

M Hawaii MARINE

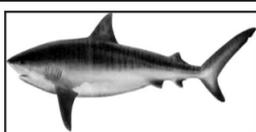
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2005 THOMAS JEFFERSON AWARD WINNING METRO FORMAT NEWSPAPER

JULY 21, 2006



Warrior
A-3



Sharks
B-1



Football
C-1



Cpl. Michelle M. Dickson

Marines from 2nd Battalion, 3rd Marine Regiment, fire at targets on the range at Marine Corps Base Hawaii, Kaneohe Bay, in preparation for their training at Range 400, Twentynine Palms, Calif.

Island Warriors training at company-level range

Lance Cpl. Luke Blom
2nd Battalion, 3rd Marine Regiment

MARINE CORPS AIR GROUND COMBAT CENTER TWENTYNINE PALMS, Calif. — A Marine would never think about crossing an active firing line on a rifle range, for obvious safety reasons — not to mention that doing so

would be breaking a rule enforced on nearly every range in the Marine Corps. But Range 400, the company-level assault range here, is not like most ranges. Located in a canyon in the middle of the desert, Range 400 doesn't have a firing line or range flags that indicate wind speed and direction. It doesn't

have typical targets or yard lines that indicate how far away they are. What it does have is a simulated company-size enemy force that has an observation post, command post, numerous mortar positions, and enemy personnel who are dug into trenches across the canyon floor.

Calling on every avail-

able Marine in the company, the Island Warriors of Fox Company, 2nd Battalion, 3rd Marine Regiment assaulted the simulated enemy force during a live-fire exercise at Range 400, July 8.

"Our company's mission was to effectively use all our

See **WARRIORS**, A-7

Helicopters, ships used in evacuation

Jim Garamone

American Forces Press Service

WASHINGTON — A contracted ship has docked in Lebanon to evacuate U.S. citizens caught in the fighting there, and U.S. officials have ordered the Iwo Jima Expeditionary Strike Group to assist in the effort, DoD officials said.

DoD contracted a Greek ocean liner, the Orient Queen, to evacuate American citizens from Beirut, and that vessel has docked, a senior DoD official told reporters.

The liner can hold up to 750 people for the five-hour voyage to Cyprus, an island nation in the western Mediterranean. In addition, six CH-53 Super Stallion helicopters — three from the 24th Marine Expeditionary Unit (Special Operations Capable) and three from U.S. forces based in the United Kingdom — are evacuating American citizens from the American embassy compound in Beirut.

The air evacuation is aimed at citizens with special needs. The helicopters will deliver the refugees to

See **CITIZENS**, A-5



MC1 Michael B.W. Watkins

A woman and her child are guided to the air terminal as they exit a U.S. Marine Corps CH-53 Super Stallion helicopter at Royal Air Force Base Akrotiri in Cyprus following their flight from the U.S. Embassy in Beirut, Lebanon, July 17.



U.S. Navy photo

Sailors aboard the multipurpose amphibious assault ship USS Iwo Jima (LHD 7) man the rails as they depart from their homeport at Naval Station Norfolk in Virginia.

Norfolk-based assault ship rescues Americans

News Release

Commander, U.S. Naval Forces Central Command/Commander, U.S. 5th Fleet

MANAMA, Bahrain — Sailors and Marines assigned to the Iwo Jima Expeditionary Strike Group and the 24th Marine Expeditionary Unit

(Special Operations Capable) have been directed to assist in the authorized departure of American citizens from Lebanon.

The U.S. Embassy in Lebanon has requested military assistance to help American citizens who wish to depart Lebanon to leave in a secure and order-

ly manner. Commander, Task Force 59 Marine Brig. Gen. Carl Jensen is in Cyprus directing military efforts to provide support to the Embassy.

The ESG and MEU are operating in the U.S. 5th Fleet area of operations

See **LEBANON**, A-7

Allies alongside U.S. forces during RIMPAC Exercise

Lance Cpl. Edward C. deBree

Combat Correspondent

USS BONHOMME RICHARD — When a force that cannot defend itself against threatens a country, allied nations help anyway that they can. That is the scenario for this year's Rim of the Pacific 2006 exercise.

Service-members from armed forces from eight different countries are taking part in RIMPAC 2006 and are training together in a

scenario such as this.

Marines and Sailors from Marine Corps Base Hawaii, Kaneohe Bay are participating in this year's RIMPAC and are being trained to be a part of a multinational combined arms support force.

More than 400 Marines and Sailors from 3rd Marine Regiment, Combat Service Support Group 3, and Marine Heavy

See **RIMPAC**, A-5



Petty Officer 1st Class Darryl Nicholson

Sailors assigned to the multipurpose amphibious assault ship USS Bonhomme Richard (LHD 6) test systems in the Joint Operations Center.

NEWS BRIEFS

Women's Leadership Conference

The 3rd Annual International Women's Leadership Conference will be held Aug. 29 from 8:30 a.m. to 4:30 p.m. at the Sheraton Waikiki Hotel & Resort, Hawaii Ballroom. Government/military rates are available.

The event features 12 women leaders, including Rear Adm. Sally Brice-O'Hara, Commander, Coast Guard District 14; Karen P. Hughes, U.S. Under Secretary of State for Diplomacy and Public Affairs; Zainab Al-Suwaij, Executive Director, American Islamic Congress; Governor Grace Padaca, Isabela Province, Philippines; and a special videotaped message from Oprah Winfrey. The event is open to all military active duty, reserve, guard and spouses.

For more information or to register, visit <http://www.iwlchi.org> or call 586-0081.

DEERS to relocate

Hawaii Integrated Personnel Administrative Center will be taking over the DEERS/Rapids ID Card Center beginning at noon, Aug. 18. At that time, the Center will be relocated to first floor of Building 1044.

Hawaii 2006

The Marine Corps Hawaii 2006 catalogue is now available for dissemination to commands. All command representatives are urged to call 257-8833/37 to make arrangements to pick up boxes containing these catalogues at their earliest convenience.

Marine Corps Hawaii 2006 contains a wealth of information about everything Marines, Sailors, and their family members need to know about military and civilian life on Oahu.

Temporary Beach Closing

There will be a temporary beach closing at Pyramid Rock from 8 a.m. today to 8 a.m. July 26. The beach will be closed during the amphibious assault portion of the exercise Rim of the Pacific. During the exercise, amphibious assault vehicles will be utilizing the beach for precombat training support of RIMPAC.

Personnel are not authorized in this area on the dates and times mentioned above as a precaution to injury to personal property or personnel.

For more information, contact Daniel Geltmacher at 257-8884.

Flagpole Ceremony

The flagpole ceremony normally scheduled for today is postponed until July 28. The designated uniform of the day will be Blue Deltas.

K-Bay Pass House Hours Change

Kaneohe Bay, Marine Corps Base Hawaii Pass House's hours have changed. New hours are 5 a.m. to 10 p.m.

For more information call 257-2047.

Hawaii Marine Accepts Letters

Hawaii Marine welcomes comments for the "Letters to the Editor" section. Letters should be clear and concise. *Hawaii Marine* reserves the right to edit letters for clarity and length. Comments must be signed with a full name and a telephone number must be provided.

Hawaii Marine also accepts news briefs containing relevant information pertaining to Marine Corps Base Hawaii.

All letters and news briefs should be e-mailed to: editor@hawaiimarine.com.

Important Phone Numbers:

On-Base Emergencies	911
Military Police	257-7114
Child Protective Service	832-5300
Fraud, Waste, Abuse & EEO	257-8852
Business Management Hotline	257-3188
Pothole & Streetlight Repair	257-2380
Base Information	449-7110
MCBH Duty Chaplain	257-7700

Hawaii MARINE

www.mcbh.usmc.mil

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Submit items for the *Hawaii Marine* to managing editor no later than noon on the Friday prior to publication, using the following addresses:

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E-MAIL: EDITOR@HAWAIIIMARINE.COM
FAX: 257-1289, PHONE: 257-8835

Soliciting not allowed on Base

Cpl. Sara A. Carter

Press Chief

Walking into most local stores can sometimes be intimidating – especially on the weekends. Outside, children holding signs for their youth baseball, basketball or scout organization stop shoppers as they enter and exit the store, asking them to buy cookies, baked goods or candy bars. How does one to say no?

Marine Corps Base Hawaii, Kaneohe Bay, has strict policies on soliciting on base. Individuals can enter facilities around the base without the having to worry about being pressured into buying something.

Base regulation P5500.15B, Chapter 2, spells out exactly what is and is not allowed on base.

There are many commercial activities that are prohibited on base. These include:

- Door-to-door solicitation in family housing areas or bachelor quarters.
- Use of retired, reserve, or dependent military identification cards or vehicle decals to gain access to the base for the purpose of soliciting for a commercial activity.
- Salesmen, agents, or representatives of commercial organizations may not make formal or informal presentations on service or

products at meetings, classes, formations, or other assemblies of military personnel without permission from the commanding general. This does not preclude individuals from sponsoring commercial vendors for personal presentation or official business.

• Active duty personnel who represent any commercial company may not sell or solicit the sale of life insurance, mutual funds or other investment plans, goods or services with or without compensation.

"If an individual wants, for example, a newspaper, the paper can be delivered to their house, but the representative from newspaper can not go to the resident's neighbors and try to get them to buy a subscription," said Petronella Williams, Inspector/Admin Chief.

Another thing individuals cannot do is to come aboard the base and hand out unofficial literature.

The first paragraph of the base order states, "The command policy is to preserve and respect all First Amendment rights to the maximum extent recognized by law consistent with national security, good order and discipline and the mission of the command and tenant units."

Individuals who want to distribute literature on base must submit a written request to

the commanding general, enclosing copies of the materials that are proposed for distribution along with the dates the materials will be distributed, the method of distribution, and the purpose for the distribution. All materials mentioned must be received at least 10 days before the proposed distribution date.

One type of soliciting that is authorized is home demonstrations, but there are some stipulations. The group gathering must be solely within the quarters of the sponsor; all attendees must be guest of the sponsor; the sponsor may not take orders for merchandise or services or otherwise act as a representative of the commercial organization; all goods, merchandise or services offered for sale or sold as a result of the activity must be offered and sold at the unit price to each attendee without rebate or other special inducement to the sponsor.

Individuals who want to operate a home business from government quarters must request permission from the commanding general to conduct a business within their quarters.

Also, all fundraisers must be cleared with the commanding general.

For more information or to submit a request to the commanding general, e-mail mcbhinspector@usmc.mil.

Pearl Harbor Base changes guidelines

Karen S. Spangler

Editor, Hawaii Navy News

PEARL HARBOR,

Hawaii — On Aug. 1, Navy Region Hawaii base security will fully implement new guidance regarding cell phone use while driving on Navy installations.

The enforcement phase of the policy requiring drivers to use hands-free devices began on May 1. Last month, motor vehicle operators were given

additional warnings about using cell phone ear devices.

The Department of Defense policy is aimed at reducing additional distractions that impede drivers from safely operating a moving vehicle.

"This is all part of an effort to keep our drivers' full attention on safely operating their moving vehicles," explained C.B. "Buff" Shaw, public safety director for Commander, Navy Region Hawaii. "And restricting the use of ear

devices such as 'Blue Tooth' or 'Ear Buds' is in accordance with Commander Naval Installations Command cell phone policy."

Under the new policy, drivers may use hands-free cellular phone devices, including console/dash-mounted or otherwise secured cellular phones with integrated features such as voice activation, speed dial, speakerphone or other similar features.

Drivers cannot hold, dial,

text or adjust a cell phone while the vehicle is in motion.

However, passengers in the vehicle may continue to use cell phones or other similar, hand-held audio-visual devices.

The use of any portable, personal listening device worn inside the aural canal, around or covering the driver's ear while operating a

See CELL, A-5

MCAF Change of Command



BUTLER

Lieutenant Colonel Glen G. Butler will relieve Lt. Col. Marc A. Sehart as commanding officer, Marine Corps Air Facility, Marine Corps Base Hawaii, Kaneohe Bay during a change of command ceremony at Hangar 105, 10 a.m. July 28.



SEHRT

3rd Radio Battalion Change of Command



GROEN

Lieutenant Col. Michael S. Groen will relieve Lt. Col. Robert W. Coate as commanding officer, 3rd Radio Battalion in a change of command ceremony today at 2 p.m. at Dewey Square, here. Groen comes to Marine Corps Base Hawaii, Kaneohe Bay from U.S. European Command.



COATE

Weekend weather outlook

Today



Day — Partly cloudy with scattered showers. Highs around 82. East winds around 10 mph. Chance of rain 40 percent.

Night — Partly cloudy with scattered light showers. Lows 69 to 76. East winds around 10 mph. Chance of rain 50 percent.

High — 82
Low — 69

Saturday



Day — Partly cloudy with scattered light showers. Highs around 82. East winds around 10 mph. Chance of rain 50 percent.

Night — Partly cloudy with scattered showers. Lows 69 to 76. East winds 10 to 15 mph. Chance of rain 50 percent.

High — 82
Low — 69

Sunday



Day — Partly cloudy with scattered showers. Highs around 82. East winds 10 to 15 mph. Chance of rain 50 percent.

Night — Partly cloudy with scattered showers. Lows 69 to 76. East winds 10 to 15 mph. Chance of rain 50 percent.

High — 82
Low — 69

Island Warrior awarded for combat valor

Lance Cpl. Luke Blom

Combat Correspondent

MARINE CORPS AIR GROUND COMBAT CENTER TWENTYNINE PALMS, Calif. — On November 14, 2005, Sgt. Larry H. Courdle, 2nd squad leader with Light Weapons Platoon, Fox Company, 2nd Battalion, 3rd Marine Regiment was on a routine convoy on Pech River Road, Afghanistan. The Company of Island Warriors were on their way to look into a reported weapons cache in a nearby village when they came under fire from an enemy stronghold in the roadside hills. The actions Courdle took in the ensuing battle earned him the respect of a battalion, a Navy Achievement Medal – his second – with a combat “V” and the Purple Heart Medal.

“We were on a normal patrol on a mission to check out a weapons cache when the rear vehicle of the convoy started taking small-arms fire,” said Courdle, who is now serving as the 2/3 Explosive Ordnance Disposal security team platoon commander.

In the confusion of the attack, the convoy was split in half. The first half was forced to drive to the bottom of the hill where there was a turnaround point and go back for the rear of the convoy.

“By the time we got back up there and got all the vehicles turned around ready to go, the firing ceased,” said Courdle in his trademark southern drawl which he acquired while growing up in Willacoochee, Ga. “As soon as we got ready to go again, they unloaded on us with RPK machine guns and small arms.”

As the fire resumed, the Fox Company Marines knew this was a situation that had

to be taken care of before they could continue on the mission to the weapons cache.

“My Squad started pushing up the hill, getting cover where we could,” explained Courdle. “I was half way up the hill when the platoon commander yelled down to me to go back to the vehicles and get the GPS (Global Positioning System) and map.”

While Courdle ran down the side of the hill, rounds steadily rained down around him as he sprinted for the vehicle that held the GPS and map, without which the platoon commander would not be able to call for air support or artillery support.

“I knew we had to have the GPS and map. I needed to get down there however I could, so I just started hauling toward the vehicles,” said Courdle. “Once I got the map and GPS, I started running back up the hill when a RPG (Rocket Propelled Grenade) exploded near me on the hill.”

Although Courdle sustained shrapnel wounds in one leg from the RPG, he continued pressing up the hill, determined to get the crucial map and GPS to his platoon commander and ultimately give the Marines in his squad the security of having air and artillery support on their side.

“I basically started — ‘I’m up; he sees me; I’m down’ up the rest of the hill,” said Courdle, referring to a rush tactic where a Marine runs for a short distance before he finds cover or hits the deck and is repeated until he reaches his destination. This is meant to get a Marine to his given objective, while not being subjected to effective fire.

“I finally made it up to the lieutenant’s position and started returning fire and



Lance Cpl. Luke Blom

Sgt. Larry Courdle, 2nd Battalion, 3rd Marine Regiment, Explosive Ordnance Disposal Security Team platoon commander, was recently presented with a Navy Achievement Medal 2nd award with a Combat V for for courage under fire while on a patrol on the Pech River Road, Afghanistan while serving as the 2nd sqad leader with light weapons platoon, Fox Comapny 2/3.

checking my squad to make sure no one was injured and everyone was good on ammo.”

As soon as the platoon commander got the vital tools to call for fire, he did just that.

Second Squad now had the aid of air support and artillery, giving them the advantage they needed to finish the fire-fight without taking a single casualty.

Taking notice of Courdle’s courage under fire, the Island Warriors presented him with a Navy/Marine Corps Achievement, June 1.

“Even before, but especially after I heard what he did on that mountain while bullets

were flying all around him, I looked at Sergeant Courdle as one of the best Marines I’ve ever worked for,” said Lance Cpl. Anthony J. Stankis, 2nd Platoon, Fox Company who was a machinegunner with Courdle’s squad in Afghanistan.

“He’s a poster Marine who knows his job better than anyone else I know. He’s a great leader who never asked us to do anything that he wouldn’t, so he was always leading from the front. Probably the best sergeant I’ve ever worked for.”

Although many see Courdle, a self-proclaimed family man, as a hero, he has

a much more modest opinion of his actions.

“I was just doing my job, and they gave me an award,” said Courdle, who said that he hopes to share his experiences with new Marines as a School of Infantry instructor. “I’m a careerist, so whatever the Marine Corps gives me, I’m grateful for. But I know that I want to stay with the ‘grunts’. I like being a grunt and being around them. It’s really the only thing I’m good at, besides being a family man.”

Larry and his wife of seven years Barbie have one son Austin, 5, who is starting school this year, and daughter Kaitlyn, 4.

While Courdle has made a commitment to the Marine Corps, he said he has no illusions as to what makes him a successful Marine.

“My family is always there for me, always keeping my motivation up,” said Courdle, who is expecting his third child in February of 2007. “They’re the ones that keep me going; they keep me sane when I’m deployed. My family gives me a goal when I’m deployed. I just keep telling myself, ‘hey, if you get out of here you get to go home to your wife and kids.’ They’re the only thing going through my mind once we get in country.”

2/3 Marines train to use information against insurgents

Lance Cpl. Luke Blom

2nd Battalion, 3rd Marine Regiment

MARINE CORPS AIR GROUND COMBAT CENTER TWENTYNINE PALMS, Calif. — Since Operation Iraqi Freedom began in March of 2003, Coalition Forces have continually evolved their strategy to liberate the Iraqi people from tyranny. The Coalition has gone from freeing Iraq from under the thumb of Saddam Hussein’s corrupt regime to setting up the framework to Iraq’s first democratically elected government in decades. But the biggest hurdle the Coalition currently faces is not a rogue government or guerilla army, it is gaining the support of the Iraqi people.

The Island Warriors of 2nd Battalion, 3rd Marine Regiment have

a plan to gain the support of the Iraqi people during their upcoming deployment in support of OI, simply tell them what they are doing by means of Information Operations.

“Winning the hearts and minds means gaining the support of the local population. In a counter insurgency, which is what we’re currently facing in Iraq, the key to victory is the population. They are the center of gravity,” said Capt. Jeff Liebenguth, 2/3 Information Operations officer. “We have to separate the insurgents from the population. To do that, we have to gain the support of the Iraqis that don’t support the insurgency and are just trying to live a peaceful life.”

The battalion has many ways to employ Information Operations, but one of the most effective tools at the battalion’s disposal is also one of the



Sgt. Roe F. Seigle

During a patrol in Barwana, Iraq, June 16, a Marine assigned to Lima Company, 3rd Battalion, 3rd Marine Regiment, signals a vehicle to come to a halt as a local man watches.

simplest - a handbill telling the local citizens about positive actions the battalion is performing in the area.

The Urban Warfare Training Center, here, served as an ideal setting for the Island Warriors to integrate Information Operations into the battalion’s operational plan. The UWTC, also known as “Wadi Al Sahara,” is a replica of an Iraqi village complete with buildings, roads, Iraqi citizens and insurgents. The UWTC is a key piece of training 2/3 is undertaking while participating in exercise Mojave Viper.

“In one instance we had the Civil Affairs Group negotiate a contract to deliver water to the local population. When the water was delivered, we had a combat camera man on scene to get photos of the battalion CO, the

company commander of the area, and the Mayor of Wadi Al Sahara overseeing the delivery,” said Liebenguth, referring to one of the many times 2/3 used Information Operations while operating in the UWTC over a three-day period.

Liebenguth added, “We used these photographs to create a handbill with a message in Arabic saying, ‘Coalition Forces and the leadership of Wadi Al Sahara are continuing to cooperate with one another and are committed to bringing prosperity to the people of Wadi Al Sahara.’ These were then delivered by the companies to the local people.”

According to Liebenguth, the simple act of letting the local community residents know what the Marines are doing in the area to help the popula-

tion will foster an environment of cooperation. Ultimately, the rapport built between the community and the coalition forces will give insurgents less space to operate in.

“The insurgents, because they dress and act like an ordinary Iraqi citizen, are able to blend in to the population. Because the insurgents live among the Iraqi people, often intimidating and terrorizing them while they do, the locals know who the insurgents are and where they hide their weapons and materials. By gaining public support, winning the hearts and minds, we can then find and seize or destroy both the weapons and insurgents,” explained Liebenguth.

“Once we separate the insurgents from the population, then the insurgents have nowhere to hide.”



Cpl. Megan L. Stiner

Villagers of the Afghanistan town of Baraki watch intently as Marines from 1st Battalion, 3rd Marine Regiment, sweep through their village in search of weapons and enemy insurgents during a battalion field exercise at the Military Operations in Urban Terrain facility at Schofield Barracks, Aug. 31, 2005. In addition to Marines role playing as Afghanists, signs and notices written in Arabic posted around the village made a 1/3 field exercise more realistic as well as the role players, Marines from CSSG-3, speaking Pashto, a language common in Afghanistan and their Middle East attire. The Marines also came in contact with enemy insurgents, Marines with Alpha Company, 1/3, throughout their training evolution. The insurgents also made the scenario more realistic with their random shoot-and-run tactics.

Marines of CSSG-3 brush up on riot control

Lance Cpl. Edward C. deBree
Combat Correspondent

USS BONHOMME RICHARD — During the Rim of the Pacific 2006 exercise, Marines assigned to Combat Service Support Group 3, Marine Corps Base Hawaii, Kaneohe Bay were simulating the measures they would take to protect government officials who are being evacuated from a hostile environment — on the island of Kauai — as part of a noncombat evacuation operation, July 8.

"The purpose of training these Marines is to teach them how to control a situation with a semi-hostile mob, where deadly force is not needed," said Sgt. Christopher B. Davis, Reaction Force noncommissioned officer-in-charge, CSSG-3. "This is one of the many training evolutions that they will undergo in order to perform a successful NEO."

During the practice, Marines carried shields to protect themselves against objects that may be thrown at them and batons to contain crowds — if they were too violent.

Before the Marines ran through the scenario, they received instructions on how to handle the shields and batons and how to manage an angry crowd.

"When a host nation sees us in their country and they are a hostile toward us, they rally together and usually charge our Embassy," said Sgt. Ronald Shriver, Entry Control Point noncommissioned officer-in-charge.

Shriver continued to explain that at that point, riot control would be sent in to evacuate personnel, without having to go into combat. He also said that in a real-life situation there would be more people with shields, rubber bullets, beanbags and



Lance Cpl. Edward C. deBree

Marines assigned to Combat Service Support Group 3, Marine Corps Base Hawaii, Kaneohe Bay practice containing a crowd during a riot control drill aboard the multi-purpose assault ship USS Bonhomme Richard, July 8.

OC spray to intimidate and disperse the crowd, which is one thing that the Marines don't have in this type of training experience, said Shriver.

"It is paramount for them to do this training because none of them would know what to do if a situation

would arise and they had to control a crowd," he said. "Most of these Marines have no training in this area what-so-ever. In fact, a majority of them are either motor transportation, admin, embarking, or supply Marines. They all come from differ-

ent jobs and wouldn't know what to do if they were called to be riot control."

Both Shriver and Davis are on temporary assigned duty to CSSG-3 from Headquarters Battalion, Military Police Department.

"This has been great training, because they're learning a lot really fast," said Davis. "This is only the second time that they used the shields and they are doing good for only actually holding the shield for 30 minutes."



Lance Cpl. Rick Nelson

Petty Officer 2nd Class Senee Forestcanada, the winner of the Chef of the Quarter competition at Anderson Hall stands in front of the four chefs she competed against. From the left: Corporal Kentrell J. Allen, 2nd Battalion, 3rd Marine Regiment; Seaman Nicholas T. Konopka, Patrol Squadron 47; Lance Cpl. Tracy N. Cerda, Marine Corps Air Facility; and Sgt. Chris C. Drake, 3rd Radio Battalion.

Egyptian-themed menu takes all in competition

Lance Cpl. Rick Nelson
Combat Correspondent

Five Marines and one Sailor, all assigned to different units aboard Marine Corps Base Hawaii, Kaneohe Bay, competed in the Chef of the Quarter competition at the Anderson Hall Dining Facility, July 12. The winner of this quarter's competition will join other winners

from 2006 to compete later this year in the Chef of the Year competition.

The competition requires each cook to choose a theme for the menu they will present for competition.

This quarter's winner was Petty Officer 3rd Class Senee M. Forestcanada, a Navy culinary specialist who is assigned to Patrol Squadron 9, here.

Upgrades, new equipment aid eyes

Lance Cpl. W. Zach Griffith
MCB Camp Butler

MARINE CORPS AIR STATION FUTENMA, Okinawa, Japan — Recently, air traffic control Marines here moved into newly refurbished air traffic control tower and radar rooms.

The \$4.7 million refurbishing project began March 2005 and reached completion June 6, according to 1 Capt.

Richard Owens, ground electronic maintenance officer of Marine Corps Air Station Futenma air traffic control.

There were several major upgrades in the project, said Owens.

One of the most important changes is the enhanced terminal voice switching system.

It is a computer system that consolidates all communication channels and frequencies to allow communication between the tower and a radar room.

There are two teams of Marines working to bring an aircraft home safely, said Sgt. Jason Frisch, the supervisor of the Marine Corps Air Station Futenma air traffic control tower.

The Marines in a radar room manage aircraft at a farther distance. Once the aircraft is close enough to see, the tower takes over.

For the management of the aircraft to smoothly change hands, the Marines up in the tower and those down in the radar rooms, need to be in constant communication.

"If our teams can't communicate, the whole system breaks down," said Staff Sgt. Kelli Guy, the maintenance chief for MCAS Futenma air traffic control.

With the new system, instead of having to dial in a frequency or phone number on a number pad, Marines can simply select the section they wish to reach off a computer touch screen.

The system automatically connects the Marine to that number or frequency.

For example, if a Marine in a radar room needs to speak to an air traffic controller in the tower, they simply push a button on their ETVSS display screen.

The system notifies the Marines in the tower that someone in a radar room is trying to contact them. With the push of a button in the tower, the two Marines can speak to each other.

The air traffic control Marines also received new communication radio equipment and improved radar systems, allowing for more precise aircraft tracking, according to Owens.

The new different pieces of equipment are more compatible with each other and easier to maintain.

"The renovations gave us the same equipment the FAA and any civilian flight line use," Owens said. "This not only means that we will have smoother operations here on the flight line, but we have the added bonus of Marines walking away with more applicable skills should they pursue this same type of job in the civilian world."

CITIZENS, from A-1

Cyprus. DoD is building to a capacity of 300 people evacuated by air per day. "We will increase that number if needed," the official said.

The destroyer USS Gonzalez is providing security for the Orient Queen, and DoD is finalizing contracts with up to four other vessels with capacities ranging from 200 to 300 people to more than 1,000.

State and defense officials did not specify the number of Americans that U.S. forces would evacuate from Lebanon, saying they will evacuate; however, many Americans want to leave the country. There are approximately 25,000 American citizens in Lebanon, but not all will want to leave the country, an official said.

"It could be 5,000 (who want to leave); it could be 10,000," a State Department spokesman said. If fighting intensifies between Israel and Hezbollah, more Americans may wish to escape the battle.

The headquarters of Task Force 59 commanded by Marine Brig. Gen. Carl Jensen



Staff Sgt. Demetrio J. Espinosa

U.S. citizens exit a U.S. Marine Corps CH-53 helicopter in Cyprus following their transportation from the U.S. Embassy in Beirut, Lebanon, July 16. At the request of the U.S. Ambassador to Lebanon and at the direction of the Secretary of Defense, the United States Central Command and U.S. Marines are assisting with the authorized departure of U.S. citizens from Lebanon.

is directing the evacuation operation from Cyprus. The Iwo Jima Strike Group includes the multipurpose amphibious assault ship USS Jima, USS Nashville and USS Whidbey Island. The Strike

Group will be joined by another amphibious ship, USS Trenton, and the High Speed Vessel Swift. The Nashville and Swift are scheduled to arrive off Lebanon later this week.

According to a Department of Defense official, the contracted carriers and the U.S. Navy ships will have more than enough capacity to evacuate anyone who wishes to leave.

RIMPAC, from A-1

Helicopter Squadron 362 – all assigned to K-Bay – are participating in the exercise, said Col. Gregory A. Boyle, commanding officer, 3rd Marine Regiment.

"There are over 1,000 Marines participating in the whole exercise," he said. "We have 400 from Kaneohe, and we also have F-18s and Reservist from off island participating in this exercise."

The Marines involved will support the operation by conducting helicopter raids, beach raids, and noncombatant evacuation operations around the Hawaiian Islands.

"The purpose of this operation is to train the Marines to use a noncombatant option before the combatant," said Boyle. "We just want them to do conventional operations and look at the counter-insurgency perspective and how to prevent a hostile environment."

Coalition forces are participating and will execute operations in a maritime environment with the United States armed forces in order to restore peace between two nations.

According to Boyle, there was an Australian rifle company that was slated to participate in the exercise, but due to a situation that is rising in East Timor, they were not able to participate.

A few weeks ago, troops from Tonga and Fiji were aboard base to conduct training with 3rd Marine Regiment. They were scheduled to participate in RIMPAC, but officials agreed that the training on the ground would be more valuable, said Boyle.

"We are all very organized," said Boyle of the Marines from different nations.

They are very capable and very dedicated, and we spend a lot of time learning from them and they from us, he said.

"It's a two-way exchange between our Marine Corps," Boyle said. "It is very valuable to us as I am sure it is to them."

CELL, from A-2

motor vehicle, except for fire and emergency response or law enforcement or security purposes, is prohibited.

Prohibited listening devices include wired or wireless earphones and headphones – including Blue Tooth or similar technology, but not included are hearing aids or devices designed and required for hearing protection.

"The intent of this change is to eliminate distractions that are not related to driving – with the end result a change in driving behaviors," explained Shaw.

The policy applies to all military personnel, civilian employees, family members, contractors, tenants and visitors who operate motor vehicles aboard Navy shore installations. It also includes all areas where the Navy provides law enforcement, such as the Navy Exchange complex, Navy-Marine Golf Course and Navy housing areas.

The policy will affect drivers of all privately-owned motor vehicles while on Navy property, as well as operators of government-owned vehicles, on and off installations. The policy does not apply to fire and emergency services personnel, emergency medical personnel, or law enforcement and security personnel while performing their official duties. However, emergency and security personnel are advised to be aware of the potential for

driver distraction and to avoid the use of cell phones while driving as much as possible.

The citations will result in a three-point penalty assessed to the violator's driving record. If a driver accumulates 12 points within a 12-month period or 18 points within a 24-month period, they are subject to suspension of installation driving privileges for a period of up to one year.

All drivers, including military, civilians, contractors and visitors, who fail to comply with the policy are subject to administrative action. This could result in a loss of driving privileges on base and removal from or denial of re-entry to the base.

Information from studies and investigations provided by the National Transportation Safety Board and the Insurance Information Institute show an increased number of traffic accidents related to cell phone use while driving.

Base security and local law enforcement officials remind drivers of the dangers of any type of distraction while driving. This includes not only the use of cell phones, but also other activities that may deter or reduce the driver's attention from driving.

Such distracting activities frequently practiced by drivers include such habits as eating, drinking, trying to read a map or directions, disciplining children, putting on



File Photo

makeup, inserting CDs into a CD player, and turning on or tuning radios.

Whether or not it's a law or policy, law enforcement officials advise drivers that it is safer to pull off the road while talking on cell phones or dialing numbers on their cell phones.

POLICE BLOTTER**MILITARY POLICE
MARINE CORPS BASE HAWAII**

Editor's Note: The Police Blotter will appear periodically in the Hawaii Marine. The information covered includes incidents that have occurred on Marine Corps Base Hawaii.

June 22 to July 12

Larceny of Private Property/Larceny of Government Property

During this period there were seven separate larcenies.

- At the Hilltop housing area vehicles were broken into and several items were stolen.
- At the Mololani and Nani Ulupa'u housing areas, lawn and garden property was stolen at two locations.
- At the Waikulu housing area an unsecured mountain bike was stolen out of a carport.
- An electric razor bike was stolen from the Pa Honua housing area.
- A motorbike was taken from a barracks park-

ing lot and a government dryer was taken from a barracks area.

Crime prevention tip: All of the items that were stolen were unsecured. Whenever possible lock personal and government-owned property up when it is not being, after work hours, and during the hours of darkness. Ensure your vehicle is locked, and do not leave valuables in your vehicle. Report any suspicious activity or suspicious persons who are in the housing areas and barracks.

Crime Stoppers: If anyone has any information related to these incidents that might lead to the identification and apprehension of the responsible party, contact the Military Police Department at 257-7114.

Malicious Mischief/Damage to Private Property

A vehicle was damaged and obscenities were written on the vehicle, which was located in the Hana Like housing area.

Traffic Accidents/DUIs

Several accidents have occurred in parking lots as a result of vehicles backing and running into

other vehicles as they travel through parking lots. Three accidents occurred as a result of individuals driving under the influence of alcohol.

Drunk and Disorderly

Five drunk and disorderly incidents occurred during this time period. Four of the five incidents occurred at BayFest 2006 and one occurred at Kahuna's Bar and Grill.

Unattended Juvenile

Three incidents of children left unattended were reported during this period.

Base Regulations: A responsible person must attend children, 5 and younger. Children between 6 and 9 must be attended by a responsible person at all times while at beaches, theatres, swimming pools and other public areas – excluding neighborhood playgrounds. Children must be at least visually supervised at playgrounds. Children 10 and older may be left alone in quarters. Parenting classes and education on discipline techniques are available through Marine Corps Community Services' Family Services Center. Contact FSC at 257-8803 for information.

Flight line Incursion

Two flight line incursion incidents occurred during this time period.

Crime prevention tip: The only location that is authorized for flight line crossing for vehicles or bicycles is the Mokapu Crossing. Pedestrians and joggers are not authorized to cross the flight line at any location. Ensure that all new joins, contractors, and base employees are familiar with Base Order 5590, "Policy for vehicle, equipment, and pedestrian traffic/movement about the airfield and runway."

Solicitation

A solicitation incident occurred in the Mololani housing area where several individuals were soliciting the sale of civilian newspapers.

Base Regulations: Door-to-door solicitation in family and bachelors' quarters is prohibited.

Crime prevention tip: Do not transport nonmilitary affiliated persons aboard the installation to solicit outside sales.

Military, civilians honored by JVEF

Sgt. Tim Meyer

U.S. Pacific Command Public Affairs

WAIPAHU, Hawaii — Military personnel and civilians working together to improve the education of children in Hawaiian schools during the 2005-2006 school year were recognized at the Joint Venture Education Forum's 5th Annual Meeting July 6.

"To the men and women in uniform, who have committed themselves to service, and tread in harm's way, we thank you, and we salute you," said Senator Daniel K. Inouye, special guest speaker. "To the educators assembled here, we have entrusted into your hands our most precious treasure, our children, and I know you'll take good care of them. To the politicians, the legislature and community leaders, we are most grateful for your support."

Every two to three years, 15,000 military dependent children who attend Hawaii public schools face challenges in transition and accustoming to local culture, according to Dr. Allen Awaya, Joint Venture Education Forum executive director.

The JVEF is a partnership between the military in Hawaii, the Hawaii State Department of Education, political and business leaders, and other organizations concerned with enhancing public education for all children in

Hawaii.

Hawaii State Superintendent of Education Patricia Hamamoto and Lt. Col. Kenneth Sersun, U.S. Pacific Command, emceed the event.

Awards were presented to military and civilian honorees, to schools, and to military volunteers for their contributions and achievements.

Lieutenant Gen. John Brown III, commander of U.S. Army Pacific, recognized 75 military volunteers, young men and women from all branches of service who tutor schoolchildren and help out with repair, beautification and many other special projects at Hawaiian schools.

Lieutenant Col. Stephen Moniz was named Outstanding Military Contributor, and Hawaii State Senator Norman Sakamoto and Hawaii State Rep. K. Mark Takai, Aiea-Pearl City, were named Outstanding Civilian Contributors for the assistance they provided to Hawaii schools.

Radford High School and Leilehua High School were recognized for exemplary attention to the needs of all transitioning students and families.

Business and philanthropic communities were also represented at the meeting.

"Public education is the business of business, the business of the military, and the business of military families," said H.



Brian Kitaoka

State Senator Norman Sakamoto (center left) and Hawaii State Representative K. Mark Takai (Aiea-Pearl City) (center right) receive their Outstanding Civilian Contributor awards for the assistance they provided to Hawaii schools at the Joint Venture Education Forum's 5th Annual Meeting. Hawaii State Superintendent of Education Patricia Hamamoto (left) and Lt. Col. Kenneth Sersun, U.S. Pacific Command (right) emceed the event.

Mitchell D'Olier. He is a member of the Military Affairs Council of the Chamber of Commerce of Hawaii and is president and chief executive officer of the Harold K.L. Castle Foundation, a private charitable foundation that invests in education.

The JVEF began in 1999 through discussions between then U.S. Pacific Command Commander Adm.

Dennis Blair and then Hawaii Superintendent Paul LeMahieu. The JVEF is co-chaired by the U.S. PACOM Director of Manpower,

Personnel and Administration and the State Superintendent of Education.

Its board is made up of leaders in education and the military, representatives of the Legislature, Board of Education and business and community organizations.



File Photo

Crash site set for excavation

News Release

JOINT POW/MIA Accounting Command

HICKAM AFB, Hawaii — Approximately 60 years ago a U.S. Navy Reserve aviator left on a training mission from Barbers Point, Oahu, in preparation to become one of America's World War II pilots. He never returned.

On July 17, a JPAC recovery team began excavation on the suspected crash site of Ensign Harry Warnke in a remote area of the Ko'olau Mountain range.

A Congressional mandate requires that the Joint POW/MIA Accounting Command make every reasonable effort to search for, recover, and identify the remains of United States servicemen lost in the Pacific theatre while engaged in flight operations during World War II.

The mission, however, hinges on more than policy. There are still members from the Warnke family waiting for answers.

On June 15, 1944, Warnke was reported missing after he did not return from a series of aerial dives. Two days later, his unit identified the crash site. According to military reports from the time, items and

remains from the wreckage were collected and buried at the site shortly before Warnke's unit left the island to support World War II efforts.

In 1999 Joint Task Force-Full Accounting personnel spotted remnants of the aircraft in an aerial search. JTF-FA has since merged with the Central Identification Laboratory-Hawaii. Subsequently, the combined units are now known as JPAC.

JPAC will be joined by the Hawaii National Guard during the recovery mission. Hawaii National Guard personnel will sling load soil dug from the site in preparation for JPAC personnel to sift this soil through wire screens in search of evidence.

Sling-loading is a military tactic used to transport by air items to and from sites that are difficult to traverse. In this case, soil removed from the site will be transported to a location near Wheeler Army Airfield. All recovered remains and material evidence will be transported to JPAC's laboratory for analysis.

Aerial missions in and out of the crash site area are necessary to ensure minimal environmental impact.

WARRIORS, from A-1

assets and all our combined arms to suppress the enemy and maneuver on it. There's not a single element of the company that could take down this enemy alone. You can have a platoon or section that's the best in the Marine Corps at what they do, but if they're not working with every other unit in the battle space, the company will ultimately fail," said 1st Lt. Christopher Hagan, executive officer, Fox Company.

"This range is an extremely exhausting – physically and mentally – demanding evolution where every person in the company plays a role in accomplishing the company's mission," he said.

With four rifle platoons serving as the maneuver element, assaulting the enemy positions on foot with 81mm and 60mm mortar teams providing indirect fire support, a squad of machineguns providing direct fire support, combat engineers breaching enemy obstacles with explosives, and a scout sniper team directing fire and providing direct fire support, Fox Company stormed the canyon.

"First Platoon's mission was to assault the trench line near one of the enemy mortar positions, taking

out any enemy personnel along the way. We then set up a support by fire position so the other platoons could assault their objectives effectively," said Staff Sgt. Derald Hampton, platoon sergeant, 1st Platoon, Fox Company.

While the rifle platoons assaulted their objectives on foot, the mortar teams began raining down high-explosive rounds on the enemy's positions.

A squad of machine guns began simultaneously laying down well-aimed bursts of fire from an elevated position dubbed "Machinegun Hill," allowing the rifle platoons more leeway to rush their objectives.

"Our main concern was that we were suppressing everything evenly," said Pfc. Ryan Bessermin, machinegunner, Fox Company, who fired more than 3,000 rounds from his M-240G machinegun during the 90-minute evolution. "There were areas where we couldn't hit, so the mortar teams started dropping rounds on them. That was probably the most important piece of this range – learning how to coordinate and communicate with the other elements in the company to effectively take out the enemy as a team."

Although some might hesitate at the thought of rushing a position being saturated by mortar and machinegun fire, the Marines in the maneuver element knew their fellow infantry Marines would not let them down.

"We had so much trust in our mortar and machinegun teams that we really didn't have to worry about that aspect of the assault," admitted Cpl. Jack C. Davis, 1st squad leader, 3rd Platoon, Fox Company. "From what I saw, the mortar team was one of the best I've seen – absolutely fantastic indirect support. They made adjustments on their own and were almost always on target."

With the aide of the machinegun and mortar fire, the rifle platoons were able to close the more than 2-kilometer gap between the entrance of the canyon and enemy position for the final rush, dealing the enemy its final blow in close combat.

"1st platoon showed me exactly how strong they are, and they're stronger than I thought," said Hampton, grinning like a proud father. "They pushed it all the way up until the end."

An hour and a half, 412 HE mortar rounds, and more than 10,000

machinegun rounds after Fox Company began their assault on Range 400, the hostile canyon was secured. The simulated company-size enemy force was defeated. As the Marines of Fox Company began the long walk out of the canyon, they reflected on what they had learned.

"The biggest thing I took away from this evolution was the importance of coordinating with the maneuver element to support them in their attack," said Hagan, who also serves as the Fox Company Fire Support team leader. "Also, anticipating what indirect assets they'll need in order to take their objective successfully. The key is knowing the scheme of maneuver well enough to anticipate the platoon's needs and give them what they need, or try to know what they'll need before they even ask for it."

When everything was said and done, Hagan had one thing to say about the Marines of Fox Company.

"You could really see the whole company coming together under one mission. No mission is going to be executed perfectly, but all things considered, I think the Marines in this company did very well.

"Ultimately, they're the ones who made this a successful attack."

LEBANON, from A-1

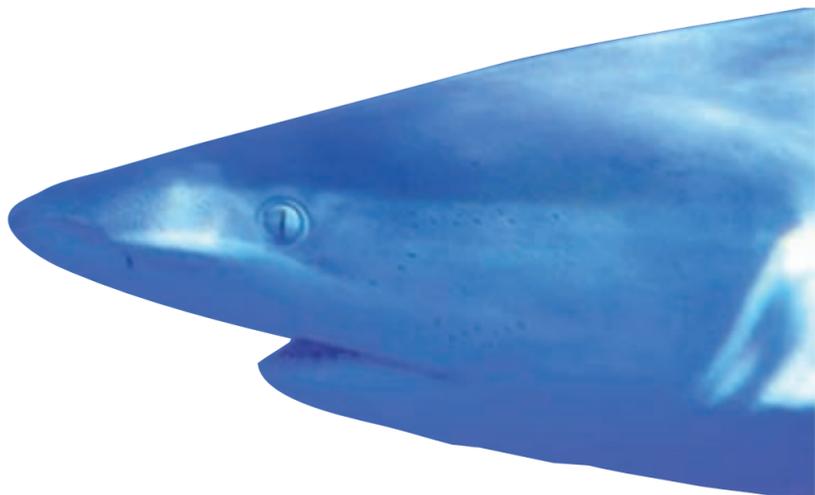
and expect to be in place to provide assistance later this week.

The Iwo Jima Strike Group consists of the multipurpose amphibious assault ships Iwo Jima, and amphibious ships USS Nashville (LPD-13) and USS Whidbey Island (LSD-41). In addition, USS Trenton (LPD-14) and High Speed Vessel Swift (HSV-2) have also joined the strike group.

The 24th MEU(SOC), commanded by Col. Ron Johnson, is composed of its command element: 1st Battalion, 8th Marines, Marine Medium Helicopter Squadron 365 (Reinforced), and the MEU Service Support Group 24.

CH-53E Super Stallion helicopters from the 24th MEU operating from Cyprus have assisted 68 American citizens in departing Lebanon, July 16 and 17. The helicopters are currently continuing those transportation flights.

LIFESTYLES



Facts and myths

All sharks are grey: No, many sharks are quite colorful. Sharks that live on the sea floor are often camouflaged with spots, stripes, bars or blotches so that they are hidden among plants and sand. Many sharks that hunt near the sea's surface are counter-shaded: They have dark backs (which makes them difficult to see if you are looking down at them), and white bellies (which makes them hard to see if you are underwater and looking up at them). Deep-sea sharks may be black but some, like deepwater dogfish and megamouth, have body parts that glow in the dark.

A shark can have up to 30,000 teeth in its lifetime: A shark is always teething. It may lose between 12,000 and 30,000 teeth during its lifetime. Its teeth aren't attached to its jaws and are continually being replaced; it is rather like having a conveyor belt of teeth.

Some sharks lay eggs: True. Some kinds of sharks, mostly small sharks that live near the sea floor, lay eggs. Empty eggs of sharks, skates and rays often wash up on beaches and are called mermaid's purses. But most sharks give birth to live young.

Sharks have to keep moving to stay alive: Most oceanic sharks that live in the open seas will suffocate if they cannot move forward in the water because they must force seawater through their open mouths and over their gills to breathe. Some kinds of sharks can rest on the sea bottom where the current is strong enough to flush water over their gills and others with well-developed gill muscles can breathe by pumping water over their gills.

Sharks have a very poor sense of smell: Not true. A shark has a very good sense of smell. If there were only 10 drops of tuna juice in an average-sized swimming pool and you were a lemon shark, you would be able to smell the tuna juice.

Information from www.sharks.org

Guides attack fear of sharks

Cpl. Megan L. Stiner
Combat Correspondent

HALEIWA, Hawaii — For hundreds of years, sharks have struck fear into the hearts of millions of people. That's why two men have dedicated their lives to

reversing the notion that sharks are to be feared, by showing residents and visitors of Hawaii that sharks are no more dangerous than our minds lead us to believe.

The duo is comprised of the captains of the Kainani, a boat that launches from historic Haleiwa Harbor and takes the adventurous on a tour out into shark-infested waters, then drops them into the midst of between 15 to 20 sharks. The tour reveals what beautiful creatures sharks really are.

The team of Chris Lolley and Jimmy Hall make up the most experienced shark-sighting team in Hawaii. All totalled, they have more expertise when it comes to sharks than any other competitor Hawaii has to offer.

Lolley has guided more shark dives than anyone in the state. As a certified scuba diving instructor, he has

taught hundreds of people how to dive. Hall, on the other hand, is an adventurer who enjoys surfing, paragliding, skydiving and base jumping. He is an experienced ocean guru who has made a living from the ocean for nearly 20 years.

The two met as captains of two different shark diving boats, and then became good friends. Four years ago, they decided to create Hawaii Shark Encounters. The three-mile trip on the Kainani to the shark site takes only 15 minutes. After a short brief about the shark cage, a lesson on how to use a snorkel, and a reminder that animal cookies are provided to all after the experience, then the fun begins.

A cage of Plexiglas windows is dropped into the deep ocean waters, so the venturesome feel as though they are right in the water with the sharks.

Tiger Shark



Aggressive to humans
Identification: Short vertical bars on side, fading with age to tan or dark gray; broad, blunt snout
Length: 18 feet or more; averages 12-13 feet
Habitat: Deep coastal waters during daylight, nearshore waters at night

Galapagos Shark



Aggressive to humans
Identification: Large first dorsal fin with nearly vertical rear edge
Length: Up to 10-12 feet
Habitat: Outer reef to deep water, occasionally inshore areas near drop offs

Scalloped Hammerhead Shark



Aggressive to humans
Identification: Front margin of head has four shallow lobes
Length: Averages 5-7 feet but can reach 15 feet
Habitat: Inshore and far at sea; more common in shallow waters during spring and summer

Gray Reef Shark



Aggressive to humans
Identification: Pelvic and caudal fins have dark margins, second dorsal and anal fins dark, pectoral fin tips dark
Length: Up to 7 feet; averages 3-5 feet
Habitat: Deeper waters on outer edge of the reef

Blacktip Shark



Not aggressive to humans
Identification: Fins dark at tips, conspicuous white band extends forward from anal fin into gray area on side
Length: Up to 8 feet
Habitat: Open ocean and coastal waters

Blacktip Reef Shark



Not aggressive to humans
Identification: First dorsal fin with large black blotch at tip and cream-colored band below, other fins with black tips, caudal fin with black margin, conspicuous white band extends forward from anal fin into tan area on side
Length: Usually less than 4 feet; maximum 6 feet
Habitat: Shallow waters

Whitetip Reef Shark

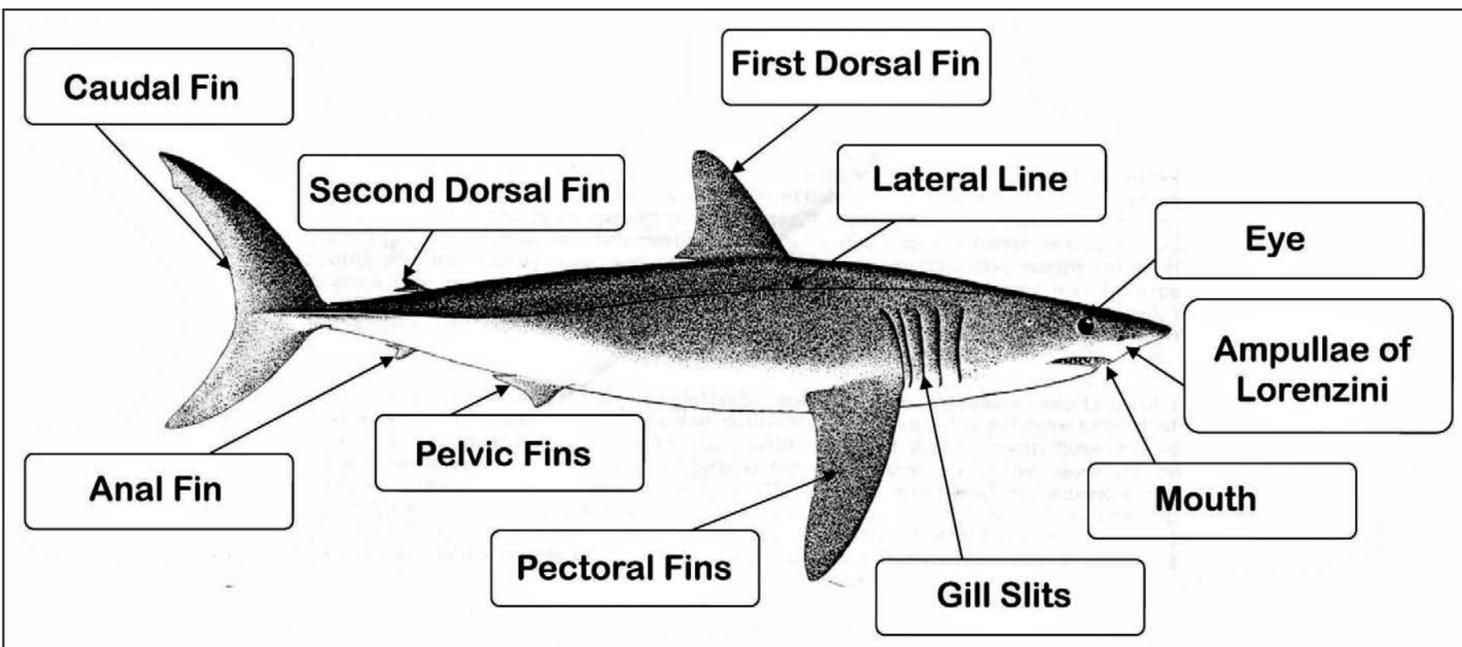


Not aggressive to humans
Identification: Conspicuous white tip on first dorsal fin and upper lobe of caudal fin, second dorsal fin and lower caudal lobe sometimes white-tipped
Length: Up to 6 feet; averages 2-3 feet
Habitat: Shoreline; shallow reefs

Sandbar Shark



Not aggressive to humans
Identification: Large erect dorsal fin set forward on body, sloping forehead
Length: Up to 5-6 feet
Habitat: Shoreline, harbors and bays



Parts of a shark

Gill slits: Gets oxygen from the water and water exits the body from here.
Ampullae of Lorenzini: Senses electrical fields of other animals.
Caudal Fin: Propels the shark forward.
Dorsal Fins: makes the shark stable and prevents it from rolling.
Lateral Line: Senses changes in water pressure, vibrations and movement in the water.
Teeth: The shark may use these to examine an unfamiliar object.
Pectoral Fins: used for steering and turning.
Mouth: Food and water enter the shark's body here.

MCCS Briefs

www.mccshawaii.com

Kahuna's Sports Bar & Grill 254-7660/7661

Tonight's Live Entertainment starting at 10 p.m. is Alternative rock band Analog.

DJ Dance Party and Logo Glass Night is Saturday.

Hot Country Wednesday features Charlie Garrett.

Kahuna's Recreation Center and Lava Java is now serving fresh sausage, ham and egg bagel sandwiches from 6:30 to 10:30 a.m. daily.

Staff NCO Club 254-5481

Tiki Island will be celebrating its grand opening July 29 with a ceremony at 10 a.m. and Family Fun Day from 11 a.m. to 1 p.m. The festivities are open to all DoD ID cardholders and sponsored guests. First 100 children at the event receive free themed T-shirts. The new park will feature two 18-hole golf courses, bumper boars, batting cages and concession stand.

Tiki Island Coloring Contest deadline to submit entries has been extended to July 27. It is open to children in age brackets 1-4, 5-6 and 7-10. Winners will receive a free family pass at the Tiki Island grand opening on Sat. Jul. 29, at 10 a.m. Entries must be turned in to MCCS Marketing, Building 245, near base theater.

Call 254-7679 for more information.

Pub Night at the Pub with No Name events begin at 6 and end at 9 p.m. tonight and every Friday, Wednesday and Thursday.

The Officers' Club 254-7650

Mongolian Barbecue is offered Wednesday and Friday at 5:30 p.m. in the Lanai Ballroom. Present your card for member discount. Reservations are recommended.

Ongoing

Summer Pool Hours are Tuesday through Sunday from 10 a.m. to 5 p.m., and the pool is closed on Mondays and federal holidays.

All Hands

Tomorrow is the Last Day to submit Tiki Island Coloring Contest entries. The contest is open to children 1 to 4; 5 to 6 and 7 to 10. Winners will receive a free Family Day Pass for the Tiki Island grand opening, July 29, at 10 a.m. Entries must be turned in to Marine Corps Community Services Center, Marketing, Building 245.

Call 254-7679 for more information.

Parenting Proudly Class will be held Monday in Building 216, room 71 from 9 to 11 a.m. The class provides information on how to improve parenting skills and disciplining techniques. Reservations required.

Call 257-8803 for more information.

The Transition Assistance Program Seminar will be held Monday through Thursday at Building 279, second floor, from 9 a.m. to 4 p.m. The next TAP class will be conducted Aug. 7 to 10 and is open to all hands who are within one year of separation.

Call 247-7790 for more information.

Basic Key Volunteer Training will be held Tuesday through Thursday from 8:30 a.m. to noon at Building 5082. Graduation ceremony will be at noon on Thursday. Commanders or their representatives are encouraged to attend the graduation.

Call 247-2410 for more information.

A Permanent Change of Station Move Workshop will be held Wednesday from 8 a.m. to noon in Building 267, room 5. The workshop is mandatory for all Marines and is open to all active duty personnel and their spouses who are due to PCS. Reservation required. Next class is Aug. 9.

Call 247-7790 for reservations.

The Base Library will host "Produce for Victory" for the month of August: Posters on the American Home Front, a traveling exhibit presented by the Smithsonian Institution in collaboration with The Hawaii Council of the Humanities.

Call 254-7624 for more information.

Chaplain's Corner

Share and be friendly

Lt. Richard M. House, Chaplain

Hi. They let me back, so I guess I can continue to put thoughts on paper.

As you discovered last week, I am new to Marine Corps Base Hawaii, Kaneohe Bay and there just seems to be so much to discover here in Hawaii. Though I don't have a car, and I told you about my great bicycle with the stingray handlebars. Oh, yeah, does anyone know where I can go to have a huge basket put on the front of my bike? I know my Marines told me not to do it because people would laugh, but I ponder that I don't need much help in that department, so my basket won't even be noticed. So let me know. Oh, I need fenders to.

Anyway, as my bike is my only means of transport, I peddle everywhere. It's not pretty, or rather it's not pretty watching me peddle, but my one-speed bike gets me from point "A" to point wherever I want to go. I live in Kailua, so that has been my main point from which to peddle. So I go from home to the base and from home to Kailua Town and from home to the beach. Never fear, you won't see me sun bathing at the beach. At my advanced age and body shape, I ponder that the world is not ready for that vision quite yet!

In the midst of trying to avoid getting hit by people in trucks that are as big as a Humvee, and dogs that I'm not quite sure how hungry they are, I have noticed a few things as I wander around. Beyond the scenery, the beach, the tropical birds, and just how beautiful the place it, it's the people that I've noticed most. Everyone is friendly. Everyone waves. Everyone smiles. And everyone says "Aloha."

As I mentioned last week, I have just arrived from a year and a half in Bahrain. Now, when I first arrived there I was most nervous. Most of the women were wrapped from head to toe in a black Abaya, and I wasn't too sure what to do. Do you look? Do you go out of your way to avoid eye contact? What's offensive? What isn't? It was most confusing. Now I have come to a place where you will never see the sign that reads, "No Shoes, No Shirt, No Service."

But back to Hawaii. Everyone here is so friendly. My neighbor was introducing

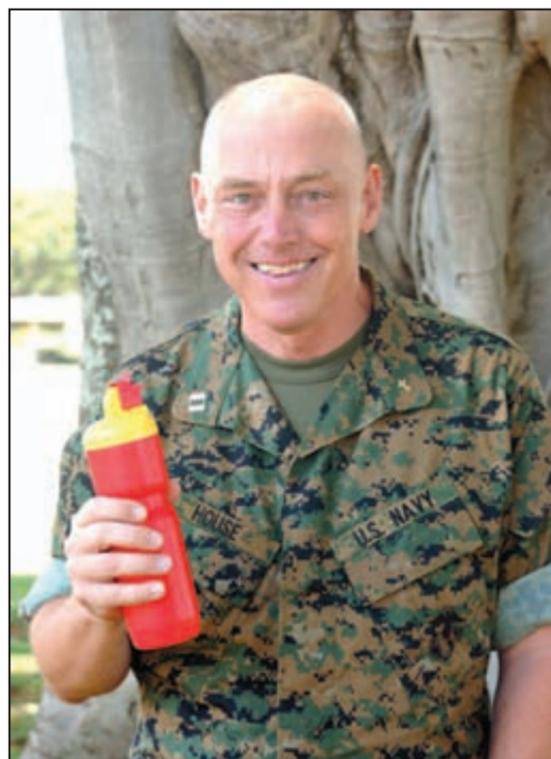
me to his family, and I extended my hand for a simple shake and both his wife and daughter kissed me on the cheek. I guess that's what they call Aloha. I was not used to that on many levels; for coming from Bahrain where you don't even think about touching a woman, for being a celibate priest where we don't touch anybody, and for me being in Bahrain where the guys do the double cheek kiss thing. And didn't that take some time to get used to! I never did. Even after 25 years since I.T.S., I still do the Marine thing where they leave a vacant seat between one another at the movies!

As I am in the God business, I guess I had better head in that direction.

Here in Hawaii, it seems to be the custom to be friendly. But I ponder that it takes two to be friendly. Yes, one can initiate the action, but it works best when the other responds in kind. I ponder that it's just like God and us. He initiates. I think that he has been initiating forever. From time immemorial, he had been reaching out to the human race in some form or fashion. All through time, all he has wanted is a response. From our first parents to us today, he has been looking for us to respond.

The \$64,000 question: How do we respond? Many do so by gathering with those of like-minded beliefs on a given day to share how God impacts their life journey. But I ponder that we just can't gather together, return to our homes, and not allow the shared experience to have an impact on our life. And more to the point; we must allow the gathering to have an impact on the lives of those with whom we come in contact on a daily basis. Otherwise I ponder that all is for naught.

So that's your homework for the week.



Gather somewhere this week, on whatever given day you find holy. Gather, share, learn, sing, pray, laugh and be friendly with one another and your God.

But then there's extra credit: During the week, share and be friendly with someone outside of your comfort zone. The vertical thing between you and God is OK, but I ponder that in order to achieve any true benefit, you need to turn it sideways and share it on a horizontal level. I think that the spiritual Aloha from God should empower us to share it with others.

And if it's been awhile and you haven't gathered together with like-minded folk since before boot camp, then give it a try this week. And let me know if you do. I will waive my normal \$5.00 fee and drop a note in the mail to your Mother to let her know you did! And you know that she hopes that you go every week anyway! That will be Aloha in multiple directions! Everybody will be smiling – even God!

Peace! See you around the neighborhood

Community events: Jerry Santos to perform at Waikiki Aquarium

The Waikiki Aquarium's popular "Ke Kani O Ke Kai" summer concert series continues with a performance by Jerry Santos of Olomana and Friends July 25.

The net proceeds will benefit a new aquarium exhibit on the Northwestern Hawaiian Islands, the evening concert on the Aquarium lawn will also feature signature food items.

Born and raised on Oahu, Santos has established himself as a leading singer and songwriter of contemporary Hawaiian music.

He has won several Na Hoku Hanohano awards from the Hawaii Academy of Recording Arts and has performed in the continental U.S., Japan, and other Pacific Island nations.

In addition, he has appeared in numerous television specials, including "Island Music, Island Hearts," "Na Mele," "Hot Hawaiian Nights," and "Mixed Plate in Portugal."

A local restaurant will offer a sunset picnic for the entire family on the Aquarium lawn with special menu items, including beef tenderloin skewers with lime teriyaki sauce, grilled chicken Caesar salad, hot dogs served in a flying disc for the children, and



File Photo

gourmet cupcakes for dessert. Menu items are priced from \$5 to \$8.

No outside food or beverage will be permitted.

Concert-goers are encouraged to arrive early for optimal seating on the lawn or in low-lying beach chairs.

Doors open at 5:30 p.m., and the concert will begin at 7 p.m.

Aquarium galleries and exhibits will remain open throughout the evening.

Ke Kani O Ke Kai will conclude with its final performance by Na Palapalai on Aug. 8.

The concert will feature signature food items by another local restaurant.

Each concert is priced at \$18 for adults, \$10 for juniors 7 to 12, and free for children 6 and

younger.

Friends of Waikiki Aquarium admission is priced at from \$15 to \$17. Food will be sold separately at a nominal fee.

Due to space limitations, only the first 550 reservations will be accepted.

For reservations or more information, call 923-9741, option 3, or visit www.waquarium.org.

MOVIE TIME

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

For ticket pricing, the Base Theater Box Office defines adults as patrons ages 12 and older, and children as patrons ages 6 to 11. Children ages 5 and younger are free of charge. Parents must purchase tickets for R-rated movies in person at the box office for children 16 years old and younger. Please present your ID card when purchasing your tickets.

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 wand, 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.

Over the Hedge (PG)
See No Evil (R)
X-Men: The Last Stand (PG-13)
Da Vinci Code (PG-13)
Over the Hedge (PG)
Da Vinci Code (PG-13)
Just My Luck (PG-13)
Da Vinci Code (PG-13)
The Omen (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 2:00 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.

Hurricane season – prepare and be aware

Karen S. Spangler

Hawaii Navy News Editor

How much do you know about hurricanes? Do you know what to do to prepare for a hurricane? Hurricane season runs from June 1 to November here in Hawaii so now is the time to familiarize yourself with information about hurricanes and to make the necessary preparations and formulate a disaster plan for your family.

The islands have not been hit by a major hurricane since Hurricane Iniki churned through in 1992. But within a few hours after the Civil Defense warning had sounded to warn island residents that Iniki was approaching, every supermarket, gas station and convenience store was faced with long lines of customers. Anxious, hurricane-watching shoppers attempted to collect the necessary items and such items as flashlights, batteries, bottled water and food were soon in short supply.

Waiting until the last minute to assemble your home survival kit with foods, medicines, bottled water, etc.

is not a good idea. By waiting too long to prepare, you may find that it is impossible to find the essentials that you need to ride out the storm.

According to Jim Weyman, director of the Central Pacific Hurricane Center, “Although you and your family may have never experienced a hurricane, don’t be complacent! It’s not a matter of if a hurricane will occur, but when one will occur.

“We can’t tell you if it is going to be this year or 10 years from now. Because of this uncertainty, you need to be prepared every year,” said Weyman.

The origins of the name “hurricane,” are derived from ‘hurican,’ the Carib god of evil – fitting since hurricanes are dangerous and deadly storms that cause massive destruction. These severe tropical storms form in the southern Atlantic Ocean, Caribbean Sea, Gulf of Mexico and in the eastern Pacific Ocean.

Because Hawaii is composed of islands, the effects from hurricanes can cause more large-scale problems than on the mainland. Since

we live on relatively small islands, there are not really any “safe havens” to evacuate to. The small land area and close proximity of shoreline to all areas of the islands equates to less reduction in power as hurricane winds travel over land. Heavy rains are also very likely because the storm is over the ocean at the same time that it is over land mass.

Another consideration is that most homes and buildings in Hawai’i, particularly the older ones, are not built to withstand severe storms. Although an abundance of windows can be advantageous when enjoying the trade winds and the scenic views, they are hazardous when dealing with serious storms and damaging high winds.

An understanding of the anatomy of a hurricane and the conditions that are necessary in order for the storms to form and intensify may be helpful.

A small, central region called the “eye” characterizes the core of a hurricane. Within the eye, the winds are light and there are few

clouds. Surrounding the eye is a ring of thunderstorms known as the “eye wall.” Hurricanes rotate in a counter-clockwise direction around the eye. The overall diameter of a hurricane’s circulation is usually between 300 and 600 miles. To be classified as a hurricane, they must have winds of at least 74 miles per hour.

Certain conditions are necessary in order for a convective disturbance over tropical oceans to intensify into a hurricane. Those conditions are related to the wind field’s ability to produce and concentrate warm air. Warm air is less dense than cold air. This leads to a low surface pressure. But as wind strength increases over the warm ocean surface, heat and moisture also increase and results in a cycle of intensification.

Only one of 10 tropical disturbances (winds up to 38 mph) develops into a tropical storm (winds 39 to 74 mph). However, seven of 10 tropical storms develop into hurricanes (winds greater than 74 mph). All of these storms collectively are referred to as tropical cyclones.

In order for hurricanes to form, there are five prerequisites. These are related to the formation of the warm core in the hurricane:

- Warm ocean water with a temperature of more than 80 degrees F (26 degrees C) to a depth of about 100 feet (5 m) so that cooler water cannot easily be mixed to the surface by winds.
- Unstable atmosphere characterized by enhanced thunderstorm activity.
- High relative humidity in the middle troposphere. Moist air weighs less than dry air, making it buoyant and contributing to lower surface pressure.
- A pre-existing disturbance with cyclonic circulation.
- Small wind shear or little change in the wind speed or direction with height in the vicinity of the developing storm. Thus, warm air is concentrated into one area and not blown apart by the winds. As a hurricane moves over land or cold water, its supply of energy is reduced and wind speeds decrease. Frictional forces also act to weaken the storm when

it is over land.

• In the upcoming weeks, additional hurricane articles will be published in Hawaii Marine. Some of the topics covered will include hurricane history in Hawaii, stages of hurricanes, when to evacuate and where, your household survival kit, where to get timely information when a hurricane is approaching and how to make provisions for family pets. The information is intended to provide interesting and helpful information about hurricanes that will help to prepare you in the event that a hurricane moves toward the Hawaiian Islands.

Although hurricanes are relatively rare events anywhere in the world, no place – including Hawaii – is immune. Allowing you to believe that “it won’t come here” or “there hasn’t been a hurricane here in years so why worry,” or buying into the “it can’t happen to me” philosophy could be dangerous. The best thing is to be aware and to be prepared. You never know when this could be the year that a hurricane might threaten paradise.

Overseas evacuation: Expect the unexpected

Carole W. Butler

LIFELines

Expect fair winds and following seas as you sail into a new overseas duty station. However, Navy and Marine Corps families should also expect the unexpected in today’s climate of terrorism and war, especially when stationed overseas. If terrorist activity or other hostilities should suddenly break out in your proximity, authorities may have to evacuate dependants and other noncombatants from the area to safe haven.

When a crisis overseas threatens the well being of American citizens, the Department of State announces a travel warning. Travel warnings appear on the DoS travel safety Web page and on U.S. Embassy and Consulate Web site home pages. The DoS also makes public announcements regarding any threats to the safety of American citizens and publishes Consular Information Sheets, which are fact sheets on countries worldwide.

An escalation of a crisis may warrant the further announcement of a noncombatant evacuation from a foreign country in order to protect evacuees from possible injury or death. In addition, as a crisis unfolds, the Embassy turns to its Emergency Action Plans, which include notifying American citizens of the problem at hand, as outlined in the Joint Tactics, Techniques, and Procedures for Noncombatant Evacuation Operations. Often, the embassy initiates its communication system of wardens with access to private telephones to pass along messages regarding the status of the evacuation to Americans.

Typically, the U.S. Ambassador to the host

country experiencing the crisis directs a noncombatant evacuation operation; however, the Department of Defense or other authorized agencies may also direct a NEO. For example, the DoD would direct a NEO from Guantanamo Bay, Cuba.

Evacuees assemble at an Evacuation Control Center, where they are briefed about evacuation procedures and are screened and searched for security and safety. The ECC is also the place where paperwork is completed. You may use your passport or military ID card for identification, and each family member receives an evacuee documentation card, used for boarding passes, and a repatriation (returning to the United States) processing center form. Once back in the United States, you will be able to deal with household goods, pay, and other safe haven entitlements associated with an evacuation, such as per diem and travel as prescribed in the Joint Federal Travel Regulations. The ECC should also offer medical services and a comfort station.

How evacuees leave the country depends on the crisis and the conditions in the country. If the host country allows an orderly departure of evacuees, dependents may depart from the area on commercial air flights. If the situation deteriorates so that commercial air flights are not feasible, other avenues of departure may be used, including military intervention.

As an example of military intervention, in 1997 a military coup in Sierra Leone brought about evacuations of Americans and other nationalities by the 22nd Marine Expeditionary Unit to the amphibious assault ship USS Kearsage (LHD 3). “When the Navy and the Marines come in to do

an evacuation such as this, our goal is to make sure that the people are safe and that we recover them in a safe manner,” said 22nd MEU commander Col. Sam Helland.

Be Prepared, Just in case

Depending on the crisis, authorities may need to evacuate military dependants on very short notice. By anticipating the possibility of an evacuation, you arm yourself with vital information that you may otherwise have difficulty dealing with during a crisis. An evacuation plan will help your family be ready for the unexpected.

The DoS evacuation plan, “Don’t Leave Home Without It,” is a good guideline for a personal evacuation plan. The plan is an extensive checklist of things to do before going overseas; things to do when you arrive overseas; things to do should an emergency arise; things to do in an evacuation; and, finally, things to do at safe haven, which is typically in the continental United States. This plan is addressed to American embassy employees and family, but the DoS stipulates that the plan is good advice for anyone going overseas.

Among other suggestions, the DoS recommends discussing with your family what to do in case of an evacuation. The plan also recommends making a list of essential information — to include passport numbers, bank account numbers, credit card numbers, prescriptions for medicine and eye-glasses, and other important data — before going overseas. After you complete the list of items, copy it. Leave the copy with someone at home, and carry a copy with you, being sure to update the information from time to time. In addition, DoS recommends that you leave original copies of

important documents, such as birth certificates and marriage certificate, in a safe deposit box. Take copies with you of any documents that you might need overseas. Also, consider leaving irreplaceable items, such as family photographs or the negatives, in a safe deposit box.

If an evacuation seems likely during your tour of duty overseas, the DoS offers another list of specific recommendations which includes that you make a list of items to pack. Typically, each evacuee is allowed one suitcase and a carry-on bag. The evacuation plan also suggests arranging for the care of pets since they usually cannot be evacuated.

In the event of an evacuation, the DoS evacuation plan suggests that essential items and important documents — medication, extra glasses, personal checks, travelers checks, U.S. currency, and so on — be packed in your carry-on baggage.

Other helpful guidelines for evacuation plans have been developed by disaster and rescue experts, including the American Red Cross, and the Federal Emergency Management Agency. These experts agree that formulating an emergency evacuation plan should be a top priority item when you receive your orders to go overseas.

An evacuation plan is knowledge that provides peace of mind during extraordinary, trying circumstances, should they occur. You cannot plan too soon to prepare to evacuate your home because of terrorist activity or the outbreak of war. Military dependents stationed overseas should expect smooth sailing, but the time to prepare for a noncombatant evacuation is now — before the unexpected occurs.

Mokapu Elementary announces back to school information for new and returning students

Staff

Mokapu Elementary

Mokapu Elementary School will begin classes July 28 at 7:50 a.m. with dismissal times for Monday, Tuesday, Thursday and Friday at 2:10 p.m. Dismissal time for Wednesdays is 1:10 p.m.

It is highly recommended that parents ensure that their children know where to meet them after school, or what other arrangements have been made to pick up their child from school.

After school care with the A+ Kamaaina Kids Program.

Parking is available in the side parking lot and Platt Field, which is adjacent to the 3rd Marine Corps Headquarters.

Class lists have been mailed to each parent to let them know which teacher and classroom their child will be assigned to. All children should bring their school supplies on this day as well.

Parents may pick up another copy of the supply list at the

office, as needed. Also, if you have not received your assignment letter, call the school office at 254-7964.

If you have just arrived on base and need to register your child for school, go to the office during registration hours, Monday through Friday from 8 a.m. to 1 p.m. and bring your child’s birth certificate, shot record, any records or reports you may have from previous schools.

Bring an IEP if applicable, current physical exam and TB skin

test (must be within one year of enrollment).

Junior Kindergarten and Kindergarten have their own start up schedule, beginning with an orientation program for Junior Kindergarteners and parents July 26 at 8:00 a.m. in the cafeteria, called Junior Kindergarten KAMP. Kindergarten KAMP orientation program will be held July 27 at 8 a.m.

Junior Kindergarten and Kindergarten will conduct student assessments from July 28 to

Aug. 1 at specified times for each child and parent.

Group A JK/K will attend school on Aug. 2 from 7:50 a.m. to 1:10 p.m. and Group B JK/K will attend school on Aug. 3 from 7:50 a.m. to 2:10 p.m.

On August 4th, all JK/K students come for a full day of school.

Annette Ostrem is the new Principal of Mokapu Elementary School. Ostrem has been the Acting Principal at Mokapu since January 2006.

July is National Ice Cream Month

Compiled by Cpl. Sara A. Carter
Press Chief

In 1984, President Ronald Reagan designated July as National Ice Cream Month and the third Sunday of the month as National Ice Cream Day. He recognized ice cream as a fun and nutritious food that is enjoyed by a full 90 percent of the nation's population. In the proclamation, President Reagan called for all people of the United States to observe these events with appropriate ceremonies and activities.

The International Ice Cream Association encourages retailers and consumers to celebrate July as National Ice Cream Month. In 2006, National Ice Cream Day was celebrated July 16.

The U.S. ice cream industry generates more than \$21 billion in annual sales and provides jobs for thousands of citizens. About 9 percent of all the milk produced by U.S. dairy farmers is used to produce ice cream, contributing significantly to the economic well-being of the nation's dairy industry.

Founded in 1900, IICA is the trade association for manufacturers and distributors of ice cream and other frozen dessert products. The association's activities range from legislative and regulatory advocacy to market research, education and training. Its 80 member companies manufacture and distribute an estimated 85 percent of the ice cream and

frozen dessert products consumed in the United States.

Just the facts:

Ice cream sales and trends overview

- Total U.S. production of ice cream and related frozen desserts in 2004 amounted to about 1.6 billion gallons, translating to about 21.5 quarts per person. Source: U.S. Department of Agriculture.

- Based on ice cream consumption figures, the top five individual flavors in terms of share of segment in the United States are: vanilla, 26 percent; chocolate, 12.9 percent; Neapolitan, 4.8 percent; strawberry 4.3 percent; and cookies n' cream, 4.0 percent. Source: The NPD Group's National Eating Trends Services.

- In 2004, total U.S. sales of ice cream and frozen desserts reached \$21.4 billion. Of that total, \$8.1 billion was spent on products for at home consumption, while \$13.3 billion was spent on away from home frozen dessert purchases – scoop shops, food service, and other retail sales outlets. Source: 2005 Dairy Facts/International Ice Cream Association.

- Ice cream and related frozen desserts are consumed by more than 90 percent of households in the United States. Source: Mintel.

- According to 2004 U.S. production, regular ice cream accounts for the largest share of the frozen dessert market, at 59.9 per-

cent. Reduced-fat, light, low-fat and non-fat ice cream account for 27.8 percent of the market, followed by frozen yogurt, 4.3 percent; water ice, 4.1 percent; sherbet, 3.5 percent; and other 0.5 percent. Source: USDA.

Production

- In 2004, California once again produced the largest volume of ice cream and related frozen desserts in the United States, followed by Indiana, Texas, Illinois, Pennsylvania and Minnesota. Source: USDA.

- The United States leads the world in annual production of ice cream and related frozen desserts at about 1.6 billion gallons in 2004. Source: USDA.

- In 2004, about 8 percent of the milk produced in the U.S. was used to make frozen dairy products. Source: USDA.

Sales

- In 2003, about 86 percent of packaged ice cream retail sales happened in supermarkets. Convenience store sales were second at 11.4 percent, drug stores were third at nearly 2 percent, with 0.6 percent occurring at other locations. Source: Mintel.

- Based on supermarket statistics in 2001, ice cream volume sales by quality segment were: super premium, 3.5 percent; premium, 51.5 percent; and regular 45 percent. Source: IRI.

- Nearly 80 percent of supermarket ice cream sales are packaged in half-gallon

containers. Source: IRI, 2001.

Novelties

- Novelties are separately packaged single servings of a frozen dessert – such as ice cream sandwiches, fudge sticks, fruit and juice bars – that may or may not contain dairy ingredients.

- The total frozen novelty market in 2004 was valued at \$2.4 billion, up 1.3 percent over 2003. Source: IRI Magazine.

- In 2003, about 62 percent of American households purchased novelties. Source: Mintel.

- Mirroring a similar trend in ice cream, vanilla is the top flavor for novelties, with more than 27 percent of the volume share. Fudge is the next highest stand-alone flavor share, with nearly 8 percent. Source: IRI, 2001.

- In 2001 supermarket sales, ice cream bars, 25 percent; were the largest dollar market share of the frozen novelty market, followed by yogurt novelties, 20 percent; frozen ice, 14.1 percent; ice cream sandwiches, 13.5 percent; and ice cream cones 10, percent. Source: IRI.

International Review

- Total U.S. exports of ice cream reached nearly 24,000 metric tons in 2004 – worth about \$50 million. Source: USDA/International Ice Cream Association.

Mexico is the single largest market for U.S. frozen dessert exports, with an estimated value of almost \$17 million. Canada was the number two destination for U.S. frozen dessert exports, valued at \$6.6 million. Japan, \$3.6 million; United Kingdom, \$3.4 million; and Hong Kong, \$3.1 million; are third, fourth and fifth respectively. Source: USDA/International Ice Cream Association.



Lance Cpl. Sha'ahn Williams

Lorna Graddy shows off her anti-UV sunglasses.

Sunny days require more than sunscreen

Lance Cpl. Sha'ahn Williams

MCB Quantico

MARINE CORPS BASE QUANTICO, Va. —

Sunscreen to protect their skin from the sun's potentially harmful rays, but what about protection for the eyes?

July is Ultraviolet Safety Month, and the American Academy of Ophthalmology reminds Americans of the importance of protecting their eyes from the sun by wearing sunglasses and wide-brimmed hats.

According to the AAO, damage from UV rays may occur at any time during the year, but during the summer months the level of ultraviolet radiation is three times greater than in the winter.

"The long-term effects UV rays could have on unprotected eyes could cause more than cataracts and wrinkles from squinting," said Lt. Michelle Komal, doctor of optometry at the Naval Medical Clinic Quantico. "Melanoma is a potentially life-threatening type of cancer that can result from excessive contact with UV rays."

To avoid damaging the eyes and to reduce the risk of cancer, Komal suggests wearing sunglasses treated with an anti-UV

coating. It is sometimes assumed that if lenses are tinted, then they have the added protection, but Komal warns consumers to look for proof before they buy.

"You are not going to know if there is an anti-UV coating unless there is a sticker on the sunglasses," Komal said. "Just because the glasses are tinted, doesn't mean they are protecting you from harmful rays — it just means they're dark."

Wearing untreated sunglasses can be more dangerous than going without sunglasses because behind dark lenses, the pupils open wider and expose more of their surface to the UV rays, she said.

Depending on the style and brand of eyewear, anti-UV coated lenses may be as inexpensive as \$10. Price depends on a person's personality and budget, Komal said.

"When purchasing your lenses, make sure you ask your provider if they come with a UV coating first," she said. "Buying a good pair of sunglasses can be a little costly, but a great investment."

Parents should safeguard their children's eyes against UV rays with sunglasses and hats. And, if possible, it is best to stay inside between 11 a.m. and 3 p.m. when the sun is strongest.

MARINE MAKEPONO

HAWAIIAN FOR "MARINE BARGAINS"

ON THE MENU

AT ANDERSON HALL

Today

Lunch
Roast turkey
Lemon baked fish fillets
Baked macaroni & cheese
Garlic roasted potato wedges
Mixed vegetables
Lyonnaisse carrots
Cream gravy
Peach pie
Chocolate chip cookies
Spice cake w/lemon butter cream frosting
Vanilla/chocolate cream pudding
Lemon/orange gelatin
Specialty bar: Deli

Dinner

Chili conquistador
Chicken cacciatore
Burritos
Refried beans
Spanish rice
Simmered corn
Green beans
Taco sauce
Desserts: Same as lunch

Saturday

Dinner
Pork roast
Chicken cordon bleu
Mashed potatoes
Boiled egg noodles
Simmered broccoli Polonaise
Simmered succotash
Chicken gravy
Boston cream pie
Shortbread cookies
Yellow cake w/butter cream frosting
Vanilla/chocolate cream pudding
Lemon/raspberry gelatin

Sunday

Dinner
Oven roast
Honey glazed Cornish hens
Rice pilaf
Savory bread dressing
Asparagus w/hollandaise sauce
Simmered squash Creole
Brown gravy
Pumpkin pie
Oatmeal cookies

Devil's food cake
Vanilla/chocolate cream pudding
Strawberry/lime gelatin

Monday

Lunch
Beef stew
Baked fish fillets
Baked macaroni & cheese
Wild rice
French fried okra
Buttered corn
Cream gravy
Pecan pie
Chewy nut bars
Spice cake w/butter cream frosting
Vanilla/chocolate cream pudding
Lemon/strawberry gelatin
Specialty bar: Pasta

Dinner

Veal Parmesan
Braised pork chops, bone-in
O'Brien potatoes
Peas w/onions
Spaghetti
Marinara sauce
Mixed vegetables
Mushroom gravy
Desserts: Same as lunch

Tuesday

Lunch
Barbeque chicken
Battered fish portions
Steak fries
Simmered corn
Simmered asparagus
Chicken gravy
Sweet potato pie
Double chocolate chip cookies
Yellow cake w/chocolate chip frosting
Vanilla/chocolate cream pudding
Cherry/orange gelatin
Specialty bar: Taco

Dinner

Turkey ala king
Salisbury steak
Parsley buttered potatoes
Glazed carrots
Club spinach
Brown gravy

Desserts: Same as lunch

Wednesday

Lunch
Chili macaroni
Roast turkey
Grilled cheese sandwich
Mashed potatoes
Simmered pinto beans
Simmered mixed vegetables
Turley gravy
Cheesecake w/cherry topping
Peanut butter cookies
Peanut butter cake w/peanut butter frosting
Vanilla/chocolate cream pudding
Lemon/raspberry gelatin
Specialty bar: Hot dog & sausage

Dinner

Meat loaf
Pork ham roast
Mashed potatoes
Tossed green rice
Cauliflower combo
Broccoli w/cheese sauce
Brown gravy w/mushrooms
Desserts: Same as lunch

Thursday

Lunch
Swiss steak w/brown gravy
Chicken Parmesan
Rice pilaf
Oven browned potatoes
Corn on the cob
Simmered peas & carrots
Brown gravy
Blueberry pie
Brownies
White cake w/lemon cream frosting
Vanilla/chocolate cream pudding
Lime/cherry gelatin
Specialty bar: Southern meal

Dinner

Beef Yakisoba
Sweet & sour pork
Shrimp fried rice
Steamed rice
Simmered broccoli
Fried Cabbage w/bacon
Chicken gravy
Desserts: Same as lunch



Lance Cpl. Rick Nelson

Petty Officer 3rd Class Senee M. Forestcanada, a Navy culinary specialist assigned to Patrol Squadron 9, here, holds up the Egyptian-themed dish that won her Chef of the Quarter, July 12, at Anderson Hall Dining Facility.

Culinary specialist proves her worth

Lance Cpl. Roger L. Nelson

Combat Correspondent

From graduating top student of her class from the Navy's school for culinary specialists to winning Marine Corps Base Hawaii, Kaneohe Bay's Chef of the Quarter competition, Petty Officer 3rd Class Senee M. Forestcanada, Patrol Squadron 9, said she always strives to be the best.

"I decided when I was 13 to join the Navy for many reasons," said Forestcanada. "I traveled a lot in high school. I traveled to about 15 different countries in various student programs, and I knew the Navy would help me travel more.

"I also had a lot of family who had either been in the Navy, Marines or Army, so my family influenced and pushed for me to join.

"I knew from a young age that being in the military would be a good way to go, because it's a steady paycheck with benefits, food, and a place to stay," Forestcanada remarked.

"My mother always told me that it would be better to join the military and go to college though them instead of having all of the loans and probably going into debt."

Forestcanada left home for basic training June 28, 2005, and graduated second in her command division. After basic training, she attended the Navy's "A" school for culinary specialists, graduating top of her class and being meritoriously promoted to petty offi-

cer 3rd class.

"That was definitely my biggest accomplishment since I've been in the Navy," admitted the Philadelphia, Pa. native. "The fact that I went from an E-2 to an E-4 in one month is a big accomplishment for me."

Some of the goals Forestcanada had when joining the Navy were: To become an officer; to be promoted to petty officer 2nd class within the first two years of her enlistment; and to prove herself to others.

One of Forestcanada's most recent accomplishments was winning first place in the Chef of the Quarter competition here with her Egyptian-themed menu.

"A lot of people didn't think I would do well in the Navy," admitted the 19-year-old. "Now I can look at all of those people and say, 'Ha, ha. Look at me. I did it.'"

Forestcanada said she would like to continue her career in the military, but it all depends on how her first enlistment goes.

"I would like to get into an officer program and be on my way to becoming an officer before my first enlistment is up," said the Girard College High School graduate. "If I do go the officer route, then I plan on staying in for more than 20 years. But if that doesn't work out, then I'll see where the military takes me and where I end up."

Forestcanada offered this word of advice to junior Marines and Sailors: "Try to make the military work for

you, and get all you can out of it.

"I think everyone should set goals – whether they be military oriented or not – they should always have some sort of long-term and short-term goals," she said. "Just work toward your goals a little bit at a time, and you'll for sure make it there.

"Never give up. Stick to it, and you'll be surprised how fast you reach what you desire most.

"I think I'm on the right track and will reach my goals soon enough."

Infantryman lives lifelong dream

Cpl. Sara A. Carter

Press Chief

Some may have spent their childhood daydreaming about the different careers they wanted to have when they grew up. There are a few, however, who said they knew from an early age exactly what they want to do with their life.

As a young child, Cpl. Antonio Styles, an infantryman who now works at the range, training and management office aboard Marine Corps Base Hawaii, Kaneohe Bay, said he always wanted to be a Marine.

The Macon, Ga. native said seeing his aunt retire as a master gunnery sergeant motivated him to join.

After joining the Corps in June 2002, the 23-year-old spent his first three years stationed at Twentynine Palms, Calif., where he was deployed to Okinawa, Japan; and Kuwait. He also served three tours in Iraq.

"I was in Iraq for over a year," he said. "My first two tours were for five months and my third was for seven months."

After Styles reenlisted in November 2005, he moved here from California in December. Because he has not deployed since he arrived at his new duty station, it has allowed him time to do the things he loves to do – like spend time with his 11-month-old daughter, listen to music, and play video games.

Although he said he loves being in the Marine Corps because of the camaraderie, he doesn't plan to stay long enough to retire.

Styles said that he believes being a Marine has given him the discipline, confidence and professionalism he needs to succeed in whatever he does once he gets out.

"I want to finish out these next four years and work for a security company that goes to Iraq," he said. "Then I would like to join the FBI or CIA."

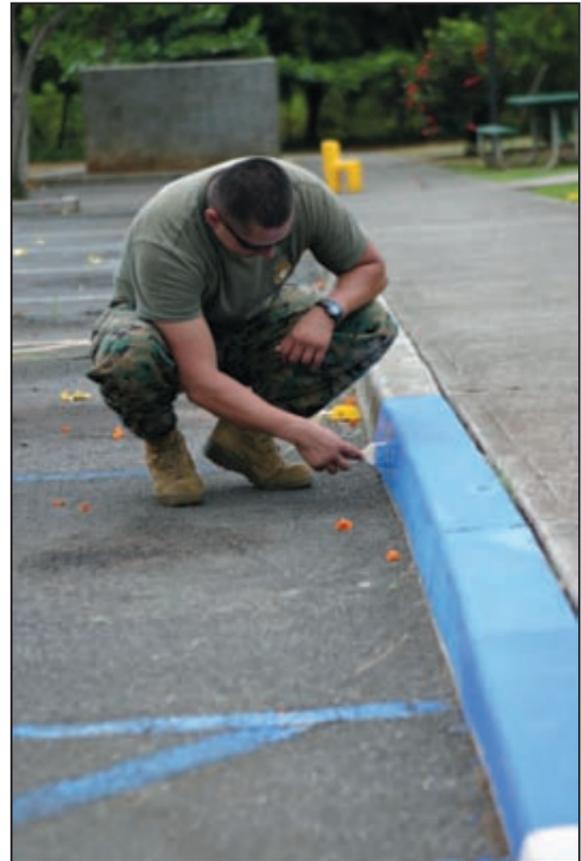


Cpl. Sara A. Carter

Corporal Antonio Styles, an infantryman who now works in the range, training and management office aboard Marine Corps Base Hawaii, Kaneohe Bay, works on updating a training schedule Friday.



Marines from 1st Battalion, 12 Marine Regiment, and 3rd Marine Regiment, work together to paint a portion of the childrens playground, July 14 at the Weinberg Village Homeless Shelter.



Corporal Jesus Delacruz, survey, 1st Battalion, 12 Marine Regiment, Headquarters Battery, paints the curb of a handicapped parking spot at the Weinberg Village Homeless Shelter, July 14.

3rd Marines, 1/12 volunteer at shelter

**Story and Photos by
Lance Cpl. Rick Nelson**

Combat Correspondent

Marines assigned to 3rd Marine Regiment and 1st Battalion, 12th Marine Regiment, here, volunteered to help with painting projects at the Weinberg Homeless Shelter, July 14.

The shelter is a Hawaii state-funded institution, which, unlike many shelters, caters to full families with children younger than 18.

"We currently have 30 families,

making it approximately 150 people living at the shelter," explained Michelle L. Chaney, case manager, Weinberg Homeless Shelter. "The families are either given a studio apartment that can hold three people or a three-bedroom building that can hold up to six family members.

"The families are reviewed every month to see how their current situation is going and if they are on the right track. They can stay here up to two years, as long as they remain compliant with the rules."

The main focus of the shelter is to help the families look for jobs and help them stabilize their lives and be more independent, said Chaney, a Gaithersburg, Md. native.

"It's more of a transitional housing for the families. We try to enhance their survival skills, like finance and budgeting," Chaney said. "We offer these people a lot of classes like parenting, anger management, nutrition, abstinence, and reading programs."

Aside from the 13 Marines and Sailors who recently volunteered,

Chaney said she has approximately six people who regularly volunteer at the shelter.

"I try not to miss out on opportunities to help people in need," said Cpl. Anthony C. Will, administrative clerk, Headquarters Company, 1/12. "The Marine Corps gives me plenty. So why not help out people who don't have as much?"

Will went on to say that chances to provide assistance don't seem to come up that often, but when they do, he jumps at the chance to volunteer.

"I think it's definitely worthwhile," Will remarked.

The Marines who volunteered at the shelter painted the speed

bumps, handicapped signs and basketball court lines.

"These people volunteer to do this because they want to help," said Petty Officer 2nd Class Nino M. Miranda, religious programmer, Headquarters Company, 3rd Marine Regiment "Third Marine Regiment and 1/12 are on RIMPAC (Rim of the Pacific 2006 exercise) right now and are undermanned as it is, but we still had Marines volunteer."

Miranda said this was his last volunteer effort before leaving for recruiting duty, so he wanted to make it special.

"Once I get to recruiting duty, I will no longer be doing my current job, so I wanted to do one last

thing before I left," said Miranda. "I think the Marines want to help and do something for themselves as well. Most of the Marines feel they've done combat so it's time to help out in other ways also."

Chaney said Marines have helped out at the shelter before, and the families were always grateful.

"They do a wonderful job helping out around here, and it's greatly appreciated," said 40-year-old Chaney. "The last time they came out, they donated furniture, painted other areas of the shelter, and even hosted a Christmas party for us. They do a lot for us and are doing a great job serving their country."



Lance Cpl. Vincent F. Aguilar, field radio technician, 1st Battalion, 12th Marine Regiment, Headquarters Battery and Pfc. Kristan M. Blanchard, field radio operator, paint a speed bump at the Weinberg Village Homeless Shelter, July 14.

Hawaii MARINE SPORTS

HAWAII MARINE C SECTION

JULY 21, 2006

Intramural football to start Sept. 6

Units get ready for season

Lance Cpl. Roger L. Nelson
Combat Correspondent

The Intramural Football season is scheduled to start on Marine Corps Base Hawaii, Kaneohe Bay, Sept. 6 with games being held Mondays, Wednesdays and Thursdays.

So far, representatives from 1st Battalion, 12th Marine Regiment, Combat Service Support Group 3, Camp Smith, and Marine Air Group 24 have confirmed that they will have teams entered into the seasonal game play.

"For now, we're unsure exactly how many games will be played because a lot of the units are deployed and the number of games will change depending on the number of teams," said Joe Au, sports coordinator, Marine Corps Community Service, here.

Carson A. Peapealalo, Camp Smith coach, said he is holding tryouts at the end of the month and plans on holding practices for his team Monday through Friday.

"I'm going to work a lot on getting the team up to speed," said Peapealalo. "We had a lot of new guys come to play last year who never played on an organized football team, so we need to



Sgt. Joseph A. Lee

Running back Roger Tatman, 1st Battalion, 12 Marine Regiment's Bulldogs, charges forward in the opening game of intramural tackle football against Camp Smith last year.

work on knowledge of the game."

He also mentioned that he was a new coach last year and hopes to get his team into the

swing of things earlier on in the season.

"I think we'll do a lot better this season," said Cody Carlisle, assistant coach, 1/12. "Last year

we were hurting for players, but this year we've got a bunch of players that are back from Okinawa, so we should do a lot better this season."

"Although we're unsure of how many teams there will be, it will still be a good season," said Au. "Players just need to go out there and have fun. That's what

it's about."

For more information about joining an Intramural Football team contact Joe Au at 254-7591.

MACG-38 heats up softball rivalry between squadrons

Lance Cpl. James B. Hoke
3rd Marine Aircraft Wing

AL ASAD, Iraq — In the heat and different conditions of Iraq's war-torn environment, Marines are often consumed by their extreme work loads and the monotony of completing the same tasks over and over each day. One cure that they have discovered to counter their never-ending jobs out here was softball.

After competing in two separate leagues of the game, the champions of softball league B, Marine Wing Communications Squadron 38, challenged their superiors, Marine Air Control Group 38 (Reinforced), who were the runner-ups for softball league A, at Al Asad July 10.

"About a month after we got here, the softball games started," said Master Sgt. Edward A. Krimmel, operations chief, MWCS-38, MACG-38, 3rd Marine Aircraft Wing. "This was just a fierce competition between the group commander's team and (communications) squadron. It was a showdown between us."

Taking an early lead of eight runs by the end of the second inning, MACG-38's team, the Blue Falcons, put a vice on their opponents, Red Lightning, for the start of the game.

"Last week, we played and lost against (Marine Aircraft Group 16)," said Sgt. Maj. Don W. Gallagher, sergeant major, MACG-38 (Forward). "When we lost to MAG-16, we lost by two runs, which was a close game. (Communications) squadron said that they should have played them, so I said there is an easy way to settle that -- just bring it to the field."

There was a lot of trash talking going on between the two teams before the game, according to Capt. Dale H. Webster, operations officer, MWCS-38.

Although Red Lightning almost managed to keep the Blue Falcons off the scoreboard after the fourth inning, MACG-38 Marines came back in the last two innings, defeating communications squadron 19 to 13.

"They thought that they could trounce us," said Webster, an El Cajon, Calif., native. "We were a little sluggish at the beginning, and we were missing a few players. We turned it on towards the end, and I think if we played them again, we'd probably get them."

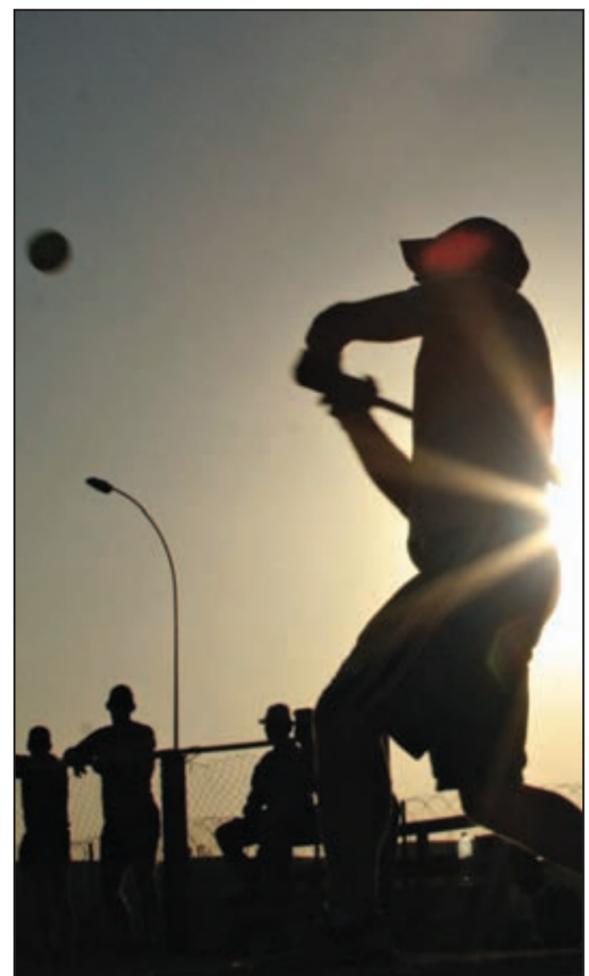
"(Communications) squadron is a big squadron; they have a lot of Marines," said Gallagher, a Great Falls, Mont., native. "They thought that they were going to come out and beat on us. You take it with a grain of salt. Marines are going to be Marines. Someone is always better until you settle it."

According to Gallagher, communications squadron was better than what he had originally expected.

"They actually had a lot of offense," said the Charles M. Russell High School graduate. "I didn't expect them to play that well, but we were our own worse enemy when we quit swinging the bat half way through the game. They had a set of really good players."

Although the Marines with MWCS-38 lost the game, they didn't leave with their heads down or their pride tucked away. As with all of the softball games that they have played, the competition within the unit was just for fun and to break the repetitiveness of their everyday lives while deployed.

"It was just good spirited fun," concluded Gallagher. "It was good to see the Marines get out. It gave them something to look forward to. Win or lose, it didn't matter, as everyone shook hands at the end. A few were a little more tightlipped than others, but if you are going to talk smack, I guess you should bring it."



Lance Cpl. James B. Hoke

A Marine swings at the ball in the setting sun of Al Asad, Iraq, July 10, during a softball game between the champions of softball league B, Marine Wing Communications Squadron 38 and the runners up in softball league A, Marine Air Control Group 38 (Reinforced).

Former Marines inducted into Sports Hall of Fame

News Release
HQ USMC

MCB QUANTICO, Va. — The Commandant of the Marine Corps will host the 2006, United States Marine Corps Sports Hall of Fame induction ceremony here at the Clubs at Quantico, July 28 at 11 a.m.

General Michael W. Hagee will induct former

Marines Ernie Nevers, Greg Gibson, and Barney Ross at a luncheon ceremony that will celebrate their achievements.

Nevers, a former Marine major, was a charter member of the National Football League Hall of Fame and is a member of the College Football Hall of Fame. Gibson, a former Marine master sergeant, is

a three-time World Cup Greco-Roman champion and 1984 Olympic Greco-Roman Wrestling Silver Medalist. Ross, a former Marine sergeant, was the world-boxing champion in three different weight classes at the same time and a Silver Star recipient during World War II.

The United States Marine Corps Sports Hall

of Fame honors former Marines who have excelled both on and off the athletic playing field.

Established in 2001, Hall of Fame inductees will be enshrined in the National Museum of the United States Marine Corps at the Heritage Center near Quantico, Va.

Eighteen former Marines have been selected for the

Hall of Fame since it was founded in 2001. Past inductees include baseball legend Ted Williams and Olympic great Robert B. Mathias, International Boxing Hall of Fame member Ken Norton, and Pro Football Hall of Fame member Arthur Donovan Jr.

Also to be honored at the induction ceremony

will be numerous Marine champion athletes to include the 2005 Marine Corps Male and Female athletes of the year.

For more information about the Marine Corps Sports Hall of the Marine Corps Athlete's of the Year, contact Steven Dinote, HQMC Semper Fit, (703) 784- 9542, or via e-mail at steven.dinote@usmc.mil.

Sports Briefs

Youth Soccer Coming Soon

Marine Corps Community Services' Youth Activities' Youth Sports is still accepting registrations for Youth Soccer. The league begins in August.

Call 254-7611 to register.

Now until July 23

Eight-Man Flag Football Tournament

This tournament, part of the "101 Days of Summer," will be held at Pollock Field. Earn 101 Days of Summer points for your unit by participating.

Call 257-3900 or 254-7636 for information.

Now until July 31

Youth In-Line Hockey Registration

Register your child now for In-Line Hockey. The season runs from Aug. 1 to Dec. 15.

When registering, be sure to bring a copy of your child's birth certificate or youth military ID. Youth Activities has moved into the old base chapel, Building 1090, next to the Marine Corps Exchange Annex.

Call 254-7610 for more information.

July 21 to 23

Second Annual Marine Corps Base Hawaii Invitational Softball Tournament

MCCS Athletics is accepting team registrations for the Marine Corps Base Hawaii Invitational Softball Tournament. Open to all active duty, retirees, spouses, family members and DoD civilians, this event costs \$200 and will follow a double-elimination format. The tournament will take place from July 21 to 23 at Riseley and Pollock fields. The tournament will also feature a home-run derby. Deadline for registration is July 19.

Call 254-7590 for information or to register.

Party Your Way with MCCS Aquatics

One of MCB Hawaii's greatest aspects is that you can swim year-round. What's even better, you can throw pool parties year-round. MCCS Aquatics hosts private pool parties at Kaneohe Base Pool, the Camp Smith Pool and the Manana Housing Pool – Tuesdays through Fridays, weekends and holidays. Each party package includes a 20-foot by 20-foot tented area, picnic tables, and a barbecue grill for grilling your favorite feasts. The Kaneohe Base Pool offers a water slide, diving boards and a kiddie pool.

Call MCCS Aquatics at 254-7655 to set up a date for your pool party.

Women softball players needed

Base intramural women's softball team is looking for a few players for the 2006 softball season. The team will play in the Intramural Softball League at Pearl Harbor as well as in a local league and in local tournaments.

Call Master Gunnery Sgt. Louis Schumacher at 257-1469 for information or to sign up.

Ongoing

Fall registration for In-line Hockey

Registration will continue until July 31 at Building 1090B from 9 a.m. 5:30 p.m. Registration fee is \$85 per player. Practice will begin Aug. 1, and the season will run from Aug. 26 to Dec. 9.

Call 254-7610 for information.

Parents for Fitness

This cooperative babysitting effort is available at the Semper Fit Center for children 6 weeks and older.

All active duty servicemembers and their families may participate; however, PFFP participants are required to volunteer baby-sit three times per month.

Call 291-9131 for information.

Personal Trainers Available at Semper Fit

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

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.

Call Semper Fit Center at 257-7597 to schedule an appointment.

K-Bay Lanes

Economical entertainment, Mondays through Thursdays, at the K-Bay Lanes where all E-1 to E-5 can receive free rental shoes and discounted games at only \$1.50.

Call K-Bay Lanes at 254-7693 for information.

Color Pin Special

Every Wednesday, 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!

Call the K-Bay Lanes at 254-7693 for information.

Paintball Hawaii

Nestled behind the Lemon Lot, stands Paintball Hawaii. Shoot over for the 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 on weekends from 9 a.m. to 5 p.m.

Call 265-4283 for appointments.



Laeleya Saludez

Two stone statues stand at the entrance to Tiki Island, a fun park aboard Marine Corps Base Hawaii, Kaneohe Bay, awaiting the grand opening of the recreation facility. The \$1.4 million project that was two years in the making, will officially open July 29 at 10 a.m. with a grand opening ceremony and a Family Fun Day.

Tiki Island's grand opening, Family Fun Day set for July 29

Laeleya Saludez

MCCS

Marine Corps Community Services calls it Tiki Island, and this exotic outpost is emerging right before our eyes, next to the Kaneohe Klipper Golf Course and the Staff NCO Club, here.

The new theme park, complete with two 18-hole miniature golf courses, bumper boat rides, and batting cages will open its gates and welcome its first inhabitants at 10 a.m. July 29 for its grand opening ceremony, followed by a Family Fun Day from 11 a.m. to 1 p.m.

The park will remain open that same day and continue business from 1 to 10 p.m.

Boasting architectural features that are not only fun and mesh with the native environment: A gecko, a frog, Hawaiian petroglyphs, and Tiki statues of all shapes and sizes. The island-style design is also a nod to the rich lore of old Hawaii, according to Tiki Island Project Manager Kristen Hagen.

"The buzz we've been getting from the community is excitement as to when they can start coming to Tiki Island," said Hagen.

"MCCS is proud to be able to provide such a fantastic facility to all Marines, Sailors and their families aboard Marine Corps Base Hawaii. We also invite all other authorized users and military personnel from around the island."

According to Hagen, the estimated \$1.4 million project is the first of its kind on any Marine Corps Base. Two years



Laeleya Saludez

The Bumper Pool Gecko watches over the unfinished 18-hole miniature golf courses and bumper boat pool. Once Tiki Island is completed, the pool will feature electrically powered boats that are armed with squirt guns.

in the making, the park was approved by the board of directors and construction committee in 2004, planning began in 2005, and ground breaking took place in early March 2006.

Funded solely from MCCS nonappropriated funds, Hagen explained that dollars spent at businesses such as the Marine Corps Exchange, Kaneohe Klipper Golf Course, the Base gas station and the Marine Mart produced a dividend for reinvestment in on-base MCCS programs.

"Tiki Island serves as an example of MCCS' 'From You, For You' business strategy," said Hagen. "Not one dollar of

taxpayer money was used to build this facility."

For children, families, and single Marines and Sailors it means great, clean fun on Base without having to worry about driving far for entertainment.

In addition to the three main attractions of the park, the mini golf, the batting cages, and the bumper boats, Tiki Island will also offer a full-service snack bar with grab-and-go menu items and an assortment of drinks.

Hagen said this facility represents a unique opportunity for units to arrange a unique special event or Family Day, while individuals will be able

to purchase a variety of themed birthday and party packages for an outdoor affair with an exotic twist.

The July 29 Tiki Island Family Fun Day will feature dollar games, music, raffle drawing, and complimentary cake and lemonade for all. The first 100 children will receive T-shirts, and rumor has it, the Tiki mascot is scheduled to make a fearsome appearance.

Call Tiki Island manager Therese Ribeiro at 254-5481 for information on special events and Tiki Island project manager Kristin Hagen at 254-7639 for information on Family Fun Day.



Laeleya Saludez

Empty batting cages await the grand opening of Tiki Island. The theme park aboard Marine Corps Base Hawaii, Kaneohe Bay, features six top-of-the-line batting cages - three for slower pitch and three for fast pitch. Visiting batters will be able to bring their own bats or check out one from the activities desk.



Lance Cpl. Roger L. Nelson

A sign serves notice that Marine Corps Base Hawaii, Kaneohe Bay will soon have its own miniature golf course. MCCS, here, will hold its grand opening of Tiki Island Park July 29 and feature two 18-hole miniature golf courses. The park will remain open that same day and continue business from 1 p.m. to 10 p.m.

Getting to know your TRICARE Policy

News Release

TRICARE

FALLS CHURCH, Va. — TRICARE policy requires active duty service members with overseas orders to verify command sponsorship for accompanying family members for enrollment in TRICARE Overseas Program Prime, including TRICARE Global Remote Overseas. The policy also requires family members to reside with their sponsor to be eligible for enrollment into TOP Prime.

Beneficiaries may seek command sponsorship through Service personnel channels.

If service families without command sponsorship move overseas, they may pay costly out-of-pocket health care expenses, as they are only eligible for TRICARE Standard, TRICARE Plus and space-available care at military treatment facilities.

When TRICARE Standard beneficiaries seek care overseas, they may have to pay the entire bill at the time of service and then file a claim for reimbursement with TRICARE. Under TRICARE Standard, family members must pay an annual deductible and cost shares each time they get care outside of the military treatment facility.

If command-sponsored families enrolled in TOP Prime or TGRO have a newborn or adopt a child while overseas, they may enroll the child in TRICARE Prime.

Sponsors that bring non-command sponsored family members with special medical needs to an overseas location with no specialty support for those needs may put their family member at unnecessary health risk.

For more information, beneficiaries may contact their overseas TRICARE Service Center listed at www.tricare.osd.mil/overseas/index.cfm or the TRICARE Area Office serving

their overseas region listed below.

Beneficiary counseling and assistance coordinators are also available to help at www.tricare.osd.mil/bcac/.

TRICARE Europe

Includes Europe, Africa and the Middle East
TRICARE Area Office Europe
Unit 10310, Building 214 Sembach AB, Germany APO, AE 09136
Commercial Phone 0 0 - 4 9 - 6 3 0 - 2 6 7 - 6312/6314
Toll-Free from CONUS: 1-888-777-8343, option 1
DSN 496-6312/6314
www.europe.tricare.osd.mil

TRICARE Pacific

Includes Japan, Korea, Guam, the Western Pacific and the Far East
TRICARE Area Office Pacific
PSC 482, Box 2749 FPO AP, 96362-2749
Toll Free: 1-888-777-8343 option 4
Comm: 011-81-6117-43-2036
DSN: 643-2036
TPAO.CSC@oki10.med.navy.mil

TRICARE Latin America and Canada

Includes all of Latin America, Canada, Puerto Rico and the Virgin Islands
TRICARE Area Office Latin America & Canada
38th Alley, Building 38716
Fort Gordon, GA 30905-5650
Commercial Phone 1-706-787-2424
TLAC toll free #: 1-888-777-8343, option #3
DSN 773-2424
tri care15@se.amedd.army.mil

About TRICARE

TRICARE, the Department of Defense agency that administers the health care plan for the Uniformed Services, retirees and their families, serves more than 9.2 million beneficiaries worldwide.

Lifestyle changes that can put more life in your style

Jennifer L. Hochlan

LIFELines

You probably know this — exercise is good for your heart, lungs, and overall body strength. It's also good for your mind and your soul. It's good for flexibility. It's good for increasing your life span. It's good for making the quality of your life better as you age. And exercise can be as social as it is beneficial, which many people discover when they find a walking partner or join an exercise class they enjoy.

As you age, your level of activity directly affects your body. Less than 25 percent of Americans get adequate regular exercise. Inactive people can expect to lose about 30 percent of their strength and 40 percent of their muscle mass between the ages of 20 and 70.

But this loss is not inevitable. Moderate cardiovascular exercise, combined with minimal weight training, fights the loss of muscle mass. And you don't need to pump iron or bench press 200 pounds to reap the benefits. Just add a small amount of weight to your normal routine. Using your muscles helps to keep

them healthy.

Eating right is equally important. Your body needs good food to feel healthy and strong and fight off disease and injury. The benefits of a balanced diet and moderate exercise are indisputable.

You Really Are What You Eat

You can find out about a balanced diet at the U.S. Department of Agriculture Web site. They've got articles on good nutrition, the recommended daily allowance of food from the food pyramids—there's a special one for those in their golden years — and links to organic food programs. Find out how your diet over a three-week period measures up against the 21-day diet analyzer. This interesting tool can help pinpoint any problem areas in your diet and suggest foods that may be healthier substitutes.

It is important not to lose vital vitamins and minerals as you age. Imbalances can result in osteoporosis, heart disease, bowel irritations, and certain cancers. Many health insurance providers will pay for a meeting with a dietician to discuss

your nutritional needs. This initial meeting can help you create a balanced diet. If TRICARE is your insurance provider, visit their Web site for further details.

Up and At Em — A Little at a Time

Your physician will help you design an exercise program or recommend a specialist to work with you on it. Many health clubs employ trainers whose job it is to set up an exercise program just for you and teach you how to succeed in it. If you're not the health club type, check your local community center for classes ranging from stretching to tai chi and from kickboxing or dancing. Look for a public pool, tennis court, running track, or walking trail. There are many exercise programs to choose from. Look for activities that hold your attention. If you get bored with your exercise, you're less likely to keep with it. The goal is to find what works for you and stick to it.

If you're currently not active at all, slowly introduce exercise into your life. Get some good walking shoes and try walking for a few minutes twice a week at first. Gradually

increase the time and frequency — about 10 percent each week. You may find a mild amount of soreness. If it hurts, stop and contact your physician.

Check With the Doc

As always, it is recommended that you see your physician before changing your physical activities or diet in any significant way. Show your doctor any tools or information you're interested in, to see if they're right for you. Make sure to ask if certain foods may interact with any prescriptions you are currently taking. It is especially important to let your doctor know if you are taking or considering any herbal supplements or anything containing medicinal herbs.

The main point to remember in continuing, or beginning, your physical fitness program is that changing your lifestyle is a lifelong commitment. Consult with professionals to ensure your safety and improve your results.

For peer support, visit the Senior Journal. Eat healthy and stay active. It could be the key to the fountain of youth, and you'll look and feel great. That goes with anybody's style.

Sunny days require more than sunscreen

Lance Cpl. Sha'ahn Williams

MCB Quantico

MARINE CORPS BASE QUANTICO, Va. — Sunscreen to protect their skin from the sun's potentially harmful rays, but what about protection for the eyes?

July is Ultraviolet Safety Month, and the American Academy of Ophthalmology reminds Americans of the importance of protecting their eyes from the sun by wearing sunglasses and wide-brimmed hats.

According to the AAO, damage from UV rays may occur at any time during the year, but during the summer months the level of ultraviolet radiation is three times greater than in the winter.

"The long-term effects UV rays could have on unprotected eyes could cause

more than cataracts and wrinkles from squinting," said Lt. Michelle Komal, doctor of optometry at the Naval Medical Clinic Quantico. "Melanoma is a potentially life-threatening type of cancer that can result from excessive contact with UV rays."

To avoid damaging the eyes and to reduce the risk of cancer, Komal suggests wearing sunglasses treated with an anti-UV coating. It is sometimes assumed that if lenses are tinted, then they have the added protection, but Komal warns consumers to look for proof before they buy.

"You are not going to know if there is an anti-UV coating unless there is a sticker on the sunglasses," Komal said. "Just because the glasses are tinted, doesn't mean they are protecting you from harmful rays — it just means they're dark."

Wearing untreated sunglasses can be more dangerous than going without sunglasses because behind dark lenses, the pupils open wider and expose more of their surface to the UV rays, she said.

Depending on the style and brand of eyewear, anti-UV coated lenses may be as inexpensive as \$10. Price depends on a person's personality and budget, Komal said.

"When purchasing your lenses, make sure you ask your provider if they come with a UV coating first," she said. "Buying a good pair of sunglasses can be a little costly, but a great investment."

Parents should safeguard their children's eyes against UV rays with sunglasses and hats. And, if possible, it is best to stay inside between 11 a.m. and 3 p.m. when the sun is strongest.

Ultimate fighters visit Camp Pendleton

Story by

Sgt. Luis R. Agostini

MCB Camp Pendleton

Photos by

Cpl. Samuel W. Palmer

MCB Camp Pendleton

MARINE CORPS BASE CAMP PENDLETON, Calif.

— Marines actually looked forward to giving up their lunch hour Friday.

That's because Randy "The Natural" Couture, Kendall "Da Spyder" Grove, Brandon "The Truth" Vera and Dean "The Boogeyman" Lister, competitors in the Ultimate Fighting Championship, visited Marine Corps Base Camp Pendleton Friday to meet and greet the troops, exchange fighting tips and get some hands-on experience with some of the Corps' warfighting tools.

Arriving in a tricked-out, shiny black Hummer and accompanied with his entourage, San Diego resident and top heavyweight contender, Brandon Vera, made his rounds around the desert-camouflaged Marines with handshakes and autographs, alongside Lister and Grove.

Vera has been on the fast track to a shot at the UFC's heavyweight championship, currently held by Tim "The Maine-iac" Sylvia. With three straight wins since his UFC debut, Vera credits his newfound success to his time as an airman.

"You know that trumpet they play in the morning to wake you up for PT? That's still in my head," said Vera, referring to the sound of reveille. "It's that discipline to get up and run early in the morning that I got in the military, that keeps me training today."

Couture, a UFC hall of famer and former two-time heavyweight and light-heavyweight champion, also served his country in the U.S. Army.

Wanting to display their own grappling skill set, the Marines of Military Police Company, Combat Logistics Regiment 17, 1st Marine Logistics Group, put on a Marine Corps Martial Arts clinic, with two Marines at a time squaring off against each other.

The Marines had the luxu-



Kendall "Da Spyder" Grove, an ultimate fighter with the Ultimate Fighting Championship, shouts grappling commands at Marines with the Military Police Company, Combat Logistics Regiment 17, 1st Marine Logistics Group, during his visit to Marine Corps Base Camp Pendleton, Calif.

ry of having Lister and Grove in each of their corners. Grove recently became the Ultimate Fighter 3 middleweight champion on the hit reality show, "The Ultimate Fighter."

Shouting out similar commands and tips they would normally receive in the octagon, Grove and Lister helped the Marines assume full and

side-mount positions, choke attempts and body-softening blows.

After wrapping up their visit with the 1st MLG, the UFC fighters headed to the northern part of Camp Pendleton at Camp Horno, where the Marines of 3rd Battalion, 1st Marine Regiment eagerly anticipated their arrival.

The UFC, which has recently experienced a surge in popularity thanks to increased cable television and pay-per-view exposure, along with a modest acceptance in mainstream sports, has recently developed a relation-

ship with the military.

Tito Ortiz and Andrei Arlovski were the first UFC fighters to embrace Camp Pendleton when they visited Marines and sailors here before their respective fights at UFC 59 in Anaheim, Calif.

Dana White, president of the UFC, hinted at running a UFC event at Marine Corps Base Camp Pendleton, Calif., during a media conference call in May, and Couture said he is heading to Iraq at the end of the month for 10 days.



Dean "The Boogeyman" Lister, an Ultimate Fighting Championship middleweight contender, sights in on a shoulder-launched, multi-purpose assault weapon during his visit to 3rd Battalion, 1st Marine Regiment at Marine Corps Base Camp Pendleton, Calif.



Kendall "Da Spyder" Grove (left) and Brandon "The Truth" Vera, exchange fine-tipped markers, preparing to sign hundreds of autographs during their visit to Marine Corps Base Camp Pendleton, Calif.

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The George Mateljan

Foundation

Special to LIFELines

The World's Healthiest Foods have been selected because they are among the richest sources of many of the essential nutrients needed for optimal health. This Web site uses a concept called nutrient density to determine which foods have the highest nutritional value. Nutrient density is a measure of the amount of nutrients a food contains in comparison to the number of calories. A food is more nutrient dense when the level of nutrients is high in relationship to the number of calories the food contains. By eating foods from the World's Healthiest Foods list, you'll get all the essential nutrients that you need for excellent health, including vitamins, minerals, phytonutrients, essential fatty acids, fiber, and more for the least number of calories.

Criteria for The World's Healthiest Foods

Among the thousands of different foods our world provides, the majority contain at least several of the nutrients our bodies need but to be included as one of the World's Healthiest Foods they had to meet the criteria listed below.

The criteria we used will also help you understand why some of your favorite (and also nutritious) foods may not be included on our list. For example, Readers have asked why mango, a very nutritious food, is not among the World's Healthiest Foods. While mangoes taste great and are rich in vitamins and minerals, they do not fit our criteria of familiarity and availability.

1. The World's Healthiest Foods are the Most Nutrient Dense

The World's Healthiest Foods have been selected because they are among the richest sources of many of the essential nutrients needed for optimal health. We used a concept called nutrient density to determine which foods have the highest nutritional value.

Nutrient density is a measure of the amount of nutrients a food contains in comparison to the number of calories. A food is more nutrient dense when the level of nutrients is high in relationship to the number of calories the food contains. By eating the World's Healthiest Foods, you'll get all the essential nutrients that you need for excellent health, including vitamins, minerals, phytonutrients, essential fatty acids, fiber and more for the least number of calories. Read more about Our Food and Recipe Rating System.

2. The World's Healthiest Foods are Whole Foods

The World's Healthiest Foods are also whole foods complete with all their rich natural endowment of nutrients. They have not been highly processed nor do they contain synthetic, artificial or irradiated ingredients. And whenever possible, The Healthier Way of Eating recommends purchasing "Organically Grown" foods, since they not only promote your health, but also the health of our planet.

3. The World's Healthiest Foods are Familiar Foods

The World's Healthiest Foods are common "everyday" foods. These include the fruits, vegetables, whole grains, nuts and seeds, lean meats, fish, olive oil, herbs and spices that are familiar to most people.

4. The World's Healthiest Foods are Readily Available

Although there are many foods that are exceptionally nutritious, many of them are not readily available in different areas of the country. The World's Healthiest Foods are foods that the majority people can easily find at their local market.

5. The World's Healthiest Foods are Affordable

We have selected foods that are not only familiar and available, but also affordable, especially if you purchase them locally and in season. This is also the time when they are the freshest and of the best quality.

6. The World's Healthiest Foods Taste Good

The World's Healthiest Foods are also some of the world's best tasting foods. We have created recipes using the World's Healthiest Foods that do not overpower, but enhance, the unique flavor of each food. Each recipe provides a flavor adventure so you can discover new ways to experience and enjoy the great natural tastes of these foods.

For more information on The World's Healthiest Foods, log on to: <http://www.whfoods.com/foodstoc.php>.

The World's Healthiest Foods List, A-Z

Vegetables

- * Asparagus
- * Avocado
- * Bell peppers
- * Broccoli
- * Brussels sprouts
- * Cabbage
- * Cauliflower
- * Celery
- * Collard greens
- * Cucumber
- * Eggplant
- * Fennel bulb
- * Garlic
- * Green beans
- * Green peas
- * Kale
- * Leeks
- * Mushrooms, Crimini
- * Mushrooms, Shiitake
- * Mustard greens
- * Olives
- * Onions
- * Parsley
- * Romaine lettuce
- * Sea vegetables
- * Spinach
- * Squash, summer
- * Squash, winter
- * Swiss chard
- * Tomato, fresh
- * Turnip Greens

Root Vegetables

- * Beets
- * Carrots
- * Potatoes
- * Sweet potato, with skin
- * Yam

Fish & Seafood

- * Cod
- * Halibut
- * Salmon
- * Scallops
- * Shrimp
- * Snapper
- * Tuna

Fruits

- * Apple
- * Apricot
- * Banana
- * Blueberries
- * Cantaloupe
- * Cranberries
- * Fig
- * Grapefruit
- * Grapes
- * Kiwifruit
- * Lemon and Limes
- * Orange
- * Papaya
- * Pear, Bartlett
- * Pineapple
- * Plum
- * Prune
- * Raisins
- * Raspberries
- * Strawberries
- * Watermelon

Low Fat Dairy

- * Cheese, low-fat
- * Eggs, hen
- * Milk, 2%, cow's
- * Milk, goat
- * Yogurt, low-fat, cow's milk

Beans & Legumes

- * Black beans
- * Dried peas
- * Garbanzo beans
- * Kidney beans
- * Lentils
- * Lima beans
- * Miso
- * Navy beans
- * Pinto beans
- * Soybeans
- * Tempeh
- * Tofu

Poultry & Lean Meats

- * Beef, lean organic
- * Calf's liver
- * Chicken
- * Lamb, loin
- * Turkey, roast
- * Venison

Nuts & Seeds

- * Almonds
- * Cashews
- * Flaxseeds
- * Olive oil
- * Peanuts
- * Pumpkin seeds
- * Sesame seeds
- * Sunflower seeds
- * Walnuts

Grains

- * Barley
- * Buckwheat
- * Corn, yellow
- * Millet
- * Oats
- * Quinoa
- * Rice, brown
- * Rye
- * Spelt
- * Wheat

Spices & Herbs

- * Basil
- * Black pepper
- * Cayenne pepper
- * Chili Pepper, Red, dried
- * Cinnamon, ground
- * Cloves
- * Coriander seeds
- * Cumin seeds
- * Dill weed, dried
- * Ginger
- * Mustard seeds
- * Oregano
- * Peppermint leaves, fresh
- * Rosemary
- * Sage
- * Thyme, ground
- * Turmeric, ground

Natural Sweeteners

- * Blackstrap molasses
- * Cane juice
- * Honey
- * Maple syrup

Other

- * Green tea
- * Soy sauce (tamari)