

Hawaii Marine

Concrete support



Christine Cabalo

Petty Officer 2nd Class Chris Felton, naval aircrewman avionics, Patrol Squadron 47, packs in concrete filler for a new sidewalk during a Habitat for Humanity project Monday.

VP-47 aids Habitat for Humanity

Christine Cabalo
Photojournalist

WAIMANALO, Hawaii — Answering a call for volunteers, Sailors from Patrol Squadron 47 offered their time Feb. 9 to help Habitat for Humanity.

More than 15 volunteers aided with the finishing touches of the Gallarde Family's new home in Waimanalo, Hawaii.

Thanks to the "Golden Swordsmen," the home will be ready in time for a dedication ceremony Saturday and for family to move in.

The squadron's help was much needed, said Mark Pressly, volunteer and site coordinator, Habitat for Humanity.

Pressly said when he doesn't have volunteers to help, he has to finish the heavy tasks on his own.

"Last Saturday I ended up with eight no-shows," he said. "A big group showing up and committing to it is

See VP-47, A-8



Lance Cpl. Alesha R. Guard

A golfer works on his swing at Klipper Golf Course's newly renovated practice area, Thursday. The golf course facilities as well as a variety of amenities on base are currently being renovated as one of Marine Corps Community Services' construction projects slated for 2009.

Ongoing MCCS construction projects bring changes to base

Sharon Cacurak
Marine Corps Community Services

Drive around Marine Corps Base Hawaii on any given day, and it seems like there is construction everywhere you turn. From new housing to updated facilities, the base is constantly improving and expanding.

While you may see equipment, workers, and fencing, it's not always clear what exactly is being built, or how much behind-the-scenes work has gone into that project.

What you might not know is

that many projects completed on base are not funded by the government, but by Non-Appropriated Fund dollars. Non-Appropriated Fund money comes from revenue generated by the on-base businesses operated by Marine Corps Community Services. In fiscal year 2008, 11 NAF projects were awarded for a total of \$2,714,000, and nine projects were completed for a total of \$2,408,000.

Many more projects are scheduled to begin or be completed in 2009. At the Klipper Golf Complex, the driving range is

open for business after \$1.6M in improvements. The Klipper Villas are undergoing a \$3 million renovation and will be completed in April.

The Pro Shop is currently under construction and is scheduled to reopen in June, with double the size, double the merchandise, and new lockers large enough to accommodate golf equipment. The \$3 million renovation will include a ballroom that seats 300 and a new food restaurant – the Sam Adams Sports Bar & Grill, featuring a new menu complete with more

wait staff and televisions, which will take the place of Fairways Sports Bar & Grill. The new Sam Adams Sports Bar & Grill is slated to open July 1.

In March, MCCS will break ground on three large projects. By this time, you should also see those new electronic marquees up and running.

A \$7 million, two-story, 26-room addition to the The Lodge will increase capacity for service members awaiting housing and visiting relatives.

See MCCS, A-8



Lance Cpl. Brian A. Marion

What's really at the end of the rainbow...

Marines and Sailors from Lima Company, 3rd Battalion, 3rd Marine Regiment, head to the hot food line after completing Range 400 at Marine Corps Air Ground Combat Center, Twentynine Palms, Calif., during Exercise Mojave Viper Feb. 8. The battalion is currently training at Mojave Viper to prepare for an upcoming deployment in support of Operation Iraqi Freedom. For more from Mojave Viper, see page A3.

Air Combat Marines conduct convoy ops in Afghanistan

Sgt. Juan D. Alfonso
Special Purpose Marine Air Ground Task Force - Afghanistan

CAMP HERO, Islamic Republic of Afghanistan – Marines attached to Marine aircraft wings spend the majority of their time flying and maintaining their equipment, but every so often, those Marines are given the opportunity to serve in another manner.

The Marines of Special Purpose Marine Air Ground Task Force – Afghanistan's air combat element have conducted convoy operations in Afghanistan for the past three months. Despite the discovery of several improvised explosive devices along their routes during the past year, these Marines have embraced the opportunity to conduct operations on the ground.

"We really don't get to do these kinds of operations in the wing," said Staff Sgt. Jason R. Rochefort, a dynamic component mechanic with Marine Aerial Logistics Squadron 16 who also serves as the air combat element's convoy commander. "These

convoys are a good opportunity to put down our wrenches and pick up our rifles."

The Marines conduct semi-monthly convoys to transport their command's flight surgeon to a women's medical clinic on Camp Hero, where Navy Lt. Christine Stehman trains and mentors an Afghan midwife to help curb the mortality rate of women and children in a country with one of the highest rate of maternal and infant deaths in the world.

"These guys have been awesome – very motivated and willing to help out," Stehman said. "My second trip out, prior to the ACE taking over transportation duties, I rode with [Combat Logistics Battalion 3] – the folks who have been trained on this and do this on a regular basis. Since I started riding with the ACE guys, I have been impressed that my trips with them have been smoother, more organized and I have felt just as safe as compared to my trip with CLB."

See CONVOY, A-6

Inside today's Hawaii Marine



Wastin' away again ...
Check out Jimmy Buffett's at the Beachcomber, **C1**

Great Aloha Run!

MCB Hawaii's Marines and Sailors participate in the annual race downtown, **B1**



Weekend Forecast

Today	Isolated Showers. High — 79 Low — 69
Saturday	Isolated Showers. High — 78 Low — 69
Sunday	Isolated Showers. High — 78 Low — 69



Photos by Lance Cpl. Brian A. Marion

A Marine with Kilo Company, 3rd Battalion, 3rd Marine Regiment, shows an Iraqi role player a reward poster for information leading to improvised explosive devises or enemy locations during the Clear, Hold and Build Exercise II Feb. 12 on Range 210.



Marines with Lima Company, 3rd Battalion, 3rd Marine Regiment storm a roof top during the Clear, Hold and Build Exercise II at Range 210. The Marines cleared the building from the roof down to the lowest floor.



After holding Battalion Objective 2 throughout the night, Lima Company, 3rd Battalion, 3rd Marine Regiment, added perimeter guards around the town in preparation for the Iraqi role players to enter the town Feb 14.

Clearing the way



Marines with 3rd Platoon, Lima Company, 3rd Battalion, 3rd Marine Regiment, assault Battalion Objective 1 Feb. 13 at Range 210.

Lance Cpl. Brian A. Marion
Combat Correspondent

MARINE CORPS AIR GROUND COMBAT CENTER, TWENTYNINE PALMS, Calif. — For the past week, Marines with 3rd Battalion, 3rd Marine Regiment, fought alongside tanks and amphibious assault vehicles to roust enemies from mock towns during the Clear, Hold and Build Exercise II at Range 210.

India, Kilo and Lima Companies took turns assaulting objectives on the range to familiarize themselves with the proper techniques to clear a town of enemies, set up positions within the town, secure it, and build a relationship with role players acting as the village populace.

The exercise called for the companies to assault Battalion Objective 1, a small village, before they traveled to Battalion Objective 2, a town with buildings erected representing a mosque, school buildings and apartments.

While advancing from one objective to the other, the companies were bombarded with artillery fire.

For objective one, the convoy advanced south to the target. Once they arrived, the platoons designated for the initial assault, streamed out of the AAVs and started pounding the objective with small arms, automatic and rocket fire.

When the “Coyotes,” the Marine instructors, pronounced the targets suppressed, the Marines stormed the objective using mine-clearing equipment before heading back to the AAVs and continuing to objective two.

After arriving at objective two, the entire company debarked and proceeded to assault the “Ivan” targets representing “enemies.”

The Marines spread out along the northern edge of the town and pushed south, clearing each building as they went.

The Marines performed several different building clearing procedures, from clearing stairwells, to having two teams enter from different directions.

The companies even went so far as to send a team of Marines to the roof of a building by climbing on top of an AAV to

scale the side of it, and under the cover of smoke, they cleared the building from the roof to ground level.

They continued clearing the town until they arrived at the southern end. Then it was the tankers’ turn to mix into the fray. Buildings shook and dust flew as the resonating bass from the tanks’ main guns slammed rounds through the air toward objective three.

“[The Marines] did a decent job of clearing objective two,” said Sgt. Moises Perezcid, tactics instructor, Tactical Training Exercise Control Group. “They were effective in room clearing, their communications among the squads and their supporting elements were good, and they had good fire and movement.”

After securing objective two, the Marines dug in to wait until night to attack Objective 3, a village further south where the enemies retreated.

“The ‘Coyotes’ want to see how well the companies perform in night attacks, so we assault the final objective after dusk,” said Gunnery Sgt. Chris Denham, company gunnery sergeant, Kilo Company, 3/3. “While attacking Battalion Objective 3, we are also holding objective two and waiting until the civilians come in tomorrow.”

Under cover of darkness, Weapons Company, 3/3, fired mortars at the mock village to suppress the enemy assault, while the other companies held Objective 2.

As the morning sun grew in the distance, the Marines prepared the town for the arrival of the civilian role players.

Marines taped information posters to walls and set up processing centers to identify the residents of the town.

After the individual companies completed the range, they headed to base camp to prepare for their next evolution of training, the Clear, Hold and Build Exercise III this week.

America’s Battalion clears town in exercise



A breaching team with Lima Company, 3rd Battalion, 3rd Marine Regiment clears a courtyard before setting a breaching charge while the rest of the company finished clearing Battalion Objective 2 on Range 210.



Marines with 3rd Squad, 3rd Platoon, Lima Company, 3rd Battalion, 3rd Marine Regiment, storm out of the rear hatch of an amphibious assault vehicle at Battalion Objective 1 during the Clear, Hold and Build Exercise II at Range 210 Feb. 13.

AROUND THE CORPS

Your weekly guide to what’s happening around the Corps

East Coast



Lance Cpl. Randy Little

Marines gain experience during exercise

MARINE CORPS BASE CAMP LEJEUNE, N.C. -- When it comes to “bridging the gaps” between shorelines, the Marines Corps’ only active duty bridge builders have it covered. Marines with Bridge Company, 8th Engineer Support Battalion, 2nd Marine Logistics Group, provided transportation to 2nd Tank Battalion, 2nd Marine Division, during a river-crossing exercise, on New River, Jan. 28.

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

West Coast



Lance Cpl. Christopher O’Quin

Infant, toddler center open

MARINE CORPS BASE MIRAMAR, Calif. -- Navy Rear Adm. Leendert R. Hering Sr., the commander of Navy Region Southwest, Diane Brewer, the business operations manager for children and youth for Commander Naval Installations Command, and Col. Christopher E. O’Connor, the commanding officer of Marine Corps Air Station Miramar, cut a ribbon during the grand opening of the new Infant and Toddler Center here, Feb. 4.

The new facility, located on Mitscher Way, opened up 110 spots for toddlers and infants of service members in the region.

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

Overseas



Lance Cpl. Jeffery Cordero

Urban Legend

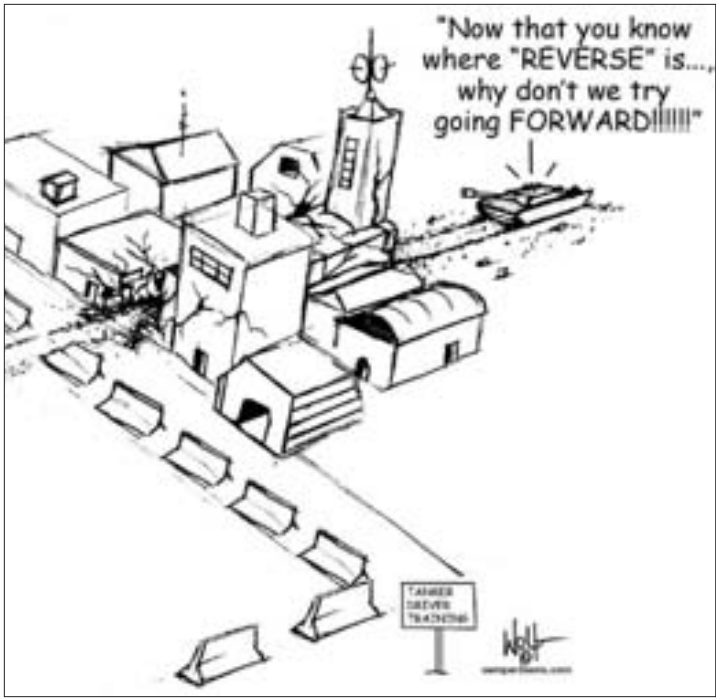
CAMP FUJI, Japan -- On a cold, rainy afternoon, Marines and sailors were tasked with clearing houses during a combat operation. Insurgent activity was reported high, and enemy contact was imminent.

This was the training scenario Marines and sailors with 12th Marine Regiment, 3rd Marine Division, were tasked with during Military Operations on Urban Terrain training Jan. 30 at the MOUT complex at the Combined Arms Training Center, Camp Fuji, Japan.

The Marines and Sailors cleared houses, using blank rounds to face off against mock insurgents. If a participant was "shot," he was considered "dead" and could no longer participate.

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

Sempertoons



Sgt. Elsa Portillo

Private Tete Dhiediyou, Senegalese Special Forces, participates in a riot formation, which is a portion of the non-lethal tactics seminar. The non-lethal tactics seminar is just one of many exchanges happening at the Thies Military Reserve, Thies, Senegal. This is the first of six countries the U.S. Marines will visit in support of Africa Partnership Station 2009, an initiative to partner with the host nation security forces and foster regional maritime safety and security.

This week’s top story

Senegalese Special Forces welcome Marines for Africa Partnership Station

Sgt. Elsa Portillo

Marine Forces Africa

THIES, Senegal -- Marines with Marine Advisor Team came ashore Feb. 3, making their way to Thies Military Reserve in Thies, Senegal, in support of Africa Partnership Station Nashville.

Senegal is the first of six countries the Marines will visit in support of APS Nashville, which is partnering U.S. forces with

host nation security forces in order to promote maritime safety and security. Each country will have seminars specific to their needs and include such topics as patrolling, Marine Corps martial arts, motor transportation operations, intelligence, non-lethal tactics, combat lifesaver skills and armory procedures.

“The training really helps me out,” said Pfc. Sidya Badiane, Senegalese Special Forces. “I can take my experience and the U.S. Marines’ experience, and we can share it.”

This collaboration taught the Senegalese some U.S. Marine tactics, but it also brought forward issues to be addressed. According to Petty Officer 3rd Class Ryan M. Clough, corpsman, MAT, the host nation soldiers continually asked about how to prevent heat exhaustion and treat snake bites.

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

Top story from the front



Cpl. Bobbie A. Curtis

A major in the Iraqi Army’s 1st Brigade, 1st Division, discusses vehicle maintenance log books with U.S. Marines at Camp Ramadi, Iraq, Feb. 12. The Marines from Maintenance Platoon, Combat Logistics Company 51, Combat Logistics Battalion 5, 2nd Marine Logistics Group, are supporting Military Transition Team 0110 in teaching the brigade proper vehicle maintenance.

Maintenance Plt. assists with logistical capabilities

Cpl. Bobbie A. Curtis

2nd MLG Headquarters and Service Battalion (Forward)

CAMP RAMADI, Iraq -- Coalition forces have focused a lot of attention on building the confidence of the Iraqi Army and security forces in Al Anbar province, Iraq, to help them become more capable of sustaining peace on their own.

According to military advisers with Military Transition Team 0110, who are the advisers to 1st Brigade, 1st Iraqi Army Division, the IA still has room for improvement in some areas,

mainly logistics.

“Logistics is still the Achilles’ heel of the IA,” said Lt. Col. George S. Benson, the MiTT 0110 team chief. “It’s still the problem area.”

In December 2008, Marines from Maintenance Platoon, Combat Logistics Company 51, Combat Logistics Battalion 5, 2nd Marine Logistics Group, started helping the MiTT in their mission of improving the brigade’s logistics capabilities by showing the Iraqis more efficient ways to run their vehicle maintenance sections.

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

For more information and stories from 2nd MLG visit <http://www.iimefpublic.usmc.mil>

Welcome home, son!

Organization gives mom opportunity to welcome son home from deployment

Cpl. Regina A. Ochoa
Combat Correspondent

Cindy O'Brien hadn't seen her son Danny in two years. She hadn't had her two sons in the same room in three. But thanks to "Welcome Home Devil Dog," not only was she able to see her youngest son return from Iraq, she had both of her boys together for a long weekend in Hawaii – something she never thought was possible.

Welcome Home Devil Dog is a private organization established by Gunnery Sgt. Charles Rowe, Marine Heavy Helicopter Squadron 363, and his wife Joanna; a family who knows the hardship of deployments and the difficulty of coming home to no one.

"Single Marines will get a cookie and a drink, grab their sea bag and go back to the barracks," Charles Rowe said.

After watching numerous Marines from his squadron do the "sea bag drag" back to the barracks after having no family there to welcome them home, the Rowes decided to do something about it ... so they created Welcome Home Devil Dog.

Giving a single Marine or Sailor, E4 and below, the opportunity to be welcomed home from a deployment by a family member, the organization raised money through donations to pay for airfare, lodging and liberty expenses for one family member of the final service member selected.

During the deployment, staff noncommissioned officers throughout the squadron nominated Marines who perform and set themselves apart from their peers. The squadron then held a board to select the lucky winner. The winner then picked one family member to receive the all-expense paid trip to Hawaii.

Corporal Danny O'Brien, an airframes mechanic with HMH-363, was nominated by his shop to receive the grant and was selected by the staff NCOs of the squadron. He asked the Rowes to start planning a trip for his mom to come out to welcome him home.

"Gunny Rowe called me into his office one day to tell me I had won," Danny O'Brien said. "I decided to bring my mom out here because she barely makes it as it is, so her coming to Hawaii [was] out of the question. If I wasn't here, she'd probably never go to Hawaii. I thought she'd love to see it, and I hadn't seen her in two years. It seemed like the perfect opportunity to bring her here."

Cindy O'Brien lives in Long Beach, N.Y., and barely scrapes by as a real estate agent in a down market.

"Tickets to Hawaii are almost \$1,000!" Cindy O'Brien said. "Danny's asked me to come visit, to split the cost of a ticket with him and I had

to tell him it just wasn't going to happen. I couldn't do it because the economy got so bad."

So bad, in fact, she has had to turn to her sons for financial help.

"I've had to ask them for money for rent and my bills," Cindy O'Brien said. "They'd send me money from their military accounts, transfer money from every check into my account."

"I would say I guess I raised my children well," she continued. "It's nice to know that anything I would need, they would help."

A single mother for 15 years, Cindy O'Brien struggled each day to make ends meet to support her family. Her son Scott O'Brien joined the Marine Corps in 2004 and Danny O'Brien followed in his footsteps a year later. Both of her boys have deployed to Iraq twice, and because her eldest son Scott O'Brien was stationed on the east coast, she was able to make it to his homecomings, but she was never able to visit Danny O'Brien.

"Danny was always alone for all the holidays because I couldn't be here," Cindy O'Brien said. "I think that's why Danny picked me to come visit him, because he could never see me."

When Joanne Rowe called Cindy O'Brien to start the travel arrangements for her trip to see her son return home, Cindy was in shock. She said she had a vague idea of Danny O'Brien's involvement in the organization because he had left her a voice message about it, but didn't realize he had won until Joanne Rowe contacted her.

"Joanne called me and said she was contacting me to let me know Danny won the fund," Cindy O'Brien said. "I said 'Oh my God! That's great!' When she told me that he picked me I thought 'He picked his mother?! I haven't gone anywhere with my kids, ever.'"

Joanne Rowe and Cindy O'Brien kept in touch through emails. Every aspect of her trip, from lodging to plane tickets, a limo to the airport from home to a variety of entertainment, was all arranged, free-of-charge for Cindy O'Brien. The Rowes even planned an extra surprise for her.

When Cindy O'Brien mentioned to Joanne Rowe that she hadn't had both of her boys together in three years, Joanne Rowe planned for Scott O'Brien to come out for the homecoming as well. It was important, she said, that Cindy O'Brien have her two boys together after such a long time apart.

"It was so gratifying to pick Scott up from the airport and see Mrs. O'Brien's surprise," Joanne Rowe said. "That was awesome for me."

"This has been a miracle trip," Cindy O'Brien said. "This is my reunion with my kids after three years. It's hard to work every single day and look at Danny's emails and not be able



Sgt. Chadwick deBree

The family of Cpl. Daniel O'Brien, airframes mechanic, Marine Heavy Helicopter Squadron 363, presents Gunnery Sgt. Charles Rowe, co-founder of "Welcome Home Devil Dog" with a token of their appreciation for helping them attend O'Brien's homecoming. Rowe and his wife started the to help family members of deployed Marines fly from the mainland to Hawaii to attend their loved ones homecoming. The O'Briens were the first family to receive the grant.

to see him. I miss my boys so much. Being here for this is like a wish you can't get because of finances. The Rowes did everything and really wanted everything to be perfect. It was just a very beautiful trip because there were no complications."

The O'Briens were the first family to receive the grant, but the Rowes hope to continue the program for future deployments.

"The gratification for me and my husband came from seeing them together at the homecoming," Joanne Rowe said. "The end result was the payoff of seeing them together. We still have funds left over, and our goal is to continue the program. We ultimately want to have one family sponsored at every homecoming."

Cindy O'Brien said she hopes the organization continues to help bring families together.

"This program has to be continued," she said. "I'll never forget it. I just want to thank the Rowes for bringing me together with my family. It hasn't been about spending money, it's all been about spending time with my family – with my kids. It's about us being together, laughing and having fun. My work is through my phone and I'm not even answering that. I don't want to. I'm ignoring anyone whose number I don't know. I just want to be with my kids. We've been very happy just being together – that's what's important."

Danny O'Brien also said he hoped the program continues because it was exciting to have his mom and big brother there for his

homecoming.

"When I got off the bus and I saw them through the window, I couldn't wait," he said. "When we were pulling into the hangar, we had made all these plans for who would get off the bus first, but I couldn't wait. I was pretty excited. I think the program is brilliant. [It's] helping out people who need help. It's a really cool idea [and] a great chance for a family to see each other."

While the program is currently exclusively for service members of HMH-363, the Rowes hope it will one day help Marines and Sailors base and Corps-wide.

"Everyone thinks of the troops overseas," Charles Rowe said. "A lot of their support is forgotten when these guys come back. For the guys who are mentally wounded, maybe we can help out with [post traumatic stress disorder]. Sometimes just having someone there can really help. This is for us. This is for our junior Marines. I'd love to take this Hawaii-wide, even Marine Corps-wide."

Although Welcome Home Devil Dog is currently awaiting approval on their application for non-profit status, the organization uses 100 percent of received donations for grants for service members. Money left over from the O'Briens' reunion will be used for the next homecoming the organization sponsors.

To find out more about Welcome Home Devil Dog, visit the organization's Web site at <http://www.welcomehomedevildog.com>.

VP-9 welcomes home Cold War heroes of Mission AF 586



Photos Courtesy of Patrol Squadron 9

A picture of the survivors of Mission AF 586 awaiting return from the Soviet Union in October 1978.

*Souls are tested by the X-ray of danger
And the man who rescued you is all of mankind.
Not for the sake of an award
Not for the sake of a "thank you,"
A boatsman smelling of heavy oil and fish
Having noticed
How a young pilot
Was struggling against the waves
Offered him his hand
As if to his own son
There was no politics in that*

-Words of Russian poet Yevgeny Yevtushenko inspired by these events



Bill Porter, far left, and the crew from U.S. Coast Guard 130 who helped rescue crew members from AF 586.

Lt. j.g. Brad Berthlotte
Patrol Squadron 9

It was a vastly different world thirty years ago when Alpha Foxtrot 586 lifted off the sparse island of Adak, Alaska, enroute for another mission of posturing against the Soviet threat. The P-3 carried with it 15 crew members, some of whom, like John Ball, had only arrived on the island the day before. It would be a make-up crew, having members from different tactical crews, making this flight the first time they had all flown together. This was an obvious disadvantage on a multi-crewed plane that reaches its greatest efficiency when familiarity is present. Although their flight was not an Anti-Submarine Warfare even, which typically demands the greatest coordination, communication in the flight station is always essential.

They were instead flying an airborne reconnaissance mission to test the Soviet response. A long nine hour flight of flying mostly straight and level at several thousand feet, occasionally dropping down to identify naval vessels. On Oct. 26 1978, forecasters anticipated heavy winds at approximately 30 knots, waves 12 to 20 feet, quite austere for fishing vessels but not a problem for flyers, minus the discomfort of the turbulence. It was supposed to be a fairly benign flying event. This fateful day would prove otherwise as events changed the lives of the airmen forever.

One of the attractive features of the P-3 is that it is able to fly with multiple engines shutdown, or loitered, allowing it to conserve fuel and extend total flight time. This is an important factor when P-3's are tasked with extended missions and the reason Lt. Cmdr. Jerry Grigsby, the Patrol Plane Commander that day, elected to secure the No. 1 engine once arriving in their assigned area. Roughly two hours later, with deteriorating weather, the decision to restart the engine, which is normally a benign procedure, started a fateful chain of events - some would never return.

The extended cold temperatures on the loitered number 1 motor caused the propeller control to malfunction upon restart. The normal blade angle of the propeller could not be maintained and the propeller over sped well beyond normal limits.

Only a mechanical safety device pre-

vented it from over speeding to a point of physical departure from the engine itself and possibly ripping into the fuselage. With a malfunctioning propeller control, and facing a long transit, the crew attempted to shut down the engine and feather the prop, meaning the propeller blades assume a 90 degree position to airflow and stops spinning. Tragically, pulling the Emergency Shutdown Handle did not feather the propeller but only secured the engine. With the propeller still turning and the precious oil supply secured, it was a matter of time before the gears inside began to heat up setting off the fire warning element a total of three times. The first two times, the crew was able to extinguish the engine fire, but with their extinguisher supply exhausted and over 100 miles from land they faced one option: Ditch.

Realizing what lay ahead, the crew quickly prepared the aircraft and themselves for a water landing and then AF 586 headed for their best chance of survival, a Russian fishing vessel.

After successfully setting the aircraft down on the freezing water with massive swells, AF 586's crew evacuated and climbed into their life rafts, praying for a quick rescue from the murderous sea. Two crewmembers had already perished, Lt. Cmdr. Jerry Grigsby swept away before he climb into the rafts and one of the flight engineers, Harold "Butch" Miller, who never made it out of the aircraft.

Their squadron mates in another P-3 launched to find them and a U.S. Coast Guard C-130, who relieved the P-3, eventually were able to raise the Russian fishing vessel, the MYS Synyavin, and relayed their need for aid.

Long hours had passed in the frightfully cold water which would eventually take another three brave crewmembers: Randall Rodriguez, and Rich Garcia, who had critically spotted the Russian ship on radar before ditching, and James Booner who valiantly swam after Grigsby trying to reach him

The current Golden Eagles of VP-9 are honored this week in welcoming home three crew members of AF 586, Lt. Cmdr. John Ball, Navy Lt. Matt Gibbons, Senior Chief Petty Officer Ed Flow, and the pilot of the C-130 involved in the rescue, Coast Guard Lt. Bill Porter.

The squadron will spend two days with these heroes and take time to reflect on the ones who did not come home.



Sgt. Juan D. Alfonso

Corporal Clintt F. Hazlet passes out candy to Afghan children, Jan. 28, on Camp Hero in the Islamic Republic of Afghanistan. Marines with Marine Aerial Logistics Squadron 16, part of Special Purpose Marine Air Ground Task Force - Afghanistan's air combat element, conduct convoy operations to provide medical treatment to Afghan women and children on a regular basis. Hazlet is a flight equipment technician with MALS-16.

Interested in starting a business on base?

Find out how at the MCB Hawaii and MCCS Open Industry Day, March 11 at the Officers’ Club Lanai Ballroom from 9 a.m. to noon. Register online at <http://www.mccshawaii.com/industry.htm>. For more information, please call 254-7679.

Welcome home, honey!

Corporal Joseph M. Ortega receives an excited greeting from his spouse after his return to Marine Corps Base Hawaii the evening of Feb. 8. Ortega was one of approximately 60 Marines to arrive by bus from Hickam Air Force Base after the group's return flight from Iraq. Ortega is part of Alpha Battery, 1st Battalion, 12th Marine Regiment, whose mission was to assist with detention operations and assist the Iraqi Police in support of Operation Iraqi Freedom. Before the end of the month, many of those who returned Feb. 8 expect to leave again to California, where they will assist with the pre-deployment training of members of 3rd Battalion, 3rd Marine Regiment. Marines and Sailors of 3rd Battalion are preparing for their upcoming deployment to Iraq in March. The remainder of 1/12 is expected to return home from Iraq in April.



Maj. Alan Crouch

CONVOY, from A-1

To prepare for their task, the MALS Marine received extensive ground operations training prior to their first mission. According to Cpl. Clintt F. Hazlet, a flight equipment mechanic with MALS-16, he and the team of Marines conducted basic fire team, squad and humvee formation training, in addition to several escalation of force and Afghan culture briefs. Drivers and vehicle commanders received additional training. “The training these Marines have been through has improved their situational

awareness and their ability to detect and avoid dangerous situations,” Rochefort said. “We may be with the wing, but we are Marines: we have to be prepared for anything.” Despite their precautions, there was one obstacle for which their training did not prepare them. “There is no prior training for fending off a swarm of children,” Hazlet said jokingly as he passes out candy to Afghan children and watches them tear through a box of toys. “This mission is about helping them, making sure these kids are healthy and grow up knowing we’re just trying to help.”



Sgt. Juan D. Alfonso

Afghan children wave to Marines during convoy operations, Jan. 28, near Camp Hero in the Islamic Republic of Afghanistan. Marines with Marine Aerial Logistics Squadron 16, part of Special Purpose Marine Air Ground Task Force - Afghanistan's air combat element, conduct convoy operations to provide medical treatment to Afghan women and children on a regular basis.

Iraqi Provincial Security Forces assume control of Marine outpost in Karmah

**Lance Cpl.
Achilles Tsantarliotis**
Combat Correspondent

KARMAH, Iraq – The Marines of 1st Battalion, 3rd Marine Regiment, Regimental Combat Team 6, turned over Outpost Omar in Karmah, Iraq, to Iraqi Provincial Security Forces, Jan. 23.

Outpost Omar is a vital security position in the region, and the Iraqi PSF assumed control of the outpost because of their proficiency and operational capabilities.

The PSF are akin to state police in the U.S. in they have jurisdiction anywhere in the Karmah region, and their new location at Outpost Omar is adjacent to major roads and provides quick access to the Karmah region.

“They’re the most competent [local] Iraqi Force,” said Maj. Jason Borovies, of Springfield, Va., the operations officer for the 1st Bn., 3rd Marines.

“The PSF are now unmistakably in the lead, and they’re expected to take it,” he added.

The turnover not only marked another step toward reducing the operational footprint of Coalition Forces in Iraq’s Al Anbar province, but also recognized another Iraqi Force as capable enough to operate independently without a diminish-ment of security capabilities.

“Today is a great day,” said Col. Faisal Hanshal, commander of the local PSF. “The transition means a lot. When the insurgency attacked us before, they attacked [Coalition Forces] and Iraqis. Now when they attack us, they attack the Iraqi Government, and we will stop them.”

Another reason Alpha Company, 1/3 departed their area of operations was because of growing trust between Marines and PSF. The trust allowed Marines to further reduce their forward presence.

During the deployment, Alpha Company and PSF have conducted numerous combined operations, including two large-scale helicopter-borne operations.

Their time operating side-by-side demonstrated their ability and desire to secure Karmah.

“After working with them, learning and growing, [Iraqi people] call us the ‘Iraqi Marines,’ Faisal boast-



Lance Cpl. Achilles Tsantarliotis

Marines and Iraqi Provincial Security Forces salute the Iraqi national flag during the transfer of Outpost Omar in Karmah, Iraq, from Coalition to PSF control, Jan. 25. The Marines of Alpha Company, 1st Battalion, 3rd Marine Regiment, Regimental Combat Team 6, turned over the outpost as part of an ongoing process to draw down Coalition presence in the Al Anbar province and place Iraqi Security Forces at the forefront of security operations.

ed. “We’re going to do our best to continue like Iraqi Marines and sustain security in Karmah.”

The transition, unlike the Karmah Iraqi Police Station turnover roughly a month ago, was never originally a part of Alpha Company’s mission, said Capt. Christopher Dellow, the Alpha Company commander from Binghamton, N.Y.

The opportunity to strategically locate PSF and remove Coalition

presence in the area was obvious after six months of operations, Dellow said.

“It was based on their tenacity and drive to accomplish the mission,” he explained. “They’re definitely capable of providing security and keeping everything under control. They’re going to do a great job.”

Aside from the continuous effort to keep empowering ISF and diminishing Coalition responsibilities, the

turnover also coincides with the recently enacted Status of Forces Agreement.

Identifying capable ISF and placing them in the lead while drawing down Marines in the area allows the Iraqi Forces to begin “walking” on their own, with Marines nearby if needed.

“Today we lose the Marines by our side,” Faisal said. “But today we unite as countrymen and take back our country.”

As a convoy of Marines handed yet another outpost over to the Iraqi Forces, the departure signified the continual progression of the Iraqi people, and the fading need of Coalition forces.

“The PSF have moved to the forefront [operationally],” Dellow said. “They’ve taken the lead. Our goal was to ensure the safe and timely transition. While this doesn’t complete the big picture – it’s certainly an important step.”

VP-47, from A-1

huge to us.”

Petty Officer 2nd Class Chris Hirn, in-flight technician, VP-47, coordinated several volunteers to help for a few hours.

Previous volunteers had finished building the house in 2008 after several months of construction in the summer.

Tasks outside of the home remained unfinished, so the Sailors volunteered to help, ensuring the project remained on schedule.

Squadron volunteers painted the trim outside of the house as well as shelving for indoor storage.

They also worked in larger groups to remove wood and other heavy debris left behind during construction.

After clearing the debris, squadron members began leveling the ground and working on landscaping tasks around the front of the house.

“The biggest project is the sidewalk,” Pressly said. “The sidewalk wasn’t done at all when they [came] here. They did all the gravel, moved it over and built it a foot deep. ... They’ve done a tremendous amount of work.”

The squadron members used a heavy packing machine to even out concrete filler for the sidewalk’s foundation.

They also poured gravel at the sides of the sidewalk to make the surrounding ground less steep and safer for walkers.

“Normally I would have said it would have taken 15 volunteers four hours to get this work done,” Pressly said. “Two hours into it, [they were] already 80 percent done. Part of it is just their camaraderie and teamwork.”

The Habitat for Humanity site coordinator said squadron members were quick to help whenever and wherever they were needed — even though it was the first time some had worked on a construction project.

Pressly showed volunteers how to do some of the required tasks on the spot.

Hirn said squadron members were ready to learn and work as a team.

Being in a new situation away from the office grind helped encourage better working relationships between squadron members, said Petty Officer 3rd Class Megan Klein, mass communications specialist, VP-47.

“Not only do you learn about making a house a better place to live, but you learn about the people you work with,” she said. “It’s a good team building exercise.”

The tasks weren’t too complicated because the group came together as a team, according to Petty Officer 1st Class Jayme Lonokapu, culinary specialist, VP-47.

Seeing their finished work made Lonokapu feel like he accomplished something great, he said.

He took great pride in his tasks because his work was directly helping a family, Lonokapu said.

“I never tried anything like this before and it was a good experience,” he said. “It’d be something I’d do again.”



Photos by Christine Cabalo

In the vein of volunteering

(Above) Dressed as a mascot blood drop named Lulu, Michelle Lele, blood donor recruiter, Tripler Army Medical Center waves to drivers during a blood drive at Kahuna's Sports Bar and Grill Tuesday. The drive, sponsored by the Armed Services Blood Program, collects blood products which will benefit service members and their families. *(Right)* Apati Lave, phlebotomist, Tripler Army Medical Center, points out where to find snacks to blood donor Pfc. Eric Raines, rifleman, 1st Battalion, 3rd Marine Regiment. People were offered free beverages and snacks while recovering from donating.



MCCS, from A-1

Gas Lanes will be added to the Marine Mart at a cost of \$3 million to add to convenience.

The largest amount, \$11 million will be spent on a complete overhaul of the Youth Activities Center.

In June, expect to see work

on Starbucks, located at Mokapu Mall.

Inside the food court, a Dairy Queen/Orange Julius is coming soon next to Subway.

By the end of the year, Manana Housing will have a new \$5 million Marine Mart, complete with Gas Lanes.

As a result of the economic stimulus package, a scheduled

\$19 million addition to the Child Development Center will be started this August, a year earlier than originally projected.

This new, stand-alone facility will be built adjacent to the current CDC between MacLachlin Street and McClennan Drive and is designed to accommodate

between 100-122 infants and young toddlers.

The additional capacity will help reduce wait-list time and help better meet the needs of the base community.

With all these projects, MCCS strives to improve its facilities and programs to enhance quality of life aboard MCB Hawaii.

Sports & Health



Marines and Sailors rest in the shade after running the more than 8-mile course of the Great Aloha Run Monday.

Kristen Wong
Photojournalist

HONOLULU, Hawaii -- While much of the Hawaii community spent their Presidents Day holiday resting, eager runners packed the streets of downtown Honolulu, waiting to start the 25th Annual Great Aloha Run.

On one side of the road, runners, parents with strollers, and citizens young and old jogged to the start line, near Aloha Tower.

Alongside them, proudly displaying their units' guidons, service members from different branches of the U.S. Armed Forces stood in their physical training gear. In perfect formation, they also awaited the beginning of the race.

More than 60 Marines and Sailors from Marine Corps Base Hawaii's Marine Aircraft Group 24, Headquarters Battalion and Helicopter Anti-Submarine Squadron Light 37 participated in Monday's race.

Although several service members were participating in the Great Aloha Run for the very first time, a long distance run is not so unusual for them. The Marines and Sailors came prepared.

"[I'm] ready to get started," said Sgt. Kyle Gray, personnel clerk, HQBN Installation Personnel Administration Center, as he stood with his unit along Ala Moana Boulevard.

Gray, who participated in his first Great Aloha Run Monday, said the race to him was "not a big deal."

He said he normally runs four to five miles a day, four to five days a week, and has participated in several other runs including San Diego's Rock 'n' Roll Marathon.

Several service members were Great Aloha Run veterans, like Gunnery Sgt. Patrick Keith, military police, HQBN, and Capt. Victor Cruz, Headquarters Company commander, HQBN.

"I can do this walking backwards," said Keith, a native of Detroit, Mich., who completed his third Great Aloha Run Monday.

Cruz, a native of Dallas, has run at least seven Great Aloha Runs. He said he had previously completed the run with his own family, and now, is running with "my other family."

"Everyone of these men and women volunteered," Cruz

MCBH Marines, Sailors join Hawaii community during the Great Aloha Run

said. "It cost them personal time ... and the payback is the pride of belonging to Headquarters Battalion."

Cruz said speed and skill level varied among the group. Gray, for instance, said he normally runs a mile around five minutes, while Lance Cpl. David McDonald, personnel clerk, HQBN, said he normally runs a mile in six or seven minutes. However, Cruz said the unit planned to complete the race together.

Most of the Marines and Sailors said they didn't do any extra training to prepare for the run, other than their normal running routines, while others added a bit more to their fitness regimen. Keith, for instance, said the month prior to the race, he started running five miles every other day instead of his usual three.

Lance Cpl. Tyler Holmes, personnel clerk, HQBN, said he did strength training in addition to morning PT five times a week, in preparation for the event.

"You always gotta throw in three sessions a week [of cardio]," said Holmes.

In preparation for the event, some Marines, like Maj. Melanie Bell-Carter, adjutant, MAG-24, said she had her section run seven to eight-and-a-half miles a few weeks prior to the race.

Service members participated in the race for various reasons,



Photos by Christine Cabalo

Taking a drink of water, Seaman William Kueffoua, storekeeper, Helicopter Anti-Submarine Squadron Light 37 relaxes after the run. Volunteers handed out free bottles of water, donuts, bananas and other refreshments to participants who crossed the finish line.

whether for charity, or to simply have fun. Bell-Carter, a native of Cleveland, Miss., ran the race because of what the run supports, such as military families and those who were killed in action.

"I would encourage more units to participate, especially Marines because they're supporting our families," Bell-Carter said. "We should participate to make a contribution."

Petty Officer First Class Ching Dressel, navy counselor, MAG-24, said she participated in the run because she thought it would be fun, and an activity to do with the command. Dressel, a native of Sacramento, said she had previously heard about the run and wanted to get involved.

The sun rose higher in the sky as the runners made their way down Nimitz and Kamehameha Highways, heading to the Aloha Stadium.

Toward the end of the race, the stadium was alive with cheering fans and exhausted runners, who entered the field, streaming in through the left and right sides.

The Marine Forces, Pacific, Band played "Wooly Bully," and "The Power of Love," filling the stadium with music, excitement and smiles.

Just as Cruz planned, all of the Marines and Sailors entered the stadium together, their shirts soaked, but their backs straight and their heads high.

"We ran a good pace," said Lance Cpl. Jonathan Espinoza, administrative clerk, HQBN. "It's a good experience because we [ran] as a battalion, we [ran] as a unit, and you see a lot of camaraderie."

Lieutenant. j.g. Jason Kaplan, administrative officer, HSL-37 said the best part about the race was "the crowd cheering for the military in the beginning and end."

Outside, volunteers praised the race finishers, offering snacks such as bananas, donuts and bottled water. Race participants were also given Great Aloha Run "Finisher" t-shirts.

"It feels great [to finish]," said Petty Officer Third Class Jose Vargas, yeoman, HSL-37. "Especially seeing the rest of my unit

See ALOHA, B-2



With their guidon extended, representatives from Headquarters Battalion stand ready to run Monday for the 2009 Great Aloha Run. Units from the Army, Navy and local school ROTCs also took part in the military formation division called the Sounds of Freedom. Starting from Aloha Tower in Honolulu, runners followed Nimitz Highway to reach the finish line at Aloha Stadium.

ALOHA, from B-1

finish with me."

For several service members, the race turned out to be easier than they thought, even if they were doing the Great Aloha Run for the first time.

"It was an easy run," said Sgt. Sarah Fortener, legal services specialist, HQBN. Fortener, a Colorado Springs, Colo. native, was a first-time competitor in the Great Aloha Run.

"My feet don't like me right now," said Lance Cpl. Christopher McLean, personnel clerk, HQBN. "But it feels pretty good ... it's satisfying."

A small group of hot and sweaty Marines and Sailors from HQBN huddled together after the race, and with a resounding roar, celebrated the winners of "calling cadence."

Headquarters Battalion had a prize for the service members who showed the most spirit while calling motivational cadence during the race.

McLean won first place for "calling cadence," and McDonald, who gave him a big friendly one-armed hug, was a runner up.

"It was very motivating seeing everybody out there, showing who's the best, getting loud," said McDonald, who sported a big grin as sweat poured from his face like a sports drink commercial. "I lost my voice in the beginning."

As far as the future goes, a few service members have suggestions for the Great Aloha Run. Suggestions varied, whether it was about the race itself, or their own personal goals for next time.

McDonald, for one, said would like the see the length of the Great Aloha Run course extended in the future.

Lance Cpl. George Morales, personnel clerk, HQBN, said he would like to see more music at the race next time, because it motivates the runners. But Morales, a native of McAllen, Texas, called the formation run a "great accomplishment."

Sergeant Maria Macias, personnel clerk, HQBN, said the hardest part about the race was around the seventh or eighth mile. When asked what she would do differently to prepare for the race in the future, she replied she would "run a little more."

"Come out here with us next time and join us," Cruz said. "It's for a great cause, [it's] pay-back to the community ... it gets you out of bed."

The Great Aloha Run has been one of the largest races in Hawaii for 25 years. The race, which starts at Aloha Tower, and ends at Aloha Stadium, is 8.15 miles long.

Proceeds from the race go toward multiple charities, such as the United Cerebral Palsy Association, and Morale, Welfare and Recreation, a program that directly benefits service members and their families.

"It's a great opportunity for young Marines and Sailors to do charity events over a long weekend," said Lt. Col. Mike Richardson, battalion commander, HQBN. "It's that much more special that it's Presidents Day."

For more information, visit <http://www.greataloharun.com>.



Photos by Christine Cabalo

Marines pass through Aloha Stadium after finishing the Great Aloha Run Monday. After the event, all participants were provided with water, bananas and other snacks to help recover. Runners also received a commemorative white T-shirt for participating.

Overall results from the 2009 Great Aloha Run

Female				Male			
1	Malindi Elmore	Calgary, AB	46:46	1	Brian Lindberg	Honolulu	42:35
2	Cynthia Anderson	Kailua	48:00	2	Dany G Malley	Honolulu	42:35
3	Chantelle Wilder	Honolulu	48:21	3	Graham Hood	Calgary, AB	43:00
4	Jennifer Puzey	Hermiston, Ore.	49:51	4	Brandon M Laan	Honolulu	43:03
5	Eri MacDonald	Kailua	49:58	5	Jacob K Puzey	Hermiston, Ore.	43:16
6	Bree A Wee	Kailua Kona	50:56	6	Thomas Ri Puzey	Laie	43:28
7	Jessica Tranchina	Honolulu	52:11	7	Todd S Iacovelli	Kailua	43:36
8	Mariane S Uehara	Honolulu	53:39	8	Justin N Pines	Waianae	43:59
9	Rachel Ross	Honolulu	53:45	9	Derek Mandell		44:08
				10	Samuel B Wilbur	Kihei	44:18



Chief Petty Officer Victor Flores, hospital corpsman, Marine Aircraft Group 24, holds up the commemorative white T-shirt he received for participating in the Great Aloha Run Monday. Since it began in 1985, the Great Aloha Run has raised more than \$7.6 million for community charities.



Runners push to the finish line at Aloha Stadium Monday. The Marine Corps Forces, Pacific Show Band played to entertain crowds during the run's after party. Immediately after the run, participants received white commemorative T-shirts and snacks.



Eyeing the starting line, Lt. Col. Michael Richardson, commanding officer, Headquarters Battalion stretches before the 2009 Great Aloha Run. Richardson was one of several runners from Marine Corps Base Hawaii. Representatives from Marine Aircraft Group 24 and Helicopter Anti-Submarine Squadron Light 37 also participated in the run.

Top Military Awards

Female

First Place

Kelly B Calway - 51:15

Second Place

Gina M. Shaw - 52:44

Third Place

Bre G. Millard - 53:33

Male

First Place

Steve Slaby - 42:41

Second Place

Richard Cochranne - 44:29

Third Place

Shawn C. Dodge - 45:26

CONGRATULATIONS!

Shari Lopatin

TriWest Healthcare Alliance

Whether gone for two months or two years, returning from combat is grueling.

Service members readjusting back into society need time to recover from the stress of a highly charged war zone. Most adapt well after some time; however, if problems continue and interfere with daily activities, it's time to seek help from a healthcare professional.

If these individuals don't find help when they or a family member suspects a problem, their symptoms may worsen, causing a spiral of reckless or self-destructive behavior, domestic problems, career challenges and even death.

TRICARE offers behavioral health benefits for eligible beneficiaries who need it. Beneficiaries enrolled in TRICARE Prime may receive the first eight behavioral healthcare outpatient visits per fiscal year (Oct. 1 - Sept. 30) from a TRICARE network provider without prior authorization from their regional contractor.

Active duty service members should always seek care first at a military treatment facility, when available.

Active duty service members must have a referral from their primary care manager and have prior authorization from their regional contractor before seeking behavioral healthcare services outside the MTF. ADSMs enrolled in TRICARE Prime Remote may call TriWest to help obtain authorization for civilian behavioral health care.

TriWest Healthcare Alliance offers a number of additional resources for service members and families throughout TRICARE's west region who are coping with depression, PTSD or other post-combat struggles:

"Help From Home" Video Series

Available at no cost via streaming video or as a 2-DVD set on <http://www.triwest.com>, this series offers advice from behavioral health experts who are also combat veterans and mil-

itary families that have coped with effects of PTSD. Find it at www.triwest.com> beneficiary services>behavioral health>Help From Home.

Behavioral Health Portal at <http://www.triwest.com>

Find articles and links to additional resources on a variety of topics spanning from children's behavioral issues to dealing with depression or suicide. Find it at <http://www.triwest.com>>beneficiary>behavioral health.

TriWest Crisis Line (1-888-284-3743)

Accredited by the American Association of Suicidology and staffed with specially trained clinicians, this support line is available 24 hours a day, seven days a week for anyone struggling with depression, PTSD or thoughts of suicide, including family members concerned about these signs in a loved one.

Suicide Prevention Action Network USA Brochure

What you need to know about warning signs and getting help. Information about the signs of depression or other concerns that may lead to suicide. Find it at <http://www.triwest.com>>beneficiary>handbooks and brochures/.

Here are a few additional places to find help, separate from TriWest

The National Resource Directory: Links to resources for recovering service members, veterans, their families and caregivers at <http://www.nationalresourcedirectory.org>.

National Suicide Prevention Lifeline: 1-800-273-TALK (273-8255).

This is not a detailed list of benefits.

For more comprehensive information about behavioral health support or benefits, visit <http://www.triwest.com> or call 1-888-TRIWEST (874-9378).

Intramural Sports Updates

Intramural Basketball League Standings

Team	Wins	Losses
CPRW-2	7	0
MALS-24	6	1
POSTAL	6	2
CISD	4	2
CAMP SMITH	5	3
HSL-37	5	3
VP-47	3	3
VPU-2	3	4
CAC	3	4
VP-9	3	5
MCAF	2	5
HMH-463	1	7
GOLF COURSE	0	9

Updated as of Feb. 17

Intramural Basketball League schedule

Tonight	
6:30 p.m.	MALS-24 vs. CAC
7:30 p.m.	MCAF vs. CISD
8:30 p.m.	VP-9 vs. GOLF COURSE

Mon., Feb. 23	
6:30 p.m.	POSTAL vs. HMH-463
7:30 p.m.	CAMP SMITH vs. VPU-2
8:30 p.m.	CPRW-2 vs. VP-47

Tues., Feb. 24	
6:30 p.m.	HSL-37 vs. HMH-463
7:30 p.m.	MCAF vs. VP-47

Intramural Baseball League Schedule

All games will be played at 6:30 p.m. at Riseley Field

Tonight	HQBN vs. 3RD RADIO BN.
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Mon., Feb. 23	CPRW-2 vs. HQBN
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Tues., Feb. 24	HQBN vs. CPRW-2
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Wed., Feb. 25	3RD RADIO BN vs. CPRW-2
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Thurs., Feb. 26	MAG-24 vs. HQBN
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Mon., Mar. 2	CPRW-2 vs. MAG-24
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Tues., Mar. 3	3RD RADIO BN vs. HQBN
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Wed., Mar. 4	MAG-24 vs. RD RADIO BN
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Intramural Baseball League Standings

Team	Wins	Losses
HQBN	3	2
3RD RADIO BN	3	3
MAG-24	1	1
CPRW-2	3	4

Updated as of Feb. 17

Youth Sports Update

HMYAA Basketball Schedule

Sat., Feb. 21

Games at Pearl Harbor Annex	10 a.m. - Mitey Mite vs. PH2 Hawks
9 a.m. - Mighty Mite vs. KB1	11 a.m. - Mitey Mite vs. PH1 Mavericks
10 a.m. - Mighty Mite vs. KB3	12 p.m. - Mitey Mite vs. HK5
11 a.m. - Mighty Mite vs. HK1	1 p.m. - Mitey Mite vs. PH5 Lakers
12 p.m. - Termite vs. PH3 Nuggets	
1 p.m. - Termite vs. HK3	
2 p.m. - Pee Wee vs. PH4 Lakers	
3 p.m. - Pee Wee vs. HK1	Games at Hickam Main Gym
4 p.m. - Pee Wee vs. HK6	9 a.m. - Termite vs. PH4 Raptors
5 p.m. - Midget vs. HK2	10 a.m. - Pee Wee vs. PH2 Bobcats
	11 a.m. Pee Wee vs. HK3
Games at Hickam Elementary	12 p.m. - Pee Wee vs. MN1
9 a.m. - Mini Mite vs. HK1	

Rookie League Winter Baseball Schedule

Sat., Feb 21	Sat., Feb. 28
9 a.m. - Dodgers vs. Athletics	9 a.m. - Dodgers vs. Angels

Bronco Winter League Schedule

Sat., Feb. 21

9 a.m.
Pearl Harbor Yellow Jackets vs. Kaneohe Mets at Pearl Harbor

11:30 a.m.
Hickam Reds vs. Kaneohe Brewers at Hickam Air Force Base

HMYAA Mustang Winter Schedule

Sat., Feb. 21
9 a.m. - Rangers vs. Seminoles at Hickam Air Force Base
9:30 a.m. - Huskies vs. Cardinals at Pearl Harbor

Spotlight On Sports

Sports Briefs

Parents for Fitness

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

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

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

Jujitsu at Semper Fit Cener

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

Paintball Hawaii

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

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

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

K-Bay Lanes

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

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

All patrons are welcome to take advantage of this deal.

If you make the play, you win!

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

Personal Trainers Available at Semper Fit

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

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

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

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

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

For more information, contact Semper Fit at 254-7597.

Fishing Charters Available at MCB Hawaii

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

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

Semper Fit Offers New Array of Aerobics

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

Okinawa Kenpo Karate

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

Adults and children are welcome.

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

For information, call MCCS Youth Activities at 254-7610.

Commander's Fitness Series

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

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

15th Annual CLB-3 Swamp Romp

The 15th Annual Combat Logistics Battalion 3 Swamp Romp will be held Feb. 28, and will begin at the obstacle course at 7 a.m.

A six-person team costs \$132, with an \$18 late fee charged for registrations after Feb. 20.

Packet pick-up will be Feb. 26 and 27 at the K-Bay Semper Fit Center from 9 a.m. to 4 p.m.

Upcoming Events


March 28 - Single Marine & Sailor Program Surf & Turf 5K
April 18 - 3rd Marines 10K Run
July 4 - VP-47 5K Runway Run
Sept. 16 - Camp Smith 5K Grueler
Dec. 5 - 3rd Radio BN Jingle Bell Jog
To be announced: HQBN Sprint Triathlon

CLB-3 wants you to get dirty!

Put on your oldest pair of jeans and dirtiest boots, and come out for the Combat Logistics Battalion 3 Swamp Romp, Feb. 28!

Teams of six cost \$132, and can register at the Semper Fit Center!

Spend a day in the mud with CLB-3



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



Semper Fit Group classes

Cardio Kick

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

Boot Camp

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

Stretch/Flexibility Training

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

Core Conditioning

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

Cycling

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

Cycle Express

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

Gut Cut

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

Pilates

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

Muscle Conditioning

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

Step

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

Step it Up

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

Step Challenge

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

Strength and Conditioning

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

Water Aerobics

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

For more information on group classes call 254-7597

Hours of operation:
Monday-Friday, 0430-2230
Saturday, 0700-2200
Sunday & Holidays, 0700-1800



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.

Health Wellness

Dental sealants today... cavity-free tomorrow!

What are dental sealants?

Press Release
*American Academy of Pediatric Dentistry
and American Dental Association*

Dental sealants protect the grooved and pitted surfaces of the teeth, especially the chewing surfaces of back teeth where most cavities in children are found.

Usually made of clear or white plastic, sealants are applied to the teeth to help keep them cavity-free.

Even if your child brushes and flosses carefully, it is difficult - sometimes impossible - to clean the tiny grooves and pits on certain teeth.

Food and bacteria build up in these crevices, placing your child in danger of tooth decay.

Sealants "seal out" food and plaque, thus reducing the risk of decay.

The natural flow of saliva usually keeps the smooth surfaces of teeth clean but does not wash out the grooves and fissures. So, the teeth most at risk of decay - and therefore most in need of sealants - are the six-year and twelve-year molars.

Many times the permanent premolars and primary molars will also benefit from sealant coverage.

Any tooth, however, with grooves or pits may benefit from the protection of sealants.

The actual application of a sealant by the dentist is quick and comfortable. It takes only one visit. The tooth is first cleaned. It is then conditioned and dried.

The sealant is then flowed onto the grooves of the tooth and allowed to harden or is hardened with a special light.

Your child will be able to eat right after the appointment. No uncomfortable injections or anesthetics are involved in this procedure.

Research shows that sealants can last for many years if properly cared for. So, your child will be protected throughout the most cavity-prone years.

If your child has good oral hygiene and avoids biting hard objects, sealants will last longer. Your dentist can check the sealants during routine dental visits and can recommend reapplication or repair when necessary.

Sealants can also be useful in cutting down formation of tooth decay in adult teeth, as well. An application of sealants is a preventative measure to keep teeth healthy.

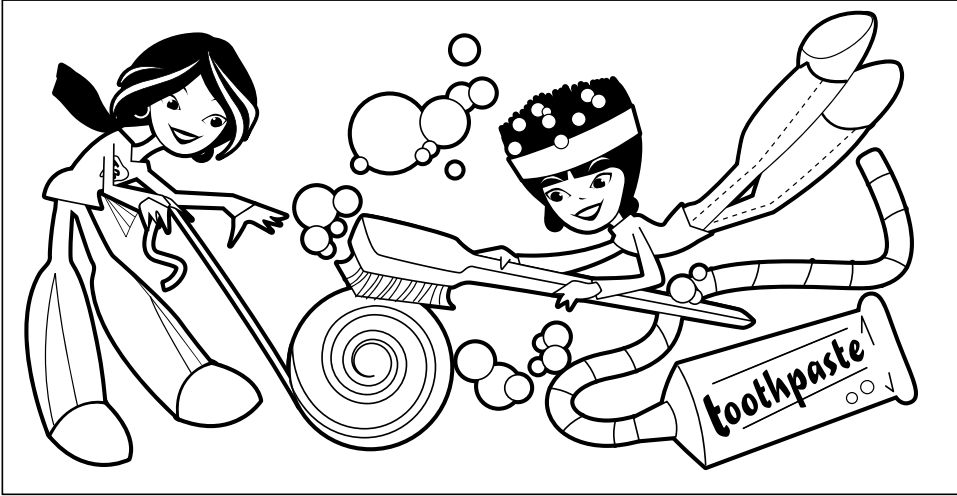
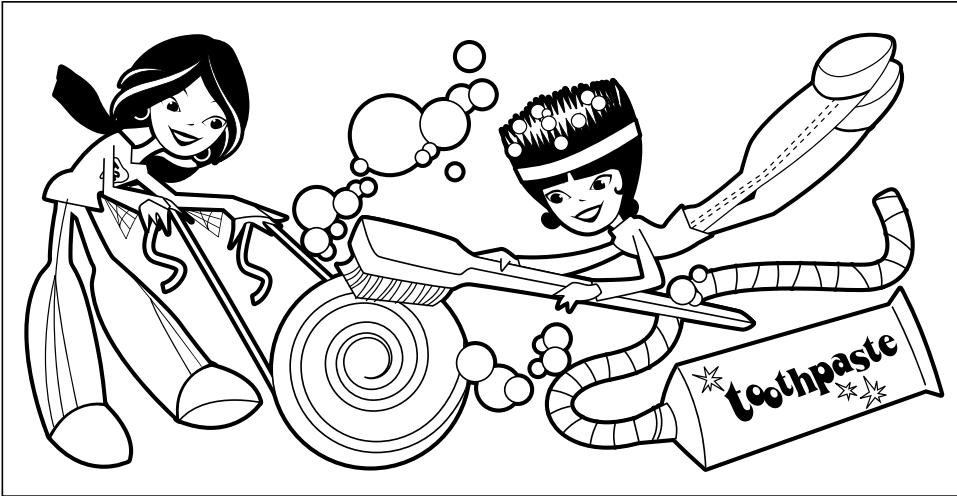
It is an effective way to reduce the need for fillings and more expensive treatments that may be required to repair the damage from cavities, so sealants can save you money.

Sealants are only one step in the plan to keep your child cavity-free for a lifetime.

Brushing, flossing, balanced nutrition, limited snacking, and regular dental visits are still essential to a bright, healthy smile.

Find the Differences

Can you find at least 10 differences? Can you find 20?



Are you ‘savings ready?’

Being prepared for emergencies is important!

Sarah Shirley
Military Saves

Crystal, a single E4, was working in her installation’s Public Affairs office when a photographer with the Military Saves campaign asked if she’d be willing to pose for the campaign poster. She agreed.

Later it occurred to her, “It’s going to be bad if I’m on all these posters and I’m not saving.”

She always intended to save, but never got around to it. Now, only 18 months later, she has no credit card debt, an emergency fund, and a savings account for a down payment on a house.

She also contributes to Thrift Savings Plan, and has a Roth IRA.

What changed for Crystal? She didn’t change jobs, didn’t win the lottery or get an inheritance. Crystal simply set a goal and then took action.

Crystal is now “savings ready,” a military member with a healthy financial profile who doesn’t have to worry about finances when she deploys in support of the Global War on Terrorism or any other military operation. Are you savings ready?

To get an idea of your readiness level, ask yourself these questions:

- Are you free from credit card debt so you don’t have to pay finance charges for carrying a balance?

- Do you have emergency savings? Most financial planners recommend you have three to six months of household expenses set aside in an interest-bearing savings account to handle unexpected expenses.

- Do you plan for future expenses (car repair, vacations, household appliance or furniture purchases, holiday and birthday gifts, back-to-school clothing and supplies, etc.), saving money before you spend it?

- Are you building wealth by owning your own home, or are you planning to buy a home by saving for a down payment and paying attention to establishing an excellent credit rating?

- If you have children, or you or your spouse are planning to return to school for further education, do you have college funds?

If you answered “Yes” to most or all of these questions, you are savings ready! If not, don’t despair — not only are you in the same boat as most Americans, you can change your situation.

The first step is to set a savings or debt reduction goal. People with written goals and a plan to reach them are much more likely to succeed.

If you have a written savings goal, you’re likely to save twice as much money as someone who doesn’t have a goal.

When you set your first goal, remember the SMART goal-setting guidelines. Make sure your goal is:

Specific, significant to you, and stretches you a little bit;

Measurable, so you can easily know if you’re making progress, meaningful to you and your family, and motivates you to achieve it;

Achievable, agreed upon with your spouse if you’re married, and action-oriented;

Results-oriented, realistic in light of your personal situation, and rewarding;

Time-based, tangible, and trackable.

Let’s walk a Military Mom through setting a goal to see how this works. Like Crystal, her financial situation is okay, but not great.

She has a little credit card debt, already contributes to TSP, but doesn’t have any other savings. She decides that her goal is to have \$500 in a savings account so she doesn’t have to go deeper into debt if she has an emergency, and then she’ll pay off her credit card as quickly as possible.

Her goal is SMART, because it’s specific and stretches her to do something new.

It’s measurable and trackable, since she’ll be able to see her progress every pay period. It’s meaningful, because it gives Military Mom and her family hope that they can be debt free and have savings.

It’s achievable, because Military Mom found \$100 per month that she could save by cutting premium cable channels, bringing her lunch to work, skipping fast food for the kids except a once a month treat, and getting movies from the library instead of renting them.

She and her civilian husband agreed on the goal and the plan to achieve it, so they’re working on it together.

Decide now to get savings ready in 2009. Set your goal, make your plan, and go, go, go!

Vets’ resources a keystroke away

Shari Lopatin
TriWest Healthcare Alliance

A new e-source offering volumes of help for recovering service members and their families is now just a keystroke away.

The National Resource Directory is a collaborative effort between the Departments of Defense, Labor and Veterans Affairs. This online library of information provides thousands of recovering service members, veterans, families and caregivers with resources they may need.

“Many times, people assume it’s just the injured service member or veteran who is traveling down the road to recovery. But it’s not. Spouses, children, caregivers — even parents — travel down that road too,” said Dr. Frank Maguire, senior vice president of healthcare services and chief medical officer of TriWest Healthcare Alliance. Maguire is also a retired Navy Captain.

The new directory has information about everything from VA disability compensation and unemployment benefits, to family support services and education or employment help. It even connects to the Wounded Warrior Resource Call Center, which has trained specialists available to assist callers 24 hours a day, seven days a week.

So why all the hoopla over a new online directory? Simple: it’s the most comprehensive directory designed to smooth the transition to full rehabilitation for recovering service members, families and caregivers.

The great thing about this National Resource Directory is it offers help and resources on all fronts, from housing and employment opportunities to survivor information and caregiver support groups. And while it addresses needs of the family, it also offers a library of resources available to help a recovering service member down that road to full rehabilitation,” Maguire added.

The directory began as a part of the need for improved access to information on services and resources for recovering service members, which was identified by the President’s Commission on Care for America’s Returning Wounded Warriors and Title XVI, “Wounded Warrior Matters,” of the 2008 National Defense Authorization Act.

Check out the new National Resource Directory at <http://www.nationalresourcedirectory.org> for more information.

Marine Corps Sports Hall of Fame



Athlete of the week

Art Donovan

Class of 2004 - Defensive Tackle

Press Release
Marine Corps Community Services Sports

Arthur "Art" Donovan was born June 5, 1925, in Bronx, N.Y. Donovan joined the Marine Corps one year after entering Notre Dame on a football scholarship.

During World War II, he served on active duty from 1943 to 1945, and participated in significant combat operations in the Pacific.

Donovan served as an antiaircraft gun crewman aboard the USS San Jacinto where he saw action in the following major raids and battles; Caroline Islands, Leyte Gulf, Iwo Jima, Okinawa, and Luzon.

After the war Donovan then attended his final three years at Boston College, starting as a two-way tackle the entire time.

The 6-foot-3, 265-pound defensive tack-

le was smart and quick, able both to rush the passer and to move laterally to stop running plays. Donovan joined the Baltimore Colts in 1950, who would become the New York Yanks in 1951, and the Dallas Texans in 1952.

During those three seasons, the franchise was reorganized and by 1953, they returned to Baltimore, where only thirteen of the Dallas players returned. Donovan was an All-Pro from 1954 through 1957, and he anchored the defense for Baltimore's first championship team in 1958.

The Colts retired his jersey, Number 70, in 1962 when he departed professional football and was paid the greatest tribute by being inducted into the Pro Football Hall of Fame in 1968.

Donovan still resides in Baltimore as the owner of the Valley Country Club.

Crews into Shape

Wellness and Health Challenge

Participate in a four week challenge to get into better shape from March 1 - 28.

Earn points for eating healthy, exercising and drinking water.

Form small teams and compete to get in the best shape!

Register your team of two - 10 by Feb. 28 at http://www.nehc.med.navy.mil/hp/crews_into_shape.

For more information, contact Dan Dufrene at 254-7636.

Start getting healthier today!

Hawaii Marine Lifestyles

FEBRUARY 20, 2009
VOLUME 39, NUMBER 7
WWW.MCBH.USMC.MIL



Photos by Kristen Wong

Kristen Wong
Photojournalist

HONOLULU, Hawaii -- In the midst of busy Waikiki, I arrived at Jimmy Buffett's at the Beachcomber, a brand new restaurant, located at the Ohana Waikiki Beachcomber Hotel on a subtle driveway called Duke Lane. I drove in, where I met my colleague and a couple of valets waiting to take my car.

Up the escalator we went, to a quiet hotel lobby. Directly to our right were bright yellow wooden beach chairs, and singer Jimmy Buffett's name was displayed across the wall, with a picture of a blue parrot and a few palm trees.

The widespread view of Waikiki from the second floor and the television screens playing videos featuring Buffett was quite an eyeful. Many treats kept our eyes wandering. Paintings of the beach decorated the walls, and the restaurant also features a museum with personal items owned by Buffett. Leaving the open-air seating, we walked through a cave-like entrance, where artificial lava seemed to smolder and glisten under glass windows in both the counter and the floor by the bar.

"It's a fun place," said Kerry Houk, the general manager of Jimmy Buffett's at the Beachcomber. "It's about escapism ... getting away for the day ..."

Houk said the restaurant's appearance was meant to represent the well-known Sandy Beach, on the south shore of Hawaii.

The decor is not the only interesting thing about the restaurant. It also hosts various musical acts each day, both indoors and out. Musicians such as Simple Souls, Beach 5, and Jake Shimabukuro have been featured on stage.

The restaurant maintains the original stage where legendary singer Don Ho used to perform, when the restaurant was once a show-room, and uses it regularly for entertainment. Each night at 9:30 p.m., Houk said the restaurant plays Ho's song, "Tiny Bubbles," in his honor.

Music was not the only entertainment the restaurant had in store. As customers dined, "stiltwalkers" made their rounds, fashioning balloon hats for guests during dinner.

"It's a fun job," said stiltwalker Marcelo Conolly, a native of Itajai, Brazil.

The restaurant offers various dishes such as pasta, steak and shrimp. As we flipped through the menu, Houk recommended three items: the nachos, the cheeseburgers, and the fajitas.

"People go crazy over the nachos," Houk

said.

My appetizer, the "Volcano Nachos," covered the plate with a mountain of nachos. Sour cream, guacamole, beans, cheese and more oozed like lava down the chips. My main meal, the Barbecue Bacon Cheeseburger, consisted of a large, thick, juicy meat patty, sauce, melted cheese and two long strips of bacon peeked out from beneath a sesame seed bun. Dessert was Strawberry Shortcake, a soft cake complimented by strawberries, syrup and ice cream.

But we weren't alone in finding this restaurant for the first time that night.

Teresa O'Rourke, of Winnipeg, Canada, who is visiting Hawaii with her friend, Darlene Jackson, also of Winnipeg, said the "Volcano Nachos" were the "best nachos I've ever eaten." "They're so darn good we're taking them home," Jackson said as they loaded the nachos in a take out box.

"The service is impeccable in the morning,"

said Dana Barragan, of Los Angeles, who is on vacation with her family. The Barragan family had eaten breakfast at the restaurant earlier and returned for dinner. Arianna Barragan, 12, wearing a new balloon headdress at dinner, said she liked the restaurant's french toast.

We left that night quite full, but not before exploring the gift shop, located downstairs. Full of merchandise like shirts, mugs and margarita machines, the restaurant's gift shop is open

With a staff of 300, including seven chefs, the restaurant serves breakfast, lunch and dinner seven days a week to approximately 1,500 patrons a day, mostly tourists, since the restaurant opened three weeks ago.

Buffett, known for his popular song, "Margaritaville," helped open 16 Margaritaville Cafes in the United States and several foreign countries.

Jimmy Buffett's at the Beachcomber is the first of his restaurants to be built in Hawaii, according to a press release by Outrigger Hotels and Resorts. Houk said Buffett has recently visited the restaurant a few times while in Hawaii for his recent concert at the Waikiki Shell, part of the 2009 tour, "Summerzcool."

Jimmy Buffett's at the Beachcomber's official grand opening is set for Feb. 26 at 6 p.m. and Feb. 28, the same day as his concert, is "Jimmy Buffett Day" at the restaurant, where from 12 to 6 p.m., various artists will sing his songs.

For more information about the restaurant, call 791-3230, or visit <http://www.margaritaville.com>. The restaurant's Web site, <http://www.jimmybuffettsatthebeachcomber.com>, is still under construction.



Stiltwalker Henrique Zebuceta, a native of Rio De Janeiro, Brazil, makes a balloon hat for guests at the Jimmy Buffett's at the Beachcomber restaurant Monday. Kerry Houk, general manager, Jimmy Buffett's at the Beachcomber, said the restaurant tries to have at least four stiltwalkers entertaining diners during their meal.



Strawberry Shortcake



Volcano Nachos

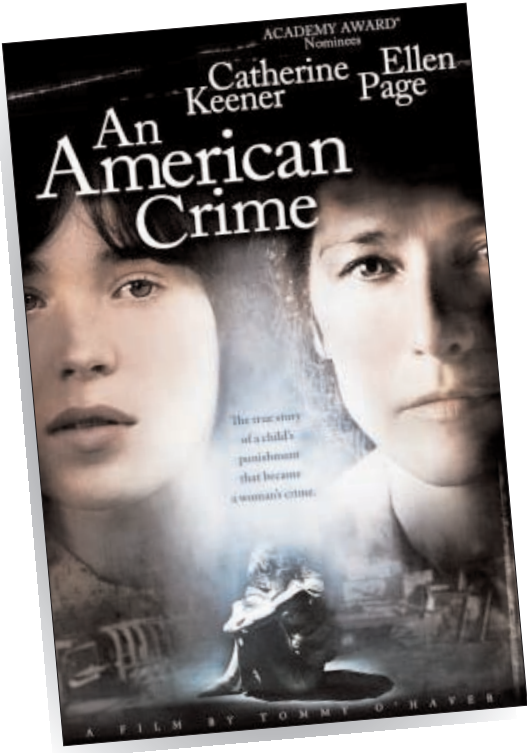


BBQ Bacon Cheeseburger and french fries

IN

PASS

REVIEW



'An American Crime'

A crime you can't stop talking about

Lance Cpl. Cassandra Yoho
Combat Correspondent

When I popped director Tommy O'Haver's, "An American Crime," into the DVD player, I had no idea what I was in for. I only hoped the young rising star, Ellen Page, would blow me away with another one of her stellar performances.

The movie, based on a disturbing American murder, takes place in the late 1950's in a small town in Indiana. Times are tough and families are just trying to get by.

Mr. and Mrs. Likens are vendors at a carnival, and travel to and from cities for months at a time to make a living.

They leave their daughters Sylvia, played by Ellen Page, and Jenny with a struggling single-mother named Gertrude. The agreement was Gertrude would be paid every two weeks during the months she looked after the two girls.

Gertrude, suffering from asthma and overwhelmed with taking care of her own six children, was struggling for money and needed work.

Now, this is where I thought the movie was going straight down hill. The Likens were never going to come back to pick up their daughters, and they wouldn't send any money. Times were just too tough. Predictable right? Wrong.

Surprisingly, the Likens proved me wrong and sent checks and letters every two weeks.

Gertrude's children and the Likens were getting along great, but there was something about Gertrude that just didn't settle right with me. She was always medicated and drank too much.

She was a mother who

wanted her children to have more than she ever did, so driven she wouldn't let anyone get in her way... especially Sylvia.

All of Gertrude's anger and stress somehow all turned into Sylvia's fault.

Young Sylvia is soon blamed for many things throughout the weeks, bringing many 'punishments' her way. The talented Page portrayed Sylvia's strength and bravery perfectly.

Now, I cannot tolerate child abuse in any movie. I refuse to watch most, but there is something about this intriguing film that makes you see beyond the physical abuse and see how deranged Gertrude's head really is.

She is convinced that in some sick way, she is doing Sylvia a favor by teaching her a lesson.

The sickest part of the whole movie is that the children believe the punishments are acceptable.

You can see the look of acceptance in their young eyes, and it makes you want to jump through the screen and shout, "What's wrong with you!"

I assumed the ending was going to be the typical All-American classic of Sylvia being rescued so everyone feels better - that was not the case.

At the end of this movie all I could do was take a deep breath and shake my head.

Though not recommended for younger audiences, it was a brilliant and mind-boggling film that most adults will never forget.

Your weekly guide to all aspects of entertainment

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

1/4 — No Impact, No Idea

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

2/4 — High And To The Right

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

3/4 — On Target

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

4/4 — Confirmed Kill

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

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

Better Know A Critic

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

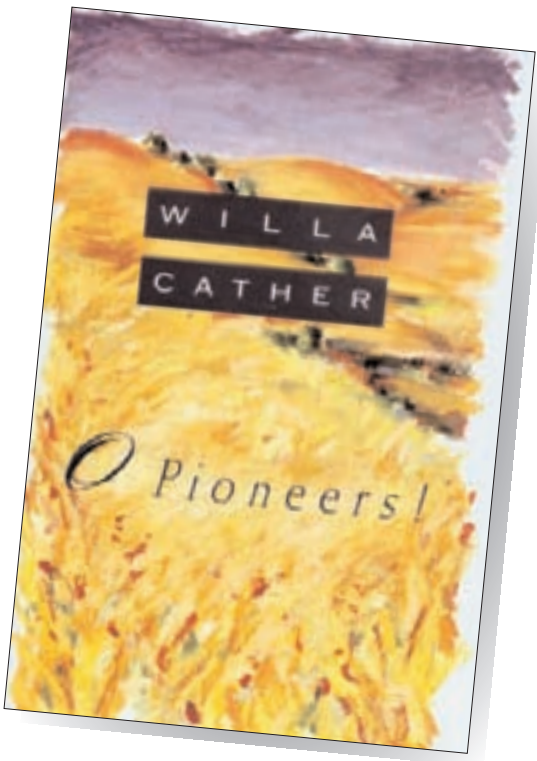
Kristen Wong has made an attempt to reconnect with the written world. Somewhere between the picture books and now, she lost the thirst for leisure books. Yet high school and college fed her a good mix of classics and contemporary literature, from Shakespeare to Zora Neale Hurston. Kristen enjoyed all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

Quick Hit

'Little Miss Perfect' WeTV series 3 out of 4 (On Target)

As I watched the first episode of the new WeTV series "Little Miss Perfect" last night, I found myself interested but also very disturbed - all at the same time. The show follows "pageant moms" and their pretty little daughters who are trying to win their next crown. During this episode I was taken into the lives of two particular families who were getting their daughters prepared for the "Little Miss Perfect" pageant. I listened as both of the mothers said, "we do this because this is something she likes to do," but I watched as the girls became annoyed at their mothers' constant nagging, rolling their eyes when they didn't want to do something. It was interesting to see what goes into getting a child ready for a pageant -- fake hair extensions need to be rolled and prepped, costumes (also known as their "fashion wear") have to be made, fake teeth need to be cleaned and hours of practices conducted. What disturbed me the most was watching the actual day of the pageant, seeing the moms get upset because their 9-year-old didn't say or do what they wanted them to during the pageant. One of the moms featured in this episode started crying because her daughter didn't win. She was more upset than her daughter. The whole pageant life seems ridiculous to me, but it does make for interesting TV.

— Sgt. Sara A. Taylor



'O Pioneers'

Alexandra deserves more

Kristen Wong
Photojournalist

"O Pioneers," written in 1913 by Willa Cather, successfully gives the reader a chance to visualize each character through their actions and speech. My only concern, however, is a "hole" in the first fourth of the book. I'll come back to that.

The story is set in the late 1800s, where John Bergson, a Swedish immigrant, who brought his wife and four children to live on a farm in Nebraska. After years of hard work, however, John's farm has grown nothing, and eventually, he finds himself bedridden and near death at the age of 40.

John calls his daughter, Alexandra, to his bedside and entrusts her with running the farm. Alexandra agrees, as do her brothers. Shortly after that is the hole.

Cather jumps to six years after John Bergson's death, with a more successful farm. It seemed like we jumped straight from John Bergson's deathbed to Alexandra's triumph. The farm had not earned its success in my mind.

Sure, Alexandra took out loans, and talked to other farms, but it seemed too easy for her to improve her family's life. The back of the book describes her as "fiercely independent." Well I could believe that, but I want to see more of what makes her that way. She rarely lifted a finger to do any physical work, according to her brothers.

Was there was some conflict? Yes. Alexandra's older brothers constantly complained to her when she did things like house

Ivar - a social outcast - which made people talk, or taking out many loans.

But the conflicts generally ended with her brothers walking away grumbling. In that sense, I wouldn't call her "fiercely independent." I would have called her brothers cowards who can't stand up to their little sister. In other words, Alexandra is independent because no one really challenged her authority - at least not effectively.

I also enjoyed how Cather planted small details into the dialogue that seem insignificant to the main topic at hand. However, these small details draw the reader further into the picture, giving us a real glimpse of the character's world.

Cather doesn't waste the third person omniscient narrative trying to explain otherwise insignificant events, she slips them easily into the dialogue. Readers can pick up on details in the scene without stopping the story.

Carl Linstrum, Alexandra's childhood friend said for instance - "You mustn't be hard on them Alexandra, sit down here by the pond a minute. I want to tell you something." Carl is trying to give Alexandra advice about a serious topic, yet for some reason, Cather as an aside mentions that Carl wanted them to sit.

In another example, Cather writes that Maria started playing with the ribbon on Alexandra's hat.

Then, while she was talking about something else, she briefly stopped to tell Maria not to ruin her hat. In this way we're not only reading about the action, we're privileged to know details as if we were there with the characters in real life.

I recommend this book to older teens and adults. It's an easy read.

TALK*STORY

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

Famed singer Jimmy Buffett opened a new restaurant in Hawaii, part of a larger international chain, Feb. 2 at the Ohana Waikiki Beachcomber Hotel.

What is the best restaurant you've ever been to and why?



"The Willow Tree. Their combination platter [is good] Turnip soup and spicy chicken is awesome, and the hospitality of the place. [The Willow Tree] is quiet."

— Petty Officer Second Class Wayne Morrison



"They have this restaurant called Tuscany Italian Bistro in Chicago. Great pasta. Awesome bread."

— Petty Officer First Class Sidney Sykes

"One of the best ones is Alan Wong's - because the environment is great, the food is awesome, and he's a well-known chef."

— Petty Officer Second Class Alexis Rios





Photos by Christine Cabalo

Standing with Marine volunteers, Lt. Col. Brant Eggers, communications officer, U.S. Pacific Command, (yellow shirt) speaks with volunteers about the project before work begins. Eggers and his wife, whose children attend Aikahi Elementary School, helped coordinate the effort.

Coming together as a community

Christine Cabalo
Photojournalist

Playground almost complete because of volunteer help



Drilling holes into recycled plastic lumber, Pfc. Travis Surls, rifleman, 1st Battalion, 3rd Marine Regiment, helps construct a frame for one of the larger playground structures. Volunteers made frames for playground equipment shaped in Hawaiian designs suggested by students. New additions to the playground include a gecko-shaped slide, twin palm treehouses and a turtle-shaped stage.

KAILUA, Hawaii — Teamwork by Marine and community volunteers was the foundation to rebuilding Aikahi Elementary School’s playground during a four-day event from Feb. 13-16.

More than 300 Marines, many marching in formation from Marine Corps Base Hawaii, offered their time to the project. The Marine volunteers cleared away debris in addition to monitoring construction supplies and building new playground structures. Construction progressed at a steady pace, said Lt. Col. Brant Eggers, communications officer, U.S. Pacific Command.

“With Marines, you have them branch off into smaller fire teams and you’re set,” said Eggers, whose children attend the Kailua public school. “Based on a Marine structure, breaking into teams worked to our advantage.”

He said once fire teams finished a task, they were quick to fill in somewhere else. Both Marines and community volunteers worked in steady shifts during the day and evening to finish as much of the project as possible in four days.

After removing worn out tires from older playground structures, Pfc. Travis Surls, rifleman, 1st Battalion, 3rd Marine Regiment began constructing frames for new equipment. Surls connected beams together with metal screws to create framework for the children’s turtle-shaped stage. While Surls worked on the stage, teams also hammered out frames for a volcano featuring a hanging tire swing and a gecko slide.

“It’s a good thing to do,” Surls said. “You feel good about yourself, [helping] children have a place to play.”

Marine volunteers also placed supporting posts into the ground, which would connect to the frames built for the playground’s turtle-shaped stage and other Hawaiian-themed playground equipment. Teams of three to four Marines worked together to keep posts straight as they sawed the material down to size before connecting beams together.

The hard-working Marines made a stellar impression with all the civilians at the project site, said Kyle Cundy, community organizer, Leathers and Associates. Cundy, who works at the designing firm constructing the playground, said she was glad to work with such a nice group of volunteers.

Showing their appreciation for the Marines’ help, student volunteers and their teachers serenaded the fire teams as they worked. Students sang to Marines “We’re Going to Build a New Playground Today,” a song about the playground construction using music from the Village People’s songs “YMCA” and “In the Navy.” Wearing yellow construction hats and carrying cardboard tools, they cheered workers as they completed their jobs.

Because the Marines offered their time to volunteer, the cost of building the new playground was reduced, said Jenny Helman, public relations, Friends of Aikahi Playground. The construction cost is \$150,000 due to volunteer help, with most the amount spent on building materials. Volunteers from MCBH provided 25 percent of the estimated 1,200 people needed to complete the construction, according to a fact sheet from the Friends of Aikahi Playground.

Happy to see his work appreciated, Pvt. Christopher Hudson, rifleman, 1st Battalion, 3rd Marine Regiment said he enjoyed working on the project. Hudson said it gave him a good feeling to know his work helped out a worthwhile cause.

“[I’m] glad to come out here and help the community,” he said. “[I] look forward to doing [more] things like this.”



As Marine volunteers hear a special blessing, Keoki Awai, pastor, Kailua Mission Baptist church uses ti leaves and purified water to bless the Aikahi Elementary School Playground. After the blessing, volunteers removed debris from the old playground and constructed new pieces of equipment based on design ideas from students.



Marines from 3rd Marine Regiment screw together the frame of Hawaiian themed playground equipment while volunteering to help construct a new playground President’s Day weekend. More than 250 Marines march in formation from Marine Corps Base Hawaii to help build a new playground at Aikahi Elementary School.



Volunteers carry sturdy posts to place into strategic points in the ground to support larger playground equipment.



Taking a quick break, several Marine volunteers keep hydrated Feb. 13 during a four-day rebuilding event at Aikahi Elementary School Playground.

Community Events

February/March

Kamehameha Schools Hoolaulea
(Feb. 28) Join us for the Best Hawaiian Celebration of the year! Kamehameha Schools hosts its Annual Hoolaulea at the Kapalama Campus. This one-day event is from 9 a.m. to 4 p.m. and is free to the general public.

Entertainment includes singing, dancing, and a marching band. Incredible food and treasured treats from Kauai, Molokai and Hawaii Island will be available along with keiki games, teen sound stage, shopping and a Silent Auction. Community booths focusing on Hawaiian families, education, and health. Free parking at Kapalama Elementary, Damien Memorial, and designated on-campus locations. Free shuttle runs continuously between Damien Memorial, Kamehameha Terminal (corner of School St. and Kapalama Ave.) and campus locations.

For more information call 842-8659.

Honolulu Festival

(March 13-15) The Honolulu Festival is Hawaii's premier cultural event, promoting understanding, economic cooperation and ethnic harmony between the people of Hawaii and the Asia-Pacific region.

Each year, the Festival draws thousands of new and returning spectators who are looking for an experience beyond Hawaii. Through educational programs and activities sponsored by the Honolulu Festival Foundation, a nonprofit organization, the Festival continues to successfully share the rich and vibrant blend of Asian and Hawaiian cultures with the rest of the world.

For more information email Tatsuo Watanabe at info@honolulufestival.com

Mission Houses Museum

(All Year) Mission Houses Museum was established in 1920 by the Hawaiian

Mission Children's Society, a private, non-profit organization and genealogical society. Its three restored houses and research library provide a unique glimpse into 19th century Hawai'i. Located at 553 South King Street Honolulu, HI 96813-3002.

For more information call 531-0481.

Public tours at James Campbell National Wildlife Refuge

(Thursdays and Saturdays October through February) James Campbell National Wildlife Refuge is located near Kahuku town on the north shore of Oahu. This wetland refuge is home to four endangered Hawaiian water birds and numerous migratory waterfowl and shorebirds. The refuge offers public tours Thursdays and Saturdays starting the third Saturday in October and ending the third Saturday in February each year.

For more information call 637-6330 ext. 27.

Arboretum Tours

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

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

For more information call 988-0456.

Guided Tours of the Hawaii Theatre

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

There is a fee for admission. For more information call 528-0506.

At Anderson Hall Dining Facility



Today

Lunch

Minestrone Soup
Chicken Noodle Soup
Chinese Five Spice
Beef Yakasoba
Shrimp Fried Rice
Vegetable Stir Fry
Corn O'Brien
Chicken Gravy
Chinese Egg Rolls

Dinner

Minestrone Soup
Chicken Noodle Soup
Roast Pork Loin
Chicken Tetrazzini
Mashed Potatoes
Wild Rice
Simmered Broccoli
Simmered Corn
Apple Sauce

Saturday

Dinner

Cream of Chicken Soup
Beef Barley Soup
Herbed Cornish

Hens

Shrimp Jambalaya
Candied Sweet Potatoes w/ Marshmallows
Herbed Broccoli
Simmered Carrots

Sunday

Dinner

Cream of Potato Chowder
Vegetable Soup
Yankee Pot Roast
Chicken Breast in Orange Sauce
Mashed Potatoes
Boiled Egg Noodles
Simmered Mixed Vegetables
Simmered Pinto Beans
Pot Roast
Vegetable Gravy

Monday

Lunch

Beef Noodle Soup
Cream of Broccoli Soup
Steak Ranchero
Creole Pork

Chops Lyonnaise
Potatoes Southwestern
Rice Mexican Corn
Simmered Peas and Carrots
Tomato Gravy

Dinner

Beef Noodle Soup
Cream of Broccoli Soup
Russian Turkey Stew
Baked Fish w/ Garlic Butter
Steamed Rice
Simmered Corn
Brussels Sprout
Parmesan

Tuesday

Lunch

Cream of Mushroom Soup
Bean with Bacon Soup
Beef Sukiyaki
Bombay Chicken Breast
Steamed Rice
Fried Cabbage
Simmered Carrots
Chicken Gravy
Sweet and Sour Sauce
Egg Foo Young
Chow Mein
Noodles

Chinese Egg Rolls
Dinner
Cream Of Mushroom Soup
Bean With Bacon Soup
Creole Macaroni
Jerked Roast Turkey

Mashed Potatoes
Grilled Cheese Sandwich
Simmered Green Beans
Cauliflower Au Gratin
Corn Bread Dressing

Wednesday

Lunch

Manhattan Clam Chowder
Spit Pea and Ham Soup
Sweet and Sour Spareribs
Country Style Steak
Red Beans and Rice
Mashed Potatoes
Club Spinach
Simmered Corn

Dinner

Manhattan Clam chowder
Spit Pea and Ham Soup
Savory Baked Chicken

Beef Pot Pie
Boiled Egg Noodles
Parsley Buttered Potatoes
Creole Summer Squash
Simmered Peas

Thursday

Lunch

Tomato Soup
Chicken and Rice Soup
Dijon Baked Pork Chops
Beef Stroganoff
Buttered Egg Noodles
Oven Glow Potatoes
Simmered Carrots
Simmered Italian Mixed Vegetables

Dinner

Tomato Soup
Chicken and Rice Soup
Orange and Rosemary Honey Glazed Chicken Breast
Simmered Corned Beef
Islanders Rice
Parsley Buttered Potatoes
Glazed Carrots
Fried Cabbage w/Bacon

Assorted desserts will be served at each meal

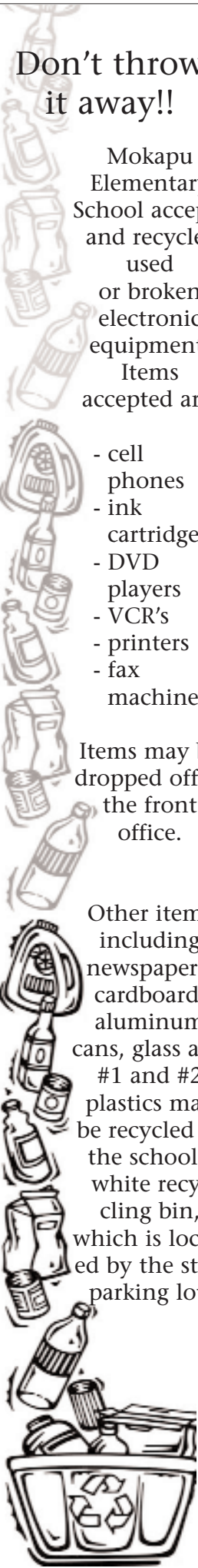
Don't throw it away!!

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

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

Items may be dropped off at the front office.

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



Volunteer Opportunities

Junior Achievement volunteers needed

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

The lessons are spread into five sessions and cover various aspects of economics. Teaching material and kits are provided; no teaching experience is necessary.

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

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

Guest readers needed

Mokapu Elementary School will be celebrating the birthday of Dr. Seuss's on March 2 from 8 a.m. to 2 p.m.

Guest readers are needed to come and spend approximately 30 minutes reading a Dr. Seuss book or two to a class.

Please contact Vicki Kwiatkowski at 254-7964 ext. 278 for more information.

Local elem. school looking for tutors

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

For this and more information on volunteering at local schools, please contact Amy Madsen at 630-8281.

Track Team Seeks Marine Volunteers

The Mokapu track team is seeking Marines to help coach.

Track practices are held every Tuesday and Thursday from 2:15 p.m. to 3:15 p.m.

Kids will participate in a flexed-arm hang/pull-up, sit-ups, shuttle run, long jump, 35- and 50-yard dash, and the 300- and 600-yard run.

Participants will compete at the Windward District Physical Festival at Kaiser High School on Tuesday, March 3, from 8:30 a.m. to 12 p.m.

They will also compete at the Kainalu Invitational at Kainalu Elementary School in Kailua on Thursday, May 14.

More information on that invitational will be available at a later date.

To volunteer, or for more information, contact Melissa Ferreira at Mokapu Elementary School's front office at 254-7964.

All Enlisted Spouses Club Thrift Shop

The AESC Thrift Shop, located in Bldg 212 (Pless Hall) is in need of volunteers to assist with Thrift Shop related tasks such as sorting and hanging clothing items, cleaning, gardening, and other misc. tasks.

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

Please call 254-0841 or send an email to mcbhaesc@yahoo.com for more details.

PBS Hawaii

PBS Hawaii is looking for two to three volunteers to answer telephones for one hour every Thursday. Dinner is provided.

For more information, call Headquarters and Service Battalion S-1 at 257-3007.

Home-School Conferences:

A Guide for Parents

Andrea Canter, PhD, NCSP
Minneapolis Public Schools

Home and school – everyone shares the goal of helping children learn and feel successful.

Research has proven that when parents and teachers work together, everyone benefits: Students tend to earn higher grades, perform better on tests, attend school more regularly, have better behavior, and show more positive attitudes toward themselves and toward school.

School programs that include strong parent involvement are more effective. Yet, collaboration between parents and teachers is not always a smooth process.

Establishing an effective home-school partnership requires efforts from both teachers and parents to create a trusting, equitable relationship. Sometimes parents must first deal with their own discomfort with schools and teachers.

If parents have experienced difficulty in school, then they may have to overcome negative feelings that carry over from their own childhood.

If parents are new to the community, come from another culture, or do not speak fluent English, then they may feel overwhelmed by the prospect of attending a conference with their child's teacher or participating in a Family Night or School Open House.

Try not to worry or be afraid of a conference with your child's teacher. Even if you have talked frequently with school personnel about your child's failing grades or misbehavior, a conference may be an opportunity to start a cooperative partnership with teachers.

Preparing for the Parent-Teacher Conference

At least once per year, and frequently each semester (or more often), you will receive a notice of a parent-teacher conference. Perhaps you have requested the conference yourself.

There are many steps you can take to assure that the conference is productive and positive:

Assemble relevant materials: Gather appropriate materials to help prepare for the conference. This can include records

from previous schools and school years, such as report cards, test scores, immunization and other health records, and past and current correspondence between home and school.

Review these materials: Make sure you have gathered all the material you need. If anything important is missing, such as a report from your family physician, try to locate it and add to your file.

As a tip, once you have started a collection of your child's records, it is easy to add new material each year.

At conference time, if your or the teacher has specific concerns, you can then find whatever might be important to share with the teacher.

Talk with your child before the conference: Children should understand why the conference is taking place (is it due to a problem or is it a routine meeting held for all parent) and be assured that parents are seeking way to help and learn about what their children are doing in school.

Find out if your child has any specific concerns about schoolwork or relationships with classmates.

Acquire the handbook for students: If your district, school, or classroom has a handbook for the students, be sure to obtain a copy well ahead of the conference and review it.

In particular look for listings of expectations for behavior and attendance so that you might anticipate what questions the teacher might ask of you.

Also, try to assemble a list of questions you may want to ask the teacher is you are unsure of material in the handbook.

Be familiar with your child's homework assignments: If your child has homework be familiar with the assignments and how your child has been performing. Is the work getting done? Does your child seem to understand the assignments? Does the work seem too easy or too difficult?

Prepare a list of questions you want to ask your child's teacher: Is my child meeting expectations for learning and behavior? How has my child performed on daily class assignments, on tests, on homework assignments? How does my child compare to others in basic skills? Does my child follow school rules or

does my child exhibit any behavior problems? If my child is struggling in any area, what has been tried to improve performance? Does my child pay attention in class? What else can be done at home or at school? What are my child's strengths? Are there any concerns about my child's health, or adjustment? Are other materials or resources that you would recommend? How does my child get along with other students?

Referral to special education: If you or the teacher has concerns about referral to special education, find out about your rights ahead of time. State and community agencies and advocate organizations can provide this information, and all schools should also have a printed copy of parents' rights under state and federal law.

Be ready to collaborate: Generally, teachers will give parents bad news because they want to help the child do better and not place blame on the parent or child. But sometimes the message does not come across that way, and parents naturally become defensive and protective, maybe even angry.

Assume the teacher has your child's best interests in mind, and respond calmly and tactfully. Indicate that you are most concerned with solving the problem and helping your child succeed.

Offer to meet further to discuss the problem and to work out a solution. Remember that teachers are often as afraid to deliver bad news as parents are to hear it.

During the Conference

Listen carefully: It is perfectly acceptable to take notes. This is particularly helpful if one parent or other involved relative cannot attend. It can also help you remember details so that you can ask questions later.

Offer your perspective: Many times teachers will ask you about your child's activities at home and your views of your child's strengths and areas where help might be needed.

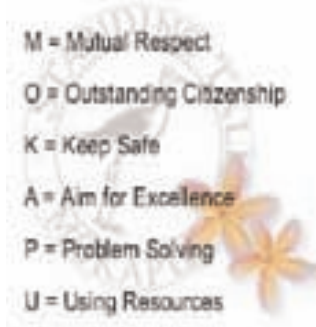
Even if the teacher does not ask, speak up and provide your observations and any concerns.

See *SCHOOL*, C-6



Mokapu Beat

News from Mokapu Elementary



Kindergarten Registration for 2009-2010

Mokapu Elementary School started accepting registrations for the 2009-2010 school year for incoming kindergarten students. The hours of registration are 8:30 a.m. - 12:30 p.m., Monday-Friday in the school office. Please ask to see the registrar. The following documents are required:

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

A kindergarten registration night will also be held March 5, in the school cafeteria for parents of new kindergarteners. There will be a complimentary dinner and the program will feature a showcase of the kindergarten transition program from 6-7 p.m. A registration and information session will run from 7-7:45 p.m., and a one-on-one question-and-answer session will follow.

Please contact the school at 254-7964 for more information.

Math Tutoring, Math Camp

The Title I office is sponsoring two math-related programs for kids in grades 3-6. The first is after-school math tutoring every day except Wednesdays from Feb. 19-March 3 from 2:15-3 p.m. Room location is to be determined. The second program is a spring intersession math camp. It will take place from Monday, March 23, through Wednesday, March 25, from 8-11:30 a.m. Room location is still to be determined.

In both programs, kids will explore math and test-taking strategies through games and fun, hands-on activities. Space is limited. Preference is given to students with teacher referrals. There is no fee for either program. Call 254-7964 x 270, or email resha_ramolete@notes.k12.hi.us to register or for more information.

Enrichment Activities

Choir - The new choir session began Feb. 2 and will run through May and will include a Disney-themed show in May. Students in grades K-2 will meet Mondays, 2:15-3:15 p.m. in room P-3, while those in grades 3-6 will meet Wednesdays from 12:30-1:30 p.m. in P-3. The fee is \$30 for the semester.

Math and Geography Superstars - Math and Geography Superstars is available for kids in grades 1-6. Students answer questions on weekly math and geography worksheets appropriate for the student's grade level. Prizes are awarded at regular intervals. The program is free, and students may sign up any time in room P-6.

Arts and Crafts Club - Arts and Crafts Club just began a new session. Sessions are six weeks long and cost \$15 per session. Kids in grades K-2 meet Wednesdays from 12:30-1:30 p.m. and kids in grades 3-6 meet Thursdays from 2:15-3:15 p.m. in room P-4.

The next two sessions will be held March 4 – April 23 and April 29 – June 4.

Mad Science - A new Mad Science session will begin on Friday,

Feb. 13, and run on Fridays through March 6 for kids in grades K-2. It will be a four-week session based on light, heat, sound, and taste.

The cost is \$70 per student. Registrations and payment should be sent directly to Mad Science. Registration forms are available at the school.

Room location will be given to parents with registration confirmation. The same session will be offered to kids in grades 3-6 after this session is completed.

All enrichment clubs are sponsored by the PTA.

For information about any enrichment club, please contact the Mokapu PTA at mokapu_pta@yahoo.com, or leave a message at the school's front office.

Pizza Nights

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.

Upcoming fundraisers are on the following Thursdays: March 19, April 16, May 21 and June 4.

Thank you for participating!

at the school.

Child care will be provided to those who RSVP to mokapu_pta@yahoo.com.

Parenting Class

A seven-week parenting class will be offered at Mokapu Elementary School starting in April.

PCNCs Shelley Murphy and Heidi Dickens will facilitate the class using material from Parent Project Jr. The class is called "Loving Solutions: A Parent's Guide to Raising Kids" and will focus on kids 5-10 years old.

It will be held Tuesdays from 5:30 – 8:30 p.m. in room P-6 from April 21 – June 2. The class itself is free, but participants will need to purchase the workbook, which is \$22.

Child care will be provided for kids 5-10 years only, with reservations made by April 13. Questions and RSVPs should be directed to Shelley or Heidi in P-6 or by calling 254-7964

Three for Me

PTA is sponsoring the "Three for Me" volunteer program at the school.

Each parent is encouraged to volunteer at least three hours at the school during the entire year.

Parents interested should fill out a blue commitment card, available at the front office or by contacting the Parent Teacher Association at mokapu_pta@yahoo.com.

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

Stars are added on a monthly

basis. Thank you for investing in your children!

Free Online Tutoring

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

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

Save Box Tops

The Mokapu PTA collects Box Tops, Campbell's Labels for Education, and Tyson labels all year long. Please save them and turn them in to the school's front office or children's teachers.

A collection box is also available at the commissary entrance.

Recycle at Mokapu

All are encouraged to use the recycle bin in the side parking lot at Mokapu. The white bin takes mixed recyclables, including newspaper and cardboard, aluminum cans, glass and #1 and #2 plastics. Items labeled HI-5 should also be put in this container.

The school will also take other items at the front office, including cell phones, ink cartridges, DVD and VCR machines, printers and fax machines.

Proceeds from the recycled items benefit the school and PTA.

PTA Meeting

The next general PTA meeting will be Thursday, March 12, at 6:30 p.m. in the school

cafeteria. Members and non-members alike are encouraged to come hear and participate in what is happening

SCHOOL, from C-5

You want to hear good news about your child: If the teacher does not offer any positive comments, ask directly, "What does my child do well?" And remember that teachers often hear only negative comments, too.

Be sure to try to offer a compliment, a thank you to let the teacher know you appreciate what they are trying to do to help your child – even when what the teacher is trying to do may not be working.

Do not be afraid to ask questions: If you do not understand something or feel your concerns are not being addressed, then ask the teacher.

Teachers and other educators easily slip into jargon and forget that many parents are not familiar with the terms they use every day.

Ask what test scores mean and what the results mean for your child. Stop and ask for explanation of unfamiliar terms or programs. Not understanding can quickly lead to misunderstanding.

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Word to Pass

United Through Reading
Feb. 3 - 28
Record a storytime DVD for your child before deployment at the Base Library, building 219. The DVD will be mailed to child free of charge. Open to all military service members. Call for appointment.
For more information call Merri Fernandez at 254-7624.

Spouses’ learning series conference: “Why are we doing this?!? A meaning shape-up for your military life!”
Feb. 20
Jacey Eckhart, humor writer and motivational speaker, will focus on reclaiming (or getting it back) enthusiasm for challenging military lifestyles. Registration is scheduled from 8:30 to 9 a.m. at the Officers’ Club Lanai Ballrom and the event is scheduled from 9 a.m. to noon.
Open to all active duty spouses. Childcare is reimbursable and refreshments will be served. Reservations are required – deadline is today.
For more information call Jocelyn Pratt at 257-2653 or 257-2410 or email Jocelyn.Pratt@usmc.mil

Super Sleuth Saturday
Feb. 21
Look for clues using the library’s resources to find some valuable and fun information. This event is scheduled from 10 to 11 a.m. at the base library and is open to children grades 2-6.
For more information call Merri Fernandez at 254-7624.

Transition Assistance Program (TAP) seminar
Feb. 23-26
This seminar will be held in the Base Theater from 8 a.m. to 4 p.m. Public Laws 101-510 and 107-103 require all transitioning service members to attend

a TAP seminar prior to separation. Unit commanders are evaluated on their compliance with the law. Separating service members may attend a seminar within one year of separation date, but must attend NLT than 90 days prior to separation date.
Primary POC for securing a slot is the Unit Transition Counselor (UTC). For more information call Ric Paguio at 257-7790.

MCBH Special Needs Information & Support Network
Feb. 23
This event is an opportunity to network with other Exceptional Family Member Program families and is scheduled from 6:30 to 8:30 p.m. in the ASYMCA building, building 3074.
Receive information on Tricare, and other programs pertaining to EFMP.
For more information call Brenda Suarez at 257-7782.

PCS move workshop
Feb. 25
According to MCO 1320.11E (Personnel Sponsorship Program) requires all PCS-ing Marines to attend PCS move training.
This workshop, scheduled from 8 a.m. to noon in building 267, is open to active duty and their spouses.
No orders required to attend and reservations are required.
The next PCS Move workshop is scheduled for March 11.
For more information call Marine & Family Services at 257-7790 or 257-7787.

Books and Cookies with Wally “Famous” Amos
Feb. 25
Enjoy a very entertaining story time at the Base Library from 3 to 3:45 p.m. with everyone’s favorite cookie man. Open to military families, sponsored guests and DoD civilians.

For more information call Merri Fernandez at 254-7624.

Spouses’ Learning Series Leadership Skill Workshop “It begins with me” part 1
Feb. 26
This workshop, scheduled from 6 to 9 p.m. in MCFTB building 244, is open to all active duty Marine and Navy spouses. Active duty welcome, on space available basis.
Topics: Enhancing Personal and Leadership Skills; Identify Personal and Leadership Strengths; Attitude Above All;The Communication Equation; Dealing Effectively with Challenging Personalities.
Childcare is reimbursable and reservations are required.
For more information call Jocelyn Pratt at 257-2653 or 257-2410, or email Jocelyn.Pratt@usmc.mil.

CIA recruitment presentation
Feb. 27
A representative from the CIA is recruiting for field agents and professional staff from 10 to 11:30 a.m. in the TAP classroom, building 279, 2nd deck. Reservations are required and seating limited to 45 people.
For more information call Marine & Family Services at 257-7790.

KOSC Art Auction
March 14
The Kaneohe Officer Spouses Club is hosting an Art Auction March 14 at the Officers’ Club. Cocktails begin at 5:30 p.m. along with appetizers and an art preview. The art auction begins at 7 p.m.
The event is open to all hands and civilian guests. Tickets purchased in advanced are \$15 and \$20 after March 5.
For more information on ticket purchases contact koscartauction09@hotmail.com or 254-3162.



Calendar of upcoming events

For more information on these events call Brenda Suarez at 257-7782.

Understanding the Evaluation Process, March 18 from 8:30 a.m. to noon. Is there a difference between an evaluation and an assessment?
Learn about the evaluation process and different assessments that might be conducted on your child. Learn how to understand and utilize specific information from the reports and prepare for the eligibility determination and development of the Individualized Education Program.

MOVIE TIME

Prices: All shows are \$3 for adults and \$2 for children.
For ticket pricing, the Base Theater Box Office defines an adult as a patron 12 and older and defines a child as a patron from 6 to 11. Children 5 and younger are admitted free of charge. Parents must purchase tickets for R-rated movies in person at the box office for children 16 and younger. Patrons must present their military identification card when purchasing tickets.
Call 254-7642 for recorded information.
Sneak Preview Policy: One hour and 45 minutes prior to the movie, tickets will be issued to first priority patrons waiting in line, then second and third priority patrons.
In an effort to prevent piracy, the following security measures will be enforced on base for sneak preview screenings: bag checks, confiscation of cameras or cell phones with picture taking capability (items will be returned after screening), magnetometer warning, audience scanning with night vision goggles during screening.
The Base Theater and film companies thank you in advance for your cooperation and hope you will enjoy the show. For recorded information, call the Base Theater at 254-7642.

"Doubt"
"The Curious Case of Benjamin Button"
"Bride Wars"
"Walkyrie"
"Marley & Me"
"The Curious Case of Benjamin Button"
"The Spirit"
"Bride Wars"
"Frost/Nixon"

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

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