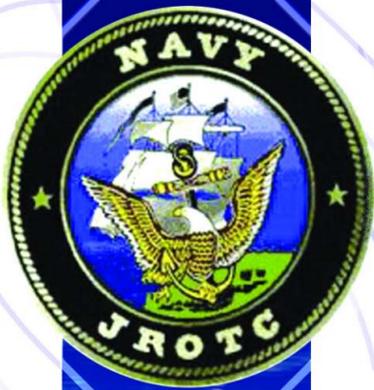


Photo illustration



NJROTC TRAINS STUDENTS FOR THE FUTURE

Story and photos by
MC3 Michael A. Lantron

Navy Region Hawai'i Public
Affairs

More than 90 high school students from Hawai'i, Washington state, Oregon, California, Nevada and Alaska participated as cadets in the Naval Junior Reserve Officer Training Corps (NJROTC) camp at Naval Station Pearl Harbor as part of their training schedule July 8-20.

During camp, cadets split into four companies – Alpha, Bravo, Charlie and Delta – and took part in a mock Navy “boot camp,” which included living on a berthing barge, eating at the base galley, at the Silver Dolphin Bistro, marching in formation, learning naval history, standards and terminology, and practicing drill routines.

“Throughout camp, the main goal is to learn teamwork,” said Marine Corps Master Sgt. (ret.) Ken Hicks. “Students from the same school are separated as best as possible to prevent cliques in the company.”

Cadets also learned some of the necessities every fleet Sailor should have – sailing on the ocean, navigation and



Cadets from the Naval Junior Reserve Officer Training Corps are taught how to sail a small boat. During a two-week camp for military training, cadets also learned about military formations, land navigation and water survival.

water survival.

“Learning how to survive in the water is a must,” said Navy Diver 1st Class (DSW/SS) Julius McManus. “Here, we showed them various survival strokes and how to properly inflate a raft as well as enter in case of abandon ship.”

While it is required for active-duty military personnel to sign a contract when they join a service, the cadets of

NJROTC are not required to do so to take part in the class.

“For cadets it is different,” said Hicks. “This is a voluntary class with no contract to sign, but once they start the course, they are expected to be responsible and meet the required standards.”

One of the reasons cadets participate in NJROTC is because they are considering joining the military following high school graduation.

“My father is a first class petty officer and I plan on following in his footsteps by going to the Naval Academy,” said an upcoming junior at James Campbell High School in Ewa Beach, Hawai'i.

When looking back at their experience, the cadets are pleased with how they have improved since the start of camp.

“I was a bit of a wild child until now,” said one student. “The camp has taught me discipline, how to be motivated, and how to reach my goals.”

Even though their time at Pearl Harbor included trips to the USS Arizona Memorial and the Battleship Missouri Memorial, the majority of the cadets had a favorite experience of the trip – eating Navy chow.

“The chow at the Silver Dolphin was some of the best I've ever had,” said Chrissie Jurevicius, a native of Issaquah, Wash. where she will be a junior at Issaquah High School in the fall.

The mission of the Navy JROTC program is to instill in students in United States secondary educational institutions the values of citizenship, service to the United States, personal responsibility and a sense of accomplishment.



Cadets from the Naval Junior Reserve Officer Training Corps view Naval Station Pearl Harbor while on a torpedo recovery boat ride.



Eric Campos from the Naval Junior Reserve Officer Training Corps checks the direction of a compass for a land navigation exercise.



(Left) A Navy diver looks on as cadets from the Naval Junior Reserve Officer Training Corps attempt to enter a life raft for water survival training at Richardson Pool.

(Right) Marine Corps Maj. (ret.) James DeValle reviews how cadets from the Naval Junior Reserve Officer Training Corps hold rifles during drill practice for graduation.



Food for Thought

by Karen S. Spangler
Editor

Lovin' cobb salad at I Love Country Café

On a recent hot, humid July day, I wandered over to the Pearl Harbor Navy Exchange (NEX), "The Mall," to satisfy my craving for a cobb salad. There at the NEX Food Court, adjacent to Wyland's sea life paintings that grace the rotunda ceiling, I made my way to I Love Country Café.

Now there are cobb salads – and there are cobb salads. I've tried a plethora of them around the island, but no one – at least no one that I have discovered yet – makes a cobb salad quite like the "café."

Imagine a bed of crisp lettuce piled high with fresh, roast turkey. Add generous portions of hard boiled eggs, crispy, crumbled bacon, fresh, sliced mushrooms, diced tomatoes, corn, crumbled bleu cheese and the best of all and my favorite, avocado. While other cobb salads I have tried include many of these ingredients, they come up a little short – short of the fresh, roast turkey and bleu cheese and ample additions of avocado.

Unfortunately, on the particular day that I



visited, I was disappointed to learn that one of the prime ingredients for the salad feast – the avocado – wasn't available.

But there was still plenty to eat – leaving me feeling satisfied, but not stuffed – and it was a healthy lunch. The salad also comes with a slice of garlic bread.

The I Love Country Café menu offers an assortment of other salads, such as sesame chicken, chef salad and its unique grilled garlic mahimahi salad. House specialties include a number of chicken dishes, stir-fried mixed vegetables, mahi and pastas.

Mixed plates, served with brown or white rice and tossed or macaroni salad, feature such fare as mahi, chicken, mixed adobo (chicken and pork), roast turkey and meatloaf. Or go for the gusto with a triple mixed plate, the Asian trio, mahi, chicken and Cajun shrimp combo, or the sesame chicken, sesame tofu and Cajun shrimp plate.

Fried rice, chicken katsu, pork adobo, loco moco and fried rice are just a few of

the island favorites that are available. Deli sandwiches, offering choices of turkey, veggie, roast beef, ham, and tuna salad topped, are served on a variety of bread selections. But don't stop there. There are wraps, burgers and hot sandwiches. For youngsters age 10 and under, a keiki menu provides child-sized portions of fish and chips, roasted turkey with mashed potatoes, saimin, spaghetti and meatballs, grilled cheese sandwich and fries, or teriyaki chicken with rice.

You can also get side orders – think homemade soup, deep fried zucchini or mushrooms, seasoned fries, and buffalo chicken wings, and to quench your thirst, beverages ranging from bottled water to soft drinks to hi-protein drinks.

And if there's room for dessert – try such sweet tooth pleasers as the carrot cake with light cream cheese icing, southern corn bread, haupia pudding, rum cake or assorted cheesecakes.

I Love Country Café at the NEX food court is open daily from 7 a.m. to 9 p.m.

Feel pampered at ladies' spa social



Women who are Single Sailors will be able to relax and feel pampered at the free ladies' spa social from 8 to 11 p.m. on July 26. Ladies will be able to enjoy therapeutic massages by Lotus Touch, aromatherapy, manicure and pedicure products and more. They will also be able to stretch out and watch movies. The spa social will be held at Beeman Center and is open to all single female active duty only. For more information, call 473-4279.

You're Invited!
Ladies Spa Social
July 26 • 8 - 11 p.m.
Free! Beeman Center
www.greatlifehawaii.com
Open to Female Single Sailors only

Free classified advertising for military in Hawaii Navy News

Active duty and retired military, civil service and family members can advertise the sale of their personal property (including real estate) and services in HNN at no charge. The details are as follows:
Classified items and services must represent an incidental exchange between the aforementioned personnel and not business operations. Requests for three-line free classified advertisements can be submitted via email, if from a ".mil" address (submit to lkaneshi@honolulu.gannett.com), by phone at 521-9111 or by visiting www.honoluluadvertiser.com and clicking on "classified ads." More lines of advertising can be purchased at an additional fee. Requestors should include their military ID number and a call-back phone number.

To report...
Fraud, Waste or Abuse
Contact Commander, Navy Region Hawai'i Inspector General
We are here to help
You can remain anonymous
Remember to use your chain of command first
HOTLINE:
808-473-1782
EMAIL:
prlh-cnrhig@navy.mil

A little sprinkle of TLC



Photo by Amy Ritch, Forest City Residential Management

Fire Controlman 1st Class (SW) Edward Lorts and his family were selected as the July Yard of the Month winner for the Hokulani community. The "Yard of the Month" is a special designation awarded to residents by the Forest City Resident Advisory Board. Each month, board members scour Forest City communities to seek a home that warrants being named "Yard of the Month." Homes that exemplify curb appeal through cleanliness, decorations, flower enhancements, color, imagination and overall appearance are among those selected. Winners receive a \$50 gift certificate to the Navy Exchange and a sign for their front yard declaring their home as "Yard of the Month."

Public school "lunch loan" program

Kathy Wooldridge

Navy Region Hawai'i School Liaison

Families with students in Hawai'i's public schools are advised that the schools' "lunch loan" program has been revised effective with the upcoming 2007-2008 school year.

Schools will no longer make unlimited "lunch loans" (breakfast and lunch) to students who do not have funds in their meal accounts. If there are no funds in a student's meal account and the "lunch loan" maximum has been reached, the student should carry a home lunch. Maximum loan amounts will be: Students eligible for free meals - no loan, students eligible for reduced price meals - \$1 maximum, students paying for regular price meals - \$6.25 maximum.

"Lunch loan" balances remaining from last school year will carry forward to the new school year. If a loan balance at the beginning of school year 2007-2008



Photo courtesy of www.whitehouse.gov

exceeds the maximum loan amounts listed above, students will be served a meal on the first day of school only. No further loans will be made until the balance is paid.

Additionally, student meal prices for the upcoming school year will be: Breakfast - 35 cents (20 cents reduced price) and lunch - \$1.25 (20 cents reduced price).

Please contact your child's school with any questions.

STORY IDEAS?

Contact the HNN editor for guidelines and story/photo submission requirements:

Phone: (808) 473-2888

Email: hnn@honoluluadvertiser.com

Hawaii Navy News

GOT SPORTS
hnn@honoluluadvertiser.com

Phone: (808)473-2888

Contact the HNN editor for guidelines and story/photo submission requirements



Skylark Central

Find 17 generic U.S. **Military Ranks** in this week's puzzle.

WORD SEARCH

| | | |
|-----------------|-------------------|------------------------|
| ADMIRAL | CAPTAIN | COMMANDER |
| CORPORAL | GENERAL | MAJOR |
| PRIVATE | SEAMAN | WARRANT OFFICER |
| AIRMAN | COLONEL | COMMODORE |
| ENSIGN | LIEUTENANT | PETTY OFFICER |
| RECRUIT | SERGEANT | |

R E C I F F O Y T T E P
 E G I A C O C S E T T M
 C R R U O O C I N P A F
 I L O R R A L A C J V W
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 F R A T O G M R N S R W
 O C A G R M M R A E P R
 T I R E A D M I R A L I
 N R S N L L E O E M G N
 A E D E T A M N C A A E
 R E C R U I T C S N L E
 R T N A N E T U E I L E
 A I I L M O A R A P G T
 W A L T R A A I R M A N

Who said it?
 When beholding the tranquil beauty and brilliancy of the ocean's skin, one forgets the tiger heart that pants beneath it; and would not willingly remember that this velvet paw but conceals a remorseless fang.

Answer to last week's **WHO SAID IT?**
 "No matter what happens, the U.S. Navy is not going to be caught napping."
 Frank Knox
 46th Secretary of the Navy

LANDLOCKED COUNTRIES
 Find these 42 nations that do not touch the world's seas

| | |
|---------------|-----------------|
| AFGHANISTAN | BOLIVIA |
| ETHIOPIA | LUXEMBOURG |
| NIGER | SWITZERLAND |
| ANDORRA | BOTSWANA |
| HUNGARY | MACEDONIA |
| PARAGUAY | TAJIKISTAN |
| ARMENIA | BURKINA FASO |
| KAZAKHSTAN | MALAWI |
| RWANDA | TURKMENISTAN |
| AUSTRIA | BURUNDI |
| KYRGYZSTAN | MALI |
| SAN MARINO | UGANDA |
| AZERBAIJAN | CENTRAL AFRICAN |
| LAOS | REPUBLIC |
| SERBIA | MOLDOVA |
| BELARUS | UZBEKISTAN |
| LESOTHO | MONGOLIA |
| SLOVAKIA | ZAMBIA |
| BHUTAN | CHAD |
| LIECHTENSTEIN | NEPAL |
| SWAZILAND | ZIMBABWE |
| | CZECH REPUBLIC |

A K A Z A K H S T A N N D R E M
 N K B C I L B U P E R H C E Z C
 A S M O N G O L I A A S A C I I
 T U L A E L U X E M B O U R G L
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 H W A A N M W I T Z T R E O N R
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 F L H J L I T O N R D A A S T A
 A T K A V O L S A L F A U O S C
 N T M N D I T A I K I B M A Z I
 A N A S V E O A N N E P A L Y R
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 T S N B S R O S E R Y I K W Y L
 O I H T U L E K C R R B A R K A
 B K R B D R B S A A D N A G U R
 E I A O I N U G M M D Y A I A T
 A J V U S D N N A A B H U T A N
 P A R A G U A Y D L L D A O C E
 A T K E H S E T H I O P I A G C

Q. Who is the father of oceanography?

Last week's question...
 Who was the only "Admiral of the Navy?"
 Answer...
 Admiral George Dewey

Navy Region Hawai'i Manawa Nanea

LEISURE

Morale Welfare & Recreation

H TENNIS REGISTRATION

Parents can register their children for tennis from July 23-Aug.10 at the Morale, Welfare and Recreation (MWR) youth sports office, located at 620 Main St. (off Valkenburgh) at building 3456. When registering, parents should bring their child's birth certificate and a current physical examination card. The tennis season runs from September to December. The program is open to all military-affiliated youth, ages 10 to 18. FMI: 474-3501.

H THE MAGIC OF ALAN ARITA



Photo courtesy of www.alanaritamagic.com

Single Sailors can see first-hand "The Magic of Alan Arita" at 8 p.m. July 24 at Beeman Center. This grand illusion show will dazzle the imagination with tricks that will involve the audience. The event is free. FMI: 473-4279.

H COLOR MY RIDE

Poor Boy BBQ Fusion will present "Color My Ride" at 5 p.m. July 25 at Liberty in Paradise. Single Sailors will enjoy free food, then show off their creativity by painting an old junk car. Prizes will be awarded for the best design. FMI: 473-4279.

For more information on Navy Region Hawai'i MWR events, visit www.greatlifehawaii.com

Community Calendar

N July

N Today — The Drug Education For Youth (DEFY) program officially kicked off on July 12 and will run until July 22. The age category is from 9-12 years old and parents can go to the Catlin Club House to enroll their children FMI: CTA1 LaTasha Jones at 477-9327 or YN1 Phillip Harper at 473-0696.

N Today — The Mall at Pearl Harbor will host its annual Midnight Muggle Madness Event to present the greatly anticipated release of J. K. Rowlings' "Harry Potter and the Deathly Hallows." Doors open at 10 p.m. and book sales will commence at 12:01a.m. on July 21. FMI: 423-3330.



N At a glance

N The American Red Cross needs volunteer instructors for cardio-pulmonary resuscitation (CPR) and first aid classes. Free training is provided. Volunteers must make a commitment to teach eight classes a year and have at least one year left in the area. FMI: 449-0166.

Sharkey Showtimes



Surf's Up (PG)

Based on the groundbreaking revelation that surfing was actually invented by penguins. In the film, a documentary crew will take audiences behind the scenes and onto the waves during the most competitive, heartbreaking and dangerous display of surfing known to man, the Penguin World Surfing Championship.

TODAY

7:00 PM Knocked Up (R)

SATURDAY

2:30 PM Surf's Up (PG)

4:45 PM Ocean's Thirteen (PG 13)

7:15 PM Mr. Brooks (R)

SUNDAY

2:30 PM Surf's Up (PG)

4:45 PM Gracie (PG 13)

7:00 PM Knocked Up (R)

THURSDAY

7:00 PM Shrek the Third (PG)

