7 to 8:30 p.m. with a repeat performance Sunday from 4 to 5:30 p.m. at St. John Vianney Parish in Kailua. The concert also features Kaanohiwaianuenue Hula Studio. Admission is free and no tickets are required. Find out more at www. thewindwardchoralsociety.org.

Superhero magic show scheduled at library

Local magician Kelvin Chun (and his superhero sidekick) are bringing magic tricks to Manoa Public Library, Saturday, at 11 a.m. This 45-minute program is suitable for all ages. Young children must be accompanied by a parent or adult caregiver. For more information, call 988-0459.

Help commemorate Battle of Midway

The Pacific Aviation Museum is commemorating the Battle of Midway Saturday from 1:30 to 3:30 p.m. The museum marks the 73rd anniversary of the turning point of World War II with a special Midway program. U.S. Naval Academy Professor Emeritus Craig. L. Symonds, author of "Battle of Midway," will speak and lead a discussion on the significance of this battle, followed by a book signing. The event is free with museum admission. For more information, visit pacificaviationmuseum.org.

UH Kids First Film Festival scheduled

The University of Hawaii "Kids First!" Film Festival is scheduled to show "Maya the Bee," Sunday from 3 to 5 p.m. in the Art Auditorium building of the UH-Manoa campus in Honolulu. Admission is free, and on a first come, first serve basis. Doors open at 2:30 p.m. The next movie in this film series is a French liveaction film called "Belle and Sebastian," is scheduled for June 12. For more information about the film festival, visit www.summer.hawaii.edu/kidsfirst.

Volunteer with Heeia Estuary Restoration

Hui o Koolaupoko is looking for volunteers for the Heeia Estuary Restoration Project June 13 from 9 a.m. to noon at Heeia State Park on 46-465 Kamehameha Highway. The project is aimed at improving water quality and increasing habitat for native aquatic animal species by removing invasive plants and replanting native Hawaiian species along a portion of the Heeia Stream estuary.

This year's workdays are also the second Saturday of August, September, October and December. Volunteers under age 16 must have adult supervision. Participants under the age of 18 attending without their parent or legal guardian must bring a signed waiver. All others will sign the waiver upon arrival. For more information, visit www.huihawaii.org/get-involved.html.

What to bring:

- closed-toe shoes (required)
- attire to get wet and muddy
- water bottle
- sun/rain protection
- towel
- change of clothes, bag for the dirty clothes

USO to host twilight tribute at Sea Life Park

The Third Annual Twilight Tribute to the Troops is scheduled for June 20 from 3 to 9 p.m. at Sea Life Park. Free admission will be granted to all military and their dependents. The park will be closed to the public. Active-duty service members, reservists, retirees and dependents should bring their military identification cards. Free off-site parking is available at Bellows Air Force Station beginning at 2:30 p.m. with continuous shuttle service to and from Sea Life Park. Dolphin encounters are available at special rates with advanced reservation. Reserve early due to limited space. For more information, call 259-2500. USO Hawaii has posted a flier on Facebook with frequently asked questions about the event.

B-6 • June 5, 2015

Guiding little ones through big moves: Find help for children while PCSing

HAWAII MARINE

Christine Cabalo

Hawaii Marine

Families don't have to feel boxed in when taking care of their children before a permanent change of station.

Personal assistance for the service members who are parents and their families is available at Marine Corps Base Hawaii, in addition to online help. Many of the base organizations are part of an international network of locations at several military installations.

Getting ready for school

Families can reach out to their local school liaison for their child's educational needs at any time. The School Liaison Office at Kaneohe Bay assists PCSing families by helping them find schooling in Hawaii or the region they'll be moving to. The office has information about home-schooling and private school options as well. The office is located in building 216 near Dewey Square and can assist by phone, email or scheduled appointments.

"For families currently residing in Hawaii, I assist with facilitating communication between the school and the family," said Amy Solomon, the school liaison at MCB Hawaii. "I ensure that parents and students receive assistance, resources, information and referrals to include best practices for school transitions for children entering kindergarten and out of 12th grade."

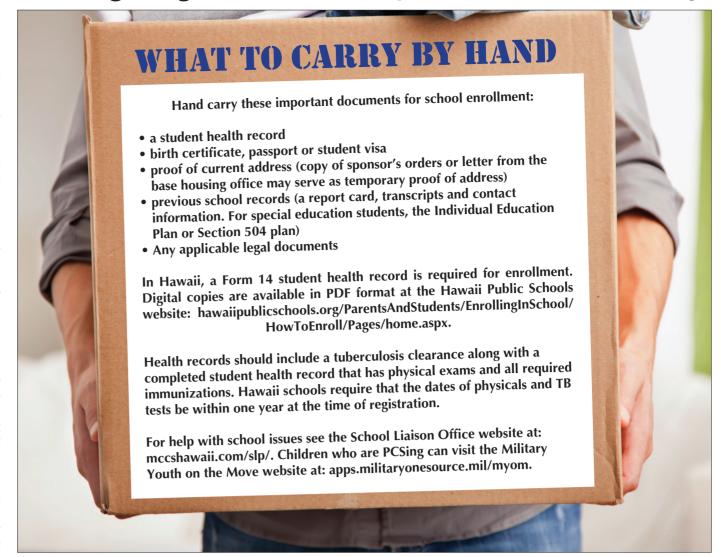
Solomon said every region has its own schooling guidelines, and PCSing parents can contact her to find out more about local laws. She said parents coming to Hawaii should learn about enrollment requirements for each grade. Children must be 5 years old by July 31 of the school year to enter kindergarten, according to standards recently implemented by the Hawaii State Department of Education.

"Parents should be aware that public schools in Hawaii are not year-round, but that the school year starts very early," Solomon said. "The first day of school (for the) next year is Wednesday,

Solomon said Hawaii requirements for older students might also impact a family's decision on education options. For example, students may not obtain credit for a high school diploma from their local public school for any homeschooling done in grades 9 through 12. However, home-schooled students may obtain a diploma through a community school for adults.

Creating a comfortable home

If household goods are in transit, there are still several inexpensive ways to make a new home comfortable for children. Service members and their



families can borrow household goods, including high chairs and cribs, through the base's Lending Locker Services. Families who have their PCS orders can make an appointment to check out items with the Family Member Employment Assistance Program and Relocation Services office located in building 579 along Reed Road. The free service is available for those moving to or leaving the base.

Families can also look to the Armed Services YMCA for help to reduce moving costs, regardless of a service member's rank, said Dannie Zboyovsky, the K-Bay ASYMCA branch director.

The nonprofit organization offers a food pantry at their office in building 455 near Lawrence Road. The pantry features canned goods and occasionally other donated living necessities.

"With the high costs associated with a move, we welcome people to come down to get food out of our food pantry," Zboyovsky said. "Those who need food or other supplies can grab a bag (and) fill it with what you need."

Families can also borrow books, toys and other child care items from the K-Bay branch office. Service members or spouses must fill out a form and return what they've borrowed within a 30-day loan period.

"We have a lot of duplicate books,

racetracks and donated items from families who have items that (their children have) grown out of," she said. "People can come in on weekdays to see what's available during our working hours from 7:30 a.m. to 1:30 p.m."

Handling emotional stress

After taking care of immediate physical and mental needs, there's assistance to deal with the emotional stress of relocating.

"The (Families OverComing Under Stress) program is great, available at most base locations," said Crystal Brookover, information and referral specialist at the base Marine and Family Programs office. "They help with moving and other emotional issues. Some children move dozens of times, but one move might be harder than another. The program is great for behavioral health since (it involves) the whole family."

The FOCUS office in building 3022 offers personalized training to build problem-solving skills and reduce stress. Brookover said families being proactive and efficient could make a noticeable impact.

"You can call your base info and referral rep, who can direct you to appropriate people," she said. "Then you can get a sponsor and you'll connect with another family so you have a warm hand off when you get there. There are a lot of resources you can find if you know which city you're going to."

Finding more resources

Digital and web resources are also free to military families. The Department of Defense teamed up with the Sesame Street Workshop to create "The Big Moving Adventure" app in 2014. The free app, available for mobile devices on several platforms, lets children experience the moving process with a muppet friend.

National organizations, including FOCUS, also have online training families can complete on their own schedules. There are even more resources featured during the "PCS & Moving Workshop" held several times a year. The next ones are scheduled at K-Bay are June 10 and 24, July 8 and 22 from 8 a.m. to noon in classroom 7 of building 1090. Orders are not required to attend, but registration is. Call FMEAPRS at 257-8354.

While families can't anticipate for every situation, some planning can go a long way, Brookover said.

"If they stay proactive and reach out to their new base, they'll find a lot of support from the get-go," Brookover said. "Then it's less of a struggle."