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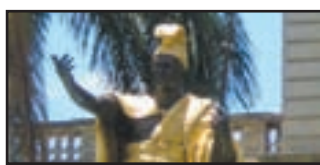
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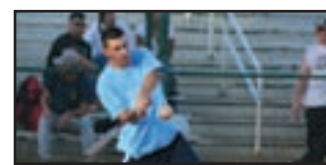
AUGUST 22, 2008



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Lance Cpl. Fredrick Coleman

Staff Sgt. Joshua Noel, Sebring, Fla. native and crew chief with Marine Heavy Helicopter Squadron 363, Marine Aircraft Group 16, 3rd Marine Aircraft Wing (Forward), positions himself in front of a CH-53D Sea Stallion before the pilots start the engines here, July 28. The squadron of more than 180 Marines work around the clock providing assault support transportation of troops and supplies throughout al Anbar Province.



Pfc. Jerry Murphy

During a trip to Camp Baharia in Iraq Saturday, Sgt. Maj. Carlton W. Kent, sergeant major of the Marine Corps, speaks to Marines of 1st Battalion, 3rd Marine Regiment; 2nd Battalion, 3rd Marine Regiment; and 3rd Battalion, 6th Marine Regiment, all elements of Regimental Combat Team 1.

Corps' top enlisted visits Marines in Camp Baharia

Pfc. Jerry Murphy
Regimental Combat Team 1

CAMP BAHARIA, Iraq – With the hot Iraq weather sweltering down on an assembly of Marines gathered at Camp Baharia, Sgt. Maj. Carlton W. Kent, sergeant major of the Marine Corps, delivered a riveting speech about subjects ranging from progress Marines are making in Iraq and Afghanistan to the Marine Corps' new physical training uniforms.

Marines with 1st Battalion, 3rd Marine Regiment; 2nd Bn., 3rd Marines; and 3rd Bn., 6th Marine Regiment - all elements of Regimental Combat Team 1 - listened attentively as Kent congratulated them on the job they have done during their current and previous tours in Iraq.

"As we were riding up, there were kids standing out there by the checkpoint waving at the Marines," Kent said. "You would never have seen that back in 2004 and 2005, and even part of 2006; those kids would have turned their heads back then. Because of the job you all have done out here, that is possible today."

The Marines enjoyed Kent's visit, and remarked about him taking time out of his life to address issues concerning the

See KENT, A-5

Red Lions on prowl

HMH 363's Marines, Sailors arrive in al Asad

Lance Cpl. Fredrick Coleman
3rd Marine Aircraft Wing (Forward)

AL ASAD AIR BASE, Iraq – Marine Heavy Helicopter Squadron 363, Marine Aircraft Group 16, 3rd Marine Aircraft Wing (Forward), known as the "Red Lions," roared into al Asad Air Base in July.

The squadron of more than 180 Marines and Sailors will provide assault support and transportation of troops, supplies and equipment with their CH-53D Sea Stallions, according to Lt. Col. Hugh V. Tillman, commanding officer, HMH-363.

The squadron received their aircraft

after HMH-463 completed a successful Western Pacific deployment, explained Tillman.

"The Marines from 463 did an excellent job of giving us ready-to-fly aircraft," Tillman said. "Our Marines here work 24 hours a day, seven days a week to ensure the aircraft are mission ready."

The CH-53D, which made its first flight in 1964, was adopted by the Marine Corps in 1966 to satisfy the need for a heavy-lift helicopter, according to Tillman. The aircraft performed this duty until the introduction of the CH-53E Super Stallion in 1981.

With the introduction of the CH-53E, the Sea Stallion transitioned to supporting medium-lift operations along with

the CH-46E Sea Knight.

The CH-53D took on the role of medium lift helicopter because the CH-53E Super Stallion can haul up to 10,000 pounds more than the Sea Stallion, according to Capt. Peter Stachowicz, a pilot with HMH-363.

"The aircraft still brings a lot to the fight," Tillman said. "The helicopter can support almost any mission that's required. From aerial scouting to raids. This aircraft can do it all."

Scheduled for replacement by the MV-22 Osprey, the Sea Stallion has proven to be a reliable asset during operations in the blistering cold of South Korea through the sweltering heat of Iraq.

Registering to vote

CMC encourages Marines to vote in upcoming election

Ballots are stronger than bullets. Voting is the cornerstone of our democracy and it is a right we all too often take for granted.

"As Americans, we have the great privilege to live in a free society and voting is the right that makes us free. Throughout history, many have fought for and sacrificed everything to achieve that right," said Pennsylvania's State Department. "Without voting, there could be no democracy."

The presidential election is scheduled for Nov. 8. You must be registered in your legal state of residence to vote according to ALMAR 029/08. This includes physically visiting a poll or submitting an absentee ballot. Marines or Sailors who are deployed or stationed outside their state of legal residence may submit an absentee ballot to participate in the general election.

To register or to request an absentee ballot you must fill out a Federal Post Card Application, said Maj. Gen. Timothy R. Larsen, director of Personal and Family Readiness Division.

The FPCA must arrive in your state's election office 30 days prior to the election to be eligible. The application registers you to vote, changes your mailing address with your state of legal residence and, if requested, will send you an absentee ballot for the general election and primary elections.

"The most frequent barrier voters encounter when submitting an absentee ballot is insufficient ballot transit time, warned David James, the Marine Corps voting action officer. "Register now to eliminate this potential problem." "Each state has specific instructions on how to fill out the FPCA. Instructions are available by clicking the 'State by State Instructions' link on the Marine Corps voting webpage," said Larsen. "Be smart, do your part, vote!"

If you have cast your vote with an absentee ballot in the past, and your mailing address has changed, you must fill out

See VOTING, A-5

K-Bay welcomes new CO



File photo

Col. Robert Rice comes to Marine Corps Base Hawaii after serving as commanding officer of Marine Unmanned Aerial Vehicle Squadron 2, Marine Corps Air Station Cherry Point, N.C. Rice assumes command from Col. Mark A. Dungan in a change of command ceremony Aug. 29.

Rice promotes unit partnerships, change in command philosophy

Christine Cabalo
Photojournalist

Remembering his boyhood, it was watching daring Marines fly harrier jets at air shows that made Col. Robert Rice want to join.

From playing with toy airplanes to flying their real-life counterparts, Rice's dedication to maintaining a bird's-eye view on life has brought him here. He takes command Aug. 29 from Col. Mark Dungan, base commander, Marine Corps Base Hawaii.

"The friendliness of people in Hawaii amazes me," he said. "It's been so wonderful already for my family, and Hawaii has an inherent beauty."

Born and raised in Cleveland, Ohio, he graduated from Southern Illinois University in 1982.

His father, a World War II Naval aviator, inspired him in his Marine Corps career as Rice eventually began to fly the EA-6B Prowler. During his career, Rice and his family have traveled through Europe to Naval Air Station Sigonella, Sicily, in the 1990s.

More recently in 2004, Rice

said studying in London at the Royal College of Defense Studies made him appreciate the dynamics of global diversity. The year his family spent there as he examined security issues and global interaction, Rice said, made him feel like an honorary Brit.

"I was on the tubes during the London Tube bombings," he said. "I was on my way to class. We were coming in to the tube station, and we couldn't stop because there was a power surge. I got off and walked. As soon as I got to school, one of the administrators let us know about the attacks."

Despite the dangers, Rice said he admired seeing Londoners remain stoic and confident during the hardship.

Watching citizens stride down nearby bridges with the subway system closed, the colonel said it's a vivid reminder of why he joined the Corps.

It's Rice's global insights and his skills working with people multiple backgrounds that's invaluable, said Navy Capt. Jay Chestnut, chief of plans, U.S.

See RICE, A-5

NEWS BRIEFS

Marine Corps League

The Marine Corps League, Aloha Detachment, is encouraging Marines, Fleet Marine Force corpsmen and anyone who has the desire to preserve the traditions and promote the interest of the U.S. Marine Corps to join the Aloha Detachment on Oahu.

For more information, contact John Ah Chick at 227-9115 or 261-9693.

Interactive Customer Evaluations

Have a problem or want to serve up some praise? Customers of Department of Defense services can file confidential evaluations online.

For more information, log on to: <http://ice.disa.mil>.

Counterintelligence Looking for Marines

The Marine Corps needs intelligent, motivated, talented and ambitious first-term corporals and sergeants to lateral move to the Counter-intelligence/HUMINT Specialist occupational specialty.

For more information on the field, contact the CI/HUMINT Branch at 477-8447.

Base Chapel Hours

Catholic: Daily Mass is Mondays through Thursday, from 11:30 a.m. to noon. Saturday Mass is 9:30 a.m. and 5 p.m. Sunday Confession starts at 4 p.m. Preschool to 12th-grade student Sunday lessons are from 10:30 a.m. to 12:30 p.m.

Protestant: Traditional services start Sundays at 8 a.m. Sunday contemporary service with Children's Church begins at 11 a.m. Religious education classes for children and adults are held Sundays at 9:30 a.m., beginning in the fall.

Job Fair

The Joint Employment Management System will hold its 21st annual job fair Sept. 3 at Club Pearl on Naval Station Pearl Harbor from 10 a.m. to 2 p.m. More than 1,000 companies and agencies will participate in the event. The fair is open to all service members, family members, retirees, Department of Defense employees and reserve troops.

For more information, visit the JEM Web site at <http://www.JEMSjobs.com> or call Rita May at (808)-473-0190.

Naval Health Clinic Closure

Naval Health Clinic Hawaii will be closed over Labor Day Weekend.

All NHCH clinic operations, including pharmacy and lab services, will be secured 30 August through Sept. 1. All routine care should be planned before and after that weekend. All clinics will reopen Sept. 2. To speak to a medical care provider anytime the clinics are closed, please call the TriCare After Hours Access Line at 566-5005.

For emergencies, dial 911 or go to the nearest emergency room.

Important Phone Numbers:

On-Base Emergencies	911
Military Police	257-7114
Child Protective Service	832-5300
Fraud, Waste, Abuse & EEO	257-8852
Pothole & Streetlight Repair	257-2380
Base Information	449-7110
MCBH Duty Chaplain	257-7700
DEERS	257-2077

Hawaii MARINE

www.mcbh.usmc.mil

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Top brass ...



Sgt. Brian A. Tuthill

Gen. James T. Conway, commandant of the Marine Corps, and Sgt. Maj. Carlton Kent, sergeant major of the Marine Corps, speak to Marines, Sailors and their families in a town hall meeting at the base chapel Thursday. Conway and his wife made visits to base facilities throughout the day. To read the full story about Conway and his wife's visits, see next week's edition of the *Hawaii Marine*.

Kings of Battle wrap up Cajun Viper

1/12's transition to TFMP complete, battalion ready for OIF

Lance Cpl. Lorenzo Olvera

Combat Camera
1st Battalion, 12th Marine Regiment
Task Force Military Police

FORT POLK, La. – Task Force Military Police, comprised of the Marines and Sailors of 1st Battalion, 12th Marines Regiment, Military Police Company, Marine Wing Support Squadron 271 and Delta Company, 4th Antiterrorism Battalion, spent the last month at the Joint Readiness Training Center in Fort Polk, La., preparing for their upcoming deployment to Iraq.

Exercise Cajun Viper was the first time the entire task force came together to train as one unit. After training together in the Louisiana heat and humidity, often reaching more than 100 degrees, the unit is ready to head back to Iraq.

"JRTC's large well-planned environment allows for a wide range of thorough training," said Cpl. J.T. Johnson, Alpha Battery. "The experienced, vigilant staff ensures any knowledge gaps are filled upon leaving the box."

Task Force MP shared the exercise battlespace with the 3rd Brigade Combat Team, 82d Airborne Division, and took full advantage of the opportunity to train with the brigade, simulating missions the task force will execute in Iraq. Supporting a notional multi-national division and operating along-

side the brigade, the task force ran two regional detention facilities and sourced countless convoy security teams escorting detainee releases and transfers, and logistics convoys throughout the exercise area of operations. Task Force MP and the brigade also shared security responsibilities for the various forward operating bases.

The task force took advantage of the opportunity to cross-train with the brigade. Doctors and corpsman from TFMP shared spaces with Army medics and treated simulated casualties together throughout the exercise. The Marines and Sailors also trained with Army aviation assets normally not available for training but will likely support their missions in Iraq. The exercise culminated in a force-on-force exercise with civilian role players and an anti-Iraqi opposing force made up of soldiers from the 1st Battalion, 509th Infantry.

One of the highlights of the exercise was a convoy live-fire range. Marines and Sailors put their skills to the test on a live-fire range that required them to maneuver a vehicle convoy along a route and engage targets in a very realistic simulated combat environment. The range used various pyrotechnics



Photos by Cpl. Kristopher R. Atkinson

Pfc. Brendon Tucker, gunner, first platoon, Charlie Battery, 1st Battalion, 12th Marine Regiment, stands in front of a humvee during a live-fire convoy exercise during Exercise Cajun Viper at the Joint Readiness Training Center, Fort Polk, La., Aug. 13.

and other devices to simulate enemy gunfire, improvised explosive devices, close air support and indirect fire.

"The range provided an extremely realistic training environment for all Marines who participated," said 2nd Lt. Kyle Lynch, platoon commander, Headquarters Battery. "It combined all the scenarios that a convoy security team might expect to encounter in Iraq."

This is 1st Battalion, 12th Marines' second rotation at JRTC for Cajun Viper. The battalion participated in Cajun Viper in January 2007 before deploying to OIF as TFMP in March, 2007.

The basic mission has not changed, but the recent improvements in the security situation in the al Anbar province have an enormous impact on the way Marines carry out their missions. The Marines are honing their skills to accommodate the increase in the normal day-to-day business of the Iraqi people while still providing the required security from the anti-Iraqi forces operating in the al Anbar province. Cajun Viper was a final opportunity to focus the Marines and Sailors on the upcoming deployment.

"Training my Marines at JRTC was 24 days of quality training on a platoon and battery level," said Staff Sgt. Lawrence Boughton, platoon sergeant, Charlie Battery. "The platoon worked, trained, and lived together for those days with minimal distractions. Training under adverse conditions helped us develop and allowed myself to enhance the platoons standard operating procedures in a combat environment."

Task Force MP departed JRTC this week and returned to their home stations for some well-earned leave before they deploy to Iraq in September.



Marines with First Platoon, Charlie Battery, 1st Battalion, 12th Marine Regiment load simulated casualty Pfc. James Zimmerer, radio operator, into a helicopter during a live fire convoy exercise during Exercise Cajun Viper at the Joint Readiness Training Center, Fort Polk, La., Aug. 12.

Weekend weather outlook

Today



Day — Scattered showers. Mostly cloudy, with a high near 82. East wind around 12 mph, with gusts as high as 18 mph. New rainfall amounts between a tenth and quarter of an inch possible.

Night — Scattered showers. Mostly cloudy, with a low around 76. East wind around 10 mph. Chance of precipitation is 30 percent.

High — 82
Low — 76

Saturday



Day — Scattered showers. Mostly cloudy, with a 82 high. East wind between 10 and 15 mph. Chance of precipitation is 30 percent. New rainfall amounts between a tenth and quarter of an inch possible.

Night — Scattered showers. Mostly cloudy, with a low around 76. East wind around 14 mph.

High — 82
Low — 76

Sunday



Day — Scattered showers. Mostly cloudy, with a high near 82. East wind around 11 mph, with gusts as high as 14 mph. Chance of precipitation is 30 percent.

Night — Scattered showers. Mostly cloudy, with a low around 76. East wind between 11 and 14 mph. Chance of precipitation is 30 percent.

High — 82
Low — 76



Photos by Kristen Wong

Hannielyn Kressler gazes adoringly into her husband's eyes for the first time in seven months as she welcomed him home from an Iraq deployment with 2nd Battalion, 3rd Marine Regiment, Aug. 14 at the battalion's headquarters building. Hannielyn Kressler held up a sign shaped like an arrow pointing at her head that read "Sgt. Kressler wife."



Welcome home Island Warriors

2/3's advanced party welcomed home with open arms, anticipates main body's return



First Lt. Craig Shurgot, 2nd Battalion, 3rd Marine Regiment, gives his daughter a huge hug upon his return from deployment, Aug. 14 at the battalion's headquarters. Shurgot's wife and daughter came to greet him to welcome him home from a seven-month deployment to Iraq.



Gunnery Sgt. Chris Bellivan, Infantry Unit Leader, 2/3, was greeted by his 10-year old daughter Alyssa when he arrived home with the battalion's advanced party, Aug. 14. Alyssa Bellivan made a special sign for her father, who just returned from his seventh deployment. Gunnery Sgt. Chris Bellivan said he missed his family most while deployed, and he and his family would probably spend their first few hours together crying, celebrating his return.

Kristen Wong
Photojournalist

Fighting the torrid afternoon heat, friends and family with balloons and colorful welcome home signs waited for 116 loved ones who deployed to Iraq seven months ago with the advanced party of 2nd Battalion, 3rd Marine Regiment, to arrive Aug. 14 at the 2/3 Headquarters building. Among those waiting were the Marine Forces Pacific, Band, inflatable castles, and a table filled with snacks.

Marines lined the parking lot like lights on a runway, as one van and later, three buses pulled in. Weapons and backpacks in hand, the active duty service members were greeted with leis, hugs, and music.

Gunnery Sgt. Joseph Butler, Light Armor Vehicle crewman, 2/3, said the main body of the unit is due back later this month.

"This is the last one so we're happy," said military spouse Charlania Diaz, holding Taz, the family Pomeranian. Diaz, her sister, and Diaz's children came to see her husband, who returned from his sixth and final deployment.

Robert Downing, a Danvers, Mass., resident, and his family endured several flights and flight issues to fly from Boston to see their son return. Downing said the family noticed how quiet it was with their son in Iraq.

"[It was] quiet, very quiet, that was the biggest thing we've noticed," Downing said, laughing.

Many of the people waiting were spouses, some of whom came alone to see their husbands.

Miriam Aja brought a sign decorated with their baby's footprints. Aja said she kept herself busy working and taking care of their newborn while her husband was on deployment.

"I feel like I can breathe finally," said Barbara Vance, whose husband returned that day from his second deployment. As she stood there in anticipation, Vance said she had butterflies in her stomach. She said she felt the same as she did on their first date.

"I'm going to run when I see him," she said. True to her word, Vance streamlined past the buses and gave her husband a big hug as he was getting off the bus.

Gunnery Sgt. Chris Bellivan, infantry unit leader, 2/3, said he and his family would probably spend his first day back crying. He said what he missed the most while in Iraq was his family.

First Lt. Tin Nguyen, Infantry Officer, Weapons Company, 2/3, said the battalion's most recent deployment to Iraq was to help the Iraqi police force fully establish itself in its community. Nguyen, who returned from his second deployment, said the battalion was successful in their efforts and the "Iraqi police can stand on their own two feet."

The advanced party left for Iraq before the rest of the battalion was scheduled for deployment in order to get a feel for the area, and make necessary preparations.

Among other things, many of the Marines said they missed their families the most.

"Most of the stuff we missed won't print well," joked Sgt. Beau Hancock, rifleman, Golf Company, 2/3.

Approximately 600 2/3 Marines remain in Iraq, and are scheduled to arrive home by the end of the month.



A 2/3 Marine walks with his daughters, 5-year-old Fionna, and 3-year-old Almut at the battalion's advanced party's homecoming Aug. 14. Wives, children, friends and family alike long awaited the return of 2/3, complete with the Marine Forces Pacific, Band, food, and inflatable castles.



Miriam Aja holds up a homemade sign to welcome her husband back from deployment. Second Battalion, 3rd Marines' advanced party returned to base around 3:15 p.m. Aug. 14.



Staff Sgt. Michael Vance, 2/3, gives his wife a long overdue hug Aug. 14 at 2/3's advanced party's homecoming. A total of 116 active duty service members came home on the advance party from a seven month Iraqi deployment. The rest of the battalion is due back later this month.

K-Bay gone green



Photos by Christine Cabalo

TJ Ward (right) and Nicholas Zinsius, student volunteers, drop in recyclables found around Marine Corps Base Hawaii. Ward and Zinsius, who started St. Anthony School Tuesday, helped collect trash and saw how it was sorted at the base recycling center.

Volunteers take out trash for Pride Day

Christine Cabalo

Photojournalist

Greener days are ahead thanks to volunteers cleaning Aug. 14 and 15 during Base Pride Day, a semi-annual event dedicated to base beautification.

The cleanup spanned two days, as cleaners took to the beaches and roadways collecting trash. Covering more than 2,000 acres, each unit took on one of eight areas of the base. More than 2,900 pounds of trash were collected, said David Cunha, manager, Base Landfill.

"We collected a lot of metal this year," he said. "All of the items that could not be recycled went to the landfill."

Eleven-year-olds TJ Ward and Nicholas Zinsius, St. Anthony School students, volunteered to clean before beginning school Tuesday. The two cleaned near the Nuupia Ponds and back gate areas, clearing dirty debris. Ward said he and his classmate found bottles, old sporting equipment and a lot of loose trash.

"More people need to help out," Ward said. "There may still be a lot of stuff out there we haven't found yet. When we saw all the trash out there today, we realized we needed a bigger bag."

More student volunteers may be expected next Pride Day, said Petty Officer 2nd Class Tony Evans, base working party staff noncommissioned officer-in-charge, Base Inspector's Office.

Evans said he and other coordinators are hoping to include more student and civilian help in upcoming Pride Days.

Pride Day is a collaborative effort between the Environmental Compliance and Protection Department and the Base Inspector's Office.

Civilian volunteers from the Environmental Department also spent the day cutting down invasive plants like mangrove, which choke out growth of native plant life.

Crews worked in the mud around Nuupia Pond shore to cut down and carry away the heavy plant.

Volunteering was profitable for Sgt. Israel Alaniz, aviation supply specialist, Marine Aviation Logistics Squadron 24. During his trash sweep along Mokapu Road he found a dollar bill.

"I plan to travel with my money," he joked. "Since it's just a buck, I'll probably travel to the store near the front gate and buy a soda with it."

Other volunteers also reported finding salvageable items during their sweep. Lance Cpl. Katie Clay, legal services specialist, Headquarters Battalion, said she found a surfboard while cleaning Pyramid Rock beach.

Some abandoned household furniture could be salvaged, said Petty Officer 2nd Class Heather Phelps, aviation electronics technician, Commander, Patrol and Reconnaissance Wing 2. Phelps, who sorted out items at the base recycling center, said she was surprised to see some useable chairs come in.

Base waste that can't be recycled is taken to the landfill, which is scheduled to reach its full capacity within a few years. Once full, base coordinators will need to export their trash, potentially costing more money.

Cunha said events like Pride Day help keep the waste that ends up in the landfill to a minimum.

After checking in with several units, Evans said areas like the barracks parking lot were completely free of trash. The landfill manager said the cleanup went smoothly this year, and he expects things may go even faster next year with more volunteer help.

"Any help is greatly appreciated," Cunha said. "Even students can do little things like pick up loose paper."



Marines from 3rd Radio Battalion and other units aboard Marine Corps Base Hawaii sort through paper waste collected Aug. 14 during Pride Day. Fluted cardboard, which has wave-shaped cardboard inside, is recyclable. The volunteers sort and compact the cardboard for easy recycling.



Marines from G-6 Communications and Information Systems and G-8 Comptroller look for litter along 3rd Street during Pride Day. Volunteers also swept through Pyramid Rock and Fort Hase Beach for any leftover debris.



Holding a discarded hat, Pfc. David Judd, aviation supply specialist, Marine Aviation Logistics Squadron stands with litter his squadron collected.



Searching for trash near the intersection of Third and G streets, Marines from the Dispersing Department of the G-8 Comptroller pick up litter. More than 1,000 pounds of trash was collected Aug. 14, according to David Cunha, manager, Base Landfill.

KENT, from A-1

future of the Marine Corps.

"He came out here to check up on our well-being," said Sgt. Phil A. Oblak, the company radio operator for Weapons Company, 1/3. "It really shows us, first hand, that he cares."

"You know, it means a lot that he's out here," said Sgt. Scott Patterson, a section leader with Weapons Company, 3/6. "Most of the stuff that he talked about answered questions that Marines had going into the meeting. It took a lot of stuff off people's minds, which is important, especially out here. He really drilled home the fact that the Marine Corps isn't (pulling out of Iraq) anytime soon."

Kent said he is proud of each and every Marine serving here and is proud to be serving next to them in the Marine Corps.

"You all will continue to live the Marine Corps' legacy and we are extremely proud of what you are doing," he said.

"When I retire in a couple of years, I'm going to retire knowing that the Marine Corps is in good shape for many years to come because of Marines like you. I will tell you all that in my more than 30 years as a Marine, the Marine Corps has never been in better shape than it is right now."

A few days prior to his stop in Iraq, Kent and the commandant of the Marine Corps, Gen. James T. Conway, visited with Marines of the 24th Marine Expeditionary Unit and 2nd Battalion, 7th Marine Regiment, in Afghanistan.

Kent said he was astonished by the Marines' morale given their living conditions, and compared their dedication to Marines serving here.

"The Marines were ankle deep in dust, sitting on (Meals Ready to Eat) boxes," he said. "One platoon is separated by about 60 clicks from their company headquarters, but when the commandant and I talked to them, they were all happy as hell, just like you."



Sgt. Maj. Carlton W. Kent, sergeant major of the Marine Corps, talks with Marines at the Camp Baharia Mess Hall Saturday. Sgt. Maj. Kent and Commandant of the Marine Corps Gen. James T. Conway, visited with Marines in the al Anbar Province during a tour of Iraq and Afghanistan.

VOTING, from A-1

the FCPA to update your state of legal residence. The Personal and Family Readiness Division recommends submitting the application every January to stay current. The National Association of Secretaries of State encourages voters to find their polling place before Election Day and to know what identification is required for your state. The association encourages people to volunteer at local polls.

"I encourage everyone to exercise your right to vote. Register now; make your vote count," emphasizes Gen. James T. Conway, commandant of the Marine Corps. In the last presidential election 82 percent of the Marine Corps cast their vote, out voting every service within the Department of Defense, said James. We are setting the bar for our civilian counterparts.

The FCPA can be found with your Unit Voting Assistance Officer or by visiting the Marine Corps voting website at <http://www.manpower.usmc.mil/voting> or FVAP at <http://www.fvap.gov>.

Moving? Getting married? Having a baby?

Heidi Vazquez

Beneficiary Counseling and Assistance Coordinator, NHC Hawaii

Moving? It's that time of year when most active duty service members move to another command.

Did you know the Defense Enrollment and Eligibility Reporting System (DEERS) should be updated anytime an active duty service member moves/transfers to another command, changes status, gets married or divorced, has an additional family member, etc. In other words, be sure to update your information in DEERS every time it changes.

Updating information in DEERS is key to maintaining eligibility for TRICARE and other military benefits. Service members are responsible for keeping DEERS information current.

How to update DEERS

DEERS information should be reviewed for accuracy once a year.

Go to the local DEERS office or contact the Defense Manpower Data Center Support Office (DMDC) at 1-800-538-9552. To locate the office nearest you, log onto DMCD's Web site at

<http://www.dmdc.osd.mil/rsl/owa/home>.

Or, fax address changes to DEERS at 1-831-655-8317.

Or, mail the address change to:
Defense Manpower Data Center Support Office

Attn: COA
400 Gigling Road
Seaside, CA 93955-677

Or, to update information online:
<http://www.tricare.mil/mybenefit/home/overview/Eligibility/DEERS>.

Per Health Affairs Policies, all active duty service members or Reserve Component members activated on orders for 31 days or more with a permanent duty station must enroll in a TRICARE Prime Plan (Prime/Remote/Overseas).

How to enroll in TRICARE

Visit the local TRICARE Service Center located at Makalapa Branch Health Clinic at Naval Station, Pearl Harbor or Kaneohe Bay BHC at Marine Corps Base Hawaii. The TSCs are staffed by beneficiary services representatives who can verify eligibility, explain TRICARE options, answer questions, and help obtain, complete and submit TRICARE Prime enrollment forms.

Updating DEERS

Or, visit the TRICARE Home page at <http://www.tricare.mil>, select the "forms" tab at the top of the page to download an enrollment form and forward to the TSC as instructed.

Ensure enrollments are updated by completing a new enrollment application form upon check-in with a new command.

Questions can be directed to TriWest at 1-888-874-9378 or the Health Benefits Advisor at Makalapa BHC at 473-2444, x509 or Kaneohe Bay BHC at 257-2131, x318.

Updating DEERS

Update DEERS whenever you've had a change in your address or family status to include marriages, divorces, deaths and births. Report changes to your local DEERS office, or call or write to the Defense Manpower Data Center Support Office.

Enrolling in TRICARE

To ensure everyone in your family who should be receiving TRICARE coverage is, report changes in your address and family status to your local TRICARE office.

RICE, from A-1

Southern Command in Miami.

The captain worked with Rice who was then deputy director of operations, before Rice moved here.

Chestnut said Rice's help in reorganization of command continues to keep their operations efficient.

"A lot of our efforts in the Global War on Terror and the war against drugs requires help from many agencies," Chestnut said. "The Coast Guard, Homeland Security and other government agencies work together, and Bob just kept very involved in it all. He's great at inter-agency co-operation."

It's the value of partnership, Rice said, he wants to bring out even more at the base.

During his tenure as base commander, the colonel said he would like to ensure everyone works together for a common good.

More comprehensive environmental programs, top-notch services to family members and thorough support for war fighters are key goals, he said.

Chestnut said Rice's talent is in hearing input from multiple groups and continuing to "keep everything on an even strain."

"Bob is constantly looking at the larger picture," the captain said. "He's always looking at what's good for everyone rather than looking out for their own groups. Other agencies may take

the opposite view and only do what's selfishly in their best interests, but Bob looked at what was best for all of SouthCom."

The chief of plans said Rice is a perfect choice as a leader, especially with the colonel's previous experience in handling international issues in South America with an eye for details.

At the command, drug trafficking and illegal immigration were some of the issues Rice dealt with.

His ability to speak easily to others, said Chestnut, about a diverse range of issues makes him a great leader.

"He's got a human compassion for folks," Chestnut said. "He reads people well, and he doesn't take trouble lightly."



Then Capt. Robert Rice (left) poses for a photo with fellow crewmembers of Marine Observation Squadron Two in April 1993 at Marine Corps Base Camp Pendleton, Calif. Rice served as assistant operations officer.

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AROUND THE CORPS

Commandant visits Marines at Camp Fallujah

Cpl. Chris T. Mann
Regimental Combat Team 1

CAMP FALLUJAH, Iraq — Gen. James T. Conway, commandant of the Marine Corps, visited service members and toured the local battlefield shared by Marine units of Regimental Combat Team 1 Aug. 16.

During his visit, the commandant spoke with Col. Lewis A. Craparotta, commanding officer, RCT-1, and surveyed progress service members are making in Fallujah and the surrounding regions.

"I don't think anyone would have predicted that the al-Anbar Province would become a model for elsewhere in the nation," said Conway, during a town hall meeting aboard the camp.

In the morning, Conway and Craparotta convoyed with a group of Marines from Camp Fallujah to Camp Blue Diamond in Ramadi, where he met with several commanders and other staff to discuss joint efforts between service members and Iraqi Police and Army. Afterwards, they had lunch with members of the Iraqi Army and spoke with several of their senior leadership officials about security throughout the region.

Following the meeting with IA

officials, Conway returned to Camp Fallujah for a town hall meeting at the Chapel of Hope. Marines and other service members aboard Camp Fallujah packed tightly into the chapel to listen to what he and Sgt. Maj. Carlton W. Kent, the sergeant major of the Marine Corps, had to say.

The commandant delivered a message to Marines and other service members about developments in the region.

"What you have today is a very likeable condition in the al-Anbar Province, and again, that is good remarks for the rest of Iraq," he said.

Conway also spoke to the crowd about repeated deployments to combat environments Marines are currently facing today. He said he is pushing for longer periods of time for Marines to stay in the United States before deploying again to places like Iraq or Afghanistan.

After Conway and Kent addressed the service members, they opened the floor for questions.

Marines in the crowd took the opportunity to inquire about numerous issues ranging from the new Marine Corps physical training uniform and the Combat



Cpl. Chris T. Mann

The commandant of the Marine Corps visited Camp Fallujah Saturday to discuss progress being made in Iraq. During his visit Gen. James T. Conway spoke with Col. Lewis A. Craparotta, commanding officer, Regimental Combat Team 1, about security in the region and traveled to Ramadi to meet with members of the Iraqi Army and Police.

Fitness Test, to how November's presidential election result might effect future deployments.

Conway closed by thanking the service members for their contin-

ued efforts and service in Iraq, and reminded those present remain vigilant and stay alert.

"This is still a dangerous place; you are still drawing combat pay,"

Conway said. "You can still get killed out here if you don't go about your business in a serious fashion on a day-to-day basis."

American Heart Association
Fighting Heart Disease and Stroke

Are YOU at Risk?

Do You Know Your Numbers?

Your total cholesterol should be below 200 mg/dL.

Your blood pressure should be below 140/90 mm Hg.

Blood Pressure
140/90
mm Hg
or lower

Total Cholesterol
200
mg/dL
or lower

HeartStroke Briefs

For more information, call 1-800-AHA-USA1 or visit www.americanheart.org



Hawaii MARINE LIFESTYLES



Photo Illustration by Kristen Wong

St. Andrew's Cathedral



Photos by Kristen Wong

Beretania and King Streets offer historic sights

Kristen Wong
Photojournalist

For locals like me, downtown Honolulu is nothing special. Day in and day out, warm, steaming buses meet their passengers on Beretania and King Street. Parents and their children leave the local library with books in hand, tourists swarm the likes of Iolani Palace, and traffic streams through the busy streets. Yet before this chaos, a myriad of historical events and people once existed here, a few of which I went to investigate.

St. Andrew's Cathedral

An Episcopal Church, St. Andrew's Cathedral took many years to build, and was completed in the 1950s. King Kamehameha IV and his wife, Queen Emma, encouraged the construction of this historical building, which continues to be as active as Kawaiahao Church, holding weddings, services, and other activities.

If one day you find yourself standing in the midst of a busy afternoon in Honolulu, perhaps you can stop by and visit a few of these historical sites for the first time.

Mission Houses Museum

Peter Salter, senior tour guide, Mission Houses Museum, explains the origin of King Street's name in his museum tour. Salter said Hawaii's king at the time supervised the missionaries with a wary eye as he and his attendants traveled down the dirt road, which was called the "King's Path," or the "King's Street."

Long before the paved roads and the busy streets, three houses stood a stone's throw away from the ocean shoreline of the early 1800's. They were known as the Mission Houses.

The Hawaiian Mission Children's Society is made up of members descended from the missionaries, or "mikenela" as the Hawaiians called them. The society continues to maintain these historic relics with a multitude of programming. Currently the museum is dedicated to "American Resting Place: Chamberlain House Galleries," themed after Hawaii's cemeteries.

"I thought it was informative and interesting," said Honolulu resident Caroline Moncur. Moncur said she recently moved to Hawaii a few months ago and intended to visit the grounds, which was not far from their house. Moncur and her mother, Utah resident Angela Roberts came to the Mission Houses on July 25.

"I happen to be interested in graveyards," Moncur said. "[I'm] very glad the exhibit came out."

During the 19th century, missionaries of the Protestant faith arrived in the islands of Hawaii by order of the American Board of Commissioners for Foreign Missions. The Boston organization met Henry Opukehaia, a young Hawaiian man and wanted to share their religion throughout his island home.

The three existing mission houses, each approximately 10 years apart from each other, accommodated well-known missionaries such as Levi Chamberlain and Hiram Bingham. The

See HISTORIC, B-5

Kawaiahao Church



Mission Houses Museum



Aliiolani Hale



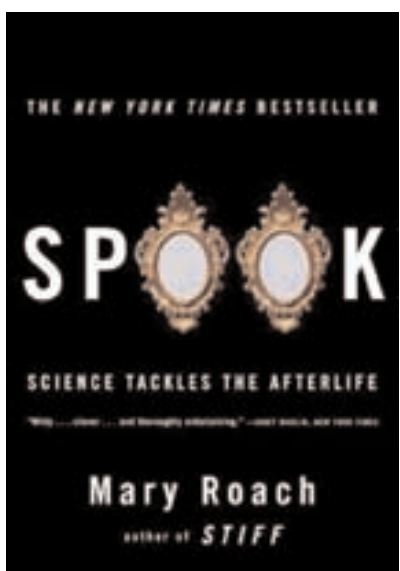
Iolani Palace



Washington Place



PASS IN REVIEW



Not so 'spooky'

Kristen Wong
Photojournalist

If someone asked me if I believed in the afterlife, I would quote my hero Fox Mulder.

"I want to believe."

"I want to believe" doesn't necessarily mean I believe, but doesn't necessarily mean I dismiss the notion of an afterlife completely. And after reading "Spook: Science Tackles the Afterlife" by Mary Roach, I am not any closer to believing or disbelieving.

Mary Roach, a writer featured in several publications including GQ and The New York Times magazine, makes an attempt to unite the different approaches science has taken to find the so-called "afterlife." Roach travels to several parts of the world, meeting, interviewing and reading about doctors, mediums, and paranormal researchers.

This book is much like a personal journal of her experiences. It almost appears as a parody of a properly researched book. Like any well researched book, Roach contains a myriad of footnotes and referenced book titles and authors for the reader to explore later. But upon further inspection, you'll see that some footnotes are rather humorous, and have virtually nothing to do with the theme of the book.

For instance, in one chapter Roach writes about people who claim a ghost spoke to them via spell check on their computer, highlighting a certain misspelled word and suggesting unrelated morbid ones, adding a sarcastic footnote about how a four-word expletive in her spell checker has strange alternatives.

Roach's jokes and sentence phrasing make for an amusing read. The beginning of Roach's book details historical experiments people have done to find a soul within the body. It also includes a brief story about her trip to India and people who claim to have been reincarnated. Her comments which intertwine with the story very nearly humiliates these researchers, which made it harder to take seriously, and thus left me almost feeling it was a waste of time to put them into the book in the first place or even to continue reading.

Roach details experiments by historical researchers like Gigot de La Peyronie, a 16th century French surgeon. La Peyronie, like several others, decided they would prove the soul's existence by checking a dying person's weight upon their death. Her comments like "But why would opening it make an organism gain weight? Is the window a Dairy Queen drive through?" or little parenthetical interjections such as "I love this guy!" referring to a man who claimed to know how much a dog's soul would weigh. I suppose having a modern day education and trying to make sense of a historically ridiculous scientific experiment would be hard to take seriously in the first place. But in order to write a book about how the scientific community handles a topic, you can't forget the first people to

take a stab at it. I think perhaps Roach could have toned down on the jokes.

The book starts to pick up when Roach starts talking about mediums and ectoplasm. Ectoplasm is supposedly visible evidence of a spirit that comes in different appearances and textures.

The ectoplasm Roach writes about is described as looking like "cheesecloth." In my opinion the picture she includes looks like a medium covered in silly string. Roach humorous writing about numerous event, to include how she went to a museum that carried allegedly real historical ectoplasm in an old file, kept me interested.

The last third of the book is more about ghosts and near death experiences. Roach puts in excerpts from studies and books she's read, and keeps the reader in suspense by telling a ghost story, and having an expert come in to confirm its validity, or non-validity.

The book is good for extra references, some history of paranormal studies, and a good joke or two about Kimberly Clark and Jesus. I would've given the book a four out of four if it wasn't so slow at times.



Your weekly guide to all aspects of entertainment

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

1/4 — No Impact, No Idea

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



2/4 — High And To The Right

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



3/4 — On Target

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



4/4 — Confirmed Kill

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



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

Better Know A Critic



WONG

Kristen Wong is a casual ghost enthusiast. She's starting a collection of ghost stories from local author Glen Grant to author Hans Holzer. She researched ghost stories during her college years at DePauw University. She survived 13 allegedly haunted Ascension Days at St. Andrew's Priory in Honolulu, crawled through Greencastle, Indiana's notoriously haunted bridge called "The Four Arches," and has gone to local ghost tours.



TAYLOR

Sgt. Sara Taylor loves to play Super Mario Brothers. Ever since she was a kid, she has loved to play video games. It doesn't matter what game system the game is on, if it has Mario and Luigi, she is all about playing it. As she got older, she really didn't have much time...that was until she had her daughter. Having a kid has been a great excuse to watch cartoons and play video games. Now she and her daughter share a love for games.

Quick Hit

"Carvinal" for Nintendo Wii 3 out of 4 (On Target)

Most people, especially children, love going to a carnival. However, who likes to pay \$1, \$2 or even \$5 to play a game where you win a stuffed animal or other assorted toy you will play with for a day, then throw away. Well, look no further. Now you can have all of the carnival fun you want from your own living room and all it cost is the price of the game. As far as video games go, Carnival is one of my new favorites. The game consists of various mini-games with a carnival theme, such as Alley Bowling, Lucky Cups, Nerves of Steel, Hoops, and Day at the Races. There are five different themed areas of the carnival. You can even win virtual prizes depending on your score which can be traded up to bigger prizes. Players can work their way individually through the level or they can compete head-to-head against another player. This is a great game for the entire family to enjoy.

— Sgt. Sara A. Taylor



'Idlewild'

A new age Romeo and Juliet story

Sgt. Sara A. Taylor
Editor

We all know the story of Romeo and Juliet. Juliet falls in love with Romeo, who is from a rival family. Juliet pretends she is dead so she can run away with Romeo and when he finds her "dead" body he kills himself. She wakes and finds him dead then kills herself.

While the ending of Idlewild is equally as tragic as Romeo and Juliet's, the story is a little different.

The story starts in a little town called Idlewild. Percival (Andre Benjamin, who is also known as Andre 3000) and Rooster (Antwan A. Patton also known as Big Boi) have known each other since they were children. (Andre 3000 and Big Boi are also known as Outkast). As they got older their lives took different paths.

Percival works at his father's morgue preparing dead bodies during the day. In the evenings he works at a local club called Church playing the piano. He loves to play the piano but really isn't a fan of being in the spotlight.

Rooster grows up and spends most of his time gambling, partying and making business deals. He is married and has a bunch of children, which doesn't stop him from cheating on his wife with the girls from the club. He also performs at the club as a singer.

One evening a beautiful lady showed up at the club claiming to be Angel Davenport, a popular singer. She has a beautiful voice but has stage fright at first. With Percival's help she is able to overcome her fear and entertain the crowd. There is an instant attraction between the two.



ping through the channels one Saturday afternoon.

I don't remember what caught my eye but something made me stop. I think it was a scene when the rooster on Rooster's flask was talking to him as he drove down the road. I recorded the next showing, thank goodness for digital cable boxes, and watched it from start to finish. Instantly I was hooked.

The movie is full of upbeat music and dancing that will get your toes tapping.

It takes you back to simpler days before there was television or game systems, when people sang and danced to entertain themselves.

Not only is the music great but I loved the graphics in the movie. The way the scenes were shot was unique. It is easy to tell a lot of thought was put into how each scene would be shot and put together with the rest of the movie.

One of my favorite scenes was after a tragic part of the movie takes place (I will not give away what happens) and Percival is laying in bed. There is a clock on the wall that shows the time going by but he is still in the bed unable to sleep.

A lot of critics didn't like the movie. I don't understand why. I found it to be truly entertaining and even if the plot left something to desire for some, I don't think anyone can say the graphics

were not good. I think if the movie hadn't have been filmed the way it was I wouldn't have liked it as much either.

As a whole I truly enjoy watching this movie. It is one I know I will watch over and over again.

Also, if you like this movie and music in it there is also a soundtrack you can buy on CD. My only issue with the CD is after buying it I realized a lot of the songs on the soundtrack were on some of Outkast's CDs, which I already had.

The CD does have most of the songs from the movie and include songs sung by Macy Gray and other cast members.

So if you happen to come across this movie on HBO you should take a moment to see if it is for you.

If you like this movie you should also try Moulin Rouge.

TALK* STORY

The Olympics continues on in the city of Beijing, and some of America's athletes have won gold. Who is your favorite Olympic athlete and why?

Who is your favorite Olympic athlete and why?

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



Michelle Kwon, because I figure skate and she's my icon.

— Andrea Mohr, Military spouse



Tyson Gay. Cause he's a sprinter and I used to sprint.

— Lance Cpl. Sam Thai

Kurt Engle. Cause he's the only Olympic medalist I know.

— Pfc. Calvin Dooley



Embracing Diversity

Navy Lt. Brittany Caranto

VP-9

As the Muslim religious holiday of Ramadan approaches, a Patrol Squadron 9 Golden Eagles provides a unique opportunity to embrace diversity and gain a better understanding of an important aspect of the Islamic faith. Being a Muslim in the United States military may seem like quite a challenge, but Petty Officer Third Class Mohammad Bari takes a different view. Instead, he views his religious background as an asset, using his unique Afghan upbringing to strengthen our Navy's relevance.

"My family and my heritage are originally from Kandahar, Afghanistan," explains Bari, who was born in Orange County, California. "At home I grew up speaking mainly Pashto and English, though my parents know how to speak Pashto, Farsi, and Urdu." Pashto is a national and official language of Afghanistan, with roots similar to Farsi, yet less widely spoken.

Knowing a language that is spoken by approximately one out of every 34,000 people in the United States isn't the only benefit of Bari's upbringing. Growing up, he was immersed in his family's native culture.

"In the area I lived there were a lot of Afghans, so my family and I were not really outsiders. There are things I love about my culture and things I don't like... for instance, we believe in arranged marriages; everybody in my whole family has been arranged except for my uncle and me."

So what inspired Bari to join the military? "I mainly joined because I wanted a better life for my family," he says. "I needed to make sure I could provide for them, so I joined the Navy. I think it was one of the best choices I could have made. I love it, and can honestly say that I have a comfortable life."

Bari, an acoustic warfare systems operator on P-3C Orions, is currently on deployment with VP-9 in Iraq. Being here, he says, presents a special challenge for him.

"It's not only physically tough, but I also think it's going to be emotionally tough for me because it's my first deployment, and it's in the Middle East; a place with the greatest number of Muslims I have personally visited."

Among the cultural traditions that he practices, Bari is happy to explain a little more about Ramadan.

"Ramadan is all about self discipline. You can't eat from sunrise to sunset, or drink any water or chew gum, nothing at all. In the wintertime it's not too bad at all, because of the shorter days, but every year it moves up two weeks from the previous year. Now it is moving into the summer and I think its going to be more difficult."

He went on to explain about balancing his religious life with his chosen profession. "Since I have been in the Navy I haven't been able to fulfill my whole month of Ramadan. The first year I remember it was in Pensacola and I couldn't concentrate at all on anything because I had to wake up so early for training. It was so difficult.... usually during Ramadan we use the daytime to rest and reflect."

It would seem that being a Muslim in the Navy in this day and age, with the existing political tensions between the United States and Middle East, would be difficult to handle, but Bari insists that isn't the case.

"Being a Muslim in the Navy isn't too bad," he says, explaining that he is grateful to be a part of such a diverse team. "All in all I love being different in the military. It makes things much more interesting and allows me to teach people about my religion and cultural differences."

That type of insight is exactly what the Secretary of the Navy and Chief of Naval Operations stress in their Diversity Policy statements. Embracing differences and promoting a culture of lifelong learning achieves a Total Force. It allows service member the ability to relate and understand each other while building up the necessary camaraderie to be successful in combat as well as life.



Petty Officer 3rd Class Mohammad Bari, an acoustic warfare systems operator on P-3C Orions, poses for a photo while on deployment in Iraq. Photo courtesy of VP-9

TIKI ISLAND

Winter hours of operation

Aug. 1 through May 31, 2009

Sunday	10 a.m. to 8 p.m.
Monday and Tuesday	Closed
Wednesday and Thursday	3 to 8 p.m.
Friday	3 to 9 p.m.
Saturday	10 a.m. to 9 p.m.
Holidays	10 a.m. to 9 p.m.

Tiki Island has more than just miniature golf. It also offers batting cages, bumper boats, and several all-inclusive party packages.

September Marine Corps Community Services activities

Baby Boot Camp Sept. 2 and 3

Free childcare education and infant care classes for all expectant parents. This event is hosted by the New Parent Support Program. For more information call 257-8803.

Grandparents' Day Brunch Sept. 7

Event is open to E6 and above, civilian equivalent and sponsored guest. Reservations required. For more information call the Officers' Club at 257-7650.

Sponsorship class Sept. 11

Hosted by the staff of the Relocation Assistance Program. For more information call 257-7790.

Operation Homefront: Pool Party Sept. 13

An event for families of deployed Marines and Sailors aboard MCBH.

This event will take place as the base pool. Tickets are required for the event. Call Marine Corps Family Team Building at 257-2651 or 257-2654.

Paintball Tournament Sept. 13

Single Marine & Sailor Program is hosting a paintball tournament. It is open to active duty personnel E5 and below. For more information call 254-7593.

Hispanic Heritage Month Display & Bonfire of the Liberties Exhibit Sept. 15 through 30

The display will be set up at the Kaneohe Bay Base Library. For more information call 254-7624.

Resume Workshop Sept. 16

Family Member Employment Assistance Program is hosting a resume work shop. Those who

attend will learn how to write an effective resume. For more information call 257-7790.

Hispanic Heritage Storytime Program Sept. 20

This program is a special storytime to commemorate Hispanic Heritage Month. For more information call 254-7624.

Texas Hold 'Em

A Texas Hold 'Em game night will be held at Kahuna's Sports Bar & Grill. For more information call 254-7660.

Transitional Key Volunteer Training

Marine Corps Family Team Building will be hosting Transitional Key Volunteer training. For more information call 257-7790.

Community events around Oahu

HAWAII HEALING GARDEN FESTIVAL

A Celebration of the Cultural Healing Arts of Hawaii. Festivals are held Statewide on Kauai, Oahu, Maui & Hawaii Island. The Oahu Festival starts Aug. 23-24, at Waimea Valley, Hiiipaka Center, with a Celebration & Concert on Saturday, and a Workshop & Tour Day on Sunday. Additional tours, classes and workshops will be held Aug. 25, though Aug. 27, at unique locations around Oahu. For more information call 638-0888.

NA HULA FESTIVAL

Beginning in 1941, the City and County of Honolulu's Na Hula Festival has celebrated the artistry and grace of Hawaii's premiere dance form - Hula. The Hula Festival is Hawaii's longest running annual, noncompetitive hula event. This event is scheduled for Aug. 23 and 24. For more information, please contact Kaiulani Kauahi, Culture and Arts Coordinator at (808) 768-3041.

OBON DANCE & FESTIVALS AIEA HONGWANJI MISSION

The Obon tradition was brought to Hawaii by Japanese immigrants and evolved into a social and cultural event, as well as a religious custom designed to honor ancestors through an evening of dance, music and merry-making. Aiea Hongwanji Mission, 99-186 Puakala St. Dance begins at 7 p.m. For more information call 488-5685.

SUNSET ON THE BEACH

Picnic on the beach as the sun sets and the moon rises while listening to the sounds of Island Rhythms and watching classic films under the stars at 7:15 p.m., Queen's Surf Beach. Taste spectacular dishes from Waikiki's leading restaurants from 4 to 9 p.m. Event is subject to the weather.

26TH OKINAWAN FESTIVAL

One of the most eagerly anticipated events of the summer - the Okinawan Festival is held annually on Labor Day weekend at Kapiolani

Park and attracts more than 30,000 visitors. This event is scheduled for Aug. 30 and 31. For more information call 676-5400.

VINTAGE SALE AT WAIOLI TEA ROOM

Vintage sale of shabby chic, cottage, Victorian and country style items & decor including furniture, linen, porcelain, pottery, enamelware, water lilies, violets, vintage clothes by Playback and jewelry. This event is scheduled for Sept. 5 and 6. Admission is free. For more information call 226-3526.

2008 MAUI WRITERS CONFERENCE ON THE ROAD IN HONOLULU

After 15 years on Maui, the Maui Writers Conference hits the road with this year's conference and retreat moving to the island of Oahu. With a new name - "Maui Writers Conference on the Road in Honolulu," a new location - Waikiki, Oahu, and a new hospitality

sponsor - Outrigger Enterprises Group, the Maui Writers Conference aims to build on 15 years of success by embracing all that Oahu and Waikiki has to offer. This event is scheduled for Aug. 29 through Sept. 1. For more information call 879-0061.

FAMILY FUN ON THE OCEAN, SEPTEMBER WEEKEND SPECIAL

Excite, Empower, Explore: In-water "edu-tainment" experiences afloat, inspiring favorite family memories for years to come. Cruise in comfort along the secluded, spectacular Waianae Coastline aboard Wild Side's 42-ft catamaran, boasting a self-imposed limit of 16 passengers. Reservations required. September Weekend Special \$95, Kids (3-12) 50% off for 1 child with purchase of 1 full adult fare. A portion of all proceeds will be donated to the Wild Dolphin Foundation to further conservation of ocean habitats. This event is scheduled from Sept. 6 through 28. For more information call 306-7273.

MOVIE TIME

Prices: Friday and Saturday 7:15 p.m., shows are \$3 for adults and \$1.50 for children. Sunday matinee is shown at 2 p.m. Shows are \$2 for adults and \$1 for children. Evening showings on Sunday and Wednesday are at 6:30 p.m. and late shows are shown Friday and Saturday at 9:45 p.m. Cost is \$2 for adults and \$1.50 for children.

For ticket pricing, the Base Theater Box Office defines an adult as a patron 12 and older and defines a child as a patron from 6 to 11. Children 5 and younger are admitted free of charge. Parents must purchase tickets for R-rated movies in person at the box office for children 16 and younger. Patrons must present their military identification card when purchasing tickets. Call 254-7642 for recorded information.

Sneak Preview Policy: One hour and 45 minutes prior to the movie, tickets will be issued to first priority patrons waiting in line, then second and third priority patrons.

In an effort to prevent piracy, the following security measures will be enforced on base for sneak preview screenings: bag checks, confiscation of cameras or cell phones with picture taking capability (items will be returned after screening), magnetometer warning, audience scanning with night vision goggles during screening.

The Base Theater and film companies thank you in advance for your cooperation and hope you will enjoy the show. For recorded information, call the Base Theater at 254-7642.

Journey to the Center of the Earth (PG)
Meet Dave (PG13)
Kit Kittredge: An American Girl (G)
The Dark Knight (PG13)
Wall-E (G)
Hellboy II: The Golden Army (PG13)
Journey to the Center of the Earth (PG)
Prom Night (PG13)
Smart People (R)

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

Spotlight On Base

Volunteer Opportunities

Windward Half marathon and 5K races

Friedl at susanfriedl@hawaii.rr.com or call 255- 7811.

The Windward Half marathon and 5K races will be held Sunday September 14, 2008. Volunteers are needed to participate as setup and breakdown crews, finish line personnel and course marshals.

Aid station volunteers are also needed from 5:30 to 8:30am.

For more information email Susan

PBS Hawaii

PBS Hawaii is looking for two or three volunteers to answer telephones for one hour every Thursday. Dinner is provided. For more information call Headquarter's and Service Battalion S-1 at 257-3007.

Need volunteers?

Please email the Editor at hmeditor@hawaiimarine.com with information about your event and what type of participation you are looking for. Deadline for submission is 4 p.m. Tuesdays.

WORD TO PASS

Building Healthy Relationships

This ongoing eight session educational program for active duty service members and their families teaches about healthy communication issues, particularly for married personnel.

The class is available Thursday mornings and afternoons through Aug. 28 at Marine and Family Services, building 216. The morning class runs from 9 to 11 a.m., the afternoon class from 1 to 3 p.m. Orientation is every Thursday at 8 a.m.

For more information, contact Counseling services at 257-7780 or 257-7781.

Military Academic Skills Program

This four-week program helps prepare service members for success with ASVAB, GED, SAT and ACT testing by providing intensive English and math instruction.

Service members must get commanding officer approval to participate in the class.

The free class will take place Monday through Friday from 7:30 a.m. to 4 p.m. The class runs through Sept. 3 in building 220, classroom D.

For more information, contact 257-2158.

Officers' Spouses' Club's annual membership drive

The Kaneohe Officers' Spouses' Club will be hosting its annual membership drive on Aug. 28 from 6:30 to 9 p.m. at the Officers Club. The KOSC is open to all active duty and retired officer's spouses from any military service. For more information please contact Dianne Sanchez at 744-6538.

Operation Homefront's CincHouse.com Scholarship Deadline

Military spouses attending post-secondary universities or colleges can apply for one of 33 scholarships offered.

There is one \$5,000 scholarship, two \$2,500 scholarships, ten \$2,000 scholar-

ships and 20 \$1,000 scholarships available.

Applicants must have a completed application, an essay, a letter of recommendation and an official transcripts to apply.

Application packets are available at the Joint Education Center, or at: <http://www.operationhomefront.net>

For more information, call Craig Lockwood at 257-2158 or 257-1232.

Anger Management Workshop

An Anger Management Workshop open to active duty and family members will take place Tuesday and run through Aug. 26 at Marine and Family Services, building 216, Tuesdays from 9 to 11 a.m.

The group focuses on anger management techniques and communication skills. There are six sessions in each series. Participants receive a certificate upon completion of the six classes.

Participants must attend an orientation prior to enrollement. Orientation is every Tuesday at 8 a.m. at Marine and Family Services.

For more information, contact Counseling Services at 257-7780 or 257-7781.

PCS Move Workshop

A Permanent Change of Station Move Workshop open to active duty Marines and their spouses will take place Wednesday at Building 267, Room 5 from 8 a.m. to 12 p.m.

Reservations are required, but PCS orders are not required to attend.

For more information contact Marine and Family Services at 257-7790.

Marriage Skills Workshop

Active duty personnel planning to get married or recently married are encouraged to attend the workshop Wednesday at the Joint Education Center, room 3, from 8 a.m. to 4 p.m.

For more information, contact Counseling Services at 257-7780.

Mokapu Beat

News from Mokapu Elementary

New Release Time

Mokapu Elementary School has a new release time on Wednesdays. Each week on Wednesday, students will be dismissed at 12:30 p.m.

All other days, students will be dismissed at 2:10 p.m.

Recycle at Mokapu

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

The school will also take other items at the front office, including cell phones, ink cartridges, DVD and VCR machines, printers and fax machines. Proceeds from the recycled items benefit Mokapu Elementary School and the Parent-Teacher Association.

Volunteers needed

Did you know that Mokapu Elementary School can receive funding based on the number of volunteer hours people log? The PTA is encouraging people to commit to a "3 for Me" program.

This program simply requests that people volunteer three hours during the entire year in any capacity at the school.

Volunteers may log their hours in the front office. There are many, many ways to volunteer at the school.

Questions on the program can be directed to friendsofmokapu@gmail.com, call the school at 254-7964 and ask for PCNC in room P-6.

Pianist Needed

The Mokapu PTA is looking for a pianist to help with the Mokapu Children's Chorus. The pianist is needed for two hours a week: Mondays from 2:15 to 3:15 p.m. and Wednesdays from 2 to 3 p.m. For more information call Kimberly at 744-2783.

Upcoming Fundraiser

The Mokapu PTA will be holding a Readers Digest catalog fundraiser from Aug. 21 through Sept. 2. Proceeds will go toward purchasing new cafeteria tables and will also benefit the school's enrichment clubs. Catalogs were distributed to students yesterday with instructions. Anyone is welcome to purchase items from the catalog, including via internet. For more information or to receive a catalog, please leave a message for the PTA at 254-7964 or email friendsofmokapu@gmail.com.

Enrichment Clubs

Students may take part in enrichment clubs beginning in September. Most clubs will meet after school. Some fees may apply according to the club. Clubs include Mad Science, craft club, choir, chess club, running club, and math and geography superstars. Adult volunteers are needed to help run all clubs. For more information, contact Mokapu PTA.

ON THE MENU AT ANDERSON HALL

Today

Lunch

Oven roast beef
Baked tuna & noodles
Steamed rice
French fried cauliflower
Vegetable combo
Brown gravy
Chilled horseradish
Banana coconut cream pie
Chocolate chip cookies
Carrot cake
Cream cheese frosting
Vanilla/chocolate cream pudding
Lime/strawberry gelatin

Dinner

Sauerbraten
Baked knockwurst with sauerkraut
Scalloped potatoes
Noodles Jefferson
Green beans with mushroom
Creole summer squash
Brown gravy
Desserts: Same as lunch

Saturday

Dinner

Swiss steak w/mushroom gravy
Pork chops Mexicana
Mashed potatoes
Spanish rice
Mexican corn
Peas & mushrooms
Brown gravy
Cheesecake with cherry topping
Fruit nut bars
Chocolate/vanilla cream pudding
Lemon/lemon gelatin
Yellow cake

Sunday

Dinner

Beef pot pie
Baked ham
Boiled egg noodles
Baked macaroni & cheese
Club spinach
Cauliflower au gratin
Cream gravy
Bread pudding with lemon sauce
Vanilla cream pie
Vanilla cookies
Pineapple upside-down cake

Vanilla/chocolate cream pudding
Strawberry/orange gelatin

Monday

Lunch

Teriyaki chicken
Salisbury steak
Mashed potatoes
Steamed rice
Simmered carrots
Simmered lima beans
Brown gravy
Chicken gravy
Pumpkin pie
Chocolate cookies
Easy choc. cake with chocolate butter cream frosting
Vanilla/chocolate cream pudding
Strawberry/raspberry gelatin

Dinner

Roast turkey
Hungarian goulash
Wild rice
Parsley buttered potatoes
Green beans with mushrooms
Simmered corn
Brown gravy
Chicken gravy
Desserts: Same as lunch

Tuesday

Lunch

Chicken adobo
Pepper steak
Buttered egg noodles
Potatoes au gratin
Glazed carrots
Black-eyed peas
Cream gravy
Strawberry glazed cream pie
Brownies
Devil's food cake
Mocha buttercream frosting
Vanilla cream pudding
Chocolate cream pudding
Cherry gelatin
Lime gelatin

Dinner

Chicken w/rice soup
Beef noodle soup
Swiss steak w/tomato sauce
Lemon baked fish

Lyonnais potatoes
Steamed rice
Southern style green beans

Vegetable combo
Brown gravy
Desserts: Same as lunch

Wednesday

Lunch

Baked ham
Chili macaroni
Candied sweet potatoes
Grilled cheese sandwich
French fried okra
Cauliflower au gratin
Pineapple sauce
Bread pudding with lemon sauce
Peanut butter brownie
Banana cake with butter cream frosting
Vanilla/chocolate cream pudding
Orange/raspberry gelatin

Dinner

Baked stuffed pork chops
Turkey pot pie
Calico corn
Simmered peas and carrots
Boiled Egg Noodles
Mashed potatoes
Brown gravy

Thursday

Lunch

Sweet and sour pork
Baked tuna and noodles
Shrimp fried rice
Corn on the cob
Club spinach
Corn bread dressing
Peach pie
Snicker doodle cookies
German chocolate cake
Vanilla/chocolate cream pudding
Lime/strawberry gelatin

Dinner

Swedish meatballs
Caribbean chicken breast
Steamed rice
Paprika buttered potatoes
Simmered Brussels sprouts
Simmered summer squash
Chicken gravy
Desserts: same as lunch

MARINE MAKEPONO

HAWAIIAN FOR 'MARINE BARGAINS'

HISTORIC, from B-1

oldest is called Ka Hale Luau, or “The Frame House.” Its original home was miles away on the east coast of North America. The other two houses are made of coral, respectively, Ka Hale Kamala, “The Chamberlain House,” and Ka Hale Pa’i, “The Printing Office.”

Ka Hale Pa’i was significant because it was created to print bibles for the Hawaiian people. Salter said the Hawaiian people were essentially illiterate, and kept no record of their language or customs. The missionaries took care to alleviate the problem by adjusting their own alphabet to create a “Hawaiian alphabet.”

Ka Hale Kamala is now the place where people come to see the museum’s exhibits.

Currently the house is filled with photographs and displays related to the present cemetery theme.

For a small fee, interested parties can take a tour around the grounds five days a week, not including Sundays and Mondays. The museum also arranges for group tours such as elementary schools.

In addition, the Mission Houses Museum offers classes in Lauhala basket weaving and quilting. On certain Saturdays, Wilma Conner teaches people how to sew quilts by hand.

Vancouver resident Sasha Webb is visiting Hawaii, and said she was interested in learning how to make a Hawaiian quilt, and “loving every minute.”

“Your mind stops worrying, and something beautiful comes out,” Webb said.

Kawaiahao Church

Kawaiahao Church, located on King St. right across from the Mission Houses Museum, was completed in 1842 with the help of Hawaiian royalty, missionaries, and early local churchgoers. The church’s name in Hawaiian means “the pool of Ha’o.” Some of the most prominent figures involved in building the house included Queen Kaahumanu, who had the power to grant land, Reverend Hiram Bingham, who drew up plans for the church, and Chief Kalanimoku, who first thought it feasible to make the church out of stone. The church has been rebuilt several times over the course of several years, mostly due to the fragility of the building materials. The first few versions of the church were made out of grass and wood.

The church remains active today, with a pastor and a congregation. They hold weddings, funerals, baptisms, and have schools like ‘Aha Punana Leo, dedicated to teaching children about the Hawaiian culture and language, according to the church’s Web site.

Iolani Palace

The meaning of the name Iolani is roughly a “royal Hawaiian hawk.” Also known as Hale Alii, the palace housed a good number of different people from the royal Hawaiian monarchy in the 19th century to the territorial Hawaiian government in the 20th. The palace today offers three tours for most of the week, with the exception of Sunday and Monday. Tourists can learn about the palace either with a recorded tour, or a docent tour guide. Local citizens of Hawaii, or Kama’aina, can take a free tour on Sundays. For more information, see <http://www.iolanipalace.org>.

Aliiolani Hale

As you walk behind the immense statue, you will enter a building known as Aliiolani Hale. Perhaps most tourists would snap a photo from the outside and be on their way, but those who stay behind have more to see. Formerly the house of King Kamehameha V, Aliiolani Hale means “House of Heavenly Chiefs” according to <http://www.hawaiiweb.com>. Aliiolani Hale surpasses all Honolulu government buildings in seniority. Although the State Supreme Court continues to use the building to hold court and other government activities, the bottom floor makes room for a small museum. Once through security, you will find the Judiciary History Center on your left. Each wall holds a picture significant to the building, from Queen

Kaahumanu, to the previous Supreme Court justices. Beneath protective glass stand relics from the old courthouses of Hawaii. Through another doorway is a courthouse from 1913. This courthouse welcomes visitors, and even offers a small tutorial display to teach you courtroom titles. Beyond the courtroom is another passageway, this time with a silver chain link fence. A small boy with a newspaper is peeking out at you from the entrance. Upon closer inspection, you find he is a cardboard cutout from the 1940s. In this exhibit, called “Hawaii Under Martial Law: 1941-1944,” displays show visitors what it means to live under martial law. Martial law, according to the display board, is otherwise known as military law, and was placed in charge of non-military personnel as well. Daily rules from prices to curfew changed under martial law.

Washington Place

Right next door to St. Andrew’s Cathedral on Beretania Street and also in Honolulu stands the landmark, built by former sea captain John Dominis. Washington Place, named after the first United States president George Washington, was home to many, including famous Queen Liliuokalani, who married Dominis’s son, John, and Mary Dominis, the captain’s wife, who assisted in completing the building after husband failed to return to Hawaii successfully. During the tour, visitors also find out that portions of the house were changed or added as time went on, such as the 1922 Grand Lanai.

The very first room we encounter is the parlor in which Mary Dominis would welcome people of all walks of life, from mainland America to downtown Honolulu.

“She was a gracious hostess,” Painter said.

Hawaii as a territory bought Washington Place, and it became the residence of Hawaii’s subsequent governors for 80 years until first lady Vicky Cayetano in 1999 initiated the building of a new governor’s residence. Hawaii’s current governor Linda Lingle resides in a house located behind Washington Place. People who tour Washington Place can view various rooms in the house such as the Queen’s bedroom, the Parlor, and the Blue Room. Don Painter, a tour guide, describes the Blue Room as the “newest room with the oldest furniture.” There sits a Chinese settee, which John Dominis brought home after his travels.

While tourists may take photos of the outside of Washington Place, as well as the Glassed Lanai and Grand Outdoor Lanai, they are not permitted to take photos of its interior.

Mission Houses Museum

General-\$10

Hawaii residents, Sr. Citizens (55+) & Military-\$8

Students (age 6 to College w/ID) - \$6

For more information call 531-0481

Iolani Palace

Guided Tour (First/Second Floor)

9-11:15 a.m.

Regular Adult Tour: \$20.

Hawaii Resident/Military: \$15

(Every 15 min.)

Audio Tour (First/Second Floor)

11:45 to 3:30 p.m.

Regular Adult: \$12

(Every 10 min.)

Gallery Tour (Basement Exhibit Galleries only)

Regular Adult: \$6

9 a.m. to 5 p.m.

For more information call 522-0832

Washington Place

For tour information call 586-0248

Aliiolani Hale (Judiciary History Center)

Admission: Free

Hours: Tues., Wed., Thurs., 10 a.m. to 3 p.m.

For more information call 539-4999

AROUND THE CORPS

Garmsir's resurrection

With the district center secure, focus shifts to improving infrastructure

24th MEU Public Affairs
24th Expeditionary Unit

HELMAND PROVINCE, Afghanistan — With Garmsir's streets clear of insurgents, the next steps in the counterinsurgency campaign, reconstruction and renovation, can begin with the district governor's priorities, including repairs to the irrigation system and refurbishment of the hospital and schools.

After years of damage caused by strife and neglect, a canal system built by United States Aid for International Development in the

1950's is in desperate need of repair. USAID engineers, finally able to evaluate the irrigation system, identified 11 problem areas, including damage from ongoing conflicts and overgrowth of vegetation.

Garmsir is a rich, agricultural area with farming as the basis of the local economy. Shortly after securing the area, the citizens and District Governor Abdullah Jan came to the Marines and asked for help in getting the canals repaired.

"In places, bombing had damaged sluice gates and in others the system was simply in

disrepair because the government had not been able to do projects there," said Chief Warrant Officer 2 Rene Cote, civil affairs officer, 24th Marine Expeditionary Unit, NATO-International Security Assistance Force. "So we worked with USAID and sought their help in funding and providing technical assistance to repair the system. We believe that the improved security and repaired canal and irrigation system will set the conditions for alternative crop programs to be introduced by the government of the Islamic Republic of Afghanistan."

A district hospital is now providing some basic health care for the local population from unrefurbished premises. One doctor sees 80 to 100 patients daily and British forces plan to revamp the structure and décor.

"This should enable the hospital to attract more staff and to provide a more comprehensive service. People are delighted to have any healthcare in the district," said Louise Perrotta, stabilization advisor, Task Force Helmand, ISAF.

With an eye on the future, residents have expressed repeatedly the need for a school; the one in the city district was severely damaged by insurgent fighting.

The Amir Agha School is one of nine quick impact projects planned for the region. The school will receive new windows, doors, a new well, furniture, paint and undergo cleaning.

These projects are designed to provide immediate benefits, such as the wells and canal cleanup, as well as to demonstrate the Marines'

respect for the population's religious beliefs by providing funds for their cultural institutions.

In all these projects the Marines have worked with local elders to identify needs and then provide funding. The work is performed by local Afghan contractors and workers.

"We sought to provide assistance based on local community needs. In some villages there was an urgent need to provide drinking water and irrigation so we quickly responded by getting funding and contractors to start on those," said Cote. "We've also funded repairs to a couple of village cultural buildings. These efforts will be completed before we leave."

In total, \$20,000 will be spent improving and renovating needed facilities in the region. Ultimately this investment is intended to help the people of Garmsir help themselves.

Garmsir has a self-reliant and resilient population who regularly reply to "what do you need?" with "just security, we can do the rest," according to Perrotta.

The local Afghan governance is conducting meetings, coordinating projects, hearing local grievances, and organizing economic and social events in Garmsir, said Cote.

"I consider this significant because it re-emphasizes that they are capable of self-sufficient management and action to conduct reconstruction and development within their means," said Lt. Col. Anthony Henderson, battalion commander, Battalion Landing Team 1st Battalion, 6th Marine Regiment, 24th Marine Expeditionary Unit, ISAF.



Photo by Cpl Randall Clinton

Master Gunnery Sgt. John R. Garth, civil affairs chief, 24th Marine Expeditionary Unit, ISAF, surveys work being completed at one of the nine impact project sites.

Hawaii MARINE SPORTS

HAWAII MARINE C SECTION

WWW.MCBH.USMC.MIL

AUGUST 22, 2008



Photos by Lance Cpl. Ronald W. Stauffer

The Patrol Squadron 47 Undertakers' small three-man team (back) fiercely fire balls at the Marine Corps Air Facilities Renegades players during a 101 Days of Summer dodgeball tournament at the Semper Fit Center Saturday. The Renegades took the tournament title after a tough match against the Personnel Administration Center Red Balls of Fury.

Renegades win dodgeball tournament

Lance Cpl. Ronald W. Stauffer
Combat Correspondent

The Marine Corps Air Facility Renegades dominated the Installation Personnel Administration Center Red Balls of Fury and Patrol Squadron 47 Undertakers in a single elimination, 101 Days of Summer, dodgeball tournament at the Semper Fit Center Saturday.

Using quick feet and cat-like reflexes on the court, the Renegades quickly subdued their opponent after an incredible two-ball catch by Chris Wlisczczak, Renegades player, depleting the Red Balls of Fury of two players and bringing two of their own back in.

The tournament, hosted by the Single Marine and Sailor Program as one of the final events for 101 Days of Summer, kicked off in a round robin match between the three teams.

First on the court, the Red Balls of Fury faced off against the Renegades in a six-on-six match.

"We're competitive," said John Risner, Renegade's team captain. "We try to participate in every 101 Days of Summer event that we can and we're here for a good time."

Risner said his team has an extra player so he plans on rotating players, and playing fast and hard.

At the sound of the whistle both teams dashed to the center line, grabbing any ball they could.

As quickly as the balls started flying, the Renegades sealed the deal, smashing into the Red Balls of Fury defense and dodging low-flying balls.

Next on the battlefield, the Undertakers and their motivated three-man team faced off against the Red Balls of Fury.

Unsuccessful with their small team and the mass wall of balls flying, they were caught off guard, putting an upsetting twist to their game.

"We're doing really well," said Joseph M. Pearson, Red Balls of Fury player. "We only had one player out this last game and we've got good technique and good players."

Pearson said the team's going to

overtake the opposing teams and refused to give away any strategies.

In the final match of the round robin, the Undertakers faced the Renegades showing vast improvement since their prior loss.

Richard Riisma, Undertakers' team captain, stood alone on the court, treading lightly and evading balls as they flew through the air. Catching a ball, he gave his team hope, bringing one of his own back into the game, but was taken out by the over-powering numbers of the opposing team.

Entering into the championship round for the title, the Renegades faced the Red Balls of Fury one last time.

As both teams unleashed madness on each other, they utilized low-thrown balls and attempted to catch anything thrown above the waste.

Coming up big, Wlisczczak caught two balls thrown at him, relieving two Red Balls of Fury players and bringing two of his own back in the game to finish off the rest of their

See DODGE, C-2



Marine Corps Air Facility Renegades and Installation Personnel Administration Center Red Balls of Fury players face off at the center line, struggling to take control of as many balls as they could, during a 101 Days of Summer dodgeball tournament at the Semper Fit Center Saturday.

3rd Radio Battalion shuts down Law Dawgs 11-5, in playoffs

Lance Cpl. Ronald W. Stauffer
Combat Correspondent

Third Radio Battalion beat the Provost Marshal's Office Law Dawgs in the quarter finals of the 2008 Intramural Softball League playoffs 11-5, at Annex Field Aug. 14.

With massive bats and superb fielding, 3rd Radio took control of the game in the second inning, showing no mercy once they gained the lead.

"This is our first game of the playoffs and we've been off for awhile, so we're probably going to be a little rusty when we get out there," said Chris Margoupis,

3rd Radio's coach, before the game. "We just have to get out there and hit, and make sure we play a tough defense."

First to bat, the Law Dawgs came out swinging, smashing infield grounders and low fly-balls, but it wasn't enough to get past 3rd Radio's defense.

Law Dawgs took the field, with a chance to fight back and expose their defense against 3rd Radio batters, but the balls went flying 3rd Radio runners stacked bases brought in three runs before their third out.

The Law Dawgs answered with three runs in the second inning, tying the score 3-3, giving the game the appearance of a

close match.

Seeing what they were up against, 3rd Radio brought out their big bats, knocking line drives through the infield and more low-flying balls, which landed short of the outfielders.

Gaining bases and RBIs, 3rd Radio went on a five-run streak before the Law Dawgs put an end to their drive, making the score 8-3.

In the top of the third inning, Law Dawgs brought in one run before taking the field again and giving 3rd Radio the chance to score in the bottom of the inning.

Coming up big in the third inning, Kyle Houston, 3rd Radio shortstop, hit the only triple, bringing himself and two teammates home to raise their lead to 11-4.

Winding down in the fourth inning, the Law Dawgs put one more point on the board and shut 3rd Radio down during their turn to bat.

Unable to get anything past 3rd Radio in the fifth inning, the game looked grim for the Law Dawgs.

Coming into the sixth inning of the game, the Law Dawgs had one last chance to make a comeback.

To the Law Dawgs demise, 3rd Radio Battalion wasn't budging and only allowed one run to score before winning the game 11-5.

"We just didn't hit," said Phillip Frazier, Law Dawgs' head coach. "If we would have hit with them, I think we would have done a lot better. But, they hit the ball and we didn't."

See, RADIO, C-2

MALS-24 destroys 3rd Marine Regiment, 11-6

Cpl. Juan D. Alfonso
Marine Corps Forces Pacific, Public Affairs

Marine Air Logistics Squadron 24 took the win 11-6 against 3rd Marine Regiment during the first 2008 Intramural Softball League playoff game Aug. 13 at Annex Field.

Third Marines started off strong, but MALS-24 came back hard, bringing in five runs in the top of the fourth inning, and an additional five through the sixth and seventh to secure their victory.

The game kicked off with MALS-24 up to bat, but Charles Van Allen, 3rd Marines pitcher, smothered MALS-24's first three batters, allowing his team a chance to start scoring.

MALS-24 tried tripping up the competition with a series of high lobs, hoping the 3rd Marine batters would swing resulting in a series of walks and ground outs to end the first inning 0-2 in favor of 3rd Marines.

After slow second and third innings, with barely any runs, Rafael Pittaluga, MALS-24 batter, began a five-run streak in the fourth inning by hitting a fly ball to the outfield.

After MALS-24's performance in the top of the fourth, it seemed 3rd Marines couldn't catch up, making one run in the bottom of the fourth

to end it 6-5.

Third Marines were down but not out. Three quick strike outs from Van Allen's pitching gave his team the opportunity to score more in the bottom of the fifth. But MALS-24 didn't let them make another run.

MALS-24's defense stepped up, catching a series of fly balls and allowing no runs for the next two innings.

While MALS-24's defense was top notch, 3rd Marines defense slipped, allowing three runs in the sixth inning and another two runs in the seventh.

Third Marines tried to rally in the bottom of the seventh, but the MALS-24 defense held them at bay to win the game, 11-6.

"Honestly this has been a real emotional game," said Clayton Williams, MALS-24 outfielder. "We were down, then we tied and just came back. It felt awesome getting into the playoffs and now we're going to the quarter finals."

Alan Rollins, MALS-24's coach, played his last game with the team and said the team's victory was especially satisfying.

See MALS-24, C-2



Lance Cpl. Ronald W. Stauffer

Jason Schachette, Provost Marshal's Office Law Dawgs right centerfielder, cracks into a ball, during the 2008 Intramural Softball League quarterfinal playoff game at Annex field Aug. 15.

Don't be a drip ... Conserve water

In the midst of Oahu's drought season, base residents are urged to watch their water usage

**Cpl. Dustin Crandell
and John Dunbar**
Base Facilities Energy Branch

Though it may not feel like it, Oahu is in the midst of a drought. From April through June rainfall was only 42 percent of the normal average. We can expect this shortage to continue for a while, which makes water conservation very important. The base gets its water from Honolulu Board of Water Supply like most island users. Last year we used 687 million gallons of water, or about 1.9 million gallons per day, at an annual cost of \$1.7 million. About 45 percent of the use was in family housing. The base does offset the use of potable water by using reclaimed, treated effluent water from the on-base wastewater treatment facility to irrigate the golf course.

The Marine Corps Base Hawaii water conservation policy is contained in Base Order 11300.13 and limits watering hours to 6 to 9 a.m. and 6 to 8 p.m.

Watering is further limited in family housing to only two days a week. During the summer months, Manana and Puuloa family housing are allowed to water three days a week due to the drier conditions on that side of the island.

All hands are encouraged to use water saving habits both at home and at work.

Here are some tips to help save water:

Valves and Faucets

Do not open more than necessary to obtain the required flow. When closing, tighten only enough to stop water flow. Excessive tightening damages washers and causes premature leaks.

Leaks

Don't use leaky hoses and couplings or fittings. Report leaks and defective/damaged valves.

Cleaning Pavements

Use brooms and mops, not water, to clean work area decks, driveways,



While Kent Tamura and Shelley White continue a casual conversation, water rushes out of a sink faucet. Representatives from the Base Facilities Department urge Marines, Sailors and civilians to conserve water.

patios, decks, walks, etc.

Washing Vehicles and Equipment

Wash vehicles and other equipment by rinsing with a hose and nozzle with automatic shut-off valve, and by washing with solution sponged-on from a pail. First wet the vehicle, turn off the water at the nozzle while scrubbing, then rinse.

Irrigation

Irrigation is permitted only for plantings, not for pavements.

Use care to minimize overspray.

Limit opening of valve/faucet to only enough flow to soak in the ground and avoid wind-blown overspray and surface runoff.

Secure all valves when not in use. Hoses must have a nozzle with shut-off valve, or a sprinkler attached.

Do not leave sprinklers unattend-

ed. Irrigation of landscaping is limited to the minimum necessary to assure viability of the plantings. Though lawns may turn brown during the dry season, they are still viable, and will turn green again when the wet season returns.

For more ways to save water go to <http://www.wateruseitwisely.com> or contact the Facilities Energy Branch at 257-2171, ext. 248 or 251.

RADIO, from C-1

Frazier said with the Law Dawgs out of the playoffs, they'll be preparing for next season.

On the winning side, 3rd Radio celebrated a victory in the dugout and came one step closer to the championship game.

"We got out there in the lead and played pretty good defense," Margoupis said after the game. "We could do better though."

3rd Radio Battalion played Marine Air Logistics Squadron 24 "Rollins" in the semifinals, Tuesday.

Golfing for a cause

Local golf course hosts Patriot Golf Day, donates to scholarship program for military families

Tiffany A. Benedict
Ko Olina Golf Club

Honolulu—On August 30, Ko Olina Golf Club is hosting Patriot Golf Day in association with the PGA of America and the United States Golfers Association. Patriot Golf Day is hosted across the United States over Labor Day weekend at more than 3,200 public and private golf facilities.

Golfers are asked to donate a minimum of \$1 to support Folds of Honor, a legacy foundation designed to provide educational scholarships for dependents and spouses of service members who are either killed or disabled while serving and defending our great nation.

Ko Olina Golf Club is taking the program one step further by donating \$1 for every round of golf played at the course on August 30.

In addition to raising funds for Folds of Honor, Ko Olina Golf Club is hosting a special golf clinic on Saturday, August 30, from 10 to 11 a.m. featuring golf professional, Navy Lt. Billy Hurley III, a 2004 Naval Academy graduate who is stationed on the destroyer USS Chung-Hoon at Naval Station Pearl Harbor. Also assisting in the golf clinic will be the PGA staff of teaching professionals from the Ko Olina Golf Academy, led by Director of Golf Greg Nichols, head professional Travis Joerger and teaching professional Tommy Hines.

The clinic is free and open to the public with special seating for all active duty personnel, their families and junior golfers. Clinic attendees will have the chance to win door prizes and a special commemorative TaylorMade driver will be auctioned off to raise additional funds for Folds of Honor.

Additionally, two lucky active duty military personnel will win lunch at Roy's Ko Olina on August 30 at 11:30 a.m. Hurley and former commander, U.S. Pacific Command, Navy Adm. Tom Fargo, who is currently the president and CEO of Hawaii Superferry, Inc., followed by 18 holes of golf.

Active duty military personnel, with a minimum handicap of 24 for men and 30 for women, can enter the raffle at Ko Olina Golf Club and at the five military golf courses on Oahu: Leilehua Golf Course, Walter J. Nagorski Golf Course, Kaneohe Klipper, Navy-Marine Corps Golf Course and Barbers Point Golf Course.

Ko Olina Golf Club is also extending special reduced rates for military personnel throughout the month of September. Military personnel will enjoy \$20 off 18-hole green fees and \$10 off 9-hole green fees.

"We are pleased to extend Patriot Golf Day throughout the entire month of September as part of our ongoing support of the men and women of the armed forces," noted Greg Nichols, general manager and PGA professional golfer.

Patriot Golf Day was created by Broken Arrow, Okla., resident Capt. Dan Rooney, who is both a PGA teaching professional and an F-16 fighter pilot in the 125th Fighter Squadron of the Oklahoma Air National Guard.

Patriot Golf Day is jointly supported by the PGA of America and the USGA and has also garnered tremendous support from many of the country's leading golf television personalities, manufacturers, media outlets and organizations.

For more information, call the Golf Shop at 676-5300 or visit Ko Olina Golf Club's Web site at <http://www.koolinagolf.com>



Cpl. Juan D. Alfonso

Rafael Pittaluga takes a swing at the ball Aug. 13 during the first playoff game of the intramural soft ball season here. Pittaluga's hit was the beginning of a five-run streak in the fourth. Pittaluga is an eligible batter with the Marine Air Logistics Squadron 24 Team.

MALS-24, from C-1

Rollins also said a lot of teamwork went into the game. He explained the unity of two original MALS-24 softball teams coming together to form the team that made this win possible.

"It's definitely the way I

wanted to go out," Rollins said.

Though the 3rd Marines lost, there were no hard feelings.

"They just out hit us," Vanallen said. "We weren't hitting real well and they played solid. What more is there to say?"

DODGE, from C-1

opponents and take the title.

"I would like to thank our captain, John Risner," joked Thomas Noceda, Renegades player. "He really coached us along for those five minutes before we played the game."

Noceda said the team played clean, had fun and won the tournament thanks

to Wlisczak's two ball catch.

The first and second place team received tote bags filled with discount coupons to establishments on base.

"It's really great to plan events and have the guys come out for 101 Days of Summer," said Marcella T. Cisneros, coordinator, Hawaii SM&SP. "It's really motivating and exciting."



File photo

Avid golfers can use their hobby to support Folds of Honor, a foundation that provides education scholarships for dependents of service members either killed or injured serving America Aug. 30 at Ko Olina Golf Course during their Patriot Golf Day.

Spotlight On Sports

Sports Briefs

Beginner Outrigger Canoe Paddlers Wanted

Windward Kai Canoe Club practices at Kailua Beach and welcomes active duty and family members (18 and older) to participate in this Hawaiian sport and culture.

The club is especially seeking to field a beginner women's crew to race this summer. No experience is necessary and all training and equipment are provided.

WKCC in Kailua recently provided beginner outrigger canoe paddling classes for Marines from Marine Corps Base Hawaii.

For more information, call Derrel at 383-0400 or Greg at 255-9977.

Parents for Fitness

The Parents for Fitness Program is a cooperative babysitting effort available at the Semper Fit Center, here, for all active duty service members and their families. The PFFP participants are required to volunteer babysit three times per month and is open for parents with children 6 weeks and older.

For more information, call 664-0184.

Campground and Picnic Sites

For picnic and campsites, Marine Corps Base Hawaii offers some of the most scenic beaches on the island.

Three of those beaches, Pyramid Rock, Hale Koa and Fort Hase, are available by reservation from dawn to dusk. Hale Koa Beach is available for overnight camping, but requires a reservation.

For more information, contact 254-7666 for Kaneohe Bay or 477-5143 for Camp H.M. Smith.

Paintball Hawaii

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

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

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

K-Bay Lanes

K-Bay Lanes offers economical entertainment, Mondays through Thursdays. All E-1s to E-5s can pay \$1.75 for games and \$.50 for shoe rentals.

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

K-Bay Lanes Color Pin Special

Every Thursday, when you roll a strike and a colored pin is in the headpin position, you can win up to three free games of bowling. All patrons are welcome to take advantage of this deal. If you make the play, you win!

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

Personal Trainers Available at Semper Fit

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

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

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

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

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

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

Youth Activities Coaches Needed

Youth Activities is looking for volunteer coaches for three upcoming sports seasons: in-line hockey, flag football and cheerleading.

If you are interested in coaching please call today!

For more information contact Clark Abbey at 254-7611.

Fishing Charters Available at MCB Hawaii

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

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

Semper Fit Offers new array of aerobics

The Semper Fit Center announces a new and expanded aerobics program. These new classes now being offered include a variety of workouts.

Call 254-7597 for more information on the various classes now offered.

K-BAY SPORT FISHING EVENT OPEN HOUSE

MARINE CORPS BASE HAWAII, KANEOHE, HI – August 8, 2008 – Marine Corps Community Services (MCCS) welcomes K-Bay Sport Fishing to Marine Corps Base (MCB) Hawaii. As a celebration of the opening, everyone affiliated with MCB Hawaii is invited to a free barbecue on Saturday from 2:00 to 5:00 pm.

Event will be held at K-Bay Sport Fishing, located next to the Base Marina on D Street. In addition, all reservations for fishing charters made during the open house will be given a 10% discount. For more information, please call K-Bay Sport Fishing at 926-FISH (3474) or 254-7667.

2008 Intramural Softball Standings



TEAM	WINS	LOSSES
1/3	18	0
HQBN	22	2
2-2	18	5
3rd Radio Bn.	14	6
CLB-3	13	8
Law Dawgs "PMO"	12	8
HSL-37	9	9
MALS-24 "Rollings"	10	11
MALS-24 "Dyer"	9	14
3rd Marine Regiment 1	8	15
VP-47	1	7
VP-4	2	20

Cover the world in paint!

Aim for a fun time with friends! Open Saturdays and Sundays from 9 a.m. to 5 p.m.

For more information, call 265-4283

Youth In-Line Hockey

Registration runs through September

Season runs Sept. 27 through Nov. 15

Practice starts Sept. 2

For more information, call Youth Sports at 254-7611.



HEALTH AND WELLNESS

Take the heat off summer fun

Lifelines

Office of the Secretary of the Navy

Part of summer fun is either relaxing in your backyard or going away on vacation.

You can almost picture the perfect vacation: You in a new swimsuit lying on a beach blanket or lounge, basking in the warm summer sun while your skin turns a fabulous shade of bronze -- or even darker if you're lucky.

Although that does sound inviting, it's very unhealthy in the long run. The odds that you will get a sunburn without wearing sunscreen is near 100 percent. The Environmental Protection Agency states that five or more sunburns will double your risk of developing skin cancer.

Wearing sunscreen is important to protect your skin, yet you should wait about 10 or 15 minutes before lathering it on. This will give your body a chance to synthesize the Vitamin D your body needs to increase calcium absorption. In other words, only 10 to 15 minutes of unencumbered sunlight a day will help keep your bones strong. But remember, more is not better. Don't get carried away because staying in direct sunlight for extended periods of time

will certainly harm your skin at the very least.

When you do apply sunscreen, use a Sun Protection Factor (SPF) of at least 15 that provides broad-spectrum protection from both ultraviolet A (UVA) and ultraviolet B (UVB) rays. Reapply every two hours, even on cloudy days, and after swimming or sweating.

Also, be aware that water, snow and sand reflect the damaging rays of the sun, which can increase your chance of sunburn.

Depending where you live or go on vacation, the ultraviolet index can help you plan your outdoor activities in ways that prevent overexposure to the sun. The Environmental Protection Agency forecasts the UV Index by ZIP code.

If you are truly interested in avoiding sun exposure, you should wear protective clothing, such as a long-sleeved shirt, pants, a wide-brimmed hat and sunglasses. If that's impossible, then seek shade when you can. Remember that the sun's UV rays are strongest between 10 a.m. and 4 p.m.

Be extra careful about sensitive individuals like children, the elderly or the sick. Never ever leave anyone or an animal alone in a car, or a pool or other risky location, not even for "just



a few minutes."

To show how hot it feels outside, simply go to the Heat Stress Index Calculator, plug in the actual temperature in Fahrenheit and the relative humidity. The number that pops up will tell you how hot it feels like outdoors.

If it's too hot outside, you can certainly suffer heat stress, heat exhaustion or even heat stroke. Some signs to watch out for include: Paleness, muscle cramps, dizziness, nausea and rapid breathing. If the person is not sweating,

then you probably are dealing with a very serious heat stroke.

In this case, the Centers for Disease Control and Prevention advises you to immediately call for help. In the meantime, get the person to a shady area and cool the person rapidly, using whatever methods you can. If emergency medical personnel are delayed, call a hospital emergency room for further instructions. Under no circumstances give the person alcohol to drink.

Stay safe and be cool.

Are you ready for ...

Extreme heat?

Lifelines

Office of the Secretary of the Navy

Heat kills by pushing the human body beyond its limits. In extreme heat and high humidity, evaporation is slowed and the body must work extra hard to maintain a normal temperature.

Most heat disorders occur because the victim has been overexposed to heat or has over-exercised for his or her age and physical condition. Older adults, young children, and those who are sick or overweight are more likely to succumb to extreme heat.

Conditions that can induce heat-related illnesses include stagnant atmospheric conditions and poor air quality. Consequently, people living in urban areas may be at greater risk from the effects of a prolonged heat wave than those living in rural areas.

Also, asphalt and concrete store heat longer and gradually release heat at night, which can produce higher nighttime temperatures

known as the "urban heat island effect."

Know the Terms

Familiarize yourself with these terms to help identify an extreme heat hazard:

Heat Wave

Prolonged period of excessive heat, often combined with excessive humidity.

Heat Index

A number in degrees Fahrenheit (F) that tells how hot it feels when relative humidity is added to the air temperature. Exposure to full sunshine can increase the heat index by 15 degrees.

Heat Cramps

Muscular pains and spasms due to heavy exertion. Although heat cramps are the least severe, they are often the first signal that the body is having trouble with the heat.

Heat Exhaustion

Typically occurs when people exercise heavily or work in a hot, humid place where body fluids are

lost through heavy sweating. Blood flow to the skin increases, causing blood flow to decrease to the vital organs. This results in a form of mild shock. If not treated, the victim's condition will worsen. Body temperature will keep rising and the victim may suffer heat stroke.

Heat Stroke

A life-threatening condition. The victim's temperature control system, which produces sweating to cool the body, stops working. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly.

Sun Stroke

Another term for heat stroke.

Take Protective Measures Before Extreme Heat

To prepare for extreme heat, you should:

Install window air conditioners snugly; insulate if necessary.

Check air-conditioning ducts for proper insulation.

Install temporary window reflec-

tors (for use between windows and drapes), such as aluminum foil-covered cardboard, to reflect heat back outside.

Weather-strip doors and sills to keep cool air in.

Cover windows that receive morning or afternoon sun with drapes, shades, awnings, or louvers. (Outdoor awnings or louvers can reduce the heat that enters a home by up to 80 percent.)

Keep storm windows up all year.

During a Heat Emergency

The following are guidelines for what you should do if the weather is extremely hot:

Stay indoors as much as possible and limit exposure to the sun.

Stay on the lowest floor out of the sunshine if air conditioning is not available.

Consider spending the warmest part of the day in public buildings such as libraries, schools, movie theaters, shopping malls, and other community facilities. Circulating air

can cool the body by increasing the perspiration rate of evaporation.

Eat well-balanced, light, and regular meals. Avoid using salt tablets unless directed to do so by a physician.

Drink plenty of water. Persons who have epilepsy or heart, kidney, or liver disease; are on fluid-restricted diets; or have a problem with fluid retention should consult a doctor before increasing liquid intake.

Limit intake of alcoholic beverages.

Dress in loose-fitting, lightweight, and light-colored clothes that cover as much skin as possible.

Protect face and head by wearing a wide-brimmed hat.

Check on family, friends, and neighbors who do not have air conditioning and who spend much of their time alone.

Never leave children or pets alone in closed vehicles.

Avoid strenuous work during the warmest part of the day. Use a buddy system when working in extreme heat, and take frequent breaks.

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HEALTH AND WELLNESS

Curb the risk

Knowing, teaching risk of dehydration in youth sports important for safe summer

Lifelines

Office of the Secretary of the Navy

Children don't adapt as well as adults do to exercise in hot, humid weather. They produce more heat, sweat less and may be less likely to drink enough fluids during exercise — all of which increase the risk of dehydration.

Dehydration can lead to mild to severe heat-related illnesses, such as heat cramps, heat exhaustion and heatstroke. But you don't need to worry from the sidelines.

Learn who's at risk of dehydration — and how to prevent it.

Who's at risk

Any child who exercises in the heat may be at risk of dehydration. The concern is greatest for young athletes who participate in football, soccer, cross-country and other sports that start in late summer.

Your child may be particularly vulnerable to dehydration and other heat-related illnesses during summer workouts if he or she:

- Rarely exercises
- Is overweight or obese
- Has had a recent illness that caused vomiting or diarrhea
- Has had a previous heat-related illness
- Football players face special risks in the heat when exercising hard while wearing full protective gear.

Acclimating to the heat

Most heat-related problems occur within the first few days of practice. That's why it's best to take it easy at first, gradually increasing the amount of activity — and the amount of protective equipment — as the days pass. Young athletes may need up to two weeks to safely acclimate to the heat.

During hot and humid conditions, the American Academy of Pediatrics encourages coaches to:

- Reduce the intensity of physical activity lasting more than 15 minutes
- Require young athletes to drink plenty of fluids before practice and during regular beverage breaks — even if they aren't thirsty
- Limit clothing to a single layer of light-colored, lightweight material
- Know when to slow down — or call it quits

Sometimes it's simply too hot and muggy to go full throttle on the field. To determine when heat and humidity make strenuous exercise risky for young athletes, your child's coach may monitor the wet bulb globe temperature (WBGT) — the standard index of temperature and humidity combined. If the WBGT is too high, outdoor athletic activities may need to be limited or canceled.

Spotting dehydration and other heat-related problems

Even mild dehydration can affect your child's athletic performance and

make him or her lethargic and irritable.

Left untreated, dehydration increases the risk of other heat-related illnesses, including heat cramps, heat exhaustion and heatstroke.

Encourage your child to pay attention to early signs and symptoms of dehydration, including:

- Dry or sticky mouth
- Thirst
- Headache
- Dizziness
- Cramps
- Excessive fatigue

Remind your child that he or she is responsible for reporting these signs and symptoms to the coach right away. Don't let embarrassment keep your child on the field. If dehydration is detected early, fluids and rest may be all that's needed. If your child seems confused or loses consciousness, seek emergency care.

Prevention is key

If your child plays sports in hot weather, encourage him or her to drink plenty of fluids before, during and after practices and games. Teach your child the signs and symptoms of dehydration, as well as the importance of speaking up if they occur.

Involve your child's coach, too. Talk to the coach about adjusting the intensity of practice depending on the temperature and humidity on the field — and support the coach's decision to cancel games and practices when it's dangerously hot outside.

Heat disorders

Important symptoms to learn for summer safety

Lifelines

Office of the Secretary of the Navy

Sunburn

Redness and pain. In severe cases swelling of skin, blisters, fever, headaches.

First Aid: Ointments for mild cases if blisters appear and do not break. If breaking occurs, apply dry sterile dressing. Serious, extensive cases should be seen by physician.

Heat Cramps

Painful spasms usually in muscles of legs and abdomen possible. Heavy sweating.

First Aid: Firm pressure on cramping muscles, or gentle massage to relieve spasm. Give sips of water. If nausea occurs, discontinue use.

Heat Exhaustion

Heavy sweating, weakness, skin cold, pale and clammy. Pulse thready. Normal temperature possible. Fainting and vomiting.

First Aid: Get victim out of sun. Lay down and loosen clothing. Apply cool, wet cloths. Fan or move victim to air conditioned room. Sips of water. If nausea occurs, discontinue use. If vomiting continues, seek immediate medical attention.

Heat Stroke or Sun Stroke

High body temperature (106° F. or higher). Hot dry skin. Rapid and strong pulse. Possible unconsciousness.

First Aid: Heat Stroke is a severe medical emergency. Summon emergency medical assistance or get the victim to a hospital immediately. Delay can be fatal.

Move the victim to a cooler environment. Reduce body temperature with cold bath or sponging. Use extreme caution. Remove clothing, use fans and air conditioners. If temperature rises again, repeat process. Do not give fluids. Persons on salt restrictive diets should consult a physician before increasing their salt intake.

AROUND THE CORPS

Fit for combat

Marines in combat zone train for CFT requirements

Cpl. Chris T. Mann
Regimental Combat Team 1

CAMP FALLUJAH, Iraq — What better place to prepare for the Marine Corps' new combat fitness test requirements than in a combat zone?

According to Marine Corps Order 6100.13, which was recently signed by the Commandant of the Marine Corps, every Marine must be physically fit regardless of age, grade, or duty assignment.

The order outlines the Marine Corps Physical Fitness Program and emphasizes the requirement for all Marines to adopt a healthy lifestyle and a lifelong commitment to fitness.

Marines deployed with Headquarters Company, Regimental Combat Team 1, are frequently seen spending time exercising between hectic schedules in a makeshift gym set up just outside their offices at Camp Fallujah, Iraq.

The hasty, outdoor gym, covered only by camouflage netting, gives these Marines the chance to get their blood pumping between work shifts and daily routines, and helps them

stay in keen physical condition.

With the possibilities of engaging in combat situations at a moment's notice in the Anbar Province, and the new Combat Fitness Test recently implemented Corps-wide, Marines must remain vigilant both in and out of combat zones.

"It is very important for Marines to stay fit and relieve stress, and the fact that we have a facility set up right outside our work space helps us maintain fitness," said Capt Stephen B. Jackson, officer in charge, intelligence section, Regimental Combat Team 1. "You see guys come out to the gym during their breaks; often times these Marines don't have time for much else."

The outdoor gym is set up so Marines can target each muscle group as they find the time during the day.

The gym has several sets of pull-up bars, a weight bench, a full set of free-weights, a bench press and other workout equipment that one would normally find in most small gyms.

The only difference is this gym is not enclosed with walls and sits atop Iraqi dirt.

But the lack of walls or a floor, or even an air-conditioner, does not keep

Marines from regularly using the facility to stay in shape and test their fitness levels.

"The first chance we get, we head outside to the gym to lift weights," said Cpl. Mathew D. Hinojos, a 20-year-old intelligence specialist from Albuquerque, N.M. "I like to come in early in the morning and test my endurance levels at the gym; sometimes we have competitions between Marines in our shop."

The outdoor setup may not be first class, but the determination of some Marines to stay in shape has kept this gym open for business.

Marines simply head outdoors, remove their blouses and covers, and jump right into a bench press or a set of pull-ups in their camouflage utilities.

After completing a few sets in the gym they throw their blouses back on and it's back to work.

If a Marine is deployed to a combat environment it doesn't mean physical fitness goes out the window. Many Marines at Camp Fallujah have found ways to work around busy schedules and have taken their fitness to the next level.



Cpl. Chris T. Mann

Cpl. Henry S. Good, a special intelligence communicator, Headquarters Company, Regimental Combat Team 1, hangs upside down during a daily exercise routine at an outdoor gym Aug. 14.



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