

LIFESTYLES

Hawaii Marine B Section

June 25, 2004



Photo Courtesy of Honolulu Academy of Arts

Located in the heart of downtown Honolulu, the Honolulu Academy of Arts is an oasis in itself. In addition to its renowned permanent exhibit, the Academy offers studio classes; a theater for foreign, independent and documentary films and performing arts; a bustling café; a shop filled with items that reflect the museum's wide scope and more.

Cultures collide as visitors pass through the rooms of the museum, moving from sacred Southeast Asian relics to world-renowned French Impressionist paintings, all within a small city block.

Nestled between busy downtown Honolulu and even busier Waikiki lies the Honolulu Academy of Arts, a historic building that has become an art oasis for residents and visitors of Oahu.

By the early 1900s, Hawaii was already a very diverse society and Honolulu Academy of Arts founder Anna Rice Cooke wanted a center to reflect the multicultural population. The Cooke family donated land for the museum and demolished their home to make room for the Hawaiian-style structure.

In her 1927 dedication statement, Cooke wrote that the museum's purpose would be "that our children of many nationalities and races, born far from the center of art, may receive an intimation of their own cultural legacy and wake to the ideals embodied in the arts of its neighbors ..."

The Honolulu Academy of Arts still stands by Cooke's words with its mission statement: "that [Academy] treasures ... be used to educate and inspire all citizens of Hawaii, especially children."

"Her vision was so clear that it never had to be rewritten," said Stephen Little, director of the Honolulu Academy of Arts. "She really appreciated the power of visual understanding."

As Hawaii's only general art museum, the Honolulu Academy of Arts welcomes more than 250,000 visitors through its doors each year to show off an impressive collection that has grown from 4,000 to more than 45,000 pieces since its birth. But the

Around the world in one city block

Story and Photos by Kristin Herrick

News Editor

Honolulu Academy of Arts is more than an art museum; it is also a school, offering a learning experience for keiki and adults.

Armed with a "museum in a box," ambassadors of the Academy visit more than 10,000 Oahu students each year to present a hands-on display of the wealth of items the Academy holds. After this initial visit, students hop on the bus and head down to the museum for an up close look at the "East Meets West" galleries with a guided tour. At a later date, the ambassador goes back to the classroom to lead students in creating their own works of art based on what they have learned.

"Most schools consider art as peripheral education," said Little, before emphasizing, "There is nothing more empowering than creating a

work of art."

Children and adults can also be their own Picasso at the Academy Art Center at Linekona, located just across the street from the main museum. Aside from special workshops, the center offers a variety of studio art classes including drawing, painting, printmaking, ceramics and jewelry making.

In addition to galleries dedicated to art of Japan, Korea, Europe, the Pacific and Islam, the Honolulu Academy of Arts hosts an assortment of special exhibitions. "Art & Life in Paris & the Countryside: Impressionism/ Postimpressionism," which goes through July 31, will be family oriented with interactive activity stations for keiki.

For a bit of local flair, the "Irving Jenkins: Reflections on a Hawaii Heritage" will run through Oct. 17 and features sculpture that reflects on early Hawaiian culture and traditions.

Another exhibit, "Tied, Bound, Folded and Stitched: Tie-Dyed Textiles from the Academy's



The Lei Maker (oil on canvas)
Theodore Wores, 1901
Hawaiiana Collection

Collection," will take visitors back to the groovy times of the 70s. Bright, colorful resist-dyed cloths are found all over the world and the Academy's collection fully represents the works of master dyers. This funky exhibit runs through Aug. 29.

For a free glance at the Honolulu Academy of Arts, Bank of Hawaii hosts "Family Sundays" from 11 a.m. to 5 p.m. on the third Sunday of every month through January 2005. For every Family Sunday, the Academy chooses a unique theme; for example, July 18's topic is "The Eyes Have It." Families can participate in a gallery hunt, and children can create their own eye-catching art.

If your tummy starts to rumble while gazing upon the works of art, the Pavilion Café offers the "best lunch in town," according to Little. The menu boasts fresh, gourmet sandwiches, salads and entrées featuring local ingredients. Some examples include "Warm Big Island Goat Cheese & Nalo Green Salad," and "Roasted Island Chicken with Pesto Pasta." The café is open Tuesdays through Thursdays, between 11:30 a.m. and 2 p.m.; however, reservations are highly recommended for this popular gathering place.

Hand-blown glass displays grace the entrances of the Clare Boothe Luce Gallery of Modern and Contemporary Art, one of many galleries at the Honolulu Academy of Arts. Above center — Detail from a hand-blown glass piece.



Getting There

Where?
900 S. Beretania St.

When?
Mon.: Closed
Tues. – Sat.: 10 a.m. – 4:30 p.m.
Sun.: 1 – 5 p.m.
Closed: Holidays

How much?
General: \$7
Military members, seniors (62 and older) and students: \$4.
Keiki 12 years old and under: free.

Contact?
Voice: 532-8701
Web: HonoluluAcademy.org

In addition to the third Sunday of every month, or "Family Sundays," the first Wednesday of every month is also free to everyone; military members also get in free the first Sunday of every month when they show their ID. Admission into The Pavilion Café, The Academy Shop and the Robert Allerton Library are always free.



MCCS

MARINE CORPS COMMUNITY SERVICES

www.mccshawaii.com

POSSIBILITIES IN PARADISE

By Bobbie Brock, MCCS Public Relations

June

25 / Today

Staff NCO Barbecue — Every Friday, let someone else do the grilling. Head 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, which include grilled corn and vegetables, steamed rice, garlic mashed potatoes and mixed green salad.

Don't forget the New York cheesecake for dessert. This Staff NCO Club barbecue is served up from 5 to 9 p.m. Call 254-5481 to make reservations.

26 / Saturday

Toga! Toga! Toga! — Kahuna's Sports Bar & Grill is

hosting its 2nd Annual Toga Party for all E-5 and below, DoD equivalent and sponsored guests. All menu items will be \$1 off for those dressed in costume, and prizes will be awarded for the best dressed.

The club will open at 6 p.m., so arrive early. For more information, call 254-7660.

Casino and Latin Night — Try your luck at the Fairways Ballroom from 6 to 8 p.m. when bingo, black jack, the roulette wheel and Texas Hold'em Poker throw down. Also, be sure to get in on the door prizes and cheap eats.

Admission will be \$5 for members and \$8 for nonmembers.

Also, don't forget to break away from the casino and head on over to the Rocker Room for Latin Night at 8 p.m.

29 / Tuesday

Youth Activities — The Home School Network is an excellent opportunity for home-schooled preteens and teens, ages 10 to 14, to meet other people. Educational and recreational excursions are scheduled every Tuesday, and teens enjoy destinations such as the Kualoa Ranch, a hike up Diamond Head and Hawaiian Waters Adventure Park.

For more info, call the Youth/Teen Club at 254-7648.

Splash Tuesdays — Take your kids out for an afternoon of fun in the sun at the Officers' Club pool. Every Tuesday during the summer months, cool children down and enjoy a poolside barbecue with hot dogs, hamburgers, chips and

drinks from 11 a.m. to 1:30 p.m.

July

1 / Thursday

Membership Month — July begins membership month at the Officers' Club. All nonmembers who sign up for a First USA membership will receive two complimentary lunches and the opportunity to enter a drawing for a chance to win great prizes such as a Panasonic DVD recorder, a Sony digital camcorder, a Sony digital camera, a Bose Series II Lifestyle System or a Panasonic 42-inch plasma TV.

For details, call 254-7650.

Cage The Rage — Learn to understand and control your anger Thursdays from 1 to 3:30 p.m. Offered in a series of eight weekly sessions, "Cage the Rage" allows you to start and complete the course at any time.

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

7 / Wednesday

Mongolian Barbecue — If you don't feel like cooking dinner, head out to the Officers' Club for Mongolian barbecue, and leave the work to the professionals. Served buffet style, you can select your favorite veggies and meat including chicken, shrimp, pork and beef, then pile your bowl high and kick it up a notch with a sauce of your choice.

Watch the grill masters flip, sauté and grill your dinner to perfection. Mongolian barbecue is served every Wednesday

and Friday. Call 254-7649 for more information.

8 / Thursday

Seafood Buffet — Enjoy the all-you-can-eat seafood buffet every second Thursday of each month at the Officers' Club from 6 to 8 p.m. The buffet features prime rib, snow crab legs, peel-and-eat shrimp, ahi poke, calamari, fresh manila clams, fresh catch-of-the-day, an assortment of salads and desserts, and much more.

The regular menu is not offered during the seafood buffet; however, patrons may still enjoy the salad bar. Reservations are recommended, so call 254-7650 to save your seat.

12 / Monday

Swing Lessons — The Kahuna's Ballroom staff are gearing up to teach you how to dance. Every Monday, swing dance lessons will be offered from 7 to 9 p.m. The 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.

13 / Tuesday

Salsa Lessons — Impress her with your fancy foot and hip action, when you take a few salsa lessons at Kahuna's Ballroom every Tuesday from 7 to 9 p.m. You can be set to hit the town; lessons are only \$2.

For more details, call 254-7660.

15 / Thursday

O'Club Block Party — The

new porte cochere and landscaping are finished, and the front entrance has a refreshing, beautiful look at your Officers' Club. Celebrate summer and the new scenery with merriment and munchies at the O'Club Block Party beginning at 5 p.m.

Ongoing

BayFest Volunteers — BayFest is back, and Marine Corps Community Services needs volunteers for the hottest carnival and concert festival each year. All volunteers who work six hours will receive an event T-shirt, admission into BayFest and a meal ticket. Call 257-7786 for details.

7-Day Store — The 7-Day Store, located on Lawrence Road, is now open 24 hours. Alcohol, however, is not sold between midnight and 6 a.m.

From You For You — Marine Corps Community Services is your way of life, and our mission is to contribute to the readiness and retention of Marines and Sailors and their family members here by providing great programs, preferred goods and excellent services in garrison and deployed environments. MCCS is here to serve those who serve us.

Every cent you spend on MCCS programs, goods or services is reinvested back into the facilities and programs that you, the consumer, rely upon. Every cent spent is an investment in your community and your Corps.

At MCCS, quality of life is not a buzzword; it's our mission.

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

Saturday, "Shark Cage Tour": There are still thrill seekers out there, and the SM&SP is hosting another shark cage tour through "North Shore Shark Adventures." The cost is only \$85, so sign up now as seating is limited to E-5 and below.

July 2-4, "McKenna Motors' BayFest": Come visit the SM&SP information/activity booth at BayFest. We will be operating a Hooters' Dunk Tank, the Striker, Sumo Wrestling, the Gladiator Joust, and Inflatable Boxing. Events will run throughout the weekend until 8 p.m., and volunteers are still needed. Call 254-7593.

July 12-16, "Sailing Lessons": Meet new friends, learn a new hobby and save dollars. Evening sailing lessons are only \$25, and will be held Mondays through Fridays from 5 p.m. till dusk. Sign up now at the SM&SP office before the Friday, July 9, deadline.

TBD, "Future Activities Interest List": You can have your say on what happens next with SM&SP, by adding your name to the "Future Activities Interest List" below.

- Golf Clinic
- Scuba Certification Class
- Hawaiian Luau
- Shark Cage Adventure
- Sailing Classes
- Deep Sea Fishing Trip

Base library kicks off reading program

Pfc. Bernadette L. Ainsworth
U.S. Marine Corps Forces Pacific

Children and their parents gathered at the base library here, where the Summer Reading Program officially kicked off June 16.

Ronald McDonald opened the 15th Annual Summer Reading Program by reading stories and playing games with local military children, to demonstrate how reading can be fun.

Participants in the reading program will receive incentives for reading, which in turn will help children gain reading experience, said Murray R. Visser, supervisory librarian at the base library.

"They will more likely spend time in the library reading this summer than going somewhere else and getting bored," he said.

The summer reading program is open to children of all ages in the military community. Children are required to fill out

a reading log to keep track of how many hours and books they have read.

Participants must have their reading logs completed and turned in to library personnel by Aug. 7. Logs can be picked up at the library and are divided into two categories: picture books and chapter books.

A reading log is complete when 10 hours of reading chapter books or 15 picture books have been completed.

After each reading log is turned in, each child can enter a book drawing and receive a coupon from McDonald's for a free drink, french fries, apple pie or a serving of ice cream.

Librarians will make a final tally of the amount of books read. Youth who read the most books and spend the most hours reading in each category will receive a prize. Age divisions are 3 years and under, 4-6 years, 7-9 years, 10-12 years, and 13 years and up.

Aug. 14 will mark the end of the Summer Reading Program



Pfc. Bernadette L. Ainsworth

Ronald McDonald demonstrated, with the help of two volunteers, the howling wind described in a book he read to children, June 16 at the base library.

with a wrap-up party. Each child who participated in the program will receive a certificate.

"We want the children to realize that the library can be a fun place to go. It's not just for studying, or a place that you have to be quiet in," said Visser.

The base library is open Mondays through Wednesdays from 11:30 a.m. until 8 p.m., Thursdays from 10 a.m. to 8 p.m., Saturdays from 9 a.m. to 4 p.m. and Sundays from noon until 8 p.m. For more information, contact the base library at 254-7624.

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. 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 Punisher (R) | Today at 7:15 p.m. |
| Kill Bill Vol. 2 (R) | Today at 9:45 p.m. |
| Going On 30 (PG-13) | Saturday at 7:15 p.m. |
| The Laws of Attraction (PG-13) | Saturday at 9:45 p.m. |
| Ella Enchanted (PG) | Sunday at 3:30 p.m. |
| Kill Bill Vol. 2 (R) | Sunday at 7:15 p.m. |
| The Laws of Attraction (PG-13) | Wednesday at 7:15 p.m. |
| Mean Girls (PG-13) | Thursday at 7:15 p.m. |
| Man on Fire (R) | July 2 at 7:15 p.m. |
| Going On 30 (PG-13) | July 2 at 9:45 p.m. |

SUICIDE

A quiet killer runs amok through the ranks

Co-workers, family and good unit morale play critical roles in the prevention of suicide

Catherine Grainger
Suicide Prevention Office,
Headquarters Marine Corps

MCB QUANTICO, Va. — Life in the Marine Corps can be a challenge. Demanding situations are the norm, and the lifestyle is full of ups and downs.

There are days when there isn't time to breath, and there are days when all there is to do is sit and think. But not everyone handles these days well.

We all know what it is like to have a bad day, or even a string of bad days, but how can we know when there is more going on with a fellow Marine, Sailor, co-worker, friend or family member than just being down in the dumps?

Try to imagine having one of those empty days, and feeling overwhelmingly worthless and alone. You try to remain upbeat, but your mind can only focus on the bad. You are embarrassed and ashamed of feeling so horrible and you don't want to tell anyone.

So, you suffer in silence and think that suicide may be the only way to end all your despair. You honestly believe you are beyond help and would be doing the world a favor if you took your own life.

If you can imagine feeling this way, you have just tried on the boots of a suicidal individual.

The Marine Corps is the most youthful of the armed services, with an average age of 23. This age group brings vigor and courage to the Corps but also a unique set of risks.

According to the Centers for Disease Control and Prevention (CDC), among young people between the ages of 15 to 24, suicide is the third leading cause of death. In the Marine Corps, suicide is currently the second leading cause of death and has been for the past 10 years.

In a recent interview, Cmdr. Thomas Gaskin, suicide prevention officer at Headquarters Marine Corps, discussed the causes of suicide, and what the Marine Corps community can do to



Cpl. Jessica M. Mills

Cmdr. Thomas Gaskin, suicide prevention officer with Headquarters Marine Corps, advises the best way to care for a potential suicide victim is to take immediate action by contacting a professional knowledgeable in crisis prevention, leaving the counseling to the professionals, and keeping the person safe.

reduce the number of individuals lost to suicide each year.

"Individuals who are suicidal often display one or more warnings signs," said Gaskin, a board-certified clinical psychologist with 15 years of clinical experience treating service members with mental health problems. "They may talk about committing suicide, or they may be preoccupied with death and dying. You may notice a drastic change in their behavior, and they may take unnecessary risks. Increases in the use of alcohol and trouble eating or sleeping are also common signs."

Gaskin went on to say that individuals "may prepare for death by making out a will and final arrangements, or giving away prized possessions. They may withdraw from friends and social activities, lose interest in hobbies, work or school, and may lose interest in their personal appearance."

According to the American Foundation for Suicide Prevention, more than 90 percent of people who take their own lives suffer from depression or another diagnosable mental or substance abuse disorder. Some suicides are the result of impulsive decisions based on a situation that seems hopeless.

Suicidal thoughts may stem from recent severe losses like a family mem-

ber, a close friend or a fellow Marine; impending legal or disciplinary action; a divorce or breakup with a significant other; or chronic pain or illness. Many have attempted suicide before.

If you think a fellow Marine, Sailor, co-worker, family member or friend might be suicidal, help by taking action immediately. When Gaskin was asked what could be done to help, he stated, "If you see warning signs for suicide, or if you get a 'sense' that he or she may act, don't wait. Leave the counseling to the professionals and resist the urge to fix their problems. Your role is to keep them safe and get them the help they need before the situation becomes life threatening."

"Don't promise confidentiality. Don't leave them alone. Remove any obvious suicidal means such as guns, ropes, belts or stockpiled pills. Contact the officer of the day, the duty noncommissioned officer, a chaplain, Marine and Family Services, or community agencies specializing in crisis intervention and suicide prevention as soon as possible," he emphasized.

Commands also play a critical role in the prevention of suicide. The command or unit climate is a strong protective factor. Individuals are less likely to experience serious emotional difficulties when

unit morale is good. Individuals who feel valued for their contributions and feel it is rewarding to serve the command mission have higher morale. As well, having an open door policy and supporting individuals in their time of need can create a positive environment.

"Let them know that it is OK to ask for help with problems of any size, and especially encourage your Marines to get help for small problems before they get big enough to affect their performance and career," Gaskin emphasized. "Getting help early is much less likely to affect their career and will probably even help it."

"And when they do ask for help, make sure those situations are handled in a very confidential and supportive manner. The goal is to keep your Marines well-maintained and emotionally ready to fight"

Perhaps now the size of that suicidal individual's boots is a bit clearer. It is a heavy responsibility we take on as members of the Marine Corps community. Remembering the Marine Corps values of "honor, courage and commitment" should empower us to be there when one of our own calls out for help.

There is no one face of a suicidal individual. It happens to young and old, officer and enlisted, male and female alike. And it is up to us to ensure that our co-workers and family members are taken care of.

Don't assume that the suicidal thoughts of another are someone else's problem. Don't turn your back on them. You may save their life.

For more information, see the Marine Corps Suicide Prevention Web site at www.usmc-mccs.org/perssvc/prevent/suicide.asp.

Important numbers

Suicide & Crisis Center
521-4555

Helping Hands Hawaii 832-3100

SAVE (800) SUICIDE (784-2433)
Suicide Awareness Voices of Education

Yellow Ribbon Suicide Prevention Project (303) 429-3530
Youth-oriented suicide prevention

Key Volunteer Network training now available online

**Marine Corps
Community Services**
Press Release

MCB QUANTICO, Va. — Marine Corps Family Team Building (MCFTB) has partnered with the Training and Education Command to develop an online multimedia version of the Key Volunteer Network (KVN) Training program that is available at www.marinenet.usmc.mil. The KVN training package is the second online training opportunity provided by MCTFB to

help meet the "just in time" training needs of Marine Corps family readiness programs.

KVN supports spouses of unit Marines by acting as the primary communication link between the commanding officer and unit families for the enhancement of mission readiness, serving as a source for information and referral services and by helping foster a sense of community within the unit.

In the past, KVN training has been an instructor-led course available at many Marine Corps installations. Supplementing

these existing classes, online training can be done anywhere Internet access is available.

To access Online Key Volunteer Training, go to www.marinenet.usmc.mil/ and logon as a "new user" using your Social Security Number, date of birth and last name. As a new user, you will need to establish a MarineNet password, then login to access the course listings from the catalog.

Select "Marine Corps Training Courses" from the catalog, then click on "Key

Volunteer Training" and, finally, under the action column select "enroll." Once enrolled in the KVN training class, you may begin course work by clicking on the enrollment icon, selecting the course title, clicking on the launch course in the "actions" column and begin.

It is important to note that you must be enrolled in DEERS to access MarineNet. If you are not enrolled in DEERS, you should contact your local MCFTB office for the KVN

Training on CD.

Should there be problems logging on or enrolling during business hours, contact the MarineNet help desk at 1-888-435-8762 or the online help desk on the MarineNet home page.

For more information, check the MCFTB Web site at www.usmc-mccs.org, or contact MCFTB program managers Mary Craig or Ginny Great-singer at (703) 784-9894.

THE TAILOR SHOP

Williams sells quality, perfection to Marines

Sgt. Joseph A. Lee
Combat Correspondent

Marines are some of the most meticulous people when it comes to their uniforms, but there is one local professional who cares a bit more about how your uniform looks — believe it!

Ida Williams, owner of The Tailor Shop here, has been satisfying base customers for more than 10 years, and has every intention to continue her dedicated work for years to come.

Born and raised in the Philippines in the '60s, she learned as a young girl about clothing alterations from her seamstress mother, Pacita Aglibot. After marrying a Marine officer and moving to the island of Oahu, she began employment at the base alterations shop as a customer service clerk in '93.

From '93 through '96, Williams worked hard to satisfy the needs of many base residents, as she worked her way up to manager, pledging always to get the job done.

"From what I understand of Marines, their lives are their uniforms," said Williams. "You really have to devote yourself to this type of work if you want to get anywhere."

And get somewhere she did, when in '96 she became the owner of The Tailor Shop. Though most owners generally work fewer hours than a manager, Williams found herself working more.

"I became more critical on uniform alterations. There is no room for error, because everything has to be perfect," said Williams.

Perfection, unfortunately, can lead to some pretty long hours behind a sewing machine, but Williams and her staff are used to working from as early as 4 a.m. to as late as 9 p.m., seven days per week, particularly when a large unit inspection, or the Marine Corps birthday ball comes around.

"Even though our store closes at 6 p.m., I may be here during those times, working late, and I generally leave the door open for Marines to come and pick up their uniforms," she said. "We are always here for the Marines, and we will do our very best to accommodate their needs, because we understand their needs."



Sgt. Joseph A. Lee

A delicate process, Ida Williams uses tweezers to dip a small bronze star in glue before placing it on a medal and ensuring that all medals are displayed within Marine Corps standards.

Recently, The Tailor Shop was overflowing with Marines' requests for name tapes, to be sewn on before their deployment to the Middle East, when a gunnery sergeant came into the shop requesting same-day service on a camouflage utility uniform for a wounded Marine returning from the Gulf. Understanding the situation, Williams and her crew completed the required alterations within 10 minutes, so the Marine could receive his medal in uniform the same day.

Of course, many people were pleased The Tailor Shop could come through, but these accolades are not rare at all, as many Marines here have nothing but good things to say about their local alterations store.

"It always seems like they are on top of things," said Lance Cpl. Ralph Jenkins, a mortarman with Weapons Company, 1st Battalion, 3rd Marine Regiment. "They have great prices, reliable service, and so far, they have been extremely friendly!"

Serving all military members and civilians alike, The Tailor Shop, under the steady hands of Ida Williams, will get the job done, even when you think there is just not enough time — you could be pleasantly surprised.

Super Star Student wins bonds at the exchange

**Marine Corps
 Community Services**
Press Release

MCB QUANTICO, Va. — Five lucky students are the most recent winners of U.S. savings bonds in the Marine Corps Exchange Super Star Student Program, and Kaneohe Bay's Krystopher Red, a family member here and an 11th grader, is one of the five.

Each of 16 Marine Corps Exchanges are rewarding patrons in grades six through 12 who maintain a B average or better for the grading period. Since the program kicked off in September 2001, thousands of students have flocked to their local MCX to participate.



Super Star Students receive one scratch-off card per grading period with the chance to win prizes such as MCX gift certificates, disposable cameras, phone cards, gum machines, portfolios and clothing. Three grand prizes await them at each exchange, to include a \$1,000 U.S. savings bond and two worth \$500.

To be eligible, students must be authorized MCX patrons, and they must visit their local MCX store manager within 30 days of receiving their report card.

Hundreds of prizes are still available to win. For more information, students should contact the Kaneohe Bay MCX.

Operation USO helps provide support for troops overseas

United Service Organizations
Press Release

WASHINGTON — With thousands of U.S. troops deployed around the world, engaged in the fight against terrorism, the United Service Organizations is offering a unique way for individuals and corporations to let our nation's defenders know we haven't forgotten them.

"Operation USO Care Package," sponsored by the USO World Headquarters and administered by the USO of Metropolitan Washington, enables individuals to write a personal message and financially support care packages that will be delivered to service members participating in Operation Enduring Freedom and Operation Iraqi Freedom. The USO created this care package program to boost morale among troops supporting the war on terrorism and the war to liberate Iraq.

These care packages contain an assortment of items our military have specifically requested such as prepaid international calling cards, disposable cameras, toiletries and sunscreen. They also include greetings from the American public, transcribed by hand, onto official Operation USO Care Package post cards by USO volunteers. USO volunteers give these care packages to departing troops at airports.

Because of heightened security, individuals can no longer send letters and

packages to the "Any Service Member" postal mail program. As a result, the USO has entered to help through Operation USO Care Package. The program is approved by the Department of Defense and provides a safe, easy way for individuals and corporations to show their prayers and thoughts are with our men and women in uniform.

Response to this program has been outstanding, inspiring the use of many different ways for individuals and corporations to show their support. You can visit the Web site at www.USOCARES.org and sponsor a package directly online, using your credit card, or call (866) USO-GIVE for more information.

Individuals can make a donation of \$25 toward one Operation USO Care Package for a deployed service member. The check should be made payable to USO-OUCP. Individuals should include their greetings to a service member with their checks.

If sending a greeting or payment by mail, use the following address:

USO—Operation USO Care Package
 c/o Pentagon Federal Credit Union
 P.O. Box 19221
 Alexandria, VA 22320-9998

To date, over 30,000 USO Care Packages have been provided to U.S. service members.

Our Reputation Is Riding With You

Always respect fellow riders and the rights of others by riding responsibly and within your skill limit, obeying traffic laws and keeping the sound of your bike to a reasonable level.

(800) 446-9227 • www.msf-usa.org



Commissaries measure up in satisfaction poll

Research indicates customer satisfaction at commissaries rising

Bonnie Powell

Defense Commissary Agency

FORT LEE, Va. — An independent index of customer satisfaction shows the commissary system more than measures up to commercial grocery stores. The latest American Customer Satisfaction Index (ACSI) report gives the commissary system an overall customer satisfaction score of 76 compared to the industry average of 74 for commercial supermarkets. The ACSI score of 76 is higher than the 2002 score of 75, while the average score for commercial supermarkets overall fell slightly.

"We feel that we offer our customers the best value when it comes to products, service and overall

value," said Patrick B. Nixon, deputy director of the Defense Commissary Agency. "The ACSI score reinforces the excellent results of our own in-store Commissary Customer Satisfaction Survey and is a further indication that our customers really do appreciate the value of their commissary benefit."

ACSI research is an independent scientific effort, an outside source of customer satisfaction data for commissaries, exchanges and private sector industry. The index is an economic indicator that measures customer satisfaction based on customer surveys. Developed by the National Quality Research Center at the University of Michigan Business School, the baseline index was first set in 1994.

The ACSI has conducted customer satisfaction research for the Defense Commissary Agency and military exchanges since 2002, and its data is based on the results of telephone interviews with partici-

pants who are randomly selected, then screened so only those that qualify as "customers" are asked about their shopping expectations, actual experiences and satisfaction with store products, services and prices. Their customer loyalty is also measured.

"Since we sell high-quality name brand products at cost and deliver the best service to our customers we feel the positive trends will continue," said Scott Simpson, DeCA's chief operating officer. "We're also embarking on many customer initiatives such as self-checkout, and new wellness, low-carb, and authentic, international food sections in our commissaries.

"We've launched a new "Savings You've Earned" campaign that reinforces the message to all our active duty, Guard and Reserve, and retiree families that commissary savings of 30 percent or more is not only 'savings you deserve,' but savings you've earned."



Lance Cpl. Megan L. Stiner

Cpl. Jeremy Hirst, with Maintenance Company, Combat Service Support Group 3, takes advantage of the low prices at the commissary.

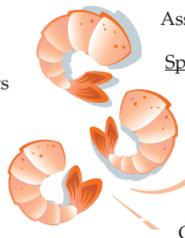
ON THE MENU AT ANDERSON HALL

Today

Lunch
Seafood Platter
-Fried Fish Nuggets
-Fried Shrimp
-Fried Scallops
-Breaded Oysters
Lasagna
Baked Ravioli
Macaroni & Cheese
Chewy Nut Bar
Yellow Layered Cake w/
Butter Cream Frosting
Asst. Fruit Pies

Dinner

Roast Pork Loin
Barbecued Chicken
Mashed Potatoes
Steamed Rice
Chewy Nut Bar
Yellow Layered Cake w/
Butter Cream Frosting



Asst. Fruit Pies

Specialty Bar
Pasta Bar

Saturday
Brunch/Dinner

Herbed Rock
Cornish Hens
Grilled Strip Loin Steak
Rice Pilaf
Mashed Potatoes
Chocolate Chip Cookies
Asst. Fruit Pies

Sunday

Brunch/Dinner
Yankee Pot Roast
Baked Ham
Mashed Potatoes
Candied Sweet Potatoes
Chocolate Layered Cake

w/Chocolate Cream Frosting
Asst. Fruit Pies

Monday

Lunch
Baked Meatloaf
Creole Pork Chops
Mashed Potatoes
Pork Fried Rice
Chocolate Chip Cookies
Asst. Fruit Pies

Dinner

Baked Turkey & Noodles
Baked Fresh Fish
Rice Pilaf
Apple Crisp
Chocolate Chip Cookies
Asst. Fruit Pies

Specialty Bar
Pasta Bar



Tuesday

Lunch
Beef Sukiyaki
Pork Chop Suey
Egg Foo Young
Chinese Fried Egg Roll
Steamed Rice
Pork Fried Rice
Chocolate Pudding
Asst. Fruit Pies

Dinner

Creole Macaroni
Baked Fish Fillet
Mashed Potatoes
Noodles Jefferson
Chocolate Pudding
Asst. Fruit Pies

Specialty Bar
Taco Bar

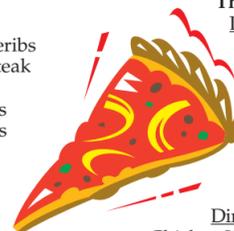
Wednesday

Lunch
Barbecued Spareribs
Country Style Steak
Steamed Rice
Mashed Potatoes
Oatmeal Cookies
Asst. Fruit Pies

Dinner

Baked Chicken
Beef Pot Pie
Boiled Egg Noodles
Mashed Potatoes
Brownies
Asst. Fruit Pies

Specialty Bar
Hot Dog Bar



Thursday

Lunch
Baked Lasagna
Chicken
Parmesan
Asst. Pizza Slices
Garlic Toast
Brownies
Asst. Fruit Pies

Dinner

Chicken Vega
Simmered Corned Beef
Parsley Buttered Potatoes
Steamed Rice
Apple Pie
Oatmeal Cookies
Asst. Fruit Pies

Specialty Bar
Taco Bar

Dialing for digital

Radio industry begins to leave its analog roots as technology advances

By BOB KEEFE
Cox News Service

LAS VEGAS — Those static-filled AM stations and FM signals that fade out a few miles from home may be headed the way of black-and-white television.

Following the lead of computers and TVs, the nearly century-old business of radio is starting to join the digital age.

For listeners, the difference could be loud and clear.

High-definition digital radio broadcasting, or HD radio, makes AM sound as good as FM and FM sound as good as a CD for anybody who has a special digital receiver.

Along with improving quality, radio stations that broadcast digitally can add features to their transmissions.

Text messages with program or artist information could pop up on your in-dash radio screen. Local traffic and weather conditions could be available constantly. Advertisements from McDonald's might come on when you're about to drive by your local restaurant — and only at lunch or dinnertime. Eventually, users may be able to record the songs or information they hear.

Radio stations can also add an additional channel without adding equipment or bandwidth. For instance, a single station could broadcast a program in English and Spanish at the same time. Listeners with digital receivers could tune into whichever version they wanted.

"AM-FM radio is the last medium there is that's not digital," said Bob Struble, chairman of iBiquity Digital Corp., which owns the technology behind HD radio and licenses it to stations. "But that's changing."

Changing, but slowly.

Since the advent of digital broadcasting technology more than a decade ago, only 100 of the nation's 13,000 radio stations have forked over an average \$80,000 or so for new digital transmitting equipment.

Moreover, just because radio stations are broadcasting in high-definition doesn't mean anybody is picking up the digital signals.

Since an Iowa audiophile installed the first commercial HD radio receiver in his car in February, only "dozens" more have been sold, Struble acknowledged. The car receivers range in price from about \$350 to \$1,000.

Without a digital receiver, digital radio broadcasts sound the same as they do in analog. Just as with HD television, just because you don't have a newfangled receiver doesn't mean you can't get programming; it's just not as clear as it could be.

The slow growth of digital radio

reflects of the dearth of digital broadcasts as well as the high price of new receivers.

"Right now there may be some very high-end early adopters interested in this ... but it's going to take a long time" before the rest of the world gets digital radio, said Michelle Abraham, a senior analyst with technology research firm In-Stat/MDR.

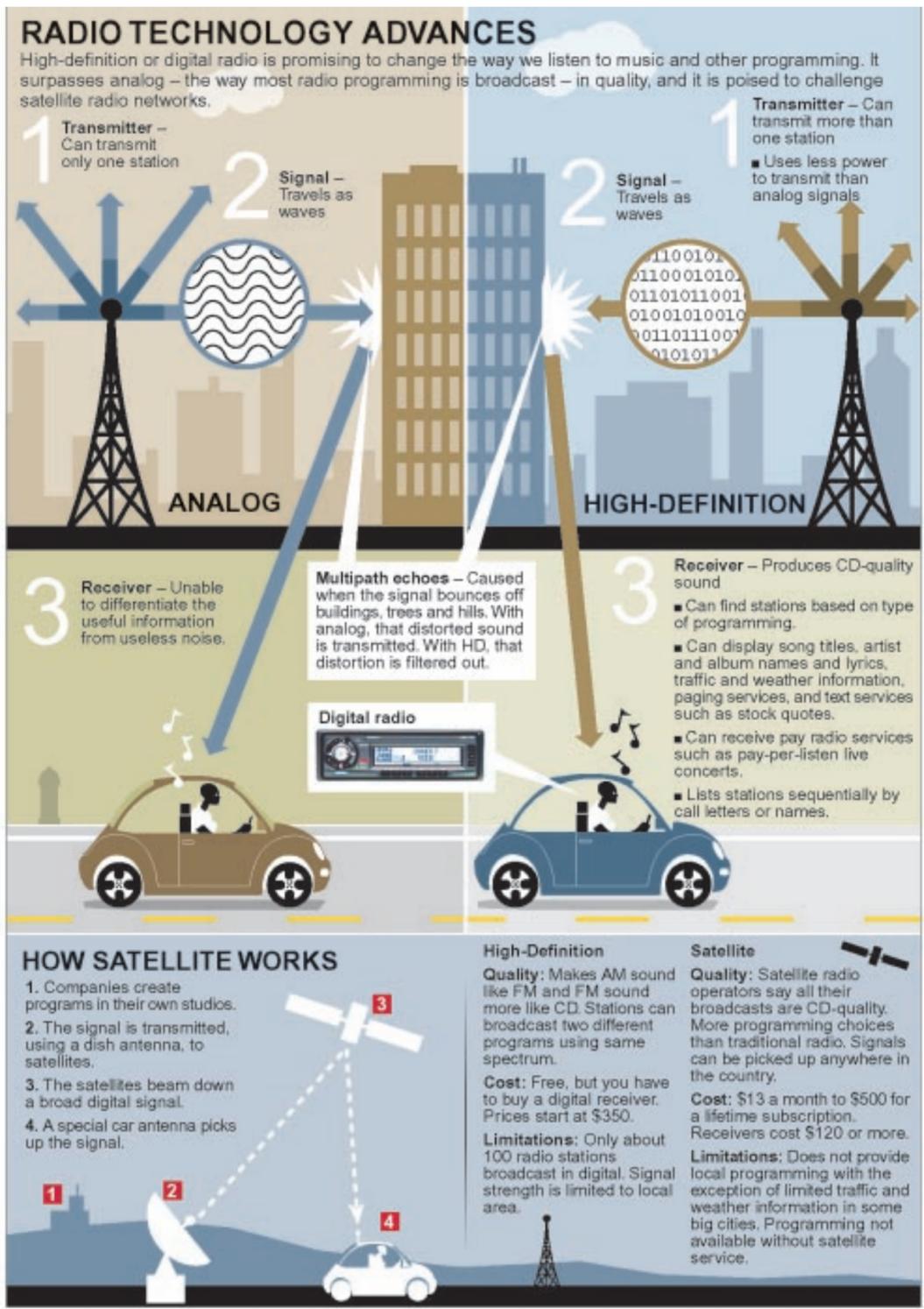
Abraham forecasts that 1 million digital receivers will be sold by the end of 2006. That may seem like a lot, but it's just a fraction of the 70 million or so radios sold each year. She predicts the digital radio business won't take off until 2006 or 2007 at least, when car manufacturers might begin putting digital radios into some of their high-end vehicles.

But if digital radio's signal has been delayed, it clearly has been getting stronger in recent months:

- Radio stations are warming up to digital broadcasting, mainly because they're scared of growing competition. Pay-to-listen satellite radio networks such as XM Satellite Radio and SIRIUS Satellite Radio — they're a little like cable television is to traditional TV broadcasters — are starting to steal listeners. Other alternatives that also offer better sound quality than radio, from CDs to streaming Internet radio to MP3 players, are cutting into radio's business too.

While only 100 digital radio stations are now or soon will be on the air, another 200 have licensed iBiquity's technology with plans to roll out digital service, Struble said. He predicts 650 stations will begin converting to digital by the end of the year, and that 1,000 stations will be on their way by the end of 2005.

- More manufacturers are expanding into digital radio. Earlier this month, electronics behemoth Panasonic joined stereo-maker Kenwood in adding digital receivers to some of its car radios. JVC and Onkyo also have said they will begin making digital receivers.



Source: iBiquity Digital Corp., XM Satellite Radio, Sirius Satellite Radio, RadioWorks, Sveriges Radio, Task Force on the Introduction of Digital Radio

- The government is getting involved. On April 15, the Federal Communications Commission announced it will begin considering rules to help foster and regulate HD radio.

"Digital radio is the natural evolution of radio," FCC Commissioner Jonathan Adelstein said in a statement. "It promises many new service offerings to eager listeners."

Like others in the radio business, Beasley Broadcast Group Inc. Vice President Bob Demuth said he's convinced the government will increasingly encourage radio station owners to convert their stations to digital, just as it is doing with TV broadcasters today.

"Ultimately there's going to be something of a forced migration and transition, one way or another," Demuth said.

Beasley is converting or recently has converted 10 of its stations, including six in south Florida, to digital. Based in Naples, Fla., Beasley has 41 stations

nationwide.

While the cost of going digital — it can range from \$25,000 to \$100,000 or more per station, depending on frequency, signal strength and other factors — may be high for some radio operators, it's worth it for Beasley, Demuth said.

"There's something to be said about being [the] first digital station in market," Demuth said. "And we saw this as a relatively inexpensive way for our company to look forward into the future."

Struble compares the radio industry's conversion from analog to digital to the television industry's conversion from black-and-white to color. The process takes time, he said, but is inevitable.

"Five years from now you don't ask for digital radio, you ask for radio and it's digital," he said. "It's like television. You don't go into Circuit City today and ask for a color television — you ask for a television."

WORD TO PASS



This Weekend, DeJaVu Returns to Castle High School

Expect creativity, from original choreography to elaborate costuming, when DeJaVu Dancexperience 18 runs at the Ron Bright Theater (Castle High School in Kaneohe), Saturday at 8 p.m., Sunday at 4 p.m., and July 2 and 3 at 8 p.m.

More than 150 participants (including Castle, Punahou and University of Hawaii dancers) from ages 6 to adult will provide a retrospective of 12 years of quality dance performances featuring contemporary jazz, hip-hop, gym-acro, lyrical and point styles, as well as a variety of first place/best in show award numbers.

Tickets for today's show is \$10 and \$15 thereafter. For more info, call 235-5141.

Today, Tomorrow, Harvest Hawaii Wraps at Waikiki Shell

The public, especially youth and young adults, is invited to a host of contemporary performances by national and local performers during Harvest Crusades with Greg Laurie at the Waikiki Shell beginning at 7 p.m.

All parking and events are free, and you can groove to an eclectic mix of hip music spanning genres from alternative rock to gospel and contemporary artists, including Kapena, 7 Simple Pieces, Crystal Lewis, the New Hope Hula Halau and many others.

Gates will open at 6 p.m., and Harvest Hawaii will be broadcast live on the Internet at www.harvest.org.

Mighty Mo Celebrates Independence Day

The crew at America's last battleship, the USS Missouri, invites kamaaina and visitors alike to celebrate the nation's anniversary by walking the hallowed decks of the Mighty Mo. The memorial will maintain regular hours from 9 a.m. to 5 p.m. on July 4.

Admission is \$16 adults, \$8 kids 4-12, \$10/\$5 for military and kamaaina.

FBI to Hold Seminar, July 6

If you're interested in a career as a special agent in the FBI, attend the seminar at the Classroom 2 of Bldg. 267 aboard Kaneohe Bay, from 10 to 11 a.m.

Call 257-7790 for more details.

Anheuser-Busch Hosts 'Military Appreciation Days'

The Busch Entertainment Corporation (the family entertainment subsidiary of Anheuser-Busch) has launched "Military Appreciation Days," which will run through Veteran's Day 2004, Nov. 11. During this promotion, members of the armed forces may purchase tickets to six of the company's theme parks at substantially discounted prices for themselves and immediate family members.

Parks include SeaWorld Orlando, Busch Gardens Williamsburg and Sesame Place in Langhorne, Pa. (near Philadelphia). Tickets may be purchased at any military ticket outlet; they will not be available at individual theme parks.

A valid ID card must be presented, and application forms are available online at each park's Web site.

Meadow Gold Seeks Healthy Babies

Moms and dads, you still have time to enter your healthy, bouncing baby in the 51st Annual Meadow Gold Healthy Baby Contest, which will take place at Pearlridge



Center, July 10; Windward Mall, July 17; and Ala Moana Center (the finals), July 25. All times are from 10 a.m. to 3 p.m., and babies born between Dec. 16, 2001, and Jan. 3, 2003, are eligible to enter this contest.

The contest is designed to raise public awareness of health issues. There will also be hands-on activities and displays at contest locations.

Base Chapel Posts Outreach Programs

The base community is invited to participate in the following programs hosted by the Kaneohe Bay base chapel.

•Monday from 5:30 to 7:30 p.m., "Big Brother/Big Sister": Mentor troubled youth at the Hawaii Youth Correctional Facility in Waimanalo. (Fill out your volunteer form today.)

•July 12-16 from 9 a.m. to noon, "The Bible Bears" Vacation Bible School: Youth will enjoy a morning filled with songs, crafts and fun activities. Registration ends July 8, and more volunteers are needed.

•Aug. 28 from 9 a.m. to 3 p.m., "Couples Communication & Problem Solving Skills Workshop": Married or engaged couples are welcome to make an investment in their relationship.

Call the chapel at 257-3552, ext. 28 or 31, for more details.

McKinley Holds Book Sale

The Friends of the Library of Hawaii will hold their 57th Annual Book Sale of thousands of gently used books for readers of all ages at the McKinley High School cafeteria, July 10-17 from 10 a.m. to 9 p.m. (July 17 from 9 a.m. to 2 p.m.). In an effort to promote the joys of reading and lifelong learning, the Friends will provide more than 150,000 items for sale, including sheet music, records, audio and videotapes, CDs, DVDs, puzzles, maps and many other items.

Most materials will sell for just a dollar. All proceeds will benefit the Hawaii State Public Library system, to purchase new books and equipment, and fund library programs that aren't provided for

in annual budgets.

Volunteers are needed; call 536-4174 for details.



Japanese Wives Club

Sakura-no-Kai, a Japanese military wives club, is reaching out to Japanese wives who are married to local service members. The organization helps with transition problems Japanese wives may incur with the military and American culture. The club meets once a month and typically hosts guest speakers and activities such as cooking, handcrafts, first aid, CPR, beach parties and more. Lunch is provided and children are welcome.

There is no membership fee, the club is not a religious group, and all ranks and military service wives are welcome, any time, to exchange useful information, whether it's preparing for childbirth, improving marital relations, learning new skills, or having tea.

Pick up a copy of the club's newsletter at the Kaneohe Bay commissary or contact Hiroko Hagen at 239-2308 for more details.

Kapiolani Park

Hosts Arts & Crafts Fair, Tomorrow

The Keala Pono Father's Day Arts & Crafts Fair will go at the bandstand at Kapiolani Park, Saturday and Sunday from 9 a.m. to 5 p.m. Enjoy cultural handcrafts by all ethnic groups and ono food. Plus, be sure to register for the Vacations Hawaii giveaway for a trip for two to Las Vegas.

Saturday, Pearlridge Celebrates Dads

The Hawaii Coalition for Dads will

See *WTP*, B-8

MARINE MAKEPONO

HAWAIIAN FOR
"MARINE BARGAINS"

Automobiles

'89 Jeep Wrangler, 4x4 call for details. Asking \$4,000 OBO. Call 254-9744.

'90 Jeep Wrangler, yellow with gray interior, 6 cylinder, 4.2 liter, 5 speed, 4-wheel drive, soft top. Asking \$5k. Call 220-0994.

'93 Jeep Wrangler, black, 4 cylinder, 31-inch tires, 95k miles. Asking \$3,200. Call 382-1229.

'97 Chevy Camaro convertible, 70k miles, runs great, nice car. Asking \$7,595. Call 947-5670.

'97 GMC Envoy, 4x4, loaded, leather, only 65k miles. Asking \$14,500 OBO. Call 254-9744.

Wanted

Spanish-language tutor, for mom and two children (ages 6, 10). One or two evenings a week at our home preferred. Background in tutoring and references needed. Call 254-8363 or 779-1892.

Miscellaneous

Dodge Ram 16-inch alloy wheels and all-terrain Bridgestone tires, fits 1995-2002. Comes with Dodge hub caps. Asking \$400 OBO. Call 721-7721.

51-inch widescreen Sony Vega HDTV, new with many features, beautiful. Paid \$1,779 in February. Asking \$1,450 OBO. Call 230-1210.

Pro-Form 740CS treadmill, in great condition. Comes with CD, and can be hooked up to computer, stereo or VCR. Asking \$300. Also, Jenny Lind crib with mattress, \$35; Evenflo baby/toddler backpack \$10; Samsung 21-inch color TV, \$15. Call 254-4195.

WTP, From B-7

celebrate "Father's Month" with a free "Day for Dads" community celebration, tomorrow from 10 a.m. to 4 p.m. Catch the Father/Child Look-Alike Contest at noon and enjoy dancers, hula, door prizes, magicians, displays and information booths throughout the day.

The coalition is a group of public and private organizations that shares information about services to fathers and works to increase community awareness of the importance of responsible fatherhood. For more information, call 841-2245.

Cub Scouts 'Round Up' Thursday

Cub Scout Pack 225 will host a "Summer Round Up" Thursday from 6 to 7:30 p.m. at the Scout Hut on Kaneohe Bay. Youth who are 6 to 11 years old are encouraged to participate in the program.

Call Sheila Gressner at 237-7226 for more.

Headquarters Bn.

Washes Cars for Ball Funds

Marines and Sailors with Headquarters Battalion, MCB Hawaii, will host car washes to help raise funds for this year's Marine Corps birthday ball on the following dates:

- Tomorrow,
- Friday, Aug. 13, and
- Saturday, Aug 28.

Stay tuned to the *Hawaii Marine* for details about coupons offering 20-percent off Papa John's Pizza; the company will donate the discount towards the birthday ball fund.

Meditation Center Extends Yoga Offers

Develop clarity, strength and balance during "Yoga for Vitality: Body/Mind/ Spirit" on Wednesdays through June 30 from 4:30 to

6 p.m. Or, learn yoga techniques for stress-free living with "Gentle Strength Yoga," Thursday from 10:45 a.m. to noon.

Offered in partnership with Kailua Shambala Meditation Center in the Aikahi Shopping Center (just beyond the back gate of MCB Hawaii, Kaneohe Bay, on Mokapu Road), you can also enjoy the special introductory rate of \$5 per class.

For more details, call Charlotte at 230-8902, or surf www.hawaiiyogaandwellness.com.

Wednesday's 'Wildest Show' to Benefit Zoo

All of Oahu are invited to the 2004 AT&T

Wildest Show — any Wednesday this summer — where all can help support the Honolulu Zoo and enjoy entertainment provided by the following popular entertainers:

- Wednesday: the Pacific Fleet Big Band
- July 7 — Rocky Brown (from the original cast of "Miss Saigon")
- July 14 — Noel Okimoto & Ohana (Jazz)
- July 21 — Kaena (Island Contemporary)
- July 28 — Daniel Ho & Roy Sakuma's Ukulele Super Keiki

Gates will open at 4:35 p.m., and shows will run from 6 to 7 p.m. on the stage lawn. A dollar donation is requested to benefit the zoo. Call the Honolulu Zoological Society at 926-3191 for more details.

