

LIFESTYLES

WOMEN IN THE MILITARY



National Archives and Records Administration

Secretaries, housewives, waitresses and women from all over central Florida were getting into vocational schools to learn war work" in April of 1942.

'Sustaining the American Spirit'

Sgt. Robert Carlson
Combat Correspondent

Since the days of Opha Mae Johnson, women have honorably served in the Marine Corps to help ensure our nation's freedom.



National Archives and Records Administration

A Navy nurse checks the medical chart of a Marine corporal on April 22, 1966.

They have served in times of peace and times of war and were present when our military forces fought in places like Vietnam, Korea, Grenada, Panama, the Persian Gulf, Somalia and

others.

Johnson was the first woman Marine to enlist after the Marine Corps opened its ranks to women in 1918, but she wasn't the first woman to serve our country as a military member.

As early as the Revolutionary War, women were doing everything they could to help support the military efforts of our nation, often disguised as men to avoid being sent home from the front lines. Women served as nurses, spies and even infantry scouts during the early days of America, and have since gained support



National Archives and Records Administration

Rear Admiral Victor Blue (left center), Chief of the Bureau of Navigation, on the Washington Monument grounds, inspects in 1918.



National Archives and Records Administration

"Chippers." Women war workers of Marin Ship Corp., 1942.

and respect within all ranks and services of the military.

Women's continuous active service began during World War II when the first class of 722 enlisted women completed training at Hunter College, N.Y., on April 25, 1943.

Nearly 85 percent of the enlisted Marines at

Headquarters, Marine Corps, in the summer of 1944, were women reserves, and from one half to two thirds of all personnel manning bases and stations within the U.S. were women.

At the peak of World War II, there were more than 19,000 women serving as Marines.

As the Marine Corps started demobilizing in 1946, a small nucleus of trained women reserves was kept intact.

In 1948, Congress passed an act allowing women to serve in the regular component of the Marine Corps, and in 1949, the 3rd Recruit Training Bn. was formed at Marine Corps Recruit Depot Parris Island, S.C.

Master Sgt. Barbara J. Dulinski volunteered for Marine Corps service in Vietnam and was the first woman ordered into combat zone.

President Lyndon Johnson said that our armed forces could not operate effectively without women, and in 1967 repealed limits on the number of women in the services and the ranks they could hold.

When Brig. Gen. Carol A. Mutter assumed command of the 3rd FSSG in Okinawa, Japan, she became the first woman to command a Fleet Marine Force unit at the flag level. She later became the Corps' first major general and then lieutenant general.

Opportunities for women in the Marine Corps continue to expand today. More than 4 percent of enlisted Marines and 5 percent of officers are women, and 93 percent of all military occupational specialties are open to women Marines.



National Archives and Records Administration

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MCCS

MARINE CORPS COMMUNITY SERVICES
www.mccshawaii.com

POSSIBILITIES IN PARADISE

By Debbie Baker, MCCS Public Relations

MARCH

Today

All-Marine Athletics — Any Marine interested in trying out for the All-Marine Triathlon, the Armed Forces Cycling Team or the Armed Forces Skeet Championship should contact the Semper Fit Athletic Office at 254-7590 for details regarding command sponsorship and resume requirements.

SM&SP



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

Program Review

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

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

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

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

Teams must register by April 18.

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

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

SM&SP Benefits

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

25 / Monday

Spring Adventure — Youth Activities is accepting applications for children in grades K – 6 for Spring Adventure, Monday through Thursday.

Keiki will enjoy supervised sports, arts & crafts and field trips.

Spaces are limited.

For more information call YA at 254-7610.

Double Coupon Craze — It's a Monday Money Madness, so get your coupons organized and head to the Marine Corps Exchange Annex's Wiki Wiki Market and the MCX Plantation Store to score during Double Coupon Day.

Most coupons will be redeemed for twice their face value. Some restrictions may apply. See stores for details.

For more thrifty information, call the Wiki Wiki Market at 254-7587 or the Plantation Store at 254-3890.

Intramural Basketball Playoffs Ignite — Which Intramural Basketball Team has what it takes to be number one? Find out during the week-long playoffs beginning Monday at the Semper Fitness Center Gymnasium, each night at 6 p.m.

The championship game will be held March 29.

Prior to the championship game, a Slam-

Dunk Contest is slated for all athletes ready to take it to the net.

For more Intramural Basketball information, call Joe Au, Intramural Sports Coordinator at 254-7591.

26 / Tuesday

Key Volunteer Basic Training — All spouses who are interested in becoming a Key Volunteer are invited to attend training Tuesday through Thursday at the Key Volunteer Center, Bldg. 3022, from 5:30 – 8:30 p.m. All spouses are welcome.

For more information, call Toni Spofford at 257-2410.

30 / Saturday

Easter Egg Hunt — Peter Cottontail plans to hop down the Youth Activities bunny trail to hide Easter eggs and treats.

All keiki are invited to attend the Youth Activities' Easter Egg Hunt at the YA Bldg. 5082.

Toddlers through age four will begin egg hunting at 9 a.m., and children ages seven and up will start at 9:45 a.m.

Rumor has it that the Easter Bunny will make an appearance, so bring the camera to capture the moment.

Mahalo to the Youth Activities Easter Egg Hunt sponsor: Military Service



Debbie Baker

The MCB Hawaii, Kaneohe Bay, Base Library will feature Easter crafts and stories during "Egg-Stravaganza," Saturday, March 30 beginning at 1 p.m.

Organization.

For more information about the Easter egg hunts, call Youth Activities at 254-7610.

Easter Egg-Stravaganza — Every-bunny is invited to spend the afternoon at the Base Library during the Easter Egg-Stravaganza beginning at 1 p.m.

Children and parents will enjoy making Easter crafts, nibbling on holiday treats and listening to Auntie Lori as she narrates holiday stories.

For additional details,

call the Base Library at 254-7624.

Rockin' at the Rocker Room — Ring in your Saturday nights at the Rocker Room.

The doors open at 6 p.m. and the party continues until 2 a.m.

Plenty of pupus, billiards and dancing will be available, and all this happens every Saturday night at the Staff NCO Rocker Room.

For more information, call 254-5592.

8 / Monday

Temporary Pool Closure — Recreational swim at the Kaneohe Bay pool gets temporarily interrupted April 8 – 26, as the Marine Combat Instructor Water Survival School will utilize the pool from 5 – 11 a.m. and 1 – 5 p.m., Monday – Friday, on those days.

Swimming lessons will be moved to the Hill Top pool. This training will not affect lap swimming.

For more information, call Water Safety at 254-7655.

APRIL

Fairways will offer a bunny breakfast

Debbie Baker
MCCS Public Relations



Illustration by Rod Kam, MCCS Graphics

Gather your special some-bunnies and hop over to the all-hands Fairways Club this Easter Sunday, March 31, from 9 – 11 a.m. for a Bunny Breakfast Buffet.

Complete with an omelet station, chocolate chip pancakes, baked ham and Easter cupcakes, this Bunny Buffet also includes an Easter Egg Hunt — so don't forget to bring baskets from home.

Tickets for Fairways' "egg-cellent" Bunny Buffet are on sale now or may be purchased at the door.

Adult ticket prices are \$9.95; children ages five – 11 years are \$5.95, and keiki ages four and under are free.

Seating is limited, so arrive early before this special event is "egg-tinct."

For more information, call Fairways at 254-5592.

MOVIE TIME

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

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

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

Please show your ID at the box office.

Phone 254-7642 for recorded info.

Count of Monte Cristo (PG13)
Mothman Prophecies (R)
Black Hawk Down (R)
Brotherhood of the Wolf (R)
Count of Monte Cristo (PG13)
Black Hawk Down (R)
The Royal Tenenbaums (R)
I Am Sam (PG13)
Snow Dogs (PG)

Today 7:15 p.m.
Today 10:30 p.m.
Saturday 7:15 p.m.
Saturday 10:30 p.m.
Sunday 3:30 p.m.
Sunday 7:15 p.m.
Wednesday 7:15 p.m.
March 29, 7:15 p.m.
March 29, 10 p.m.



THE MCCS MISSION

To uplift the spirits of the Marine Corps and Navy families and to support Marine Corps and Navy readiness and retention through customer-owned and driven MCCS programs, goods and services — in garrison and deployed environments.

(For up-to-the-minute news about MCCS, logon to www.mccshawaii.com.)

Beach worship



RP1 Kelvin Nicholas

Captain Joseph W. Estabrook, MCB Hawaii, command chaplain, talks to parishioners during a family retreat held at Hale Koa Beach aboard Kaneohe Bay, March 9. The Base Chapel hosts or supports several programs, unique to Hawaii's tropical climate such as Kayak Adventure, a Singles' Ministry activity, which was held for single Marines and Sailors aboard MCB Hawaii.

Mentors stem from mythology, but provide real-world leadership

Cpl. Jacques-Rene Hebert
Marine Forces Pacific

In Homer's epic "The Odyssey," Mentor was the faithful companion of Odysseus, King of Ithaca. Before Odysseus left to fight the armies of Paris in the Trojan Wars, he asked Mentor to stay in Ithaca and take charge of the royal household. In particular, he was to raise Telemachus, the king's young son and prepare him to be the next king.

Mentor had to be a father figure, a teacher, a role model, an approachable counselor, a trusted adviser, a challenger and an encourager to the young Telemachus in order that he become a wise and good ruler.

On several occasions, Athena, the goddess of Wisdom, would assume the form of Mentor to give advice to Telemachus or Odysseus, adding to the almost mythical wisdom Mentor seemed to possess.

In this day and age, the name mentor has become proverbial for a faithful and wise adviser. At MCB Hawaii, Kaneohe Bay, the Career Civilian Leadership Development Program is turning the reputation into reality.

"Mentors can play a critical role in achieving success," said Carol Boyd, an education counselor and the career civilian leadership development administrator for MCB Hawaii. "They teach you the ropes, so you don't make the same mistakes they may have made on the way up."

Essentially, the program helps teach the necessary skills, values and leadership traits used in higher leadership positions.

A prime example of the results of the program can be found in reserve Sgt. Maj. Jim Kuiken, the individual mobilization augmentee for Sgt. Maj. Stephen Mellinger, sergeant major of Marine Forces Pacific.

After spending four years in the Marine Corps, Kuiken left to pursue civilian employment in the government. His career has ran the gamut of government posi-

tions, starting at the bottom and now nearing the top.

Last year, Kuiken was chosen to take part in the Executive Potential Program, a program very similar to CCLDP, which is a year-long course to prepare higher grade general schedule employees for even higher positions in the senior executive service. However, upon completing the course, Kuiken found that he was activated to fill in the IMA position for MarForPac sergeant major.

"Though I was looking forward to new challenges in my civilian career, I had no qualms about setting that aside and picking up the uniform," Kuiken expressed.

Being the sergeant major for MarForPac isn't the only thing on Kuiken's plate — he's also mentoring general schedule employees, helping them get a leg up on their competition.

"Civilians are used to management, not leadership," Kuiken stated. "When you use the standard principles that every Marine knows, and apply them to situations in the civilian world, it blows everybody back. They're not used to such solid leadership."

See MENTOR, B-5

Base Chapel

MCB Hawaii
Kaneohe Bay

Catholic Services

Sunday Mass	9:30 a.m.
Holy Days of Obligation	11:45 a.m. and 6 p.m.
Daily Mass	11:45 a.m. (Tuesdays thru Fridays)
Saturday Mass	5 p.m.

Protestant Services

Liturgical Worship	8 a.m., Sundays
Children's Sunday School	9:30 a.m.
Adult Sunday School	9:30 a.m.
Adult Bible Study	9:30 a.m., Sundays
Contemporary Worship	11 a.m., Sundays
Adult Choir Rehearsal	6:30 p.m., Tuesdays

For more information about Protestant Adult Sunday School, contact Chaplain Rhodes at 257-3552. For more details about Adult Bible Study, call Ray Hauser at 263-3141.

All Catholic and Protestant services are located at the Base Chapel, Bldg. 1090 behind Dunkin' Donuts. Religious education programs are held in the new Religious Education Facility (formerly the Wiki Wiki), also in Bldg. 1090.

Contact the Base Chapel at 257-3552, for more information about services or programs.

Commissary shoppers write 'letters to the front'

Bonnie Powell

Defense Commissary Agency

FORT LEE, Va. — The threat of anthrax contamination canceled numerous letter-writing campaigns "to the front" this past holiday season. All but one.

Thanks to a General Mills Sales Inc. and Defense Commissary Agency-sponsored promotion, and a network of people around the world, a servicemember stationed far away from home will receive a letter from 11-year-old Courtney Melchoine of Virginia that says, "Our country is so blessed to have young men and women like you who will give their lives to serve."

"Thank you for keeping my friends, family and me safe."

This year, the "Letters TO the Front" program will ensure that thousands of military servicemembers can still put a letter from an ordinary American citizen in their pocket, ready to pull out when they need a word of encouragement.

The Defense Commissary Agency and General Mills Sales Inc. have sponsored the "Letters TO the Front" contest since 1999 as part of a fall sales promotion. The contest is an offshoot of the long-running play "Letters From the Front," which tours military bases each year.

The play, produced by Rector-Roberts Productions and supported by General Mills through commissary promotions, gets rave reviews wherever it tours, but it's the letter-writing contest that allows all commissary shoppers, schoolchildren, military family members and concerned Americans to show their support for troops stationed overseas.

Even though getting letters to the troops by direct mail this year was complicated by the recent anthrax threat, the unique structure of the contest eventually overcame this obstacle.

"We were right in the middle of the contest this past fall, with thousands of letters pouring in, when the 'Any Soldier' or 'Anonymous' letter-writing programs were canceled as a precautionary measure," said Marsha Roberts of Rector-Roberts Productions, coordinator of the annual "Letters TO the Front" letter-writing contest. "We knew we didn't really fall into the same category, and we



Aiko Brum

Marisel Wood compares prices on selected items, while husband James, of the Aviation Support Element, stands by with the grocery cart.

wanted to assure everyone how differently we operate."

Although many Web sites with messages from home sprang up to fill the void, it just wasn't quite the same as getting an honest-to-goodness letter.

"We know exactly how much a real letter means to a soldier, a Sailor, an airman, a Marine," said Roberts. "People leave a bit of their own presence on the page of a handwritten letter. These letters get folded up, put in a pocket, and pulled out when times get tough and a word of encouragement is needed. I know because so many servicemembers have told us their stories."

Roberts' team was very determined to follow all necessary precautions to make sure these special letters from ordinary Americans reached their intended destinations. "We take a very labor-intensive, hands-on approach," Roberts explained. "Letters are gathered by volunteers at service organizations and schools throughout the world, then sent to our office where every single letter is opened, sorted, read and judged. No letter is sent directly to troops

in the field.

"They are sent to our MWR (morale, welfare and recreation) contacts all over the world to deliver."

In previous years, each letter was placed in a new envelope before shipping. But this year, at the suggestion of the Military Postal Service, the letters were mailed in bundles to the MWR contacts.

"It was felt this would further reassure the troops in the field," said Roberts. "Of course, we followed any and all Military Postal Service suggestions regarding safety."

A former registered nurse, Roberts made sure all Rector-Roberts Productions employees who worked with the letters observed strict safety precautions when opening and sorting them.

Fortunately, no problems were en-

countered.

So, with a little perseverance and a network of helpers, thousands of letters are finally being delivered to such places as Bosnia, Kosovo, South Korea and to staging locations for U.S. troops deploying to Afghanistan.

"They are even going to Coast Guard members in Kodiak, Alaska," said Roberts. "You can't get much more remote than that!"

The letters also came in from all over the world, according to Roberts. Letters from commissary patrons and children at both Department of Defense and civilian schools poured in from writers in 49 states and more than 160 military installations worldwide. The best letters in each age group won prizes ranging from T-shirts to scholarship funds to a computer.

Once all entry letters were processed for shipping overseas, a sticker was attached explaining the program and closing with, "We hope you get encouragement from this letter and are reminded how much the folks back home appreciate you for what you are doing."

Following the events of Sept. 11, the annual contest seemed to take on a deeper meaning.

"This year, letters tended to be more personal — more thoughtful and appreciative," said Roberts. "They reflected a heightened awareness of the importance of our military, and we even had several hundred letters addressed to police and firefighters in New York City!"

What happened to those letters? "Believe it or not, the stage manager of the fall "Letters From The Front" tour is in the Army Reserve in New York," Roberts said with a laugh. "He's delivering them in person."

To read some of the commissary's Letters TO the Front, go to the Web site, <http://www.letters-from-the-front.com/localletter.htm>.





Navy Lt. Vinson W. Miller

Marine Capt. Mauricio J. Nieto (left) reaffirms his oath after Cmdr. Brian T. Smith, commanding officer of the USS Frederick, promotes him to captain while at sea aboard the tank landing ship.

Commissary partners with USO for added patron savings

Carrie Williams

Defense Commissary Agency

FORT LEE, Va. — While it's great to do a good deed, it's even better to do a good deed and save some money to boot!

You can fill your fridge, pack your pantry, save money and support the United Service Organizations, all in one shopping trip when you buy select products from the commissary during the "We Deliver America" sale through April 24.

This year, 22 manufacturers will donate money to the USO from the sales of nearly 50 brands of products, helping the organization Deliver America to military servicemembers throughout the world. Manufacturers will kick in 50 cents per case for all cases sold.

Look for special flyers in commissaries with details on participating products in Family Magazine and Maxi Saver Overseas.

In 2001, participating companies presented the USO with a check for \$150,000. This was in addition to saving

commissary customers thousands of dollars through price reductions and coupons.

This is just another way the Defense Commissary Agency supports the worldwide military community.

The USO supports American men and women wherever they serve throughout the world by providing more than 100 hospitality centers; special airport centers that are open day and night to help military families on the move; fleet support centers at many U.S. Navy and Marine ports-of-call; mobile canteens that support troops deployed to remote locations.



Aiko Brum

Ensign Robert Fry, a qualify assurance officer at Pacific Missile Range Facility, Barking Sands, Kauai, shops for items.

1/12 Marines get unique at-sea promotion

Navy Lt. Vinson W. Miller
1st Bn., 12th Marines Chaplain

ABOARD THE USS FREDERICK — The deployment of 1st Bn., 12th Marine Regiment, to DESFIREX 2-02 aboard the USS Frederick (LST-1184) provided an unusual opportunity for at-sea promotions for two members of the battalion.

Commander Brian T. Smith, commanding officer of the USS Frederick, promoted Marine Capt. Mauricio J. Nieto and Staff Sgt. Milo X. Ramirez, both of 1/12, to their new ranks, March 1. Both Marines serve in Headquarters Battery, 1st Bn., 12th Marines, where Capt. Nieto is the executive officer and Staff Sgt. Ramirez is the battalion embarkation chief.

The Marines were promoted midway through the seven-day underway to San Diego. Ramirez was promoted on the ship's bridge, while the Marines of the S-4 section looked on. The only drawback, he noted, was that his wife would have to wait for the pictures.

Nieto was promoted in the ship's officers' wardroom in a bit of deja vu. Two years before, Nieto had been promoted to first lieutenant while en route with the battalion to DESFIREX 2000.

Promotions on board ship truly demonstrate the combined nature of the

Navy-Marine Corps team. As well, the occasions exemplify the USS Frederick's motto: "One team, one fight."

First Bn., 12th Marine Regiment participates in the Desert Fire Exercise at Marine Corps Air Ground Combat Center, Twentynine Palms, Calif., every other year. The USS Frederick has been 1/12's time-honored means of transportation.

As the Navy's last tank landing ship or LST, the "Fast Freddy," as it is known among countless Hawaii Marines, is scheduled to be decommissioned in October 2002.



Navy Lt. Vinson W. Miller

Staff Sgt. Milo X. Ramirez (right) of 1/12 gets his new staff noncommissioned officer chevrons pinned on by Cmdr. Brian T. Smith, commanding officer of the USS Frederick and Gunnery Sgt. Duran, also with 1/12, aboard the ship's bridge.

MENTOR, From B-3

Kuiken continued, "Just like NCOs taking care of their troops, you have to actually care for your people — not just pay them lip service. Unfortunately, these are foreign concepts for many civilians."

For Boyd, the sergeant major is a rare find.

"He's got so many people lined up," commented Boyd. "He's hard-hitting and demanding. If he gives an assignment and you don't follow through, then he's done with you because you're not putting enough time in."

What impresses Boyd most, however, is his ability to juggle the rigors of being

the MarForPac sergeant major with finding time to guide people.

"Even though he's high visibility and very busy, he still takes on pupils and helps guide them toward success."

Currently, the program is trying to develop a pool of mentors. Boyd is looking for a few good men and women who have had extensive experience in their field and are willing to help others learn the ropes. Senior military officers and staff NCOs can serve as mentors due to their broad perspective gained from the mobility and variety of positions they hold throughout their careers.

For more, contact Carol Boyd or the Joint Education Center at 257-2158, or call Geanne Chang at 254-7628.

Contest Corner



Magazine seeks youth spellers

North American Precise Syndicate, Inc.
Featurettes

Now it really pays to increase your word power. Scholarships and other prizes will be awarded to students who do well in a vocabulary contest.

The competition, based on the popular Word Power section of *Reader's Digest* magazine, involves a school-wide vocabulary contest for students in grades 4 to 8 in public and private schools nationwide and home-schooled students.

School winners take a written qualifying test. The top 100 winners compete statewide and the state winners vie for the national title.

Actually, every participant can be considered a winner.

According to researchers, by sharpening vocabulary skills, students gain control over school subjects, workplace issues and the world of ideas in general. IQ test scores, school grades and job status are frequently linked to vocabulary size.

Registration for the 2002-2003 academic year is underway.

For information about the contest and how to enter, see www.nwpc.rd.com or www.qsp.com.

Call, toll free at 866-523-6388.

Parents and teachers around the country will be having a word with their students as they enter a challenging but fun vocabulary contest.

Healthcare scholarship aids students

North American Precise Syndicate, Inc.
Featurettes

The Department of Labor projects that the number of healthcare jobs in the U.S. will increase by 26 percent between now and 2008. That's 2.8 million new jobs, in such fields as dental hygiene, occupational therapy, pharmacy, nursing and speech-language pathology.

For many people, one of the biggest obstacles to pursuing a career in a healthcare-related field is the cost of schooling. At private colleges and universities, an undergraduate education averages \$22,533 per year. Then there's graduate studies, medical school or nursing school.

Fortunately, there's a scholarship program that makes funding available to students pursuing healthcare studies. Now in its 11th year, the Tylenol Scholarship Fund will present 160 awards, totaling \$250,000.

Since 1992, McNeil Consumer and Specialty Pharmaceuticals, makers of Tylenol, has granted more than \$5.2 million.

Locally, applications are available at K-Mart, Wal-Mart and Walgreen's. Applications may also be accessed online at www.tylenol.com.

The deadline for submission is April 30.

Winners will be notified by July 15.

WORD TO PASS

Waikiki Aquarium Egg Hunt Scheduled, Saturday

The Waikiki Aquarium and Ka Lei Eggs are proud to present the 7th Annual Easter Sea Hunt, Saturday, March 23 from 9 a.m. to noon.

The event includes games, pictures with the Easter bunny and, of course, the egg hunt on the Aquarium lawn. Other festivities scheduled are a basketball toss, fish pond, wheel of chance, soda ring toss and lucky lollipop.

Parents can purchase scripts for each game or purchase a wristband for unlimited games.

The Aquarium is administered by the University of Hawaii and is the third oldest public aquarium in the U.S.

For more information, call Tammy Chun at 923-9741, option 3.

All Enlisted Spouses' Club Changes Hours

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

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

Navy-Marine Corps Relief Needs Volunteers

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

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

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

Consider donating your time to NMCRS. Not only will you be providing an invaluable service to Marines, Sailors and family members, but also you will meet interesting people, increase your self-confidence, build your resume and learn new job skills.

Volunteers set their own hours, and the Society reimburses for mileage and childcare.

Contact NMCRS' Kaneohe Bay office (in Bldg. 216, the "general's building") at 254-1327 or the Pearl Harbor office (1514 Makalapa Drive, across from the Makalapa Branch Medical Clinic) at 423-1314.

Walk for Diabetes Set

To help raise money for diabetes research and public education, the American Diabetes Association has organized its 3rd Annual Chevron Hawaii Walk for Diabetes at

Kapiolani Park, March 30.

Registration opens at 7 a.m., and the walk begins at 8 a.m. Walkers will complete a distance of 1.8 or 2.3 miles around the park, located in Waikiki across from the Honolulu Zoo.

Monetary donations are sought; over \$50 makes you eligible for thank you gifts, T-shirts, Chevron gift certificates and other great prizes.

A host of bands and a keiki fair will entertain the crowd after the walk.

Registration forms can be picked up at participating Chevron dealers, Longs, Star Markets, Times and KTA Super Stores.

Call 947-5979 for more information, or visit <http://diabetes.org/walk>.

Marine Corps Scholarships

The Marine Corps Scholarship Foundation is looking for students who qualify for Academic Year 2002-2003 scholarships.

You may be eligible, if you meet three parameters.

(1) You are:

- the son or daughter of a Marine on active duty or in the reserves;

- the son or daughter of a former Marine or reservist who received an honorable or medical discharge, or who was killed while on duty;

- or, the son or daughter of an active duty, reserve, or former corpsman who is serving or has served with Marines.

(2) You must also be

- a high school senior,
- a high school graduate,
- currently enrolled as an

undergraduate at an accredited university,

- or currently enrolled at an accredited vocational or technical school.

(3) Your 2001 family income must be less than \$49,000

Qualifying students may obtain an application packet by visiting www.marinescholars.org or writing to Marine Corps Scholarship Foundation; P.O. Box 3008; Princeton, NJ 08543-3008.

The application deadline is April 1.

MS Walk 2002

The Multiple Sclerosis Society of Hawaii is now accepting registration for teams, families and individuals to participate in this year's MS Walk 2002, April 6 at 7:30 a.m. at the McCoy Pavilion at Ala Moana Beach Park.

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

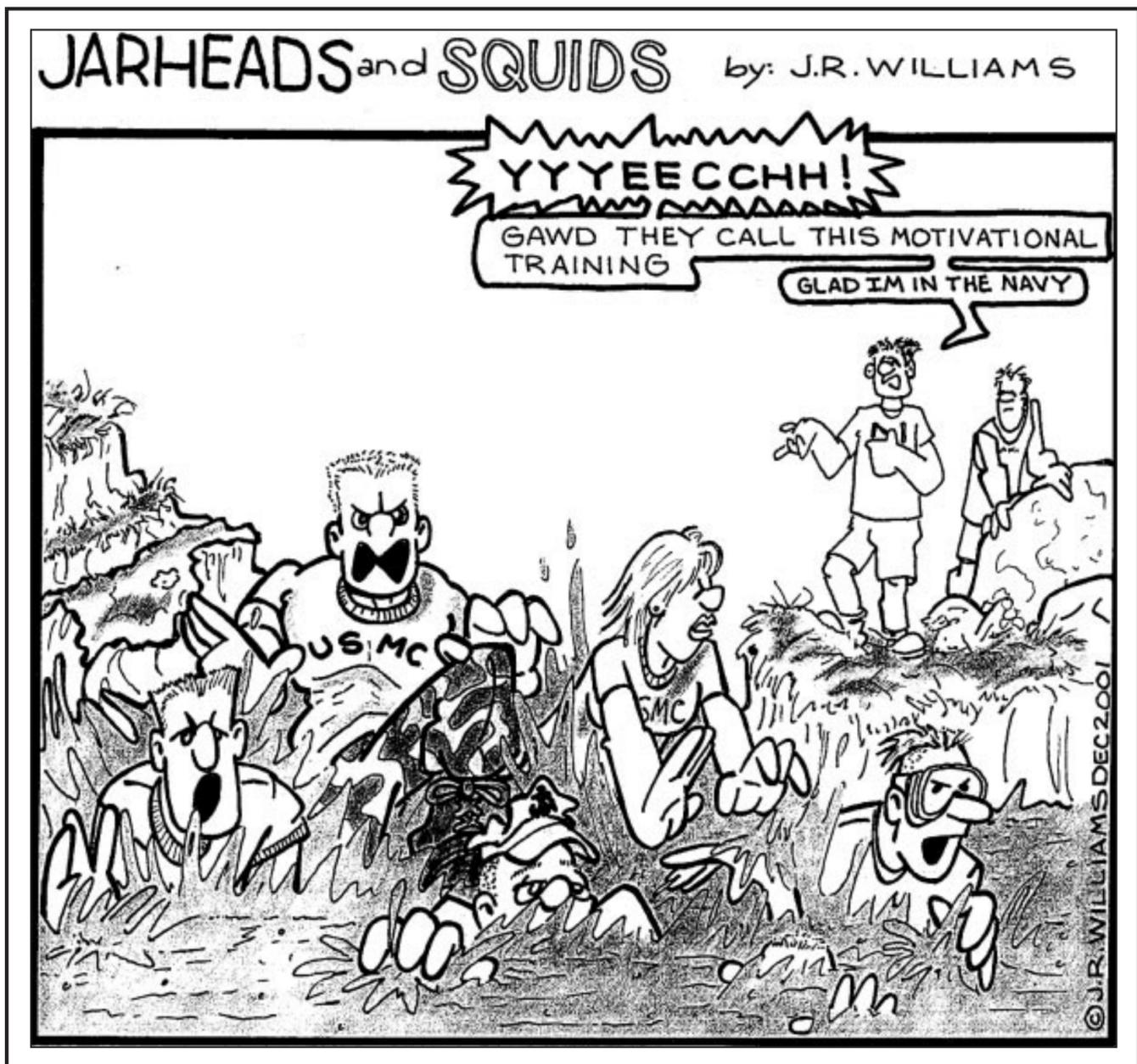
Register at www.National-MS-Society.org or call 532-0811 for more details.

Youth Day of Caring

On the morning of April 20, Oahu's youth in seventh grade through college level will be participating in several volunteer service projects.

Aloha United Way and YM-CA Youth Mapping will collaborate to present "Youth Day of Caring."

Contact Judith at the Aloha United Way at 543-2214 or email Judith@auw.org, for more information.



Did You Know?

Some cultures believed pearls were created when oysters swallowed raindrops.

HOLIDAY RECIPE

Sugar-N-Spice Bunnies will surely delight all

North American Precise
Syndicate, Inc.
Featuring

Easter is a major holiday with several traditions, both religious and secular, equated with the day.

Think of Easter as a tree with many branches.

Easter marks the holiest of Christian holidays, celebrating the resurrected Christ.

Easter derives its name from Eostre, the Anglo-Saxon goddess of spring in pagan times and the likely genesis of the traditions of rabbits and eggs.

Still others treat Easter as a celebration of the spring equinox, when the day is in balance with the night and we begin to see more light and less darkness.

The universal meaning of Easter is hope, rebirth and rejuvenation.

Due to its complex lineage, Easter has spawned a variety of widely-recognized symbols: the cross, lilies, chicks, Easter eggs, and a bunny that lays eggs.

More than 42 percent of American parents tell their children that there is an Easter Bunny. So says a survey of 1,005 Americans commissioned by the floral giant FTD.

The same study found that nearly all Americans polled (about 90 percent) said they would be spending the Easter holiday with family members.

For your Easter buffet, Sugar-N-Spice Bunnies are a sure hit. The bunnies are a soft bread which is sweet from the sugar in the dough and the powdered sugar glaze on top. The bread is surprisingly zesty from ground cinnamon, nutmeg and allspice.

Chopped dates meld perfectly with these flavors for a memorable Easter creation.



North American Precise Syndicate, Inc.

Sugar-N-Spice Bunnies are a soft bread, sweet from sugar in the dough and glaze on top; it's made zesty with ground cinnamon, nutmeg and allspice.

Sugar-N-Spice Bunnies are also very cute.

Continuing a legacy of Helping Bakers Bake (tm), the baking experts at Fleischmann's Yeast offer a toll-free line for bakers who need assistance or who want recipes. Call 1-800-777-4959 (Mon.-Fri., 7 a.m. to 8 p.m.; Sat.-Sun. 7 a.m. to 7 p.m., Central) or visit the Web site, www.breadworld.com, which is bursting with baking tips and recipes.

To make Sugar-N-Spice Bunnies, follow this recipe, which makes 10 bunnies.

Ingredients

- 5-1/2 to 6 cups all-purpose flour
- 1/3 cup sugar
- 2 envelopes Fleischmann's Rapid Rise Yeast
- 1 teaspoon ground cinnamon
- 1 teaspoon salt
- 1/4 teaspoon ground allspice
- 1/4 teaspoon ground nutmeg
- 1 cup milk
- 1/2 cup water
- 1/3 cup butter or margarine
- 2 large eggs
- 1 (8-ounce) package chopped

dates, optional

Follow this recipe:

In large bowl, combine 2-1/2 cups flour, sugar, undissolved yeast, spices, and salt.

Heat milk, water and butter until very warm (120° to 130°F).

Gradually add to flour mixture. Beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally.

Add eggs and 1/2 cup flour. Beat 2 minutes at high speed.

Stir in enough remaining flour to make soft dough. Knead on lightly floured surface until smooth and elastic, about 8 to 10 minutes.

Cover; let rest 10 minutes.

Set aside about 1/4 cup dates for bunny's eyes. Knead remaining dates into dough, if desired.

Divide dough into 10 equal pieces. Roll each to 24-inch rope.

Divide each rope into 1 (13-inch), 1 (6-inch), 2 (2-inch), and 1 (1-inch) strips.

Coil 13-inch strip to make body; coil 6-inch strip to make head.

Attach head to body; pinch to seal.

Shape 2 (2-inch) strips into ears and remaining 1-inch strip into tail.

Attach to body and head.

Place on 2 greased baking sheets. Cover; let rise in warm, draft-free place until doubled in size, about 1 hour.

Bake at 375°F for 15 to 20 minutes or until done. Remove from pans; cool on wire racks.

Drizzle with Powdered Sugar Glaze. Insert reserved date pieces for eyes.

For the Powdered Sugar Glaze:

Combine 1 cup powdered sugar, sifted; 2 tablespoons milk; and 1/2 teaspoon vanilla extract.

Stir until smooth.

Browsers can check out helpful Web sites

Next time you're browsing the Internet, check out:
-The United States Postal Service at www.usps.com.
-National Foundation for Credit Counselling at www.nfcc.org.

The Produce Marketing Association at aboutproduce.com.
The U.S. Dept. of Transportation at www.nhtsa.dot.gov.

