

Hawaii Marine



Sgt. Brian A. Tuthill

The Marine Corps Air Station Kaneohe Bay color guard march their newly-unfurled unit colors during a parade May 22 after redesignating the facility as a Marine Corps Air Station. The air station was renamed in honor of the late Maj. Gen. Marion E. Carl, a Marine aviator, and the ceremony was held on the 97th birthday of Marine Corps aviation.

Ceremony redesignates air facility to MCAS Kaneohe Bay

Lance Cpl. Cassandra Yoho
Combat Correspondent

Marine Corps Air Facility was renamed Marine Corps Air Station Kaneohe Bay during a re-designation ceremony on the flight line near Hangar 105 aboard Marine Corps Base Hawaii May 22.

Along with the activation of the air station, there was also a commemorative naming of the airfield to "Carl Field" in honor of the late Maj. Gen. Marion E. Carl.

"It is fitting that on the 97th birthday of Marine Corps Aviation, we are also able to honor a true Marine hero and great American by commemoratively naming the airfield," said Lt. Col. Glen Butler, MCB Hawaii operations officer.

The event started with an invocation by Navy Lt. Gregory Cates, chaplain MCB

Hawaii, and then quickly transitioned into the start of the parade.

The Marine Corps Forces, Pacific Band marched onto the flight line to mark the official start of the parade. After the national anthem was played, the colors were posted. Sgt. Maj. Andrew Cece brought forward the old MCAF colors for the last time before they were cased.

As the old MCAF colors were retired, the new MCAS colors were unfurled for the first time. This marked the end of the air facility and the beginning of the air station.

Butler and Lt. Col. Michael Antonio, MCAS commanding officer, said the change of the air facility to an air station is well deserved and long overdue.

Antonio said MCAS Kaneohe Bay is a strategic training and logistics hub, which supports forces to Operation

Iraqi Freedom and Operation Enduring Freedom. He said the air station provides approximately 65,000 operations per year, which include movements of more than 13,800 passengers and 8 million pounds of cargo.

"The re-designation of MCAF to MCAS Kaneohe Bay establishes proper identification of this aviation facility," Antonio said. "[The re-designation ceremony] properly recognizes, by name, [the air station's] current function and operational capability and gives testament to the performance of its Marine and Sailors."

Following Antonio's speech, Bruce Carl, son of the late Carl spoke of his dad's love for the Marine Corps and gave his sincere appreciation for the commemorative naming of the airfield.

Col. Robert Rice, commanding officer of

MCB Hawaii, was the last to speak at the ceremony, and informed the crowd of the major general's military accomplishments throughout his extensive career. Rice described Maj. Gen. Carl as "a true patriot."

After both commanding officers made their remarks, a bronze plaque was unveiled by Lyanne and Bruce Carl, daughter and son of Maj. Gen. Carl. Messages from Daniel Akaka, U.S. Senator, and Neil Abercrombie, a member of Congress, were also read and presented to them during the unveiling.

"I hope that honoring Maj. Gen. Carl in this fashion also serves as a worthy reminder of the sacrifices our service members continue to make in defense of freedom and liberty across the globe," Butler said. "Particularly this Memorial Day weekend as we remember those who've paid the ultimate sacrifice."

Luncheon closes Military Appreciation Month



Lance Cpl. Achilles Tsantarliotis

The outstanding service members of the year, representing each military branch including the Hawaii Air National Guard and U.S. Pacific Command, stand as they receive their awards May 21, at the Hilton Hawaiian Village. The service members participated in various efforts, ranging from community service to environmental efforts, and were recognized during the 24th Annual Military Recognition Luncheon.

Lance Cpl. Achilles Tsantarliotis
U.S. Marine Corps Forces, Pacific

HONOLULU -- Hawaiian commerce leaders hosted the 24th Annual Military Recognition Luncheon May 21 at the Hilton Hawaiian Village to celebrate and support Hawaii-based service members.

The long-running luncheon is part of Military Appreciation Month and serves as a culminating event for local businesses and civic leaders to show their support with food and a few words about military significance in Hawaii.

The men and women stationed here adopt Hawaii as their home and become part of the Hawaiian institution – the "ohana," or family, said Lt. Gen. Keith J. Stalder, commander, U.S. Marine Corps Forces, Pacific.

Stalder noted some of the service members' significant achievements in duty and community service.

"The Hawaii ohana (family) reaches out to embrace the military in many ways throughout the year, not just during Military Appreciation

See **LUNCHEON**, A-5

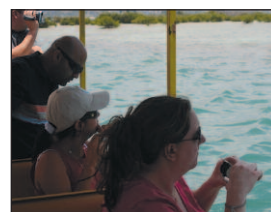
Welcome home, Warriors!

Navy Lt. Joseph Phillips kisses his wife and embraces his 2-year-old daughter Jaycee, in Hangar 105 on Marine Corps Base Hawaii after returning from a deployment May 24. Phillips is one of nearly 200 Marines and Sailors from Combat Logistics Battalion 3 who returned from a seven-month deployment in Afghanistan in support of Operation Enduring Freedom. See A-3 for the full story.



Lance Cpl. Daniel H. Woodall

Inside today's Hawaii Marine



Duck Tours

See Oahu on land and sea aboard a historic military vehicle, **C1**

Step it up!

Exercise the fun way at the Semper Fit Center with Step class, **B1**



Weekend Forecast

Today
Scattered showers.
High — 79
Low — 73

Saturday
Scattered showers.
High — 81
Low — 72

Sunday
Scattered showers.
High — 81
Low — 73

NEWS BRIEFS

FBI Recruitment Presentation

A recruitment presentation for FBI agents and professional staff will be June 1 at the Combat Camera Building 267 from 10 a.m. to 12 p.m.

The presentation will be open to all interested parties considering a career with the FBI.

The next brief will be July 8.

Reservations are required.

For more information, call Marine and Family Services at 257-7787 or 257-7790.

Defense Language Proficiency Test

The next DLPT test will be June 3 - 4 at Building 220, Classroom A, at 7:45 a.m.

Marines qualified to receive foreign language proficiency pay are required to take this test annually.

Both days of testing are required.

The test is open to all active duty personnel, and attendees must register in advance.

For more information, contact Maria Fullenwider at 257-2158.

Transition Assistance Program Seminar

A TAP seminar will be June 8 - 11 from 8 a.m. to 4 p.m. at the Base Theater.

All transitioning service members must attend a TAP seminar no earlier than one year and no later than 90 days before separation date.

The next TAP seminar will be June 22 - 25.

For more information contact your unit transition counselor.

PCS Move Workshop

The next Permanent Change of Station Move Workshop will be June 10 at the Kahuna's Ballroom from 8 a.m. to 12 p.m.

All PCS-ing Marines must attend a workshop before PCS-ing.

The workshop is open to all active duty service members and their spouses, but no children are allowed.

Reservations are required, but no orders are needed in order to attend.

For more information, contact Marine and Family Services at 257-7787 or 257-7790.

MCB Hawaii Job Fair

Marine Corps Community Services and the Joint Employment Management System will be hosting a job fair June 19 from 9 a.m. to 12 p.m. in the Kahuna's Community Ballroom.

The job fair will feature vacancies within MCCS, MCB Hawaii, and 40 other companies and government agencies.

For more information, contact MCCS Marine and Family Services at 257-7787 or 257-7790.

Military Police Lost and Found

There have been several lost personal items found and turned in to the Military Police Department, Criminal Investigation Division. These items include jewelery, bicycles, umbrellas, glasses, watches, clothing, keys, wallets and other items.

If you think your lost items may be among the items, call 257-1305.

MSG Looking for Sergeants and Below

Learn more about joining the Marine Corps Embassy Security Group during several informational briefs.

Marines selected for the organization will fill elite security positions overseas, including work as couriers and embassy guards.

This opportunity is available to those ranking sergeant and below. Briefs will be conducted June 8-9 at MCB Hawaii and June 10 at Camp H.M. Smith.

For more information, call 257-8892.

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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FAX: 257-2511, PHONE: 257-8837

Civilian corner

The Six Core Competencies of Leadership

Dr. Michael K. Smith

Deputy Director, Operations and Training Directorate

By now, everyone should know that I am a strong supporter of the Civilian Career Leadership Development program. During recent years, I have taken advantage of many training opportunities offered through CCLD. A few years ago, I attended a very worthwhile class entitled "The Six Core Competencies of Leadership" and found the program to be interesting and informative.

More recently, Jocelyn Pratt from Marine Corps Family Team Building attended the same class. She said "It was a terrific refresher course on leadership philosophies and very worth the time away from the office."

Pratt went on to say that the course reminded her of the unofficial leadership role that we all play and the training affirmed many of her personal beliefs.

This training opportunity also gave her new ways of looking at leadership and it encouraged her to continue a self-develop-

ment path, to stay the course, and continue to strive for higher standards of leadership.

The main concepts of The Six Core Competencies of Leadership include:

1) Create a developmental pathway - intentionally. The course emphasizes the destructive nature of self-defeating behaviors and the importance of self awareness and honesty in order to build relationships and develop self awareness. Ask yourself, "What impact does your leadership have on others? As you move through a group of people are you aware of what impact you are leaving?"

2) "Personal growth is what leads organizations." Do not rest on your laurels. Projects and accomplishments that got you to where you are today seldom keep you there. If you want your team to grow, grow yourself.

3) The importance of relationship building is a critical element of leadership - as a leader, you must find the balance. To create an employee-centered culture: encour-

age participation in how things are done, be trustworthy, discourage politics, openly communicate, recognize the strengths of others, provide recognition, and trim the unnecessary - adjust your viewpoint by looking beyond the flaws.

4) Truth, courage and clarity. The top values and characteristics people look for in bosses and superior leaders are integrity (honesty) and competence.

5) Develop the skill of asking questions. Leadership is about understanding the value and the importance of asking questions rather than the illusion of always providing answers.

6) Leading with vision means looking at one's personal values and life purposes. Some of the approaches to leading with vision include: showing passion and commitment to vision, expressing a vision simply but dramatically set the tone, gain endorsement by soliciting the opinion of leaders in/out of organization, and behave consistently with the vision.

Dare to DEFY

Mentors needed for program teaching resistance to risk-related behavior

Kristen Wong

Photojournalist

The Drug Education for Youth program on Marine Corps Base Hawaii is looking for Marines and Sailors to volunteer as mentors to children ages 9 - 12 for the 2009 - 2010 program.

Mentors should plan to commit to the full program, which begins with an eight-day summer camp starting July 6, and continues one Saturday a month through May 2010. Volunteers need to apply by June 1.

Through physical activity, classes and excursions, this worldwide program offers education to military children about the dangers of risk-related behavior, such as drug abuse and gang affiliation. The program is free of charge.

Spearheading one of three DEFY programs held in Hawaii is Leroy Contee, community relations coordinator and Drug Abuse Resistance Education and DEFY coordinator, Provost Marshal's Office.

Though new to the DEFY program, Contee has had years of experience with the DARE program and is looking forward to making this year's program the best he can. However, he said he will need the help of volunteers.

Though preference is given to active duty service members, Contee said civilians are also welcome to volunteer.

Interested parties must fill out a two-and-a-half page application and provide references. While some drug education programs may feature volunteers who formerly engaged in risk-

related behavior and may offer a different perspective, DEFY is not one of them.

While volunteers for other programs are used to mentor at-risk youths with more street knowledge than the average child, DEFY volunteers provide children with the knowledge and skill to avoid engaging in risk-related

of training prior to participation in the program. Based on an existing curriculum designed by DEFY's main office located in Millington, Tenn., mentors will be trained to teach a certain topic to the attendees during camp.

Ideally, Contee said there will be two mentors assigned to one of four separate teams of chil-

mentors are normally in charge of administrative tasks, such as roll call and setting up materials.

Some junior mentors, like Sage Deckard, 14, are volunteering for the second time. Deckard, who participated in the DEFY program as a fifth grader at Mokapu Elementary School in 2005, described her mentors as "cool," and "responsible." She said she wanted to be like them and became a junior mentor in 2007.

"It felt really good cause they looked up to me," Deckard said of the youths she mentored. "I think that it'll just be another good experience for me. It helps me grow as a person."

While a junior mentor, Deckard said she was able to make friends with the other junior mentors and still keeps in touch with them today. She said she is excited to volunteer again.

"[The mentor's] rewards will be on an individual basis," Contee said. "But certainly there is just the fact that being able to watch kids grow, is the biggest reward that they'll have."

The DEFY program was started on MCB Hawaii in 2001. Contee said there are 59 locations worldwide participating in the program, started by the Navy Drug Demand Reduction Program in 1993. The Air Force, Army, Navy and Marine Corps have all adopted the program.

For more information on the DEFY program, visit <http://www.donhq.navy.mil/defy/>. The deadline to sign up as a participant is June 15.

To register either as a mentor or a participant, contact Contee at 257-6971.

Junior mentors are youths who have previously participated in the DEFY program who want to return as leaders. Junior

dren. The mentors are in charge of keeping their team in line, making sure all the children are accounted for, behaving appropriately and actively participating in the activities.

"These kids are to be treated just like they were your own kids," Contee said. "I want [volunteers] to be vigilant, be positive, be strict, but be loving all at the same time."

Mentors won't be the only ones assisting with the program. Contee said he is also looking for junior mentors as well.

Junior mentors are youths who have previously participated in the DEFY program who want to return as leaders. Junior

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BayFest 2009 dates announced

Press Release

Marine Corps Community Services

Marine Corps Base Hawaii and Marine Corps Community Services welcomes the public as it gears up for the 20th anniversary of BayFest, Marine Corps Base Hawaii's largest community relations event, hosting three days of outdoor concerts and showcasing the nation's top musical talent.

Dates for this year's event are scheduled for August 14-16. More information on the BayFest festivities is to come.

BayFest 2009 is an annual event organized by Marine Corps Community Services that is open to the general public.

Proceeds from this event directly benefit the quality of life for the Marines, Sailors and their family members stationed

in Hawaii.

Marine Corps Community Services is a nonprofit organization designed to support Marine Corps readiness and retention through customer-owned and driven programs, goods, and services in garrison and deployed environments.

The goal is to be the premier provider of quality of life services and products to the military community of MCB Hawaii including Kaneohe Bay, Camp Smith and Manana Housing.

Marine Corps Community Services consists of Food & Hospitality, Semper Fit/Recreation, Retail, Services, Marine and Family Services, and Support Divisions.

Programs are offered to active duty military personnel, retirees, family members, DOD and Non-Appropriated Fund employees.

Aviation seeks artist for centennial logo

Lance Cpl. Manuel F. Guerrero

Marine Corps Air Station Miramar

The Marine Corps Aviation Association has developed a logo contest to design the centennial logo for Corps aviation in 2012.

The contest is open to Marines, civilian Marines and their friends and families. Deadline for submission is July 31, and the winning artist will be awarded \$500.

Entries should depict the 100 years of traditions of Marine Corps aviation.

"We want people to be creative for the contest," said James R. Casey, the deputy executive director of the MCAA. "In the contest we want to let them use their imagination."

The new logo will become the face of 100 years of Marine Corps aviation, when "Air" was put in the Marine Air Ground Task Force in 1912. The MCAA previously held a similar logo contest for its 75th anniversary.

"We want a good design that we will be proud to use to represent the Marine Corps," said Lt. Col. Ben Brewer, the centennial project officer. "It will be used throughout 2012 for all things regarding Marine Corps aviation."

All entries should be distinguishable in both color and black and white, easily recognizable and easily recreated. The logo should also represent the Marine Corps aviation in both history and current spirit.

The logo should incorporate the past and the present of Marine Corps Aviation - on target and on time, added Casey.

Submissions must also be formatted JPEG, GIF, or TIF files. Hand-drawn submissions will also be accepted. The creator must also submit their name, command (if applicable) and contact information.

Anyone interested in entering the contest should contact mcaa@flymcaa.com.



Welcome Home, CLB-3!

*Unit returns after
7 month deployment
in support of
SPMAGTF-Afghanistan*

Lance Cpl. Daniel H. Woodall
Combat Correspondent

Nearly 200 Marines and Sailors from Combat Logistics Battalion 3 returned from a seven-month deployment in Afghanistan in support of Operation Enduring Freedom May 24 at Hangar 105 on Marine Corps Base Hawaii.

The battalion was assigned to the Islamic Republic of Afghanistan, where they served as the logistic combat element for Special Purpose Marine Air Ground Task Force – Afghanistan.

While deployed, CLB-3 provided direct logistical support to Marine units throughout Afghanistan who trained Afghan security forces in an effort to return the country to the Afghan people. They also provided logistical support to Marine units throughout Afghanistan and sustained no fatalities during the deployment.

Also, CLB-3's medical aid station provided several life-saving surgeries and medical care to both service members and the local Afghan populace.

Family members, friends and loved ones were present to greet the returning service members as they stepped off their plane while members of the U.S. Marine Corps Forces, Pacific Band provided celebratory music. Many of the attendees held signs displaying their pride in CLB-3's success and elation in their return.

"That was a really big sign," joked Sgt. Wilian Pacheco, dismount leader, CLB-3, after noticing his friends and family holding a large poster board emblazoned

with his last name and the words "welcome back." "I am really excited to see everyone here after such a long time. I couldn't be happier."

While the Marines and Sailors of CLB-3 were deployed, family members and friends participated in a wide range of activities in order to support their loved ones said Jerome Morris, family readiness officer, CLB-3. They made several welcome home banners, and sent care packages to deployed members of the unit among other things.

"I am so happy to see him again," said Melanie Taumanupep, who attended the homecoming to see her boyfriend return from Afghanistan. "I am really proud of what he has done."

Family members were not the only ones present at the event, after departing their plane, service members openly expressed their elation with smiles, hugs and words of joy.

"The feeling is remarkable, it's beyond words to describe what it feels like to be greeted like this," said Navy Lt. Joseph Phillips, officer-in-charge, Medical Platoon, CLB-3, after embracing his wife and three children. "Although everyone is excited to be back, we weren't counting days while we're over there. We continued on until our mission was complete."

Following their redeployment, most of the Marines and Sailors will take leave, Morris said. Upon return from their leave, and following this year's BayFest, members of CLB-3 are scheduled to participate in a Family Day.

AROUND THE CORPS

Your weekly guide to what's happening around the Corps

East Coast



Cpl. Kari D. Keeran

Fleet Week Marines visit NYC school

NEW YORK -- Marines and sailors went to The School for Global Leaders May 21, and spoke with classes about the values that are upheld in the Marine Corps as well as the school.

Marines with the Special Purpose Marine Air Ground Task Force -- New York and Sailors from the U.S.S. Iwo Jima took time out of their day to give back to the community of New York by going to one of the local schools to speak to students and help paint a mural at the school.

Working as a team with the students, the Marines and sailors helped paint a mural on the walls of the school.

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

West Coast



Lance Cpl. Ryan Rhoads

Journey of Rwandan refugee to US Marine

MARINE CORPS AIR STATION MIRAMAR, Calif. -- "It's time to cut down the tall trees," were the words used by Hutu extremists to ignite the unprecedented genocide of their taller, fairer skinned countrymen, the Tutsi.

These words prompted machete-wielding Hutu's to savagely murder hundreds of thousands of Tutsi men, women and children.

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

Overseas



Lance Cpl. Paul D. Zellner

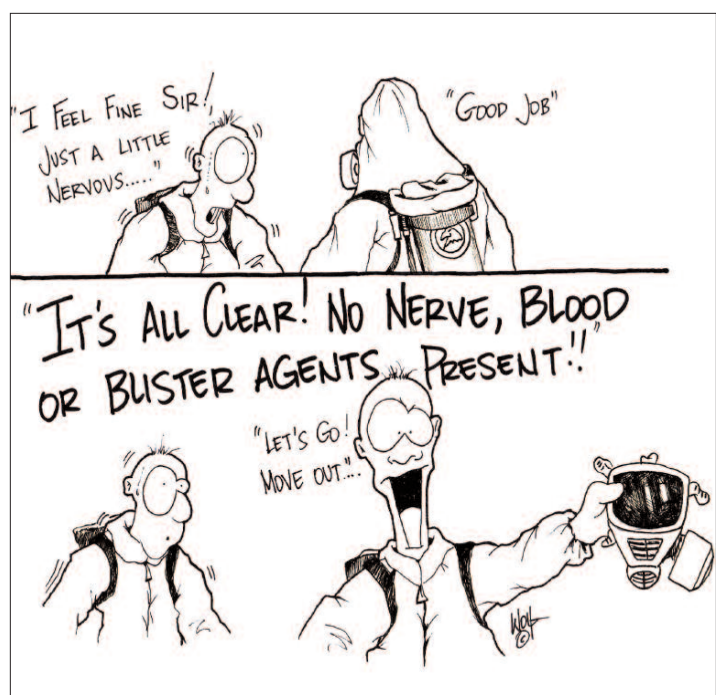
Marines become familiar with booby traps

JUNGLE WARFARE TRAINING CENTER, OKINAWA, Japan -- The jungle may be neutral, but the enemy is not. In the environment, visibility is low and fear is high. The enemy may be near. Even if they aren't, there are many ways they can blend traps into the pieces of the jungle's puzzle. That next step could be the last for the untrained.

In the jungle, the most effective way to know the enemy's tricks is to think like the enemy.

Marines enrolled in the Jungle Skills course at the Jungle Warfare Training Center.

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



Courtesy of Capt. Thomas Schwabenbauer

After witnessing a wreck, aftermath seen here, on Interstate 10 West May 17, Combat Center Marines Capt. Thomas Schwabenbauer and Lance Cpl. James Nielsen both stopped to help, rendering first aid to the severely injured driver of the sport utility vehicle. No other motorists were hurt in the accident.

This week's top story

Heroes on the highway

Lance Cpl. Nicholas M. Dunn

Marine Air Ground Task Force Training Command 29 Palms

MARINE CORPS AIR GROUND COMBAT CENTER TWENTYNINE PALMS, Calif. -- It was an average Sunday evening, May 17, as two Combat Center Marines were traveling to the base after a weekend on the coast. However, as they neared the Whitewater rest area on Interstate 10 West, their lives came crashing together.

Captian Thomas Schwabenbauer, a former platoon commander with Company C, 1st Battalion, 2nd Marine

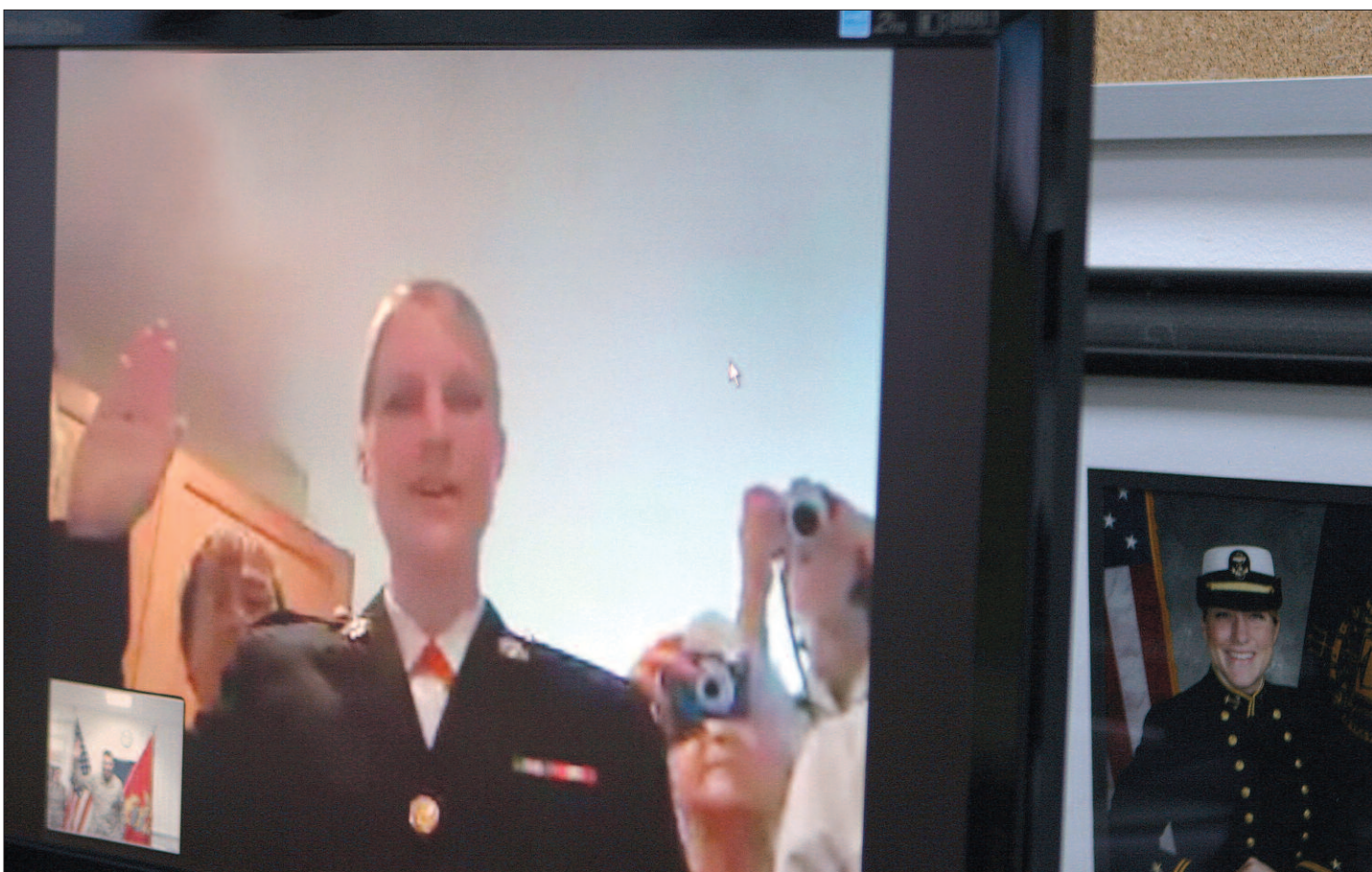
Regiment, was on his way to the Combat Center from San Diego after visiting some friends. He was en route to check in to his newly-assigned unit, the Advisor Training Group.

"It was about 5:40 p.m. and I was just driving down the road when about 100 meters up, I heard the crash and saw the [sport utility vehicle] up in the air," said the Franklin, Penn., native. "The first thing I remember thinking was I knew I had to get over there as fast as possible. It was go time."

The SUV belonged to a Palm Springs, Calif., resident working as a store manager in a Cabazon, Calif., shopping outlet, said Randy Dopp, the California Highway Patrol officer who responded to the accident.

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

Top story from the front



Cpl. Triah Pendracki

Newly commissioned 2nd Lt. Ashlee Nelson recites her oath of service as it is being administered via webcam by her father, Col. Niel Nelson, chief of staff for Multi National Force - West, who is currently deployed to Iraq, May 22. Nelson now has two children serving as commissioned officers in the Marine Corps, and can be seen in the lower left hand screen of the television monitor.

Technology allows father to take part in daughter's commissioning

Multi National Forces - West Public Affairs

Multi National Forces - West

AL ASAD AIR BASE, Iraq -- The family and friends of Ashlee Nelson recently gathered for her commissioning as a Marine second lieutenant at the U.S. Naval Academy in Annapolis, Md.

However, one man was conspicuously absent from the group -- and for good reason. Ashlee's father, Col. Niel Nelson, was thousands of miles away in Iraq where he serves as the chief of staff for Multi National Force - West, and was thus unable to be present for this momentous occasion in his

daughter's life. Yet technology stepped in to bridge this gap.

Within hours of Ashlee's commissioning at Annapolis, father and daughter reunited via webcam so that Nelson could take part in her accession into the Marine officer ranks.

Nelson re-administered his daughter's oath of service as family members and friends looked on in Maryland, and members of the MNF-W staff showed their support from Iraq.

"It's like a family business," joked Nelson from his office aboard Al Asad Air Base. "Back in the '90s I was a Boy Scouts leader and I took them to the Naval Academy for a trip. They fell in love with the place."

The 'they' Nelson is referring to are his children, Ashlee and Andrew, who is also a Marine second lieutenant.

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

2/3 arrives safely in Afghanistan

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

As 3rd Battalion, 8th Marine Regiment, wraps up its tour in Afghanistan and prepares to return to the United States, it is now time for 2nd Battalion, 3rd Marine Regiment to step in and continue the mission.

The battalion has been preparing for most of the past six months for this deployment, in training environments as diverse as the high altitudes of Hawaii's Pohakuloa Training Area to the rigorous environment of the Mojave Desert at the Marine Corps Air Ground Combat Center Twentynine Palms, Calif.

"We are more than ready and more than prepared," said 1st Lt. Javier Gonzalez, platoon commander, 1st Platoon, Weapons Company, 2/3.

The battalion's mission while in Afghanistan is to provide protection to the Afghan people and bring peace back to their land by eliminating terrorist threats.

During the changeover between battalions there was a period of overlap that allowed Marines from 2/3 a healthy amount of time to "pick the brains" of the Marines from 3/8. The changeover gave 2/3's Marines a chance to learn things they need to know and ask questions about matters not covered during training.

According to Gonzalez, "3/8 has been a great help with introducing us to the people and building strong relations as well

as helping us orient ourselves with the territory."

"Plus they've been giving our drivers classes specific to the scenarios that they have encountered in their time here," he added.

"[Third Battalion, 8th Marines,] has been a great help making our transition here as smooth as possible," said Staff Sgt. Carmelo Rosario, radio chief, 2/3. "They have been extremely helpful getting our communications and accounts set up. Like any changeover, it's

hectic, but they have been a great help piecing everything together."

Second Battalion, 3rd Marines, was welcomed to their area of operation by six large containers of mail from loved ones back home.

"Without the support of friends and family back home, being out here would be a lot harder for everyone," said Gonzalez.

The battalion is hoping to be home from deployment by the end of this year.

"I just hope after this deployment I can go home to my wife and kids and get some real quality time," Rosario said.

Gonzalez summed up 2/3's mission with these words.

"We are here to do the right thing - to provide security to the [Afghan] people and enable their government the opportunity, with our help, to stop the violence."



Lance Cpl. John P. Hitesman

1st Sgt. Michael A. Cayer, company first sergeant, Headquarters and Service Company, 3rd Battalion, 8th Marine Regiment, and Gunnery Sgt. Philip Samuels, company gunnery sergeant, Headquarters and Service Company, 2nd Battalion, 3rd Marine Regiment, give a welcome aboard brief to a group of Marines from 2/3 who had just arrived, May 21, in Delaram, Afghanistan.

Operation Homefront hosts care package drive for deployed

Kristen Wong
Photojournalist

HONOLULU -- Operation Homefront of Hawaii is currently hosting its fifth semi-annual Aloha Care Package Drive, which started May 18 and ends June 12.

The Hawaii chapter of the nonprofit organization is collecting donations of locally-themed items at designated locations including Pearlridge Shopping Center, Lex Brodie's Tire, Brake & Wheel Company, and The Mall at Pearl Harbor (Navy Exchange). The chapter has a goal of sending 500 care packages to service members in Kuwait, Afghanistan and Iraq by Independence Day.

"It boosts [the service members'] morale," said Kim Matyskiela, charities chairperson, Kaneohe Officer's Spouses Club, Marine Corps Base Hawaii. "[Service members] don't always have family supporting them so they might [not normally] get packages."

Operation Homefront of Hawaii is just one of 30 chapters for the nationwide organization dedicated to providing various types of assistance to deployed service members and their families.

Many organizations, including the Rotary Club of West Pearl Harbor and the Kaneohe Officer's Spouses Club on MCB Hawaii, are assisting the drive through funding, volunteering or collecting donations.

The Aloha Care Package Drive, which started in 2007, gave approximately 1,000 care packages to deployed service members from the two drives combined last year, said Eva Laird Smith, president, Operation Homefront of Hawaii.

Around 35 volunteers spend two and a half hours to organize, pack and label all of the care

packages for each drive. Char Leshner, of Mililani, whose husband is deployed, is volunteering for a second time with assembling the packages. Leshner said volunteering helps to pass the time, making deployments seem shorter. She said through volunteering she was also able to meet new people and make friends.

"It was a reason for [the spouses in her group] to get away from their daily life and to get them involved in a military event," Leshner said. "Volunteering takes only your time. For me it's well worth it."

Each package is addressed to one service member, although it contains enough gifts for two, with items such as Kona Coffee, Hawaiian-themed music CDs and assorted local snacks. Smith said the most popular items among the troops include University of Hawaii logo merchandise and flip-flops.

Saxon Nishioka, who works with the community service committee at the Rotary Club of West Pearl Harbor, said the benefits to sending these packages are providing the service members with "familiar" items from home.

Nishioka, a former Army captain and a Vietnam veteran, said the most rewarding thing about helping with the drive was being able to help in a small way.

"The little things we can do can go a long way to let [the service members] know we're thinking about [them]," Nishioka said. "Although we can't be [there] directly, [we can] make their job a little bit easier."

The organization's efforts have not gone unrecognized. After last year's drive at Windward Mall in Kaneohe, Smith said Operation Homefront of Hawaii received about 100 cards from deployed service members thanking the organization for the care packages.

"It was just heartwarming," Smith said. "It's



Courtesy of Operation Homefront of Hawaii

A service member holds up gifts he received from an aloha care package from Operation Homefront of Hawaii. Operation Homefront has been sending care packages to deployed service members since 2007.

all worth it when you get cards from the [troops] saying thank you ... we wish we could do even more. They're never forgotten. They are so close to our hearts."

Initiated by several military families seven years ago, Operation Homefront assists military families of all branches through donations of food, supplies, financial aid and more.

Operation Homefront of Hawaii holds various events and projects throughout the year, from Easter egg hunts and winter holiday parties to donation drives. This July, the Hawaii chapter

will run a "Back-to-School Backpack Drive" to provide military children of service members E-6 and below with school supplies. The organization will also be holding its next Aloha Care Package Drive Oct. 5 through Nov. 12.

Anyone who would like to request a care package for a certain unit or service member can contact Operation Homefront of Hawaii at 469-7427, or e-mail hawaii@operationhomefront.net. For more information about Operation Homefront, visit <http://www.operationhomefront.net>.



Lance Cpl. Achilles Tsantariotis

Marines from Marine Corps Base Hawaii Kaneohe Bay enjoy food during the 24th Annual Military Recognition Luncheon May 21 at the Hilton Hawaiian Village.

LUNCHEON, from A-1

Month," Stalder said. "The local community comes out to celebrate ... when [service members] depart or return from deployments. They also mourn our losses alongside us."

With a considerable military presence and economical impact on Oahu, local businesses took the opportunity to thank and honor their local service members.

It was an appropriate time for Hawaii to rise up and show their appreciation for all the military does, said Charles Ota, vice-president of military affairs, Hawaii Chamber of Commerce.

"It's an excellent opportunity," he said. "We also used the luncheon to recognize the outstanding service members of the year."

The seven outstanding service members were selected because of extracurricular efforts and significant community service. Each service elected a recipient, including Hawaii Air National Guard and U.S. Pacific Command.

Among those recognized was Staff Sgt. Michael Ciccolone, named U.S. Marine Corps Outstanding Enlisted Person of the Year, from Marine Corps Base Hawaii with the Military Police Department.

"Hawaii has the best military appreciation month - because of their support," said Outstanding Sailor of the Year Petty Officer 1st Class Terrish Billbrey, a 29-year-old operations specialist from Lafayette, Tenn.

"It's nice for the community to show us their appreciation, it means something," she added.

This *is* rocket science!

College students launch model rockets on base

Lance Cpl. Daniel H. Woodall
Combat Correspondent

Approximately 20 area college students and staff launched model rockets May 24 at Marine Corps Air Station Kaneohe Bay's West Airfield on Marine Corps Base Hawaii in preparation for two national rocket competitions.

Even though the airfield was closed for military aircraft, there was plenty of aerial activity thanks to about 25 rocket launches from participants representing Honolulu Community College, Kapiolani Community College and the Center for Aerospace Education at Windward Community College.

The rockets ranged in size from 10 inches to about five feet, weighed less than seven pounds, and reached altitudes of more than 1,000 feet. The rockets' speed and altitude depended

on both the body size and engine used in each launch.

Following a countdown, the rockets shot off of a launch pad producing a cloud of smoke and a loud whistling sound comparable to a large firecracker. The rockets reached their maximum altitude in less than five seconds before releasing a small payload and parachute, which gently guided each model back to the ground.

The payloads gather data and transmit the information to a computer on the ground, said Premo Ames II, engineering student and project manager, W.C.C. For the competitions, the rockets' payloads must arrive safely at a predetermined area, which the students must program into the rocket prior to launch.

"This is just practice," Ames said. "At the competitions, the rockets will travel much farther than they did

today. The total flight distance from launch to arrival at its destination is about two miles."

The first competition will be held June 13 in Amarillo, Texas, while the second is in Black Rock, Nev., in late September, said Jacob Hudson, Ph.D., physics and astronomy professor, W.C.C.

"Today, the students are simply trying to correct any mistakes they may have made prior to the competitions," Hudson said. "Essentially, the rockets act like an operational satellite. They do everything except orbit the Earth."

The competitions are a great experience, said Joleen Iwaniec, electrical engineering student, W.C.C. and the University of Hawaii, who is in her first year dealing with rocketry and hopes to eventually work for NASA.

Constructing and launching rockets is a fun, hands on approach to learning, which helps to introduce people to engineering.

The competitions are designed to foster an interest in science, technology, engineering and mathematics, Hudson said. By using model rockets, students and outside observers can appreciate a complex field of study such as aeronautics.

"We really appreciate [MCB Hawaii] having us out here," Hudson said. "This is the first time we have been able to launch on base and we would like to do it again."

In conjunction with the Center for Aerospace Education at W.C.C., the Sky Performance Rocket Club is hosting more rocket launches at the field behind the Hale Kuhina building on the W.C.C. campus. The next event is on June 20, and is free and open to the public.

For more information, visit the club's Web site at <http://www.lava.net/~hrapo-zo/skyp.html>.



Dr. Jacob Hudson (right) and a college student carry a model rocket after deploying its parachute and arriving safely on the ground May 24 at Marine Corps Air Station's Kaneohe Bay's West Airfield on Marine Corps Base Hawaii. Area colleges launched the rockets in preparation for a national rocket competition.



Photos by Lance Cpl. Daniel H. Woodall

A model rocket, dubbed "Miss Kaena," fires off of a launch pad May 24 at Marine Corps Air Station Kaneohe Bay's West Airfield on Marine Corps Base Hawaii. Area colleges launched the rockets in preparation for a national rocket competition.



Art of war

Lance Cpl. Cassandra Yoho
Combat Correspondent

At first glance it appears the desk of Sgt. Jesus Rubalcado, an administrative clerk for 3rd Marine Regiment, is the average administrative clerk's workstation. A closer look reveals small sketches and doodles on the corners of scratch pieces of paper.

These sketches are actually small pieces of artwork by Rubalcado, a graffiti artist, who, when it comes to art, "can't get enough."

The oldest of three siblings, Rubalcado grew up in Garland, Texas. He said he had strict par-

ents who always pushed education. Rubalcado said they always wanted their kids to have more than they did.

While in grade school, Rubalcado said he started to doodle a lot. These small sketches of bubble letters and symbols slowly started to turn into elaborate styles of graffiti drawings. In seventh grade Rubalcado said he admired the artwork of "Frankie," a fellow student, who said he liked Rubalcado's work. Frankie would give him hints and tips on how to make his artwork better.

"The things he could do with some colored pencils and crayons were amazing," Rubalcado said.

"He was so much better than me, but there was something I guess he liked about my sketches."

As he got older, Rubalcado said his artistic style and skill level flourished. He works mostly with colored pencils, crayons and spray paint, and keeps sketch books of all his work.

"Sometimes I just start sketches on sheets of paper and don't even realize it," Rubalcado said. "I really like to save my work and see the progress I make with different styles."

This artistic Marine even took his sketches to Iraq. While deployed through Operation Iraqi Freedom I and II, Rubalcado said he found more Marine artists. The Marines would graffiti different artwork together almost every day with colored pencils and crayons.

After deploying twice, Rubalcado was stationed at Marine Barracks Washington, D.C., where he was part of the Dignified Transfer Team and attended former President George W. Bush's inaugural ball and parade.

While in Washington, D.C., he met his wife Yvonne, who is a prior Army medic, and also has an "artsy" side. The couple has two boys together, Giovanni, who is 2 years old, and Tristan, who is 4.

Rubalcado said his boys like to work with him when he works with his music, which is another one of his passions. He enjoys making different mixes with music and working with his turntables.

"[The boys] love to watch me spin records and listen to the music," Rubalcado said. "I usually work with techno. I love the sound and there are so many different ways you can mix tracks together."

Art has stayed with this Marine since grade school, and he said he sees no signs of it stopping or slowing down. Rubalcado said he plans to enroll at Hawaii Pacific University, and hopes to take art classes.

As far as the Marine Corps, Rubalcado says he intends to stay in the service, but hopes to expand his education and his skill level in the arts.

A Marine's grade school doodles become a lifetime passion



Artwork by Sgt. Jesus Rubalcado

A sample of artwork by Sgt. Jesus Rubalcado, administrative clerk, 3rd Marine Regiment. Rubalcado is a graffiti artist, and works with colored pencils, crayons and spray paint, and said he has been practicing his art since he was in grade school.



Photo Courtesy of Sgt. Jesus Rubalcado

Then-Lance Cpl. Jesus Rubalcado, now a sergeant and administrative clerk for 3rd Marine Regiment, poses with his rifle during a deployment to Operation Iraqi Freedom I. During his deployments he brought along his passion for art.

Sports & Health

Step it out, aye ma'am!



Lance Cpl. Cassandra Yoho

Semper Fit Center patrons get a fun, cardio work out in the aerobics room May 23 at Step, a stepping aerobics class. Class participants come for up beat exercise, cardio workouts, flexibility and balance exercises. Using steps and risers, class members can increase their own personal workout intensity. See B-2 for the full story.

Semper Fit's newest personal trainer aims to keep base in shape

Lance Cpl. Daniel H. Woodall
Combat Correspondent

The Marine Corps Base Hawaii Semper Fit Center recently brought on their fourth personal trainer, Dejuan Hathaway, in order to give patrons of all fitness backgrounds a chance to develop a workout routine which meets the individual's needs.

Hathaway became a trainer after receiving his certification from the Collegiate Strength and Conditioning Association as well as the U.S. Weightlifting Association.

"In order to receive a certification from the [CSCC], individuals have to pass a grueling performance test and a written exam," Hathaway said. "The [CSCC] is one of the top fitness organizations in the world."

Hathaway's path to turning personal fitness into a profession began in 2005 when he earned a bachelor's degree in physical education from Maryville College in Tennessee. Hathaway has also recently achieved a master's degree in Exercise Science from the University of Hawaii-Manoa on May 16.

"Trainers tend to be knowledgeable in the field of exercise science," Hathaway said. "With the education, trainers can provide a variety of ideas that can make the workouts exciting, challenging and beneficial to the individual."

After training collegiate and professional athletes, Hathaway researched military jobs and discovered an opening on MCB Hawaii, which he was happy to take.

"I am here to help the United States Marines any way I can," Hathaway said. "Also, if any units on base are looking for early morning [physical training], they shouldn't hesitate to contact me."

Fitness plays a large role in Hathaway's life, both in his profession and his interests. When Hathaway is not busy helping others to achieve their personal fitness goals, he maintains his own health by participating in contact body sports. Hathaway is an active mixed martial arts fighter and has a blue belt in ju-jitsu. He has a 4-0 MMA record and holds the state triple crown in Brazilian ju-jitsu for the 155-pound division.

"I incorporate some of the MMA and ju-jitsu skills into my personal training because a lot of movements require unnatural movements," Hathaway said. "This can be very beneficial to the body because it can improve core strength, flexibility and cardiovascular endurance."

Being a personal trainer carries a lot of responsibility, Hathaway said. Taking good care of one's body as a personal trainer is paramount to professional development, and Hathaway does just that.



Photo Courtesy of Dejuan Hathaway

Dejuan Hathaway, a personal trainer at the Semper Fit Center, recently joined the Semper Fit staff to become the gym's fourth personal trainer. Hathaway is Collegiate Strength and Conditioning Association and U.S. Weightlifting Association certified, and earned his master's degree in Exercise Science from the University of Hawaii - Manoa May 16.

"I strongly believe that people should practice what they preach," Hathaway said. "Perception is key when involved in fitness training. In order to be a trainer, you have to train yourself."

Hathaway is currently taking

clients and said he is excited to continue making physical changes in their lives.

"It is very satisfying to help people accomplish their health goals," he said. "It lets me know that he or she believes in the program in

which I have provided for them. When they give 100 percent, they usually get the desired results."

Each personal training session costs \$5. For more information on how to contact a personal trainer, call the Semper Fit gym at 254-7597.



Photos by Lance Cpl. Cassandra Yoho

Michelle Schiff, a step class instructor, motivates her class during an hour-long cardiovascular and muscle-strengthening Step class at the Semper Fit Center aboard Marine Corps Base Hawaii Saturday.

Step up the strength at Step class



Michelle Elliot, a class participant, concentrates on getting her moves just right before taking a water break during Step, a stepping aerobics class offered at the Semper Fit Center aboard Marine Corps Base Hawaii.

Lance Cpl. Cassandra Yoho

Combat Correspondent

Memorial Day brought a holiday weekend for most of Marine Corps Base Hawaii, but before the barbecues and picnics, gym attendees had time to squeeze in a workout at the Semper Fit Center aboard MCB Hawaii.

Of these gym attendees, a few made their way to the aerobics room at the Semper Fit Center for Step, a stepping aerobics class Saturday morning.

"I like to come to the Step class because it offers great cardio, flexibility and balance exercises," said Ruth Carlson, a class participant. "The class isn't boring and there is always new ways to do the same basic steps."

Along with a cardiovascular workout, class members can increase their own personal workout intensity by adding another level of risers underneath their step bench. This requires the participant to use more muscle strength to complete the step exercise, said Michelle Schiff, the class instructor.

After participants set up their own

benches, the class was ready to begin. Schiff started the class with some quick marching in place and rhythmic breathing. Quickly she transitioned into deep stretching, and within minutes attendees were already stepping on their benches.

Starting with the "basic step," participants quickly stepped up and down on their benches, and after a few counts of music Schiff added some turns to the combination.

Schiff explained Step classes are usually made up of four, 32-count combinations. This means throughout the hour-long class, participants will learn four different step combinations, each consisting of 32 counts of music.

As the class continued, the combinations increased in difficulty, but Schiff was sure to go back and repeat combinations when she noticed participants out of sync.

"If I notice someone in the class not quite catching on I usually can show them a modification or different variation of the exercise to get them through the combination," Schiff said. "Then during a water break or after class, I will really break down the step for them."

Schiff explained there are a few moves which could be helpful for someone thinking about taking on a step class. These include: the basic step, which is simply stepping up and down on the bench; the turn step, which is similar to the basic step but with an added turn of the body; and the repeater, which just means repeating the same step exercise again.

"This class is so energetic," Carlson said. "[Schiff] is so enthusiastic and always has great choreography. Even though there may be new participants she never lets the class get [redundant or boring]."

Meredith Heine, a class participant and fellow instructor, said she enjoys coming to Schiff's classes because it allows her to really push herself and not have to worry about yelling out the next combination or breaking down an exercise.

"I encourage everyone to come out and just give the class a try," Schiff said. "As long as [the participants] keep moving they'll walk away with a great workout."

Step classes are scheduled weekly on Monday, Friday and Saturday at the Semper Fit Center. For more information contact 254-7597.



Step participants take on more difficulty as Michelle Schiff, aerobics instructor, leads her class participants in more complicated moves, which involve turning over the step benches.

Health and Wellness

Aid life

Knowing the warning signs of suicide can help you save a life

Press Release

Marine Corps Community Services

Myths and Facts of Suicide

Myth: Most suicides occur with little or no warning.

Fact: Most people communicate warning signs of how they are reacting to or feeling about stressful events in their lives whether it be a problem with a significant other, family member, best friend, superiors, financial matters or legal issues. Warning signs may present themselves as direct statements, physical signs, emotional reactions, or behaviors such as withdrawing from friends. When stressors and warning signs are present, suicide may be considered as the only option to escape pain, relieve tension, maintain control, or cope with stress.

Myth: You shouldn't talk about suicide with someone who may be at risk because you may give that person the idea.

Fact: Talking about suicide does not create nor increase the risk. The best way to identify if someone is thinking about suicide is to ask them directly. Avoiding the subject of suicide may contribute to suicide. Avoiding the subject reinforces a suicidal person's thought that no one cares.

Myth: Non-fatal attempts are only attention-getting behaviors.

Fact: For some people suicidal behaviors are serious invitations to others to help them live. Rather than punishing or reprimanding someone who has expressed suicidal thoughts, offer help and alternative answers. Get them to talk to a Chaplain or counselor. Suicidal behaviors must be taken seriously. If not addressed a thought of suicide can become an act of suicide.

Myth: A suicidal person wants to die.

Fact: Most suicidal people are ambivalent about their intentions right up to the point of dying. Very few are absolutely determined or completely decided about ending their life. Most people are open to a helpful intervention, sometimes even a forced one. The majority of those who are suicidal at some time in their life find a way to continue living.

Myth: Just because they talk about suicide does not mean they will actually go through with it.

Fact: Almost everyone who commits suicide has given some clue or warning. Do not ignore suicide threats. Statements like "You'll be sorry when I'm dead," or "I can't see any way out"-no matter how casually or jokingly said-may indicate serious suicidal feelings.

Warning Signs of Suicide

Warning signs serve as a signal that a suicide attempt may be imminent and need to be addressed immediately when noticed.

- Talking about dying. Any talk about

suicide, dying, disappearing or harming oneself.

- Preparing to die. Visiting or calling people to say goodbye. Putting affairs in order, tying up loose ends, giving things away. Withdrawing from friends and family - quieter than usual.

- Looking for ways to die. Preoccupation with means to die by suicide, seeking information about how to die, and seeking to obtain means to kill oneself.

- Recent loss or humiliation. Through death, divorce, separation, broken relationship, loss of job, money, status, self-confidence, self-esteem, loss of religious faith, loss of interest in friends, sex, hobbies, activities previously enjoyed. Facing a situation of humiliation or failure.

- Change in personality or emotions. Sad, withdrawn, irritable, anxious, tired, indecisive, apathetic. A sudden, unexpected switch from being very sad to being very calm or happy.

- Change in behavior. Tempting fate by taking reckless or impulsive risks that could lead to death. Can't concentrate on routine tasks. Losing interest in things one used to care about (hobbies, sports, work, school.) Worsening personal appearance

- Change in sleep patterns. Insomnia, often with early waking or oversleeping, nightmares

- Change in eating habits. Loss of appetite and weight, or overeating

- Low self-esteem. Feeling worthless, shame, overwhelming guilt, self-hatred, "everyone would be better off without me"

- No hope for the future. Expressing a sense of hopelessness, "it's never going to get any better"

Risk Factors for Suicide

The first step in preventing suicide is to identify and understand the risk factors. A risk factor is anything that increases the likelihood that persons will harm themselves. However, risk factors are not necessarily causes.

Situations

- Family history of suicide or violence.
- Sexual or physical abuse.
- Death of a close friend or family member.
- Divorce or separation, ending a relationship.
- Work related problems.
- Physical illness.
- Serious medical problems.
- Current or pending disciplinary or legal action.
- Financial problems.
- Transitions (retirement, PCS, discharge)
- Severe, prolonged, or perceived unmanageable stress.
- History of alcohol and substance abuse.
- History of previous suicide attempts.
- Alcohol or drug dependency.
- Setbacks (academic, career, or personal).
- Isolation, being cut off from other people.

- Unwillingness to seek help because of the stigma attached to mental health and substance abuse disorders or suicidal thoughts.

- Easy access to lethal methods.

Behaviors

- Previous suicidal behavior.
- Extremes of behavior.
- Changes in behavior.
- Impulsive or aggressive tendencies.

Physical Changes

- Disturbed sleep patterns- sleeping too much or too little.
- Lack of energy.
- Sudden change in appearance.
- Lack of interest in appearance.

Thoughts and Emotions

- Deep sadness or guilt
- Anxiety and stress
- Loss of self worth
- Feelings of hopelessness
- A sense of powerlessness, helplessness, or hopelessness.

If you think a fellow Marine, family member, or friend might be suicidal, help by taking action. People who kill themselves see suicide as the only remaining solution to their problems.

If an individual has displayed any warning signs for suicide or, if you get a "sense" that he or she may act, don't wait. Take action! Remembering the Marine Corps values of honor, courage and commitment, can empower us to make a difference in the life of someone who might be at risk for suicide. Suicide can be prevented.

Below are some tips on how to help.

AID LIFE

A

Ask. Do not be afraid to ask, "Are you thinking about killing yourself?" or "Are you thinking about suicide?"

I

Intervene immediately. Take action. Listen and let the person know he or she is not alone.

D

Don't keep it a secret. Let someone know that you think there may be a risk.

L

Locate help. Seek out the help of a Chaplain, Marine and Family Service Center, corpsman, doctor, friend, family member, or emergency room staff.

I

Inform the chain of command of the situation. The chain of command can secure necessary assistance resources for the long term.

F

Find someone to stay with the person now. Never leave a suicidal person alone.

E

Expedite. Get help now! An at-risk person needs immediate attention from professional caregivers.

Be a FRIEND

Friends Respond Immediately Ensuring Nobody Dies.

Command climate can also be a protective factor. Service members are less likely to experience serious emotional difficulties when they feel that:

- They are involved in their unit.
- It is rewarding to serve the command mission.
- They are helpful to others.
- They are valued for their contributions.
- Unit morale is good.
- The command supports them in times of need.
- That it is okay to ask for help with problems large or small.
- That the command encourages getting help for small problems before they affect performance.
- That getting help will be handled in a confidential and supportive manner.
- That getting help early will not affect their career, and may even help their career.

How to Help

Here are some ways to be helpful to someone who is threatening suicide:

- Be direct. Talk openly and matter-of-factly about suicide.
- Be willing to listen. Allow expressions of feelings. Accept the feelings.
- Be non-judgmental. Don't debate whether suicide is right or wrong, or feelings are good or bad. Don't lecture on the value of life.
- Get involved. Become available. Show interest and support.
- Don't dare him or her to do it.
- Don't act shocked. This will put distance between you.
- Don't be sworn to secrecy. Seek support.
- Offer hope that alternatives are available but do not offer glib reassurance.
- Take action. Remove means, such as guns or stockpiled pills.

Where to find help

A lot of resources are available to service members and their families seeking help with suicide prevention. Some include:

- Speaking to your chaplain.
- Call 911
- Military OneSource Hotline - 1- (800) 342-9647
- National Suicide Prevention Lifeline 1- (800) 273-TALK
- Military Veterans Suicide Hotline 1- (800) 273-TALK (ext. 1)
- Kristen Brooks Hope Center 1- (800) SUI-CIDE
- Hawaii Adult Mental Health Division 1-(800) 753-6879

Maintaining family traditions during deployment

Lifelines

Office of the Secretary of the Navy

Obviously, family traditions are customs that your family follows regularly like a birthday each year with a strawberry-rhubarb pie, singing off-key at family parties, cookouts on Memorial Day or the 4th of July, or decorating the Christmas tree on a certain day.

They may be hard to follow while you're gone, but use your imagination. At the same time, this is an opportunity to come up with some new traditions to go with your deployment and remember it when you come home. Here are a few examples:

Before you leave

- Give your family a scrapbook to hold your letters, drawings, maps, and other souvenirs.

- Hide small gifts or notes throughout your home. Jot down the location of each item and take the list with you. Every few weeks during your deployment, send home a treasure map or a clue to lead your family to one of the gifts or notes.

- If you have small children, make tapes of yourself reading their favorite storybooks. Ask your partner to play these for your children before bedtime each evening when you are away.

- Ask your children for a special keepsake, such as a drawing or photograph, to bring with you on your deployment. Give your children a photograph of you in a special frame to keep near their beds.

- Agree on a phrase you will each say before going to sleep (such as, "the sounds of love don't just happen, you have to make 'em." Then everyone makes kissing noises.)

During deployment

- Ask your family members to read your letters aloud at family cookouts, at Thanksgiving or Christmas. Eating together as a family is an important way to maintain connections.

- Share a letter. Write the first paragraph of a letter or story, then send it to your family to add another paragraph. Continue adding to the letter throughout your deployment.

Also send individual e-mails to your children. For a young child, you can create a Word document with big letters that can be printed.

Families can also use the DoD 'TroopTube' website, a free service that allows Troops and Family members to post and share videos with their loved ones around the globe.

- Have an ongoing trivia contest. Through e-mail or letters, ask your spouse or children trivia questions and have them do the same for you.

Make it especially meaningful by asking questions about your family ("Where was Grandpa born?" "What was your first word?"). Reveal the correct answer in your next letter or e-mail.

When you're home again

- Return to your old family traditions. If you cooked pancakes on Sunday mornings and tucked your children into bed at night before you were deployed, start up these traditions again.

- Also, continue some of your deployment traditions. There's no reason you can't adapt these to fit your new circumstances.

Diabetes a growing problem with children

Lifelines

Office of the Secretary of the Navy

Once upon a time, children literally ran around and played outside. They had to be coaxed inside, away from all the physical frolicking, to eat their daily home-cooked, healthful dinner.

The behavior of today's children is quite the opposite, resulting in obesity and poor health.

In fact, obesity has more than doubled in 20 years for 6 - to 11-year-olds and more than tripled in the 12 - to 19 - year-old category. About 15.5 percent of children ages 12 to 19 and 15.3 percent of

children ages 6 to 11 are obese.

The obesity statistics in England are even more harrowing; it has grown almost 400 percent in 25 years. Three-quarters of the adult population is now overweight, 22 percent of the population is obese and childhood obesity has tripled in the past 20 years.

Other countries such as Japan, China, India and Australia are also following in our fatal footsteps in their growing obesity problem.

Obese children pose a unique problem to society. They are part of "a generation that may not live as long as their parents," according to the director of the American Diabetes

Association in Oklahoma City. Kids' obesity is directly linked to being diagnosed with type 2 diabetes.

Type 2 diabetes was once called "adult onset diabetes" yet now children as young as 4-years of age are being diagnosed with this potentially fatal disease.

Clinically-based reports and regional studies suggest that type 2 diabetes is being diagnosed more frequently in children and adolescents, yet the nationally representative data that would be needed to monitor diabetes trends in youth by type are not available.

Left untreated, type 2 diabetes increases your risk for serious com-

plications such as heart disease, blindness, nerve damage, and kidney damage.

If the decline rate of health continues as it is, by the year 2050, one in three people born in the 21st century will have type 2 diabetes, the director said.

There are a lot of factors contributing to such an increase rate of declining health.

"The most identifiable is the lack of exercise," the director explained. "Some of the schools are eliminating recess in their schedules. That's insane. We're causing our children to become obese."

Also people are not burning off

the excess calories they are eating. It's easier and cheaper to eat the fast, fat-laden, non-nutritious foods, then to carefully select and consume wholesome food.

People want instant gratification, the director said.

Parents, specifically, are in such a hurry to take their kids to soccer practice, dance practice or a school activity, they forget that good nutrition is just as important as physical activity.

The quick answer to this "big" problem is fairly straight forward but tough to follow without discipline.

"Diet and exercise," advised the director.

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.

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.

VP-47 5k Runway Run Sat., July 4

All of Oahu is invited to get physical and enter the Patrol Squadron 47 5k Runway Run at 7 a.m. The race starts & finishes at Hangar 104, and takes runners along the Marine Corps Base Hawaii 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.

HSL-37 Splash & Dash Biathlon Sat., Oct. 17

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 Station. 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 5-kilometer foot race.

MCAS Tradewind Triathlon Sat., Nov. 1

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

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.

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.

Cardio Challenge

This class will help revitalize you for the rest of the day. All levels are welcome. You raise your heart rate and increase your endorphines.

Early Risers

Here is a class for the early birds! Sign your unit up for unit physical training sessions led by one of the Semper Fit instructors. The sessions will include cardio training and muscle endurance exercises to jump start your metabolism for the day.

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.

High Intensity Circuit Training

Put the "fun" back into functional training! This is a great workout for people on the go. This hour-long class will incorporate a series of circuits designed to challenge your muscular endurance and will strengthen your cardiovascular system.

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 and Tone

The best of both worlds in one class! A great Step class and some resistance training in an hour and 15 minutes. Get your heart pumping with an upbeat step session that will tone your muscles

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.

Stretch and Strength

Strong muscles need stretching attention. This class uses body weight strengthening exercises and focuses on stretching muscles to maintain optimal range of motion.

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.

PiYo

If pilates and yoga were mixed together, this is what you would get. This class will help develop strength, flexibility and balance to sculpt long, lean muscles. With pilates, yoga and a combo of upbeat moves, this mat class will get your blood flowing while re-shaping you from head to toe.

Speed and Agility

Swifter, higher, stronger! Train like an athlete! This class focuses on developing strength, power, balance and agility while maintaining flexibility. Dynamics of this class include plyometric-type exercises designed to produce fast, powerful movements, and improve functions of the nervous system while increasing foot speed.

Zumba

This is a Latin inspired, dance-fitness class incorporating international music and dance movements. It includes a combination of fast and slow rhythms, that tone and sculpt. The class integrates aerobic, interval and resistance training. Dancers and non-dancers will have a blast while getting an incredible workout!

For more information
on group classes
call 254-7597

Hours of operation:
Monday-Friday, 4:30 a.m. - 10:30 p.m.
Saturday, 7 a.m. - 10 p.m.
Sunday & Holidays, 10 a.m. - 6 p.m.



Cover the world in paint!

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

For more information, call 265-4283

Intramural **Sports** Updates

2009 Intramural Spring Softball League

Schedule

All games will be played at Riesley Field

May 29

6 p.m. Jokers-VP-9 vs. ASP-HQBN
7 p.m. MCAS vs. CLB-3
8 p.m. 3rd Marines vs. MALS-24
"Cass"

June 1

6 p.m. ASP-HQBN vs. HMH-463
7 p.m. HSL-37 vs. 1/12
8 p.m. Irish Pub-HMH-363 vs. 1/3
Weapons

June 2

6 p.m. VP-9 vs. MALS-24 "Cass"
7 p.m. 3rd Marines vs. CLB-3
8 p.m. VP-47 vs. Jokers - VP-2

June 3

6 p.m. PMO vs. MALS-24 "Gibbs"
7 p.m. HSL-37 vs. 1/3 Weapons
8 p.m. VP-9 vs. CLB-3

June 5

6 p.m. VP-47 vs. MALS-24 "Cass"
7 p.m. ASP-HQBN vs. 1/3 Weapons
8 p.m. Irish Pub - HMH-363 vs.
MALS-24 "Gibbs"

June 8

6 p.m. MCAS vs. PMO
7 p.m. ASP-HQBN vs. 1/12
8 p.m. Jokers - VP-2 vs. HMH-463

Standings

TEAM	WINS	LOSSES
ASP-HQBN	7	0
HMH-463	6	0
1/12	6	2
Jokers - VP-2	5	1
1/3 Weapons	5	4
PMO	5	4
Irish Pub - HMH-363	4	4
CLB-3	4	5
VP-47	3	4
HSL-37	2	3
3rd Marines	2	4
MALS-24 "Gibbs"	2	5
VP-9	2	5
MALS-24 "Cass"	1	3
MCAS	0	9

Current as of May 25

2009 Intramural Soccer League

Standings

TEAM	WINS	LOSSES
VP-47	2	0
CLB-37	1	0
HQBN	1	0
MALS-24	1	1
MCAS	0	1
VP-9	0	1
HSL-37	0	2

Current as of May 22

Schedule

6 p.m.	June 2	7:15 p.m.	MALS-24 vs. MCAS
7:15 p.m.	CLB-3 vs. HQBN	8:30 p.m.	HQBN vs. VP-9
8:30 p.m.	VP-9 vs. MALS-24		
	MCAS vs. VP-47		
	June 4	6 p.m.	MALS-24 vs. HQBN
6 p.m.	VP-47 vs. HQBN	7:15 p.m.	VP-47 vs. VP-9
7:15 p.m.	CLB-3 vs. MALS-24	8:30 p.m.	HSL-37 vs. CLB-3
8:30 p.m.	HSL-37 vs. MCAS		
	June 9	6 p.m.	CLB-3 vs. MCAS
6 p.m.	VP-9 vs. MCAS	7:15 p.m.	VP-47 vs. MALS-24
7:15 p.m.	VP-47 vs. CLB-3	8:30 p.m.	HSL-37 vs. VP-9
8:30 p.m.	HSL-37 vs. HQBN		
	June 11	6 p.m.	MCAS vs. HQBN
6 p.m.	VP-47 vs. HSL-37	7:15 p.m.	VP-9 vs. CLB-3
		8:30 p.m.	HSL-37 vs. MALS-24

Bump. Set. SPIKE!

It's time to get ready
for the 2009 Intramural
Volleyball League
Spring Season!

*Organize your teams and get
practicing because the
season starts soon.*

*Contact Joe Au, Intramural
Sports director, Marine Corps
Community Services,
at 254-7597 for more
information or to
register your team!*

Marine Corps Sports Hall of Fame

Athlete of the week

Robert Bruce Mathias

Class of 2002 - Decathlon - Olympian

Press Release

Marine Corps Community Services Sports

Robert Bruce Mathias was born Nov. 17, 1930, in Tulare, Calif.

He attended Stanford University on a Navy Reserve Officer Training Corps scholarship from 1950 to 1954. After graduation Mathias joined the Marine Corps and served on active duty from 1954 to 1956. While on active duty he was assigned to Headquarters Battalion, 1st Marine Division at Camp Pendleton, Calif., until his discharge as a first lieutenant in September 1956.

He then remained in the Marine Corps Reserve and was promoted to the rank of captain.

An excellent all-round athlete, Mathias excelled in track and field.

In addition to being undefeated in the decathlon, Mathias was a decathlon four-

time national champion.

He was also a star fullback at Stanford University playing in the 1952 Rose Bowl.

At the age of 17 he became the youngest winner of an Olympic track and field event by winning the gold medal in the decathlon in 1948.

Two years later he set the first of three world decathlon records. Mathias set another world record in 1952 and once again won the Olympic title.

Mathias was drawn towards politics and elected to the 91st Congress in 1966. During his eight years as a Member of Congress, he served as a member of the Agriculture Committee and the House Foreign Affairs Committee.

After his political career he became the director of the United States Olympic Training Center from 1977 to 1983. Today he is president of Bob Mathias, Inc., and is a public relations consultant.



Save money and the planet ...

Ride your bike to work!

Marine Corps Base Hawaii urges everyone to bike to work or try cycling for fun, fitness or transportation. Biking to work is an efficient and fun way to get the exercise you need, without having to find extra time to work out.

This year, with gasoline prices as high as they are, biking to work makes more sense than ever.

Follow these tips for a safe ride

- Have your bike checked over by your local bike shop
- Always wear a helmet to protect your head in the event of a crash
- Ride in the right-most lane that goes in the direction that you are traveling
 - Obey all stop signs, traffic lights and lane markings
- Look before you change lanes or signal a turn. Indicate your intention, then act
- Be visible and predictable at all times; wear bright clothing and signal turns





Courtesy photo

Passengers wave as their DUKW amphibious vehicle emerges from the water. Duck Tours refurbished the DUKW World War II transport vehicle for the tours.

Hawaii Duck Tours give quacky quest through Oahu

Kristen Wong
 Photojournalist

HONOLULU -- On a particularly sunny day in Keehi Lagoon, tourists competed in an impromptu hula contest aboard a two-and-a-half ton, bright yellow vessel. Chuckling, a few passengers swayed their arms like the rolling ocean waves surrounding the "duck." Locals sped by in a boat, smiling and waving. Tour guide Bruce Wiggins took a quick sip of coffee as he steered the vessel through the water, playing the song "Pineapple Princess" on a sound system.

Wiggins, a native of Miami, said the best part about being a tour guide for Hawaii Duck Tours is meeting people from across the United States and other countries.

"The job's the same thing everyday, but the people are always different," Wiggins said.

Hawaii Duck Tours, which started in Hawaii in 1998, takes as many as 1,000 tourists and residents each month, said Miles Needham, manager and founder, Hawaii Duck Tours.

The tours, which generally cover the southern Oahu area, are conducted aboard a repainted and repaired DUKW, an amphibious vehicle manufactured to transport supplies during World War II.

The name "DUKW" originates from an Army vehicle classification acronym. "D" refers to the

year of the model, "U" signifying an amphibious nature, and "K" and "W" signify the functionality of the front and back wheels, according to the National Transportation Safety Board's Web site.

No longer in use by the military, many DUKWs are now featured by various tour companies across the United States.

Needham, a native of London, has run Hawaii Duck Tours for 10 years and spends much of his day working on recently-acquired DUKWs to use on future tours.

"I just wanted something that was absolutely unique," Needham said.

One of the most prominent features for Hawaii Duck Tours is the fact the DUKW can be driven on a normal road and taken into the water. Needham said many people ask "Are we really going into the water?" and "Do you think it'll float?"

Passengers can experience the dual nature of the DUKW for themselves. During the "Arizona" tour, the driver launches the DUKW from the boat ramp at Keehi Lagoon. With a brief, light splash the DUKW enters the water. Once on the water, it travels slowly and smoothly, bobbing very little. As pipes on either side of the vessel cycle through and spout water, the DUKW stirs up small frothy waves from its rear like a boat.

Needham remembers two non-English

speaking passengers who became frightened when they realized the DUKW was going into the water and one of the couple signaled he could not swim. By the end of the tour, however, they were pleased.

"The guy stood there hugging me and just shaking my hand," Needham said. Another prominent feature of Hawaii Duck Tours is the historical element. Needham describes Hawaii Duck Tours as a "historic tour in a historic vehicle."

Wiggins offers patrons many facts about World War II, the Hawaiian monarchy and more.

Patrons can take one of two tours: "The Arizona, Keehi Lagoon and City Duck Tour," or the "Hanauma Bay, Diamond Head and Maunaloa Bay Duck Tour." Both tours generally take a full day each, starting at 7 a.m. and ending between 3 to 5 p.m.

In addition to a normal driving tour, patrons can also enjoy snorkeling (snorkels provided) at Hanauma Bay or a visit to the U.S.S. Arizona Memorial. Passengers aboard the DUKW need few provisions for the tour, aside from extra money for souvenirs and lunch.

During the "Arizona" tour, the DUKW ventures a quarter mile out in Keehi Lagoon, where patrons can see Oahu's last fishing village on Mokauea Island.

"I love it," said Robert Soderberg, a visitor

from San Diego. "Everything's running smoothly. It's fast and entertaining. I'm doing something I've never done before."

Emerging from the water, the DUKW travels through downtown Honolulu, where patrons have opportunities to see Iolani Palace, the famous statue of King Kamehameha I, and the Mission Houses Museum.

"It's great fun," said Patricia Auflick, a visitor from Tucson, Ariz. "You see a lot of key places in the city. You get a different perspective from the land and the sea."

In addition to its normal tours, Hawaii Duck Tours also offers custom tours and use of the DUKW for special events like birthday parties. The company also participates in a number of parades throughout the year. In past years it has also been known as the "Duck of Doom" during Halloween, escorting patrons through a "haunted" Bellows Air Force Station.

Each tour is \$43 for adults and \$33 for children up to 9 years old. Needham said Duck Tours is for all ages. Groups of 13 or more are given a 15% discount. A military discount of \$35 for adults and \$28 for children is available at the Information, Tickets and Tours office located at The Mall at Pearl Harbor (Navy Exchange).

For tickets call 422-2757. For tour and pick-up information, visit <http://www.hawaiiducktours.com> or call 988-3825.



Kristen Wong

Paula Olivas and Robert Soderberg, visitors from San Diego, sit near the back of a DUKW during the "Arizona, Keehi Lagoon and City Duck Tour" May 22. Hawaii Duck Tours runs regular daily tours and can be booked for special occasions.



Courtesy photo

Miles Needham, manager of Hawaii Duck Tours, stands next to a DUKW refitted for amphibious tours of Oahu.

PASS IN REVIEW

Your weekly guide to all aspects of entertainment

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

1/4 — No Impact, No Idea

Horrendous. Among the worst of the worst in its genre. Dedicating time to this is not only wasteful, but unforgivable. Avoid at all costs.



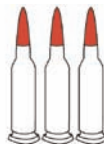
2/4 — High And To The Right

Mediocrity at its best. Lacks a few things that might have made it really good. A decent time waster, partake only if you have nothing better to do.



3/4 — On Target

Praiseworthy. A great endeavor, not quite an instant classic but still very entertaining. This is a sound investment of your time.

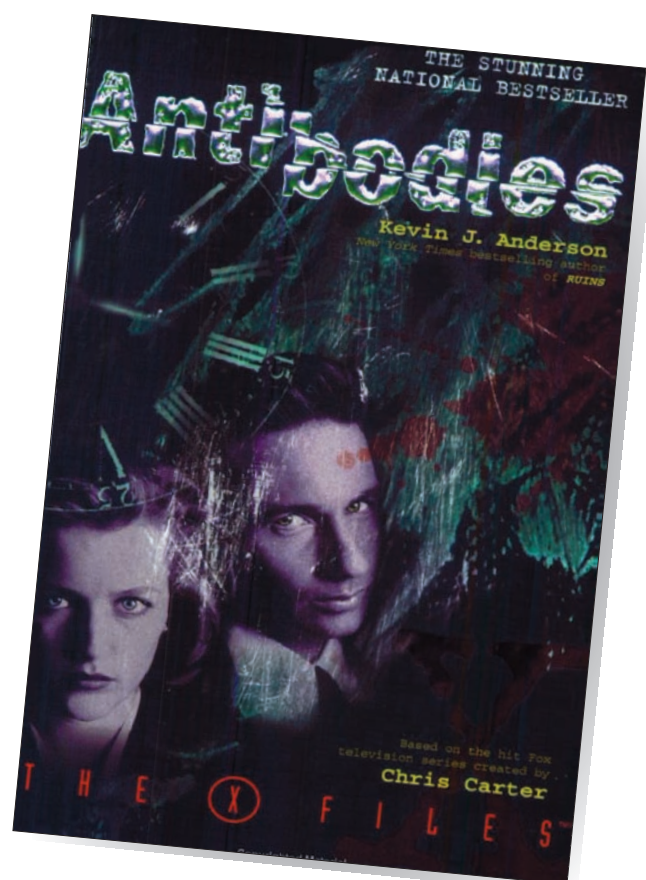


4/4 — Confirmed Kill

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



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



'Anti-bodies' injects thrills in X-Files fans

Kristen Wong
Photojournalist

Even as all nine seasons of the X-Files collect dust on my shelf, I never forget they are there. From time to time I'll look at the face of Fox Mulder, staring intensely at the sky, and remember the darkness, the gunshots and the time and place typed efficiently on the left corner of the screen. So it was not a surprise when I immediately spotted "X-Files: Antibodies" at the base library, and on a whim decided it was worth a read.

In its familiar episode style, the story begins with the time and place typed for the audience. DyMar Laboratory, once a large research company in Oregon, was destroyed by fire. The media were told that an activist group called Liberation Now allegedly started the fire because of harsh experimentation on animals. Mulder eagerly shows Scully the DyMar case, curious as to why the security guard patrolling the burnt wreckage was found dead, with strange tumor growth all over his body.

Little did the public know, DyMar's lead researchers David Kennessy and Jeremy Dorman secretly created a new cure for all diseases and afflictions. Called "nanocritters," Kennessy and Dorman built microscopic machines that could be inserted into a body to repair cells and tissue damaged by injury or disease. We learn early on that Jeremy Dorman somehow escaped the fire at DyMar, and is limping across town, also with a strange

tumor growth on his body. Dorman is trying to find Kennessy's wife, son and dog. The reader learns that Jody, Kennessy's son, is dying from leukemia, but makes an uncanny recovery.

Meanwhile, Patrice Kennessy has taken her son and dog to her brother-in-law's abandoned cabin, to hide from whoever destroyed DyMar Laboratory. David Kennessy's last words were over the phone, telling his wife to flee.

Kevin J. Anderson, author of "Antibodies," draws an accurate portrayal of Mulder and Scully. I can easily picture Anderson's description of Mulder eating cheese curls or taking Scully to a less-than-ideal restaurant for his favorite coffee in a foam cup.

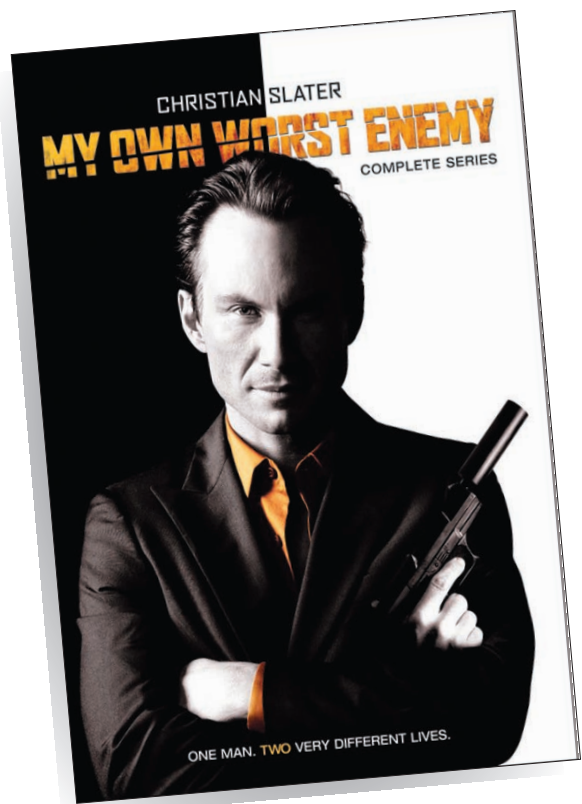
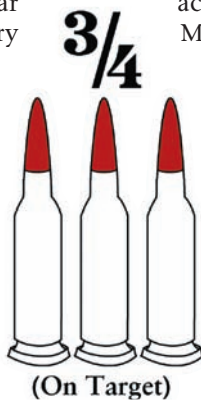
After seeing enough episodes about Scully, you know she is extremely devoted to her practice, her career and her beliefs. She defends her beliefs fiercely, in "X-Files: I Want to Believe," and "Antibodies."

As expected, Anderson's narration helps the reader see how much Scully cares for Jody. He follows Scully's common tendency to care for children, as evidenced in several episodes of the series, and the newest movie.

"X-Files: Antibodies" gives us a little gratuity in the ending. It's just enough to satisfy the reader without making a completely easy ending, and it's the kind of ending you would expect from the show.

I especially recommend this book to X-Files fans who yearn for more stories. It does not further the larger picture, but it does put another puzzle piece into the life and times of Scully and Mulder.

It's another episode to enjoy, even as the ninth season appears to be the last we'll ever have.



No intelligence in Slater's show about spies

Christine Cabalo
Photojournalist

Finding anything redeeming about the new "My Own Worst Enemy" DVD set of the short-lived television series is an impossible mission.

Henry Spivey (Christian Slater) is a corporate efficiency expert living with his wife and two children in the suburbs. Spivey seems to lead a normal, quiet life until he dizzily wakes up in the middle of a gunfight in Russia. The mousey office worker discovers he's been unknowingly leading a double life for years as sleeper agent Edward Albright. Even more alarming, he's part of an entire intelligence network of spies who have split personalities to protect their cover aliases.

Communicating through recorded video messages and notes, Spivey and Albright realize the trigger to switch between their personalities is broken. The two attempt to figure out what caused their switch to break while avoiding being caught and killed because of the malfunctioning switch.

The TV series was on the air starting in October 2008 and lasted nine episodes before being cancelled. With the series ending on a cliffhanger, fans expecting to find closure are out of luck. The new DVD release offers no additional episodes or extended scenes to tie up the plot. Worse yet, there are no special features to tempt viewers who hadn't already recorded the series when it initially aired.

Aside from having no additional content, the episodes still provide some entertainment with slick acting performances and intricate set design.

Slater impressively switches between the two personalities as fast as a bullet. Slater smirks when he's Albright, portraying him as a cynical and rugged spy. The actor notably changes his mannerisms as Spivey, who's nervous and

soft-spoken as he tries to accept having a dual life. Slater is particularly funny whenever Spivey wakes up from being Albright for an extended time and has to explain his alter ego's odd behavior.

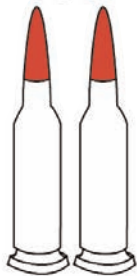
The show's supporting cast also provides some witty humor. Helping Slater's character hide his problem are intelligence supervisor Mavis Heller (Alfre Woodard) and fellow sleeper agent Raymond Carter (Mike O'Malley). Both save their superspy colleague by trying to outwit foreign terrorists or navigate domestic life with time to spare for clever banter.

What made the series a standout from other television spy dramas was its excellent camera work and high production standards. The TV show's secret spy headquarters is picturesque, looking grand enough to be a federal building. When Slater and the other spies go on missions, their trips to exotic foreign locations like metropolitan China seem realistic. Viewers could easily submerge themselves into the spy world, with each episode as visually intricate as a full-length movie.

While most of the show seems plausible, "My Own Worst Enemy" ultimately misses the mark because creators don't adequately explain why spies must split their personalities. Viewers are left to figure out how such a prestigious and well-financed government spying operation didn't already figure out their top agent was "broken." Nor did the writing staff make an attempt to show why other spies haven't already malfunctioned.

With just the bare minimum in story quality and DVD content, "My Own Worst Enemy" is just not worth it.

2/4



(High and to the Right)

Better Know A Critic



CABALO

When Christine Cabalo wants a night in, good DVDs are a must. "The best ones leave me yawning, because I was up the night before watching them over and over again," she said. "How much I enjoyed a DVD is directly related to the amount of sleep I get that night." She likes movies, documentaries and television shows with vivid camera work. Her favorite extras are fun games based on the release and behind-the-scenes commentary.



WONG

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

Quick Hit

"Land of the Lost: The Complete Series" 3 out of 4 (On Target)



Brush up on the original 1970s adventures of the Marshall family in the new limited edition box DVD set. Viewers can rediscover how Rick, Will and Holly turned a routine expedition into a trip filled with dinosaurs and Pakuni primates.

Sadly, the set doesn't include the commentaries and other extras featured in previous releases. However, there is a new featurette with footage from the new Will Farrell movie version due out next week. Otherwise, giggle over the absolutely primitive special effects or how much of a jerk

Christine Cabalo

TALK* STORY

Many fans of "Bizarre Foods with Andrew Zimmern" on the Travel Channel tune in every Tuesday evening, to watch the show's host having his fill of some of the most interesting foods in the world.

What is the most unique food you've ever eaten?

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



"Alligator. It's commonplace in Louisiana. They fry alligator and serve it. It's pretty good."

— Army Pvt. John Salassi



"Balut [A Southeast Asian dish made from partially developed bird egg]. The feathers and the skeleton. You gotta get by the smell first."

— John Russell

"Octopus. It's really good when you fry it."

— Petty Officer 3rd Class Karen Turnbull



New LINKS class opens doors to teach young Marines

Christine Cabalo
Photojournalist

Single Marines learned the ins and outs of Marines Corps policies in a new free class offered through the Marine Corps Family Team Building program, May 21-22.

They were the first active duty Marines to study information from the new Lifestyle, Insights, Networking, Knowledge and Skills class aboard Marine Corps Base Hawaii. Previously offered to spouses and parents of Marines, the latest LINKS class was refined for junior Marines, explaining the finer details of how the Marine Corps works.

The idea for the class came from repeated requests by Marines checking into the base who wanted to learn more about Marine Corps policies for pay and other procedures. New members of Headquarters Battalion would request information packets for their parents — then ask for their own copies, said Cielo Gonzalez, HQBN family readiness officer, MCFTB.

The class is one of several resources available for single Marines from the MCFTB, part of Marine Corps Community Services.

“Our hope is to remind [single Marines] they are part of an extended family, even if they aren’t married,” she said. “We have a lot of resources available. The Marine Corps includes all kinds of families: the ones you’re born into, sworn into and marry into.”

Gonzalez said the new class discusses many subjects junior Marines may still have questions about after joining including: permanently changing duty stations, workplace success strategies and potential post-deployment challenges.

In a small group of no more than 15 at a time, Staci Holt, LINKS trainer, MCFTB, answered questions and brought in several expert speakers. These experts discussed specialized areas of

interest, including how to foster good workplace relationships. Holt also shared her personal experiences as a spouse of a Marine who has made the Corps a lifelong career. She said the first group has been a perfect class for her to lead.

“I thought the Marines would be all business, but they’ve

said he learned to ensure he receives the correct amount of pay each month or face being deducted large amounts at a time if he’s been overpaid.

“The class shows you everything we do,” Totty said. “You see the pay process, and just learn about how to go out there to get things done. They’ve offered advice about how to get a car if you need one and how to set up a house once you move.”

Totty said he also appreciates how Holt led the class in fun activities describing Marine Corps procedures. One exercise included having the Marines imagine what they’d need to do if they were sent orders to overseas duty stations.

In addition to learning about traveling, Lance Cpl. Nicole Gonzalez, administration clerk, HQBN, said she appreciated spending time with others from her unit as they learned. She said her favorite part of the training was an activity with color-coded candy they could take, then answer questions about themselves based on what color candy they picked. It’s a class she said she definitely recommend for Marines to take.

“For people taking the class, I’d tell them to think of possible questions to ask before you begin the class,” she said.

Without the class, Cielo Gonzalez said the junior Marines would be left to learn all the information on their own.

The family readiness officer said the feedback from this first class sets the bar for how they run classes in the future. The LINKS for Marines class is just one of several available to single Marines.

Holt said she hopes the class could be extended to include more time to cover additional topics like personal finances and what base benefits are available.

“This class is definitely worth [a Marine’s] time,” Holt said. “I’m hoping others will enjoy it and know they’ll learn good information which can save any Marine some time.”

For more information about the LINKS program, this course or if you want to schedule a session, call Staci Holt, LINKS trainer 257-2368.



Lance Cpl. Lauren Danis, military working dog handler, Provost Marshal's Office (left) and Lance Cpl. Heather Quinn, supply clerk, Headquarters Battalion, brainstorm 10 actions to take if they were told to deploy to Tanzania. The exercise was part of a new class offered by the Marine Corps Family Team Building program specifically tailored to Marines.

Christine Cabalo

been very open,” Holt said. “We’ve had a lot of fun, and they’ve been really receptive.”

Many of the participants for this first class were stationed with Headquarters Battalion and volunteered to take it.

The class discussed how to be set up for success in the Marine Corps, said Pfc. Markus Totty, administration clerk, HQBN. He

“Navigators” kids send packages to deployed troops

Jessica Goosby
Special to Hawaii Marine

Marines and Sailors deployed to Afghanistan were sent 29 boxes carrying nearly 200 care packages Tuesday, all thanks to 45 sixth graders who call themselves the “Navigators.”

The packages were sent with letters of thanks and encouragement in an effort to give back to the community and create stronger ties between local students, Marine Corps Base Hawaii and its military service members.

The group consists of students from nine schools in Windward Oahu, stretching from the farthest end of Waimanalo all the way to Kahuku, and is aimed at strengthening the positive self-image and personal growth of at-risk youths in the community. The care packages were sent to Marine Heavy Helicopter Squadron 362 as a way to thank the unit for service to their country.

“Knowing the progress the Navigators have made as the school year has gone on and seeing how they had this goal of helping Marines they’d never met has been a wonderful thing to witness,” said Troy Euclide, family readiness officer for HMH-362.

“It’s just one of those good, heart-felt stories that you never hear about because people always just want to talk about the bad in the world,” Euclide said.

Euclide was contacted in March by one of the group’s program coordinators in hopes of organizing an effort with the base to show the students a side of their community they seldom get to see up-close, and Euclide jumped at the opportunity. Euclide was able to put together a field trip display at MCB Hawaii for the students March 13, where the children were able to see helicopters, mine resistant ambush protected vehicles, and crash site and rescue crews up-close and learn about their inner workings and the jobs of those who operate them.

“After the whole experience it turned into the group wanting to adopt our unit and send our Marines care packages as a way to say thanks,” Euclide said. “It was amazing.”

Sydney Wicklund, program manager for school-based behavioral health, said that the goal of the program is to help kids think positively about themselves, and in working with the base it has helped the students to realize the value of themselves, others, and their community.

“We want them to say, ‘Hey, I can get all that attention in a positive manner and can tell other kids that it’s not cool to do certain things’ which, overall, helps to change the climate of our local schools,” Wicklund said.

The Navigators started with just 10 students in 2004, and since has worked to enhance the lives of more than 100 participants. The 2008-2009 school year saw 45 sixth graders complete the program, with this being their first cooperative effort with MCB Hawaii.

The Navigators focus on the “Five R’s”: respect, responsibility, resourcefulness, relationships and resilience. The group spans across the district, including students from Pope, Aikahi, Kuhuku, Heeia, Hauula, Ben Parker, Kahaluu, Kaimalu and Kaneohe elementary schools.

“We strive to teach the students to succeed so we try to pick kids who are what we call the



Troy Euclide, family readiness officer, Marine Heavy Helicopter Squadron 362, expresses thanks on behalf of the unit’s leaders for their generous support and hard work in sending care packages to them while deployed.

Courtesy Photo

“natural leaders” of the school,” said Wicklund. “Maybe they’re not the best students or the ones up for student council, but we see the potential in them and they’re the ones that the other kids want to follow — we target them in an effort to teach them to be respectful of themselves and others in hopes that the other kids will follow suit.”

Wicklund said that after the field trip to the base the idea for creating care packages was posed to the students and they “jumped at the chance.”

“They collected items to send to the troops, promoted the effort throughout the schools and got their families and friends involved ... it was awesome,” Wicklund said.

“I couldn’t have done it without Mr. Euclide and all of the wonderful behavioral health spe-

cialists who work so hard in each school to make this program a success,” she said.

The Navigators participate in three section-specific outings each year as a district, respectively focusing on self, others and community. This year’s field trips included a tour of Heeia Fish Pond, MCB Hawaii, and a final field day at Kualoa Beach Park May 19 to box the care packages and hold a ceremony to hand them over to the Marines via Euclide. The individual school groups meet once a week to talk about future activities and work on personal growth and change.

“I think based off of the wonderful experience we had this year we will definitely strive to do this field trip to the base and the care packages again next year and in many years to come,” Wicklund said.

Deployed officer spurs drive for children in Philippines

Carol Chun
Special to Hawaii Marine

MINDANAO, Philippines -- While deployed with Joint Special Operations Task Force Philippines on the island of Mindanao, Cmdr. Kurt Lewis visited two local orphanages and saw children in great need.

There he saw young victims of abandonment and abuse were running short on formula, used clothing, basic school supplies and paint used to make pictures on homemade paper.

Before he left November 11, he asked his wife Chris and daughters Hannah (grade 5) and Kara (grade 2) to help by spearheading a community service project at their school, St. John

Vianney in Kailua.

The resulting drive turned out to be a huge success.

It turns out Joint Special Operations Task Force Philippines had been securing clothing and food donations from churches throughout Hawaii for several months, but because of legal issues, had been unable to obtain support to ship the donations to Mindanao.

In early March, Lewis made an appeal to the students and parents of St. John Vianney School to donate paints, school supplies, infant formula and cash to cover the cost of shipping everything collected via the U.S. Postal Service.

By the end of April, donations provided by families from the school enabled Lewis and his staff to deliver over 100 pairs of

sandals, and three large boxes of paints, school supplies, diapers and infant formula to two local institutions in the city of Zamboanga. In a thank you letter sent home recently, Lewis made it clear that the generosity of St. John Vianney School’s students and parents made a definite difference and helped some desperate children in an impoverished corner of the world, thousands of miles away.

St. John Vianney School is located in Enchanted Lakes in Kailua and serves students from preschool through eighth grade. Each year, children from each class come up with a community service project to help a cause they believe in.

For more information or a personal tour of the campus, please call 261-4651 or email achee@hawaii.rr.com.

Hawaii Legislature passes new 'Interstate Compact on Education Opportunity'

Compact addresses unique challenges faced by military family members who often change schools across state lines

Press Release

Hawaii State Legislature

HONOLULU -- The Hawaii State Legislature announced on May 14 the passage of Senate Bill 1164 allowing Hawaii to join the Interstate Compact on Educational Opportunity for Military Children to improve the quality of education and address unique challenges faced by children of military families.

"The Interstate Compact strengthens and builds on Hawaii's support to our military community. The compact will ease the challenges created when children are uprooted from school as parents are transferred or are deployed," said Sen. Norman Sakamoto, Chairman of the Senate Education and Housing Committee.

The overall purpose of the Interstate Compact is to remove educational barriers faced by children of military families due to frequent moves and deployment of military parents.

"By passing this compact, children of military families will have more opportunities to succeed not only in our schools but wherever

they may go in the following years," said Representative Roy Takumi, Chairman of the House Education Committee.

The compact, developed by the Council of State Governments, education and military family experts and the Department of Defense, addresses common problems that affect military students as a result of frequent moves and deployments. States that sign onto the compact agree to work collectively with other compact states to create uniform standards of practice regarding the transfer of records, course placement, graduation requirements, redundant or missed testing, entrance age variations and other transition issues.

"Some say that we in Hawaii don't need to be part of the Interstate Compact because we already do much of what is advocated in the compact, but I say that we should join the compact because we already do much of what is advocated in the compact," stated Maj. K. Mark Takai, who presented testimony on this bill prior to being deployed to the Middle East to serve with the Hawaii Army National Guard's 29th Brigade in Kuwait.

The bill recognizes and addresses the issues

and the uniqueness of Hawaii's statewide school system, such as allowing Hawaii's tuberculosis clearance requirement and allowing the child of a deployed service member to continue and finish the school year at the school currently enrolled while in the custody of a guardian.

"This bill is much more than Hawaii being part of the Interstate Compact," said Hawaii Department of Education Superintendent Patricia Hamamoto. "The Department has partnered with the Hawaii's military for over ten years to build a support system for children transitioning in and out of schools. Our educators understand and recognize the unique challenges facing military families, and our support of this bill emphasizes our continued commitment."

Another unique aspect of the bill is the Interstate Commissioner selection process. Hawaii's Compact commissioner will be recommended as the superintendent with the approval of the State Board of Education.

Additionally, Senate Bill 1164 creates a State Council for Educational Opportunity for Military Children that includes the superin-

tendent, the three complex area superintendents, the DOE military liaison, representatives of all five military branches (including the Coast Guard), the education legislative committee chairs and other important key players.

"We commend Senator Norman Sakamoto, Representative Roy Takumi, Representative K. Mark Takai, and Ms. Lisa Vargas for their support," commented DOE Military Liaison, Cherise Imai.

"They were instrumental in leading a task force to analyze the compact and the Department's efforts, and in the passage of this bill. They understand the military's quality of life concerns, and the important role Hawaii's schools play in supporting the needs of children and families," Imai added.

With the passage of Senate Bill 1164, Hawaii will join 15 other states that are part of this compact. In 2008, 11 states adopted this compact. Five states followed in 2009.

These states include Alaska, Arizona, Colorado, Connecticut, Delaware, Florida, Indiana, Iowa, Kansas, Kentucky, Michigan, Mississippi, Missouri, North Carolina, Oklahoma and Virginia.

Behavioral health, family resources from TRICARE

Brian P. Smith

TriWest Healthcare Alliance

You can effortlessly change your child's diaper in the middle of the night.

In the dark. With one hand. In the car. While you're driving (although not recommended).

Some changes are not that easy. Military families regularly face deployments, moves and other transitions.

"Families will see a range of reactions to the changes taking place at home," says Dr. Blake Chaffee Ph.D., TriWest Healthcare Alliance vice president of integrated health care services. TriWest manages the TRICARE benefit in the 21-state west region.

"It's important that parents know there are local and online resources available that complement TRICARE's comprehensive behavioral health benefit for both parents and children," he said. These include self-help and educational resources as well as local support available in-person or over the telephone.

TRICARE allows eight self-referred behavioral health office visits for active duty family members each fiscal year (Oct. 1 to Sept. 30). Continuing TRICARE coverage, with the required referrals and authorizations, includes up to two behavioral health sessions per week in any combination of individual, family or group sessions.

5 Great Online Resources

1. The Behavioral Health Portal at www.triwest.com includes articles and links to resources to help parents better understand and work through a child's potential

behavioral issues, including depression. At www.triwest.com, select "Beneficiary" and then "Behavioral Health" from the "In the Spotlight" menu.

2. Produced by TriWest, the Help From Home video series is available to beneficiaries in the TRICARE west region at no cost. Order the two-DVD set or view the videos online through TriWest's Behavioral Health Portal. The series offers advice from behavioral health experts and military families who have experienced the challenges of deployment and reintegration.

3. Military kids face unique stress at school, including mid-school-year moves. The Military Child Education Coalition (MCEC, www.militarychild.org) has tools and resources available to help the family make a successful transfer.

4. TriWest partnered with the National Military Family Association (NMFA) to produce "10 Things Military Teens Want You To Know," a collection of stories, quotes, tips and resources for those who want to better understand their world. Visit www.nmfa.org for more information and to request a copy.

5. Sesame Workshop's Talk, Listen, Connect program is designed for military families (with children ages 2 to 5) experiencing deployments, homecomings or a parent's combat-related injury. Download the videos, discussion guides and activity materials from Sesame Workshop at www.sesameworkshop.org/tlc.

More resources are available through the family programs office at your installation and at www.triwest.com.

TRICARE offers hospice benefits for terminally ill

Diane Mayer

TriWest Healthcare Alliance

If you or a loved one is faced with a terminal illness, hospice care is available from TRICARE.

Hospice is a concept of care designed to provide comfort and support to patients and their families when a life-limiting illness no longer responds to cure-oriented treatments. All TRICARE beneficiaries are eligible for this benefit.

The goal of hospice is to enable patients to continue an alert, pain-free life and to manage other symptoms so that their last days may be spent with dignity and quality, surrounded by their loved ones.

Hospice care treats the person rather than the disease; it focuses on quality of life rather than length of life. It provides family-centered care and involves the patient and the family in making decisions. Care is available for the patient and family 24 hours a day, seven days a week.

Hospice care can be given in the patient's home, a hospital, nursing home, or private hospice facility.

Types of care provided may include nursing care, medical equipment and supplies, medications, counseling, and medical social services. Room and board is not a covered hospice benefit when a patient is in a facility such as a rest home and the care is custodial.

Initiating Hospice Care

The patient, their primary care manager (PCM), or a family member can initiate care as long as the patient's DEERS information is current. There is no paperwork for the beneficiary to complete to obtain hospice services. It is the responsibility of the hospice to submit the documentation necessary to obtain authorization for care.

There are four levels of hospice care:

1. Routine home care
2. Continuous home care – more nursing care than routine home care

3. General inpatient hospice – care in a hospice facility for symptoms that cannot be controlled at home

4. Inpatient respite care – up to five days per month to give families a rest from caregiving.

Coverage and Other Health Insurance

Hospice care is provided in three benefit periods; each period requires a separate authorization. The hospice provider will submit the necessary forms to TriWest.

1. First 90-day period
2. Second 90-day
3. Unlimited number of 60-day periods

Medicare patients do not need an authorization for hospice services and they are not processed through TriWest.

If the patient has other health insurance (OHI), the hospice will bill the OHI before billing TRICARE. TRICARE is always the secondary payer.

Costs

Copayments, deductibles, cost-shares and catastrophic cap do not apply for services provided under the hospice benefit. TRICARE pays the full cost of all covered services, except for small cost-share amounts that may be collected by the hospice.

The decision to enter into a hospice program may be made at any time during a life-limiting illness. By law, the decision belongs to the patient. Understandably, most people are uncomfortable with the idea of stopping an all-out effort to "beat" their disease. Hospice staff members are highly sensitive to these concerns and are always available to discuss them with the patient, family and physician.

Additional Questions?

If you need further information on the hospice benefit, please visit www.triwest.com/beneficiary or call 1-888-TRIWEST (874-9378). Additional resources are available through www.hospicenet.org.

Community Events

Honolulu Theatre for Youth to Perform 'Goodnight Moon' Musical

Saturday

Saturday is the last chance to see the Honolulu Theatre for Youth perform the musical "Goodnight Moon."

Performance starts at 4:30 p.m. at Tenney Theatre. Tickets are available online at <http://www.htyweb.org> or by phone at 457-4254. Military can show ID for one adult ticket at \$16 and receive a child admission free.

Cambodian Ikats Exhibit

April 30-July 26

Cambodian pidan, silk textiles illustrated with narrative themes are on display at the Honolulu Academy of Art April 30-July 26. Very little is known about the traditional function of pidan, but their "descendants" are the "elephant and temple" cloths Cambodians hang on festive occasions, such as the completion of a house. These antique pidan use iconographic images representing principal themes in Theravada Buddhist belief. There is an admission fee with senior and military rates available and children under 12 are free.

For more information on the exhibit or the Honolulu Academy of Arts, call 532-8700 or visit <http://www.honoluluacademy.org>.

Manoa Valley Theatre

May 13-31

The Manoa Valley Theatre is playing Mitch Albom's comedy "Duck Hunter Shoots Angel" May 13 - 31.

Performance times are as follows: Wednesday-Thursday at 7:30 p.m.; Friday-Saturday at 8 p.m.; and Sunday at 4 p.m. Tickets are available at all military ticket outlets, online at <http://www.manoavalleytheatre.com>, or by phone, 988-6131.

Military guests will receive a discount ticket rate at the box office.

Kailua Independence Day Parade

July 4

Kailua will celebrate Independence Day with a parade and fireworks display. The parade begins at 10 a.m. starting at Kainalu Elementary School and continues on Kainalu to Kailua District Park.

The parade will feature marching bands, veterans from the armed forces, clowns and additional activities. Fireworks display off Kailua Beach Park starting at 8 p.m.

Ukulele Festival

July 19

The annual Ukulele Festival on July 19 at Kapiolani Park brings together ukulele artists from around the world and an ukulele band of more than 800 children. There will be food, booths, ukulele displays and other activities.

There will also be ukulele give-aways and other prizes. There will be free parking and shuttle services at Kapiolani Community College.

The festival will be from 9 a.m. - 1:30 p.m. It's summer's best musical treat and it's free!

'President's Own' to team with MarForPac Band

Press Release

U.S. Marine Corps Forces, Pacific Band

CAMP H.M. SMITH, Hawaii -- Select members of the United States Marine Band, stationed in Washington, D.C. and known as "The President's Own," will perform with the U.S. Marine Corps Forces Pacific Band in a free public concert at 7 p.m. tonight at the Pearl City Cultural Center, next to Pearl City High School, at 2100 Hokekoke St.

The U.S. Marine Band is the only military organization whose primary mission is to provide music for the President of the United States, as well as the Commandant of the Marine Corps.

The detachment from the President's Own is in Hawaii for a week of training with the MarForPac Band, and for this concert.

The combined group will be playing selected works from John Williams, Aaron Copland and others.

Captain Michelle Rakers, one of two assistant directors with the U.S. Marine Band, will be guest conductor.

Word to Pass

Aboard MCB Hawaii

Deejay Dance at Teen Center

Tonight

Children, Youth and Teen Program members can come tonight to the Teen Center for a night of dancing with United Deejays. The dance from 7 - 8 p.m. and open to teens age 10 - 13. Each CYTP member may bring two non-members. There is a cost of \$1 for members or \$3 for non-CYTP guests.

Call Youth Activities at 254-7610 for more information.

Operation Homefront

Family Field Day

Saturday

Join Operation Homefront for a morning of family outdoor field activities at Pop Warner Field. Get with your unit family readiness officer for details or call 257-2651.

Building Healthy Relationships

June 4 - 25

This is an ongoing eight-session educational program through Marine and Family Services for active duty service members and their families with emphasis on communications issues, particular to married personnel.

The group is available in the morning or afternoon from either 9 - 11 a.m. or 1 - 3 p.m.

Participants receive a certificate of completion at the end of course.

Classes meet every Thursday. Orientation is at 8 a.m. every Tuesday in Building 216.

Call Counseling Services, 257-7780 or 7781 with questions.

LifeSkills 'The ABCs of

Body Language'

June 4

In LifeSkills' "The ABCs of Body Language" course, discover if your body language and facial expressions are working for you or against you in your communication and relationships, personally and professionally.

This course is open to all active duty and spouses, and suggested for both couples and singles.

Reservations are required and childcare is reimbursable. The course is from 9 a.m. - 1 p.m.

Contact Jocelyn Pratt, 257-2653/2410,

Jocelyn.pratt@usmc.mil.

FOCUS "Stress Busters!" Workshop

June 10

The Families Overcoming Under Stress project is hosting a workshop from 10 a.m. to noon on June 10 in the conference room at the Base Chapel.

This workshop, entitled "Stress Busters!" is dedicated to teaching military family members about deployment-related stress and how to deal with that stress. The deadline to sign up for the workshop is June 8.

For more information or to sign up for this workshop, e-mail hzajn@focusproject.org or call 257-7774.

Free Tour of Oahu

June 12

Tour the island of Oahu June 12 from 7:30 a.m. to 4:30 p.m. Visit the North Shore, downtown Honolulu, and other places of interest for free!

The tour is open to all active duty service members and their family members.

Reservations are required at Marine and Family Services in the rear portion of Building 216, Room 59. Call 257-7790/87 with any questions.

DEFY Summer Camp

July 6-16

The Department of Defense's Drug Education for Youth program, or DEFY, is hosting a free non-resident summer camp July 6-16. Kids will take part in physical fitness activities, athletics and attend fun excursions during the camp. The DEFY program has a unique curriculum based on a multi-phase drug, gang and violence prevention program.

It produces kids with strong character, delivers leadership and life skills training for youths and gives them the confidence to engage in positive, healthy lifestyles by pairing them with a mentor for approximately one year. If selected, a commitment to DEFY is from July through May 2010.

Registration is on a first come, first served basis. There is no cost for the program and it's open to Marine Corps, Navy, DoD and DoD volunteer family members.

Call Leroy Contee, program coordinator at MCB Hawaii Military Police Department at 257-1148 or 221-3255 (cell) or via e-mail at leroy.contee@usmc.mil.



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.

"Hannah Montana: The Movie"
 "Fast and Furious"
 "The Haunting in Connecticut"
 "Sunshine Cleaning"
 "Dragonball: Evolution"
 *Sneak Preview of "The Hangover"
 "Fast and Furious"
 "17 Again"
 "Sunshine Cleaning"

Today at 7:15 p.m.
 Today at 9:45 p.m.
 Saturday at 7:15 p.m.
 Saturday at 9:15 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.

Volunteer Opportunities

Reaching out to help one another

Environmental Service Project

Weed Warriors are wanted to join volunteers and Base Environmental staff to remove weeds from active fish and wildlife wetland habitats on base.

See up-close and learn about native plants and birds! You can help make a difference!

The group will leave Saturday at 8:30 a.m. from the Main Gate visitor parking lot area to the work site. The group is expected to return to the Main Gate around 11:30 a.m.

Base Environmental will provide gloves and tools, but wear old clothes, bring water, closed-toe shoes, sunscreen and prepare to get wet and muddy. Letters of appreciation will be issued.

Call Todd Russell at 216-7135 for more information.

Counselors Needed for Muscular Dystrophy Association Summer Camp

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.

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.

DEFY Program Seeks Marines, Sailors, DoD Employees as Mentors

The Drug Education for Youth, or DEFY, program is seeking active or retired Marines, Sailors and Department of Defense employees for the upcoming year as youth mentors.

DEFY is a preemptive prevention program which delivers strong kids for strong families who are ready for the future.

Besides assisting our youth with positive role modeling, leadership skills, and alcohol, drug, violence and gang prevention lessons, they enjoy many exciting activities.

This includes going with the children to places such as Sea Life Park, the Bishop Museum, a sail on the Paradise Cruise "Diamond Head Odyssey" local cruise and more.

This is all at no cost to mentors except for their time and dedication. A minimum of eight mentors must be signed up by June 15.

Staff training is from June 25-26 and the DEFY Phase I Summer Leadership Camp will be from July 6-16.

The Phase II Mentoring Program begins in

August and continues through May 2010, one Saturday a month. All adult volunteer mentors need to request Permissive Temporary Additional Duty for the dates listed.

If you are interested and want to learn more, please call Leroy E. Contee Jr., program coordinator at the Military Police Department, 257-1148 or 221-3255 (cell) or e-mail him at leroy.contee@usmc.mil.

The Navy-Marine Corps Relief Society Needs You

Want to give back or make a difference? Become a volunteer with the Navy-Marine Corps Relief Society.

They are continually looking for volunteers to assist in office duties, planning events, knitting, casework and more. Help them help you! NMCRS gives back thousands of dollars annually to Marines and Sailors in need.

For more information call 257-1972.

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 materials and kits are provided and no teaching experience is necessary.

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

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

Tutors Needed

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

For more information on volunteering at local schools on Oahu, please contact Amy Madsen, the Marine Corps Base Hawaii School Liaison, at 630-8281.

All Enlisted Spouses Club Thrift Shop

The All Enlisted Spouses Club Thrift Shop, located in Building 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 tasks.

Thrift Store hours are 9 a.m. - 1:30 p.m. Monday through Friday except Wednesdays (store is closed) and on the 1st and 3rd Saturdays each month from 10 a.m. - 2 p.m.

Please call 254-0841 or e-mail mcbhaesc@yahoo.com for more details or questions on how you can volunteer at the thrift shop.



At Anderson Hall Dining Facility

<p>Today</p> <p><i>Lunch</i></p> <p>Minestrone Soup Chicken Noodle Soup Roast Turkey Caribbean Catfish Steamed Rice Garlic Roasted Potato Wedges French Fried Cauliflower Simmered Mixed Vegetables Corn Bread Dressing Turkey Gravy</p> <p><i>Dinner</i></p> <p>Minestrone Soup Chicken Noodle Soup Sauerbraten Baked Stuffed Fish Scalloped Potatoes Noodles Jefferson Simmered Green Beans Creole Summer Squash Cream Gravy Tarter Sauce</p> <p>Saturday</p> <p><i>Dinner</i></p> <p>Cream of Chicken Soup Beef Barley Soup Beef Stew Pork Chop Mexicana Buttered Egg Noodles Spanish Rice</p>	<p>Mexican Corn Simmered Peas Brown Gravy</p> <p>Sunday</p> <p><i>Dinner</i></p> <p>Cream of Potato Chowder Vegetable Soup Beef Cordon Bleu Tropical Pork Chops Boiled Egg Noodles Orange Rice Club Spinach Cauliflower Au Gratin Brown Gravy</p> <p>Monday</p> <p><i>Lunch</i></p> <p>Beef noodle soup Cream of broccoli soup Teriyaki chicken Salisbury steak Mashed potatoes Steamed rice Simmered carrots Simmered lima beans Brown gravy</p> <p><i>Dinner</i></p> <p>Beef noodle soup Cream of broccoli soup Honey ginger chicken</p>	<p>Hungarian goulash Wild rice Simmered green beans Simmered corn Chicken gravy</p> <p>Tuesday</p> <p><i>Lunch</i></p> <p>Cream of mushroom soup Bean with bacon soup Chicken adobo Pepper steak Buttered egg noodles Steamed rice Glazed carrots Simmered black eyed peas Brown gravy</p> <p><i>Dinner</i></p> <p>Cream of mushroom soup Bean with bacon soup Swiss steak w/tomato sauce Lemon baked fish fillets Lyonnaise potatoes Rice pilaf Southern style green beans Simmered mixed vegetables Cream gravy</p> <p>Wednesday</p> <p><i>Lunch</i></p> <p>Manhattan clam chowder Split pea & ham soup Caribbean chicken breast</p> <p><i>Dinner</i></p> <p>Chili macaroni Italian roasted potatoes Grilled cheese sandwich French fried okra Cauliflower au gratin</p> <p><i>Dinner</i></p> <p>Manhattan clam chowder Split pea and ham soup Baked stuffed pork chops Turkey pot pie Boiled egg noodles Dirty rice Calico corn Simmered peas and carrots Brown gravy</p> <p>Thursday</p> <p><i>Lunch</i></p> <p>Tomato soup Chicken and rice soup Pork chop suey Baked tuna and noodles Shrimp fried rice Fried cabbage Club spinach Tomato gravy</p> <p><i>Dinner</i></p> <p>Tomato soup Chicken and rice soup Swedish meatballs Chicken breast w/alfredo sauce Steamed rice Buttered egg noodles Simmered brussels sprouts</p>
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**Assorted desserts will be served at each meal*

Mokapu Beat

News from Mokapu Elementary

Family Movie Night

Mokapu Elementary School will be hosting a Family Movie Night tonight from 5:30 - 8 p.m. in the field area behind the Q Building. Join us for a night under the stars with family and friends. The featured movie will be Disney's "Meet the Robinsons."

There will also be preshow entertainment showcasing a school video. The event is "picnic style" so feel free to bring blankets or chairs to spread out on the lawn.

Families may bring their own food and beverages. Bento meals are available if pre-ordered through the front office with an order form. Popcorn and beverages will also be for sale during the movie.

For more information, contact Resha Ramolette at 254-7964.

Pizza Night

Papa John's Pizza on base is partnering with the Mokapu PTA to offer pizza nights as a fundraiser for the school. Once a month people can order pizza and have a portion of the cost go toward the school. People must submit the fundraiser form with their order. It can be obtained from the school or at Papa John's on the fundraiser nights.

The final fundraiser for this school year is Thursday, June 4. Thank you for participating!

Sixth Grade Promotion Ceremony

Parents and other family members are invited to attend the sixth grade promotion ceremony on Friday, June 5, starting at 9 a.m. at the school cafeteria. Attire is aloha crisp/uniform of the day. Light refreshments and photo opportunities will follow the ceremony.

For more information, contact the PTA at mokapu_pta@yahoo.com.

Last Day of School

The last day of school will be Monday, June 8. School will be dismissed at 11:00 a.m. The first day of school for the 2009-2010 school year will be Tuesday, July 28, for teachers and Thursday, July 30, for students.

Forest City to Benefit School

Forest City Residential Management will be hosting its annual Community Day at Mokapu Elementary School on Wednesday, June 10. Since 2004, Forest City has allowed the company's associates to schedule one day out of the year for volunteerism in the community where they live and work. It is an important day for employees nationwide because those who don't have time to volunteer during the year are granted the opportunity to participate on a grand scale, according to a press

release.

From 8 a.m. to 3:30 p.m., about 70 employees locally will be painting, landscaping and making general repairs at Mokapu, said Ann Wilson, Forest City Resident Services Specialist. "We provide all of the materials and resources necessary to complete the tasks," she said.

Office Closed

The school office will be closed Thursday, June 11, in observance of Kamehameha Day, a state holiday.

Kindergarten KAMP

Parents and their children who will start kindergarten for school year 2009-2010 are invited to attend Kindergarten KAMP (Kindergartners Are Most Precious) on Tuesday, July 28. There will be two sessions. The morning session will be for students assigned to classrooms in the I Building and the afternoon session will be for students assigned to classrooms in the Q Building. Children who have already registered for kindergarten at Mokapu Elementary will receive their classroom assignment and invitation in the mail.

It is not too late to register for school. Registration is held daily Monday-Friday from 8:30 a.m.-12:30 a.m. in the office. Please ask to see the registrar. The following documents are required:

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

First Day of School 2009-2010

The first day back at school for grades 1-6 will be Thursday, July 30. It will be a full school day, 7:50 a.m. - 2:10 p.m.

Children who ride the school bus should ask the driver for a bus pass application form. Payments for bus passes and for breakfast and lunch meals will be received in the office starting Monday, July 20, 2009.

JPO Competitors on News

The Mokapu Junior Police Officer members performed at a drill competition May 15, and made the local news. Sixth-grader Bailey Bolton was interviewed. To view the

clip, go to www.kitv.com/video/19478230 and type in "JPO drill competition" in the search box. Mokapu students are wearing red T-shirts.

The group scored a 99 percent in the competition, said JPO Advisor Teresa Tanoai. Congratulations to these students!

PTA Elects New Officers for 2009-2010

The Mokapu PTA held its last general meeting on Thursday, May 14. At that time, new officers for the 2009-2010 school year were elected.

They include Kimberly Caldwell, president; Laline Jensen, vice president #1; Joanne Topping, vice president #2; Samantha Saeung, secretary; Sabrina Baker, treasurer; Tracy Rubidoux-Cadd, volunteer coordinator; and Mindy Clepper, mentor. Congratulations to the new officers!

Tutor Needed

Mokapu Elementary School is seeking a 2009-2010 school year tutor to teach reading and math for grades K-6. Applicants must have at least 48 college credits.

Preference will be given to highly qualified applicants. Applicants must be team-oriented, self-motivated, lifelong learners. Resumes can be faxed to 254-7969, attention Title 1 Coordinator.

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:

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://www.soarathome.com>.

Struggling and gifted students alike can benefit from this site, sponsored by the Department 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.