

Life & Leisure

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National Oceans Month celebrates clean beaches:



Good for the community, good for monk seals

Story and photos by
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Joint Base Pearl Harbor-Hickam
Public Affairs

In proclaiming June 2013 as National Oceans Month, President Barack Obama called upon Americans to “take action to protect, conserve and restore our oceans, coasts and the Great Lakes.”

On July 6, nearly 90 volunteers answered the call by cleaning up a half-mile stretch at White Plains Beach, a popular beach on Oahu’s leeward side near the former Naval Air Station Barbers Point.

Patty Coleman, outreach coordinator for Navy Region Hawaii Regional Environmental Coordination Office, organized the cleanup to provide volunteer opportunities for

Sailors, Airmen and military families to interact with the community and spend quality time together.

“The beach cleanup is also a way to teach youth to care for the ocean and marine life and show the negative footprint that trash leaves behind,” she said.

During the hour-long cleanup, the teams collected five large trash bags and more than two dozen smaller trash bags of debris found along the sand, grassy areas and parking lots.

As part of the event, the National Oceanic and Atmospheric Administration’s (NOAA) National Marine Fisheries Service set up informational displays to educate the public about the Hawaiian monk seal, which can be seen resting at White Plains Beach.

“Events like this beach cleanup are important because everyone comes together, and it’s clear that it’s not just

about the seals or the federal agencies like NOAA Fisheries or the Navy that work to protect them,” said Rachel Sprague, NOAA assistant Hawaiian monk seal recovery coordinator. “Clean beaches are good for monk seals, for the community, and for a clean marine ecosystem that benefits all of us.”

Active duty personnel like Yeoman 1st Class Jimmy Nichols of U.S. Pacific Command (PACOM) stressed the importance of giving back to the community by participating in environmental outreach events that are also educational.

“Everyone who came out today wanted to come out and help,” said Nichols, who also recruited about a dozen volunteers from PACOM and Special Operations Command Pacific (SOC PAC).

Nichols coordinates community relation projects for the PACOM/SOC PAC First Class Petty Officer Association and managed to squeeze in the

beach cleanup before flying out the next day on temporary duty orders.

Even military spouses like Jaime Watts, wife of Airman 1st Class Luke Watts assigned to 15th Wing’s Maintenance Squadron (15 MXS) at Hickam, dedicated some time during her Fourth of July weekend to keep Hawaii’s beaches clean. As the 15 MXS “key spouse,” Watts actively volunteers in service projects and encourages other spouses to do the same.

Similarly, Christina Gordon, Sarah Mathos and Kendal Rutherford, whose husbands are deployed with Patrol Squadron (VP) 47 from Marine Corps Base Hawaii, found the beach day worthwhile with their trash haul: bottle caps, cigarette butts, discarded snorkel, shoe strings and assorted plastic

bags and wrappers.

Culinary Specialist 1st Class Willie Veloria, assigned to Joint Base Pearl Harbor-Hickam (JBPHH) Unaccompanied Housing, and his son, 16-year-old Christopher, responded without hesitation to the call for volunteers.

“I want to help the community and put in my time,” he said. “We need to take care of our beaches.”

In addition to volunteers from PACOM, SOCPAC and JBPHH, other volunteers included personnel from Submarine Force U.S. Pacific Fleet, SEAL Delivery Vehicle Team One, Navy Region Hawaii Naval Facilities Engineering Command Hawaii, and Girl Scout Troop 2026 from Hickam.



Respect Hawaiian monk seal

The Hawaiian monk seal is one of the rarest marine mammals in the world. Part of the “true seal” family (Phocidae), the Hawaiian monk seal is one of only two remaining monk seal species.

The seals use sandy beaches for resting, molting, mating, and rearing young. Infant pups cannot swim, so they need to spend time on shore until they are big and strong enough to enter the ocean.

According to the NOAA, the most important message when encountering seals on the beach is respect.

“When you encounter seals on the beach, just give them some space and enjoy them from a distance. Remember that Hawaiian monk seals are wild animals so keep yourself safe and let them rest,” said Rachel Sprague, NOAA assistant Hawaiian monk seal recovery coordinator.

People can be part of the solution,

rather than part of the problem by, never feeding seals or interacting with them. This helps seals stay wild and people stay safe.

“Beaches such as White Plains are very busy, and most of the seals that come up on the beach are just there to rest and usually do not actively try to interact with humans. This is ok,” Sprague said. “But it becomes a problem if a seal starts seeking out people to try to get food or social interaction.”

Reporting all interactions and sightings of seals lets NOAA Fisheries know if individual seals start behaving in a way that could be dangerous to humans or to the seal and determine if a management response is necessary. Report all seal sightings and encounters to (808)220-7802 or pifsc.monksealsighting@noaa.gov.

Monk Seal photos courtesy of National Oceanic and Atmospheric Administration

Bushmasters hand JPAC first loss of season

Story and photo by Randy Dela Cruz

Sports Editor

The 25th Air Support Operation Squadron (25 ASOS) Bushmasters scored three runs in the top of the first and added another six in the sixth inning to earn a 10-4 win over the previously unbeaten Joint Prisoner of War/Missing in Action Accounting Command (JPAC). The contest took place on the final day of the regular season, July 9, at Hickam Softball Complex, Joint Base Pearl Harbor-Hickam.

Staff Sgt. Kenneth Bartle got things started by driving in the first run of the game in the first inning and then ignited a rally in the sixth by lining a leadoff single.

The win kept the Bushmasters playoff hopes alive and evened out their record at 5-5 with one more game on their schedule.

Meanwhile, JPAC, which entered the matchup with a perfect 9-0 record, saw their regular season end on a sour note at 9-1.

"This was awesome," Bartle said. "We definitely pulled together on this team. They're a good team, and we knew we had to come in here and take care of business."

In the first inning, the Bushmasters opened with back-to-back singles, before Bartle delivered his run-scoring hit and put runners on second and third.

Airman 1st Class David Cunningham followed with another RBI single, while an infield error by JPAC allowed a third run.



Master Sgt. David Aldrich, 25th Air Support Operation Squadron (25 ASOS) Bushmasters, slides under the tag to score a run in the sixth inning during a Blue Division game versus Joint Prisoner of War/Missing in Action Accounting Command (JPAC).

"That was really important for us," said Bartle about the early three-run lead. "We're a team of momentum, and we definitely used that to our advantage. It got everybody going and got our confidence up."

The teams traded runs in the second inning before RBI hits by

Cmdr. Larry Gonzales and Sgt. Matthew Rausch in the third and fourth innings pulled JPAC to within a run at 4-3.

The Bushmasters got a one-out double by Capt. Christopher Curtis in the top of the fifth but failed to score.

However, singles by Bartle and

Cunningham put runners on first and third in the top of the sixth before Master Sgt. David Aldrich punched out a single to drive in a run.

The Bushmasters went on to tally five more runs in the sixth inning with the biggest blow coming off of the bat of Capt. Tommy

Kealy, who, with the bases loaded, calmly shot a hit through the infield to drive in two runs.

Senior Chief Explosive Ordnance Disposal Jeremy Porter drove in a run for JPAC in the bottom of the frame, but the team was shut down in the bottom of the seventh to end all hopes of a comeback.

Last week, JPAC was able to squeak past two of their division rivals but couldn't hold off the Bushmasters.

Although JPAC will still enter the playoffs as the division's No. 1 seed, Gonzales said that the loss just might be what the team needed to avoid a breakdown in the postseason.

"I think there was a bit of complacency," Gonzales admitted. "I think our attitude was, 'Hey, we're JPAC, we're going to win.' But you know what, you've got to play every game and every inning. No one is enjoying this moment right now. It is good that we got this out of the way, and we now know how much we don't want this to happen in the next game."

While Gonzales said that he believes that JPAC will pull things together before next weekend's playoffs, Bartle said that the win over the division's No. 1 team would go a long way toward his team's confidence in the postseason.

"If we make the playoffs, we'll keep trying hard," Bartle said. "We'll keep playing and, most importantly, have fun."

Doubleheader sweep ushers Bushmasters into playoffs

Story and photo by Randy Dela Cruz

Sports Editor

After disposing of the Blue Division's No. 1 seed in the first game, the 25th Air Support Operation Squadron (25 ASOS) Bushmasters took care of business and beat the Naval Sea Systems Command (NSSC) Kraken, 6-3, to sweep a doubleheader July 9 at Hickam Softball Complex, Joint Base Pearl Harbor-Hickam.

The win secured the division's fourth and final playoff spot for the Bushmasters, who finished the regular season with an overall record of 6-5, while the Kraken, which also ended the year at 6-5, were ousted from the postseason after losing their head-to-head against the Bushmasters.

"It feels amazing because I

think everyone kind of counted us out," said Capt. Christopher Curtis, whose triple in the fifth inning put the Bushmasters out in front for good.

"Everyone looked at the schedule and said we got this. This would be a good momentum builder going into the playoffs. I told the guys, 'Hey, these guys aren't worried about us. Let's give them something to worry about.'"

After both teams failed to score in the first inning, the Bushmasters got on the scoreboard first when Master Sgt. David Aldrich hit a fly ball to centerfield to drive in Staff Sgt. Kenneth Bartle from third to take a 1-0 lead in the bottom of the second inning.

Neither team scored in the third inning, but the Kraken got things going in the top of the fourth by load-



Capt. Larry Stevens, 25th Air Support Operation Squadron (25 ASOS) Bushmasters, tosses the ball to first base after getting the putout on second.

ing the bases on three singles with one out.

A grounder hit by Angela Hubble drove in a run, but the Kraken failed to take advantage of the situation any further as the next batter flew out to right field to end the inning.

After shutting down the

Bushmasters in the bottom of the fourth, the Kraken started a rally in the top of the fifth inning after a leadoff single and infield error put runners on second and third with no one out.

Up next, Chief Electrician's Mate Mark Hubble, Angela's husband, gave the

Kraken a two-run lead on a single.

With a spot on in the playoffs on the line, the Bushmasters started a comeback in the top of the fifth when Capt. Larry Stevens and Capt. Tommy Kealy started off the inning with back-to-back singles.

A walk loaded the bases before a sacrifice drove in a run to set the stage for Curtis.

Curtis walked up to the plate with runners on first and second and immediately lined a shot through the outfield and to the fence.

Running on all cylinders, Curtis rounded the bases and chugged into third to give the Bushmasters a 4-3 lead.

Curtis later came home on a sacrifice fly to make it 5-3.

"I came up to bat kind of angry," Curtis said about his triple. "I wanted to light the

team on fire. He (Kraken pitcher) tossed a meatball and I just unloaded on it."

The Bushmasters added one final run in the bottom of the sixth before holding the Kraken scoreless in the top of the seventh for the win.

After punching their ticket to the big dance, Curtis said he believes that they now have the needed momentum to go all the way.

While players coming and going through TDY took its toll on the team during the regular season, Curtis said that the roster is restocked with a full squad and the Bushmasters are ready to roll.

"We know that we got the talent to hang with any team," Curtis noted. "I absolutely believe that we're only limited by ourselves. I think we can take it. I think that the sky's the limit for us now."

Runners, walkers 'have a ball'

The Hawaii Navy Ball Committee held an Independence 5K Run/Walk on July 6, at Ford Island. All proceeds benefit the 2013 Enlisted Navy Ball to be held at the Hickam Officers Club on Oct. 12. For more details of the 2013 Enlisted Navy Ball, visit www.navyballhawaii.com.

U.S. Navy photo by HMC Luis Lopez



Joint base celebrates July Fourth Beachfest



Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation held a Beachfest at Hickam Harbor on the Fourth of July. The Air Force Band of the Pacific-Hawaii and the Pacific Fleet Band performed a variety of music at the event, including rock, pop and a patriotic salute. Activities and entertainment included demonstrations of water-propelled jet packs and a chance to register to win a jet pack experience for two, shave ice, standup paddleboarding and a boat tour of the harbor. The event also included a discover scuba adventure, sales of food and beverages, prizes and free keiki (children's fun) activities.

Photos courtesy of MWR Marketing photos



Emergency preparation available for families with special health needs

TRICARE

The 2013 hurricane season began June 1. Hurricanes and other disasters present a serious danger to anyone living in their path, but families with members who have special health needs face unique challenges when disaster strikes. These families need to make additional preparations in case the worst happens.

It's important to remember that families may have to rely on their own resources following a disaster. A common misconception is that government assistance is available immediately. It can take several days or even weeks for federal aid to arrive, depending on the size of the disaster and the number of people affected.

During emergencies, TRICARE sometimes waives referral and authorization requirements and allows beneficiaries to obtain extra doses of their prescription medication. Sign up for state-specific TRICARE disaster alerts at www.tricare.mil/disaster.

The first step is to have a disaster plan. The plan should have information on meeting places, important personal information for each family member, and locations for where family members are likely to be if a disaster strikes.

The Federal Emergency Management Agency (FEMA) has a template families can use to build their plan at www.ready.gov/make-a-plan. All families should also have a disaster kit including water, food, extra bat-

teries and a first aid kit. Visit www.ready.gov/basic-disaster-supplies-kit for more details on how to build a disaster kit.

Families with special health needs may have to consider what to do with medications that have to be refrigerated and what to do if a family member requires a climate controlled environment if the power goes out. If you live near a military base and are part of the Exceptional Family Member Program (EFMP), contact the local EFMP office and ask if the base has a plan to support family members with special medical needs during a disaster.

If the disaster plan involves going to an emergency evacuation shelter, make sure to bring everything needed to support a

family member with special needs. Don't assume the shelter will have medications, incontinence supplies, medical equipment or other items.

Expect to sleep on a cot or on the floor, and bring any necessary positioning pillows or other specialty bedding. Families with a service animal should bring its tags, license, medication, food, water, bags for waste and other items it may need.

As with many other aspects of living with a family member who has special medical needs, preparing for a disaster requires additional thought and preparation. Each family's needs are unique, but some tips apply to most - pack light, bring an extra pair of reading glasses or hearing aid batteries, and bring all

relevant medical information, including a list of allergies and military IDs or insurance cards.

Share emergency plans in advance to help family members with a communication disability, and prepare emergency plan reminders in a form they can comprehend during a tense situation.

FEMA maintains a website, www.ready.gov, with information about preparing for disasters. A list of resources for families with special health needs can be found at www.disability.gov/emergency-preparedness. Always be prepared for a disaster, and if the worst happens, think safety first. Preparing in advance can relieve a great deal of stress and make a big difference when facing an emergency.

New Pacific Aviation Pioneers exhibit to open

Pacific Aviation Museum Pearl Harbor

Aviation daredevil stunt pilot Tom Gunn will be the first person inducted into the newly created Pacific Aviation Pioneers exhibit opening July 13 at Pacific Aviation Museum Pearl Harbor.

The exhibit opening, dedication and reception will be held from 3 to 4:30 p.m. in hangar 37 and is free with museum admission.

Guests are invited to take the Ford Island shuttle from the Pearl Harbor Visitor Center to the museum for the event. The Gunn family will be in attendance at the museum exhibit dedication.

Tom Gunn is being honored as the first inductee in the Pacific Aviation Pioneers exhibit, a rotating series of exhibits, which will highlight the personalities who created aviation history in the Pacific region. The schedule calls for at least four Pioneers or teams of Pioneers to be spotlighted every year.

The Tom Gunn exhibit is also the debut of the remodeled Doolittle Gallery in hangar 37, redesigned to host ongoing exhibits with flexibility and modern display technology. It is the first major change in hangar 37 since the museum opened its doors in late 2006.

Gunn, the aviation pioneer best known for introducing passenger flight to the people of Hawaii, was born in California in 1890, grew up in the Bay Area, and attended flight school in New York and the Los Angeles area.

In June 1913, he was in Honolulu, giving Hawaii exhibits of aviation daring, flying a 75 horsepower biplane at about 70 miles an hour.

"Tom Gunn was the first Chinese American to hold a U.S. flying license, par-

ticularly significant to the people of Hawaii. We are proud to honor him and his family at our new exhibit opening," said Kenneth DeHoff, museum executive director.

A century ago, Hawaii and the Pacific islands entered the world of commercial aviation. Previously, flying had been the province of daredevils and barnstormers. These included San-

Francisco-born Chinese-American pilot Tom Gunn, who designed his own airplanes and took aloft hundreds of passengers on the West Coast.

In the summer of 1913, bringing his act to Hawaii, Gunn billed himself as "the nerviest Chinaman in the world," performing a vaudeville show that included a mail-service demonstration, gliding with the engine switched off and a maneuver called the "dip of death." He was also known for his "hydroaeroplane smile."

The first airplane passenger in Hawaii was Lillian Gee, a young woman who sold tickets for the Empire Theatre, taken aloft by Gunn on July 13, 1913, at a demonstration near Schofield Barracks. Later that day, Gunn charged \$25 to carry Hawaii's first paying passenger, a Mrs. Newman of Honolulu.

Both flights were carried out slowly and low to the ground so as not to frighten the ladies - but as Hawaii's first aerial passengers, Gee and Newman made commercial aviation history.

For more information, call (808)441-1007, e-mail SpecialEvents@PacificAviationMuseum.org, or visit www.PacificAviationMuseum.org for tickets and more information. Tickets and a free flight simulator coupon are available online.



Image courtesy of Pacific Aviation Museum

Campaign launched to screen for PTSD

Navy Region Hawaii

Military Pathways, a Department of Defense (DoD)-funded initiative, has launched a campaign to encourage screening and education for post-traumatic stress disorder (PTSD) at www.MindBodyStrength.org.

The campaign is designed to emphasize that PTSD is common and treatable and that coming forward is a sign of strength.

The campaign is also designed to reduce stigmas associated with PTSD or any mental health issue.

For more information, visit www.Facebook.com/MilitaryPathways and the DoD Defense Centers of Excellence's website at <http://ow.ly/mQCpD>.

Another contact is Lt. Cmdr. Kaarin Coe, suicide prevention coordinator, Military and Family Support Center, at 474-1999, ext. 6206 or e-mail kaarin.coe@navy.mil.



CSADD begins prevention campaign against texting and driving

Sailors and Airmen of the Joint Base Pearl Harbor Hickam Coalition of Sailors Against Destructive Decisions (CSADD) chapter have developed a "Stay Alive, Don't Text and Drive Prevention Campaign."

Master-at-Arms 3rd Class Abrel Smith, CSADD president, said the campaign will target young adult drivers and aim to show them the consequences of texting and driving. He also stated that the campaign will feature public service advertising videos, posters, banners, and digital and social media.

According to Smith, nearly 500,000 young adults each year are injured due to various forms of distracted driving, including texting, mobile instant messaging, updating social media platforms and sending photos.

For more information, contact Smith at 474-0085 or e-mail abrel.smith@navy.mil.



Live the Great Life



MWR Marketing photo

Patrons reflect while making a stop at the Navy Club monument during the Ford Island Historical Tour.

Experience, relive and remember – Ford Island Historical Tour

The Dec. 7, 1941 attack on Pearl Harbor and Hickam is well known to visitors and locals alike, but for most, the history of Ford Island is undiscovered and waiting to be explored. Ford Island is also known historically to Hawaiians as Moku'ume'ume, "Island of Strife."

The Ford Island Historical Tour explores a battle site that played a significant role in the Dec. 7 attack. The guided tour in an open-air trolley is led by volunteer historian Jessie Higa and sponsored by Hickam Information,

Tickets and Travel (ITT).

One of the highlights of this tour is a stop at the Navy Club monument, located on the shore facing the USS Arizona Memorial.

This rock memorial built on Dec. 7, 1955 is dedicated to the 1,177 Sailors and Marines who sacrificed their lives for their country during the World War II attack.

The Ford Island Historical Tour is held from 8:30 to 10:30 a.m. on the third Wednesday of each month. For more information or to sign up, call the nearest ITT office.



Photo courtesy of Shutterstock

This is a view of Waimea Bay, where the biking tour will begin.

Outdoor Adventure Center offers biking tours alternative

MWR's Outdoor Adventure Center (OAC) offers activities aimed at getting patrons out and active while having fun at the same time. One of the newest activities available are bicycle tours.

Each month, OAC's crew takes a group of patrons to different parts of the island to experience Hawaii on two wheels. Difficulty levels vary depending on the route. Guides lead the way as patrons discover island gems that may be easily missed when traveling by car.

In June the route traveled along the old Pali Road, a historic road used in the past by horse riders and wagons to connect the windward side with the south end of the island.

This month, OAC invites riders to experience the North Shore on a bike. The tour on July 27 starts at Waimea Bay and travels just beyond Sunset Beach. This trip is about seven miles long and is an easy ride for beginners. Multiple photo opportunities are available along the route. On the North Shore route riders can bring swimming gear

if they want to take a side trip and cool off in the ocean.

The combination of exercise outdoors and sight-seeing adds to the appeal to these new tours.

"It's great exercise. It's the scenery of hiking with the speed of biking," said guide Kyle Candilasa, who added that those who previously went on OAC's hiking tours would enjoy the bike tours.

"It's something different. If you enjoy hiking, you'll enjoy biking."

Candilasa explained that the speed of riding a bike allows participants to cover more ground while still having time to make stops at desired locations.

Bike trips include gear, transportation from the base and OAC guides. Bicycles are provided, or customers are welcome to use their own bikes (with a \$5 discount if they do). Other recommended items include a camera, water and lunch/snacks. For more information on the tours, call the OAC at 473-1198.

Your Weekly Fun with MWR

Visit www.greatlifehawaii.com, or subscribe to MWR's digital magazine *Great Life Hawaii*.



Warrior Friday will be held from 4:30 to 10 p.m. tonight at the Hickam Officers' Club's Koa Lounge. The event will include a buffet from 4:30 to 7:30 p.m. FMI: 448-4608.

Texas Hold 'em and Bunco will begin at 5:45 p.m. Saturday and July 26 at Tradewinds Enlisted Club Oahu Room. Winners will receive prizes. This is a members-only event. All ranks are welcome, and reservations are

encouraged. FMI: 448-227.

Molokai Saint Damian Tour will be held from 8 a.m. to 3 p.m. Saturday and July 27 departing from Information, Tickets and Travel (ITT)-Hickam. Bring a snack, lunch and drink. Wear comfortable clothes and walking shoes. FMI: 448-2295.

Junior Team Tennis registration will be held July 15 to Aug. 16 online at

www.greatlifehawaii.com for youth ages 7-18. The Fall season runs from August to November. The registration fee does not include United States Tennis Association membership. FMI: 473-0789.

Imagine That! Art Class will be held from 1 to 3 p.m. July 16 through 19 at the Hickam Arts & Crafts Center. The class is for youth ages 5 to 8 years old. FMI: 448-9907.

Ford Island Historical Tour will be held from 8:30 to 10:30 a.m. July 17, leaving from Rainbow Bay Marina parking lot, next to Schooners and in front of Cabana C. FMI: 448-2295.

Learn to Spearfish will be held from 9 a.m. to noon July 20 to 21 at Outdoor Recreation-Hickam Harbor. Sign ups are due by July 17. Bring mask, fins, snorkel and other equipment. FMI: 449-5215.

Day Hike: Waimano Pools will be held from 10 a.m. to 3 p.m. July 20 departing from Outdoor Recreation Center-Fleet Store. Sign up by July 17. Bring a lunch for this intermediate-level hike. FMI: 473-1198.

Full Moon Hike: Koko Head will be held from 7:30 to 11 p.m. July 21 departing from Outdoor Adventure Center-Fleet Store. Sign up by July

18. This hike is strenuous and for the advanced participant. FMI: 473-1198.

Moonlight Paddle: Hickam Harbor will be held from 8 to 10 p.m. July 22 departing from Hickam Harbor. Sign up are due by July 17. Participants of all paddling abilities are welcome. The trip includes kayaks, gear and professional guides. FMI: 449-5215.

GOT SPORTS

Phone: 473-2390

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



Morale Welfare & Recreation

GLASS BOTTOM BOAT TOUR

A glass bottom boat tour of Kaneohe Bay will be held from 9:15 a.m. to noon July 20. The tour departs from Information, Tickets & Travel-Hickam. FMI: 448-2295.

ADULT AND CHILDREN'S SWIM LESSONS

Hickam Pool 2 is offering a variety of swim lessons beginning July 22. Classes are divided into four age groups: 6 months-3 years old, 3-4 years old, 5-16 years old, and 17 years and older. Register online. FMI: www.greatlifehawaii.com.

FURRY FRIENDS ART CLASS

The Hickam Arts & Crafts Center will hold an animal-themed children's art class from 1 to 3 p.m. July 23 to 26. Children ages 5-8 years old can learn how to draw dogs, cats, birds and more. FMI: 448-9907.

PRESCHOOL STORY TIME

Preschool story time will be held from 9 to 10 a.m. July 24 at the Hickam Library. The theme will be "sports." FMI: 449-8299.

STARS & STRIPES 5K RUN/WALK

There will be a Stars & Stripes 5K run/walk beginning at 7 a.m. July 25 at the Wahiawa Annex Fitness Center. This event is open to all eligible patrons. FMI: 653-5542.

FREE BEGINNERS' GOLF CLINIC

There will be a free beginners' golf clinic starting at 9 a.m. July 27 at Mamala Bay Golf Course. FMI: 449-2300.

CHINATOWN FOOD, HISTORIC TOUR

A tour of Honolulu's Chinatown, featuring a traditional dim sum lunch, will take place from 8:45 a.m. to 12:45 p.m. July 27. The tour departs from Tickets & Travel-Hickam. FMI: 448-2295.

KAYAKING THE MOKU ISLANDS

A kayaking excursion will be held from 9 a.m. to 4 p.m. July 28 to the Moku Islands off the windward side of Oahu. Transportation and equipment will be provided. Departures are from the Outdoor Adventure Center-Fleet Store. The deadline for registration is July 24. FMI: 473-1198.

MWR SUPER GARAGE SALE

The MWR Super Garage Sale will be held from 8 a.m. to noon Aug. 3 at Richardson Field. The event is open to the public. Admission is free for shoppers and varies for vendors. FMI: 473-0792.

Community Calendar

JULY

NOW — USS Arizona Memorial tours have returned to a full tour schedule. World War II Valor in the Pacific National Monument offers tours every 15 minutes from 8 a.m. to 3 p.m. daily. Tickets are available online or on a first-come, first-served basis at the Pearl Harbor Visitor Center. FMI: www.recreation.gov or www.pearlharborhistoricsites.org.

13, 14 — The Philippine navy ship BRP Ramon Alcaraz (PF16) will be available for visits from 8 a.m. to 5 p.m. during the ship's port visit to Joint Base Pearl Harbor-Hickam. No photography is allowed on the pier, but cameras are allowed on the ship. Access is permitted to Department of Defense cardholders. FMI: Lt. Cmdr. Michael Barksdale at 808-221-0418.

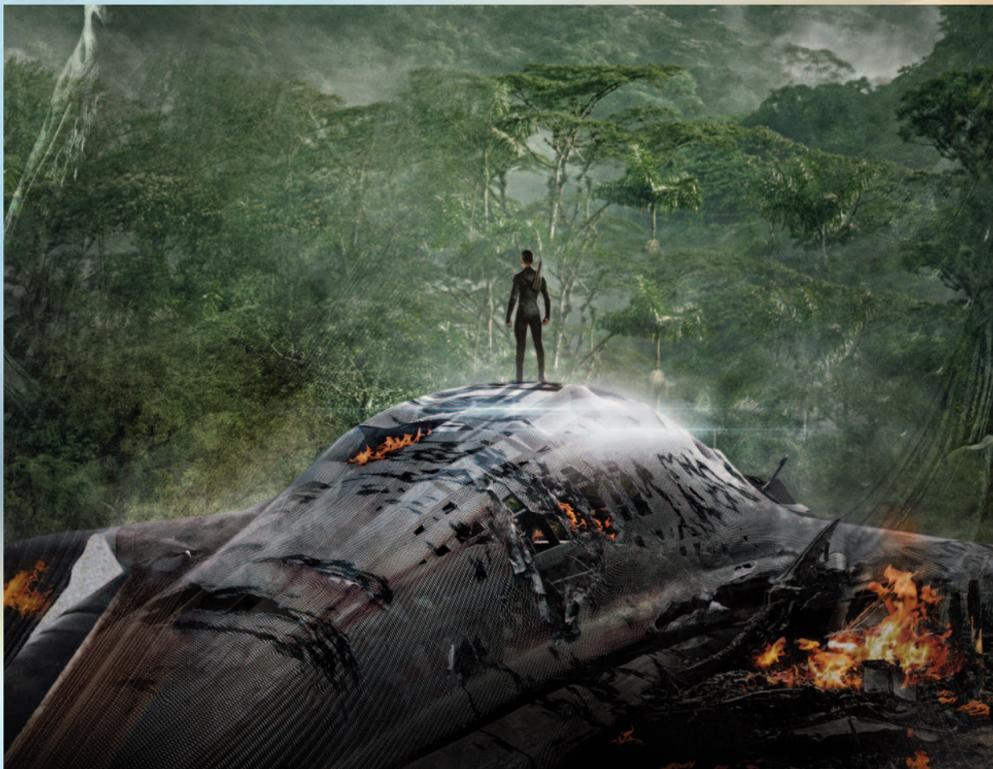
15 TO 19 — Vacation Bible School (VBS) will be held from 9 a.m. to noon at Pearl Harbor Memorial Chapel. Parents can register their children online at <http://PHMC-vbs13.eventbrite.com>. There is no fee, and registration is ongoing until classes are filled. VBS is also looking for volunteers. FMI: wwoodard1@gmail.com.

24 — Visitors are invited to bring the family and celebrate the famous aviatrix Amelia Earhart's 116th birthday from 11 a.m. to 1 p.m. at Pacific Aviation Museum Pearl Harbor. The event will include prizes for a "Dress Like Amelia Earhart" costume contest. FMI: 441-1004 or e-mail SpecialEvents@PacificAviationMuseum.org.

26 — The next free summer concert for authorized patrons at Joint Base Pearl Harbor-Hickam will begin at 5:30 p.m. at Hickam Harbor. Hana Hou, the rock band of the United States Air Force Band and the Pacific Fleet Band popular music group, will perform. FMI: www.greatlifehawaii.com or [Facebook.com/greatlifehawaii](https://www.facebook.com/greatlifehawaii).

AT A GLANCE

Military and Family Support Center (MFSC) classes are free to Department of Defense (DoD) civilian employees, military members and their families. Some of the MFSC course offerings for July are Anger Management, July 23, 8-11 a.m.; Couples Class: Mastering the Art of Communication, July 16 and 23, 10 a.m. to noon; Scream-free Parenting, July 18, and 25, 5:30-8:30 p.m. Those interested may call the customer service desk to register for any class. FMI: 474-1999.



AFTER EARTH (PG13)

A crash landing leaves teenager Kitai Raige and his legendary father Cypher stranded on Earth, 1,000 years after cataclysmic events forced humanity's escape. With Cypher critically injured, Kitai must embark on a perilous journey to signal for help.

HICKAM MEMORIAL THEATER

TODAY 7/12

6:00 After Earth (PG13)

SATURDAY 7/13

2:00 The Croods (PG)

7:00 The Purge (R)

SUNDAY 7/14

2:00 The Croods (PG)

Movie Showtimes

**SHARKEY THEATER
is closed for renovations**

Some MWR facilities and services may be subject to change. For more information, visit the JBPHH website at www.cnic.navy.mil/pearlharbor-hickam or the Navy Region Hawaii website at www.cnic.navy.mil/hawaii.



Participants needed for standards setting boards

Hawaii Department of Education

The Hawaii Department of Education (HIDOE) and the American Institute of Research (AIR) have requested community participation from military members, parents and anyone both qualified and interested in participating in the HIDOE standards setting boards.

The committee for the end-of-course standard setting is scheduled for July 23-24. They are in need of participants in the following content areas: algebra I algebra II, expository writing I, and U.S. history. A participation stipend will be paid to those selected as qualified committee members.

All sessions are held from 8 a.m. to 3 p.m. The location is only given upon acceptance, and the daily stipend is \$125 per day and \$250 total.

A participant must serve on all of the days that have been scheduled for a committee. The stipend provided for each content area committee may vary based on the number of hours required to complete the work.

The mandatory participation request form which need

to be filled out and submitted at <http://ow.ly/mQCJR>.

Only individuals who register and are accepted and confirmed by AIR will be placed on and allowed to participate on the standard setting committees.

Selected participants will recommend to the Hawaii Department of Education three performance standards (cut scores) for the student online assessments or exams. Standard setting is the means for identifying cut scores that indicate whether a student has achieved an established level of proficiency.

It involves expert judgment that is supplemented by historic student performance data. The department will identify four levels of student achievement: well-below proficiency, approaches proficiency, meets proficiency and exceeds proficiency.

For more information contact Brian Reiter at 733-4100, e-mail Brian_Reiter@notes.k12.hi.us; Cara Tanimura at 586-3283, e-mail Cara_Tanimura@notes.k12.hi.us of HIDOE or Kevin Kuet of AIR at 808-943-3912 or e-mail KKuet@air.org.

Tips offered on success for the workplace

Andrea Hantman

Civilian Employee Assistance Program

Being successful at work is not just about getting the task done. It is also about the ability to work with others, inspire, communicate, act with integrity, be a team member, acknowledge others' contributions, and contribute to the morale of the team.

Here are some tools for the workplace:

- Ask yourself how you are honestly feeling.
- Be open to input.
- Monitor your self-talk.
- Don't allow fear to control you.
- Accept responsibility for your emotional responses.
- Anticipate emotional "triggers" and prepare to manage them.
- Listen well.
- Re-frame an irritating situation into a problem-solving exercise.
- Eliminate blame.
- Laugh a lot.
- Keep learning.
- Visualize success.
- Remember to focus on the positive. Whatever we dwell

Blood drive schedule

Currently scheduled drives include:

July 19, 8 a.m. to 1 p.m., Pearl Harbor Naval Shipyard Building 2.

July 22, 23, and 29, 9 a.m. to 1 p.m., Pearl Harbor Memorial Chapel.

July 30, 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.

15th MDG appointment policies: updated show, no-show and late show policies

Capt. Scott D. Cook

15th Medical Group

Effective immediately, the 15th Medical Group (15 MDG) at Joint Base Pearl Harbor-Hickam has new appointment show time, no-show and late show policies.

Updated policies should provide consistent and simplified guidance to all 15th MDG clinics and beneficiaries. We recognize how busy each and every one of our beneficiaries are, and hope these new policies will provide uniformity and consistency. The new appointment policies are:

- **Show time:** The show time for all medical appointments at all clinics, with the exception of Dental, is now your scheduled appointment time. Patients no longer need to arrive 15 minutes prior to their medical appointment. Due to system constraints, the Dental Clinic will still require beneficiaries to arrive 15 minutes prior to their scheduled appointment time.
- **No-show:** Beneficiaries will be considered a no-show if they fail to appear for their appointment, leave without

being seen, arrive 10 minutes after their scheduled appointment time, or fail to cancel their appointment two hours prior to the scheduled appointment time. If your appointment is before 9 a.m., you must cancel the appointment prior to the close of business (COB) the previous duty day.

- **Late show:** If you check into the clinic more than 10 minutes after your scheduled appointment time, you will be considered a no-show. At this time, the clinic will determine if they can still see you based upon staff availability and patient workload.

If they are unable to see you, the clerk can reschedule your appointment or you can reschedule at your convenience. Please remember that patients who arrive on time will not be displaced by those who show up late.

Beneficiaries can utilize TRICARE online to schedule, cancel, or receive appointment reminders via email and/or text message at www.tricareonline.com. If you are not enrolled in TOL, you can cancel your appointment by calling the 15 MDG Central Appointment line at 448-6000, option 1, between 7:15 a.m. and 4 p.m.

Monday through Friday, with the exception of PACAF family days and federal holidays.

Missed appointments not only cost the 15 MDG and taxpayers a significant amount of money, but they also prevent other beneficiaries from receiving the care they need. Cancelling your appointment two hours prior and checking in late (more than 10 minutes past your appointment time) are not only 15 MDG policies, but also AFI directives.

The MDG realizes emergencies arise and plans change, but be respectful to fellow beneficiaries as well as staff members and cancel your appointment as soon as possible.

The MDG is not immune to sequestration, the loss of contract personnel, and tightened budgets, which only enhances the fact that every appointment truly does count.

Please steer clear of being a late show or no-show to your next MDG appointment, and just like when you were learning to drive, remember 10 and 2; 10 minutes is late and you must cancel two hours before your appointment.