

Hawaii Marine



Cpl. Brittney Vito | Marine Corps Base Hawaii

A biologist measures the length of a red-footed booby bird's wing at the Ulupau Wildlife Management Area aboard Marine Corps Base Hawaii, Monday. Starting June 17, researchers captured, tagged and studied 20 red-footed booby birds to study their behavior.

Cpl. Brittney Vito
Marine Corps Base Hawaii

Over the span of a week, researchers from various groups such as Oikonos Ecosystem Knowledge and Pacific Rim Conservation captured, tagged and studied 20 red-footed booby birds that colonize the Ulupau Wildlife Management Area aboard Marine Corps Base Hawaii.

Todd Russell, a natural resource manager for the Environmental Compliance and Protection Department at MCB Hawaii said the study, which has been going on for three years, was also conducted on the base last year. The colony, that is located at the top of Kaneohe Bay Range Training Facility, is full of bushes and trees that create a good habitat for the birds to perch and raise their young. The location not only

is ideal for colonizing and breeding but also makes them less vulnerable to predators, such as mongoose and cats. The red-footed booby is one of Hawaii's most common seabirds. They do not migrate, but live year-round in regions of the Atlantic, Pacific and Indian Oceans. Under the 1918 Migratory Bird Treaty Act, red-footed boobies are protected from being killed, hunted or sold, among other prohibited acts. The

research will help keep the birds out of harm's way. This year, research began June 17 when biologists captured the birds and attached temporary GPS tags and temperature depth recorders to them. The technology will show where the birds travel and how long and deep they go into the water. The tools give research-

See SEABIRD, A-7

NJROTC cadets graduate HLA

Cpl. Adam Korolev
Marine Corps Base Hawaii

Navy Junior Reserve Officer Training Corps high school students with the Hawaii leadership Academy gathered at the base theater to graduate as NJROTC leaders, Saturday. The cadets arrived June 13 with the objective to build leadership skills and self-discipline, and to return to their units with the knowledge they learned during their time in the HLA. The cadets congregated to Hawaii from 10 different schools and 13 states with the goal to develop as well-rounded future service members and become versatile citizens, according to retired Marine Master Sgt. Jose Colon. "Every year we run what is called the Hawaii Leadership Academy and it takes cadets from

local schools and Area 13 schools (from states such as) Alaska, California, Guam and Japan," Colon said. "We bring them together to continue to build their leadership skills and abilities." Colon said some of the cadets may choose to join a branch of service, and the training they receive from the HLA prepares them for their possible military careers in areas such as physical fitness, drill and the proper use of the chain of command. However, others may choose not to join the military, but can still benefit from the program. "This prepares them to be informed," Colon said. "Some of them will choose to go into the military as a result, but the end result is to get a student that will graduate as a (good) person, with a sense of person, and an informed citizen."

Since their arrival, the NJROTC cadets fired simulated rifles via indoor simulated marksmanship training center, visited waterfront operations, took a tour around the bay on a naval boat, viewed static displays of unmanned aerial vehicles hosted by Marine Aircraft Group 24 and took a trip to the Pearl Harbor historical sites, meanwhile practicing their drill and strengthening their leadership techniques via team building exercises. The cadets rotate through leadership positions, such as platoon leader, squad leader and guide, after each meal. According to Camron Smith, an incoming 11th grader at Clark High School, this approach to training young adults is beneficial because it gives those who are not yet in

See NJROTC, A-7



Staff Sgt. Matthew Orr | Marine Corps Base Hawaii

Navy Junior Reserve Officers' Training Corps cadets with the Hawaii Leadership Academy are shown an unmanned aerial vehicle in Hangar 103, June 17. The cadets arrived at Marine Corps Base Hawaii on June 13 to build their leadership skills so they could return to their units with billets such as a commanding officer.



Staff Sgt Christopher Giannetti | U.S. Marine Corps Forces, Pacific

Tserendash Tsolmon, Minister of Defense of Mongolia, shakes hands with Piper Anne Wind Campbell, U.S. Ambassador to Mongolia, during the opening ceremonies of Exercise Khaan Quest 2015 at Five Hills Training Area in Ulaanbaatar, Mongolia, Saturday.

Exercise Khaan Quest 2015 commences

Lance Cpl. Cedric Haller
U.S. Marine Corps Forces, Pacific

FIVE HILLS TRAINING AREA, Mongolia — Mongolian Armed Forces and U.S. service members, along with more than 20 other nations, held an opening ceremony Saturday to mark the beginning of Exercise Khaan Quest 2015 at the Five Hills Training Area. Khaan Quest is a regularly scheduled, multinational exercise hosted annually by MAF and co-sponsored by U.S. Army, Pacific, and U.S. Marine Corps Forces, Pacific. "This exercise is an event which truly contributes to the enhancement of peace keeping and peace support capacities of armed forces of different nations," said Tserendash Tsolmon, the minister of defense of Mongolia. "Furthermore, the Mongolian Armed Forces appreciates the accumulated experience gained by organizing this event. I am content that the range, importance and reputation of Khaan Quest has raised year by year and has now become one of the major events in the region."

By working side-by-side with other nations and combining their skills, KQ15 promotes and strengthens regional se-

See KHAAN, A-7



Bye-bye bags
Non-recyclable plastic bags are banned at the checkout. Learn about the exceptions, A-6.



Summer with song
MarForPac Band performs first summer concert of the year at Mololani Neighborhood Park, B-5



Hawaii Marine

www.mcbhawaii.marines.mil
www.hawaiimarine.com

Commanding Officer Col. Sean C. Killeen
Base Sergeant MajorSgt. Maj. Gregory L. Hall
Public Affairs Chief..... Staff Sgt. Matthew Orr
Combat Correspondent..... Cpl. Brittney Vito
Combat Correspondent..... Cpl. Khalil Ross
Combat Correspondent..... Cpl. Adam O. Korolev
Combat Correspondent.....Lance Cpl. Harley Thomas
Photojournalist.....Christine Cabalo
Photojournalist..... Kristen Wong
Graphic Artist.....Jay Parco

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*Hawaii Marine, Box 63062, Building 216,
MCB Hawaii, Kaneohe Bay, Hawaii 96863
Email: HawaiiMarineEditor@gmail.com
Fax: 257-2511, Phone: 257-8837*

This week in Corps history: Eight Marines died in the crash of a UH-1N “Huey” helicopter June 24, 1976 at Pohakuloa Training Area on the Big Island of Hawaii. They were: 1st Lt. Brian Armstrong; 1st Lt. James Miklovic; Cpl. Victor Eckloff; Cpl. James Ford; Cpl. Lonnie Thomas; Lance Cpl. Thomas Stramat; Lance Cpl. Frank Anderson Jr. and Lance Cpl. Charlie Mann. The crash had two survivors, Cpl. Peter Reiser and Pfc. Pedro Rodriguez, who were flown to Brooke Army Medical Burn Center, San Antonio.

The pilot of an AH-1 J “Cobra,” Capt. Edward Cranford, was also killed in a separate mishap less than three miles away, just one day later. The co-pilot, 1st Lt. Richard Wilkes, was not injured. Both helicopters were on routine training missions. A memorial plaque is on display near the H-1 gate.

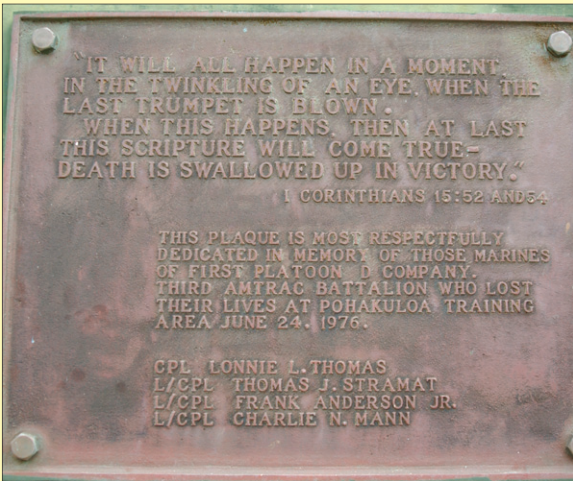


Photo courtesy of Robert Gandara

MARINE CORPS BASE HAWAII EVENTS

ANNOUNCEMENTS

The Marine Corps Base Hawaii post office has Click-N-Ship pamphlets available for patrons. The pamphlets contain websites and instructions on how to prepare packages at home to ship. Patrons are able save money and print postage from usps.com, as well as order free shipping supplies. For more information, visit the base post office or call 257-2008.

The Marine Corps wants to hear about your permanent change of station experiences with school-age children. Your voice will have an impact on the future K-12 education support services we offer. Participate in a brief survey to provide input related to your children’s school experiences. Find the survey at www.surveymonkey.com/s/K12MarinePCS.

Homes are available for rent on Marine Corps Base Hawaii for basic housing allowance-eligible single and geo-bachelor service members. Those eligible include active-duty Army, Navy, Air Force, Marines, Coast Guard, National Guardsmen and reservists. Visit the website: www.fcmarineshawaii.com. Apply now by calling 1-866-340-0122. You may also come to the Forest City office at 1571 Lawrence Road with questions or to apply.

Semper Fit is looking for a volunteer to coach Marine Corps Base Hawaii’s varsity soccer team. Eligibility is open to anyone with base access, ages 18 and older. We do not have a specific date for the season to start. We need to form a team first. Coaches should have previous experience playing and coaching. Certifications are not required since they will not be coaching children. Commitment time is two to three days per week, to include practice time and tournaments on weekends. Interested applicants should contact Semper Fit’s athletic director at 254-7590 or shipesk@usmc-mccs.org.

Many of the TRICARE enrollment-related letters that used to be physically mailed are now available at www.dmdc.osd.mil/milconnect. Instead of receiving them in the mail, beneficiaries whose email address is on file will receive an email directing them to the milConnect website where they can view or download their documents. For more information, call Heidi Vazquez at 473-1880.

FUTURE EVENTS

The PCS and Moving Workshop is scheduled for July 8 from 8 a.m. to noon in classroom 7 of building 1090. The program offers an outbound member and families the information, resources and tools needed to plan their move.

The workshop is open to all active duty service members and their spouses; three to four months prior to departing island is highly recommended.

Registration is required. Service members and spouses may call or go to <http://mccshawaii.com/trpworkshops> to register.

The next PCS and Moving Workshop is scheduled for July 22. For more information, call the Family Member Employment Assistance Program & Relocation Services at 257-8354.

The 101 Days of Summer Basketball Tournament runs from July 8 through 24, 11 a.m. to 1 p.m. at the Semper Fit Center. Earn points and cash for your unit. Open to all active duty personnel. Register at Health Promotions Department or email: pagerl@usmc-mccs.org. Registration deadline is July 6. For more information, call Health Promotions at 254-7636.

The Teen Open Mic event is scheduled for July 9 from 3 to 4 p.m. at the base library. Teens can come and share their talent. Open to ages 13 to 18. Registration is preferred, but not required. For more information, call the base library at 254-7624.

The U.S. Marine Corps Forces, Pacific Band’s Summer Concert performances are scheduled for July 17 and Aug. 21 at 6 p.m. at Mololani Community Park and at Manana Housing.

Joint Base Pearl Harbor Hickam will host a Transition and Hiring Fair from 9 a.m. to 5 p.m. on July 8 at the Club Pearl and new gym. Meet with top companies and discuss career opportunities. There will be roundtables, panel events, workshops and facilitated discussions focused on improving competitive employment for service members. Register free at www.HiringOurHeroes.org to guarantee a spot. Walk-ins are welcome but space is not guaranteed.

The fair is open to active duty and their spouses. For more information, call 202-463-5807 or see the website: www.HiringOurHeroes.org.

The Leathernecks IV Tour returns to Kaneohe Bay with a mixed martial arts clinic featuring special guests Gray Maynard, Tom Lawlor and Mark Munoz participating with Hawaii’s Marines and Sailors. The clinic takes place July 10 in the Semper Fit Center Basketball Court from 11 a.m. to 1 p.m.

Units have an opportunity to earn 101 Days of Summer points by participating in this MMA clinic. Earn 20 points per clinic participant, 20 points per volunteer and 5 points per clinic attendee. Maximum of 200 points per category. For more information, call the Single Marine & Sailor Program coordinator at 254-7593.

The Personal Financial Mangement Program’s college budgeting class is scheduled for July 13 from 2:30 to 4 p.m. in classroom G of building 220.

This workshop will help college bound students learn about money, how to establish a bank account, understand credit, and teach them how to develop their own financial habits and money management skills.

This workshop is open to all active duty, family members and Department of Defense civilians.

Visit the website: www.mccshawaii.com/pfmpworkshops to register. For more information, call PFMP at 257-7783/1232.

All ranks are welcome to play in the Commander’s Cup Golf Tournament, scheduled for Aug. 7, from noon to 5 p.m. The format is a four-player scramble. Team registrations will be accepted at the Klipper Pro Shop until close of business, Aug. 5. For more information, call 254-1745.

TODAY

A road closure is going on through July 3 weekdays from 7:30 a.m. to 3 p.m. Selden Street is closed at intersection with Harris Avenue. Access to Harris Avenue from Selden Street and vice-versa will need to detour onto Craig Avenue and Mokapu Road. Selden Street will re-open daily after 3 p.m. For more information, call Philip Lum at 257-6900.

The Kaneohe Bay Range Training Facility will host a recreational event today from 1 to 4 p.m. to promote marksmanship proficiency and firearm safety for pistols and revolvers (.45 cal and below) only. The event is open to military members (active, reserve, retired) and their guests (limit to two), State and Federal Law Enforcement Personnel, Department of Defense civilians and contractors who work aboard MCB Hawaii.

The minimum age to participate is 14. Those 14 to 18 require adult supervision. The facility no longer provides pistols, rifles or ammunition for the events. Refer to Base Order 5500.15b for more details. Park outside the main gate, follow the signs and report directly to Range Control. Call Range Control at 257-3180 for questions.

TUESDAY

Sign up by Tuesday for the Single Marine & Sailor Program Waimano Pool Hike, scheduled for July 3 at 8:30 a.m. Transportation will be provided. Attendees will meet at Kahuna’s Recreation Center. The event is open to single and unaccompanied Marines and Sailors. For more information, call 254-7593.

The next Substance Abuse Control Officer monthly meeting is scheduled for Tuesday at 8:30 a.m. on the third floor of building 279. The meeting is normally every last Tuesday of the month. This is a mandatory meeting for all SACOs or UPC command representatives.

For more information, call Substance Abuse Counseling Center, 257-3900.

WEDNESDAY

In observance of Independence Day and command functions, the Kaneohe Bay and Camp Smith military post offices will be closed by Thursday at noon, and from July 3 through 6. Both MPOs will resume normal business hours at 8 a.m. on July 7. For more information, call 257-2008

THURSDAY

Building 220 will be closed from 8 a.m. to 1 p.m. on Thursday for fumigation. This will impact the following departments and colleges: Education Center, Personal Financial Management Program, Veterans Affairs benefits office and nearby academic institutions. For more information, call the Education Center at 257-2158.

The DEERS ID Card Center will be closed July 3 and have reduced services July 6, in observance of Independence Day. Normal operations will resume July 7.

Visit the online appointment system at <https://rapids-appointments.dmdc.osd.mil/> to schedule appointments outside of the closure period. For more information, call 257-2077.

Anderson Hall Dining Facility’s Independence Day holiday weekend schedule will be as follows:

July 3 to 6
Breakfast brunch: 8 to 11 a.m.
Dinner brunch: 3 to 5 p.m.

The flight line satellite facility will be closed from July 3 through 6 and will return to normal operating hours July 7. For more information, call Master Sgt. A.J. Jones at 257-1621.

Celebrate freedom with a running start on Independence Day at the Runway Run 5K. Runners, walkers and strollers are invited to take part in the race at 6:30 a.m. on July 4, beginning and finishing at Hangar 104.

Register at the Semper Fit Center or online at www.mccshawaii.com/races. Registration will also be accepted onsite before the start of the race. A \$10 additional late fee kicks in after today and t-shirts are not guaranteed. Online registration closes Tuesday. For more details visit the MCCS website or call the race coordinator at 254-7590.

AROUND THE CORPS

Your weekly guide to what’s happening around the Corps

East Coast



Lance Cpl. Aaron Fiala | II Marine Expeditionary Force

West Coast



Cpl. Ian Ferro | Marine Forces Reserve

Marines with 4th Medical Battalion, 4th Marine Logistics Group, Marine Forces Reserve, extract a simulated casualty from an aircraft during 4-15 Integrated Training Exercise aboard Marine Corps Air Ground Combat Center, Twentynine Palms, Calif., Saturday. During the mass casualty exercise, Marines and Sailors worked together to perform a casualty rescue, where victims were extracted or boarded onto an aircraft and transported to a field medical station.

See <https://www.dvidshub.net/image/2019109/marines-and-sailors-participate-mass-heat-casualty-exercise-support-itx-4-15#.VYxGwO1VhHw> for full story

Simulated insurgent forces prepare to fire at Marines with Bravo Company, 2nd Combat Engineer Battalion, during the Infantry Immersion Trainer aboard Marine Corps Base Camp Lejeune, N.C., June 17. Marines were able to practice tactics, communication within the unit and combat readiness in a realistic training scenario, which better prepared them for a deployed environment.

See <https://www.dvidshub.net/image/2011833/2nd-ceb-participates-infantry-immersion-trainer#.VYxGX-1VhHw> for full story

Overseas



Sgt. Tatum Vayavananda | U.S. Marine Corps Forces Europe and Africa

An international corps of Marines from Sweden, Finland, and the United Kingdom conduct amphibious assaults on a beachhead in Ravlunda, Sweden, for local media outlets during BALTOPS 2015, June 13. The amphibious forces are part of 17 NATO allies and partner nations that are integrated in air, land, and sea operations to improve their combined-force capability to work together and respond to threats in the Baltic region.

See https://www.dvidshub.net/news/166988/nato-response-force-marines-hone-amphibious-assault-skills-baltops-2015#.VYxG_u1VhHw for full story

3RD RADIO BN. WELCOMES NEW COMMANDING OFFICER



Lance Cpl. Aaron S. Patterson | Marine Corps Base Hawaii Combat Camera

Lt. Col. Lyle L. McDaniel (right), outgoing 3rd Radio Battalion commanding officer, symbolically relinquishes command of the battalion to Lt. Col. Nathan S. Krick by passing off the organizational colors during the unit’s change of command ceremony at Dewey Square aboard Marine Corps Base Hawaii, Tuesday. McDaniel assumed command of 3rd Radio Bn. in June 2013. Krick was previously the commanding officer of Lima Company, Marine Cryptologic Support Battalion, at Fort Meade.

NEW COMMANDING OFFICER TAKES REINS OF HQBN



Photos by Cpl. Adam Korolev | Marine Corps Base Hawaii

LEFT: Lt. Col. Robert Maldonado, the outgoing commanding officer of Headquarters Battalion, receives the Meritorious Service Medal from Col. Sean C. Killeen, commanding officer, Marine Corps Base Hawaii, during a change of command ceremony at Dewey Square, Monday. **RIGHT:** Lt. Col. Michael Brooks (right), the incoming HQBN commanding officer, and Maldonado salute the colors during the pass in review portion of the change of command ceremony. Brooks, a South Boston, Va., native, formerly served as the special actions branch chief of the U.S. Central Command Special Actions Branch.



Photos by Kristen Wong | Hawaii Marine

Mike Ramlogan, a member of the board of directors of the United States Military Educators Association, facilitates a roundtable discussion in the Fairways Ballroom at the Kaneohe Klipper Golf Course, June 19. Representatives from various organizations attended.

USMEA visits MCB Hawaii, holds roundtable

Kristen Wong

Hawaii Marine

Representatives from various organizations including Marine Corps Base Hawaii’s Education Center, universities and government entities met for a roundtable discussion with the United States Military Educators Association in the Fairways Ballroom at the Kaneohe Klipper Golf Course, June 19.

Mike Ramlogan, a member of the board of directors of the USMEA, facilitated the discussion.

“(The) annual roundtable was a request by higher education institutions and (military) leadership to see how they can improve upon what they are doing for our service members,” Ramlogan said.

Thaiha Vo-Le, an education and career specialist at the Education Center, said the center provided logistical support for the event, and does not necessarily share any of the views expressed.

“The Education Center fully supports our on-base colleges and sees firsthand on a daily basis that they go beyond ‘military friendly’ to support our active



Rep. Ken Ito (right), of the 49th House District of Hawaii, presents a certificate of commendation from Rep. Tulsi Gabbard, of the 2nd Congressional District of Hawaii, to Ramlogan.

duty service members and veterans,” Vo-Le said.

Attending the roundtable was also Rep. Ken Ito, Hawaii 49th House District of Hawaii, and Ann Greenlee, the state director of Hawaii and Guam for Veterans’ Employment and Training Service for the U.S. Department of Labor.

Ito presented commendations on behalf of Rep. Tulsi Gabbard, 2nd Congressional District of Hawaii, and Congressman Mark Takai, 1st Congressional District of Hawaii. Greenlee presented a proclamation to Ramlogan from Hawaii Gov. David Ige and Hawaii Lt. Gov. Shan Tsutsui. The proclamation designated June 19, 2015 as “USMEA Military Educators Appreciation Day.”

“The United States Military Educators Association is truly devoted to bringing national recognition and awareness of the military community’s unique needs in selecting, accessing, pursuing and completing their post-secondary higher educational opportunities,” the proclamation reads.

Ito said it was the first time he had seen a discussion of this nature, private colleges meeting with a nonprofit organization. As a Vietnam veteran himself, Ito praised the effort.

Founded in 2010 in California, USMEA is dedicated to supporting service members, veterans and families pursuing higher education, and working with various colleges, vocational schools and universities to help provide that support.

In 2013, USMEA signed a memorandum of agreement with the State of Arizona Department of Veterans Services, and is working to share its mission in each state.

An initiative USMEA is taking is working with the Accrediting Council for Veterans Education and Training to provide Military & Veteran Supportive Campuses and/or Institutions certification. Ramlogan said states already audit schools, but the additional certification by ACVET and USMEA would further validate the institution’s support for the military. As a result of the roundtable, Wayland Baptist University, which has a satellite campus on base, is becoming the first school in Hawaii to undergo this additional certification.

“USMEA and ACVET initiatives to define and standardize what constitutes a military supportive campus seem to have the proper approach to assure the U.S. military and veterans are welcome, serviced, and nourished in a higher education setting as required for accreditation/certification,” said Henrique Regina, the assistant executive director of WBU Hawaii campus.

In the bag: Oahu begins plastic bag ban in July

Christine Cabalo

Hawaii Marine

Oahu joins other areas of the state in banning non-recyclable plastic checkout bags starting Wednesday.

The Honolulu City Council passed the ban in April 2012, giving customers and businesses time to adjust before enforcement begins Wednesday.

“What the ban will do is reduce the number of plastic bags in Honolulu, which should have a very positive effect on the marine environment,” said Markus Owens, the public information officer for the City and County of Honolulu’s Department of Environmental Services.

All checkout bags provided by businesses must be made from either recyclable paper, reusable plastic, other reusable material or meet the standards of compostable bags, as outlined in changes made in Chapter 9, Article 9 of the Revised Ordinances of Honolulu. The ban does have exceptions.

“Don’t be surprised if you may see some plastic bags, because there are some types of plastic bags that are exempt from the ban,” Owens said. “Those bags are usually compostable or thicker.”

A full list describing the ban is found at the City and County of Honolulu’s website for trash. Businesses may still provide thin plastic bags for customers to transport produce and other grocery items. Restaurants and takeout food businesses may provide conventional plastic bags to transport food. Plastic bags that are more than 2.25-millimeters thick are deemed reusable.

Owens said the ban does not include bags provided for dry cleaning, newspaper delivery or from pharmacists providing prescription medication.

The Aikahi Shopping Center location of Safeway in Kailua will still have bins for recycling plastic bags, with no current plans to stop collecting them.

Federal entities are not required to follow the ban, but some retailers plan to switch or do not currently carry conventional plastic bags.

Marine Corps Base Hawaii has adapted to shopping without plastic bags at the Marine Corps Exchange



Christine Cabalo | Hawaii Marine

Oahu businesses will no longer be allowed to use non-recyclable plastic bags for checkout starting Wednesday according to revisions approved by the Honolulu City Council in 2012. Businesses may offer compostable bags, reusable bags including those made of plastic that are thicker than 2.25 millimeters and recyclable paper bags. The ban does not include plastic bags provided to transport food or produce.

and other Marine Corps Community Services Hawaii locations since January 2009. Former base commanding officer Col. Robert Rice enacted the policy to end plastic bag use at MCCS retail locations. This policy is still in place, with recyclable paper and reusable bags available at checkouts.

The Navy Exchange at Joint Base Pearl Harbor-Hickam will be switching to compostable bags after Wednesday, according to the special events updates at the Navy Exchange Service Command’s official website for the JBPHH location. The bags will meet the American Society of Testing

and Materials D6400 certification for compostable bags.

The only non-restaurant entity at MCB Hawaii still providing new plastic bags at checkout is the Kaneohe Bay Commissary. The store follows guidelines made by the Defense Commissary Agency, with standards regulating how commissaries operate in Hawaii and overseas. The agency is still studying various alternatives when it comes to patron shopping bags, said Nancy O’Neill, a public affairs specialist for DeCA.

In February 2015, Owens said notices about the ban were sent out to

approximately 9,000 local businesses along with a survey of their plans to comply. Of those who responded, Owens said 25 percent of businesses reported they would be switching to compostable bags, 44 percent to paper bags and 31 percent reported they planned to switch to reusable bags.

In Hawaii, Owens said plastic bags that don’t escape into the environment are either part of the general solid waste that goes into the landfill or used as an energy source for H-Power. There are currently no facilities to process compostable plastic bags on Oahu.

He said since Oahu has shifted to more extensive recycling sorting with a three-cart system, the amount of solid waste to the landfill has significantly dropped from approximately 600 tons annually to just 50 to 80 tons.

However, plastic bags that do escape into the environment are some of the most common items found during beach cleanups, said Rafael Bergstrom, Oahu Chapter administrator of the Surfrider Foundation. The nonprofit group, which supports beach and water cleanups, was part of several organizations supporting the initial push for a ban on Oahu.

“Part of it is a whole single-use plastic problem,” Bergstrom said. “Society relies on it, and we need to wean off of it. A little piece of plastic, blowing in air can cause problems in the environment. Currently not all plastic bags end up in the landfill or are used for H-power.”

Owens said in addition to reducing single-use plastic bags, shoppers can also tie knots into bags they throw out to ensure the wind doesn’t sweep up bags.

Otherwise, those plastic bags get into the water and get stuck there or picked up by Bergstrom or others who volunteer their time to clean.

“The wonderful and horrible thing about plastic is that it won’t go away,” Bergstrom said. “We’re not against plastics. They have a place in our life. But we need to focus our resources on resuables, not on one-use items and properly throwing (trash) away.”

For details about the ban, see the Honolulu government’s website at: www.opala.org/solid_waste/archive/plastic_bag_ban.html.

KHAAN, from A-1

curity, according to U.S. Marine Brig. Gen. Christopher J. Mahoney, the deputy commander for U.S. Marine Corps Forces, Pacific.

“We live in a world full of opportunity and promise, but at the same time it is ever-changing and dangerous,” Mahoney said. “It requires people of unusual skill and dedication who, through their action, can guarantee that opportunity. Through our collective efforts in Khaan Quest we can do just that.”

Khaan Quest enhances the relationship of mutual respect between the MAF and U.S. service members, as well as strengthens multinational relationships around the world.

“Humanitarian events such as engineering civic action program projects and incorporating health engagement events are an integral part of the exercise which raise the importance of this event,” said Maj. Gen. Zagdsuren Boldbaatar, deputy defense minister of Mongolia. “They are comprehensive events that occur in the real environment.”

There are more than 1,200 military personnel from more than 20 nations around the world here to participate in KQ15. Over the next two weeks, the service members will participate in a field training exercise focused on peacekeeping operations, survival training and competitive events. At the same time, the command post exercise will simulate realistic scenario-based missions to hone peacekeeping operations’ command and control capabilities.

“The common thread between these elements, in my opinion the most important aspect of this exercise, is the forging of personal relationships,” Mahoney said. “Not only will we create professional mil-



Lance Cpl. Cedric Haller | U.S. Marine Corps Forces, Pacific

U.S. Marine Brig. Gen. Christopher J. Mahoney speaks to U.S. Marines participating in Khaan Quest 2015 at the Five Hills Training Area in Mongolia Saturday.

itary-to-military relationships, we will build personal and lasting connections.”

Mongolia has extensive experience in peacekeeping operations, having deployed its forces in peace support operations in South Sudan, Sierra Leone and the Balkans. Exercises such as Khaan Quest set the stage for all countries to learn from one another’s experiences.

“There’s something to be said about the troops in the FTX, buddy-rushing side-by-side in the dirt, be-

coming friends and brothers in arms; leaders around the terrain model practicing tactical decision-making together form bonds and trust through these learning experiences,” Mahoney said. “What we accomplish here may answer the call of a nation in need and rest assured Khaan Quest will prepare us to answer that call. Khaan Quest 2015 is sure to live up to the high standard set in years previous. I know that everyone is ready to get started.”

NJROTC, from A-1

a leadership position to incorporate leadership techniques they may not have thought of.

“The course is very interactive, and it is more cadet lead, and I think that is great for leadership,” the Las Vegas native said. “The fact that many schools from all over the world come to this program is great. You get to see different leadership (styles); different qualities and different approaches from the instructors who bring their own perspective.”

According to Henry P. Van Oss, the officer in charge for the Hawaii NJROTC Leadership Academy, and the senior naval science instructor at Kalaheo High School, the exposure the active duty marines and sailors on the base provide orientation to the cadets, and they can look up to the service members

as role models.

“We augment that active duty training with some of our own classroom training and drill training which are a lot of team building type events,” Van Oss said.

The graduation recognized cadets that were most physically fit, had the highest test scores and the platoon with most points. Those recognized were awarded an additional certificate.

Although the cadets stayed aboard MCB Hawaii for seven days, in that short time, Smith says he has benefited as a leader and a high school student.

“Throughout the course, I have seen many different techniques taken into the leadership roles which is definitely positive, and I have gained from that,” Smith said. “(I’ve learned) one of the most key things that makes a good leader is to communicate with your team.”

SEABIRD, from A-1

ers a better idea of where they fly and feed on a daily basis.

According to Michelle Hester, a biologist at Oikonos Ecosystems Knowledge, the tag weighs 17 grams, less than one percent of the bird’s body weight, and is a very effective way to gather data on seabirds. On Monday, the researchers removed the tags so the collected data, blood and regurgitated food samples could be examined.

Hester said the large amount of information received from these projects is well worth the few minutes of discomfort the birds may experience during the tagging process. Seabirds, like the red-footed booby, spend a lot of time at sea and this is the only way to learn about them so the birds continue to be well protected.

“We can’t protect animals unless we understand what they need to survive,” said Hester, a Waimanalo, Hawaii native. “(Tagging) is a very common technique

to learn about animals we can’t follow or watch. We only do what we know won’t cause abandonment or mortality.”

This study is funded by the Bureau of Ocean Energy Management, and will also assist in determining if the current wave energy test sites located off the shores of MCB Hawaii impact the booby colony.

“BOEM is responsible for oversight of offshore energy development.” Russell said. “They are interested in determining what areas are most crucial for seabirds, as this will help them evaluate the environmental impacts of (proposed) offshore energy developments.”

The aid from MCB Hawaii is helping “two birds with one stone” by ensuring the service members are well trained and the wildlife is protected in the process.

“By supporting this study, MCB Hawaii demonstrates its commitment to protect natural resources while also carrying out its mission to ensure the combat readiness of Marines and Sailors stationed here,” Russell said.

Sports & Lifestyle



Photos by Cpl. Khalil Ross | Marine Corps Base Hawaii

A total of 204 participants run down the streets of The Officers' Club as they start the Commanding Officer's Fitness Series Surf & Turf 5K race Saturday. This was the sixth race of the Commanding Officer's Fitness Series. The next race is the Runway Run 5K, scheduled for July 4.

Running from land to shining sea



Cpl. Khalil Ross
Marine Corps Base Hawaii

A stroll downhill to the beach and back is just what the 204 participants of the Surf & Turf 5K wanted Saturday morning at The Officers' Club.

Participants went out to run in the sixth race this year of the Commanding Officer's Fitness Series. Not only was the race part of the series but it was also a part of the 101 Days of Summer Program. Service members could earn points for their unit by participating in the race.

Avery Torres, who placed first overall with a time of 20 minutes, 25 seconds, said he thoroughly enjoyed the five-kilometer race.

"It was fun," the Santa Ana, Calif., native said. "I enjoyed running this course because it was challenging."

Torres said the sand was difficult at first, but as he came around again, he had the footing down and took off. He said the sand and uphill portion may have slowed his time down but he was still able to cross the finish line first.

LEFT: Runner number 141, Elyssa Longo, heads toward the last corner before the finish line while participating in the Surf & Turf 5K race Saturday. Each race raises money for a different unit and this race raised \$3,000 for 1st Battalion, 12th Marine Regiment.

Torres said he had to give credit to the other runners who pushed him to work harder for the win. He said he has run in other races of the fitness series and has gotten the chance to build rivalries and compete with many people.

"I enjoy meeting other people and having a good time," Torres said. "It's a great way to start up a conversation and (build connections)."

Torres said he has heard people say running isn't a sport, but he brings up the point that running is the basic function in all sports. Using football and soccer as an example, he said people run in these sports, so why not get a little practice on the weekends with these races?

Krista Shipes, the athletic director of Semper Fit, said the race was successful.

"The goal of the race was to provide a fun and challenging 5-kilometer run for all participants," Shipes said. "(It also) brought the military and civilian communities together for a great race."

Shipes said each race is a fundraiser for a different unit and this race in particular helped 1st Battalion, 12th Marine Regiment, raise approximately \$3,000.

The races are open to the general public. The next race is the Runway Run 5K on July 4, which is run on the flight line. The race starts at 6:30 a.m. at Hangar 104. Online registration closes Tuesday. For more information on the fitness series races, visit mccshawaii.com/races/.



Avery Torres, the first place overall finisher of the Surf & Turf 5K, crests the last hill alone without any competition in sight. Service members could also earn points for their unit in the 101 Days of Summer Program by participating in the race.

AT EASE

Your weekly dose of non-mandatory fun in Hawaii Marine

As you unwind reading the paper while you eat breakfast in the morning, wait at the doctor's office or ride the bus home, check out “At Ease” for some stress relief. Look no further for a funny story, a comic or a puzzle. Are you a budding journalist? Do you have some witty stories, movie reviews or insightful columns our base readers might enjoy? Email your submissions to hawaiimarineeditor@gmail.com. Please keep your submissions approximately 500 words, and make sure to include your first and last name along with a title for your article. Hawaii Marine staff reviews content and edits submissions. No explicit content, graphic language or topics inappropriate for a general audience. If you have any questions, feel free to call 257-8837.

Five tips for better college visits

Lisa Smith Molinari
Contributing Writer

Listen up, hallowed halls. Take note, institutions of higher learning. Lend me your ears, you foundations of educational excellence.

You may think you know it all, but even the snootiest universities could use a few words of sage advice from the parents of prospective applicants. I'll admit, we search for glasses that are perched on our heads, forget to defrost the pork chops and wander around trying to remember why we came upstairs, but take heed: parents are experts when it comes to what makes a good college visit.

With one kid already in college, one graduating from high school next year, and one graduating in three years, my Navy husband and I are in that frazzled state of parenthood marked by financial panic, misplaced dreams and rapid debt accumulation. But our strong parental instinct drives us to blindly ignore our

Chapter 11 bankruptcy premonitions and encourage our children to pursue their educational goals.

Last week, I spent three days going to information sessions and campus tours with our middle child. We learned a lot on our college visit odyssey. I feel it is our duty to pass these five tips on to college admissions officials across the nation.

#1. Give free stuff. That's right, we're not too proud to admit that we like getting stuff for free. Pens, keychains, lanyards, whatever. We've driven a gazillion miles. We stayed overnight in questionable motels and were fed like cattle through breakfast buffet lines. We ate pasteurized egg product omelets that could have doubled for brake pads and cups of coffee that tasted like they were filtered through my son's gym socks. So yeah, a couple of free pens might be nice. And if you really want to make an impression, why not print us up some cool T-shirts and shoot them at

us through air cannons like they do at football games?

#2. Walk backwards. It's gimmicky, but we like it when student tour guides walk backwards for the entire campus tour. It keeps us entertained like the daredevil routine at the circus. Will he trip over that curb? Will that branch snag her hair? Why not work in few uneven sidewalk pavers or an open man-hole cover to add a touch of suspense? Oh, what fun!

#3. Schedule potty breaks. Parents have a plethora of bladder control quirks, so provide plenty of breaks to use the facilities. These are especially important if you generously offered refreshments (we do like free stuff) and don't want parents exposing themselves on the quad to “water the shrubs.”

#4. Point out the elephant in the room. By “charming college town” did you mean that strip mall across the street with the pawnshop and the e-cig emporium? Was that the Hell's Angels that just drove by the student union? Even if your bubbly tour guide acted like we were walking the streets of May-

berry, we noticed every sketchy-looking corner. Now we can't stop envisioning our daughter being mugged by some unsavory character on his way back from the methadone clinic. So yeah, let's talk about it.

#5. Get to the point. We may spend the entire day wandering your dappled walkways and ogling your columned architecture, but make no mistake about it — we really just want a school that will make our kid happy and won't break the bank. So don't bother going on and on about collaborative research, evolving identities and transformative enlightenment. Let's go over financial aid, and I'm not talking loans.

A special note to the Ivy Leagues: Don't be so stuck up. We have every right to tour your campus, even if we know you'll never let our kid in. It's kind of like going to the zoo, except that all the animals are way smarter than we are. Besides, we're only here because your school was on our way home, and we thought it would be cool to add another pen to our collection.

www.meatandpotatoesoflife.com

Roar with nostalgia, excitement in ‘Jurassic World’

Kristen Wong
Hawaii Marine

Have you ever been frozen in fear, sitting inches away from breath that feels like a gust of wind, and rows of giant, blood-soaked teeth? Have you ever ducked, winced, or felt your heart pounding 100 mph, and all you're doing is sitting in a movie theater? “Jurassic World” feels like that.

When I was 12 years old, my father took me to see “Jurassic Park.” The movie had barely started and I was already covering my eyes in terror. Adding to the nostalgia, Dad and I went to see “Jurassic World” for Father's Day.

Set in the present day, Isla Nublar is home to a thriving dinosaur theme park once more, called Jurassic World, which was built not far from the ruins of the original Jurassic Park. Disembarking from a crowded ferry of eager park visitors are Zach (Nick Robinson) and Gray Mitchell (Ty Simpkins), spending the holidays visiting their aunt, Claire Dearing (Bryce Dallas Howard), the operations manager of Jurassic World. Claire has her hands full as it is, leaving her nephews with her assistant as she runs the park. Around the same time, she meets the park's owner, Simon Masrani (Irrfan Khan), who has arrived to see the newest attraction.

Upon his first viewing of said attraction, Masrani notices several red flags and

asks that Owen Grady (Chris Pratt) inspect the pad-dock. Owen, we find, is currently working with four velociraptor siblings as part of a study to test their intelligence. It appears he is having success at earning the velociraptors' trust, which is why Claire presumes Masrani trusts Owen's input. As she brings him to the paddock in question, however, their “attraction” seems to be missing.

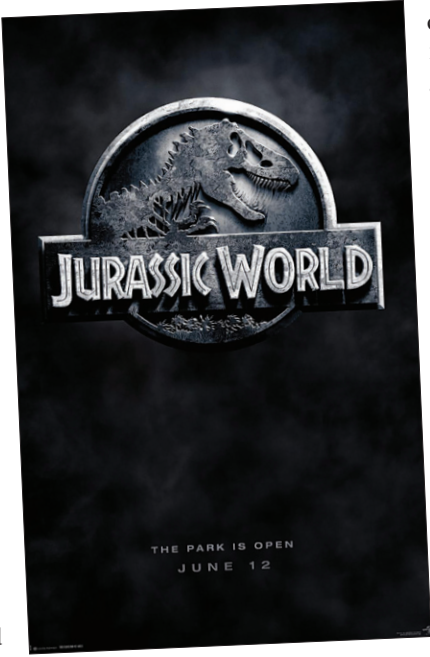
At first glance, I'm just as excited as Gray, the younger of the two brothers. The island is beautiful, the dinosaurs are magnificent, and I can't help but smile and reminisce, watching the original gate open for the monorail.

But as the movie takes a darker turn, I remember that I'm an adult living in a world of animal activism and ethics. It doesn't take a rocket scientist to figure out how this was going to end. The dinosaurs win, and we lose because we think we can control everything, including nature. The film's obvious message, as Owen put it, is that dinosaurs aren't just “numbers on a spreadsheet.” Contrary to “Jurassic Park,” the dinosaurs became more real and relatable to me in this movie. The combination of live performers, computer-

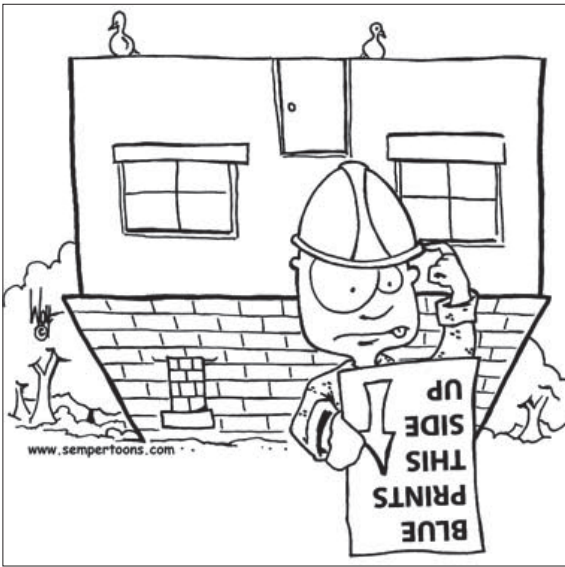
generated imagery and animatronics, coupled with the way they were used in the storyline helped me relate to them on a more personal level. In 1993, I found that I treated the dinosaurs more like monsters and cared more about watching the humans escape. This year, the different elements of “Jurassic World” collectively encouraged me to look the dinosaurs in the eye, to feel what they were feeling and to marvel at their prowess.

The storyline had just the right amount of humorous moments and big surprises. There's even a celebrity cameo, which I thought was absolutely hilarious. The characters learn from each other, bond with each other and evolve. Claire's character is very clean, organized, professional and business oriented. But she spends the day with Owen, whose personality is completely opposite from hers, and learns to look at her family, and the dinosaurs, in a different light. Zach and Gray are the typical adolescent brothers who don't always get along. They were barely speaking in the beginning. But deep down, they care for each other. Being in an extreme situation made them remember that.

I recommend coming to the movie with an open mind, because once you start fixating on certain aspects of the movie to criticize, you lose the opportunity to enjoy it for what it is. I came out of the theater ready to discuss every inconsistency, every nuance about the movie, but my father reminded me that it's just a movie, and not to “over think it.” Savor the moment when the old “Jurassic Park” theme plays softly on a piano and revisit remnants of the past in this new installment.



Created by: GySgt Charles Wolf (USMC, retired)
SEMPERTOONS
THE GREATEST MARINE CARTOONS ON THE PLANET!



“Aloha” PG-13 Today | 6:30 p.m.

“San Andreas” PG-13 Today | 9:15 p.m.

“San Andreas” (in 3D) PG-13 Saturday | 6:30 p.m.

“Aloha” PG-13 Saturday | 9:15 p.m.

“Tomorrowland” PG Sunday | 2 p.m.

“Pitch Perfect 2” PG-13 Sunday | 6:30 p.m.

“San Andreas” PG-13 Wednesday | 6:30 p.m.

Prices: All shows are \$5 for adults and \$3.25 for children. All 3-D shows are \$8 for adults and \$6 for children. For ticket pricing, the base theater box office defines an adult as a patron 12 years and older and defines a child as a patron from 6 to 11 years old. Children 5 and younger are admitted free of charge. Parents must purchase tickets for R-rated movies in person at the box office for children 16 and younger. Patrons must present their military identification card when purchasing tickets.

SUDOKU

			1		3		5	
6				9		2	1	
9				6		4		
			2				6	
5	7		4					1
4					6			
	8		7					
						1	7	3

Level: Advanced

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

3	7	1	8	4	6	5	9	2
2	4	9	5	3	7	6	8	1
8	6	5	9	1	2	7	3	4
1	2	3	6	8	4	9	7	5
6	9	7	1	2	5	8	4	3
5	8	4	7	9	3	2	1	6
7	1	2	4	6	8	3	5	9
9	5	6	3	7	1	4	2	8
4	3	8	2	5	6	1	9	7

ANSWER:

Shipping Your Car 101

Shipping your car doesn’t need to result in a blown head gasket. Here’s a checklist to making your permanent change of station an easy process:

- ☐ The Distribution Management Office requires orders to start the process of shipping a car.
- ☐ Bring the original title and current registration. If the car is registered under a spouse’s name, a copy of your marriage certificate is also required.
- ☐ If your car is financed through a local bank, you need to obtain a lien holder authorization.
- ☐ A joint ownership leader is required if the car is registered to two people.

Before dropping off your vehicle to one of several vehicle processing centers on island, be sure to complete the following:

- ☐ If the car is displaying any dashboard warning indicator lights, a written statement from a certified mechanic is required verifying the car’s safety.
- ☐ The car must have no more than ¼ of a tank of fuel. No exceptions.
- ☐ The vehicle must be thoroughly cleaned inside and out.
- ☐ Only permanently installed stereo equipment may be left in the vehicle. Anything that is not permanently mounted must be removed prior to shipping.
- ☐ A complete set of keys must be turned in at drop-off point.

For more information on shipping your vehicle, contact DMO at 257-3566 or go to www.pcsmypov.com.

NMCRS K-BAY WRAPS UP FUND DRIVE, RECOGNIZES PERSONNEL

BELOW: Sgt. Maj. Gregory L. Hall, base sergeant major of Marine Corps Base Hawaii, and Douglas Wadsworth, the base chief of staff, pose with Capt. Natalie Lamb, the S-6 communications officer with 3rd Radio Battalion (center) during the 2015 Navy-Marine Corps Relief Society Active Duty Fund Drive Award Ceremony in the Lanai Ballroom at The Officers’ Club, Monday. Lamb received the Outstanding Key Person Award for the Marine Corps side. The base units collected \$187,594 for the drive this year. Camp H.M. Smith’s Headquarters and Service Battalion came in third place, having collected \$18,414.12 for the drive, and was recognized as the most improved unit from last year. Special Projects Patrol Squadron 2 came in second, having collected \$18,448, and achieved the highest amount per capita. Marine Aviation Logistics Squadron 24 received first place, having collected \$20,834. Chief Petty Officer Antonio Dantzler, an aviation electrician’s mate with Special Projects Patrol Squadron 2, received the Outstanding Key Person Award for the Navy side.



Photos by Kristen Wong | Hawaii Marine

ABOVE: Cheryl Milca (right), the director of the Navy-Marine Corps Relief Society Kaneohe Bay branch, thanks the coordinators of the 2015 Navy-Marine Corps Relief Society Active Duty Fund Drive Award Ceremony in the Lanai Ballroom at The Officers’ Club, Monday.



Service members, educators working for students’ future

Lance Cpl. Harley Thomas

Marine Corps Base Hawaii

Marine Corps Base Hawaii hosted three teachers enrolled in the Hawaii State Teachers Association’s Stacy Nishina Teacher Internship Program Tuesday through Thursday. The purpose of the teacher’s visit was to expose them to military leadership and installation operations.

Sponsored by the Hawaii Business Roundtable, the internship program helps to support and enhance the professional roles of teachers by providing them with an orientation of today’s workforce. The program also focuses on the essential skills that students require to be successful in college, the workplace, and as citizens in the 21st century.

Amy Solomon, the school liaison officer for MCB Hawaii, said that this is the first year the HBR and HSTA has opened the program up to federal partners, allowing the base to participate.

“We went through training and workshops, learning about the program, and we built this visit’s itinerary around things that would expose teachers to the Marine Corps’ way of life, as well as the various skills needed to perform the Marines’ duties,” said the Washington, D.C., native. “We were happy to do this because it helps show the teachers what types of skills are needed to inform their students about things they need to know. With this experience, the teachers can go back and translate this into the classroom, letting their students know just what is expected of them.”

Brandon Tanabe, a teacher at Dole Middle School, said it’s important that the students know what they need to accomplish in order to succeed after completing high school.

“As teachers, we need to make sure we’re on the right track,” Tanabe said. “Otherwise, if there’s a disconnect between what we’re teaching and what is expected, we’d be doing a disservice to our students.”

Tanabe, a Honolulu native, said that this program was an eye-opening experience. He said after this, he could share his experiences with his students and give them reasons why they



Lance Cpl. Harley Thomas | Marine Corps Base Hawaii

Navy Lt. Colin Sullivan, the assistant operations officer with Helicopter Maritime Strike Squadron 37, leads a tour group as part of the Hawaii State Teachers Association’s Stacy Nishina Teacher Internship Program, Wednesday. The purpose of the program is to support and enhance the teachers’ roles by providing them with an orientation of today’s workforce.

should improve their skills.

“While we are trying to teach our kids to be college and career ready, I think there is already some sort of disconnect between getting them ready for college and what people are actually looking for in the job world,” he said. “This visit gave us insight into what skills are necessary, but it also showed us examples of what we could implement in the classroom, such as a certain idea, belief or ethos.”

Tanabe said that while one of the requirements of the program is to create a lesson for each teacher’s students, it might also benefit the students just as much if they are prepared for life after their education. He said that by visiting the base through the program, he is able to insert real-life elements into his class.

“This internship is one of the most impactful classes I’ve taken,” Tanabe said. “Teachers can take all types of

professional development courses, but this one is something real. As teachers, our focus is what’s going on inside our schools, our classrooms. But it’s important for us to know what’s going on in the ‘real world’ as well. I think sometimes we forget what we need to get our students ready for. We emphasize college so much, the students feel like they are failures if they don’t go, and we forget that maybe that’s just not where our students want to end up. This program allows us to see, firsthand, what other options are available for our students.”

Solomon said that not only does this help provide what students need to learn, but why they should learn it.

“This will help to answer many of the questions the students may have,” she said. “(People have) questions like, ‘Why do we have to learn this? Why are we doing this? Why do you always talk about teamwork or communication?

Why is math or reading important if I’m not going to need this in my job?’ This will also help develop those skills that aren’t measured by test scores. Maybe you can’t give these skills a grade, but these skills are measured by one’s success as an individual and a citizen.”

Solomon said she’s hoping to host another group of teachers in July and is would like to continue to support the program in the future. She said hopefully this will serve as a model for other internship programs that could possibly be extended to the students.

“By tying together educators and military, we give teachers the ability to use experience to further mentor and guide their students,” she said. “They might not remember every detail, but when they walk away, they will leave with an experience they can use to help teach — one that will stick with them their entire life.”

Tripler Army Medical Center Tip

The 2015-2016 school year and sports season is just around the corner. To help ensure that kids are ready for the new year TAMC set aside one Saturday each month this summer solely for the purpose of completing school and sports physicals for children ages 4 and older who are enrolled to the Tripler Pediatric and Adolescent/Young Adult Clinics. Call 433-2778 for an appointment July 11 or Aug. 15. Be sure to bring all immunizations records and physical forms needed. For more information, see www.tamc.amedd.army.mil/information/contactus.html.

PLAY THAT FUNKY MUSIC

Chief Warrant Officer 3 Michael J. Smith, the band officer of the U.S. Marine Corps Forces, Pacific Band, leads the band in a musical number at Mololani Neighborhood Park, June 19. The band kicked off its summer concert series with its first performance of the year, welcoming Chief Warrant Officer 3 Bryan P. Sherlock, who will be taking over as the new band officer, and bidding farewell to Smith. The next concert is scheduled for July 17 at 6 p.m.



Cpl. Brittney Vito | Marine Corps Base Hawaii

Preventing blindness: Cataract Awareness Month

Jim Goose Guzior
Tripler Army Medical Center Public Affairs

HONOLULU — With the summer solstice and long, hot summer days fast approaching, it’s no wonder that June has been declared Cataract Awareness Month, by the Prevent Blindness organization. Cataracts are the leading cause of blindness within the United States and are expected to rapidly increase in incidence with an aging population.

“There are many different types and causes for cataracts, however, regardless of the type, they all essentially occur when the intraocular lens within the eye loses its clarity or starts to cloud over as we age,” said Maj. Harris Abbasi, chief of Optometry Services for Tripler Army Medical Center. “The vast majority of cataracts progress slowly and present very few symptoms at first. Often the first complaints are increased glare, especially at night with oncoming head-

lights in traffic, and halos around lights. As cataracts mature, they begin to decrease color appreciation and ultimately decrease vision.”

While aging is the number one cause of cataracts, there are many other conditions and factors that can cause or increase the rate of progression. Exposure to radiation such as UV-B has a devastating effect on the structure of the ocular lens and is the primary reason for age-related cataracts.

This is especially important in Hawaii, as the southern latitude results in increased exposure to the sun’s harmful raw rays.

“Certain medications containing steroids can also produce lenticular changes as well as trauma to the eye, which can bring about a sudden onset of cataracts,” Abbasi said. “Cataracts can be associated with congenital or hereditary conditions as well. Risk factors also include diabetes, smoking

tobacco, prolonged exposure to UV light and alcohol.”

One of the easiest and most effective ways of preventing cataracts is wearing sunglasses that have 100 percent protection from both UV-A and UV-B light. One of the major misunderstandings about sunglasses is that darker tint results in more protection from harmful UV exposure. While often times the darker lenses may be more comfortable, it doesn’t not necessarily mean they are blocking out UV light. In fact, certain clear lenses, such as polycarbonate found on all Army Protective Eyewear List approved ballistic eyewear, will absorb 100 percent of UV-A and UV-B light due to the inherent properties of the material. Avoiding medication such as steroids, not smoking, and eating a diet high in antioxidants can all delay the onset and slow the progression rate of cataracts as well.

Even if all precautions are taken, cataracts will likely still form and more than 24 million Americans over the age of 40 will develop them.

“Cataracts can be easily diagnosed during a comprehensive annual eye examination by your optometrist or ophthalmologist,” he said. “Once cataracts are diagnosed and develop to the point where vision quality is affected; surgical removal of the lens and replacement with a synthetic lens is the only effective treatment procedure,” Abbasi said. “The surgical procedure is one of the most commonly practiced procedures and has a 95 percent success rate.”

Further information can be obtained from your eye care professional. All active duty and prime enrollees can make their annual appointment with optometry by calling 433-8460 for either Tripler or Schofield Barracks optometry clinics. Services for TRICARE for Life are provided on a space-available basis.

COMMUNITY BRIEFS/VOLUNTEER OPPORTUNITIES

Enjoy rides, games, more at 50th State Fair

The annual 50th State Fair is scheduled to open its doors today starting at 6 p.m., Saturday at 4 p.m. and Sunday at noon, at the Aloha Stadium in Honolulu. Remaining dates for the summer include July 3 through 5. There are games, rides, entertainment and more. For details, visit www.ekfernandez.com/events/50th.asp.

Find music, movies and books at book sale

The 68th annual Friends of the Library of Hawaii Book Sale is scheduled for today and Saturday in the cafeteria of McKinley High School. The times are as follows:

Today: 11 a.m. to 8 p.m.
Saturday: 9 a.m. to 8 p.m.
For details, visit friendsofthelibraryofhawaii.org, or call 536-4174.

Waikiki Aquarium celebrates oceans with free activities

Waikiki Aquarium is celebrating World Oceans Day with “Get In The Sanctuary Day,” scheduled for Saturday from 10 a.m. to 2 p.m. Visitors will have the opportunity to make whale hats, try Gyotaku (fish printing) and meet maritime archeologists and staff.

Blue Star Families offers free admission to select museums

National Endowment for the Arts, Blue Star Families, the Department of Defense and participating museums are

offering free admission to the military, including National Guard and reservists, and their families from Memorial Day through Labor Day, Sept. 7. Some exhibits may not be included, in which case, contact the museum directly with questions. For details, visit arts.gov/bluestarmuseums.

Families welcome at film fest

The University of Hawaii “Kids First!” Film Festival is scheduled to show “The Seventh Dwarf” Sunday from 3 to 5 p.m. in the Art Auditorium building of the UH-Manoa campus in Honolulu. Admission is free, and on a first come, first serve basis. The next movie in this film series is “The Boxcar Children,” scheduled for July 12. For details, visit www.summer.hawaii.edu/kidsfirst.

Volunteer to assist with Heeia Estuary Restoration

Hui o Koolaupoko is looking for volunteers for the Heeia Estuary Restoration Project at Heeia State Park on 46-465 Kamehameha Highway. The project is aimed at improving water quality and increasing habitat for native aquatic animal species by removing invasive plants and replanting native Hawaiian species along a portion of the Heeia Stream estuary. This year’s workdays are also the second Saturday of August, September, October and December. Volunteers under age 16 must have adult supervision. Participants under the age of 18 attending without their parent or legal guardian must bring a signed waiver. All others will

sign the waiver upon arrival. For more information, visit www.huihawaii.org/get-involved.html.

- What to bring:
- closed-toe shoes (required)
 - attire to get wet and muddy
 - water bottle
 - sun/rain protection
 - towel
 - change of clothes, bag for dirty clothes

Bellows AFS hosting movie nights

Bellows Air Force Station is hosting a free movie night to active duty service members and their families, Mondays and Wednesdays at Turtle Cove at 4 p.m. Monday’s movie is “Seventh Son.” For details, call 259-4137.

Celebrate Korean culture at fest

Experience Korean culture at the 14th Annual Korean Festival, scheduled July 11 from 10 a.m. to 8 p.m. at Magic Island in Ala Moana Beach Park. The festival has food, activities and more. See koreanfestivalhi.com for details.

2015 Greek Festival set for August

The 2015 Greek Festival is scheduled at McCoy Pavilion in Ala Moana Beach Park on Aug. 29 and 30 from noon to 9 p.m. Enjoy food, music and more. Admission is \$3. Children under 11 years and active duty service members and their families get in free. For details, visit www.GreekFestivalHawaii.com.