

Hawaii MARINE

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Volume 32, Number 26

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July 4, 2003

Water usage drops 14 percent

Cpl. Jessica M. Mills
Combat Correspondent

Marine Corps Base Hawaii is always striving to protect the environment and community surrounding us, and always trying to conserve what precious resources we have. So, it was no surprise when the Honolulu Board of Water Supply congratulated MCB Hawaii on a 14 percent reduction in water use on the base.

The reduction of water use could not have come at a better time. According to the Board of Water Supply, rainfall is down and water use is up for the island of Oahu, so the Board has asked the public to practice good water conservation procedures.

The MCB Hawaii water conservation program consists of a number of initiatives. A continuing awareness program reaches out to residents and workers on base, the policy limits the hours for irrigation and an effluent irrigation program.

At the Kaneohe Klipper Golf Course aboard Kaneohe Bay, the irrigation system uses treated effluent water from the base's wastewater treatment plant. The wastewater is run through the treatment plant, and then is further treated with chlorine and sent to the course.

"The golf course effluent irrigation is a big part of our water conservation, but it is not the only factor," said Lee Yamamoto, deputy director for the Facilities Department aboard MCB Hawaii, Kaneohe Bay.

See WATER CONSERVATION, A-4

'Filler up!'



Sgt. Alexis R. Mulero

Captain Keith Linington, a KC-130 Hercules Aircraft co-pilot with VMGR-152, connects a fuel station during a rapid ground refueling exercise at Barbers Point, June 17. The squadron was assisting HMM-362 during the transportation of U.S and Australian service members in an airfield raid. See full story on p. A-3.

Medina relinquishes command of regiment

Cpl. Jessica M. Mills
Combat Correspondent

With best wishes and a heavy heart, 3rd Marine Regiment said a solemn goodbye to its outgoing commanding officer Col. Joseph Medina,

Wednesday during a change of command ceremony at the Pacific War Memorial aboard MCB Hawaii, Kaneohe Bay.

Colonel Jeffrey Patterson, former operations officer for G-3, Marine Forces Pacific, will succeed Medina, who had taken command of 3rd



MEDINA

Marines in June, 2001.

"Since I was commissioned in 1976, I think the quality of the Marines that we have enlisted has gone up dramatically," said Medina. "You can expect a whole lot more out of Marines.

"We ask our NCOs to do a whole lot more. And that is very evident here at 3rd Marine Regiment."

Since Medina has been in command, the regiment has improved its ability to perform combined arms warfare

operations, and it's taken major strides to lead the Marine Corps in command and control at the battalion and regimental levels.

"We are the only regiment in the Marine Corps that does two combined armed exercises per year," said Medina. "All other regiments in the Marine Corps, in two years, will normally only do one double CAX. The regiment has done five times the programs in two years.

"I think we have one of the busiest regiments in the Marine Corps."

Although Medina has served the Corps 27 years, and held many different commands, 3rd Marine Regiment

See 3RD MARINES, A-4

A-76 says MCBH competes

Public Affairs Office
Press Release

The federally mandated Commercial Activities Program concluded its review of MCB Hawaii's business practices, Tuesday, concluding that the base's commercial activities are competitive with other commercial business activities, and will continue to be performed by federal employees.

A standard appeal process exists for this decision.

The announcement culminates more than three years of public-private competition using the Office of Management and Budget Circular A-76, "Performance of Commercial Activities."

The process establishes federal policy for deciding whether to retain recurring, commercial-like activities within the government, or to contract them out to private sector sources.

Marine Corps Base is the largest employer on Oahu's windward side, with more than 1,500 civilian employees.

Stay tuned to the *Hawaii Marine* for further details of the A-76 study as they emerge.

Fireworks prohibited on base

Base Safety Center
Press Release

Per MCB Hawaii regulations (Base Order 11320.6, para 9001), pyrotechnics, fireworks and explosives are prohibited on the installation. Fireworks include toy cannons, firecrackers, torpedoes, sky-rockets, roman candles, sparklers, or similar items, capable of producing a visual or audible effect by combustion or detonation. (The fireworks presentation at Bayfest 2003 has received a full waiver from the commanding general.)

The Dangers

In 2001, more than 9,500 people sustained injuries from fireworks, serious enough to send them to a local emergency room. The majority of the injuries were burns (58.9 percent). Amateur firework's displays are unacceptably dangerous, especially to children, whose injury rates, as always, exceed adults'.

Facts and Figures

- Most fireworks-related injuries do not involve fires that are reported to fire departments. In 1999, an estimated 55 civilians were injured, but fireworks-related injuries reported to hospital emergency rooms alone totaled 8,500 in 1999.

- On a typical Fourth of July, fireworks cause more fires in the U.S. than all other causes combined. Yet, many Americans do not realize how great their risk is.

Don't let a mishap spoil your holiday. Abide by lawful regulations and have a safe and glorious Independence Day.

(Editor's Note: See p. C-7 for more Fourth of July safety information.)



Petty Officer 2nd Class Donna Liggins

CIF opens here

The Consolidated Issue Facility held its grand opening ceremony aboard MCB Hawaii, Kaneohe Bay, June 26. (From left to right) Bill Pearson, CIF manager; Lion-Vallen Industries's Rick Denney, CIF quality assurance specialist; Col. Richard Roten, MCB Hawaii deputy commander; and H.J. Hart, program manager, CIF, helped cut the ribbon. The Consolidated Issue Facility is an inventory efficiency initiative that reduces the burden of management and accountability for the operating force commander's unit supply section.

'Getting it straight'



Lance Cpl. Monroe F. Seigle



Cpl. Neal Iverson

Group Sgt. Maj. Emanuel Magos (above left) was incorrectly identified on page A-1 of the June 27 issue. During his post and relief ceremony June 20, Magos replaced Sgt. Maj. Daniel Huffmaster (above right) of Marine Aircraft Group 24 as group sergeant major. Huffmaster retired after 29 years of honorable service.

MCBH

News Briefs

HAIKU STAIRS REMAIN CLOSED

The City and Country of Honolulu has closed the gate to the Haiku Stairway to Heaven for the next two to three weeks while it posts liability and warning signs. The Honolulu Police Department will greet would-be trespassers.

CREDO RETREATS AVAILABLE FOR MILITARY, DoD

The Chaplain’s Religious Enrichment Development Operations, or CREDO, is offering both marriage enrichment retreats and personal growth retreats to service members aboard MCB Hawaii who may be returning from deployments such as Operation Iraqi Freedom, and service members who are desiring to improve their relationships with others, feel good about themselves, grow personally and spiritually, and live a more harmonious life.

The next CREDO marriage enrichment retreat is slated for July 11 - 13; the next personal growth retreat is July 24 - 27.

For more details, call 257-0662.

LOST AND FOUND ITEMS AVAILABLE AT MPD

If you are missing valuables or other items, contact Lost and Found at the Military Police Department, to see if anyone has turned in the item(s).

Lost items on hand include I.D. cards, bicycles, wallets, keys, cell phones and miscellaneous jewelry. An inquiry log is maintained for all item(s) that are retrieved.

Call Sgt. Gordon Scott at 257-2103, ext. 315, for prompt assistance.

Also, the Crime Prevention section of the Military Police Department is looking for neighborhood watch representatives to get involved in their communities, by taking charge of local neighborhoods aboard MCB Hawaii.

If you’re interested in getting involved, call the Crime Prevention Unit at 257-2103, ext. 314 or 315.

IMPORTANT NUMBERS

On-Base Emergencies	257-9111
Military Police	257-7114
Crisis Hotline	521-4555
Child Protective Service	832-5300
Fraud, Waste, Abuse & EEO	257-8852
Business Management Hotline	257-3188

Hawaii MARINE

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Staff Writer	Staff Sgt. Robert Carlson
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Press Chief	Cpl. Jason E. Miller
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Staff Writer	Lance Cpl. Monroe F. Seigle

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To contact the MCB Hawaii Public Affairs Office use the following addresses:

HAWAII MARINE, BOX 63062, BLDG. 216,
MCB HAWAII, KANEOHE BAY, HAWAII 96863
E-MAIL: HAWAIIIMARINE@MCBH.USMC.MIL
FAX: 257-2511, PHONE: 257-8840



Cpl. Luis R. Agostini

Marines from MCB Hawaii’s Military Police Co. participated in the nonlethal demonstration of the Gladiator Tactical Unmanned Ground Vehicle at Smith Field aboard Camp H. M. Smith, Wednesday.

New ‘Gladiator’ flexes its muscle

Cpl. Luis R. Agostini

Marine Forces Pacific
Public Affairs Office

CAMP H. M. SMITH — On day 30 of Operation Real Freedom, a group of approximately 600 belligerent activists, still loyal to their overthrown government, have unlawfully assembled at the bridge on the outskirts of the desert town of Intoit.

The crowd is blocking the main supply route and preventing the delivery of humanitarian aide to the station located in the vicinity of the town square.

Armed with slingshots and other primitive devices, it is anticipated that the crowd will not disperse peacefully.

Individuals armed with AK-47s

and rocket-propelled grenade launchers have been spotted near the town square within the last hour.

Your mission, on order, is to disperse the crowd in order to open the main supply route with the appropriate application of non-lethal means.

How can you possibly accomplish this mission?

By 2007, if you are serving on any of the seven Marine Expeditionary Units, the Gladiator will pave your way toward a new era of warfighting.

Service members, civilians and local media got a preview of the capabilities of the Gladiator Tactical Unmanned Ground Vehicle during nonlethal employment demonstration at Smith Field here Wednesday.

Hosted by the Marine Forces Pacific Experimentation Center in

conjunction with the Joint Warrior Interoperability Demonstration, the fictionalized demonstration (previously described above) enabled Marines from MCB Hawaii’s Military Police Co. to operate the Gladiator.

The operator of the Gladiator is equipped with an operator control unit, which fits in a standard All Purpose Lightweight Individual Carrying Equipment (ALICE) pack. The unit weighs 20 pounds and contains a radio, antennas, a computer, batteries, a global prepositioning system and a handheld controller.

The Gladiator is loaded with all sorts of gadgets and weaponry, including day and night cameras, a chemical detection system and Light

See GLADIATOR, A-4

2/3 takes a dive, discovers how to work underwater for survival’s sake

Lance Cpl. Monroe F. Seigle Combat Correspondent

When a helicopter crashes in the water, those aboard have a few crucial moments to get out and get to safety.

They must not panic and remember the precise steps in order to move away from the sinking aircraft.

The Modular Amphibious Egress Training Simulator at the base pool aboard MCB Hawaii, Kaneohe Bay, hits the water and flips over just like a helicopter would when it crashes in the water.

When the Marines from 2nd Bn. 3rd Marine Regiment splashed into the water for the first time in the MAETS June 26, they realized how easy it was to panic and make a mistake that could cost them their life in a real-world situation.

As the helicopter flipped under the water’s surface,



Lance Cpl. Monroe F. Seigle

Marines from 2/3 submerge into the waters of the base pool in the MAETS during a training exercise designed to improve the chances of survival in a water crash.

the Marines instinctively held their breath and remained calm. As they were taught in their training, they opened up a window beside them and swam above water.

Although it was easy for them to remove themselves from the sinking aircraft, the Marines knew they could encounter serious problems when crashing into water. The most common problem is the

Marines gets caught or tangled in equipment.

“Even in the training environment when they know they are safe, some Marines panic and become a bit disorientated,” said Cpl. Travis Bachman, a squad leader in Fox Co., 2/3. “It is good they get a chance to do this in a training environment because they have to learn to stay calm and not panic. That is probably the biggest chal-



Lance Cpl. Monroe F. Seigle

Marines from 2/3 come up for fresh air after going underwater in the MAETS system and strategically resurfacing during a training exercise to improve their chances of survival in a helicopter crash in the water

lenge for the Marines doing the training — stay calm

See 2/3, A-4

2/3 changes leadership



Lieutenant Col. Andrew MacMannis assumed command of 2nd Bn, 3rd Marines, June 1 aboard MCB Hawaii, Kaneohe Bay. MacMannis previously served as the commanding officer of 2/4. He replaces Lt. Col. Robert Castellvi as battalion commander. Castellvi will move on to the Industrial College of the Armed Forces in Washington, D.C.



MACMANNIS



CASTELLVI

1st Radio Bn. soars from new heights

Cpl. Jessica M. Mills
Combat Correspondent

SCHOFIELD BARRACKS — During every reconnaissance operation, there is always a possibility that a ground insertion could be too dangerous. The drop zone could be infested with the enemy. In preparation for situations such as this, 13 Marines from Radio Reconnaissance Platoon, 1st Radio Bn., leapt from the confines of a CH-53D Sea Stallion helicopter at 1,500 feet to perform static line parachute jumps over Drop Zone Lightning here.

For some of the Marines, it was the first jump they have done since they returned from Operation Iraqi Freedom last month.

"It's been about six and a half months since I've done a jump; altogether, I have done about 32 jumps," said Sgt. Edward Haines, with Radio Reconnaissance Plt. "All Marines in our platoon are required to keep their proficiency going when it comes to jump status, but it's undue pain sometimes. It doesn't get easier."

The Marines are required to complete these parachute jumps several times each month, but once the Reconnaissance Indoctrination Program begins, the amount of jumps increase. The next RIP exercise begins in July.

"It a grueling period of training for these guys," said Eddie Myers, the parachute loft chief for Radio Reconnaissance Plt. "The program lasts about three months, training in air, ground and amphibious operations, with very rough physical training standards, exercising twice a day."

Marine Heavy Helicopter Squadron 362 picked up the Marines at 6:30 p.m. from their paraloft, to prepare for the seconds they would spend in the air.

For obvious safety reasons, before any Marine could board the helicopter, they

were required to pass two rigorous Jump Master's pre-inspections.

"If something were to go wrong with their equipment while they were jumping, it could kill them," said Jump Master Gunnery Sgt. David Korff, the training chief for Radio Reconnaissance Plt. "So, they need to be precise, and we need to check them again and again, before it's too late."

Once the two jump masters had approved all the Marines for the jump, they boarded the CH-53D.

As the bird made its way to the drop zone over Schofield Barracks, the Marines sat patiently, getting their minds and bodies ready for the burst of adrenaline that would be released as they dropped from 1,500 feet above the ground.

During the exercise, the Marines were separated into two groups. The first group jumped while there was still light, and they only carried their jump equipment and parachutes. The second group was prepared for a night jump and was decked out in full combat gear and light sticks.

As the bird finally hovered over the drop zone, the first group received a one-minute time warning, then a 30 second time warning. Finally, the first group of Marines stepped off the jump ramp of the Sea Stallion and flew into the air at



Cpl. Jessica M. Mills

Above — The Marines of Radio Reconnaissance Platoon, 1st Radio Bn., wait aboard the CH-53D Sea Stallion helicopter for jump time.

Right — The Marines can be seen parachuting to the ground from a view at 1,500 feet above Schofield Barracks aboard the CH-53D.



one-second intervals. The men hit their target perfectly

Unfortunately, the weather had taken a turn for the worst, and the crew chiefs and the jump masters decided that the second stick's night jump would have to be cancelled.

"All the men were right on the money.

It was rock solid," said Korff. "And considering that most of the platoon are new jumpers, the exercise was right on target."

Ugly Angels extend their legs, thanks to VMGR-152

Sgt. Alexis R. Mulero
Combat Correspondent

BARBERS POINT — Twenty Marines from Marine Heavy Helicopter Squadron 362 carried out some infrequent training while en route to transport more than 75 U.S. Marines and Australian soldiers from the "Big Island" into the airfield at MCB Hawaii, Kaneohe Bay.

With the assistance of one KC-130 Hercules transport aircraft from Marine Aerial Refueler Transport Squadron 152, five CH-53D Sea Stallion helicopters from HMH-362 conducted a rapid ground refueling exercise here, June 17.

"The Marines are unfamiliar with this type of exercise because there are no KC-130s Hercules transport aircraft in



Sgt. Alexis R. Mulero

Captain Keith Linington, a KC-130 co-pilot with VMGR-152, supervises one of the fueling stations provided to a CH-53D Sea Stallion from HMH-362 during a rapid ground refuel exercise at Barbers Point.

Hawaii," said Capt Lee K. Clare, fragmentary officer, Marine Air Group 24.

During the rapid ground refueling exercise, the KC-130 — Marine Corps missions. This training really lets us build our

refueling — landed, but didn't shut off its engines. Equipped with a special hose system that contains three to four fueling stations, the KC-130 proceeded to fuel the helicopters while they were running.

"They're a mobile gas station that allow aircraft to travel twice the distance than it would travel on one tank of gas," said Clare. "When we deploy, we train with other groups that have fixed wing assets, and we have to be ready to work together to accomplish all of the

comfort level."

During any refueling exercise, risks are assumed, but for the most part the operation is safe, said Lance Cpl. Marcus Whiffill, crewman, VMGR-152.

"The crew and pilots are well-trained to handle any problems that may arise," said Whiffill. "Also, there are fire extinguishers at each of the fueling stations."

Afterward, the Ugly Angels delivered the service members onto the airfield, and the allies were able to raid it and complete their mission of seizing the airfield, flawlessly.

"It is aerial support like the kind provided today that allows ground allied forces to achieve any mission tasked to them," said a soldier from 1st Royal Australian Regiment.

Word on the Street

What is your best Independence Day memory?



"...Watching the fireworks in my home town Philadelphia, Miss."

Chief Petty Officer William M. Jimerson
Aviation mechanic
Command Patrol
Reconnaissance Porces
Pacific, Kaneohe Bay



"...Watching the fireworks display at the Washington monument, Washington, D.C."

Pvt. Jordan Schwartz
Administration clerk
Headquarters Bn.,
MCB Hawaii.



"...Being a kid and looking forward to the fireworks, picnics and barbecues with the family."

Sgt. Chrisitina Carrillo
Airframer
HMH - 463



"...Everyone coming together for the upcoming event, Bay-Fest."

Staff Sgt. Shaqwaun Johnson
Accountant
Headquarters Co.,
3rd Marine Regiment



" Coming off deployment in Guam, I spent \$3,000 partying with my friends."

Cpl. Bryon Pastian
Elint Operator
Charlie Battery,
1st Radio Bn.

3RD MARINES, From A-1

will always hold a special place in his memory. “I will really miss the daily interactions with the Marines, much more than I think they all realize,” he said. “I might not express it, but that is how I feel. “Where I’m going to next will still be an operating command, but there will be less opportunities to interact with the Marines.” Colonel Medina is headed to San Diego, Calif., to become the commander of Expeditionary Strike Group 3. The ESG-3 does not exist yet; however, once Medina arrives, one month from now, it will be activated.

“Colonel Medina organized a positive working environment for the regimental staff. It allowed us to function as a team, without fear of a zero defect mentality,” said Chief Warrant Officer 4 Daniel Geltmacher, the regimental gunner for S-3, Headquarters Co., 3rd Marines. “If mistakes were made, no one would be taken outside and shot. He created a great learning environment. “He is a great teacher, and the sections could reach their full potential under his mentorship.” When Medina returns to the mainland, he will share his knowledge of how stellar he believes MCB Hawaii Marines and Sailors really are.

“The Marines here are dedicated. Most people don’t realize that, they envision a kick-back organization. But that is the farthest from the truth,” said the colonel. “Our guys train all the time, and not just 3rd Marine Regiment, but all the commands aboard MCB Hawaii. “When we all work together —1/12, CSSG-3, MAG-24, etcetera — there is a total sense of teamwork.” Medina added. “It’s as if we have a Marine Expeditionary Brigade minus the headquarters, and behind the scenes, the base command is like the fifth element of our MAGTF. “Synergy is a manifestation of what we do here,” he explained.



Cpl. Luis R. Agostini

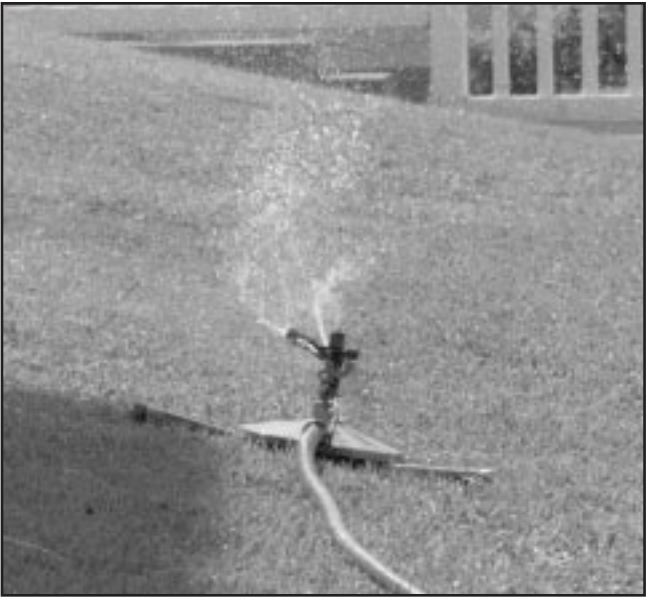
The Gladiator is loaded with all sorts of gadgets and weaponry, including day and night cameras, a chemical detection system, Light Vehicle Obscuration Smoke System, and is mounted with either the M249 Squad Automatic Weapon, the M240G Medium Machine Gun, a 9 mm Uzi or an Anti-Personnel/Obstacle Breaching System.

GLADIATOR, From A-2

Vehicle Obscuration Smoke System, and is mounted with either the M249 Squad Automatic Weapon, the M240G Medium Machine Gun, a 9mm Uzi or an Anti-Personnel/Obstacle Breaching System (APOBS). With dimensions at 70 inches long, 44 inches wide and 53 inches high, and weighing 1,600 pounds, the Gladiator can be transported by air, land and sea, making it very attractive for all of the military branches and special forces.

Once the distribution of the estimated 192 TUGVs begins during 2007, all seven MEUs will receive four TUGVs — three for the ground combat element and one for the combat engineers, said Ray Grundy, non-lethal weapons program manager, Marine Corps Combat Development Command. During military operations other than war, such as humanitarian aide and peacekeeping missions, the Gladiator has the potential to perform the duties of an entire rifle company, nearly 160 Marines, said Grundy.

According to Larry Hennebeck, the Gladiator program manager from Marine Corps Systems Command, the Gladiator could have been a crucial tool for troops during Operation Iraqi Freedom, especially during the looting of the museums and during the incident when the car bombing killed troops at a checkpoint in Iraq. “If they blow it up, they blow it up,” said Hennebeck, regarding the potential loss of the Gladiator during combat operations. “At least we don’t have to send any letters to the relatives.”



Cpl. Jessica M. Mills

Marine Corps Base Hawaii residents are encouraged to use water in a conservative manner. Efforts last year helped the base to achieve a 14 percent water usage rate reduction. As usual, base officials said there’s always room for improvement when it comes to water conservation.

WATER CONSERVATION, From A-1

A conservation method, which has been recently implemented aboard the base, is low-flow showerheads, toilets and other plumbing fixtures in all new housing units and bachelor enlisted quarters. Many of the older housing units and BEQs that were built years ago are now being replaced with new facilities. Nearly 500 housing units and more than 800 BEQ rooms have all been equipped with these low-flow plumbing fixtures, and several other BEQ and family housing projects will have the low-flow fixtures. Those BEQs that are not included in the replacement program were previously retrofitted with the low-flow plumbing features. To also help with water conservation aboard base, Utility Services Associates was contracted to perform leak detection surveys on the water distribution mains. Using sensitive sound amplification instruments and

computer technologies, six significant leaks were identified and immediately repaired. Although all these procedures were taken to reduce MCB Hawaii’s water supply, residents and workers are encouraged to do their part in the effort. Residents should report any leaks to the Facilities Department, and instead of cleaning the pavements and driveways with a hose, residents should use a broom. When washing vehicles, residents should use a bucket of soap and water and have an automatic nozzle that turns off the water instead of letting it run continuously. More water conservation tips can be found in Base Order 11300.13. “For the most part, residents are doing a good job conserving water,” said Yamamoto. “We are headed in the right direction, but we need to continue what we are doing and keep trying to improve our conservation efforts.”

2/3, From A-2

when they are holding their breath upside down and under the water’s surface.” Before climbing into the MAETS, the Marines were able to view a real world crash in which Marines actually perished in the accident. Those that survived the crash completed the same course the Marines took June 26. “This is some very serious training, but we enjoyed it,” said Bachman. “We had fun getting in the water and actually feeling what a real crash feels like. These are life-saving techniques we learned today. I think all Marines should learn this training because it greatly increases their chance of survival if they are faced with an aircraft crashing into a body of water.”

Hawaii MARINE SPORTS

Hawaii Marine B Section

July 4, 2003

Record holder shares PFT tips

Cpl. Luis R. Agostini
*Marine Forces Pacific
Public Affairs Office*

CAMP H. M. SMITH — The fastest Marine alive, retired Gunnery Sgt. Farley Simon, shared his winning ways with the Marines of Headquarters and Service Bn., Marine Forces Pacific, at the Sunset Lanai here, June 18.

Aside from winning the Marine Corps Marathon on two separate occasions, nearly two decades apart, Simon holds the record for the fastest recorded time in the third portion of the Marine Corps physical fitness test — the timed, three-mile run.

He set the record at 13:43 in 1989.

During his question & answer session with the battalion, Simon stressed the importance of pacing the run portion of the PFT.

He prescribed interval runs, where a runner trains at an increased rate for a few minutes and recovers for a minute or so, and tempo runs, in which the runner increases the pace of the run until he or she reaches the desired pace.

For athletes who had questions regarding their dietary needs, Simon advised them and the audience to visit with a nutritionist at Tripler Army Medical Center or at the Branch Medical Clinic aboard MCB Hawaii, Kaneohe Bay, to answer any questions regarding their nutritional needs.

"I learned a lot on how to improve my run time, and I was impressed by the goals that he set for himself during his Marine Corps career," said Cpl. Marcus Henry, a combat photographer with the MarForPac Combat Visual Information Center.



Lance Cpl. Monroe F. Seigle

Christian Okoye takes a hard swing while playing golf with service members and other NFL celebrities during his visit to MCB Hawaii, Kaneohe Bay, June 27.

NFL players return to Kaneohe Bay

Lance Cpl. Monroe F. Seigle
Combat Correspondent

Several celebrities from the National Football League visited MCB Hawaii, Kaneohe Bay, June 27 during their return visit after the Pro Bowl in February.

The athletes were supporters of the Christian Okoye Foundation, which has a mission to capture the passion children have for sports and direct that energy to enhance their educational and personal goals.

Over the years, the foundation has targeted at-risk and underprivileged youth by hosting free athlete clinics, with the assistance of well-known professional athletes who coach the kids. On average, the foundation touches the lives of 9,500 kids per year.

Before reaching out to the children in the communities of Hawaii, the star athletes played golf at the Kaneohe Clipper Golf Course aboard K-Bay and talked to Marines and Sailors from various battalions on base.

"The Marines are really outstanding people; I admire their dedication to their country," said Okoye, the founder of the Christian Okoye Foundation and a former running back for the Kansas City Chiefs. "We had a great time the first time we were here during the Pro Bowl. We were honored when we were invited to come back for another visit."

The NFL players also made their way to Kahuna's Sports Bar and Grill, where they found many eager service members anxious to talk and take photos with them, as well as sign autographs.

"Ever since Sept. 11, we have wanted to work with the military and their children," said Eddie Lange, director of the Christian Okoye Foundation. "This was a chance for us to say 'thank you' to the families and service members."



Cpl. Jessica M. Mills

Kenneth Parker, a maintenance chief for the Executive Transport Detachment, CPRFP, knocks down Jeffrey Privott, a forward for CSSG-3's Intramural 30 and Over Team, as he tries to dribble down the court.

CSSG-3 puts CPRFP through the wringer

Cpl. Jessica M. Mills
Combat Correspondent

When the first place and third place teams of the Intramural 30 and Over League go head to head, it is bound to be an exciting game. So, when the Combat Service Support Group 3 team defeated the Commander Patrol and Reconnaissance Force Pacific team, Monday, 59-45, it was indeed a game for the record books.

Jeffrey Privott opened the game by scoring two lay-ups against CPRFP, which the group answered with a three-pointer from the right side. The scoreboard read 4-3.

A small scuffle ensued on the court, and CPRFP was called on a foul, giving CSSG-3 two penalty shots, but CPRFP took control of the rebound and whipped down the court landing another shot — the score 6-5.

Control of the ball bounced back and forth between the two teams, each scoring respectively; however, CPRFP turned the tables on CSSG-3 and took the lead when Joe Eversole, the safety officer for CPRFP, scored a three-pointer and raised the score, 12-8.

Although CPRFP kept the lead for a good while, CSSG-3 kept the Sailors on a short leash, stepping on their toes.

Eversole scored two more shots, though CSSG-3 kept pounding the court, doubling its score, 17-16.

Yet again, the game took another sharp turn, as James Stanley, the coach of CSSG-3, brought his team ahead, 19-17, with a strong shot from under the basket. Yet, the lead was short lived as CPRFP came from behind and tied the



Cpl. Jessica M. Mills

Privott makes another one of his many shots during the game Monday night against the Commander Patrol and Reconnaissance Force Pacific team. Privott scored 20 points to help clinch the win for CSSG-3.

game back up, 21-21.

With its dignity back, CPRFP took control of the game and dragged its score with them. With four minutes left in the first half, Ivan Wilkins, a maintenance chief for VR-51, scored four points back to back, pulling CPRFP ahead, 25-21.

By halftime, CPRFP had managed to score eight more points and has greatly extended its lead over CSSG-3. The first half ended 33-23.

In the second half, CSSG-3 came back fully rejuvenated and scored four shots before CPRFP got a chance to defend; the lead was almost extinguished at 33-31.

In a last attempt to hold onto its lead CPRFP scored a three-pointer,

bringing the score up 36-31 with 13 minutes left on the clock — to no avail.

Stanley took control of the ball and scored two shots back to back, closing in the lead against CPRFP, 36-35.

The game became very aggressive; CSSG's guards were up and active, knocking down every shot that CPRFP tried to make.

Both teams mustered all-out efforts, and with nine minutes left on the clock, it could have been anybody's game.

The group, however, finally took the lead. With two penalty shots by Privott, CSSG inched ahead, 41-38.

Following Privott's shots, Stanley scored two in a row and raising the score for CSSG-3, 45-38.

As the clock slowly winded down, CSSG continued to put CPRFP through the wringer, much to the Sailors' disappointment.

With a minute and a half left, CSSG-3 continued to score one shot after another.

The group's defense held CPRFP at bay, 55-40.

As the last few seconds slowly passed, CPRFP broke through CSSG's defenses and managed to score five more points. But it was not enough.

When the buzzer signaled the end of the game, CSSG-3 finished victoriously, 59-45.

"Our defense was tight and we came together as a team," said Stanley. "It's about knowing where to play and check. You could tell we were unorganized in the first half."

"If we would have continued that way, we would have lost. But once we got together, we ruled the court," he explained.

BASE SPORTS

Edward Hanlon V
MCCS Marketing

MCCS Sponsors the ‘101 Days of Summer’ Campaign

Marine Corps Community Service and MCB Hawaii are sponsoring the “101 Days of Summer,” a drug and alcohol prevention campaign, from now until Sept. 21.

This campaign is designed to create a summer-long program to reduce illegal drug use and to promote responsible use of alcohol, while encouraging participation in healthy alternatives.

Contact Mr. Quentin Redmon, Substance Abuse Counseling Center drug demand coordinator, Bldg. 579, or call 254-7636, for more details.

Staff Club Tees Off for Grand Opening

The Staff NCO Club Grand Opening Golf Tournament is a 4-man scramble open to Staff noncommissioned officers of all services, family members and equivalent. The cost is \$40 for

staff NCO Club members, \$45 for nonmembers, \$50 for DoD/field grade, and \$55 for invited guests. Included in the cost are greens fees, golf cart, heavy pupus and prizes.

For more information, call 254-1745 or 254-3220.

Semper-Fit Seeks Resumes for All-Marine Rugby Team

The All-Marine Rugby Trial Camp is Oct. 12 - 18 at Marine Corps Reserve Supplement Command Kansas City. The Armed Forces Rugby Championship will be held Oct. 20 - 27 at Naval Station Everett, Wash.

An armed forces team will be selected to compete in the Invitational Territorial Tournament Dec. 5 - 7 in Tampa, Fla. Marines will return to their assigned duty station upon completion of the Armed Forces Rugby Championship. If selected for the armed forces team, a message will be sent to the Marine’s command requesting additional duty from Dec. 5 - 7.

Interested Marines must sub-

mit resumes no later than Sept. 16. Resumes must include the past two years playing experience and contain command endorsement stating that the Marine will be made available to attend all events if selected.

Rugby resumes can be found at www.usmcmccs.org/semperfit/sports/at_hletic%20summary.doc, and they must be sent through local Semper Fit athletic directors.

If there is no local MCCS Semper Fit director, resumes can be faxed to the attention of Marine Corps Sports at (703) 784-9822.

Swamp Romp Returns July 26

Hawaii’s dirtiest race — the Swamp Romp — is right around the corner so, register early or cause position is determined on a first-in, first-out basis.

Registration forms are available now at the Semper Fit Center.

The cost is \$90.00 per six-person team.

Call 254-7590 or 254-7592, and get ready to get dirty.

MCCS Holds Softball Tournament

A softball tournament will be held at Riseley Field today, Saturday and Sunday as the second event of the “101 Days of Summer” campaign. The entry fee is \$100 per team.

Bring entries to the Athletic Office at the Semper Fit Center.

For more information on the softball tournament, call 254-7591.

All-Marine Volleyball Selection Goes August

The All-Marine Men’s Volleyball Trial Camp will be held Aug. 3 - 24 at Marine Air Ground Combat Center, 29 Palms, Calif.

The Armed Forces Men’s Volleyball Championship will be held Aug. 25 - 31 at Schriever Air Force Base, Colo.

The Armed Forces Championship will be used to select the armed forces team that will compete at the World Games in Catania, Italy, Sept. 13 - 23.

Interested Marines must submit resumes no later than July 19. Resumes must contain command endorsement stating that you will be made available to attend all events if selected.

Resumes can be found at www.usmc-mccs.org/semperfit/sports/athletic%20summary.doc, and must be sent through local MCCS Semper Fit athletic directors.

If there is no local MCCS Semper Fit director, resumes can be faxed to the attention of Marine Corps Sports at (703) 784-9822.

Klipper Hosts Adult Golf Clinic

Need to work on the game a little? Join Leland Lindsay, a

member of the Professional Golfers’ Association, at the Kaneohe Klipper for a four-week golf clinic, today and following Fridays from 5 to 6 p.m.

Learn more about your swing, from long and short game, to pitching, putting, golf etiquette and even the rules.

The class is limited to 25, and costs \$80.

To take part or for more information on the Adult Golf Clinic, call 254-3220.

Intramural Leagues Battle

Intramural sports teams are still battling every week to decide who’s best.

Softball goes every Monday, Tuesday and Wednesday at 6, 7, and 8 p.m. at the Annex or Riseley field.

Intramural volleyball goes every Thursday and Friday starting at 6 and 7 p.m.

Intramural 30 and Over basketball goes every Monday and Thursday at 6 and 7 p.m.

For more information on either softball, basketball or volleyball, call 254-7591, or 447-0498 at Camp H.M. Smith.

Adventure Training Makes PT Fun

“Adventure Training” is designed to promote unit cohesiveness and enhance confidence in the water. It is a fun alternative to regular unit workouts.

Learn different water sports and conduct PT at the same time.

Classes are offered in scuba, kayaking, power boating and water skiing — at no charge to all MCB Hawaii units.

Training noncommissioned officers and staff noncommissioned officers should call 254-7667 for more information.

Base All Stars

NAME: Charles W. Lawson

BILLET: Aircraft Rescue Firefighter

UNIT: Marine Corps Air Facility

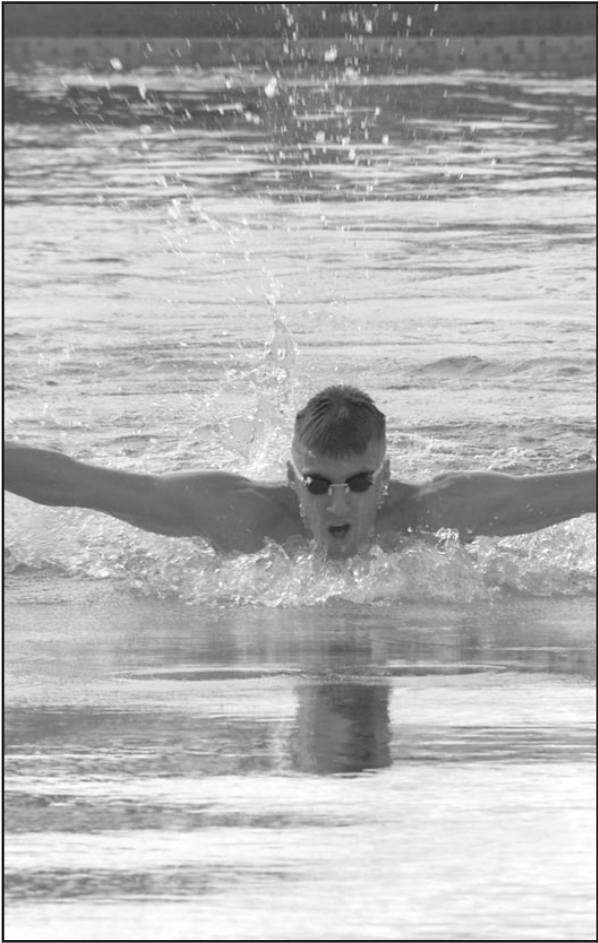
SPORT: Swimming

•Lawson has been swimming since he was 10 years old.

•The “101 Days of Summer” swim meet was the first time Lawson has swam competitively at MCB Hawaii.

• He swam for Sammamish High School in Bellevue, Wash., his freshman through junior years. He also swam for the Bellevue Club (a year-round team) during his junior year.

•Lawson played water polo. During his sophomore year, his team placed 5th in the state, 1st his junior year and 2nd in his senior year.



Sgt. Alexis Mulero

“Swimming competitively or competing in any sports always makes people train harder. And, at the end, the fruits of your effort show.”

COMMUNITY SPORTS

Pearl Harbor Clinic Presents ‘Sports Physical-A-Thon’

Parents and children should catch the 2nd Annual School and Sports Physical-A-Thon, July 26 from 7 a.m. - 1 p.m. at Makalapa Branch Medical Clinic, Pearl Harbor.

The event will be a fun-filled time for Tricare Prime Beneficiaries in grades K - 12, and will include a Keiki Health Fair and entertainment.

Parents will need to bring their child’s school or sports physical forms and their child’s medical record and yellow shot card in order to be seen. Plus, be sure to have your child attend wearing gym attire.

Parents can have their child’s PPD shot administered on July 23 and then read on July 26.

Or, parents can have the child’s PPD administered on July 26, with a follow-up reading on July 28 at the Branch Medical Clinic at MCB Hawaii, Kaneohe Bay. A last option is to take advantage of a “drive-thru” reading at the Navy Exchange Mall from 10 a.m. - 2 p.m. or 4 - 6 p.m.

For more information or to set your child up for the school or sports physical, call Makalapa Central Appointment’s at 473-0247, starting Monday.

State Offers Free Recreation Classes

Education classes are being offered by the Hawaii Department of Land & Natural Resources. Subjects covered include firearms and archery safety, survival and first aid, wildlife identification and conservation, regulations, game care, and outdoor responsibility.

Attendance at two sessions is required for certification, and classes are open to anyone 10 years or older who enjoys the outdoors — not just hunters.

The next two-day session is July 18, from 5:45 - 10:15 p.m. and July 19, from 7:45 a.m. - 4 p.m. at the Nimitz Business Center, Rm.. A-212A. (The classroom is the first room on the right.)

All participants are required to provide picture identification at the door. For more information, call 587-0200.

Boat Festival Calls for Paddles

The 8th Annual AT&T Hawaii Dragon Boat Festival registration has begun. Teams can sign up to paddle in the boat races to be held at Ala Moana Beach Park Aug. 9 and 10.

Companies, clubs and team-spirited clans who can round up at least 18 paddlers qualify to compete in the races. All teams entered in the race will be

supplied with boats, paddles and steersmen, and receive approximately three practice sessions.

The entry fee is \$425. Registration forms are now available online at www.idealhawaii.com or by calling Gifford Chang at 951-0350.

Hawaii Horse Show Association Sponsors Aloha State Games

Horse fans, the Aloha State Games have scheduled English Classes on July 19, and Western classes and Play Day on July 20.

There will be a class with music and an event with two or more teams performing certain maneuvers in a freestyle musical class. There will also be an agility course with five obstacles to make the event more challenging.

For more information log onto www.alohastategames@aol.org.

Bellows Hosts Outdoor Recreation

This spring, you can be awash in outdoor activities at Bellows.

You can learn how to choose the best waves to shoot the curl, as Bellows offers bodyboarding lessons Fridays at 1 p.m. The cost is \$12 per person and includes the use of a bodyboard.

Also, learn ocean kayak skills, including deep water recovery, navigation, water safety and efficient paddling techniques. Classes are every Wednesday and Thursday at 1 p.m. The cost is \$14 for adults and includes kayak rental.

For more details, call 259-8080.

Bellows Sponsors Camping

Bellows offers a great climate for year-round camping. You can pitch your tent at one of 60 wooded and oceanfront campsites, all within a close walk to what many consider the best beach on the island of Oahu.

Bellows offers a full line of camping gear rentals to meet all of your camping needs. Camping kits include one six-man tent, a lantern, a Coleman stove, a cooking kit, two camping cots, two sleeping bags, an extra large ice chest, and a five-gallon water jug — all for just \$30 a day or \$154 a week (a \$56 savings).

Recreation Gets Advertised

Advertise sports and recreational activities of general interest in the “Base Sports” or “Community Sports” columns. Fax details to 257-2511.

‘101 Days of Summer’ campaign starts with a splash

Sgt. Alexis R. Mulero
Combat Correspondent

More than 75 competitors represented their individual units during the “101 Days of Summer” intramural swim meet at the base pool, June 25.

The swim meet kicked off the festivities of the campaign, which promoted alcohol and drug awareness to the Marines and Sailors aboard base.

“I feel this campaign is a real positive impact on base,” said Harry Sprague, water activities specialist and swim meet coordinator, Marine Corps Community Services. “The base has not held an intramural swim meet in five years, so the campaign is already proving to be positive.”

The swimmers competed in eight

total events, six of them individual and two relays.

Marine Corps Air Facility took home the most medals, thanks to Charles Lawson who led the way for MCAF to win four gold medals and one silver medal. Additionally, MCAF received two bronze medals for placing third in the Medley Relay, which involved four different swimming strokes and the Freestyle Swim Relay.

“It’s always good and a lot of fun to compete and represent my unit well,” said Lawson, aircraft rescue firefighter, MCAF, MCB Hawaii, Kaneohe Bay. “Everyone has different skills. If we all do our part to work toward our goals, then our units can be unstoppable during this campaign.”



Sgt. Alexis R. Mulero

Nicholas A. Hasenfratz, training NCO, Headquarters Bn., MCB Hawaii, swarms toward the finish line during the 50-meter butterfly stroke event of the “101 Days of Summer” intramural swim meet, June 25. The campaign promotes drug and alcohol awareness.



spotlight on health

Reading nutritional food labels has become easier

NAPS
Featurettes

If you read the nutritional panels on foods when you shop, you have plenty of company. Nearly eight out of 10 Americans have joined you, and nearly three-fourths of consumers say they are choosing reduced fat or no-fat foods, according to a survey by the American Heart Association.

Reading nutrition facts panels and choosing appropriate foods is crucial for people who need to follow a diet low in saturated fat and cholesterol to maintain heart health. But many shoppers may not have the time to fully scrutinize labels at the grocery store.

The average shopper is already spending more than 50 minutes in the grocery



Lance Cpl. Monroe F. Seigle

The American Heart Association reminds shoppers to make heart-smart choices by selecting healthy produce and meats, and by looking out for the red heart with a white check mark on packaged goods and canned foods.

store for his or her major shopping trip of the week. However, many Americans would like to make their shopping more efficient.

The American Heart Association's Food Certification Program, with its familiar heart-check mark, can help shoppers speed through the aisles by helping them identify heart-healthy foods.

The easy-to-recognize red heart with a white check mark is a quick and reliable tool for finding foods that are low in saturated fat and cholesterol. The heart-check mark is one simple tool that consumers can use to make heart-healthy food choices.

Food products with the heart-check mark on the label must meet the following criteria per serving:

- Low fat (less than or equal to 3 grams).
- Low saturated fat (less than or equal to 1 gram).
- Low cholesterol (less than or equal to 20 milligrams).
- Sodium value of less than or equal to 480 milligrams for individual foods. Main dishes and meals have special levels.
- Finally, it must contain at least 10 percent of the Daily Value of one or more of these naturally occurring nutrients: protein, vitamin A, vitamin C, calcium, iron or dietary fiber.
- For meats to be eligible for the heart-

check mark, they must meet the USDA standard for extra lean.

"Today's food labels can be confusing to the people trying to eat a heart healthy diet," says Rebecca Mullis, R.D. Ph.D., head of the University of Georgia's Food and Nutrition Department and a volunteer member of the American Heart Association Nutrition Committee. "The American Heart Association's heart-check mark is one way to quickly and reliably find foods low in saturated fat and cholesterol in the grocery store."

In eight years, the Food Certification Program has gained the trust of consumers.

"Even when people are in a hurry, they can make smart choices in the grocery store," said Mullis. "I know folks don't always take all the information they need with them when they shop, but the familiar red heart with the white check-mark reminds them that they are making a heart-healthy choice."

For more info, surf www.americanheart.org/Food Certification.

No one should ever take a vacation from water safety

NAPS
Featurettes

Summer is a wonderful time of year, when children and parents look forward to outdoor activities in the pool or at the beach. Yet, accidents can happen if families take a vacation from safety. But the good news is that most water tragedies can be prevented if everyone remembers the basic rules of water safety.

Connie Harvey, American Red Cross national health and safety expert, reminds families to follow these safety tips for staying healthy and safe in or around the water.

•**Learn to swim.** One of the best things anyone can do to stay safe in and around the water is to learn to swim. However, no one, including adults, should ever swim alone. Also, adults should practice "reach supervision," which means to be within arm's length of a child in case an emergency occurs.

•**Outfit everyone with the proper gear.** Kids and adults who are not strong swimmers should use U.S. Coast Guard-approved personal flotation devices whenever they are in or around the water.

"This lightweight, plastic equipment, when used properly, can help save lives," says Harvey.

Everyone, including strong swimmers, should use an approved personal flotation device when boating.

•**Always keep basic lifesaving equipment by the pool and know how to use it.** A first aid kit, cordless phone, phone list with emergency contact information, a reaching pole and a plastic ring buoy with a nylon line attached are recommended.

"Plastic makes the ring buoy so light, even a child can save a life if the need arises," points out Harvey. "These items, coupled with a pool emergency action plan similar to a fire drill, help the whole family breathe a little easier."

•**Pack a "safety bag" for a day at the beach or lake.** Further, waterproof sunscreen with an SPF of 15 or higher, water shoes to keep feet safe, and plenty of water are musts. Use plastic tubes and water bottles to prevent creation of sharp objects that can injure kids' feet.

•**Learn Red Cross first aid and CPR.** "It is important to know what to do when a dangerous situation arises," says Harvey.

All caregivers, including grandparents, older siblings and babysitters should have these lifesaving skills.

For more information on staying safe in and around the water, visit www.redcross.org, or contact your local American Red Cross chapter.

(Editor's Note: Reach the American Red Cross serving MCB Hawaii at 257-8848.)

‘Wanna’ race, man?’



Sgt. Alexis R. Mulero

Swimmers from MCB Hawaii, Kaneohe Bay, storm into the base pool to compete in a 50-meter freestyle event during a swim meet held during the "101 Critical Days of Summer" promotional campaign, June 25. Athletes, as well all other base patrons, can develop their technique at the base pool.

Hawaii MARINE LIFESTYLES

Hawaii Marine C Section

July 4, 2003



Left — Carnival rides are among the many attractions of the weekend full of activities at BayFest 2003.

Below — Military static displays will be available for all to get up close to and see.



BayFest awaits!

Story and Photos by
Bobbie Brock and Edward Hanlon V
MCCS Public Relations

Tarry no longer, as McKenna Motors' BayFest 2003 — Windward Oahu's largest outdoor event providing food, music and entertainment to Hawaii's active duty personnel, military families and the civilian community — opens today at noon.

For the 14th consecutive year, MCB Hawaii, Kaneohe Bay, will open its gates and invite the public to join in on the patriotic Independence Day weekend celebration. Upon entering the installation, vehicles will be directed to the site where abundant and free parking will be provided to all patrons, as well as shuttle excursions.

Located within and beside Hangar 101, Fest-goers will enjoy chart-topping mainland entertainment — tonight, Neal McCoy; Saturday, Everclear; and Sunday, Joan Jett and the Blackhearts — three nights of fireworks, hair-raising carnival rides and an array of military displays and contests for only \$8.

It's always a variable who's who at the annual BayFest, and this year's no different, from the moment you step into the Island Lifestyle Expo, the first attraction after entering BayFest. You could be the one to go home with fantastic prize giveaways, including the biggest of them all, a Humvee.

BayFest is organized by Marine Corps Community Services, and proceeds from the event enhance the quality of life for the Marines, Sailors and their family members stationed at MCB Hawaii.

For your convenience, an automatic teller machine will be located inside the fairgrounds; however, no backpacks or coolers will be allowed.

(Editor's Note: See p. C-3 for the Hawaii Marine's exclusive interview with country sensation Neal McCoy.)



Top — Patrons can take advantage of the many picture opportunities that will be available at BayFest, where they can check out Marines and Sailors in their machines up close.

Above — A young fest-goer delights in her reflection on a dolphin statuette.

Right — Two lads scurry in pursuit of their next adventure at BayFest 2002.



Fest-goers can seek the thrill of Fernandez Events' carnival rides all three days at BayFest.

McKENNA MOTORS BAYFEST 2003 MARINE CORPS BASE HAWAII HAWAII

Schedule of Events

Today, July 4

12 p.m. Opening celebrating America's Heroes
12 - 4:30 p.m. Bull Riding near Fest Tent
12 - 4:30 p.m. Dunk Tank, Striker Contest and Joust Contest near Fest Tent
12 - 6 p.m. Boat Rides to

Coconut Island at Waterfront
12 - 9 p.m. Island Lifestyle Expo at Hangar
12 p.m. - 12 a.m. Fernandez Events Carnival at Midway
12 p.m. - 2 a.m. Exotic Car Show and McKenna Motors New Car Show at Midway
2 - 3:30 p.m. Watermelon Eating, Apple Pie Eating and Hula Hoop at American Fair Fest Tent
3:30 - 4:30 p.m. Truck Pull/Strongman Competition near Fest Tent
4 - 4:30 p.m. MarForPac Band at Midway
5 - 6 p.m. MarForPac Band at Main Stage
6:15 - 7 p.m. Dita Holifield at Main Stage
7:15 - 8 p.m. Sugar Daddy at Main Stage
8:15 - 9 p.m. Natural Vibes at Main Stage
9 - 9:15 p.m. Fireworks at Main Stage
9:30 - 10:45 p.m. Neal McCoy

at Main Stage
11 p.m. - 2 a.m. Fest Tent Party and DJ Victor Effler at Fest Tent

Saturday, July 5

12 - 6 p.m. All Hawaii Cruises Coconut Island Boat Rides and Bounce House at Waterfront
12 - 4:30 p.m. Dunk Tank, Striker Contest and Joust Contest near Fest Tent
12 - 9 p.m. Island Lifestyle Expo at Hangar
12 p.m. - 12 a.m. Fernandez Events Carnival at Midway
12 p.m. - 2 a.m. Exotic Car Show and McKenna Motors New Car Show at Midway
1 - 2 p.m. Paddleboard Contest at Waterfront
2 - 3 p.m. Sumo Competition at Fest Tent
3 - 3:30 p.m. Papa John's Pizza Eating Contest at Fest Tent
3:30 - 4 p.m. Ice Cream Eating

Contest at Fest Tent
4:30 - 6 p.m. BodySearch Competition at Main Stage
6 - 8 p.m. Boxing Challenge at Boxing Ring
7 - 7:45 p.m. BayFest Contest Winner and Star 101.9 (Tentative) at Main Stage
8 - 9:15 p.m. Pepper at Main Stage
9:15 p.m. Fireworks at Main Stage
9:30 - 10:45 p.m. Everclear at Main Stage
11 p.m. - 2 a.m. Fest Tent Party and DJ Victor Effler at Fest Tent

Sunday, July 6

12 - 6 p.m. Coconut Island Boat Rides at Waterfront
12 - 8 p.m. Island Lifestyle Expo at Hangar
12 - 4:30 p.m. Dunk Tank, Striker Contest and Joust Contest near Fest Tent
12 - 9:30 p.m. Exotic Car Show

and McKenna Motors New Car Show at Midway
12 - 11 p.m. Fernandez Events Carnival at Midway
2 - 4 p.m. "Rock n Roll" music at Fest Tent
3 - 4 p.m. Bathtub Regatta at Waterfront
4 - 5:30 p.m. Wrestling near Fest Tent
5:30 - 6:15 p.m. Blues Fuse at Main Stage
6:30 - 7:15 p.m. Revolution at Main Stage
7:30 - 8:15 p.m. Go Jimmy Go at Main Stage
8:30 p.m. Fireworks at Main Stage
9 - 10:30 p.m. Joan Jett and the Blackhearts at Main Stage
10:30 p.m. - 12 a.m. Fest Tent Party at Fest Tent

(Schedules are subject to change. For the most current schedule of events, visit the BayFest website at www.BayFestHawaii.com/schsun.htm.

MCCS

MARINE CORPS COMMUNITY SERVICES

www.mccshawaii.com

POSSIBILITIES IN PARADISE

By Bobbie Brock, MCCS Public Relations

JULY

4 / Today

Summer Reading — Now through Aug. 9, get in the know with the base library’s “Summer Reading Program.”

If you do a little summer reading, you can earn special awards. Children of all ages are welcome to participate, and parents are encouraged to read to younger children.

For more information about this program, call 254-7624.

Youth Activities Piano Lessons for Kids — Hone your child’s musical talents or involve them in some extracurricular activities at Youth Activities. Kids can learn to play the piano and begin on the path to a lifetime of musical enjoyment.

Youth ages 7 - 17 may register for lessons at \$24 per month.



Courtesy of MCCS

Kahuna’s Sports Bar & Grill offers patrons much more than delicious appetizers and entrees. Enjoy movie nights, mechanical bull riding, country tunes, karaoke, live bands, laughter at the Laugh Factory, and much, much more. For details , see the July 24/7 publication.

Lessons are limited to 30-minute classes, once per week, either Tuesdays or Thursdays from 2 till 6 p.m.

For more information about piano lessons, contact Youth Activities at 254-7610.

7 / Monday

Laugh Factory at Kahuna’s — Some of the islands’ funniest comedians will have you in tears with their humor and antics, July 7 - 8.

The doors will open at 7:30 p.m., with show time at 8 p.m. for the next Laugh Factory evenings at Kahuna’s Sports Bar & Grill.

Cost is \$10 for active duty military members, and tickets may be purchased at all Marine Corps Community Services and Morale, Welfare and Recreation locations, or simply call The Laugh Factory at 924-6616.

9 / Wednesday

Staff NCO Club Spouse Sneak Preview — Immediately following the Staff NCO Club Grand Opening Golf Tournament, at 5 p.m., spouses are invited to the awards ceremony and their first glimpse of the renovated Rocker Room.

Pupus will be provided, so make plans to attend and enjoy.

10 / Thursday

Bargain Thursdays at The Base Theater — Are you looking for something to do Thursday evenings? Well, how about a relaxing, an adventure-some or suspense-filled night at the movies?

The Base Theater is now showing Thursday evening movies, and admission is only \$1 for all ranks.

Grab a quick snack and enjoy \$1 hot dogs, too.

Call 254-7642 for the movie schedule and times.

Kahuna’s National Pina Colada Day — Cool off at Kahuna’s with frozen drink specials from 5 p.m. till 12 a.m. Karaoke, 25-cent wings and no cover charge also makes this a sweet deal.

Call 254-7661 for more information.

11 / Friday

Staff NCO Club Grand Opening — The Staff NCO Club is reopening with a renovated bar, a brand new restaurant and loads of fun!

Join in on the ribbon-cutting ceremony, and enjoy complimentary pupus served from 4:30 - 6:30 p.m. Catch the live band from 5:30 - 7:30 p.m.

For more information, call 254-5481 or 254-5592.

16 / Wednesday

Thinking About Marriage? — Get in the know and attend the next Marriage Skills Workshop, July 16 - 17, where you’ll learn more about becoming a successful military family, couples’ communication, budgeting and finances, and about other resources available to make your relationship a success.

Call 257-7780 to register.

SM&SP

SINGLE MARINE & SAILOR PROGRAM

All events are open to single, active duty military, E-5 and below.

The SM&SP Office is located in Bldg. 219. Call 254-7593 for more details.

Upcoming Activities

Today: Participate in the Strongman Competition at BayFest from 3:30 to 4:30 p.m. for \$25 per five-person team. (However, all military teams are free.) You will be tested with the axle carry, keg lift and truck pull. Register at SM&SP.

Today: Try your luck on the mechanical bull at BayFest. The cost is \$5 per entry. Preliminaries run from 1 - 4 p.m.; the contest begins at 4 p.m.

Today, July 5 - 6: BayFest events sponsored by SM&SP include Striker, the Hooter’s dunk tank, Sumo wrestling, mechanical bull riding, the Strongman Competition, the Jousting Competition and Big Bouncy Boxing.

All events will be operating from noon to 10 p.m., throughout BayFest and will offer special contests for those who want to win great prizes.

Saturday: Enter the Sumo Wrestling Contest that takes place from 2 - 3 p.m. The entry fee is \$5.

Monday - July 11: Mark your calendars for sailing lessons from 5 - 7:30 p.m. The cost is \$20 for E-5 and below, a savings of \$49!.

July 25: Enjoy the Shank & Slice Golf Tournament from 12:30-6 p.m. Cost is \$22 for E-5 and below, and \$30 for E-6 and above.

Prizes, food and sodas will be supplied.

New, improved Staff NCO Club to open

Bobbie Brock
MCCS Public Relations

After receiving a much-needed facelift, the Staff NCO Club will reopen with a fresh new look. Customers will enjoy an outdoor lanai area, a renovated bar and a brand new dining facility that serves lunch, dinner and Sunday breakfast.

The new lunch and dinner menus will have a variety of fresh salads, sandwiches and sizzling entrees created by Chef Yoshi Tajima. And for the little ones, Chef Tajima has created a menu for them with smaller portions.

The new hours of operation for the bar will be Mondays and Wednesdays from 4 – 10 p.m.; Tuesdays and Thursdays, 4 – 8 p.m.; Fridays, 4 p.m. – 2 a.m.; and Saturdays, 6 p.m. – 1 a.m.

Lunch and dinner will be served in the dining area Wednesdays – Fridays from 11 a.m. to 1 p.m. and 5 to 9 p.m., respectively.

Pre-grand opening festivities will kick off on Wednesday at noon with the Staff NCO Club Grand Opening Golf Tournament. The 4-man, best-ball scramble will be open to staff noncommissioned officers of all services and their family members.

Following the tournament, spouses are invited to the awards ceremony that will commence in the bar and lanai area at 5 p.m., and to the sneak preview of the new facility.

July 11, the Staff NCO Club will host its official grand reopening with a ribbon cutting ceremony that will begin at 3:30 p.m. Guests will enjoy complimentary, heavy pupus to be served from 4:30 – 6:30 p.m.

A live band will play from 5:30 – 7:30 p.m., followed by a D.J. spinning records until 11 p.m.

For more information about reopening activities, call the Kaneohe Klipper Pro Shop at 254-1745 or 254-3220. Or, drive over to Kaneohe Klipper Golf Course, which many believe is the most beautiful military golf course on Oahu, where you can enjoy the pristine Pacific from the back nine and the lively ambiance of the new Staff NCO Club.



Spouses Club debuts Camp Smith thrift store



Cpl. Luis R. Agostini

Brigadier Gen. Thomas J. Nicholson, vice commander of Marine Forces Pacific, and Kathy Coffee, wife of MarForPac sergeant major Sgt. Maj. Royce Coffee, cut the ribbon to celebrate the opening of the Military Spouse’s Club Thrift Store at Camp H. M. Smith, June 24.

Cpl. Luis R. Agostini
Marine Forces Pacific
Public Affairs Office

CAMP H. M. SMITH — The Military Spouse’s Club Thrift Store opened its doors for the first time to patrons here, Tuesday morning at Bldg. 366.

Among the guests at the grand opening was Brig. Gen. Thomas J. Nicholson, vice commander, Marine Forces Pacific; Cdr. Jeffrey Rhodes, the Marine Forces Pacific deputy force chaplain; and Col. Bruce Grathwohl, the commanding officer of Headquarters and Service Bn., MarForPac.

Brigadier Gen. Nicholson shared a few words with the all-volunteer force that helped open the thrift store on their spirit of volunteerism.

“These people didn’t do it for money, power or other things ... these are the best people to be around,” said Brig. Gen. Nicholson.

During her grand opening speech, Denna Muncy, manager of the Military Spouse’s Club Thrift Store, tearfully expressed her appreciation to those who volunteered their time and efforts to make

the grand opening possible.

Located by the old stables, the 1,280-square foot thrift store will be open Mondays, Tuesdays, Thursdays and Fridays, from 11 a.m. to 5 p.m.

Camp Smith was selected as the site for the new thrift store, due to its ideal composition and location. Also, Camp Smith’s central location to all of the major bases on Oahu factored in the decision as well.

All of the items available at the thrift store have been and will be acquired by consignments and donations. Some of the goods available for purchase include books, men’s and women’s clothing, toys and furniture.

All items, except mattresses, are welcomed for donations or consignment. Pickup services are also available for those who wish to contribute to the thrift store.

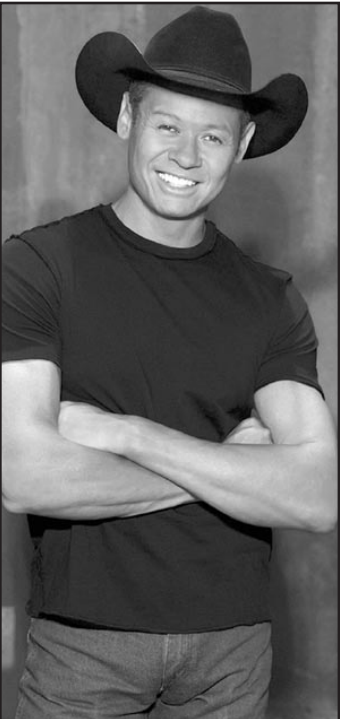
The Military Spouse’s Club

The Military Spouse’s Club, headed by Diane Walker, is an all-services club for spouses. The MSC raises money for charities, including the Navy-Marine Corps

See *THRIFT STORE*, C-5

MOVIE TIME		
<i>Prices: Adults (12 and older) \$3, Children (6 to 11) \$1.50, Children (5 and younger) free. Matinee prices are \$2 for adults, \$1 for children. Parents must purchase tickets for “R”-rated movies in person at the box office for children 16 years old and younger.</i>		
<i>For E-5 and below, admission is free to the second show on Friday and Saturday evenings only. Sunday evenings, the price is \$1 for all patrons.</i>		
<i>Show your I.D. at the box office. Call 254-7642 for recorded information.</i>		
The Matrix Reloaded (R)		Today at 7:15 p.m.
Identity (R)		Today at 10:30 p.m.
The Lizzie McGuire Movie (PG)		Saturday at 7:15 p.m.
X2 - X-Men United (PG 13)		Saturday at 9:45 p.m.
The Lizzie McGuire Movie (PG)		Sunday at 3:30 p.m.
The Matrix Reloaded (R)		Sunday at 7:15 p.m.
Down with Love (PG 13)		Wednesday at 7:15 p.m.
The Matrix Reloaded (R)		Thursday at 7:15 p.m.
Daddy Day Care (PG)		July 11 at 7:15 p.m.
Down with Love (PG 13)		July 11 at 9:45 p.m.

Neal McCoy brings honky-tonk to BayFest, tonight



Courtesy of MCSS

BayFest 2003 will feature the real McCoy, country sensation Neal McCoy from 9:30 - 10:45 p.m., to-day.

Cpl. Jessica M. Mills
Combat Correspondent

Cowboy hats and boots may not be what you would expect on an average Hawaiian night, but McKenna Motors BayFest 2003 is spotlighting country on the Fourth of July when country sensation Neal McCoy takes the stage at 9 p.m.

“Shoot we’re excited,” said McCoy. “I have an opportunity to play for a bunch of troops on July fourth, and I can’t think of a better place to spend it.”

Although McCoy has not been to Hawaii in 20 years, he is no stranger to the men and women of the armed forces. He is an active supporter of the military operations in Iraq and spent much

of his time there over the last year and a half.

“I can’t say enough about what these kids are out there doing,” he said. “I just got back from a USO tour, just three days ago, over to Kuwait and Iraq. It’s my fourth tour.

“I really appreciate what the military does, no matter what branch it is. I know that they’re all doing a heck of a job for our country, and I’m glad we have the opportunity to entertain them.”

For those unfamiliar with McCoy, he has been a part of the country music scene since 1981, when he began touring with Charley Pride, another country music legend. He toured with Pride for six years until he recorded his first album “At This

Moment,” which came out in 1990.

His first album did not take off, but over the last decade, his next few albums have hit the big time.

Since his rocky days as a rising star, McCoy has recorded nine more albums that have captured the hearts and minds of many loyal country fans, including his most recent album “The Luckiest Man in the World,” which came out in January 2003.

It is impossible to guess what McCoy’s show will be like at BayFest. The McCoy stage show is random and unknown in terms of its progression. Working with no set list, McCoy’s band takes the stage, lays down some chords giving McCoy a chance to see what his audience is like, says

“hello” and sets the direction for at least the first two or three tunes.

“Well, you never know what to expect; that is the thing about us. I’m sure there will be some unexpected things. The guys and I have never worked off a list,” explained McCoy. “We just kinda go to each show, a brand new show, and wing it, and see what the crowd has to offer. They can expect to have a great time; I know that much.”

McCoy will take the opportunity to get some long-awaited time with his wife and family who have joined him on this Hawaii trip, too. Friday night, however, his immediate and main goal will be to entertain Windward Oahu.

WORD TO PASS

Haiku Stairs Remain Closed
The City and Country of Honolulu has closed the gate to the Haiku Stairway to Heaven, for the next two to three weeks while it posts liability and warning signs.

Waikiki Honors Families, Saturday
Everyone is invited to “Family Day,” a series of festive events and activities in Waikiki, tomorrow, in what promises to be one of the largest Independence Day weekend celebrations on Oahu. The event will be a community celebration of pride and patriotism in honor of Hawaii’s keiki and members of the armed forces.

Beginning at 10 a.m. and running throughout the day until 3:30 p.m., Family Day will begin with a parade along Kalakaua Avenue; food, entertainment and displays at Kapi’olani Park Bandstand; and a Waikiki beach concert and fireworks display, followed by the popular feature film “Lilo & Stitch” on the city’s 30-foot screen at “Sunset on the Beach.”

Free parking will be available at Kapi’olani Community College and Kaimuki High School, with frequent shuttles running to and from Kapi’olani Park. In addition, the Waikiki

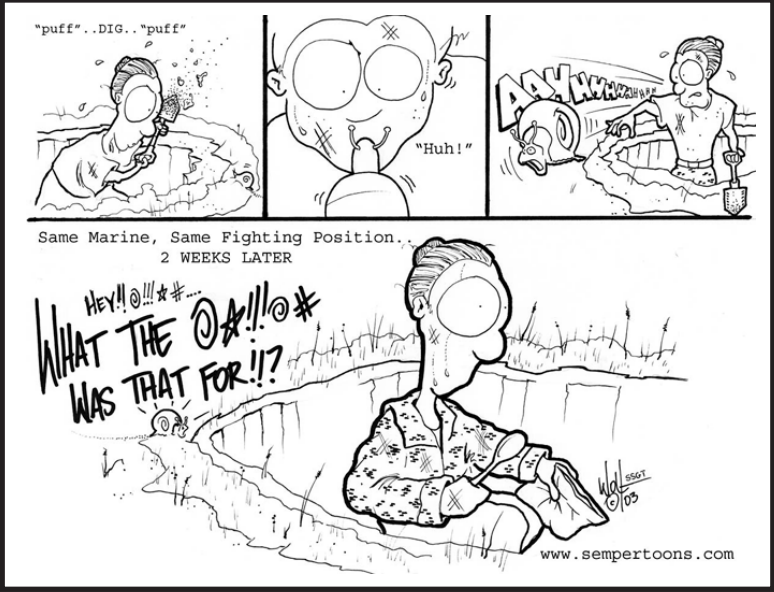
Improvement Association has arranged 3,000 parking stalls in Waikiki to be available at discounted rates. Also, enjoy special discounted hotel packages starting at \$59 per night, for families that wish to spend the Fourth of July weekend in Waikiki.

For more details, call the City and County of Honolulu’s Public Communications Division at 523-4385.

**Hale Koa Hotel
Opens New Magic Show**

Every Tuesday evening beginning at 6 p.m. in the Banyan Tree Showroom, military members and their families can treat themselves to mystery, fantasy and refreshing comedy, as the Hale Koa Hotel has opened a new Magic in Paradise show.

Your evening will start with a bountiful all-you-can-eat buffet, and then it’s



show time. Mark Allen Mauricio, one of Hawaii’s hottest magicians, entertains with mind-boggling illusions that will keep you spellbound and on the edge of your seat.

Tickets cost \$20.95 for adults and \$12.95 for kids under 12, plus a 10 percent gratuity. Call 955-0555, ext. 546, to make your reservations.

**Bishop Museum Hosts
Family Sunday**
Sunday, the Bishop Museum will celebrate a red,

white and blue Family Sunday with entertainment by Kapena, the Ka’ala Boys and comedian Mark Allen. Also enjoy robot battles, terrific food, and Bishop’s newest exhibit, “Robotics.”

Family Sunday will also feature a special planetarium show, “Red Planet Mars,” and hands-on robot activities and crafts.

The fun goes from 9 a.m. to 5 p.m. Admission is \$3 per person or \$10 for a family of four.

The Bishop Museum is located at 1525 Bernice Street in Honolulu. Call 847-3511 for more details, or surf [www.Bishop Museum.org](http://www.BishopMuseum.org).

FBI Recruits at K-Bay, Monday
Are you interested in a career with the FBI as a special agent? Learn about the requirements for applying by attending the FBI Career Seminar Monday from 10 to 11 a.m. in Classroom 2 of Bldg. 267 at the Transition Office, MCB Hawaii, Kaneohe Bay.

The entry-level salary is \$45,060 (GS 10 rating), and benefits include locality pay. For additional information on future seminars, contact FBI Special Agent Kal Wong at 566-4488.

See WORD TO PASS, C-5

WORD TO PASS, *From C-4*

WAVES Open Membership
Active, retired and female reservists of the Sea Services are invited to get involved with the local chapter of WAVES, Na Nalu O'Hawaii. Local chapter meetings are held every second Saturday.

For more information and directions to meetings, call Eugenia Woodward at 623-4735.

Girl Scouts Accepting Applications
Girls entering the first through the 12th grades this fall are invited to participate in the Girl Scouts' "Summer Fun" activities, in and around their neighborhoods, including within military family housing areas.

Scheduled activities are de-

signed to help girls explore and discover their abilities, make new friends, and become a self-confident young lady.

Girls who are not Girl Scouts can join for the summer at \$7. Prices of activities range from \$3 to \$25; however, spaces are limited.

To receive information, send your name, address and phone number to jareilly@girlscout-shawaii.org.

Mail correspondence to Summer Fun, Girl Scout Council of Hawaii, 420 Wyllie St., Honolulu HI 96817.

For more information, call 595-8400.

Library of Congress Launches Web site
In celebration of the American spirit, the Library of Congress

has launched a new Web site highlighting its collections of veterans' stories, patriotic music and community life. The new site is called "Courage, Patriotism, Community."

Log onto www.loc.gov/courage. Three Web presentations may be viewed at the Library of Congress Web site: Experiencing War: Stories from the Veterans History Project; Patriotic Melodies: Selections from I Hear America Singing; and Community Roots: Selections from the Local Legacies Project.

American Legion Responds to Public Concerns
The American Legion has unveiled its Web site that answers the

question, "How can I support our men and women in uniform. Log onto www.legion.org and surf "Support Out Troops" for details.

Word To Pass Column Receives Your Faxes
If you have Word to Pass items you would like published, which are of general interest to a military community, fax them to the Hawaii Marine at 257-2511 or 257-1289, at least two weeks prior to the date of your event.

Items may be edited in the interest of good taste and space constraints.

For more details, call the *Hawaii Marine* at 257-8836 or 257-8837.

THRIFT STORE, From C-2

Relief Society, the Women and Children's Abuse Foundation, the American Red Cross and others.

The Military Spouse's Club also raises scholarship money for family members of enlisted, active duty service members.

For more information regarding the thrift store or the Military Spouse's Club, contact Muncy at 429-5755, or call the 24-hour thrift store hotline at 271-9789.

QUOTABLE: "Obstacles are those frightful things you see when you take your eyes off the goal." — Henry Ford

ON THE MENU

**Anderson Hall will serve the following this week:*

Fourth of July Weekend Holiday Schedule

Today
Dinner/Brunch
Grilled Steak
Barbecue Chicken
Baked Potatoes
Sauteed Mushrooms & Onions
Strawberry Shortcake
Peach Pie
Banana Cream Pie

Saturday
Dinner/Brunch
Turkey A-La-King
Stuffed Pork Chops
Steamed Rice
Boiled Egg Noodles
Spice Cake w/
Lemon Cream Frosting
Sugar Cookies
Asst. Fruit Pies

Sunday
Dinner/Brunch
Swiss Steak w/
Mushroom Gravy
Rock Cornish Hens
Rice Pilaf
Cornbread Dressing

Mashed Potatoes
Yellow Cake w/
Butter Cream Frosting
Asst. Fruit Pies

Monday
Lunch
Beef Stew
Baked Fish Fillets
Macaroni & Cheese
Steamed Rice
Oatmeal Cookies
Asst. Fruit Pies

Dinner
Italian Veal Steaks
Braised Pork Chops
Boiled Egg Noodles
Steamed Rice
Oatmeal Cookies
Asst. Fruit Pies

Specialty Bar
(For Lunch and Dinner)
Pasta Bar

Tuesday
Lunch
Southern Fried Chicken
Beef Ball Stroganoff
Buttered Potatoes
Boiled Egg Noodles
Oatmeal Raisin Cookies

Asst. Fruit Pies

Dinner
Braised Beef Cubes
Cajun Fish Fillet
Boiled Egg Noodles
Steamed Rice
Oatmeal Raisin Cookies
Asst. Fruit Pies

Specialty Bar
(For Lunch and Dinner)
Taco Bar

Wednesday
Lunch
Chili Macaroni
Roast Turkey
Grilled Sandwich
Mashed Potatoes
Brownies
Asst. Fruit Pies

Dinner
Meatloaf
Pork Ham Roast
Mashed Potatoes
Tossed Green Rice
Brownies
Asst. Fruit Pies

Specialty Bar

(For Lunch and Dinner)
Hot Dog Bar

Thursday
Lunch
Salisbury Steak
Barbecue Chicken
Rice Pilaf
Oven Browned Potatoes
White Cake w/
Lemon Cream Frosting
Asst.Fruit Pies

Dinner
Beef Yakisoba
Pork Adobo
Steamed Rice
Pork Fried Rice
White Cake w/
Lemon Cream Frosting
Asst. Fruit Pies

Specialty Bar
(For Lunch and Dinner)
Taco Bar

**Anderson Hall will operate on holiday hours Today through Sunday: 8 - 11 a.m. for Breakfast/Brunch; 4 - 6 p.m. for Dinner/ Brunch. Regular hours resume Monday.*

'Stretching it!'



Lance Cpl Monroe F. Seigle

Lance Cpl. Tiffany Martin, a motor transport operator with Headquarters Bn., MCB Hawaii, paints the walls of Puohala Elementary School during an Adopt-a-School project June 26. The battalion's completed numerous projects around the school to make the facility a better place for children to learn.

All should play it safe with Fourth of July activities

(Editor’s Note: Marine Corps Base Hawaii residents, patrons and guests are reminded that fireworks are prohibited on all MCB Hawaii installations.)

NAPS Featurettes

Although most home fires occur during the winter months, summertime, Fourth of July events, barbecues and picnics bring their own unique fire hazards. Fireworks, outdoor gas and solid-fuel grill cooking are responsible for 12,000 fires in this country each year. That’s why the U. S. Fire Administration encourages everyone to follow these safety tips — to have hot summer fun without getting burned during this Independence Day weekend.

- Fire up the grill, not your surroundings*
- Always supervise grills when in use and keep children and pets away.
 - If grilling on decks or patios, leave ample space

- from structures.
- When using a charcoal grill, use only charcoal starter.
 - Do not add more fuel once the fire has started.

- Be safe when using gas grills*
- Do not overfill the propane tank; turn off the tank between uses.
 - Make sure hoses aren’t blocked or leaking.

- Build safe campfires*
- When camping overnight, use a flame-retardant tent.

- Build fires 5 to 6 feet away, down wind, from tents and tables.
- Start fires with small twigs and paper. As fire grows, add deadwood and logs.
- Put campfires out, before sleeping or leaving, with soil or water.

- Remember fireworks are dazzling but dangerous*
- Make sure fireworks are legal in your area before using them.
 - Use fireworks away from

- homes, flammable materials, dry grass and people.
- Keep a bucket of water or a fire extinguisher nearby.
 - Don’t wear loose clothing while using fireworks.
 - If fireworks don’t go off, don’t stand over them to investigate; saturate with water and throw away.
 - If you find fireworks, don’t touch them; report them to the authorities.

Serving the nation with a commitment to excellence, the

U.S. Fire Administration, an entity of the Federal Emergency Management Agency and now a part of the Department of Homeland Security, is the federal leader in addressing the nation’s fire problems in the areas of public fire education and awareness, fire service training, fire-related technology and data collection. For more, visit www.usfa.fema.gov or call 301-447-1000. Some tips have also been provided by the National Fire Protection Agency.

'It takes a man...'



Ad Council

The National Fatherhood Initiative is reminding “It takes a man to be a dad,” in its current advertising campaign. The instructions say, in part, “This is a baby. It needs you. It needs your love, your touch, and your time. Pay attention. Never underestimate the difference you make. It takes a man to be a dad. 1-800-790-DADS.” Find out more at www.fatherhood.org.