

Focus on Education

HIGHER LEARNING



JEC offers a world of options

Marines, Sailors, family members, civilians can take college courses aboard MCB Hawaii



By Sgt. Richard W. Holtgraver Jr.
Combat Correspondent

Marines, Sailors, veterans and their family members who have dreamed of earning a college degree can pursue that dream at the MCB Hawaii, Kaneohe Bay, Joint Education Center located next to the base theater.

The JEC wants servicemembers to know that those who pursue a higher education will find a multitude of options available to help them.

A Marine or Sailor can tailor a learning package to fit their specific educational needs, work schedule and financial situation by filling out, and using the Educational Opportunities for Lifelong Learning packet, issued by JEC to guide people to their collegiate goals, according to Loretta Cornett-Huff, education services officer for JEC.

Before someone can begin to sign up for classes or begin the packet, applicants need to find out where they place scholastically within the collegiate system.

Many servicemembers can transfer some of their military training into college credits and give themselves a head start towards a degree.

Once a Marine, Sailor or family member has completed the appropriate testing for collegiate placement, they then receive guidance from JEC counselors on what classes to take and important tips on areas of studies that students should focus on.

"I encourage our Marines to look keenly at their grade point average from the get go," said Cornett-Huff. "I don't want them to look at just getting credits lined up on their transcripts, but look at the section of the catalogs that addresses making honors."

Marines and Sailors under the impression they that

can't afford to go to school, may be surprised to learn that new regulations allow servicemembers to tap into resources previously not available to them.

The first step for servicemembers to accumulate funding for school is to apply for tuition assistance, which covers 75 percent of the tuition.

To supplement additional costs for schooling, servicemembers can find financial relief through the Hope Scholarship Tax Credit and Lifetime Learning Tax Credit. Applicants can get an additional \$1,500 worth of tax credit if they're scheduled for at least a minimum of six credits per term.

The JEC can also guide people through the many websites designed specifically for finding grants and scholarship money for servicemembers and their families.

For the Marine, Sailor or family member who has a specific goal in mind for their degree, the JEC can accommodate many educational paths with its selection of schools and programs designed for getting people an associate's or bachelor's degrees.

There are four main colleges to choose from aboard MCB Hawaii, Kaneohe Bay: Chaminade University, Embry-Riddle Aeronautical University, Hawaii Pacific University and Wayland Baptist University.

"We've had many valedictorians here from the Marine Corps that have graduated from both graduate and undergraduate level schools with Hawaiian Pacific University and Chaminade University," said Cornett-Huff.

Find more about the JEC at: <http://www.mccshawaii.com/-jec.htm>.

"The planning guide and the Joint Education Center want to give a recipe for success to the Marines and Sailors aboard the base," said Cornett-Huff.

A world of opportunities and options await.

"We've had many valedictorians here, from the Marine Corps, that have graduated from both graduate and undergraduate level schools..."

Loretta Cornett-Huff
*Education Services Officer,
Joint Education Center*

Your off-duty college education: 100% paid for

Sgt. Katesha Niman
Headquarters Marine Corps

WASHINGTON — Marines looking to better their lives and careers with a college education are now able to do it practically for free.

Through the Tuition Assistance Top-Up program, Marines can use tuition assistance in conjunction with any type of Veteran's Affairs (VA) education benefit to cover up to 100 percent of their tuition.

However, only those service members who are eligible to receive VA benefits and are either a veteran or have served at least 24 months on active duty, are eligible for this program.

Once these requirements are met, the member has ten years after the date of his or her discharge to benefit from the program.

Marines enrolled in the program can use the Top-Up benefits for up to 36 months or until the 23,400 dollars of their Montgomery GI Bill or VA benefit is exhausted.

Once approved for Top-Up, full-time students can receive up to \$650 a month from their MGIB to pay for tuition and fees.

The amount per month varies depending on the individual goals of the student.

For a Marine who does not have the

MCCF and has been in the Corps for at least two years, taking advantage of the Top-Up program may be a good idea if he would not be able to afford to pay for college any other way.

In addition to the recent implementation of the Top-Up program, the Buy-Up program was implemented to increase the amount service members receive from their MGIB.

By contributing \$600 to their Montgomery GI Bill that is already worth \$23,400, Marines will receive \$5,400, which will then make their MGIB worth \$28,800 - an 800 percent return!

Unfortunately, Marines who chose to not hang around and were discharged

before May 1, 2001, must submit \$600 to their nearest Marine Corps disbursing office no later than July 31, 2001 in order to participate in the Buy-Up program.

Only active duty service members who came onto active duty on or after June 30, 1985 are eligible to participate in the program.

With all of the details and exceptions to the Top-Up and Buy-Up programs, Marines are strongly encouraged to discuss their education plans with their base education officer before choosing to utilize the programs.

Marines can also visit the Veteran's Affairs website at www.GIBill.va.gov/education for more details.

MCCS

MARINE CORPS COMMUNITY SERVICES
www.mccshawaii.com

POSSIBILITIES IN PARADISE

By Debbie Baker, MCCS Public Relations

APRIL

Today

Spouses' Celebration — The Rocker Room hosts, "A Spouses' Celebration," beginning at 4 p.m. tonight.

During the free Spouses' Celebration, all spouses arriving between 4 – 7:30 p.m. will receive a Lucky Number. The ticket will be good for the prize drawing at 8 p.m. Disc Jockey Brian will

keep the party going all night long and guests will enjoy plenty of free pupus.

For more information, call the Rocker Room at 254-5592.

Child Abuse Prevention Month — In recognition of Child Abuse Prevention Month, MCCS' Personal Services has adopted the slogan, "Helping Children Feel Safe in Uncertain Times."

Several events throughout April are scheduled, to include Mokapu Mall mural displays, information tables at the Marine Corps Exchange and Commissary, and more, to create awareness and promote child abuse prevention education.

For ways you can get involved or for more tips and literature, call Personal Services at 257-7790.

The Age of Romanticism — Discover what historical and cultural impacts the Age of Romanticism etched into modern-day science, nature and philosophy during the Base Library's "William Wordsworth and the Age of Romanticism," exhibit running now through April 15.

This educational showpiece is brought to the Base Library courtesy of the Hawaii Council for the Humanities.

The Base Library is located in Bldg. 219.

For more information,

call 254-7624.

6 / Saturday

Wake-up Call — Celebrate your Saturday morning with a breakfast outing. Head to the all-hands Fairways Sports Grill and indulge in its breakfast entrees.

Fairways begins serving breakfast at 6:30 a.m. Whether you intend to fuel up before chipping at the Klipper Golf Course or would like a break from your usual early morning repertoire, you'll have it your way at Fairways.

For further details, call Fairways at 254-5592.

8 / Monday

Transition Assistance

Program — All military members who are about to separate from the service, must attend the TAP Seminar, Monday through Thursday at the Base Theater from 8 a.m. – 4:30 p.m.

Spouses are welcome to attend.

For more information, call 257-7790.

Sure Savings — Sharpen your scissors and start snipping. It's a Double Coupon Craze.

Most coupons presented to the Marine Corps Exchange Annex, Wiki Wiki Market and the MCX Plantation Store will be honored for twice the face value. Some restrictions may apply. See store for details.

16 / Tuesday

Resume Workshop — Are you seeking a part-time or full-time job? How about a career?

When was the last time you updated your resume? Do you know the latest resume buzzwords, tips and techniques?

Don't take a chance with something so important. Take the steps necessary to make a positive first impression with your resume.

All authorized military ID cardholders are invited to attend the free Resume Workshop, April 16 in Bldg. 3096, Room 1 from 9 – 11 a.m.

Call 257-7790 to make reservations.

SM&SP



All events are open to single, active duty military. The SM&SP Office is located in Bldg. 219. Call 254-7593, for more about events.

Program Review

Saturdays: Oceanside Paintball lets your "inner-predator" come out to play on Saturdays from 9 a.m. – 4 p.m. and Sundays, noon – 5 p.m. Call for equipment rental fees.

April 13: The Spring Flag Football Classic will take place from 9 a.m. – 5 p.m. at Pop Warner Field. Teams will be 10-person with two subs, and cost is \$15 per team. Registration forms are available at SM&SP.

April 20: The Interservice Paintball Tournament will take place at the MCB Hawaii Oceanside Paintball Field. Cost is \$175 per five man team; each team may have two substitutes (for seven people total).

The registration fee includes prizes and all-day air. Awards will be given to the top three teams.

Teams must register by April 18.

April 26: Participate in the Shank & Slice Tournament at the Klipper Golf Course. Awards will be given by a blind draw. You don't have to be a pro to win big.

May 25-27: Start making plans to jet set to Molokai during Labor Day weekend. Spaces are limited.

SM&SP Benefits

Enjoy several benefits at the Klipper Golf Course, K-Bay Lanes, the Base Theater, and online at the Base Library. Call SM&SP for details.

The Lodge opens at Kaneohe Bay

Debbie Baker
MCCS Public Relations

It began last April. Marine Corps Community Services and base dignitaries, symbolically plunged five golden-hued shovels into the ground.

During April 2001, the Korte Company won the bid to construct 50 new rooms to the existing Temporary Lodging Facility aboard MCB Hawaii. A year later, the newly revamped, re-designed, "The Lodge," has been unveiled, and rooms are ready to book as of April 10.

Patrons are welcome to attend the grand opening ceremony, scheduled to take place at The Lodge, Wednesday at 10 a.m.

More than cosmetic surgery, The Lodge now boasts 74 spacious living areas, complete with separate telephone and data port lines and interior connecting doors for large families.

Each unit is equipped with a kitchenette



and a keyless

entrance system. For those patrons eager to appreciate the great tropical outdoors, The Lodge is also home to a courtyard featuring a gazebo for organized functions or for relaxation. A picnic and BBQ area invite guests to cook out and live aloha.

To convey some of the aloha spirit, The Lodge's newly ceramic-tiled lobby currently hosts a daily complementary continental breakfast to include coffee, pastries and a

morning newspaper. According to The Lodge Manager Mia Ng, beyond the aesthetic improvements, a paramount benefit of staying at the new site either during a vacation or as an interim resident, is convenience.

"Many of our guests are inbound military families seeking either on or off-base housing. The Lodge is close to many business and recreational amenities," said Ng. Strategically located just inside Kaneohe Bay's gate, The Lodge also resides in close proximity to the Marine Corps Exchange, the MCX Annex and within walking distance to Subway, the Enlisted Club, base pool, K-Bay (bowling) Lanes and the base theater.

Beyond a transit stayover, The Lodge is ideal for family members on vacation. Comparable to privately owned and operated hotels, The Lodge embodies upscale atmosphere and services, without the upscale price tag.

All authorized military I.D. cardholders are eligible to book a room at The Lodge. For reservations, call 254-2806 or visit www.mccshawaii.com.

Parents, kids can celebrate America's spirit

NAPS
Featurettes

In response to the war on terrorism, a new, no-cost American Patriotism program featuring Internet-based lessons about American history is now available worldwide.

The "American Patriotism Program" was put together by William J. Bennett, the former Secretary of Education.

Bennett, chairman of K12, Inc. said, "The United States is going through some tough times, but the American spirit is rising to the challenge.

"Citizens from all walks of life

are asking 'What can I do to support America?' K12's 'American Patriotism Program' helps provide an answer to this question.

"We must teach the next generation why the United States is worth defending, and we can use computer technology to do exactly that.

"Our Founding Fathers taught us that we defend our nation when we love and cherish her and that we fully love and cherish her only when we understand her.

"That's what these lessons are about."

The program is designed for children of all ages and features multi-layered lessons, colorful online storybooks, maps, art ac-



BENNETT

tivities and sing-alongs. The lessons are delivered through the Web site www.K12.com.

Topics focus on subjects such as the pledge of allegiance, the founding fathers, Christopher Columbus, the pilgrims, U.S. geography, George Washington, Thomas Jefferson, Betsy Ross, "The Star Spangled Banner," the Statue of Liberty, the role of immigrants in America, and much, much more.

Each of the lessons comes from the organization's history curriculum, which includes several hundred more lessons on America.

Proceeds from the sale of an optional Patriotic Songs CD will be donated to the Tragedy Assistance Program for Survivors, Inc. (TAPS), which is a nonprofit organization helping

those who have lost loved ones who were actively serving their country in the armed forces.

Bennett's K12, Inc. patriotism lessons can be accessed at no charge by logging onto www.K12.com, or by calling 888-968-7512 toll free.

The organization is led by an experienced team of learning and technology experts who share a passion for education and a belief that a challenging, enriching education should be readily available to all children.



Log onto www.K12.com.

MOVIE TIME

Prices: Adults (12 and older) \$3, Children (6 to 11) \$1.50, Children (5 and younger) free.

Matinee prices are \$2 for adults and \$1 for children. Parents must purchase tickets for "R" rated movies in person at the box office for children 16 years old and younger.

For E-5 and below, admission is free to the second show on Friday and Saturday evenings only. Sunday evenings, the price is \$1 for all patrons.

Please show your ID at the box office.

Phone 254-7642 for recorded info.

Collateral Damage (R)	Today 7:15 p.m.
Count of Monte Cristo (PG13)	Today 10 p.m.
Big Fat Liar (PG)	Saturday 7:15 p.m.
I Am Sam (PG)	Saturday 9:45 p.m.
The Wizard of Oz (PG)	Sunday 3:30 p.m.
Big Fat Liar (R)	Sunday 7:15 p.m.
Collateral Damage (R)	Wednesday 7:15 p.m.
Return to Neverland (G)	April 12, 7:15 p.m.
Brotherhood of the Wolf (R)	April 12, 9:45 p.m.

50 years serving K-Bay



Sgt. Richard Holtgraver Jr.

Sonny Segi and Antonio Bustamante, field tractor operators for MCB Hawaii, Kaneohe Bay Facilities Department, shake hands April 3, beneath the Pacific War Memorial near the front gate. These two gentlemen have served MCB Hawaii for a combined 50 years, and both plan to retire soon.

Early enrollment opens for insurance

**Sgt. 1st Class
Kathleen T. Rhem,**
*American Forces Press
Service*

WASHINGTON — A period of early enrollment into the new Federal Long-Term Care Insurance Program is now open. Federal personnel managers estimate as many as 20 million people are eligible to use this new benefit.

The federal Office of Personnel Management has contracted with John Hancock and MetLife insurance companies to provide this additional benefit for all federal employees, including military, and retirees.

The insurance program is designed to cover expenses associated with long-term care in a nursing home or in the beneficiary's home. Federal employees will be able to purchase the insurance for themselves, spouses, children and parents. Federal retirees are entitled to enroll only themselves and their spouses, according to information on the program's Internet home page, www.opm.gov/insure/ltc.

"The Federal Long Term Care Insurance Program is an option that can protect us emotionally, financially and socially at a time when family members face unimagined challenges," OPM

Director Kay Coles James said March 25. "With access to long-term care insurance, we can act responsibly by planning well in advance for future care costs, giving us more time to show our love and attention on what's really important family."

The early enrollment period began March 25 and runs until May 15. An initial six-month open enrollment season begins July 1.

Officials stressed the early enrollment period is designed to accommodate people who are familiar with long-term care insurance and know what coverage they wish to purchase.

Those who still have questions should wait until the open season. An information campaign under way now will help educate people about the benefit by the open enrollment period, officials said.

Applicants may be required to answer health-related questions, provide medical records or be interviewed personally to be eligible for the insurance.

During early enrollment, pre-packaged policies can be purchased for three- or five-year periods, with daily benefits of \$100 or \$150.

Individuals wishing greater flexibility can buy policies with daily benefits from \$50 to \$300.

Additional plan options, including an unlimited benefit, will be available during the regular open enrollment, according to an OPM news release.

For individuals between ages 18 and 30, premiums are \$8.40 per month for a policy that offers daily benefit of \$100 over three years and after a 90-day waiting period; the same policy with inflation protection starts at \$32 a month. After age 30, premiums will vary based on age, amount and length of coverage, the waiting period before benefits kick in and other factors, the release said.

Long-term care is not medical care but rather is designed to help people with chronic conditions to perform daily life functions, such as getting out of bed, dressing, eating and going to the bathroom. Care can be received in at home, a hospital, nursing home, assisted living facility, adult day care center or hospice.

Experts caution that since long-term care is not medical care, it isn't covered by many medical insurance plans, including Medicare and TRICARE.

For full details, including premiums, packages, benefits, rules and how to enroll, visit the OPM Long-Term Care Insurance Web site at <http://www.opm.gov/insure/ltc/>.

Students should also review after-college opportunities

NAPS
Featurettes

As college seniors face their final semester, one question looms large: Where do I go now?

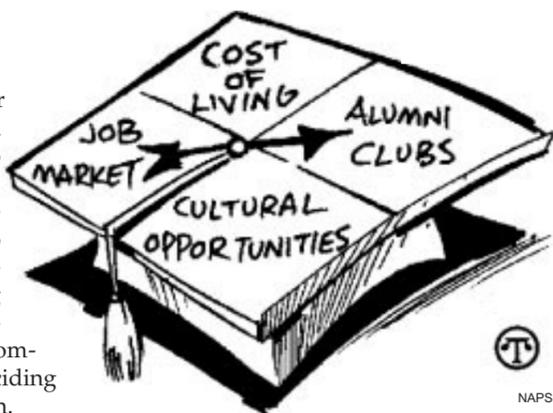
To help new graduates answer that question, the Metro Denver Network, a partnership of Colorado's leading businesses and economic development organizations, compiled a list of key factors in deciding where to land after graduation.

- **Job market:** In the current market, competition for jobs can be fierce. Thorough research into the job market in the area of your choice will pay off when you choose a city with a robust economy that will serve you well in your post-college career.

- **Cost of living:** While \$350 might be enough for an apartment in college, the reality is, most large cities require much more than that for a decent post-college place. Do a cost-of-living comparison, online, to determine just how far your future salary will go.

- **Recreation facilities:** You got used to walking across campus, so you'll be looking for every excuse to get outside once you've entered the working world. Find a city that is conducive to your recreation of choice—whether that's a hip gym, a city park, a walking path, a winding river or a nearby pool.

- **Transportation:** Determine your comfort level with mass transportation.



Many residents of large cities rely on buses, subways or carpools to get to work each day. Make sure you know how much traffic is too much for you.

- **Cultural opportunities:** Look into museums, concert venues, theaters, sports arenas, shopping centers and other attractions that interest you. The larger the city, the more likely it will [be to] have multiple outlets for culture.

- **Local alumni clubs:** Before you move, investigate whether your alma mater has a local alumni club in your future town. Staying in touch with fellow classmates after graduation will not only help you feel more at home in the new city, but also will help with networking for future job searches.

The right job will be impacted by where you choose to live.

For more tips from the Metro Denver Network on post-graduate moves, visit www.denverchamber.org.

College-bound, heed advice from pros

Loretta Cornett-Huff
Education Services Officer

If you are going back to college anytime soon, or have a son or daughter college-bound, review the following pieces of advice compiled by MCB Hawaii's Joint Education Center for Lifelong Learning.

1. Learn all you can about *accreditation*. Make sure the school you wish to attend is accredited by an accrediting body recognized by the U. S. Department of Education. (See: for a list of those recognized bodies.)

Your base education center can give you guidance on accreditation. Make sure you discuss and understand the issue of *transferrability* of coursework. This is very critical.

2. Read your college catalog. It contains: (a) required courses, (b) majors offered and curriculums to follow, (c) school policies and procedures, (d) your rights and responsibilities, and (e) course prerequisites and descriptions (read these *before* you register for a course.)

3. You can obtain additional guidance from an academic counselor at the school. To talk with that person, first make an appointment.

Be prepared by being familiar with the catalog.

4. Many colleges require placement tests in English and Math. The results will indicate whether you must take a refresher course *before* beginning freshman-level courses.

5. Refresher courses in colleges are usually numbered 0-100. You receive credit for them, but they aren't freshman level. They do *not* transfer to other institutions.

6. Improve your writing skills. Take an English refresher course, if necessary.

Learning to write term papers and themes will be a major task in college, but your reward will be a valuable lifetime asset.

Exams, research papers, themes and term papers will be evaluated on grammar, punctuation, clarity, organization, logic, creativity and your

ability to gather, analyze and communicate knowledge successfully.

7. Do not plagiarize. This means do not write a paper with words you took from another source. Your writing must be your own.

There are now computer programs available to professors which can detect plagiarism.

8. Learn good study habits. Study daily, and learn to take careful notes.

Keep up with your reading, too — review, review, review. There is no substitute for daily preparation.

9. Maintain a high grade point average (GPA), as grades of "D" and "F" will not transfer to another institution.

If you make an "Incomplete," make up the required work in time to receive a passing grade; otherwise, it will become an "F."

10. If you withdraw from a class, make sure you do it within the official "Add-Drop" period. Otherwise, if you just quit going to class without notifying the school, you will receive an "F."

If you withdraw within the official "Add-Drop" period, you usually can receive a refund or partial refund from the school.

Regardless of the reason, always fill out the official withdrawal papers.

11. Ask questions. Keep yourself open to new ideas and knowledge.

12. Take a speech class. Speaking effectively is a major advantage in today's world.

13. Do *not* overextend yourself when you first begin. Don't take a heavy workload that you can't handle along with your military job.

14. Learn how to use the library or Internet to do research.

15. Keep copies of all assigned projects, term papers, and returned tests until you receive your grade at the end of the course. (Do this just in case your instructor makes an error.)

16. Keep a copy of all

financial transactions. Keep copies of all grade reports.

17. Put it in writing! An academic advisor or dean may give you permission to take an advanced course or waive a degree requirement, but at graduation, that person may no longer be at the college. Any exceptions granted you from the published procedures should be noted in writing and placed in your permanent file.

18. A *curriculum* is an outline of all courses you must complete to earn your degree. Each time you successfully complete a college credit course, you earn specific credit hours.

To earn your degree, you must complete your college's requirements for that degree.

A syllabus for each of your courses will be provided by your instructor. This is your roadmap to success in your course(s). It will normally outline the required reading, test dates and learning outcomes expected by completion of the course. A generic syllabus can be requested prior to enrolling.

19. Many colleges have a residency requirement. This means you must complete a certain number of courses with the school from which you're seeking a degree.

Some schools require the last year of college work to be done in residence. The residency requirement in some cases is 15 semester hours (5 courses) for an associate's degree and 30 semester hours (10 courses) for a bachelor's degree.

Check out the policy of your college or university.

20. Engage in class discussions — whether they are in a traditional classroom or online.

Participate!

For more information on MCB Hawaii's available educational opportunities, visit the Marine Corps Community Services website: www.mccshawaii.com/jec.htm.

The JEC for Lifelong Learning is located in Bldg #219.

Reach a counselor at 257-6730.

Pointers For Parents

Begin lifelong learning early with a kids' web headstart



NAPS

An innovative program incorporates technology and preschool issues such as taking turns.

Thousands of preschoolers, many of whom don't have home access to computers, are clicking their way to computer skills with the help of a new online learning program. The IBM KidSmart Early Learning program, developed in conjunction with Bank Street College and the United Way, is already part of the curriculum at more than 1,000 day care centers across the country, to encourage youngsters' creativity.

To expand the benefits of this educational program, IBM has launched www.kidsmartearlylearning.org, with information on technology in the early learning setting.

At the site, parents and teachers can find information from curriculum experts on how to tie technology to their preschool lessons to reinforce what children are learning in class. The site addresses such issues as taking turns, sharing discoveries, solving problems and helping children learn new skills. The site also lists educational activities submitted by preschool teachers from KidSmart Early Learning Center.

You can learn more about this educational program at www.kidsmartearlylearning.org.

NAPS
Featurettes

Worth Repeating: "Character building begins in our infancy and continues until death."

— Eleanor Roosevelt

A young Marine anticipates coping with marriage, fatherhood, duties

Cpl. Luis R. Agostini
Marine Forces Pacific
Public Affairs Office

I'm going to be a daddy! Hold that thought. I'm only a twenty-year-old corporal.

While I am a leader of Marines, do I have the maturity, stability and capabilities to be the father of a child?

I've only been married for a few months. Yeah, all of the extra pay with dependents is good, but will it be enough? What do I do? Where do I go? Who do I see?

I received the wonderful news March 25. My wife came to drop off lunch, and she said that she had something to tell me.

She had recently noticed some changes in her body. These changes apparently were signs of pregnancy.

She took a trip to the drug store and purchased a home pregnancy test, which came out positive.

Just to be sure, she took another test the following morning, and the results were the same.

She then made an appointment to get an official pregnancy test conducted at Tripler Medical Center,

and sure enough, we are going to be the proud parents of a beautiful child.

In that one moment, my world froze. It was almost like a scene right out of "The Matrix," where Keanu Reeves is motionless while his environment revolves around him.

When I came back to reality, I ran back inside the office and spread the good news. I did that for two reasons.

I was incredibly overwhelmed with joy. There are only a few things that I want to achieve in life. One was to become a United States Marine. The other is to have a beautiful, healthy family. I couldn't help but share the news.

The other reason was to keep my chain of command informed.

Some of the Marines that I work for have children of their own, so they offered some words of wisdom.

I was advised to contact the New Parent Support Group, which is a part of Personal Services, located at MCB Hawaii, Kaneohe Bay.

I was told by a staff member from the New Parent Support Group to have my wife schedule a

second appointment at Tripler. From there, we will be counseled on the many services, seminars, and classes such as baby budgeting, which will be offered in the months to come.

After the feeling of joy started to settle in, questions, concerns and even doubts entered my mind.

Can I afford it? Will my wife stay healthy throughout the pregnancy? How can I help her stay healthy? How can *we* keep the baby healthy?

What kind of color scheme do we want for the nursery? Ah, nevermind...

Do I want a boy or a girl? Does it even matter?

Will I be a good father? I can barely manage myself!

You always hear about how life dramatically changes once a child enters the scene. My wife and I have had only a few months together alone. Now, there's already going to be a third party in the Agostini household.

Will we be ready?

(Editor's Note: This is the first in a series of articles on this subject. Look for future articles on programs and benefits available for Marines, Sailors and their families.)

FREE STUFF

Pregnant moms have help

NAPS
Featurettes



"Pregnancy can be a wonderful chance for women to take charge of their health," said Amy Niles, executive director of the National Women's Health Resource Center (NWHRC). "New habits of more healthful eating, getting enough sleep, stopping smoking and enjoying moderate exercise begun in pregnancy can help both mother and baby."

Keeping track of medical appointments and getting ready for the new baby is an organizational challenge for a mother-to-be as she deals with the changes in her body.

A special kind of planner can help give expectant mothers a healthier outlook.

To help mothers-to-be have a healthy pregnancy and stay organized, the NWHRC and the Consumer Healthcare Products Association have published a free pregnancy planner for expectant moms. The planner is a colorful, 10-month blank calendar loaded with suggestions and health tips for every month of pregnancy and after the arrival of the baby. Designed to fit neatly into a woman's purse or briefcase, the planner also has room to record important phone numbers and memos about prenatal checkups.

Each month of the planner focuses on a different topic. The planner begins with "Congratulations! You're Pregnant!" which contains information about what to expect in the months ahead. For Month #3, there are tips on managing the common discomforts of pregnancy. For example, eating small, frequent meals throughout the day helps with nausea and morning sickness.

Other topics covered are medication safety during pregnancy, managing common pregnancy discomforts, fitness, skin health and sleep. The ninth month includes information about delivery. The final month has ideas for easing a new mother's emotional and physical recovery after the baby is born.

"Women should understand that the information in the planner should not replace medical attention," said Dr. Barry Jacobson, chair of the Department of Obstetrics and Gynecology at Delaware County Memorial Hospital and medical advisor to the NWHRC, who reviewed the text to ensure medical accuracy.

For a free planner, call the NWHRC toll-free number, 1-877-986-9472, or visit its Web site: www.healthywomen.org.

WORD TO PASS

MS Walk 2002 Set

The Multiple Sclerosis Society of Hawaii is now accepting registration for teams, families and individuals to participate in this year's MS Walk 2002, Saturday at 7:30 a.m. at the McCoy Pavilion at Ala Moana Beach Park.

Teams of 10 or more are eligible to participate. Free food and entertainment will be available for all who participate.

Register at www.National-MS-Society.org or call 532-0811 for more details.

Bishop Museum Hosts Family Sunday

Larger-than-life prehistoric creatures, colorful storytelling and live entertainment are among the exciting activities planned at Family Sunday, April 7 from 9 a.m. to 5 p.m.

Visitors can also enjoy traveling exhibits, the time machine and "boning up" with fossils. Food booths, crafts, a petting zoo, a hula show and pony rides will also be part of the festivities.

Admission is \$3 per person or \$10 for a family of four; kids under four are free, and Bank of Hawaii cardholders receive free admission.

The Bishop Museum is located at 1525 Bernice Street. Call 847-3511 for info.

'Iolani Palace Provides Kama'aina Sunday

Local residents and active duty military families can walk in the footsteps of kings and queens at any free tour of 'Iolani Palace, offered the first Sunday of each month, with presentation of military I.D.

Located at 364 South King Street in the heart of downtown Honolulu, the 'Iolani Palace is the majestic symbol of Hawaii's monarchy era, and the staff has enhanced the tour selection with a new comprehensive, 90-minute, guided Grand Tour and a shorter, 30-minute, self-guided tour, both of which include the Palace video and Galleries.

Kama'aina and active duty military families may enjoy discounted admission during regular Palace hours. Call 522-0832 to make reservations or for more information.

Get Tax Assistance

All active duty and retired military members and their families may receive free electronic tax filing at the MCB Hawaii Tax Center. Open from 7:30 a.m. to 4:30 p.m., Mondays, Tuesdays, Thursdays and Fridays, and from 7:30 a.m. to 6 p.m., Wednesdays, the Tax Center will be available until the filing deadline, April 15.

Bring your tax package and label with you, all pertinent forms, a copy of last year's federal and state returns, your bank's routing transit number (RTN), your account number, any necessary powers of attorney and your military I.D.

The Tax Center is located in Bldg. 455, next to the 7-Day Store on Lawrence Rd. at Kaneohe Bay.

Hale Koa Hosts Brunch, Magic Shows, Giveaways

• Always a sell-out, treat mom to a special Mother's Day meal at Hale Koa's Mother's Day Brunch, Sunday, May 12.

The hotel's Activities Desk will begin taking reservations April 15. Call 955-0555, ext. 546.

• April is the Month of the Military Child, and the Hale Koa Hotel in Waikiki invites all keiki to special Magic in

Paradise Shows Tuesday and April 16 and 23.

The Hale Koa will offer discounted admission, door prize drawings and free gifts to each child under 12 years old. The ticket price includes its all-you-can-eat buffet, the show and gratuity.

Call the Activities Desk at 955-0555 for more details.

• In honor of Hawaii Military Appreciation Week (in May), the Hale Koa Hotel will host a Salute to the Military Luau offering both a grand prize giveaway and discounted ticket prices.

Your ticket to the luau includes an exciting show, a sit-down dinner, gratuity and one exotic cocktail or two standard drinks.

A trip for two to the Big Island, including airfare and two nights in a deluxe cabin at Kilauea Military Camp — located in the heart of Hawaii Volcanoes National Park — will be the grand prize at the Monday, May 20 luau.

Ticket sales begin April 16. Call the Activities Desk at 955-0555 to make reservations.

(The Hale Koa luau is one of many events held during the annual Military Appreciation Week in Hawaii, May 17-25, which features special recognition of those who serve America through military service.)

Waikiki Aquarium Presents Series

• The Waikiki Aquarium features Hawaii-based scientists and its new, ground breaking natural history videos in its 2002 Natural History Lecture Series titled "Celebrating Biodiversity & The Shape of Life."

Tuesday see "Echinoderms: Extraterrestrials Among Us, Or Just Like Us?"; or April 16 see "Rise of the Vertebrates: Fishes First & Foremost." Doors open at 7 p.m. and presentations begin at 7:30 p.m. Reservations are not required, but seating is limited. A \$4 donation is requested.

• Parents can share ocean discoveries with their 1-3 year olds this spring. Discover marine life in five weekly sessions of "Small Fry," beginning through May 1, which includes crafts, songs, movements and special tours of the Aquarium's marine life exhibits, either at Session A from 8:30 - 10 a.m. or Session B from 10:30 a.m. to 12 p.m.

Pre-registration is required at \$70 for the adult and child at all five sessions.

• Enjoy a fun and educational evening mystery at the Aquarium, today from 7-9:30 p.m. During "Mystery at the Aquarium," meet a fishy cast of characters for some fun-filled sleuthing. Interview suspects, use the laboratory and sort through clues as you attempt to solve the puzzle.

Minimum age for this adventure is 5 years old, and youngsters must be accompanied by an adult. Preregistration is required at \$8 for adults and \$7 for children.

• Explore shallow reef and tidepool areas with Aquarium naturalists, April 13. On these shoreline expeditions, you will wade up to your knees, experience the natural history of Hawaii's shores and chat about reef conservation and reef walk safety.

Minimum age for this adventure is five years old, and youngsters must be accompanied by an adult.

Preregistration is required. Adults cost \$10; children cost \$8.

• Call 440-9006 for more information about Waikiki Aquarium programs.

HPU Hosts Intercultural Day

Everyone is invited to experience a unique mix of diversity, firsthand, at Hawaii Pacific University's 18th Annual Intercultural Day 2002, scheduled April 12 from 9 a.m. to 4 p.m. at Fort Street Mall in downtown Honolulu.

The event spotlights HPU students' diversity and customs through cultural exhibits, a parade (at 10:30 a.m.) and lively stage performances (beginning at 1 p.m.) of traditional dance and music from around the world.

Educational exhibits will also highlight HPU's 50-plus undergraduate and graduate degree programs, accredited by the Western Association of Schools and Colleges and the National League of Nursing.

For more details, call Ann Newton at 544-0265, or visit www.hpu.edu.

Windward Mall Posts Schedule

Catch one of the following free events Center Stage at Windward Mall in April.

• Through April 12: The 2002 Congregational Arts Competition, a nationwide competition recognizing the artistic talents of Hawaii's youth, will be on display.

• Today: An Ohana Concert begins at 5:45 p.m., featuring traditional, old-style Hawaiian music and beautiful falsetto melodies.

• Saturday from 10 a.m. to 1 p.m.: Participate in the Keiki Injury Prevention Coalition car Seat Check in the Windward Mall parking lot facing Kam Highway. For more details, call 983-6800.

• Saturday from 10 - 2 p.m.: Enjoy the Parent/Child Fair with hands-on activities and entertainment for keikis.

• Saturday at 3 p.m.: Catch the Japan International Karate Ki center exhibition.

• Sunday from 12 - 3 p.m.: Learn why there is "No Excuse for Abuse" during Domestic Violence Awareness Day. Entertainment will be provided by Pacific Island Praise and Balloon Ministries. Call 586-9492 for more.

Veterans' Benefits Booth Available at Ala Moana Center

The Vietnam Veterans of America, Chapter 858, will be sponsoring a Veterans' Benefits Information Booth from 9 a.m. to 5 p.m., April 20 at the Ala Moana Center mall in Waikiki.

The Info Booth will be located on the Mall Level above Center Stage and is designed to inform all veterans in the community about their entitlements by distributing printed materials from the State Office of Veterans Services, the Veterans Administration and the Vietnam Veterans of America, Inc.

Veterans will be informed of the importance of registering with the V.A. and encouraged to keep informed of veterans' legislative issues by joining a veterans organization of their choice.

For more details, call 1-800-882-1316 or visit www.vva.org. On Oahu, email the VVA at vvaoahu@yahoo.com or call 566-0236.

The VVA is a Congressionally-chartered veterans service organization, which is dedicated to promoting and supporting the full range of issues important to Vietnam veterans and their families through legislation, employment, education and benefits programs.

Kailua Beach Cleanup Planned

Participate in Earth Day 2002 by providing kokua at Kailua Beach, Sunday, April 21 from 9 - 11 a.m.

Coordinated by the office of Representative David A. Pendleton, the community is invited to help keep Kailua Beach a place of beauty for everyone.

Simply meet at the Kailua Beach Pavilion to kokua.

Windward Mall Sponsors Recreation

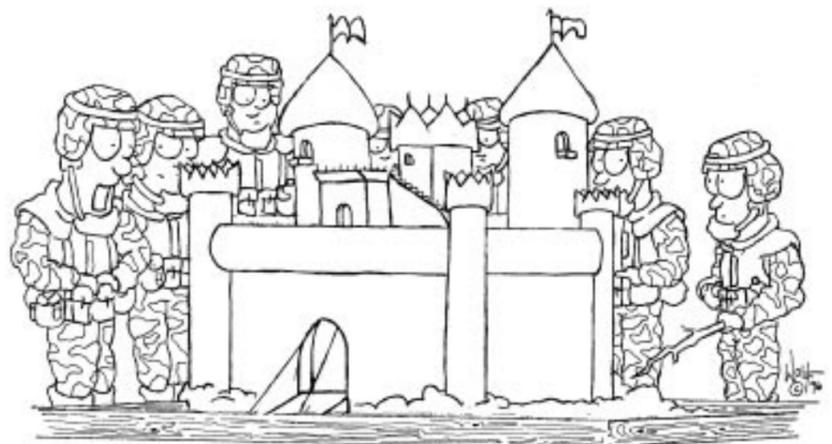
Catch any one of these ongoing activities at Windward Mall.

• Wednesdays at 6 - 9 p.m. enjoy free chess lessons and tournaments at Center Court, sponsored by the Hawaii Chess Federation and America's Promise. All ages are welcome. Call 586-6151 for details.

• Wednesdays through Fridays at 7:30 a.m. get fit with Luk Tung Association

See WORD TO PASS, B-8

Semper Toons By Staff Sgt. Charles Wolf



"HATE TO BUST YOUR BUBBLE DEVIL DOG, BUT CAMELOT WAS JUST THE CODE NAME FOR THE OBJECTIVE!!"

Students invited to learn more about chemistry



NAPS

A new educational kit is helping students to learn how to handle chemicals safely.

NAPS Featurettes

Many teachers have found a formula for generating student interest in chemistry.

The main ingredient in this formula is an educational kit, known as You Be The Chemist, created by The Chemical Educational Foundation.

The kits, which contain interactive courses for the classroom, teach kids about chemistry, the proper handling of chemicals and using products responsibly.

Challenging experiments and activities built around "Investigating Goofy Putty" in the kit for grades 4 to 6, and "The Ketchup Cleaning Caper" in the kit for children in kindergarten through

third grade, promote exploration into the vast world of chemistry, and encourage lifelong values of responsible product care.

Both kits are designed to support the goals established by Benchmarks for Science Literacy and the National Science Education Standards. They are written by teachers for teachers.

The K to 3 educational kit contains student handouts, a poster and a singalong cassette with the "A to Z of Chemicals" Song.

The 4th to 6th grade educational kit contains a video, teacher's guide and activity packet for students.

Both kits were developed with the assistance of educators and curriculum writers.

To date, nearly 5,500 K to 3 kits and

20,000 4 to 6 kits have been distributed to teachers. Many of the schools requesting the kit have been urban.

In Detroit, for example, a 4th to 6th grade kit was distributed to every 6th grade classroom and student feedback was very positive. Teachers reported that the kit was a good way to get their students interested in chemistry.

To order a You Be the Chemist Educational kit, call the Chemical Educational Foundation at 703/527-6223 or e-mail comments@chemed.org. Single copy requests of the kits will be sent for free.

The Chemical Educational Foundation was founded in 1992 to spread the important message about chemical safety.

For more information, visit their website at www.chemed.org/chemistry.

TIPS: Parents can help children cope with prejudice

Web-based resource guide promotes diversity, respect

NAPS Featurettes

Today, in nearly every classroom in the United States, there are children from a wide variety of racial, cultural and economic backgrounds, as well as children with learning and physical challenges.

More than ever before, as the population of the United States becomes increasingly diverse, it is essential that children learn to live, work and play alongside others of different backgrounds and abilities.

The National Parent Teachers Association (PTA) has developed tools to help both parents and teachers address issues of diversity, including prejudice and discrimination and the importance of respecting others' differences.

According to National PTA President Shirley Igo, teaching children the value of diversity begins with modeling respectful, sensitive and fair behavior.

"Children's opinions and ideas are influenced by what people around them do, think and say," Igo said. "Parents and teachers must be aware and actively address issues that can affect children's attitudes, relationships and self-esteem and lead to negative behaviors like intolerance and bullying."

For example, ask other adults to refrain from making derogatory comments or inappropriate jokes in front of you and your children, or point out other instances of intolerance or inequity to children and explain that they are unacceptable.

Help children find ways to create positive change, such as volunteering to clean up negative graffiti or writing

letters to a television or radio station that promotes stereotyped programming.

Other tips the National PTA suggests are:

- Accept each of your children as unique and special by recognizing and appreciating his or her individual qualities.

- Children who feel good about themselves are less likely to be prejudiced.

- Help your children become sensitive to other people's feelings.

- When personal conflicts occur, encourage your children to think about how the other person may be feeling.

- Provide opportunities for your children to interact with and learn about people from other backgrounds through extracurricular activities like sports teams, music groups or school clubs, and through books, television programs, concerts or other events that show positive insights into other cultures.

In addition to these suggestions, National PTA has developed "Respecting Differences," a free, Web-based resource guide for parents and teachers that promotes diversity, encourages understanding and inclusiveness in schools.

It also provides resources and action steps for making respect for differences a reality.

To read "Respecting Differences" and to find more information on how to help children learn more about diversity, prejudices and discrimination, visit National PTA's Web site at www.pta.org.

Call them at 1-800-307-4PTA.

Cyberspace college offers convenience

NAPS Featurettes

In an economy that forces companies to scrutinize every investment and expenditure, employees are looking for ways to increase or maintain their value to their employer by any means necessary.

Career experts agree that the value of an employee to a company increases as the employee's knowledge and skills increase.

This is the case whether looking to advance within your current company or competing in the job market.

Faced with the increased challenges to stay current, knowledgeable and marketable, self-improvement becomes more than an option, but an essential element of your career strategy.

The first place to look when evaluating your career strategy is to determine if additional education is a way to increase your professional value.

An interesting statistic, according to the U.S. Dept. of Labor, is that adults with at least a bachelor's degree, on average, earn 75 percent more than workers with no education beyond a high school diploma.

Once you have decided that a degree or an advanced degree would be beneficial, you must decide how best to achieve

your education goal.

Continuing education is no easy matter, but it's not impossible.

Most employees are time constrained with business, family and personal obligations that hinder them from considering additional school.

For many busy, working adults, a traditional university or college education is simply unrealistic.

A good alternative for working adults is an online learning environment.

But, once again, employees should closely look at the quality of that online experience.

One of the largest and most well known online learning institutions is the University of Phoenix Online.

Fully accredited, and with more than 34,000 students currently enrolled,

University of Phoenix Online developed a course calendar that coincides with an adult pace and lifestyle.

The online course calendar allows them to complete an undergraduate degree in three to four years, and a graduate degree in about two years, while they continue to hold down jobs and raise families.

Provided with this flexible and convenient access to educational advancement, many individuals are recognizing a window of opportunity to improve their lives and careers, without taking too much time away from work, family and other obligations.

For more on UOP's online education, visit <http://online.uopx.edu/benefit>. In Honolulu, call 536-2686, for local campus locations.



NAPS

Online universities offer a realistic learning option for people with business, family and personal obligations.

COOKING TIPS

Nutrition-minded recipe doesn't sacrifice taste



Kasha with Shrimp Jambalaya is a good twist on a classic Louisiana-style dish.

NAPS*Featurettes*

If you don't know kasha, you're not alone.

Many people are simply unfamiliar with these roasted buckwheat groats. They're surprised to find that kasha has been in their supermarkets all along (usually alongside grains such as rice, or with kosher foods) and that it tastes great as a part of everyday dishes.

In Kasha and Shrimp Jambalaya, for instance, nutty-tasting kasha mixes well with the rice that is typical of the dish, creating a heartier version of a well-loved classic.

The lively ingredients associated with Louisi-

ana-style cookery — including spicy sausage, celery, onions, peppers and tomatoes — add up to an appetizing one-pot meal that's sure to go in the "keeper" recipe file.

Kasha qualifies as a "super grain" that is not only rich in complex carbohydrates, but also contains the highest-quality protein available from plant food.

Exciting new research indicates that the protein in kasha is even more effective than soy in lowering blood cholesterol levels.

For Kasha and Shrimp Jambalaya:

3/4 cup whole kasha
1/2 cup long-grain

rice (not converted)
2 tablespoons vegetable oil
1 package (4 oz.) chorizo, sliced (about 3/4 cup)
1/2 cup sliced celery
1/2 cup diced onion
1/2 cup diced sweet green bell pepper
1 can (14.5 oz.) diced tomatoes and chilies
1 pound shelled cooked shrimp or 2 cups cooked chicken chunks
1 teaspoon salt

In a large skillet (preferably nonstick), over high heat, cook and stir kasha and rice until toasted, about 3 minutes; remove to a bowl.

To skillet, add oil; heat until hot; stir in

chorizo, celery, onion and bell pepper; cook and stir over medium-high heat until onion is tender, about 5 minutes.

Add kasha and rice mixture along with 2 3/4 cups boiling water.

Cover and simmer until kasha and rice are tender, 8 to 10 minutes.

Stir in tomatoes, shrimp and salt; cover and cook until hot, about 2 minutes.

If desired, garnish with chopped parsley and/or thinly sliced green onion.

This recipe yields 4 servings.

Try Kasha the next time you want to add robust flavor to your nutrition-minded jambalaya.

WORD TO PASS, From B-6

Exercise at Center Court. Participate for free in stretching, aerobic and flexibility programs.

• Thursdays from 6:30 - 8 p.m. learn the latest steps with country line dance lessons, free at Center Court. Call 247-4769 for more information.

All Enlisted Spouses' Club Changes Hours

The All Enlisted Spouses' Club Thrift Shop is now open Monday through Friday from 5:30 to 8:30 p.m.

For more information, contact AESC President Christy Knight at the Thrift Shop, 254-0841.

Navy-Marine Corps Relief Needs Volunteers

Do you want to make a difference? Do you enjoy helping others? Do you have a few free hours each week? If you answered "yes" to any of these questions, then the Navy-Marine Corps Relief Society is where you need to be.

Volunteer positions are now available for almost any area of interest. Some of the current openings are for caseworkers, receptionists, layette workers, computer and thrift shop personnel.

Caseworkers listen to requests, make decisions and disburse funds to meet clients' needs; receptionists answer the phone, greet clients and process initial paperwork; layette workers prepare "junior seabags" for expecting parents; computer personnel provide a range of services to include data entry; and thrift shop personnel help run the store by pricing items, setting up displays or helping shoppers make their purchases.

Consider donating your time to NMCRS. Not only will you be providing an invaluable service to Marines, Sailors and family members, but also you will

meet interesting people, increase your self-confidence, build your resume and learn new job skills.

Volunteers set their own hours, and the Society reimburses for mileage and childcare. Contact NMCRS' Kaneohe Bay office (in Bldg. 216, the "general's building") at 254-1327 or the Pearl Harbor office (1514 Makalapa Drive, across from the Makalapa Branch Medical Clinic) at 423-1314.

Disney Salutes Armed Forces

Active duty, U.S. servicemembers can enjoy free admission to any of Disney's U.S. theme parks or on the Disney Cruise Line, through April 30.

"Disney's Armed Forces Salute" will honor America's men and women who are fighting for freedom. It's part of Disney's commitment to support U.S. troops at home and abroad.

The program offers one complimentary, seven consecutive days ticket for the active member and up to five special, 50 percent discount tickets for family and friends of the active duty member.

All special offer tickets must be used within seven days of purchase.

Discounts, beginning at \$49 per night (plus tax), are also available for the Disney resort hotel accommodations.

All offers can be obtained at Disney theme park entry windows with a valid military ID card. For more, call (407) 939-7424.

Get Free USAA Financial Booklet

While thousands of U.S. troops have been called into action, thousands more stand ready to deploy, leaving their families to handle the daily routine.

The spouse must tackle everything from taking care of the children to paying the bills, yet USAA is able to

make things easier for deployed military personnel — ensuring families aren't fighting their own financial and legal battles back home.

Get your copy of the Deployment Guide, which offers members of the military help in arranging their personal finances before they leave home for military commitments abroad.

The guide contains helpful tips on preparing financially, legally, and emotionally for separation from loved ones. Also in this booklet is a two-page checklist for important arrangements that are best made before a servicemember leaves for duty, and a list of important business and emergency contacts to complete and leave with loved ones.

Call toll-free 877-2DEPLOY or 877-233-7569 to get your free publication.

Foodbank Needs Goods

Hawaii Foodbank will hold its 13th Annual Food Drive, Saturday, April 27 from 8 a.m. to 5 p.m., at various locations such as Windward City Shopping Center, Restaurant Row, Pearl City Shopping Center, Kahala Mall and at some military sites.

Kokua by donating food or monies to support operations and programs, or volunteer to man collection sites.

For more information, call 836-3600, or visit the Foodbank website at www.HawaiiFoodbank.org.

Discover Kilauea Military Camp

Experience the Big Island's rest and recreational activities at Kilauea Military Camp, located in Hawaii Volcanoes National Park.

Explore Kilauea Crater on foot or motor coach

with KMC's professionally narrated tours at the most reasonable prices. Let knowledgeable guides show you the rest of the island with the Circle Island or Hilo tour — all without the worry of driving.

For the sports enthusiasts, KMC offers tennis, bowling, basketball, biking, hiking and golf packages. To keep the youngsters entertained, the Recreation Lodge features miniature golf, ping pong, billiards, video games and movies at nominal prices.

Kilauea Military Camp's renovated cottages are comfortably furnished, including a unique feature that's rarely found in any Hawaii home: a fireplace. At 4,000 feet above sea level, you can delight in the warmth of a fire, toast marshmallows and unwind.

Your stay is made even more enjoyable with a well-stocked General Store, an entertaining Friday Night Hula Show, a cozy lounge, a convenient snack bar, weight room, shuttle service, theater, chapel and gas station.

Book a reservation today. A joint services recreation center, KMC is open to all active duty and retired military, Reserve and National Guard members, current and retired DoD civilian employees, all family members and sponsored guests.

Ask about KMC's special inter-island air coupons and airline packages and the KMC airport shuttle service. Call 438-6707 for reservations. Visit the KMC website at www.kmc-volcano.com.