

LIFESTYLES

Hawaii Marine B Section

July 30, 2004



Photo Courtesy of Yourlastingimage.com

Joseph Libby of Hawaii Pocket Bikes, Etc., takes a spin on a pit bike, one of the hottest items currently on the market.



Spectators find thrills and spills at the race track

Story and Photos By Sgt. Joseph A. Lee
Combat Correspondent

The thrill of the raceway has inspired generation upon generation to swarm to the local track to spectate and participate in various nail-biting racing events. Hawaii is no exception.

Speedfest 2004, which took place Sunday at the Hawaii Raceway Park, gathered a crowd of more than 1,300 spectators and participants to one of the year's largest motor sports events on Oahu.

The daylong event featured a Hawaii Road Race Association points championship motorcycle race, The Usual Suspects stunt bike exhibition, a sport bike vs. Indy car race, a drift session performed by the Drift Session All-Stars, a wet T-shirt contest, and a car and bike show.

According to program coordinator Justin Henson, Speedfest 2004 was a tremendous success, and he will most likely promote it as an annual event.

"We had a great turnout," said Henson. "I was extremely pleased with the day's events, and the

spectators seemed to very much enjoy the wide array of competitions."

One of the most anticipated events of the day pitched a Formula car driven by Formula Hawaii owner Tom Bryant against Layden Paulino, one of HRRRA's top-ranked motorcycle racers, who sat atop a Kawasaki ZX-636R motorcycle.

"I had never raced against a car before," said Paulino, "and it was a pretty close race that came down to the last lap. The car finished his best lap at 53.7 seconds, and everyone thought the car had me — until I tucked my head in the last lap and pulled out a 53.2, beating the car by half of a second!"

Geared at generating more interest to the racing scene, Speedfest 2004 accomplished

exactly that, sparking interest from a number of local businesses who were also on hand to sell and display their products, and



Photo Courtesy of Yourlastingimage.com

Above — Tom Bryant, seen driving this Formula Hawaii car, lost the Formula car vs. sport bike race by a split second to Layden Paulino (above, left), riding a Kawasaki ZX-636R, at the Hawaii Raceway Park, Sunday.

Below — The Usual Suspects stunt riders balance precariously while performing a gravity-defying stoppie, giving spectators a heart-stopping moment.



A wet T-shirt contestant gets a reprieve from the heat.



Photo Courtesy of Yourlastingimage.com

offer several prize giveaways to spectators.

"We had a lot of support from local business owners out there, and next time we plan on adding some events to bring in more of the motocross interest as well," said Henson. "We're thinking a big-air dirt bike competition in the midfield might be something to add at our next event."

More information about the Hawaii Road Race Association can be found at www.hrra.net, and the Drift Session All-Stars have their own Web site at www.driftsession.com.

Those interested in racing their cars or motorcycles can do so at the Hawaii Raceway Park. Information on how to do so, as well as upcoming events and race schedules at the park, can be found at www.hawaiiracewaypark.com.



Above — Drift Session cars smoked and skidded their way into the evening and even offered spectators an opportunity to share the experience.



Photo Courtesy of Yourlastingimage.com

Riders from the Usual Suspects perform a two-rider wheelie in front of an enthusiastic, wide-eyed crowd during SpeedFest 2004 at the Hawaii Raceway Park, Sunday.

Above — Though not a part of Speedfest, spectators also watched a number of dirt bikers "catching air" on the BMX track situated behind the race track.

Left — As is the case with a number of motor sport races, accidents do happen. This rider is one of four that skidded out of control during Hawaii Road Race Association's race earlier in the day.

MCCS

MARINE CORPS COMMUNITY SERVICES

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POSSIBILITIES IN PARADISE

By Bobbie Brock, MCCS Public Relations

August

4 / Wednesday

Bosses' Day — You actually do have the coolest club on this side of the Koolaus. Now is the time to show for active duty E-5 and below to show off their club by inviting their bosses to the club for lunch from 11 a.m. to 1:30 p.m. If lunch isn't a good time, then grab a cold one and pupus from 4:30 to 6:30 p.m.

Don't forget to check out the free bull rides and entertainment, as well as a fashion show by Sensually Yours.

7 / Saturday

Model Search — Venus Swimwear Catalog will be at Kahuna's Sports Bar & Grill, searching for women to don their stunning line of swimwear. Any



female can enter the contest, which begins at 8 p.m., for the opportunity to strut her stuff for the chance to model in the catalog.

Following the model search, catch the DJ dance party from 10 p.m. to 1 a.m. For more information, call 254-7660.

Poker Night

— If Texas Hold'em has got you hooked, stop watching it on television and get in a game at the Staff NCO Club Rocker Room. All players must be present by 6 p.m. Cost is \$5 for members and \$8 for nonmembers. Plus, enjoy food and prize giveaways. Dealers are still needed. Call 254-5481 for more information.



20 / Friday

Poolside Barbecue — Cool down your Friday afternoon at the O'Club pool, when a poolside barbecue party will kick off at 6 p.m. Grill your own New York steak, chicken breast or mahi mahi, and relax to music and beverage specials. Prices will range from \$12 - \$15 for members.

24 / Tuesday

Free ADHD Workshop — Learn the signs of Attention Deficit Hyperactivity Disorder, its symptoms, treatment options and educational interventions, plus how a diagnosis is made and by whom, and how the disorder might affect a child's learning. This free ADHD Workshop will be held in the Religions Education Facility, located behind Dunkin Donuts, from 6:30 to 8:30 p.m. Make reservations by Monday, Aug. 23.

12 / Thursday

Seafood Buffet — The Officers' Club is hosting its all-you-can-eat seafood buffet at 6 p.m. Cost is \$22.95 for members, \$26.50 nonmembers. Except for the salad bar, the regular menu will not be offered.

14 / Saturday



Chili Cook-off — The Staff NCO Club is hosting its third annual chili cook-off and biker bash. All ranks are invited to enter their personal famous chili in this contest, which begins at noon.

Ongoing

Latin Night — Check out "Hot Latin Nights" the last Saturday of each month at the Staff NCO Club. Listen to the sounds of Son Caribe as the band performs a collaboration of Latin music. Also, learn the salsa, merengue, bachata, the cha-cha and more. The club will open at 6 p.m.

and the band will delight beginning at 8:30 p.m. Cost is \$5 for members, \$8 nonmembers

7-Day Store — The new hours of operation for your 7-Day Store are Monday through Friday from 6 a.m. to midnight, and Saturday and Sunday from 7:30 a.m. to 10 p.m.

Summer Adventure

— Summer Adventure will continue at Youth Activities through Aug. 20. The program includes weekly field trips to local points of interest, indoor and outdoor games and activities, swimming, art and crafts, and sports clinics. Youth receive an adventure T-shirt, afternoon snacks, and admission fees to all field trips.

Enrollment is limited and fees are based on total family income, per DoD fee guidelines. For more info, call 254-7610.

Swing Lessons

— Staff at Kahuna's ballroom can teach you how to dance, every Monday from 7 to 9 p.m. when Swing Dance Lessons get underway. Cost is only \$2, so grab a partner and get ready to twist, twirl, spin and sweat the night away. For more information, call 254-7660.



Salsa Lessons — Impress with your fancy foot and hip action when you take a few salsa lessons at Kahuna's Ballroom, any Tuesday from 7 to 9 p.m. Get set to hit the town. Lessons are only \$2. For more information, call 254-7660.

Splash Tuesdays — Take the kids out for an afternoon of fun

in the sun at the Officers' Club pool. Every Tuesday during the summer months, cool keiki down and enjoy a poolside barbecue with hot dogs, hamburgers, chips and drinks from 11 a.m. to 1:30 p.m.

Friday Night Barbecue

— Every Friday, let someone else do the grilling. Head over to the Staff NCO Club for your favorite grilled New York Strip, pork chops, chicken or fish, and a full buffet of all the fixings that include grilled corn, assorted grilled vegetables, mixed green salad and watermelon.

This barbecue is served from 5 to 9 p.m. To make reservations, call 254-5481.

Hourly Child Care

— The Hourly Child Development Center provides child care by reservation for children 6 weeks to 5 years. Located on the northern side of Kansas Tower, in Bldg. 579, the HCDC is the perfect place to let your kids have some fun, while you get things done.

All providers are certified caregivers. HCDC boasts ample facilities to ensure the best and most enjoyable care for your children. Call 257-8354 to register your child.

Cage The Rage — Learn to understand and control your anger at ongoing "Cage The Rage" classes, Thursdays from 1 to 3:30 p.m. Eight weekly sessions make up the series, but you can start at anytime.

To schedule a brief orientation appointment, call 257-7780 or 257-7781.

SM&SP



All events are open to unaccompanied E-5 and below who are active duty Marines or Sailors. The SM&SP Office is located in Bldg. 1629, inside the Kahuna's Recreation Center. Get more details on activities at www.MCCS Hawaii.com under the "Semper Fitness" icon, or call 254-7593.

Upcoming Events

Aug. 5 - 8: Participate in the basketball tournament and earn points in the 101 Days of Summer Program. For more information, contact Quinton Redmon at 257-3900.

Aug. 7: The Hiking Club will trek Manoa Falls after the route brief and Q&A period at Kahuna's Recreation Center at 9:30 a.m. Hikers will depart Kahuna's at 10 a.m. for the trail, falls and great outdoors. Be sure to bring appropriate clothing for the hike and swimwear, plus bug spray, sunscreen, water and your cell phone.

For more information, contact Land Cpl. Sarah Powell at 257-0059 or 382-0150, or e-mail powellsr@mcbh.usmc.mil.

Aug. 20 - 22: You can also participate in the softball tournament to earn points in the 101 Days of Summer Program. Quinton Redmon is your point of contact at 257-3900.

Aug. 31: Catch the Golf Clinic from 5 to 6 p.m. A total of four lessons costs \$40 for E-5 and below. You'll be ready for the next Shank & Slice Golf Tournament on Sept. 22. Sign up at the Kaneohe Klipper Pro Shop or at the SM&SP Office.

Bobbie Brock
MCCS Public Relations

While the temperatures in Hawaii average a constant 75 degrees throughout the year, a noticeable difference in temperatures is evident during the summer months. The days are a bit longer, the sun is oft sweltering, and water activity, along with temperatures, are at an all-time high.

If you have not been out on the water yet this summer, Marine Corps Community Services' Outdoor Recreation has an abundance of activities and rental equipment to get you motivated and to keep you cool.

If you're interested in learning to sail your own vessel, licensing and lessons are available for both sailing and power boating. Outdoor Recreation offers adult evening sailing classes and Junior Basic Sailing Classes for youth. Upon completion, all students are certified



USMC file photo

Beat the sweltering summer heat by participating in a wide array of water activities, from camping to fishing and sailing.

to skipper their own sailboat. Visit the base marina on Saturdays or Sundays at 8:30

a.m. to register and set yourself in position to hit the bay.

Outdoor Rec also offers a fleet of watercraft, from the 27-foot Capri sailboat to 10-person pontoon boats, and everything in between. You can rent kayaks, fishing boats, wind-surfing equipment, outriggers and more, all at very affordable prices.

If you own your own boat, you can rent a buoy, dry storage space, open dry storage, and a 20-foot or 30-foot slip at a nominal monthly fee. Call the marina at 254-7666 for current rates and availability.

Further, if you're planning a party, Outdoor Recreation provides pavilions and picnic sites for any occasion, as well as everything from tents to tables, propane stoves, portable generators and barbecues, to body boards. Landlubbers can also rent camping equipment, party supplies and fishing and water sport supplies through Outdoor

Rec.

Fishing and dive charters are available from Mahalo Kai Fishing and Ocean Concepts. You can hook up an afternoon of awesome angling on one of two Mahalo Kai Fishing Charters. Call 254-7667 for more information or to book a charter.

The Outdoor Recreation Center is located in Bldg. 1698, across from Hangar ###. Its extended summer hours (through Labor Day) are Monday through Friday from 8 a.m. to 6 p.m., and Saturdays, Sundays and holidays from 7 a.m. to 7:30 p.m.

Officially, there is one month of summer left, so don't let the season pass you by without visiting the Outdoor Recreation Center. The recreational gear and equipment at the marina allows you to spend a day on the bay and enjoy all Hawaii has to offer right in your own backyard.

MOVIE TIME

Prices: Adults (12 and older) are \$3, children 6 to 11, \$1.50 and children 5 and younger, free. Matinee prices are \$2 for adults, \$1 for children. Parents must purchase tickets for R-rated movies in person at the box office for children 16 years old and younger. Admission and hotdogs are \$1 on Thursdays. 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. Show your ID card at the box office. 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.

The Chronicles of Riddick (R)	Today at 7:15 p.m.
Harry Potter and the Prisoner of Azkaban (PG)	Today at 9:45 p.m.
The Stepford Wives (PG-13)	Saturday at 7:15 p.m.
Raising Helen (PG-13)	Saturday at 9:45 p.m.
Garfield (PG)	Sunday at 3:30 p.m.
Harry Potter and the Prisoner of Azkaban (PG)	Sunday at 7:15 p.m.
The Day After Tomorrow (PG-13)	Wednesday at 7:15 p.m.
The Stepford Wives (PG-13)	Thursday at 7:15 p.m.
Around the World in 80 Days (PG)	August 6 at 7:15 p.m.
Raising Helen (PG-13)	August 6 at 9:45 p.m.

Deployed parents connect with bedtime stories

Lance Cpl. J.C. Guibord
I Marine Expeditionary Force

CAMP FALLUJAH, Iraq — For Marines and Sailors deployed to Iraq, the bright, red glow of a camcorder's record light takes the place of a night-light when they read bedtime stories to their children.

Through the Family Literacy Program, a deployed parent has the opportunity to be filmed while reading a book to his or her child. A mini-DVD, which can be viewed in any DVD player, is then sent to the child.

The program, a collaborative effort between I Marine Expeditionary Force chaplains, the Armed Services YMCA and the Walt Disney Company, provides resources to forward-deployed Marines and Sailors that will promote literacy.

"One of the most difficult parts about being an active duty Marine is being away from the children," said Annette L. Conway, organizer of the Family Literacy Program and wife of the I MEF commanding general, Lt. Gen. James T. Conway. "The program allows mom or dad to parent, to laugh with the child, and to continue to educate the child — even from half a world away. Seeing and hearing dad keeps his love visible."

Many Marines and Sailors with I MEF have access to phones, but when a family can see the deployed parent with their own eyes, the visual gives a special assurance of his or her safety, said Sgt. Michael A. Urteaga, the I MEF Headquarters Group (IMHG) legal chief.

"I did this for my daughter's tenth birthday," said the 28-year-old Ventura, Calif., native. "Because of deployments and training, I've missed five of her birthdays. Now I don't have to completely miss this one."

Urteaga said he plans on sending videos to his two other children, including his 6-month-old daughter who will see her father's face for the first time, courtesy of the program.

Family Literacy is currently available to all Marines deployed to Iraq with I MEF. Chaplains from 1st Force Service Support Group, 1st Marine Division, 3rd Marine Aircraft Wing, and MHG are providing the necessary supplies needed to make the video greetings possible for Marines and Sailors.

"It's a rewarding experience to be in a situation to have an impact on [a] Marine's morale and livelihood," said Petty Officer 1st Class Johnnie L. Boyd, I MHG chaplain's assistant.

"I wish, so much, that we had, had the



Lance Cpl. J.C. Guibord

Sgt. Micheal A. Urteaga, the I Marine Expeditionary Force Headquarters Group legal chief, reads a children's story at the Camp Fallujah, Iraq, chapel July 23. The Family Literacy Program provides a unique opportunity for Marines and Sailors to stay connected with their children while deployed.

technology to have the program for our kids," said Conway, but she and her husband tried something similar, with positive results when he was deployed.

"Jim taped stories and animal sounds

for our 2-year-old and 3-month-old," said Conway. "When Jim got home, Brandon knew all the animal sounds, and Scott recognized his dad by his voice."

President encourages managers to support volunteer efforts

Rudi Williams

American Forces Press Service

WASHINGTON — A top Pentagon administrator is trying to help employees vie for the President's Volunteer Service Award by encouraging managers to be flexible with schedules so workers can participate in volunteer activities.

Pointing out that President Bush has challenged all Americans to perform volunteer service in their communities, Howard G. Becker, deputy

director of Washington Headquarters Services, sent out a memorandum recently requesting support for "the President's call to service by supporting your employees' participation in volunteer activities."

Washington Headquarters Services (WHS) provides a wide range of administrative and operational services to DoD components and the Office of the Secretary of Defense. The memorandum was distributed throughout the Office of the Secretary of Defense, and to

various defense agencies, activities, administrations, services and offices that WHS services.

"Flexible work schedules and various leave flexibilities are available, which enable our employees to participate in volunteer activities," Becker said in the memorandum.

He attached guidance for recipients of the memorandum, including use of leave and compensatory time so employees can perform community work. The guidance applies only to memorandum recipients, but

the requirements for the President's Volunteer Service Award are the same for all federal employees.

Three levels of the award are available for adults, ages 25 and older. Employees receive the gold award for 500 or more hours in any 12-month period, silver for 250 to 499 hours, and bronze for 100 to 249 hours.

Employees who are 25 and younger can receive a gold award for 250 or more hours, silver for 175 to 249 hours, or a bronze for 100 to 174 hours.

The President's Call to Service Award can be awarded to any employee, regardless of age, who has performed 4,000 or more hours of volunteer service over a lifetime.

A personalized certificate of achievement, a note of congratulations from the president and a letter from the President's Council on Service and Civic Participation accompany each medal.

Employees must keep a

See *VOLUNTEER*, B-7

Health award application deadline extended

Aubrey Hawk, APR

Hawaii Psychological Association

HONOLULU — The Hawaii Psychological Association (HPA) has extended the application deadline for its annual Healthy Workplace Awards to Aug. 10, to accommodate high interest. The awards are held in cooperation with the American Psychological Association (APA) to promote psychological health in the workplace.

The statewide awards will recognize excellence in five types of organizations: large businesses, small businesses, not-for-profit organizations, government

agencies and military units. Organizations are invited to apply now.

"Hawaii enjoys the highest response rate in the nation," said Craig Robinson, Ph.D., chair of the HPA Healthy Workplace Awards Committee. "We've seen some truly outstanding examples of employers taking creative, thoughtful measures to provide a healthy workplace for their teams."

2004 is the fourth year Hawaii will award recipients, the fifth year nationally.

The link between worker satisfaction with the work environment and increased productivity is clear. With more than 60 percent of workplace

absences related to psychological problems and more than 90 percent of all accidents caused by personal and stress-related problems, the association believes a healthy workplace is everybody's business.

"It is one of our goals to make each workplace safe, secure and healthy for all," explained Drake Beil, Ed.D., Healthy Workplace Awards Committee member, adding that the HPA recognizes the direct link between employee satisfaction and organizational success. "These awards are another step in creating awareness of what excellence in the workplace looks like, establishing objec-

tive criteria based on sound research, and recognizing great companies to work for in Hawaii."

Healthy Workplace Awards criteria cover five major areas: health, safety and security, employee involvement, career development, family support, and community citizenship. Applications are available online at www.hawaii-psych.org, or by calling HPA at 521-8995.

Also on the Web site are descriptions of the best practices of last year's winners.

The awards will be presented in October at the HPA Annual Conference here.

Education, practice of food safety starts at home

Army Capt. Rachel Moulton

Animal Care Clinic

Back-to-school can be the most wonderful time of the year. As well, when summer winds down and youth head back to classrooms, it can be your reminder of the importance of packing a safe and nutritious lunch for your children. The Partnership for Food Safety Education provides these food safety tips:

- Teach kids to wash their hands with warm, soapy water before they eat. This will reduce the number of bacteria on their hands, and thus, on their food.

- Keep hot foods like soups and stews hot using an insulated thermos container. Before filling, pour boiling water into the thermos and let it stand for a few minutes. Then, pour out the water and put the hot food right in. Screw the top on the thermos immediately.

- Keep cold foods cold. A reusable

cold pack is an economical investment, as it can be placed back into the freezer and used again and again.

In addition, individual juice boxes can be frozen overnight and taken out in the morning. The frozen beverage will defrost by lunchtime and help keep other cold foods cold.

To avoid soggy, brown paper bags when cold foods thaw, invest in an insulated lunch box.

- Throw away any perishable items

(such as dairy, meats or eggs) that are not eaten at lunch.

- Store in the refrigerator, until kids are ready to go the next day, sandwiches or other items that are prepared the night before school.

For more information about practicing food safety, visit the Fight BAC! Web site at www.fightbac.org, or contact the USDA's Meat and Poultry Hotline at 1-800-535-4555.

Nutritious meals can be made on a corporal's budget

Julia Noreen Adams

LIFELines Services Network

Marines, Sailors, and their families, busy with deployments or holding down the fort, don't have the time or money for gourmet meals. After all, eating out may save them time, but a fast-food dinner for four can cost \$15 to \$20 (and each meal can easily reach 2,000 calories)

In stark contrast, meals made at home can cost less than \$2 per person, be less than 1,000 calories, and provide nutrients that fast food lacks.



Plan Ahead

To determine your grocery budget, visit the Navy-Marine Corps Relief Society (NMCRS) or Marine Corps Community Services (MCCS).

Also, the Defense Commissary Agency (DeCA) exists to save you money — an average of \$2,400 per year for a family of four, according to Flo Dunn of DeCA media relations. Review sale items, promotions, and special events for your commissary.

Be Creative

Planning takes some time, but actually saves time in your daily schedule. Create menus that incorporate previ-

ous meals. Cook hamburger for tacos and use half for tomorrow's lasagna.

Remember when last year's Thanksgiving turkey became soup, sandwiches? Apply that process on a weekly basis.

Once-a-month cooking is a great plan from which to gather menus for this technique. However,

stick to recipes with five ingredients or fewer.

Learn the casserole theory. You need a protein (meat, fish, chicken, turkey or beans), vegetable, starch (rice, pasta, crackers or flour) and glue (cheese, eggs or

sauce). Spices and toppings are optional, then double the recipe, undercook one by 10 minutes, hold off toppings, and freeze up to three months.

For free nutrition advice, the experts at the Branch Medical Clinic or MCCS Semper Fit Center.

Get Cookin'

Don't underestimate the value of planning and the commissary. Produce and meat are the most expensive items on your grocery bill, and the commissary offers big savings on both — as well as free recipes.

ON THE MENU

AT ANDERSON HALL

Today

Lunch
Beef Balls Stroganoff
Baked Fish Fillet
Macaroni & Cheese
Steamed Rice
Raisin Drop Cookies
Asst. Fruit Pies

Dinner

Ground Beef Tacos
Chicken Enchiladas
Chili Conquistador
Burritos
Refried Beans
Mexican Rice
Raisin Drop Cookies
Asst. Fruit Pies

Specialty Bar
Pasta Bar

Saturday

Brunch/Dinner
Turkey A La King
Baked Stuffed Pork Chops
Steamed Rice
Boiled Egg Noodles
Spice Cake w/
Lemon Cream Frosting
Sugar Cookies
Asst. Fruit Pies

Sunday

Brunch/Dinner
Grilled Steak
Barbecue Chicken
Baked Potatoes
Sautéed Mushrooms & Onions
Simmered Green Beans
Strawberry Shortcake
Banana Cream Pies

Salad Bar w/ Assorted Dressings

Monday

Lunch
Beef Stew
Baked Fish Fillets
Baked Macaroni & Cheese
Steamed Rice
Oatmeal Cookies
Asst. Fruit Pies

Dinner

Italian Veal Steaks
Braised Pork Chops
Boiled Egg Noodles
Steamed Rice
Oatmeal Cookies
Asst. Fruit Pies

Specialty Bar
Pasta Bar

Tuesday

Lunch
Southern Fried Chicken
Beef Ball Stroganoff
Parsley Buttered Potatoes
Boiled Egg Noodles
Oatmeal Raisin Cookies
Asst. Fruit Pies

Dinner

Braised Beef Cubes
Cajun Fish Fillet
Boiled Egg Noodles
Steamed Rice
Oatmeal Raisin Cookies
Asst. Fruit Pies

Specialty Bar
Taco Bar

Wednesday

Lunch
Chili Macaroni
Roast Turkey
Grilled Cheese Sandwich
Mashed Potatoes
Brownies
Asst. Fruit Pies

Dinner

Meat Loaf
Pork Ham Roast
Mashed Potatoes
Tossed Green Rice
Brownies
Asst. Fruit Pies

Specialty Bar
Country Bar

Thursday

Lunch
Salisbury Steak
Barbecue Chicken
Rice Pilaf
Oven Browned Potatoes
Corn on the Cob
White Cake w/
Lemon Cream Frosting
Asst. Fruit Pies

Dinner

Beef Yakisoba
Pork Adobo
Pork Fried Rice
Steamed Rice
Brown Gravy
White Cake w/
Lemon Cream Frosting
Asst. Fruit Pies

Specialty Bar
Taco Bar

DEFY lifts preteens to new heights

Kids learn team building, trust, and other lifelong skills in a free, 11-month leadership program

Story and Photos by
Cpl. Jessica M. Mills
Sports Editor

With issues like drugs, gangs and violence plaguing school systems across the nation, children face difficult decisions every day that could affect the rest of their lives. Thus, the Provost Marshals Office here kicked off its ninth Drug Education For Youth Program with a DEFY Summer Leadership Camp, July 20 - 29.

The eight-day camp was the first phase in the DEFY Program, which provides preteens with the tools to resist drugs, gangs and alcohol, and empowers them to say "no" to peer pressure throughout the self-esteem building curriculum.

"We focus on gang and drug prevention, and deal a lot with trust, teamwork building and self-esteem," said Daryl Picadura, the head coordinator of DEFY here. "We start working with these students between the ages of 9 and 12, that way we can educate them at this time, so they are prepared for issues they will face in middle and high school."

During this year's leadership camp, 43 children usually spent their morning in classrooms learning the dangers of drugs and alcohol, and how to resist

peer pressure. In the afternoons, the children worked off pent up energy by participating in physical activities such as kickball and soccer, as well as gym classes with trainers from the Semper Fit Center here.

"We do focus on a lot of physical activities," said Picadura. "It allows the children to practice teamwork and makes them understand that there are better things to do than drugs."

"At the beginning of the camp, we separate the kids into four color-coded groups. The groups do everything together, from classroom time to field trips. This allows them to build friendships and gain trust and confidence in their team members."

During the camp, students ventured on educational field trips around the island. The first trip was to the Rugged Outdoor Physical Expertise System, or ROPES course, at the Kahi Mohala Behavioral Health Facility in Aiea, July 23. Mentors and junior staff leaders challenged students with a number of



Sgt. Marco Franko, (left) DEFY camp director and physical security inspector for PMO, passes on one of the DEFY campers through the ropes of the Four-Sided Spider Web to fellow DEFY mentor Breanna Pocock.

obstacles that could only be completed by working together as a group.

Some of the obstacles included "The Wall," a wall taller than 15 feet that students climbed over; "The TP Shuffle," a log the children balanced upon while reshuffling themselves in order of age; "The Whale Watch," a plank of wood each team balanced itself upon; and the "Four-Sided Spider Web," a web of rope

the children worked their way out of without touching its edges.

After a number of tries, and plenty of arguing, the children finally appreciated the need for teamwork and trust.

By the end of the afternoon, DEFY youth successfully completed all the obstacles.

"This field-trip was all about team building and trust, which can be a hard

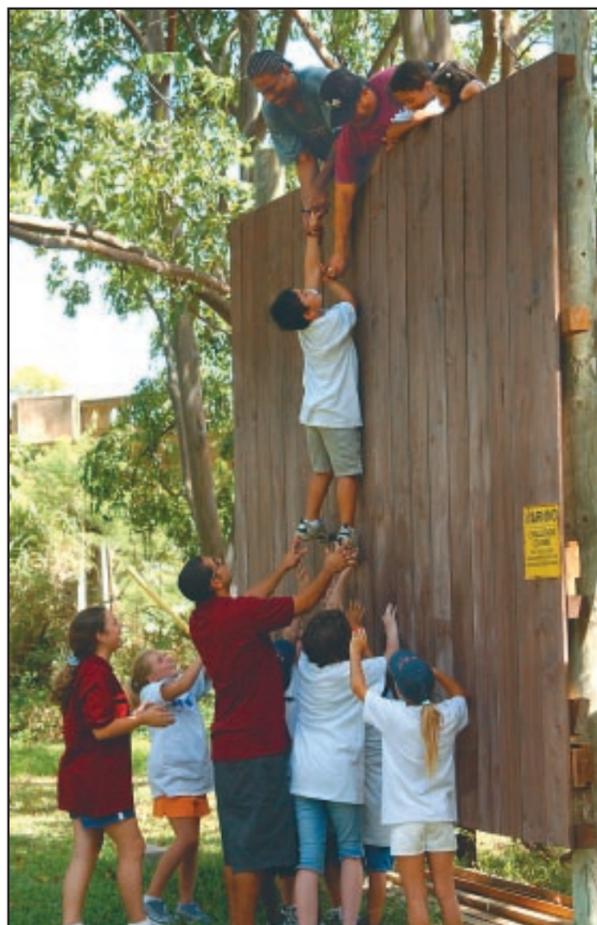
lesson to learn," said Picadura. "All the stations on this ROPES course were impossible to complete without those lessons. And it really showed the kids the importance of what we've taught them."

Monday, mentors led their groups on a tour of the Arizona Memorial. Youth

See DEFY, B-7

Far left — Petty Officer 2nd Class Brenda Hall, an aircraft mechanic for Patrol Squadron 9 and a volunteer mentor, works with her DEFY group as they complete the TP Shuffle.

Left — Ricky Mosquero, an air traffic controller for Marine Corps Air Facility, helps lift members of his DEFY group up The Wall during the ROPES training course.



WORD TO PASS

Weekend Fund-Raisers to Benefit Child with Cancer

Friends of the Hall military family are holding two fund-raising events at Kaneohe Bay this weekend, to help offset medical costs the family is incurring in their 8-year-old son Tavis' fierce battle with brain cancer. Though in remission since January of this year, the cancer returned this month, and will necessitate treatment on the mainland.



Saturday, friends and family will hold a garage sale from 7 a.m. to noon at 2578-D Moffett Place.

Sunday, friends and family will host a donation car wash beginning at 9 a.m. at the Enlisted Club parking lot at the Kahuna's Recreation Center.

The Hall family said it appreciates the thoughts and prayers extended on its behalf from the Marine Corps Base Hawaii community.

Hawaii State Farm Fair Opens in Kapolei, Today

The Hawaii State Farm Fair converges at the Kapolei Fairgrounds (on the corner of Farrington Highway and Fort Barrette Road), beginning this weekend, with mega events and activities planned with the whole family in mind.

Be sure to catch E.K. Fernandez carnival rides and games, the "Hawaii Agriculture Experience," any one of numerous demonstrations and samplings, the country market, orchid and plant shows, sundry food booths, livestock exhibits and Meadow Gold's petting zoo, just to name an assortment of events planned.

The Hawaii State Farm Fair will run today through Sunday, and Thursday through Aug. 8. Event hours are Thursday and Fridays, 6 p.m. to midnight; and Saturdays and Sundays, noon to midnight.

Admission is \$3 for adults (ages 12 years and older); \$2 for children (4-11 years); and free for keiki 3 years and under. Parking is \$2.

For more information, call 682-5767, or surf www.ekfernandez.com.

Local Theatres Celebrate the Arts

If the play's the thing for you, catch any one of the following performances:

•*Today*: At the Hawaii Theatre, catch "Swingtime in Hawaii," at 7 p.m., part of the International Jazz Festival. Tickets cost \$20 to \$45; call the box office at 528-0506, or surf www.hawaiitheatre.com.

•*Saturday*: At the Hawaii Theatre, groove with "International Jazz" at 7 p.m. Tickets cost \$20 - \$45.

•*Upcoming*: At the Army Community Theater (Richardson Theatre, Fort Shafter), get season tickets for "West Side Story," "The King and I," "Miss Saigon," and "The Secret Garden," all now available. Call 438-4480 for more details.

•*Sept. 10*: At the Honolulu Symphony, catch the Hawaiian Airlines Pops Series of classical and pop selections from Burt Bacharach to Arturo Sandoval when the season opens today. Tickets are on sale now. Visit www.HonoluluSymphony.com.

HTY Invites Military Kamaaina

To celebrate 50 years of quality children's theatre entertainment and drama, the Honolulu Theatre for Youth will present six spectacular shows by esteemed local and national playwrights.

Artistic Director Mark Lutwak said the shows offer "some compelling 'message' theatre, it boasts a few world premieres, and it's a line-up that appeals to everyone from teachers to 2-year-olds, to teens and their families."

A military special is available for all active duty, family members and retirees with a valid ID card of buy one ticket, get one of equal or lesser value free.

Season tickets are \$16 for adults, \$8 for youth (18 and under) and seniors (over 60).

Surf www.htyweb.org for details, or call HTY at 839-9885.

Thrift Shop Needs Movers, Saturday

The Assistance League of Honolulu, a nonprofit, volunteer organization comprised primarily of military retiree spouses, is looking for volunteer help in moving its Thrift Shop, tomorrow from 9:30 a.m., until no later than 4:30 p.m.

The organization is moving from 378 School St. to 1505 Young St. in Honolulu (which is at the corner of Young and Kaheka). Volunteers who have pick-up trucks are especially needed.

The Assistance League sponsors several community service projects, including "We Care," which provides more than 1,000 teddy bears to hospitalized children; "Operation School Bell," which provides supplies and clothing for needy children; and "Tutu Tutorial," through which the league's volunteers



offer one-on-one assistance to beginning and remedial readers in public schools.

The league's Thrift Shop provides resources for its community services projects. For more information, contact Margie Van Swearingen at MargieVan@aol.com, or call Peggy Walker at 554-5455.

Pets Sought for Calendar

If you've got a pet with "pin-up" potential, then enter the Hawaiian Humane Society's "Pets in Paradise 2005 Calendar" contest. Entries, however, are due today; forms can be downloaded at www.HawaiianHumane.org. Go to the "News and Events" section for details, or call 946-2187, ext. 225.

All funds support the Humane Society, which protects animals from abuse, places homeless animals with families, and teaches children compassion for animals.



WAA Sponsors Community Stewardship, Tomorrow

The Windward Ahupuaa Alliance encourages you to get involved in Saturday's community and environmental project. From 7:45 a.m. to noon, make plans to participate in the Waikalua Loko Fishpond Community Stewardship Day, which also includes lunch for helpers.

For more information, call Shannon Wood, interim president, at 247-6366, or send an e-mail to waa@hoku.com for more details.

Aquarium Hosts Summer Activities

Summer is here and the Waikiki Aquarium is celebrating with a wide range of activities and programs for youth and adults. Rediscover the Aquarium during the following events:

•*Saturday and Aug. 29*: From 8 to 10:30 a.m. (7:30 a.m. on the 31st), take a walk on the reef and explore the shoreline, reef flats and tide pool habitats during "Exploring the Reef by Day." Cost is \$10 adults, \$8 children.

•*Beginning Thursday*: See the fish with a beard, that's right, the bearded armorhead *Evistias acutirostris* on display now. Curious? Come see this rarely seen animal that was donated by the aquarium in Tokyo.

•*Aug. 13 and Sept. 17*: From 7 to 9 p.m., discover if fish sleep, sea snails snooze or weedy sea dragons doze during the guided flashlight tour, "Aquarium After Dark." Cost is \$7 adults, \$6 children.

•*Aug. 19*: Beginning at 7 p.m., dance and make merry at Ke Kani O Ke Kai, the "Sounds of the Ocean" summer concert, back by popular demand. Offering a new twist on an old favorite, the concert will feature a showcase performance by Iona Contemporary Dance Theatre. Vibrant colors, opulent costumes and modern dance will salute you and the ocean breezes. Guests will also enjoy

See WTP, B-7

Liberty Bus Schedule

(Runs Friday and Saturday evenings.)

Fridays

1st run to Waikiki

6:15 p.m., Arrive MCX Annex
6:20 p.m., Depart MCX Annex
6:25 p.m., Arrive E-Club
6:35 p.m., Depart E-Club
7:15 - 7:35 p.m.,
Arrive Ft. DeRussy

2nd run to Waikiki

9:05 p.m., Depart MCX Annex
9:10 p.m., Arrive E-Club
9:25 p.m., Depart E-Club
10:05 - 10:25 p.m.,
Arrive Ft. DeRussy

Final run to Waikiki

1:05 a.m., Depart E-Club
1:15 a.m., Arrive MCX Annex
1:25 a.m., Depart MCX Annex
2 - 2:25 a.m., Arrive Ft. DeRussy

Saturdays

1st run from Waikiki

7:50 p.m., Depart Ft. DeRussy
8:30 - 8:50 p.m.,
Arrive MCX Annex

2nd run from Waikiki

12 a.m., Depart Ft. DeRussy
12:40 - 1 a.m., Arrive E-Club

Final run from Waikiki

3 a.m., Depart Ft. DeRussy
3:25 - 3:35 a.m., Arrive E-Club
3:40 a.m., Depart E-Club
3:45 a.m., Arrive MCX Annex





Andrew Astorga (center), a junior DEFY mentor, explains to his group the best way to balance themselves on a plank during the Whale Watch exercise.

DEFY, From B-5

learned the history and importance of events surrounding the memorial and Pearl Harbor.

DEFY lasts 11 months out of the year, and Phase Two, the mentoring program, will begin in August when students return to school.

Then mentors and students will meet one Saturday out of every month, and discuss issues and experiences that they have encountered, as well as prepare for what may come. Field trips will continue throughout the year.

The local DEFY Program is fully funded by the Department of the Navy to help empower children of active duty service members and DoD employees. Therefore, parents incur no fees if youth participate in the program. All fees for uniforms, meals, activities and field trips are paid for by the program budget, according to Picadura.

"There are a lot of advantages to enrolling your kids in this pro-

gram," said Picadura. "Not only do they receive an invaluable education, but they also make friendships and memories that can last a lifetime."

If parents are interested in registering their students for the 2005 program, they should contact Picadura at 257-8559.

VOLUNTEER, From B-3

record of their activities and hours of volunteer service. They can keep track of their hours in a journal at home or online through the USA Freedom Corps Record of Service. The record of service must accompany each nomination for the President's Volunteer Service Award.

"This isn't a push for more volunteers; this is a recognition program for recognizing volunteers," said Kimberly Brooks, assistant director of WHS' labor and management employee relations division. "It's to alert managers and employees to flexibilities that would allow them [to] give more volunteer service."

"We're saying that we know this is a selfless sacrifice, and we want to be able to recognize our volunteers," Brooks added. "We're asking managers to exercise some of the flexibilities outlined in the policy, whether it be telework, leave approval, job sharing, or part-time work. If an employee comes in and says,

'Hey, I'd like to volunteer,' there are some things we can do to allow them to volunteer during work hours. Or, we can make it more convenient to volunteer."

Brooks emphasized that DoD isn't approving the type of service employees volunteer to perform. She said they can do any type of volunteer service they choose. But, she said, to be eligible for the President's Volunteer Service Award, the type of service does matter.

"Activities should be national community needs in the area of youth achievement, parks and open spaces, healthy communities, public safety and emergency response," Brooks explained.

Activities must be unpaid and may not include court-ordered community service.

"This is strictly something that's done on their own time," she said. Managers and supervisors may encourage employees to become more involved in volunteer activities, but they must stop short of coercing them to do so, Brooks emphasized.

WTP, From B-6

food booths from a variety of local restaurants to create the ultimate Oceanside picnic.

Costs are \$18 for adults, \$10 for juniors 7 - 12, and free for keiki 6 and under. Members enjoy discount prices (\$15/\$7), and all proceeds benefit aquarium exhibits. However, due to space limitations, only the first 550 reservations will be accepted at 923-9741.

•*Aug. 20:* From 7 p.m. to 8 a.m., spend "Overnight With the Sharks" at the aquarium during this family overnighter. Minimum age is 5 years, and adults must accompany youngsters. Evening refreshments and a continental breakfast are included. Cost is \$30 adults, \$25 children.

The Waikiki Aquarium is open daily from 9 a.m. to 4:30 p.m. Admission is \$7 tourists, \$5 residents and military, \$3.50 youth 3 - 17, and free to children 12 and under. Aquarium members enjoy additional discounts. Call 923-9741 or visit www.waiaquarium.org for more details.

first impressions



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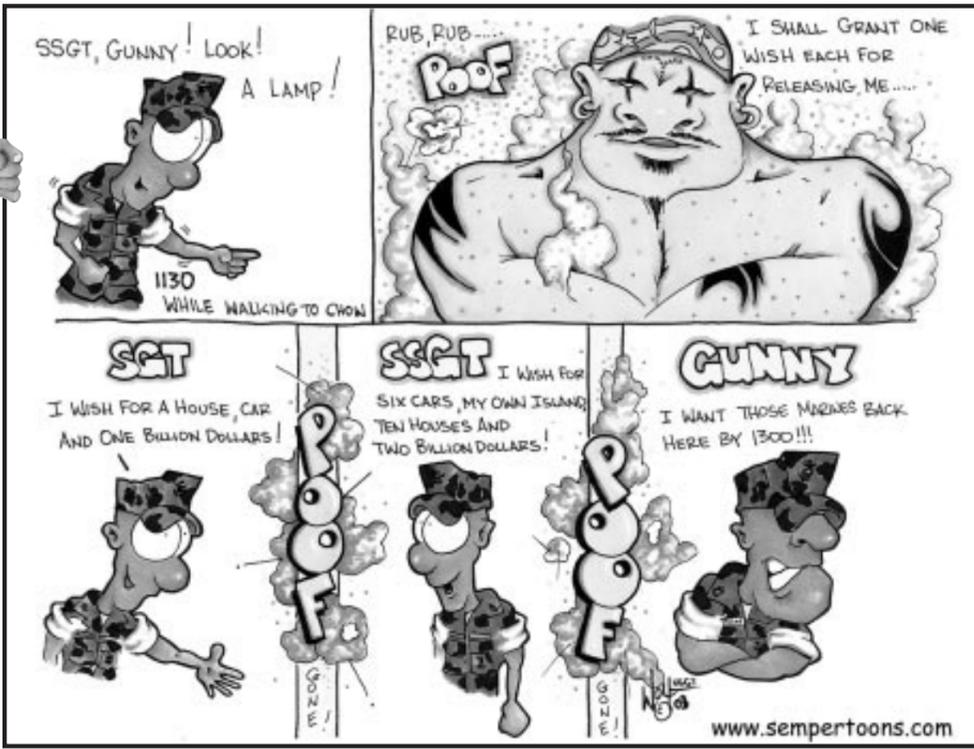
Your fellow riders are relying on you to be an ambassador for the sport of motorcycling. Take the high road by riding responsibly, obeying traffic laws and keeping the sound of your bike to a reasonable level.



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Sempertoons

By Staff Sgt. Charles Wolf



MARINE MAKEPONO
HAWAIIAN FOR "MARINE BARGAINS"

Automobiles

'95 Buick Regal, gray, 91k miles, keyless entry, power package, A/C. Asking \$2,200 OBO. Call 218-0248.

condition. Asking \$100. Call 262-8789.

Wanted

Jack Johnson tickets (two), reasonably priced. Call 218-0248.

Furniture

Twin bed set (includes a headboard, footboard, frame, box spring, mattress), five-drawer chest, six-drawer dresser and nightstand, \$350; patio set, \$150; and Broyhill dining set, \$500. More furniture and A/C units available. Call 254-0638 for more info.

Yard Sale

Saturday, starts at 7 a.m. at 1748 Lawrence Road, A/C units, furniture, toys, clothes. Call 254-0638 for more info.

Miscellaneous

Four Winns Horizon boat, 18-foot, 190HP, V-6 engine, great for skiing and fishing, with Bimini top, all gear included. Asking \$13,000. Call 254-8363 or 779-1883.

Music

Armstrong Flute, sterling silver with original hard and soft cases, in very good used