

Fun in the Sun

Enjoying the outdoors safely in Hawaii



Story and photos by
MCC (SW/AW) David Rush

Managing Editor

For those of us fortunate enough to work and live in Hawaii, every day is an opportunity to enjoy a multitude of outdoor activities.

The most popular of the activities usually involves swimming, body boarding, snorkeling and surfing at the well-known beaches. The year-round mild weather also allows cyclists, runners and other athletes to get out and enjoy their favorite sports.

However, unprotected and prolonged exposure to the sun can potentially cause the most harm to people who do not take precautions when venturing outside. The age-old saying, "An ounce of prevention is worth a pound of cure" sums up the importance of using skin protection.

According to Lt. Cmdr. Jennifer T. O'Neill, M.D., a dermatologist stationed at Naval Health Clinic Hawaii, Sailors and their family members are at a much higher risk in Hawaii and they must take precautions while working and playing here.

"It's absolutely critical. The sun is very strong here and one day of exposure without protection can cause a severe blistering sunburn which will definitely increase the risk of developing skin cancer," she said.

O'Neill noted that the rate of cases of skin cancer are on the rise. In the United States, one out of 60 Americans will

develop melanoma which can be deadly within months if it's not found in the early stage. The rate of basal cell carcinoma and squamous cell carcinoma (non-melanoma skin cancer) are much higher than that. More than one in five Americans will get one of those in their lifetime.

Knowing how to minimize the risk, said O'Neill, is the best defense against developing any form of skin cancer. "It's all about prevention and definitely protecting the children."

According to O'Neill, there are four strategies for avoiding the effects of sun exposure. "The first is don't go in the sun - obviously that's impossible in Hawaii. The second is trying to limit your activities to the early morning or evening. The third is to wear protective clothing. Especially in the water, you can wear the rash guard shirts that have SPF 50. Also, wide-brimmed hats should be worn to cover the face," said O'Neill.

"The fourth line of defense is sunscreen and we don't put it on as thick or frequently as we need to. The recommended amount is one ounce for your entire body and re-applying it every 90 minutes. Use 30 SPF and make sure it has ultraviolet A and ultraviolet B ray protection. I recommend using sun screen every day," con-

cluded O'Neill.

The American Cancer Society recommends simple yet effective ways of minimizing the risk of developing skin cancer.

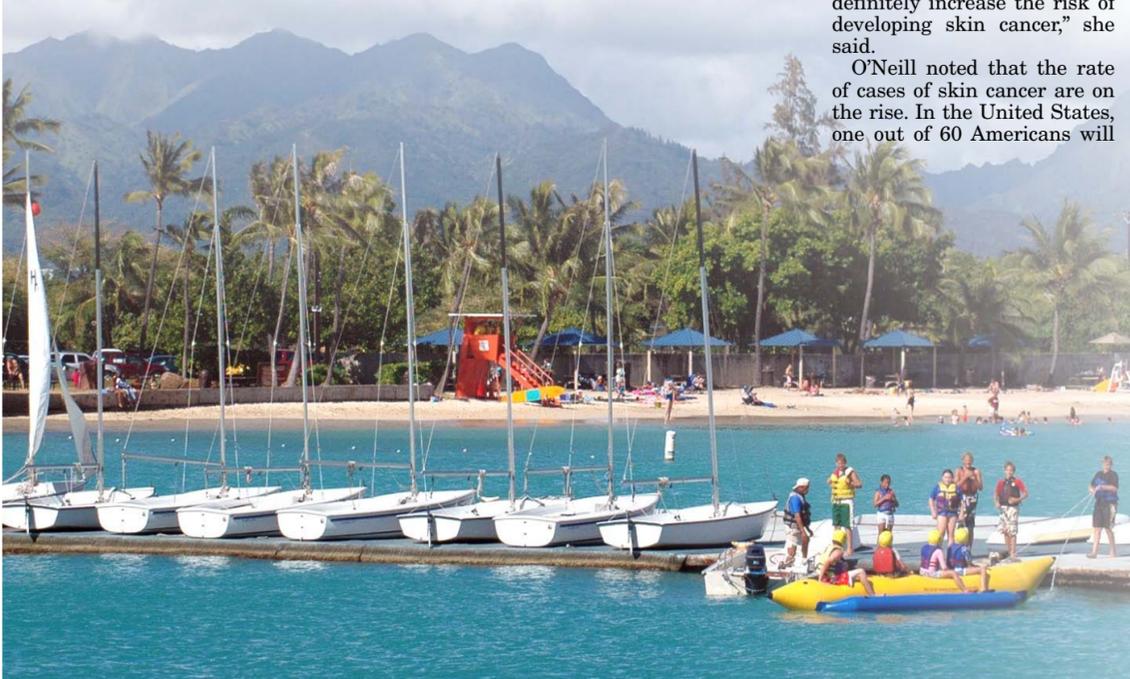
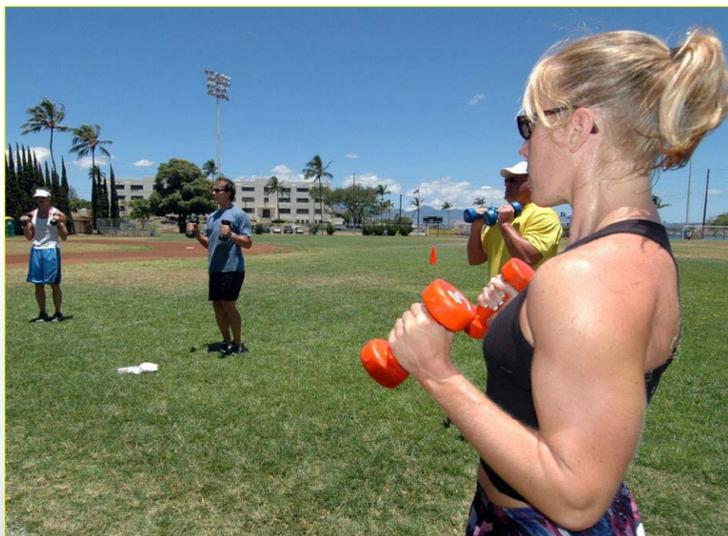
- Avoid being outdoors in sunlight too long, especially in the middle of the day when UV light is most intense.

- Protect your skin with clothing, including a shirt with long sleeves and a hat with a broad brim.

- Use sunscreen and lip balm. They should have an SPF factor of 15 or more. Apply the sunscreen correctly. Many people do not use enough - a palmful is best. Put it on about 20 to 30 minutes before you go outside so your skin can absorb it. And you should put it on again every two hours.

- Use it even on hazy days or days with light or broken cloud cover. Don't stay out in the sun longer just because you're using sunscreen as that defeats the purpose.

In addition to using protective clothing, sunscreen and avoiding peak times of the day when the sun's harmful rays are the most intense, alternating your routine can help to minimize your risk. Bicycling, treadmills or other machines at the various base gyms offer great ways to stay in shape while avoiding harmful rays altogether.



Concert in the park



U.S. Navy photo by MCC (SW) Joe Kane

The Pacific Fleet Band Wind Ensemble will present a salute to the ships and Sailors of all of the RIMPAC nations during the next segment of the Concert in the Park series at 6:30 p.m. July 28. The free concert will be held on the grassy knoll behind The Banyans at Naval Station Pearl Harbor. Attire is casual aloha wear. The next scheduled concert will begin at 6 p.m. Aug. 25 and will feature a special guest performance by the Marine Forces Pacific Wind Ensemble. Boxed dinners for the concerts can be pre-ordered for \$5.50 from "A Catered Experience" at The Banyans by calling 473-1706 by the Tuesday before the concert. For more information, call 473-0606.

Personal watercraft - more popular, more mishaps

Ken Testorff

Naval Safety Center Public Affairs

James, a Navy chief petty officer, agreed to help his neighbor, Tony, fix up a jet ski [or, as some prefer, personal watercraft or PWC] the latter had just bought. While James went to work touching up some of the fiberglass, Tony began replacing the throttle cable.

The plan was to complete the repairs on Saturday, then take the jet ski to a local harbor on Sunday morning for "some serious fun."

The throttle cable proved to be harder to replace than anticipated – and Tony didn't have the owner's manual. He disconnected all sorts of wiring harnesses and it looked like electrical spaghetti on the floor. James urged Tony to go to a dealer and buy an owner's manual, but he refused, saying, "I'll figure it out," and he did. By nightfall, all the work was done.

Sunday morning finally arrived and by the time James dressed and ate breakfast, Tony had loaded the truck. The trip to the harbor was short. In a matter of minutes, the jet ski was in the water and ready for some speed trials.

The jet ski purred like a kitten when Tony started it up and headed off. He was having a grand old time, whizzing around on the water, when, suddenly, without warning, the repaired throttle stuck in the wide-open position. Traveling at top speed, Tony hit the wake of a boat, which threw him off the jet ski. Under normal

circumstances, a jet ski idles as soon as you release the throttle, but this one didn't. The jet ski kept going until it slammed into the side of a really nice cabin cruiser. [Note: It's a law in every state to have a lanyard connecting an operator to a kill switch on the jet ski, so that it stops if he/she falls off.]

In this case, no one was hurt and the damage was minimal. However, James and Tony had to do some serious explaining to the owner of the boat.

In 2003, when personal watercraft accounted for 1.1 million of the estimated 12.9 million recreational boats in the United States, the Bureau of Transportation Statistics reported 57 PWC fatalities and 1,228 injuries. Statistics in 2004 showed 58 fatalities and 952 injuries.

Here are some tips to keep PWC enthusiasts safe:

- Know your craft and how it operates.
- Understand local boating laws, navigational marks and signs.
- Protect yourself by wearing a personal flotation device, eye protection, wetsuit and gloves.
- Never operate a vehicle after using drugs or consuming an alcoholic beverage.
- Be sure to stay to the right of other watercraft. Commercial vessels, sailboats, and fishing vessels all have the right-of-way.

For more information, refer to these Web sites:

- Sea&Shore Spring 2004, "More Than Just Fun and Games" www.safetycenter.navy.mil/media/seashore

[/issues/spring04/morethanjust.htm](http://issues/spring04/morethanjust.htm)

• "Personal watercraft safety tips" from Insure.com: <http://info.insure.com/autowatercraftsafetytips0103.html>

• National Transportation Safety Board safety study on personal watercraft safety: www.nts.gov/publications/1998/SS9801.pdf

• Bureau of Transportation Statistics, Personal Watercraft Safety Data: www.bts.gov/publications/national_transportation_statistics/2005/html/table_02_44.html

• Coast Guard Office of Boating Safety Alert, "Danger for Young PWC Operators": www.uscgboating.org/alerts/alertsview.aspx?id=25.

Established in 1951, the Naval Safety Center is the Navy's leading organization that conducts safety investigations, analyzes mishaps, and provides safety information to the fleet. The center serves communities in aviation, afloat, shore and recreation/traffic, ground operations, and occupational safety and health.

Commander, Naval Safety Center reports directly to the Chief of Naval Operations, provides assistance to the deputy assistant secretary of the Navy for safety. NSC supports more than 4,200 Marine and Navy commands worldwide, promoting safety and safety processes and preserving the lives of our service members. The Web site is at safetycenter.navy.mil/.

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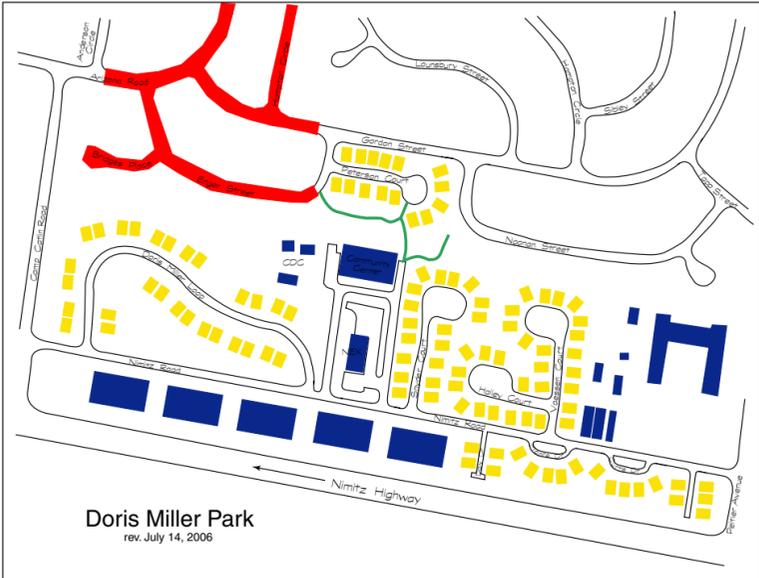
Active duty and retired military, civil service and family members can advertise the sale of their personal property (including real estate) and services in HNN at no charge. The details are as follows: Classified items and services must represent an incidental exchange between the aforementioned personnel and not business operations. Requests for three-line free classified advertisements can be submitted via email, if from a ".mil" address (submit to ikaneshi@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. Requesters should include their military ID number and a call-back phone number.

Road closure announced

Forest City Residential Management

As part of the reconstruction of Navy public-private venture housing in the Halsey Terrace phase three area, some roads in Halsey Terrace will be closed to both vehicular and pedestrian traffic. These closures will also affect Navy family housing residents living on Peterson Court in the Doris Miller neighborhood. Vehicular access for residents on Peterson Court will be via Peltier Avenue

to Tapp Street to Gordon Street to Enger Street since access will not be possible from Camp Catlin Road. Children who walk to Aliamanu Elementary and Intermediate Schools will need to go around the construction site. Pedestrian access from Peterson Court to the Doris Miller Community Center and Navy Exchange area will remain open. Students should walk toward the community center, then use Nimitz Road to Camp Catlin Road. These traffic changes are expected to last 12 months or more.



Partners in lawn care



Photo courtesy of Forest City Residential Management
Chief Storekeeper Alfredo Concha, assigned to USS Pasadena (SSN 852), and his family were the Yard of the Month winners for June for the Halsey Terrace neighborhood.

GOT SPORTS

hnn@honoluluadvertiser.com

Phone: (808)473-2888

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





Here's what's going on at Navy Region Hawai'i!

Editor's note: Every effort has been made to provide the most up-to-date information at the time of publication. However, scheduling of these events is subject to change. It is recommended that you call the contact numbers for the individual events to determine whether or not the activity will be held. For more information (FMI): visit www.greatlife-hawaii.com



Outdoor Adventure Events

July

- 29: Lanikai hike and swim, 9 a.m., \$7. Register by July 26.
- 30: Kaneohe Bay adventure, 8 a.m., \$60. Register by July 26.

FAMILY FUN AND MOVIE NIGHT

Morale, Welfare and Recreation's (MWR) Community Central will host free family fun and movie nights throughout the summer at Naval Computer and Telecommunications Area Master Station (NCTAMS), Pearl City Community Center and Ford Island. The next event will be held today at NCTAMS at the field adjacent to the bowling alley. Family activities, including games and bounce houses, will be featured from 4-7 p.m. The movie, "Special Agent Cody Banks," will begin at 7 p.m. and will include free cotton candy and popcorn. FMI: 471-8658.

ALL MILITARY HALO AND PAINTBALL TOURNAMENT

Navy Region Hawai'i MWR is looking for a Halo and paintball team to represent them in the 2nd Annual All Military Halo and Paintball Tournament. Sign up a team of four in Halo or paintball from July 17-27 at any Liberty office. Qualifying trials for Halo will be held July 27-28 and for the paintball tournament on July 29-30. The top competitors from both games will represent the Navy team who will face off against challengers from other military branches. The initial cost for the paintball tourney is \$55 (for air and paint). The Halo tourney is free. Competitors must be active duty single Sailors. FMI on the Halo tourney: 473-4279 or email hintzjason@yahoo.com. FMI about paintball: 550-8325.

COMICS ON DUTY WORLD TOUR

The Comics on Duty World Tour, a free comedy show sponsored by AT&T and Navy Entertainment, will be presented from 8-9:30 p.m. July 28 at RIMPAC Central, located next to The Banyans. Laugh 'til you cry with

Steve Bills, Gary Brightwell, Scott Henry and Robert Hawkins. The show is adult-themed and open to all military-affiliated personnel 18 years and older. No tickets are needed. FMI: 473-0606 or visit www.greatlife-hawaii.com.

CONCERT IN THE PARK

The Pacific Fleet Band Wind Ensemble will present a salute to the ships and Sailors of all of the RIMPAC nations during the next segment of the Concert in the Park series at 6:30 p.m. July 28. The free concert will be held on the grassy knoll behind The Banyans at Naval Station Pearl Harbor. Attire is casual aloha wear. The next scheduled concert will begin at 6 p.m. Aug. 25 and will feature a special guest performance by the Marine Forces Pacific Wind Ensemble. Boxed dinners for the concerts can be pre-ordered for \$5.50 from "A Catered Experience" at The Banyans by calling 473-1706 by the Tuesday before the concert. FMI: 473-0606.

YOUTH, TEEN SUMMER CAMPS

Registration is now ongoing for youth and teen summer camps, sponsored by Morale, Welfare and Recreation MWR at Pearl Harbor. Children can learn how to bowl, play tennis, sail or surf at a sports camp or be a part of the Outdoor Rangers where they create their own experiences. In Teen Sail Training and Leadership Adventure, the ocean becomes the setting as teens embark on a three-day sail to the island of Kauai. At Operation Purple camp, teens will fly to the Kilauea Volcano on the Big Island to explore lava tubes and volcanic terrain. FMI or to register: 421-1556 (Catlin Clubhouse) or 499-2572 (Iroquois Point Clubhouse).

DOCKING STATION NOW OPEN

The Docking Station, the newest eatery in town, is now open at Naval Station Pearl Harbor near Club Pearl. Breakfast and lunch are served between 6 a.m.-2 p.m. Monday through Friday. Try bagels, soup or salads at Einstein Bros. If you're a meat lover, try Bluestown Barbeque where they serve ribs, roast pork or local style specials. The eatery offers indoor and outdoor seating. FMI: 422-5282.

PERSONAL PILATES

Register for a private, one-on-one

training session on the Pilates reformer machine at the Power Point Fitness Center at Barbers Point. The exercise machine will improve alignment, lengthen your spine and increase flexibility. The cost is \$25 for 30 minutes. Reservations are required. FMI: 682-5145.

OFFICIAL SOUVENIR RIMPAC 2006 COIN NOW ON SALE AT ITT

Visit any Information, Tickets and Travel office to pick up an official Rim of the Pacific (RIMPAC) coin for \$5. The heavy brass coin displays the official RIMPAC logo and the Hawai'i State Seal.

FREE WEEKEND ADULT SAILING CLASSES

Free weekend adult sailing classes are offered each weekend by MWR at Rainbow Bay Marina. Learn how to sail during this 16-hour course. Classes run for two consecutive weekends from 1-5 p.m. FMI: 473-0279.

NAVY MARINE GOLF COURSE OPENS FRONT NINE

Although the golf course is still under renovation, the front nine at the Navy Marine Golf Course is now open for play. The back nine and range will continue to be closed for a few more months. FMI: 471-0142.



- July 21: Poker tournament, 5 p.m., free.
- July 22: Sunset on the Beach, leave LIP at 2 p.m., bring money.
- July 23: Surfing lessons and lunch, 10 a.m., \$7.
- July 24: WWE wrestling and free food, 5 p.m. at LIP, free.
- July 26: Circle Island tour, time to be announced, \$15.
- July 27: Waikiki dinner cruise, time to be announced, \$55.

Weekly events:

- Sunday: Chess tournament, 6:30 p.m.
- Monday: 8-Ball tournament (Beeman Center)- 7 p.m.
- Tuesday: 8-Ball tournament - 7 p.m.
- Wednesday: Game show - 6:30 p.m.
- Thursday: 9-Ball Pool tournament - 7 p.m.

Community Calendar

To have your activity or event featured in the Community Calendar, e-mail your requests to hnn@honoluluadvertiser.com or fax 473-2876. Deadline is Thursday for the following week's issue. Items will run on a space available basis and must be resubmitted every four weeks.

July

22-23 - Makalapa Gate closure - Naval Station Pearl Harbor Security will close Makalapa Gate to all traffic from 7:30 a.m. July 22 to 4 a.m. July 23 to facilitate repairs. During the closure, Halawa Gate operations will be modified to allow traffic from 7 a.m. to 10 p.m. July 22. Normal gate operations will resume July 23.

22 - Watch a pro skateboarders demonstration - Brian Sumner, Steve Nesser and Willy Santos, pro skateboarders from Tony Hawk's Birdhouse Team, will present a demonstration from 11 a.m.-noon at the Navy Exchange at Pearl Harbor. The skaters are well known among local skateboarders for their skills, passion for the sport and their enthusiasm. An autograph session will be held from noon-1 p.m. FMI: 423-3330.

25 - Navy family housing town hall meeting - The Navy and Forest City Residential Management (FCRM) will host a town hall meeting at 6:30 p.m. at Sharkey Theater at Naval Station Pearl Harbor for residents (O-6 and below) in the areas of Hospital Point, Marine Barracks, Hale Alii and Makalapa. Representatives from the Navy and FCRM will provide information about phase three of public-private venture. Attendees will be able to ask questions and address concerns after the presentation. Residents are strongly encouraged to attend in order to obtain first-hand information about upcoming PPV projects.

28 - Motorcycle Safety Rodeo - The Schofield installation safety office will host an all-day Motorcycle Safety Rodeo from 9 a.m.-3 p.m. at Wheeler Army Airfield (AAF). The duty-day activity is open to all military motorcyclists and their family members. Sign-in is by 10 a.m. The rodeo will be held on the Kamehameha Highway end of the runway near Kawamura Gate and is open to all ID card holders of all military services. Riders and passengers must wear all required protective gear to enter Wheeler AAF and participate. FMI or to volunteer: 656-4150.

At a Glance

University of Phoenix Hawai'i campus adds hours of operation at Tripler/Fort Shafter education complex - The University of Phoenix Hawai'i Campus has extended counseling hours at the Tripler/Fort Shafter Education Center Complex, building 102, room 109A, to two days a week. The office will now be open every Tuesday from 9 a.m. to 4:30 p.m. as well as every Thursday from 9 a.m. to 2:30 p.m. Counseling will no longer be offered on Mondays. The center provides information about the university's educational programs, as well as financial aid assistance, and can help guide prospective students through the enrollment process.

The University of Phoenix Hawai'i Campus has four campuses on Oahu, which are close to most of Oahu's military bases: Mililani Learning Center, Windward Learning Center, Honolulu Main Campus and Kapolei Learning Center. FMI: Ivy Wong at 536-2686, ext. 35148 or ivy.wong@phoenix.edu.

USO needs volunteers - The USO at Hickam Air Force Base AMC terminal is seeking volunteers. Times and dates vary. FMI: email adeline.lopes@navy.mil.

How to contact TriWest/TRICARE services - Beneficiaries can contact TriWest with enrollment; Primary Care Manager and address changes; program benefits questions; claims status; fee payments and locating network providers in the area by calling 1-888-TRIWEST (1-888-874-9378), visiting their Web site at www.triwest.com, or visiting TRI-CARE Service Centers located at Makalapa Medical Clinic and Kaneohe Bay Medical Clinic.

Looking for a few good dads - The Fleet and Family Support Center (FFSC) at Naval Station Pearl Harbor is looking for volunteers to help with Boot Camp for New Dads. FMI: Chet Adessa at 473-4222, ext. 272 or email chester.adessa@navy.mil.

NEX price matching - Through the Navy Exchange price matching policy, the NEX will match the price of any identical item sold in any local store. Customers may provide proof of the lower price and the NEX will match it. If the price difference is under \$5, the store will match it on the spot. Some restrictions apply to the policy. Please see a sales associate for more information.

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.

Shop and win - The 2006 Shop NEX bumper stickers are available at any Navy Exchange location. Place a bumper sticker on your car for your chance to win a \$25 gift certificate from your Navy Exchange; winners are selected weekly. Winners are then entered in a grand prize drawing for a \$2,000 shopping spree.

AT THE MOVIES

Sharkey Theater Naval Station Pearl Harbor (473-0726)	
TODAY	7:00 p.m. Da Vinci Code (PG-13)
SATURDAY	2:30 p.m. Over the Hedge (PG)
	4:30 p.m. The Break Up (PG-13)
	6:45 p.m. See No Evil (R)
SUNDAY	2:30 p.m. Over the Hedge (PG)
	4:30 p.m. Just My Luck (PG-13)
	6:45 p.m. The Omen (R)
Memorial Theater Hickam Air Force Base (449-2239)	
TODAY	7:00 p.m. Cars (G)
SATURDAY	2:00 p.m. Cars (G)
	7:00 p.m. The Fast and the Furious: Tokyo Drift (PG-13)
SUNDAY	7:00 p.m. The Fast and the Furious: Tokyo Drift (PG-13)
WEDNESDAY	7:00 p.m. The Fast and the Furious: Tokyo Drift (PG-13)
THURSDAY	7:00 p.m. Cars (G)
Sgt. Smith Theater Schofield Barracks (624-2585)	
TODAY	7:00 p.m. The Break Up (PG-13)
SATURDAY	2:00 p.m. The Omen (R)
	7:00 p.m. The Da Vinci Code (PG-13)
SUNDAY	2:00 p.m. The Break Up (PG-13)
WEDNESDAY	7:00 p.m. The Omen (R)
THURSDAY	7:00 p.m. The Break Up (PG-13)



The Break Up

Pushed to the breaking-point after their latest, "why can't you do this one little thing for me?" argument, art dealer Brooke calls it quits with her boyfriend, Gary, who hosts bus tours of Chicago. What follows is a series of remedies, war tactics, overtures and underminings suggested by the former couple's friends, confidantes and the occasional total stranger. When neither ex is willing to move out of the condo they used to share, the only solution is to continue living as hostile roommates until somebody caves.



Cars

Lightning McQueen, a hotshot rookie race car driven to succeed, discovers that life is about the journey, not the finish line, when he finds himself unexpectedly detoured in the sleepy Route 66 town of Radiator Springs.

The Da Vinci Code

The murder of a curator at the Louvre reveals a sinister plot to uncover a secret that has been protected since the days of

Christ. Only the victim's granddaughter and Robert Langdon, a famed symbologist, can untangle the clues he left behind.



The Fast & The Furious: Tokyo Drift

Sean Boswell is an outsider who attempts to define himself as a hot-headed, underdog street racer. Although racing provides a temporary escape from an unhappy home and the superficial world around him, it has also made Sean unpopular with the local authorities. To avoid jail time, Sean is sent to live with his gruff, estranged father, a career military-man stationed in Tokyo.

Just My Luck

Ashley is a young professional just out of college. She also happens to be the luckiest woman in the world. When she kisses a handsome stranger at a costume party, Ashley accidentally swaps her good fortune for his horribly bad luck.



The Omen

Robert Thorn is a senior American diplomat whose wife, Katherine, endures a difficult delivery where

their newborn child has died. Thorn knows the news will devastate Katherine who had suffered two previous miscarriages. The hospital priest presents Thorn with another child born that night, whose mother died in childbirth. The priest compels Thorn to take the infant boy as his own; Katherine will never know the truth, and their son, which they name Damien, will be raised as their flesh and blood.



Over the Hedge

Spring has sprung and Verne and his woodland friends awaken from their long winter's nap to discover that a tall, green "thing" has mysteriously cropped up right through the middle of their home. Enter RJ, an opportunistic raccoon,

See No Evil

Reclusive psychopath Jacob Goodnight is holed up in the long-abandoned and rotting Blackwell Hotel, alone with his nightmares, until eight petty criminals show up for community service duty along with the cop who put a bullet in Jacob's head four years ago. When one of their own is kidnapped by the killer, the remaining lawbreakers must fight this indestructible force with a violent score to settle.

Navy Exchange vending machines offer 'healthy alternatives'

Navy Exchange Service Command

The Navy Exchange Service Command (NEXCOM) has always supported its customers, no matter what they needed. The same was true when customers were interested in a healthier lifestyle. NEXCOM's vending department stepped up and created the Healthy Alternatives program.

"We started our Healthy Alternatives program in 1993, years before others in the industry, because our military customers require healthier selections to be available to them," said Gerard Fantano, NEXCOM's vending branch manager. "The Healthy Alternatives program was designed to assist customers in identifying and choosing a snack and/or food item that is lower in fat, cholesterol, sodium or calories."

Customers can easily find the healthier items by looking for the Healthy Alternatives shelf label logo, which identify healthier products in NEX vending machines. "When the



Photo courtesy of Navy Exchange

Customers can easily find the healthier items by looking for the Healthy Alternatives shelf label logo, which identify healthier products in NEX vending machines.

program began 13 years ago, we were really limited in our product selection," said Fantano. "It consisted mainly of granola bars, cereal bars,

pretzels, popcorn and selected cookies. Customers seemed to enjoy the choices and supported the program."

The program received addi-

tional support and gained more momentum in 2001 when Fantano joined forces with Lori Tubbs, a registered dietitian and public health educator with the Navy Environmental Health Center (NEHC). Together, they increased the product selection in accordance with nutrition criteria set by the National Academy of Sciences and the Cooper Institute.

Product availability now includes nuts, whole grain crackers and other snacks, trail mix, crackers, beef jerky, breakfast cookies, 100 percent fruit juices, low fat or fat free dairy products, water and diet soda. In addition to identifying product selections, Tubbs began educating Sailors and Marines on the importance of eating smarter and exercising as a way to maintain good health and support mission readiness.

Tubbs also teaches a one-day workshop entitled CHOW or Choosing Healthy Options for Wellness that provides basic nutrition guidelines and information on the Healthy Alternatives program as well

as other nutrition initiatives to increase awareness on healthy eating. Along with the CHOW workshops, Tubbs developed an assessment tool, the CHOW appraisal, to evaluate the base and worksite nutrition environment. For more information, log on to www.nehc.med.navy.mil/hp/nutrit/chow.html.

"According to the U.S. Surgeon General and the Department of Health and Human Services, there has been a 50 percent increase in the incidence of overweight and obesity just over the past decade," said Tubbs. "In addition, being overweight or obese increases the risk for type two diabetes, heart disease and cancer. By educating our military members as well as giving them a healthier choice in the vending machines, we're giving them the tools they need to make an informed decision on their health."

As a result of NEXCOM's Healthy Alternative initiative, over 20 items are cycled through NEX vending machines, producing over 1.2 million products sold during

fiscal year '05.

NEXCOM's commitment to healthy choice selections has extended into other food service venues on base as well. NEXCOM's food service department, which oversees the food courts and other eateries on base, also ensures the menus offered to customers offer healthy food choices, including salads, yogurt, fruit and more. MWR has also come onboard and is offering healthier foods in its venues as well.

"It's all about choice," said Tubbs. We want our military members to choose their snacks smartly, so they can continue to do the jobs they were trained to do - serving and protecting our country."

The NEX vending program is currently redesigning its vending machine graphics to create more customer awareness of the Healthy Alternatives program. "Our goal is to have one Sailor or Marine per day make a healthier selection," said Fantano. "Once that happens, we've become that much closer to our overall objective."

100,000 move applications processed on SMARTWebMove

Naval Supply Systems Command

SMARTWebMove (SWM), a Web-based move counseling and application system, reached a milestone June 14 when the system processed its 100,000th move request. The Naval Supply Systems Command's (NAVSUP) online program helps active-duty personnel and their families plan and arrange household goods moves for most regular permanent change of station (PCS) moves.

NAVSUP SWM Program Manager Richard McIntire said SWM is receiving about 4,000 applications per month now that peak-season moving time has begun. These moves add up to 94 percent of eligible Navy move applications being processed online.

The five-year-old program has grown steadily. During the 2003 peak moving season, for example, SWM processed about 1,400 applications per month.

The Web site is accessible 24 hours a day, seven days a week, and allows customers to receive counseling and arrange moves at their convenience. One spouse wrote that SWM "...was the easiest way to schedule our move. With my husband out to sea and our only contact being via sporadic e-mail, I was able to get this [move request] done very quickly." Another comment on the Web site was, "Due to my work and college schedules and my children, it would have been difficult to manage a trip to [the personal property office]. ...The Web system was much preferred by me."

Customer satisfaction with

SWM's move counseling and application process runs high. About nine of 10 customers surveyed say they would use SWM again for their next move. Indeed, some customers have. "One customer told us he was using SWM for a third move," McIntire noted.

Non-Navy service members moving within the continental United States benefit from SWM, too. "We estimate about 10 to 12 percent of SWM customers are from other services," reported McIntire. For example, Coast Guard customers outnumber Navy customers in the area around Naval Air Station Key West.

Joint bases, such as those in New Orleans, La. and Fort Worth, Texas draw a lot of SWM customers from other services, as do personal property offices serving military schools.

The personal property office in Monterey, Calif., for example, which is near both the Defense Language Institute and the Naval Post Graduate School, serves many non-Navy customers through SWM.

McIntire said customers report they also like SWM because it is easy to use. One customer commented, "This is the most functional government Web site I have ever used...The auto-save feature and info links with practical explanations are great."

Sailors routinely use SWM while they are underway. McIntire said members have even logged on to SWM from Iraq and Afghanistan. "The whole SWM team gets a great feeling of accomplishment when we can reach customers hundreds or thousands of miles away," he added.

To learn more, visit SMARTWebMove the Web at <https://www.smartwebmove.navy.mil>.

NAVSUP's primary mission is to provide U.S. naval forces with quality supplies and services. With headquarters in Mechanicsburg, Pa. and employing a worldwide workforce of more than 24,000 military and civilian personnel, NAVSUP oversees logistics programs in the areas of supply operations, conventional ordnance, contracting, resale, fuel, transportation and security assistance. In addition, NAVSUP is responsible for quality-of-life issues for our naval forces, including food service, postal services, Navy exchanges and movement of household goods.