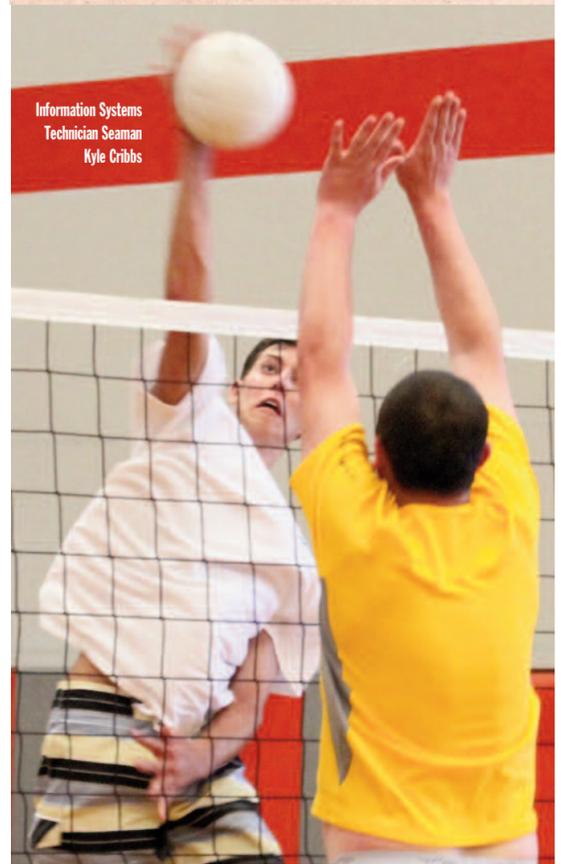




Aviation Boatswain's Mate (Fuel) Airman  
Jacquez Hughes



Electrician's Mate 2nd Class  
Jake Alicuben



Information Systems  
Technician Seaman  
Kyle Cribbs

## RIMPAC sports continues this weekend

Story and photos by  
Randy Dela Cruz

Sports Editor

The second round of RIMPAC sports events will continue Aug. 3-4 with tournaments held throughout Joint Base Pearl Harbor-Hickam (JBPHH).

Among the scheduled events that are being overseen by Morale, Welfare and Recreation are five tournaments with teams from around the world squaring off in basketball, softball, indoor and outdoor volley-

ball and soccer.

All scheduled times are subject to change.

The basketball tournament, which will be held at JBPHH Fitness Center gym, will feature 10 teams that includes first-round champions USS Nimitz (CVN 68) TNT.

Tip-off begins at 9 a.m. with Nimitz TNT facing HMCS Algonquin (DDG 283) from Canada on Aug. 3.

Championship game of the single-elimination tournament will be held Aug. 4 at 11:30 a.m.

In softball, USS Reuben

James (FFG 57) will be back to defend their first-round title, starting when the team takes the field at Millican to face the winner of USS Nimitz (CVN 68) Strike Fighter Squadron 147 (VFA 147) versus USS Gary (FFG 51) at 2 p.m. Aug. 3.

The nine-team, single-elimination tournament concludes with the championship game at 5:15 p.m. on Aug. 4.

With 14 teams slated to compete in the soccer tournament, the event, along with sand volleyball, has the most participating squads of

the five scheduled series.

All soccer matchups will be held at Ward Field and kicks off with a battle between Nimitz and Royal Australian Navy frigate HMAS Darwin (FFG 04) on Aug. 3 at 9 a.m.

The final two teams will go head-to-head for the soccer crown on Aug. 4 at 11:30 a.m.

Wentworth sand volleyball courts will be the site for the RIMPAC sand volleyball tournament that begins with a slate of six first-round matchups starting at 10 a.m.

Finalists will meet for the championship on the same

day at 12:15 p.m.

In indoor volleyball, USS Essex (LHD 2) #3 will be back to defend their first-round volleyball championship and is among a total of 10 teams vying for the trophy at Naval Station Gym.

The tournament starts with a showdown between Royal Canadian navy Halifax-class frigate HMCS Ottawa (FFH 341) versus USS Chung-Hoon (DDG 93) at 1:30 p.m. Aug. 3 and ends with the championship match the next day at 11:15 a.m.



# Defending champs HIANG subdues SDVT-1

Story and photo by Randy Dela Cruz

Sports Editor

After absorbing their first loss in more than two years, the Hawaii Air National Guard (HIANG) picked themselves up and rallied July 25 for a straight two-set victory, 25-17 and 25-22, over SEAL Delivery Vehicle Team-One (SDVT-1) in a Gold Division game at Joint Base Pearl Harbor-Hickam Fitness Center gym.

The HIANG, which won the first base intramural volleyball championship last season after capturing nine consecutive Hickam intramural crowns, was forced to forfeit their game on July 20.

Tech. Sgt. Stephen Lorenzo, HIANG team captain, said that even though the loss wasn't experienced on the court, it was very important to bounce back with a win.

"The forfeit was a momentum killer," he said. "We've lost matches in between, but I think it's been at least a couple years since we last lost a whole game."

The win kept HIANG in the hunt for the Gold Division crown with a 4-1 record while SDVT-1 fell to 2-2.

Last season, HIANG went undefeated in the regular season with a 10-0 mark, before completing their sweep of the playoffs with a straight-set win over 647th Logistics Readiness Squadron (647 LRS) for the championship.

In their matchup with SDVT-1, HIANG opened an early 3-1 lead behind the service of Master Sgt.



Tech. Sgt. Stephen Lorenzo, outside hitter and team captain for the Hawaii Air National Guard (HIANG), delivers a kill above the defense of military spouse Naomi Steinkamp of SEAL Delivery Vehicle Team-One (SDVT-1) during a Gold Division intramural volleyball game at Joint Base Pearl Harbor-Hickam Fitness Center gym.

Chad Thompson and Lorenzo's first kill of the night.

Continued runs of two and three points slowly increased the HIANG's lead in the first set and after three kills in a row by Lorenzo, the team found itself ahead by a score of 17-6.

"They had two shorter players on their side, and it made it easy for me to see where the advantages were," said Lorenzo, who scored on five kills and a block in the first set. "So it was easy for me to hit the ball over and try to go after the advantages."

Although down by 11 points, SDVT-1 wouldn't go down easily and mounted a strong comeback by recording the next five points to pull to within six and 17-11.

Leading the charge for SDVT-1 was Navy Diver 2nd Class Robbie Kareyenhagen, who started the run with a kill and followed up by serving three consecutive aces.

Later, a kill by Navy Diver 1st Class Ryan Kirby kept SDVT-1 barely alive at 24-17, but a service error ended the set in favor of the HIANG.

With Lorenzo taking a break in the second set, the HIANG found themselves in a battle from the start to the end.

The HIANG eventually took a 22-17 lead on a kill by Senior Airman Sean Lum, but the team struggled to put SDVT-1 away.

And when a kill by Kareyenhagen pulled SDVT-1 to within two points at 24-22, Lorenzo was forced to take a timeout.

"I felt confident in them and believed that they

could pull through," said Lorenzo about his short talk to the team. "I kept telling them that even if the set didn't go on as we expected, we still had a third set to try and attack from that point. We were up by one, so we could give up the second set if need be."

The timeout seemed to work as on the very next play, Staff Sgt. Kai Warner slammed a shot right at Kirby, who made the block, but caught the ball instead, hitting it back over the net.

"They're a very good team and well practiced," said Kirby about the HIANG. "We just need a little more experience to get over that hurdle and we'll be ready for that later."

Kirby admitted that the team needs more practice serving as service errors seemed to keep SDVT-1 from gaining momentum.

"It's definitely one of our weaker areas," he pointed out. "A few of us got it dialed in, but a few of us need some work."

After earning the tough win, Lorenzo praised the effort of SDVT-1 and noted that it probably won't be the last time that the HIANG will be challenged this season.

While Lorenzo won't guarantee that the HIANG will add another title to their burgeoning trophy case, he promised that the team wouldn't go down without a fight.

"We'll put up a good fight. That's the best that I can say," he noted. "If the other team is worthy enough to take it, then they're going to have to be worthy enough to take it from us."

# Nasty Pac 'B' sneaks past NCTAMSPAC

Story and photo by Randy Dela Cruz

Sports Editor

An eight-point run to start the second half helped Naval Submarine Training Center Pacific (Nasty Pac) "B" hold on to a one-point, 47-46, victory July 28 over Naval Computer Telecommunications Area Master Station Pacific (NCTAMSPAC) in a Summer Basketball League (SBL) game at Joint Base Pearl Harbor-Hickam Fitness Center gym.

The SBL is a pay-to-play league, which is open to active duty, dependents and Department of Defense employees, who are 18 years of age or older.

Tied at 26-26 at halftime, Nasty Pac picked up the pace in the second half and shot their way to a 34-26 lead before fighting off a stiff challenge by NCTAMSPAC to earn the one-point win.

"The second half there was a lot more hustle and we played better defense," said Fire Control Technician 1st Class Casey Pegram about Nasty Pac's fast start out of the break. "I don't think we hustled much in the first half and we didn't come out prepared."

While Pegram lamented about the team's slow start, neither team was able to pull away in a close first half that seesawed back and forth all the way until halftime.

Down by a score of 11-7, Nasty Pac tied the score at 11-11 on a basket by Seaman Morton Smith, before a hoop by teammate Yeoman 2nd Class Sammell Humphries completed a 6-0 run to give his team a 13-11 lead with 6:23 remaining in the half.

From that point on, the lead seemed to change hands on every possession.

First, a three-pointer by Ensign Gennaro Hawkins put NCTAMSPAC up by a point at 14-13. Then after an exchange of baskets by Nasty Pac's Machinist's Mate 1st (SS/DV) Class Dean Marvin and NCTAMSPAC post-player Information Systems Technician 3rd Class Marquis Perkins, Humphries completed a basket-and-one to give his team an 18-16 advantage.

However, the lead was short lived as Hawkins came back on the very next trip down the floor to spot up and swish his second trey of the half to put NCTAMSPAC up by one at 19-18.

In the second half, Nasty Pac opened up the biggest lead of the game with their 8-0 run, but NCTAMSPAC fought back and slowly chipped away at the deficit behind the strong play of Perkins, who led all scorers with 20 points.

A trey by Perkins closed the gap to three at 36-33 with 11:07 remaining on the clock, and another basket by the NCTAMSPAC big man brought the team to within a point at 38-37.

A three-pointer by Marvin gave Nasty Pac some breathing room at 41-37, but a basket by Hawkins tied the game at 43-43 with 3:51 remaining in the game.

Later, Hawkins hit one of two from the charity stripe to give NCTAMSPAC a 46-45 lead, but Marvin came back with just 27 seconds in the game to knock down the winning basket.

For the game, Marvin led a balanced attack for Nasty Pac with 14 points, while Smith added 10, Humphries scored nine, and Pegram rounded out the team's top scorers with eight points.

Meanwhile, Perkins received solid support from Hawkins, who complemented his teammate with 16 points.

"We started off slow in the second half and lost momentum," said Perkins about falling short to Nasty Pac. "We tried to pull it back close, but we lost by one."

Although Nasty Pac was able to hold on to get the win, Pegram said he felt that the team should have pulled away for an easier victory.

A little more practice, Pegram said, should make Nasty Pac even better in the future.

"I think we could have played a lot better. We should have won by more," Pegram said. "We're just learning to play together. First time we came together, it took awhile to jell. In the second half, we came back and jelled better."

Yeoman 2nd Class Sammell Humphries, forward for Naval Submarine Training Center Pacific (Nasty Pac) "B" squad, soars past Ensign Gennaro Hawkins of Naval Computer Telecommunications Area Master Station Pacific (NCTAMSPAC) for two of his nine points in a Summer Basketball League showdown at Joint Base Pearl Harbor-Hickam Fitness Center gym.



# Blue Penguins slide past shorthanded 747th CS

Story and photo by  
Randy Dela Cruz

Sports Editor

Goalkeeper Ensign Jamie Gaines blocked a penalty kick and later scored a goal as a striker in leading the Blue Penguins to a 3-1 victory July 28 over the 747th Communication Squadron (747 CS) in a Summer Soccer League game at Quick Field, Joint Base Pearl Harbor-Hickam.

The win raised the Blue Penguins' record to 2-1, while the 747 CS dropped their first game of the season and fell to 1-1.

"We were knocking around better on offense," said Blue Penguins team captain 1st Lt. Daniel Montilla. "Defense, we were having troubles keeping it solid, but our offense did a good job. And being aggressive, taking shots, I think, helped."

In the first half, the Blue Penguins, a team that is mostly comprised of personnel from the 15th Operations Group, got on the scoreboard when Maj. Tim Flowers broke down the right side of the field and put the ball to the back of the net for a 1-0 lead.

The 747 CS got a golden opportunity to tie the score immediately after receiving a penalty kick, but couldn't convert due to the quick response of Gaines, who stretched out and corralled the shot for a stop.

"That was awesome," said Montilla about the block by Gaines, who was



Ensign Jamie Gaines of the Blue Penguins soccer team is about to boot in the team's third goal of the game against the 747th Communication Squadron (747 CS) in a Soccer Summer League showdown at Quick Field.

filling in for the team's starting goalkeeper. "Whenever there is a PK, you always expect that it's going to go in. But there's always that hope that you might get a stop. He (Gaines) just got straight and got it."

Later in the first half, the 747 CS managed to tie the score, when Marine Pfc. Rodolfo Medina scored in traffic on a kick near the goal, but the Blue Penguins went back out in front with a corner kick from Staff Sgt. Jacob

Besze to Capt. Brian Larran, who took the ball off of a bounce before shooting it to the net.

Up by 2-1 at halftime, the Blue Penguins, with Gaines now playing on top, sealed the game early when Gaines broke away down the right side of the field and shot the ball past a leaping 747 CS goalkeeper for a goal.

"That was great," Montilla stated. "Jamie had to leave early because his daughter had a soccer game later on, so he

played extra hard and got that goal."

From that point on, the Blue Penguins' defense was able to put the clamps on the 747 CS, which began to feel the heat after barely fielding enough players to avoid a forfeit.

To make matters even worse, the 747 CS, which started the game without reserves, lost one of their players in the second half on an ejection by game officials.

Medina said that

although the shortage of players didn't affect his play, he did notice that some of his teammates were running out of gas.

"I didn't mind personally because I like playing the whole game," he said. "But I know some other players aren't used to playing soccer and they need subs. We have a lot of players on leave right now, and we're not playing the way we usually play. Next game, hopefully, we'll try harder."

Montilla said that

while it's always good to walk off the field with a win, the team's main focus is to just play and have fun.

Many of the team's players were members of the 15th OG's intramural squad and just wanted to continue playing in the summer.

"We're just a group of guys that love to play soccer," he said. "We all want to win, but we don't really care about our record. It's just whoever can play, comes out."

## Toddlers Tango to celebrate its one-year anniversary at JBPHH

Don Robbins

Assistant Editor

This September, Toddlers Tango Movement and Music will celebrate its one-year anniversary at Ka Makani Community Center on the Hickam side of Joint Base Pearl Harbor-Hickam. Classes for children ages 6 months to 5 years are held Wednesdays at 9:30 and 10:30 a.m. and Thursdays at 10 a.m.

"We are one of very few programs on base that offer classes to the infant/toddler/preschooler age groups," said instructor Christine Moore.

Most of the current families have been with the program since the first class in 2011, she said.

Toddlers Tango offers specially designed music and movement activities for infants, toddlers, preschoolers and their parents.

The parent/child format combines movement and dance with learning about music, numbers and colors and is designed to create an environment for young children to develop motor skills, new vocabulary and social skills.

Toddlers Tango provides an opportunity for parents to spend quality time with their children, Moore said. The program includes dancing, singing, instruments, costumes, props and finger plays.

"Through my own daughter's struggles with a speech delay, I understand the importance of a language-rich environment in a toddler's development. Learning through singing and creative movement helps toddlers grow, explore and socialize in a fun and comfortable setting," Moore



Photo by Harmony Sparks

Children and their parents groove to the music at Toddlers Tango Movement and Music at Ka Makani Community Center.

Said

She explained that using her masters degree in education, her top priority is to provide a class comparable to the vocabulary and activities found in early-learning settings.

"There is just enough repetition to build comfort and confidence in the children, but plenty of variety and fun to keep parents entertained as well," Moore said.

Parent Ashley DeWitt and her 4-year-old daughter Kelly are participants in the class.

"As a mother, I get to

spend one-on-one time with my daughter and watch her flourish as she expands her mind. I love that she gets to be social with a group of kids her age and she's learning to count, sing and be active without really knowing it," Dewitt said. "It's a fun setting to play and learn all in one. Such a creative class!"

The cost of the program is \$40 per session of four classes. Discounts are available for siblings and homeschoolers are welcome, Moore said. The first class is a free trial.

For more information, call Moore at 585-747-6345.

## Manage medical referrals

Brian P. Smith

TriWest Healthcare Alliance

You went to your primary care manager and she suggested you go see a specialist. Maybe it's for an evaluation; maybe it's for a specific treatment. You just know you need to make another appointment and you want to make it quickly.

Whether this is your first referral or your 50th, having all your information before making the appointment can save you time and money. Quickly start managing your referral information when you register on TriWest.com.

**What's a referral?**

When you need care that your primary doctor can't provide, you will get a referral to see someone else. The request for a referral goes to TriWest Healthcare Alliance, and TriWest processes the referral and matches your needed care with a local network specialist (when available). If you live near a military installation with a medical clinic, and that medical clinic offers the specialty care, you may be assigned to the military clinic for care.

When your referral request is authorized, TriWest will let you know:

- The name and contact information of your network specialist
- The expiration date of your referral (if you don't make your appointment within the time allowed, you may have to go back to your primary doctor for a new referral).

You contact the network specialist

and make your appointment. Network providers will submit claims to TriWest and send any results back to your primary doctor.

TRICARE Standard and TRICARE Extra plans don't require referrals or primary care managers. There are, however, higher out-of-pocket costs for care under those plans.

**How do I get my specialist's information?**

Register for a TriWest.com account, and you will receive an email when your referral is processed – usually within a day or two of your primary doctor submitting the request. Then, you can log into your TriWest.com account to view your specialist. Go to TriWest.com/Register.

You can also choose to get a letter with your specialist information, but that could arrive 10 days after the request is made.

**Why is it important to know my assigned specialist?**

If you don't go to a TRICARE network specialist (or the military clinic if you're assigned to go there), you could end up paying out-of-pocket for your care.

If you're wondering if there are network specialists near you, you can use TriWest's provider directory. Find providers by specialty, location or name. When you're at your desktop or laptop, go to TriWest.com/ProviderDirectory. When you're on the go, bookmark m.TriWest.com in your mobile device to use the interactive provider directory.

## Seven businesses are placed off limits to Navy personnel

Navy Region Hawaii Public Affairs

Navy leadership has placed several businesses off limits to Navy personnel. "Commanding officers have the power under OPNAVINST 1620.2A to declare areas off-limits in order to maintain good order and discipline and to protect the health, welfare and safety of service members," according to Lt. Cmdr. Kathleen Elkins, staff judge advocate for Navy Region Hawaii, Navy Region Legal Services Office.

"Based on information these businesses are selling Spice and/or drug paraphernalia, the following establishments are off-limits to all Navy personnel," Elkins said.

- Hawaii Natural High, 343 Saratoga Road, Honolulu, Hawaii 96826.
- The Dungeon/Flesh/Sexopolis/After Hours/The Shelter.
- Smokies, 159 Kailulani Ave., #101, Honolulu, Hawaii 96815.
- Hawaiian Holy Smokes II, 719 Kamehameha Hwy., Pearl City, Hawaii 96782.
- Hawaiian Holy Smokes, 2239 South King St., Honolulu, Hawaii 96826.
- South Shore Glass, 945 Kapahulu Ave., Honolulu, Hawaii 96816.
- Oahu Glass, 418 Kuulei Road, suite 102, Kailua, Hawaii 96734.

"Navy members are not allowed to visit these establishments, even in civilian clothes. Visiting an off-limits establishment is an orders violation. Any Navy members seen entering or leaving these establishments may be punished under the Uniform Code of Military Justice," Elkins explained.

Family members of Navy personnel and other people who are associated with the Navy or installation should also be aware of these off-limits restrictions.

To report...

### Fraud, Waste or Abuse

CONTACT COMMANDER, NAVY REGION HAWAII 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

# 'Boot Camp for New Dads' helps rookie fathers-to-be

Don Robbins

Assistant Editor

Joint Base Pearl Harbor-Hickam (JBPHH) and Navy Region Hawaii are celebrating the 10th anniversary of the "Boot Camp for New Dads" program this year.

The program takes place monthly at Naval Health Clinic Hawaii's Makalapa Clinic and Schofield Barracks, and it is facilitated/coached by staff and volunteers. The next session will be held from 9 a.m. to 12:30 p.m. Aug. 11 at Makalapa Clinic.

The three-and-a-half-hour workshop brings "rookie fathers-to-be" together with recent "veteran" dads and their 2-to-5-month-old newborns to provide the participants an idea of what it means to have a new baby in the house.

The Pearl Harbor Boot Camp for New Dads (BCND) program began at Navy Region Hawaii in August 2002 with combined funds from Tripler Army Medical Center and the former Naval Base Pearl Harbor, explained Chet Adessa, family advocacy prevention specialist for the Military and Family Support Center.

"What's unique is that the (veteran) dads teach it. They bring real babies. They show the rookies how to hold, change and feed the babies. The rookie dads will listen to the veteran dads because they've been through this before," Adessa said.

BCND topics range from what kind of father will you be, diapering, feeding, dealing with crying, preventing shaken baby syndrome, and the proper way to hold a new-



Photos courtesy of Chet Adessa

Rookie dads-to-be participate in the "Boot Camp for New Dads" program with help from veteran dads.

born. Coping with changes in lifestyle, attitudes of new parents and well-meaning in-laws and friends are also discussed. The BCND motto is "Men only, real babies, no fear."

Adessa said another part of the class includes asking the rookies to wear the pregnancy "empathy belly," which simulates some of the physical symptoms of the last trimester of pregnancy.

"The rookies all love this and are always taking pictures to prove to their wives that they wore it," he added.

Adessa said the JBPHH Military and Family

Support Center and the Army Community Service program have "graduated" an estimated 1,200 Army, Navy, Marine Corps, and Coast Guard rookies in the past 10 years. The Navy and Army in Hawaii are the only agency (military or civilian) in the state conducting this program.

BCND originated in Irvine, Calif. in the early 1990s, based on an identified need for dads to be more involved in their families from their children's birth.

Army Maj. Brook Hess of U.S. Army Pacific headquarters said he and his wife are expecting the birth of their first child

in December.

Hess recently attended and graduated from the BCND program at Makalapa Clinic. "I attended to learn a couple of things and I had a great time. It was excellent the way we could spend a couple of hours

sharing our concerns with other new parents-to-be. We learned from veteran dads who brought their children in. It was a great way to have fathers share quick tips," Hess said.

He said that the bottom line for the program

is that participants will leave with valuable new knowledge. "Everyone who attended was glad they did and got something out of it. I highly encourage every new parent to attend this program. It's time well-spent," Hess added.

## Graduation, education fair to be held Aug. 24

### Navy College Program

Navy College at Joint Base Pearl Harbor-Hickam will host a military graduation ceremony and education fair Aug. 24.

The graduation ceremony will take place at 11:30 a.m. in Sharkey Theater. The education fair will be held from 12:30 to 2:30 p.m. at Lockwood Hall lanai.

Military service members who earned or will



earn a degree or certificate between July 2011 and September 2012 will be honored for receiving their high school GED, college degrees or USMAP (United Services Military Apprenticeship Program) certificates.

Anyone who wishes to participate should provide a copy of their diploma, official college transcript or contact their school repre-

sentative to obtain an official confirmation letter with the following information:

- Full name, rate and warfare qualification.
- Contact number and email address.
- Name of school awarding degree/certificate.
- Complete title of degree/certificate.
- Current command.
- Proof of completion.

Provide the documents to nco.hawaii@navy.mil, visit NCO Hawaii or call 473-4586 no later than Aug. 6.

## Test prep class planned for Aug. 20-31

Navy College is hosting a basic skills/ASVAB test prep class from 8:30 a.m. to 3:30 p.m. Aug. 20-31 at the Navy College Office, Bldg. 679, Joint Base Pearl Harbor-Hickam.

Enrollment is open to all active duty, reserves, family members, National Guard, Department of Defense personnel and approved civilians.

Priority will be given to active-duty personnel. All others will be admitted on a space-available basis. Temporary alternate duty/temporary duty orders are required for active-duty to enroll in this two-week long class.

Base pass requests must be submitted to Navy College at least two weeks prior to the class start date.

The fee is \$20 per student with cash, check or money order payable to the "Department of Education."

Registration point of contact is Lance\_Jyo@notes.k12.hi.us or call 837-8466 at McKinley Community School For Adults.

For more information, call the Navy College Office at 473-4766.

## Military mourns loss of Aurora tragedy victims



U.S. Navy photo by Don Robbins

(Above) The U.S. flag flew at half-staff July 24 in front of the quarterdeck of building 150 at Joint Base Pearl Harbor-Hickam in honor of the victims of the tragic mass shooting July 20 in Aurora, Colo. Flags at Department of Defense installations across the world were flown last week at half-staff. Four of the victims served in the military — including Air Force Staff Sgt. Jesse Childress, Navy Petty Officer 3rd Class John Larimer, Jonathan Blunk, a former Sailor, and Rebecca Wingo, a former Airman. Other Department of Defense personnel and family members were also injured in the attack.

PEARL HARBOR-HICKAM **Maniawa Nanea** LEISURE

**Morale Welfare & Recreation**

**JOINT BASE PEARL HARBOR-HICKAM HALF-MARATHON**  
 Saturday is the last day to register for the sixth annual Joint Base Pearl Harbor-Hickam Half-Marathon. The race will begin at 6:10 a.m., Aug. 11 at Earhart Track. Check-in is at 5 a.m. Runners, walkers, people with strollers and pets can participate in the 13.1-mile race. The registration fee is \$20. Sign up online at [www.greatlifehawaii.com](http://www.greatlifehawaii.com) or at the Hickam Fitness Center. FMI: 448-2214.

**2 FOR 1 COSMIC BOWLING**  
 Purchase one game and get the second game free from 7-10 p.m. Friday at the Escape Bowling Center. FMI: 473-2651

**INTRODUCTION TO GLASS FUSION**  
 This class will introduce students to the art of fusing glass. Each student will make a single-layer small plate and use a mold to make a pendant. Classes will be held from 2 to 4 p.m. Aug. 7 and 9, at the Hickam Arts and Crafts Center. Cost is \$25 per person plus the cost of supplies. FMI: 448-9907.

**PRESCHOOL STORY TIME**  
 Preschool story time is held from 9 to 10 a.m. Wednesday at the Hickam Library. The theme for the next session is the circus. FMI: 449-8299.

**LIBERTY SHUFFLEBOARD TOURNAMENT**  
 The Liberty Shuffleboard Tournament will be held at 6 p.m. Aug. 8 Beeman Center. This free event is for single active-duty Sailors and Airmen only. FMI: 473-2583.

**EMERGENCY FIRST RESPONSE (EFR) COURSE**  
 EFR is a CPR/first aid program. Primary care (CPR) prepares you to render aid to those with life-threatening emergencies, while secondary care (first aid) builds upon the lessons of primary care and helps you assist those in need when emergency medical services are either delayed or unavailable. The class will be held on Thursday and cost is \$130.89 per person. Call for times and location. FMI: 423-8222 or 478-321-7596.

**LEARN TO STAND-UP PADDLEBOARD**  
 Learn the basics of paddleboarding from 9 to 10 a.m. or 10 to 11 a.m. Aug. 11 at Outdoor Recreation-Hickam Harbor. The cost is \$20 per person, and registration closes Aug. 6. FMI: 449-5215.

**SURFING AND BEACH BBQ AT WHITE PLAINS BEACH**  
 Professional instructors will teach you the basics from standing and paddling to catching waves from 10 a.m. to 4 p.m., Aug. 11 at White Plains Beach. Participants must be able to swim without a lifejacket. The cost is \$25 per person, and registration closes Aug. 8. FMI: 473-1198.

For more information on events, visit [www.greatlifehawaii.com](http://www.greatlifehawaii.com).

**Community Calendar**

**August**

**4** - Protestant Women of Chapel Pacific Region will host a kickoff rally from 9 to 11 a.m. at Ka Makani Community Center at Joint Base Pearl Harbor-Hickam. The organization is a women's Bible study group that meets in the fall and spring of each year. FMI: Laura Williams at [lauraservinghim2012@gmail.com](mailto:lauraservinghim2012@gmail.com).

**6, 7, 20** - A two-part class taught by Dr. Melissa Belanger called "Sleep Better Now" will be held from 11:30 a.m. to 12:30 p.m. Aug. 6 and 20 at Naval Health Clinic Hawaii, Makalapa Clinic, classroom B. A class called "Take 20 Seconds to Relax" will be held from 11:30 a.m. to noon Aug. 7 in classroom B. Service members, their families and retirees are welcome to attend either class. FMI: 473-1880, ext. 2276.

**6 and 7** - The first motorcycle safety representative/mentor symposiums will be held including Joint Base Pearl Harbor-Hickam. The first symposium will be held from 8:30 to 10 a.m. Aug. 6 at the Ford Island Conference Center with a discussion to follow from 10:30 to 11 a.m. A second symposium is planned at Marine Corps Base Hawaii from 8:30 to 10 a.m. Aug. 7 with a discussion to follow from 10:30 to 11 a.m.

**11** - The Marine Corps Base Hawaii (MCBH) will hold its second annual Keiki Tradewind Triathlon. This event just for children is broken up into two different groups; ages 7-10 and 11-14. Online registration for the Keiki Tradewind Triathlon closes Aug. 8. The fee is \$20 for each child with a \$10 late fee for those registering after Aug. 3. FMI

**14** - The next monthly luncheon meeting of AFCEA Hawaii (Armed Services Communications and Electronics Association) Hawaii chapter, will be held from 11 a.m. to 1 p.m. at Fort Shafter's Hale Ikena. Guest speaker will be Rear Adm. Paul Becker, director for Intelligence, U.S. Pacific Command. FMI: <http://bit.ly/MBDvJM>.

**18** - Bellows Air Force Station's second annual biathlon will take place starting at 7:30 a.m. The entry fee is \$25 for individuals and \$35 for teams. There is a \$5 discount for entries received/postmarked by Aug. 4. Register for the event by Aug. 11. FMI: [www.bellowsaafs.com](http://www.bellowsaafs.com).

**Movie Showtimes**



**Brave (PG)**

"Brave" follows the heroic journey of Merida, a skilled archer and headstrong daughter of King Fergus and Queen Elinor. Determined to carve her own path in life, Merida defies an age-old custom sacred to the unruly and uproarious lords of the land. Merida's actions inadvertently unleash chaos and fury in the kingdom, and when she turns to an eccentric witch for help, she is granted an ill-fated wish. The ensuing peril forces Merida to harness all of her skills and resources - including her clever and mischievous triplet brothers - to undo a beastly curse before it's too late.

**SHARKEY MOVIE THEATER**

**TODAY**  
 7:00 PM Madagascar 3: Europe's Most Wanted (PG)

**SATURDAY**  
 2:30 PM Brave (PG)  
 4:45 PM That's My Boy (R)  
 7:15 PM Ted (R)

**SUNDAY**  
 2:30 PM Madagascar 3: Europe's Most Wanted (PG)  
 4:45 PM That's My Boy (R)  
 7:00 PM Ted (R)

**HICKAM MEMORIAL THEATER**

**TODAY**  
 6:00 PM Brave (PG)  
 8:30 PM Ted (R)

**SATURDAY**  
 4:00 PM Brave (PG)  
 7:00 PM Ted (R)

**SUNDAY**  
 2:00 PM Brave (PG)



## HIGHLIGHTS FROM THIS WEEK IN USAF AND PACAF HISTORY

Charles Nicholls

PACAF historian

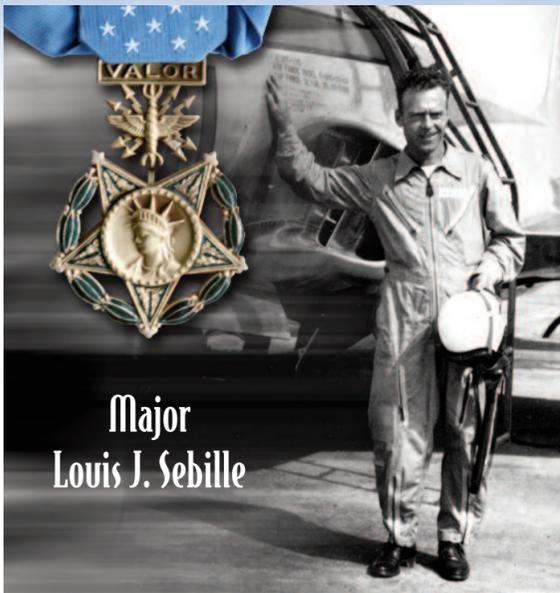
•On Aug. 4, 1941, the Air War Planning Document 1 (AWPD-1) outlined the Army Air Forces strategy for the imminent war with the Axis powers. In July, President Roosevelt had asked the Army and Navy to estimate the production that would be required to defeat the Axis.

Gen. Hap Arnold, chief of the Army Air Forces, had the new Air War Plans Division prepare the air portion. Lt. Col. Harold L. George, Lt. Col. Kenneth N. Walker, Maj. Haywood S. Hansell Jr., and Maj. Laurence S. Kuter forecast the aircraft necessary to defeat Germany.

Based on seven years of tactical school theories, AWPDP-1 said the Army Air Forces would need 251 combat groups, 105,467 aircraft and 2,164,916 Airmen. With most of Europe under Nazi control and tensions high in the Pacific, this estimate was accepted, almost without question, as the basis for planning the wartime air campaign.

Completed on Aug. 12, AWPDP-1 outlined a strategic bombing campaign against key enemy target sets.

•On Aug. 1, 1943, 177 B-24 Liberators flew out of Libya to bomb the oil refineries in Ploesti, Romania as part of Operation



Major Louis J. Sebille

Photo illustration | U.S. Air Force photo

Maj. Louis J. Sebille was the first member of the Air Force to receive the Medal of Honor.

Tidal Wave. The oil refinery complex was Nazi Germany's most important source of petroleum products.

This was the first large-scale, minimum-altitude attack against a strongly defended target and the longest major bombing mission undertaken to date. Fifty-four of the 177 B-24s were lost,

and five Medals of Honor were awarded to aircrew members.

•The Far East Air Forces (FEAF), predecessor of PACAF, was officially activated on Aug. 3, 1944 in Brisbane, Australia with Lt. Gen. George C. Kenney commanding.

•North American Aviation delivered the USAF's first opera-

tional jet bomber—the B-45A Tornado—on July 30, 1948. Later, it became the first USAF aircraft to carry a tactical nuclear bomb.

•On Aug. 5, 1950, Maj. Louis J. Sebille, flying on a combat mission in the Korean War, earned the first Medal of Honor awarded to a member of the Air Force. Sebille had flown 68 combat missions in World War II as a B-26 bomber pilot.

In the fall of 1948, he took command of the 67th Squadron, 18th Fighter-Bomber Group. When the Korean War began, his squadron was one of the first sent to Japan. Sebille's Medal of Honor citation includes this excerpt:

"During an attack on a camouflaged area containing a concentration of enemy troops, artillery, and armored vehicles, Major Sebille's F-51 aircraft was severely damaged by anti-aircraft fire. Although fully cognizant of the short period he could remain airborne, he deliberately ignored the possibility of survival by abandoning the aircraft or by crash landing and continued his attack against the enemy forces threatening the security of friendly ground troops. In his determination to inflict maximum damage upon the enemy, Major Sebille again exposed himself to the intense fire of enemy gun batteries and dived on the target to his death."

•Captured on Jan. 13, 1953,

crew members of a special operations RB-29 called Stardust 40 were released by China on Aug. 4, 1955. Shot down during a night leaflet drop mission, they were held longer than any other prisoners of war in the Korean conflict.

•On July 31, 1957, the Distant Early Warning (DEW) Line was declared fully operational. This string of radar installations across the Canadian Arctic was to warn of enemy bomber attacks.

•The Air Force accepted the first operational B-58 Hustler medium bomber on Aug. 1, 1960. The first U.S. supersonic bomber, the delta-wing aircraft could fly at twice the speed of sound and could be refueled in flight.

However, the B-58 was expensive, difficult to fly and had limited range and payload. Advanced surface-to-air missiles forced SAC planners to adopt low altitude tactics, where the Hustler lost its supersonic speed and its range was further reduced. By the 1970s, the B-58 was replaced by the FB-111.

•On Aug. 2, 1994, two B-52 Stratofortresses of the 2nd Bombardment Wing set a world record circumnavigating the earth during a show-of-force mission to Kuwait. The 47-hour flight took five aerial refuelings and delivered 54 bombs to a range near the Iraqi border on the fourth anniversary of Iraq's invasion of Kuwait.

## FEW awards luncheon set for Aug. 25

Caroline Michael

Aloha Chapter, FEW

Federally Employed Women (FEW) Aloha Chapter will hold its awards luncheon from 10:45 a.m. to 1:45 p.m. Aug. 25 at Mandalay Restaurant, 1055 Alakea St., Honolulu.

The speaker is former Hawaii First Lady Vicky Cayetano who is past chairperson of the Chamber of Commerce of Hawaii, and Hawaii's Sales and

Marketing Executives International's Salesperson of the Year 2011.

She spearheaded programs to improve health care, including an effort in 2002 to provide universal long-term care for all of Hawaii's citizens.

Aloha Chapter won the 2012 National Best Programs and Best Special Emphasis awards.

The meal price for the luncheon is \$22. Free parking is located across the street.

RSVP through the Aloha Chapter website [www.FEW.org](http://www.FEW.org)

## Take note of the 'environmental scoop' on endangered plant species

NAVFAC Hawaii Environmental Program

Marsilea villosa or 'ihi'ihii, ihii la'au, is a member of the water-clover family whose leaves resemble a four-leaf clover.

Please don't pick it though, because it is an endangered and endemic, federally-listed plant



Photo courtesy of Hui ku maoli ola Nursery

M. villosa thrives at the Joint Base Pearl Harbor-Hickam Lualualei Annex and Naval Radio Transfer Facility (NRTF) also located on Lualualei Annex.

It is found in dry areas, usually in depressions that flood during heavy winter rains and dry out completely during the summer and is an aquatic fern with creeping rhizomes.

species, found only on Oahu, Molokai and Niihau.

## Lanes will be closed on Valkenburgh Boulevard

Through Sept. 18, between the hours of 6 p.m. and 4 a.m., roadway reconstruction including repaving of asphalt surfaces will take place on Valkenburgh Boulevard from Nimitz Highway to the Navy-Marine Golf Course and driving range. The road work began July 22.

Unless otherwise posted, reconstruction will take place during those hours on

Sunday through Thursday.

Vehicles will have limited turn movements during the construction operation. Contraflow will be provided at all times.

A police officer will be onsite directing vehicle and pedestrian traffic.

All personnel should seek alternate routes during this time or plan accordingly for delays.

## Construction planned at Paul Hamilton Ave.

Beginning today, the Naval Facilities Engineering Command (NAVFAC) Hawaii wastewater branch will replace approximately 50 linear feet of six-inch cast iron pipe across Paul Hamilton Avenue.

Excavation will begin Aug. 4 and will be between the hours of 6:30 a.m. and 5 p.m.

Replacement of pipe and asphalt will be completed no later than Aug. 10. One lane will be closed at all times until piping has been replaced.

Motorists should obey caution and warning signs and avoid traveling on Paul Hamilton Avenue.

Vehicles are asked to use alternate routes during these times. Vehicles obstructing the worksite will be towed at the owner's expense.

## Women's equality day event to take place Aug. 14

A women's equality day "brown bag" event will be held from 11 a.m. to 1 p.m. Aug. 14 at the 15th Wing conference room, building 1110, second floor.

The event will feature the history of voting rights and the voter registration process. Col. Eva Jenkins and Robert Lauderdale

will be guest speakers.

The event is sponsored by the Federal Women's Program.

RSVP by Aug. 10. For more information, email Jenny Crippen at [jennifer.crippen@us.af.mil](mailto:jennifer.crippen@us.af.mil) or Serena Thomas at [serena.thomas@us.af.mil](mailto:serena.thomas@us.af.mil)

## Tripler Fisher House seeks boots for memorial

Pacific Regional Medical Command News Release

In memory of fallen service members, the Tripler Fisher House is collecting more than 6,500 pairs of boots for the 2012 Fisher House Hero & Remembrance Run, Walk or Roll, scheduled for Aug. 18.

Each pair of boots will represent a service member who has died since Sept. 11, 2001, and will be displayed with a photo of the service member.

The Fisher House Hero & Remembrance Run, Walk or Roll, scheduled for 7 a.m.,

Aug. 18, at the Pacific Aviation Museum on Ford Island, will include a Keiki Fun Run.

Boots need to be collected no later than Aug. 4 and can be dropped off at either Fisher House at Tripler Army Medical Center, or mailed to 317 Krukowski Rd., Honolulu, HI 96819. Fisher House is a comfort

home for families of patients receiving medical care at major military and Veterans Affairs medical centers.

Units are encouraged to start their own collection sites and can do so by coordinating with Theresa Johnson, Fisher House manager, at 808-561-7423, or [theresa.m.johnson2@us.army.mil](mailto:theresa.m.johnson2@us.army.mil).

## ASBP blood drive schedule updated

Tripler Army Medical Center Blood Donor Center has updated its schedule of upcoming blood drives as part of the Armed Services Blood Donor Program (ASBP). Dates and locations are updated regularly online as new drives are scheduled.

Donors are encouraged to schedule an appointment online, call to make an appointment, and check the website for the latest information.

Currently scheduled drives include:

- Aug. 20, 10 a.m. to 2 p.m., Schofield Barracks Tropics.
- Aug. 28, 11 a.m. to 3 p.m., NEX, Tripler Army Medical Center.

For more information, call 433-6699 or 433-6148 or email [michelle.lele@amedd.army.mil](mailto:michelle.lele@amedd.army.mil).

## My Favorite Photo...

MC2 Heidi McCormick took this picture of the sunset at Paradise Cove around 7:45 p.m. on a recent Saturday.  
Photo courtesy of MC2 Heidi McCormick



### How to submit photos

Do you enjoy taking pictures and have a favorite photo? Would you like to see it featured in Ho'okele? Here is your opportunity. Submissions must be from people affiliated with the military services, including active duty, family members, Reserve, retired and Department of Defense civilians, etc.

Your favorite photo can be just about anything, but keep in mind that it should be in good taste. We aren't looking for posed family shots or group shots. But if you have a photo that you think is interesting and creative, here is your chance to see it published.

Photo submissions will be reviewed by Ho'okele editors who will determine if/when they will run in the newspaper. Along with your photo, please send a little bit of information about the photo, such as where it was taken or any interesting details. Also include the name of the photographer and contact information.

Send your (non-family) photo to [editor@hookelenews.com](mailto:editor@hookelenews.com).  
Brush up on your photography skills. Ready, set, shoot!

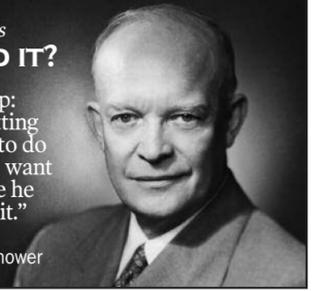
## WHO SAID IT?

“Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence.”

### Last Week's WHO SAID IT?

“Leadership: The art of getting someone else to do something you want done because he wants to do it.”

Dwight D. Eisenhower



## This Week's Trivia

Who was the first American woman to fly in space as an astronaut?



### Last Issue's Question:

When did the USS frigate Essex capture the British brig Leander?

**Answer:** Essex captured the Leander on July 26, 1812.

## Hickam Enlisted Spouses Club to hold annual social event Aug. 21

The Hickam Enlisted Spouses Club will hold its annual “aloha social” at 6:30 p.m. Aug. 21 at Earhart Community Center.

The event will include luau-style pupus, the company of other spouses and vendors.

The social is open to spouses of enlisted or

retired members of all branches of the services. For more information or to join the club, visit the website [www.hickamesc.com](http://www.hickamesc.com).

## STORY IDEAS?

Contact the Ho'okele editor for guidelines and story/photo submission requirements

**Phone: (808) 473-2888**

**Email: [editor@hookelenews.com](mailto:editor@hookelenews.com)**