

Back To School

HO'OKELE

PEARL HARBOR - HICKAM NEWS

July 26, 2013

www.cnic.navy.mil/hawaii www.hookelenews.com

Volume 4 Issue 28

Vice President Biden, Dr. Biden to visit Hawaii

Navy Region Hawaii Public Affairs

The White House confirms that Vice President Joe Biden and Dr. Jill Biden will stop in the state this

weekend on their way back to Washington from Asia.

"It is a great opportunity when our national leaders visit Hawaii for them to meet some of our service members, civilians and

especially our families whenever possible," said Rear Adm. Rick Williams, commander, Navy Region Hawaii and Naval Surface Group Middle Pacific.

"We look forward to

showing our ships, planes and facilities, of course, but people and aloha come first," said Williams.

The vice president conducted a six-day trade and diplomatic trip to India and

Singapore, beginning his trip with a visit to a memorial for Mohandas Gandhi, Indian leader who inspired American civil rights leader Dr. Martin Luther King Jr. Dr. Jill Biden, with First

Lady Michelle Obama, promotes the national "Joining Forces" initiative, seeking support for military families and helping service members, veterans and military spouses find jobs.



U.S. Marine Corps photo by Lance Cpl. Jacob D. Barber

Vice President Joe Biden speaks to Marines, Sailors and their families in 2011 at Marine Corps Base Hawaii, Kaneohe Bay. The vice president and his wife, Dr. Jill Biden, are scheduled to stop in the state of Hawaii again this weekend on their way back to Washington from Asia.

Joint base expands summer pool hours

Joint Base Pearl Harbor-Hickam Public Affairs

Military-affiliated personnel and their guests can enjoy more time in the pool when Joint Base Pearl Harbor-Hickam expands pool hours for a limited time beginning July 29 and until the end of summer.

Hickam Pool 2, which reduced hours in March due to sequestration, will open every Monday and Tuesday from 1 to 5 p.m. until Sept. 2. Beginning Sept. 4, the pool will resume regular hours. Scott Pool continues to be open every day.

Rear Adm. Rick Williams, commander of Navy Region Hawaii and Naval Surface Group Middle Pacific, recognized the need to make the pools more accessible following a recent town hall meeting with Pacific Fleet commander, Adm. Cecil Haney. Service members expressed concerns about the limited use of the pools on base.

"We are responding," said Williams. "Where we can we are adjusting hours and

looking at innovative ways to make the pools more accessible."

Williams said swimming pools are more than a place for recreation. "They are 'fitness centers' for our search and rescue swimmers and support our wounded warriors. They are alcohol-free alternatives for our warfighters and their families. They provide a social venue for students and visitors. Pools provide quality of life and physical fitness and are a part of greater family readiness for us all," he said.

"Keeping all the pools open or greatly expanding hours is not possible this summer, especially with fiscal challenges, civilian furloughs and other cost constraints. But we want to take an innovative approach and see what can be done to help our service members and their families," Williams noted.

As the hours are extended, MWR has plans for special events such as movie nights and float nights in August and September. During special event nights, shuttle buses will be available on a reserva-

tion basis for families living in Wahiawa Annex.

Williams encouraged patrons to submit innovative ideas to MWR. "Let's work together to find fun and innovative ideas so we can share in the solution," he said.

In addition to Hickam Pool

2, Scott Pool is the only other pool on JBPHH that is open. Hickam Pool 1, Towers (Makalapa), Arizona (Ford Island), Richardson Field and Wahiawa Annex remain closed.

TEMPORARY HICKAM POOL 2 HOURS:

July 29-30: Open 1 to 5 p.m.
Every Monday and Tuesday in August: Open 1 to 5 p.m.
Sept. 2: Open holiday hours (noon to 5 p.m.)
Sept. 3: Closed

NORMAL POOL HOURS:

Scott Pool:
Monday-Friday, 5 to 7 a.m. and 11 a.m. to 1 p.m. (lap swim) and 1 to 5 p.m. (open swim);
Saturday/Sunday: 10 a.m. to noon. (lap swim) and noon to 5 p.m. (open swim); holidays: Noon to 5 p.m. (open swim).

Hickam Pool 2:
Wednesday-Friday, 1 to 5 p.m., open swim;
Saturday/Sunday/holidays: Noon to 5 p.m. open swim.

Closed:

Hickam Pool 1, Towers (Makalapa), Arizona (Ford Island), Richardson, Wahiawa Annex.

For more information, call 260-9736.
For a list of special pool events, visit www.greatlifeohawaii.com.



U.S. Navy photo by Brandon Bosworth

Temporary summer hours for Hickam Pool 2 will be from 1 to 5 p.m. on July 29-30, every Monday and Tuesday in August, and Sept. 2.

15th Wing holds operational readiness exercise



(Far left) Capt. Preston Kahikina of the 535th Airlift Squadron performs preflight inspections in the cockpit of a C-17 Globemaster III. (Middle) Staff Sgt. Ivy Cadiz, 154th Wing Hawaii Air National Guard Aircraft Maintenance Squadron knowledge operations management, tracks exercise measures in an events log at hangar 13. (Left) Master Sgt. Garrick Hiramoto, Hawaii Air National Guard 204th Airlift Squadron loadmaster, performs pre-flight inspections aboard a C-17 Globemaster III.

Please see A-5 for more photos of 15th Wing exercise

Save Energy

If you see a little light still on office equipment, that means it's not really off. Use a power strip. Plug everything into it. When you leave, turn off the power strip = no little lights. If you turn back to your darkened office and can see little lights at your copier or someone's work station, something's still pulling power.



Today is deadline to sign up for Wounded Warrior Canoe Regatta
See page A-2



CSADD and JEA seek volunteers to help Hawaii Meals on Wheels
See page A-2



Independent deployer certification (IDCERT) training exercise held
See page A-4



Back to school
See page A-6, A-7



HIANG takes crown with win over Pound Town
See page B-1



Hickam Communities plans National Night Out
See page B-2

Commentary

Remembering 'Generational Lessons Learned' - Guadalcanal

Rear Adm. Rick Williams

Commander, Navy Region Hawaii and Naval Surface Group Middle Pacific

As we consider how we translate the CNO's priority of "warfighting first" into action, it is important that we reach back to the valuable lessons learned from our rich naval history. For example, consider the significance of WWII surface actions in the Solomon Islands and how they align to the operations we are conducting today.



Rear Adm. Rick Williams

Aug. 7 marks the 71st anniversary of the

Guadalcanal Campaign of August 1942 to February 1943. The strategic and tactical importance of these decisive six months is significant. What the June 1942 Midway battle meant for carrier operations, the battle for the Solomons meant for our surface Navy.

The ultimate victory and lessons learned were written in blood with more than 5,000 Sailors killed, 24 U.S. ships sunk and both task force leaders, Rear Adm. Callaghan and Rear Adm. Scott, lost in November during this campaign. The fighting was so intense that dur-

ing the course of the battles, the channel to the straits was reconfigured with scores of sunken ships on both sides into what is now called the "Iron Bottom Sound."

The first encounters with the enemy in early August 1942 would be most telling for the U.S. and our Australian partners as HMAS Canberra and U.S. ships Astoria, Quincy and Vincennes were sunk, and USS Chicago was badly damaged by a better prepared adversary.

There were lessons learned for both the U.S. and our Australian part-

ners, realizing the importance of command and control, integrated tactics and mastery of advanced technologies, for unlike the allied surface forces, the enemy drilled in live-fire tactics, extensively operated in night steaming configurations, developed radar targeting skills, and established effective multi-ship maneuvers.

The six-month Guadalcanal Campaign saw high losses on both sides in personnel, aircraft and ships, but the United States soon recovered, while our adversary did not. At

Guadalcanal the United States took the offensive and continued the advance that started after the Battle of Midway, forcing the enemy into a retreat that eventually led to capitulation and surrender less than three years later.

As our MIDPAC team realizes the benefits gained from integrated at-sea certifications as well as participation by some of our ships with our Australian partners in Talisman Saber, these generational lessons learned make our training all the more meaningful and relevant.

Service members gather donations for Convoy of Hope

Brandon Bosworth

Staff Writer

Service members at Joint Base Pearl Harbor-Hickam came together on July 24 at

the Red Hill Assembly of God to bag donated food for Convoy of Hope's upcoming Saturday event.

Convoy of Hope is a movement of churches, local businesses, health care

providers, government organizations, and others working together to tangibly meet needs of the local populace. Last year, Convoy of Hope served more than 15,000 people on Oahu.

"We had a great evening Wednesday bagging groceries for Convoy of Hope," said Chaplain Lt. James Ragain, Pearl Harbor Memorial Chapel.

"Approximately 200 volunteers, active duty military and their families, came out to support the event. We bagged a total of 45 tons of groceries, approximately 12,000 bags, that will be distributed to families in need on Saturday at both the Aloha Stadium and Kapolei Fairgrounds sites.

I am very grateful to all of the support that we received from Joint Base Pearl Harbor-Hickam personnel. They were amazing ambassadors of our armed forces to the local community," Ragain said.

Saturday's free Convoy of Hope events at Aloha

Stadium and Kapolei Fairgrounds (leeward site at the open field near Walmart) will open to the general public at 10 a.m.

"There will be free groceries, lunch, hair cuts, family portraits, clothing and a kid's zone," said Jennifer Pagud, Pacific Air Forces 647 Force Support

Squadron and Honolulu site coordinator for Convoy of Hope.

"We serve the military as well as civilians. If service members or their families have a need, then we encourage them to come."

Volunteers are still needed at both the Aloha Stadium and Kapolei

Fairgrounds locations (especially the leeward site) in the following areas: set-up, grocery bagging/delivery, tear down and security. For more information about volunteering, call 473-3971.

To learn more about Hawaii Convoy of Hope, visit <http://hawaii.convoyoutreach.org/>.



Photo courtesy Pearl Harbor Memorial Chapel

Service members at Joint Base Pearl Harbor-Hickam came together on July 24 to bag 45 tons of donated food for Convoy of Hope's upcoming Saturday event.

Diverse Views



What is the most important thing you ever learned in school?

Technical Sgt. Chris Hart
647th FSS unit training manager



"The most important class I have taken is probably the advanced automotive class I completed. It taught me the tools of the trade when it comes to car maintenance. I am currently restoring a 1977 Pontiac Trans Am and could not even come close to where I am without that education."

Ship's Serviceman 2nd Class Ernest Johnson
USS Halsey DDG 97



"I would have to say time management, because time is of the essence. So if you mess up early in school or your career, you'll have time to fix it, versus if you wait and put it off tomorrow. I would say make use of time. It is very critical and is important when dealing with school or anything."

Airman 1st Class Devon Garvin
15th Medical Group



"I think the medical readiness training I completed in tech school was the most important thing I ever learned in school. Not only was it fun, but it taught me what deploying as a medic would be like. I feel that when necessary, I will be able to deploy and perform at the highest level and have the capability to save lives."

Misha Ross
Hawaii Pacific University,
Navy College Office



"The most important thing I learned was intercultural relations. I did my grad program abroad and so my class was made up of people from all over the world. So a lot of our school projects involved overcoming cultural barriers and different expectations to succeed in school."

Staff Sgt. Sharlana Griffin
15th Medical Group



"The most important thing I ever learned in school was in my financial management class at Langley. It was the first time I was on my own in the world, and the class taught me how to make wise financial decisions."

Lt. j.g. Anthony J. Charles
Navy College Office, Hawaii



"I was trained as a scientist in college. A few clichés come to mind such as 'extraordinary claims require extraordinary evidence,' or 'knowledge is power. But education teaches you the process of thinking, which is by far the most important skill in our society.'

Provided by Senior Airman Christopher Stoltz and MC2 Nardel Gervacio

Want to see your command featured in Diverse Views? Got opinions to share?

Drop us a line at editor@hookelenews.com or karen.spangler@navy.mil

USS Missouri fires big guns



Official U.S. Navy photograph

USS Missouri (BB-63) fires a salvo of 16-inch shells from turret two while bombarding Chongjin, North Korea in an effort to cut enemy communications, Oct. 21, 1950. Chongjin is only 39 miles from North Korea's northern border. Tomorrow marks the 60th anniversary of the July 27, 1953 Korean War armistice which was signed at Panmunjon, Korea.

HO'OKELE

Commander,
Navy Region Hawaii
Rear Adm. Rick Williams

Chief of Staff
Capt. Mark Manfredi

Director,
Public Affairs
Agnes Tauyan

Deputy Director,
Public Affairs
Bill Doughty

Commander,
Joint Base
Pearl Harbor-Hickam
Capt. Jeffrey James

Deputy Commander
Col. David Kirkendall

Director, Public Affairs
Grace Hew Len

Managing Editor
Karen Spangler

Assistant Editor
Don Robbins

Sports Editor
Randy Dela Cruz

Staff Writer
Brandon Bosworth

Layout/Design
Antonio Verceluz
Richard Onaha Hutter

Ho'okele is a free unofficial paper published every Friday by The Honolulu Star Advertiser 500 Ala Moana Boulevard Suite 7-500 Honolulu Hawaii 96813, a private firm in no way connected with DoD, the U. S. Navy, Air Force or Marine Corps, under exclusive contract with Commander, Navy Region Hawaii. All editorial content is prepared, edited, provided and approved by the staff of the Commander, Navy Region Hawaii Public Affairs Office: 850 Ticonderoga, Suite 110, Pearl Harbor, Hawaii, 96860-4884. Telephone: (808) 473-2888; fax (808) 473-2876; e-mail address: editor@hookelenews.com World Wide Web address: <https://www.cnic.navy.mil/Hawaii/> or www.hookelenews.com. This civilian enterprise newspaper is an authorized publication primarily for members of the Navy, Air Force and Marine Corps military services and their families in Hawaii. Its contents do not necessarily reflect the official views of the U. S. Government, the Department of Defense, the U.S. Navy, Air Force or Marine Corps and do not imply endorsement thereof.

The civilian publisher, The Honolulu Star Advertiser, is responsible for commercial advertising, which may be purchased by calling (808) 521-9111. The appearance of advertising in this newspaper, including inserts or supplements, does not constitute endorsement of the products and services advertised by the Department of Defense, the U.S. Navy, Air Force or Marine Corps, Commander, Navy Region Hawaii or The Honolulu Star Advertiser. Everything advertised in this paper shall be made available for purchase, use or patronage without regard to race, color, religion, gender, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. A confirmed violation of this policy of equal opportunity by an advertiser will result in the refusal to print advertising from that source. Ho'okele is delivered weekly to Navy & Air Force housing units and Navy and Air Force installations throughout Oahu. Housing residents may contact the publisher directly at (808) 690-8864 if they wish to discontinue home delivery.

Independent deployer certification (IDCERT) training exercise held



Gunner's Mate 3rd Class Kyle Konieczski and Gunner's Mate 2nd Class Mike Chang man a gun mount aboard guided-missile destroyer USS Hopper (DDG 70).



Top three U.S. Navy photos by MC2 Jon Dasbach

Guided-missile destroyer USS Chafee (DDG 90) and guided-missile cruiser USS Lake Erie (CG 70) participate in an independent deployer certification (IDCERT) exercise. The IDCERT exercise is designed to certify select U.S. ships as independent deployers as tasked by Commander, U.S. 3rd Fleet.



Sailors attached to guided-missile destroyer USS Hopper (DDG 70) ride a rigid hull inflatable boat to guided missile destroyer USS Chafee (DDG 90).



The guided-missile destroyer USS Hopper (DDG 70) returns to its homeport of Joint Base Pearl Harbor-Hickam. U.S. Navy photos by MC3 Diana Quinlan



U.S. Navy photo by MC2 Jon Dasbach

Boatswain's Mate Seaman Amanda Morris stands the bridge helm watch aboard guided-missile destroyer USS Hopper (DDG 70).



U.S. Navy photo by MC2 Jon Dasbach

Fleet replenishment oiler USNS Guadalupe (T-AO 200), guided-missile cruiser USS Lake Erie (CG 70) and the Royal Navy's type 45 guided-missile destroyer HMS Daring (D32) sail behind guided-missile destroyer USS Hopper (DDG 70).



U.S. Navy photo by MC2 Jon Dasbach

Sailors tie down an LH-60 L Blackhawk helicopter after landing aboard guided missile destroyer USS Hopper (DDG 70).

Blood drive schedule

Currently scheduled drives include:

July 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.

Dell recommends Windows.

Those who serve deserve technology they trust.



Time is almost up! Active duty military, don't forget to take advantage of additional savings on top of your Dell Member Purchase Program benefits.



Save 10%

Get a 10% coupon* on your purchase of select Dell or Alienware PCs and tablets during the month of July when you use your "@mail.mil" email address. Offer valid 7/1/2013 - 8/9/2013. *10% off of select desktops and tablets. Excludes tax, shipping and handling. Offer valid 7/1/2013 - 8/9/2013 8am EST. Specifications, availability and prices may change without notice. Taxes, fees, shipping, handling and any applicable restrictions, charges and terms and vary. Coupon cannot be stacked with any other coupons and excludes student offers. Coupon applicable to Inspiron, XPS, Alienware and Latitude only. Dell cannot be responsible for pricing or other errors and reserves the right to cancel orders arising from such errors. One coupon per customer - Limit 1 system.

Get exclusive savings at Dell.com/militaryspecials

Work easy. Play hard. Windows 8

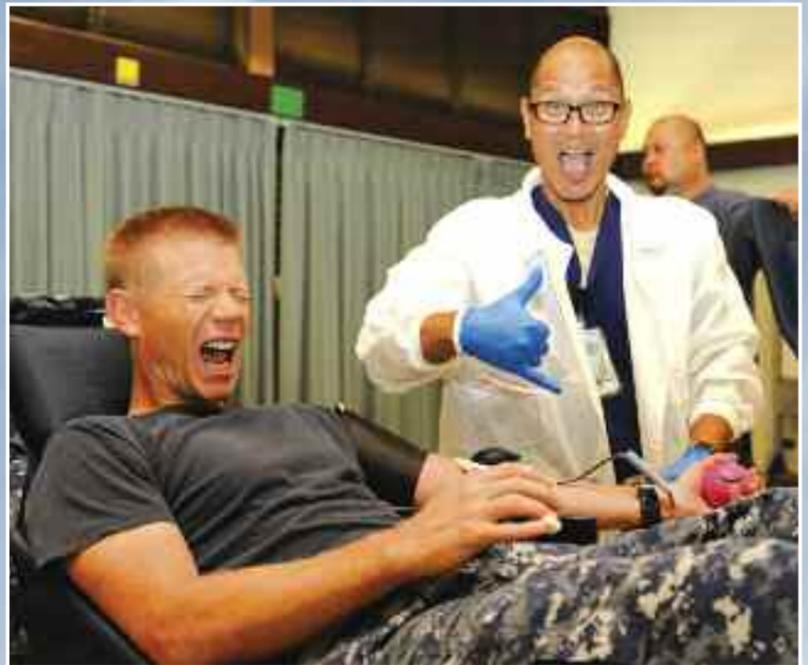
ALL ORDERS ARE SUBJECT TO APPROVAL AND ACCEPTANCE BY DELL. Offer subject to change, not combinable with all other offers. Taxes, shipping, handling and other fees apply. Valid for U.S. Dell Member Purchase Program military segment new purchases only. Dell reserves right to cancel orders arising from pricing or other errors. *10% off of select desktops and tablets. Excludes tax, shipping and handling. Offer valid 7/1/2013 - 8/9/2013 8am EST. Specifications, availability and prices may change without notice. Taxes, fees, shipping, handling and any applicable restrictions, charges and terms and vary. Coupon cannot be stacked with any other coupons and excludes student offers. Coupon applicable to Inspiron, XPS, Alienware and Latitude only. Dell cannot be responsible for pricing or other errors and reserves the right to cancel orders arising from such errors. One coupon per customer - Limit 1 system.

Pearl Harbor-Hickam *Highlights*



Capt. Lance G. Scott (right) relieved Capt. Christopher P. Ramsden (left) as the commander of Patrol and Reconnaissance Wing Two (CPRW-2) on July 18 at Marine Corps Base Hawaii, Kaneohe Bay. Ramsden's new command will be in Newport, R.I. where he will be an instructor at the U.S. Naval War College. Scott previously was assigned as a branch chief coordinating interagency actions for the Joint Staff in J-39, deputy director for global operations, at the Pentagon.

U.S. Navy photo by LSC Edward Satorre



Tony Crisostomo, a med tech at Tripler Medical Center Blood Donor Center, and Lt. Cmdr. Greg Anderson, assigned to Commander, Naval Surface Group Middle Pacific, enjoy a light-hearted moment as Crisostomo draws his blood during a blood drive held at the Pearl Harbor Memorial Chapel. The Armed Services Blood Program (ASBP) provides quality blood products for service members, veterans and their families in both peace and war. As a joint operation among the military services the ASBP has many components working together to collect, process, store, distribute, and transfuse blood worldwide.

U.S. Navy photo by MC2 Nardel Gervacio



Master Sgt. Eric Hunt, 15th Aircraft Maintenance Squadron production superintendent, removes the pitot tube covers from a C-17 Globemaster III during an operational readiness exercise at Joint Base Pearl Harbor-Hickam, Hawaii, July 18. The C-17 can carry up to 170,900 pounds of cargo and can be configured for a variety of loadouts, including aeromedical evacuation, cargo transportation and passenger movement.

U.S. Air Force photo by Tech. Sgt. Jerome S. Tayborn



A rigid-hulled inflatable boat and Sailors attached to guided-missile destroyer USS Hopper (DDG 70) are lifted out of the water following a visit, board, search and seizure drill.

U.S. Navy photo by MC2 Jon Dasbach



Master Sgt. Garrick Hiramoto, Hawaii Air National Guard 204th Airlift Squadron loadmaster, performs pre-flight inspections aboard a C-17 Globemaster III during an operational readiness exercise.

U.S. Air Force photo by Tech. Sgt. Jerome S. Tayborn

(Right) Sailors aboard the guided-missile destroyer USS Hopper (DDG 70) moor the ship upon its return to Joint Base Pearl Harbor-Hickam.

U.S. Navy photo by MC3 Diana Quinlan



Back To School

Drivers reminded to be cautious as keiki head back to school

Darren Dean
School Liaison Officer,
Joint Base Pearl Harbor-Hickam

Drivers are reminded to exercise caution as back-to-school time quickly approaches. With students starting school Aug. 5, Joint Base Pearl Harbor-Hickam (JBPHH) is reminding drivers to use extreme caution as many students will be walking or riding their bikes to and from school. Drivers can expect large numbers of students going to school beginning just before 7 a.m. and running through 8 a.m. After-school traffic will wind down after 3:30 p.m. It is important for drivers to be on the lookout for children as they are walking or riding their bikes to school. There is always an adjustment period when classes resume.

There are many students who are new to JBPHH and the surrounding military family housing community and thus are not familiar with the traffic patterns.

The best advice is for drivers to slow down and give themselves more time to get to their destination. The extra time is certainly worth avoiding accidents.

Parents and their students should map out the safest route to school together, including any alternate routes. Parents should also discuss proper safety practices with their children, including how to use crosswalks and proper bicycle safety, and have their children wear bright clothing to increase visibility for drivers.

Finally, children should not walk to school wearing headphones or playing portable video games because this makes it difficult for them to hear the traffic around them.

Supporting our children's education

Navy Region Hawaii School Liaison Office

Summer is nearly over for many of our children, as the first day of instruction in Hawaii's public schools is Aug. 5. All parents want their children to receive a quality education, and our "mission in life" is to do our part to help them succeed. Our children's success in school requires a strong three-way partnership between the child, school and parents.

Education experts cite a number of things parents can do to help their children achieve their highest educational potential:

Stress to your child the importance of doing their best in school, and help them set education goals.

Introduce yourself to your child's teacher(s), offer to help with class/school activities, and let them know you are interested in regular feedback on your child's progress.

Make homework time a daily priority habit, and provide a quiet and consistent place at home where your child can complete homework.

Limit the TV and non-school related computer time.

If your child is having a hard time in school, make an appointment with the teacher to discuss this difficulty.

Talk to your child about what they are learning in school.

If your child participates in extra-curricular activi-

ties, find out ways you can help the school.

Attend parent-teacher conferences.

The report, "A New Generation of Evidence: The Family is Critical to Student Achievement" (Henderson & Berla, 1994), says it best: "When parents are involved in their children's education at home, they do better in school. And when parents are involved in school, children go farther in school and the schools they go to are better."

There are sacrifices and transition challenges children experience with every PCS and subsequent change of schools. Parents can help them succeed by getting involved in their education and the schools they attend.



US Navy photo by LISN Jessica R. Vargas

Immunizations required for Hawaii schools

Brandon Bosworth
Staff Writer

Hawaii state law requires all students to meet health examination and immunization requirements before they may attend any public or private school in the state.

According to the Hawaii Department of Health, children entering kindergarten through high school are required to have vaccinations for DTaP (diphtheria-tetanus-acellular pertus-

sis), polio, MMR (measles-mumps-rubella), hepatitis B and varicella (chickenpox). Two doses of the varicella vaccine are required if the first dose was administered after a child's 13th birthday.

Tuberculosis (TB) clearance must be completed within one year before first entrance into school in Hawaii and must be performed by the Hawaii Department of Health or by a U.S. licensed physician, advanced practice regis-

tered nurse (APRN), or physician assistant (PA).

Parents of children under 12 months of age who will attend pre-school must submit a TB certificate to the school before the child reaches 14 months of age.

In addition to the immunization requirements, a physical examination must be completed within one year before first attending school in Hawaii. The exam must be performed by a U.S. licensed physician, APRN, or PA.

For children who were immunized outside of Hawaii, they will need to show proof that the student health requirements have been met prior to school entry. Hawaii schools will accept out-of-state records that meet Hawaii requirements for the physical examination, TB examination, and immunizations.

For more information, contact the Department of Health, Hawaii Immunization Program at 586-8332 or visit <http://ow.ly/nlk3>.

Improve Your Performance

TESTOSTERONE THERAPY RESTORES YOUR ENERGY, STRENGTH & STAMINA

Testosterone Replacement Therapy may be for you if:

- You are over 30 and your energy is low.
- You have trouble recovering from physical workouts.
- An old injury is holding you back.
- You have lost interest in sex.

\$199 Doctor's exam includes:

- PSA and testosterone lab test
- 1 year prescription
- Follow up exam and monitoring

Benefits of healthy levels of testosterone:

- Increase strength, energy and stamina
- Increase muscle mass
- Increase bone density
- Faster workout recovery
- Improved sleep quality
- Cope with stress better
- Live up to 8 years longer

"The great secret to a good man is testosterone. It's responsible for healthy hearts, big muscles, sharper, better younger and physically powerful bodies."
Dr. Charles Arnold, M.D.
Dr. Richard Smith, M.D.

UNIVERSAL MEN'S CLINIC
Medical Solutions for the Aging Man

For a confidential appointment call 529-0000
2224 Kapiolani Blvd., #2224 Honolulu, HI 96815 • 20 years of quality

Walk-In Bathtub

Safe, Comfortable, Convenient

The solution for seniors with limited mobility

You've seen it on TV... Call now for a free estimate

Call for Military or Senior Discounts

TROPICAL PLUMBING & WALK-IN BATHTUB
808-847-0970
Sales • Installation • Servicing

BALLETHAWAII PRESENTS

SEPTIMEMBER'S
CINDERELLA

AUG 9-11
BLAISDELL CONCERT HALL

TICKETS
Phone: 800-745-3000
Online: TICKETMASTER.COM
In person: BLAISDELL BOX OFFICE

For information about the Cinderella Royal Tea at Na'auao Plaza and VIP Dinner Package at Chai's, please call (808) 521-8000.

Sponsored by:
HONOLULU STAR-ADVERTISER, STARWOOD HOTELS AND RESORTS WAIKIKI, CENTRAL PACIFIC BANK, HAWAII STATE FOUNDATION FOR CULTURE AND ARTS, HORIZON LINES, NA'AUAO PLAZA

BALLETHAWAII.ORG

DUKE KAHANIMOKU STATUE
21.275683, -157.825309

Waikiki Spruces

"THE IMPROVEMENT COMING TO EVERYONE"

THE NEW APP

- EMERGENCY LIVE TOP SPORTS NEWS
- PHOTO GALLERIES
- TRAVEL WEATHER
- QR CODE SCANNER

SCAN OR TEXT STARBU TO 43888 TO DOWNLOAD THE FREE APP

App Store | Google Play | Star Advertiser



Hawaii DOE rolls out first phase of 'Get on Board' initiative

Hawaii Department of Education

The Hawaii State Department of Education (DOE) is rolling out the first phase of its "Get on Board" initiative, a multi-year, multi-faceted commitment to reform its public school student bus transportation system.

The initiative kicks off on the first day of school, Aug. 5, and will serve as many as 1,000 students at 30 schools who use buses in the Aiea, Moanalua, Pearl City, Radford and Waipahu High complex areas.

The first phase will reflect routes from last year and includes route restoration to Aiea Heights, Halawa Heights and Waikele Elementary School attendance areas. One of the more significant features of the Get on Board initiative is the use of a technology solution that includes routing software, GPS tracking on the buses, and an updated and contemporary contracting and procurement process. The DOE is planning to implement Get on Board at all Oahu schools by 2014-2015 and then statewide the following school year.

"The pilot areas for Get on Board were strategically chosen by what makes the most fiscal sense, to the department, our bus contractors and taxpayers," said Ray L'Heureux, assistant superintendent, DOE's office of school facilities and support services.

"There is a large amount of riders in

these areas — enough to give us important data on ridership we need to move forward with our reform efforts."

In June 2012, the DOE announced more than 100 bus routes were being eliminated statewide due to rising costs and a loss of funding. Since then, the DOE has streamlined services and restored a number of the routes. It also contracted Management Partnership Services (MPS) to conduct a study of Hawaii's student bus transportation system.

Earlier this month, Gov. Neil Abercrombie signed into law two Senate bills that give the DOE more flexibility in how it awards its bus contracts. These changes, as detailed in the MPS report, are being implemented with request for proposals being finalized this month for the 2014-15 school year.

In addition, the DOE has developed a number of communications protocols between bus vendors, schools, parents and students to ensure the most efficient level of service.

Parents can register their children for bus ridership at their schools. Letters to public school parents are being mailed this week regarding bus registration requirements. The department has established a Get on Board Call Center at 206-7936 or via e-mail at getonboard@hawaiidoe.org or getonboard@notes.k12.hi.us.

Additional updates can also be found on the DOE's new website: <http://ow.ly/nkB60>

Back to school nutrition tips

Brandon Bosworth

Staff Writer

Back to school time is the perfect time for parents to think about their children's nutrition to ensure they have the proper diet so they are happy and healthy throughout the school year and beyond.

Kids Eat Right, a joint initiative of the Academy of Nutrition and Dietetics and the Academy of Nutrition and Dietetics Foundation, provides a number of tips for keeping kids healthy as they head back to school:

Breakfast is very important for growing children. Studies show that kids who eat breakfast tend to have higher school attendance, less tardiness and fewer hunger-induced stomach aches in the morning. Their overall test scores are higher; they concentrate better, solve problems more easily, and have better muscle coordination.

Many schools provide meals for students. Parents should take time to go over the school menu with their children and discuss healthful and nutritious

choices they will enjoy. Make sure the choices include whole grains, vegetables and fruits at every meal.

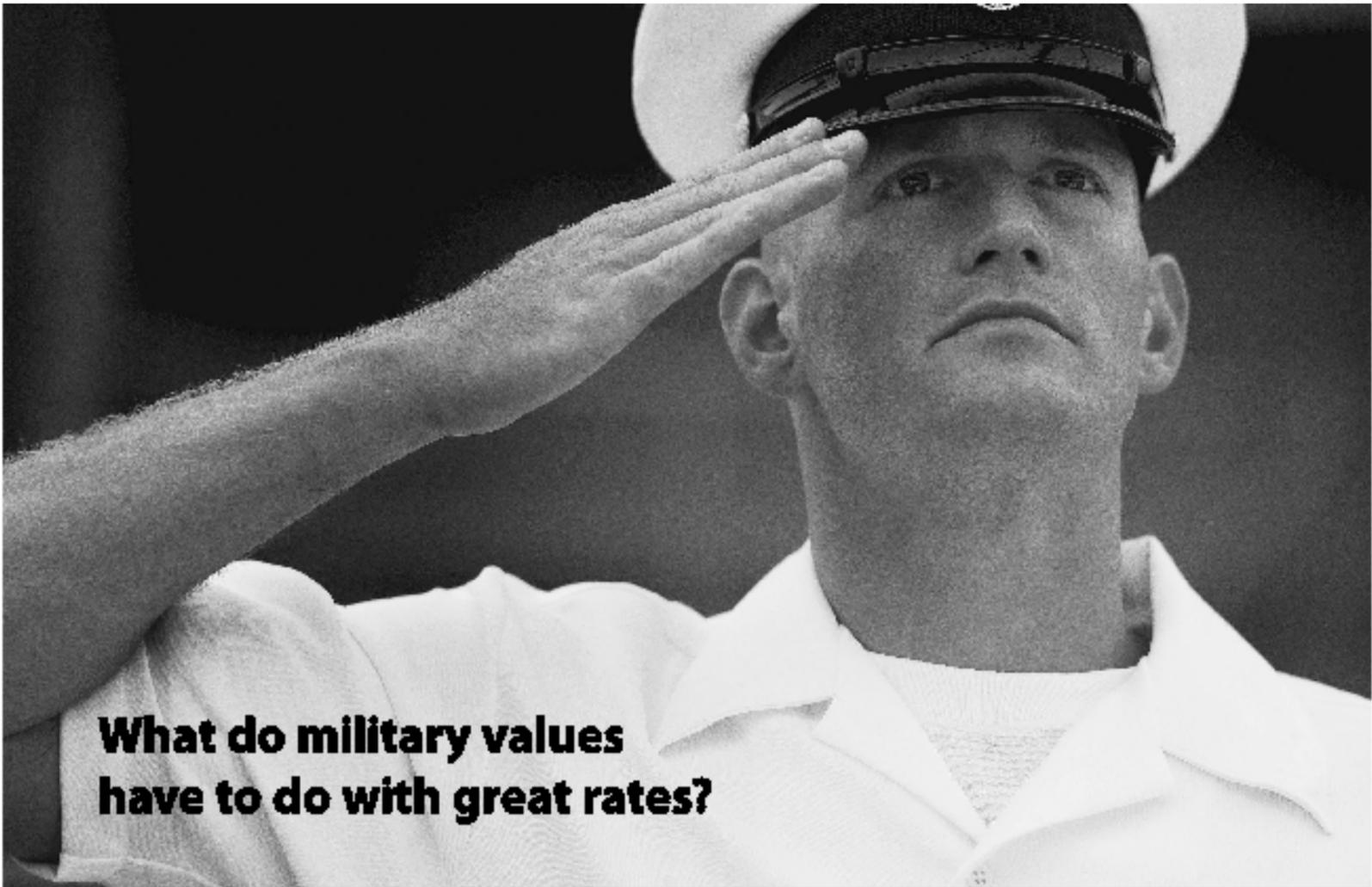
If your kids bring their own lunch, take them grocery shopping and allow them to pick out healthy foods that they enjoy. Children are much more likely to eat what is packed for them if they have picked it out for themselves.

If your children are involved in after-school activities, pack a healthful

snack they can eat beforehand. Fruit or vegetable slices, 100 percent fruit juice and whole-grain crackers with low-fat cheese are good options.

In addition to diet, regular physical activity is also vital to a child's development. Not all kids like sports, but there are still plenty of ways they can get exercise on a daily basis at school and at home. Involving the whole family is a great way to spend time together while getting regular.

ICHIRIKI
HEALTHY JAPANESE HOT POT
\$16.95 KOBE BEEF SHABU SHABU
HAPPY HOUR
Kaneohe 11-6 & 9-close
Aiea 11-6 & 9:30-close
Honolulu 2-6 & 9:30-close
THREE GREAT LOCATIONS!
AIEA 06-150 Kamehaha St. 484-7777
KANEOHE 46-047 Kamehaha Hwy 236-2200
HONOLULU 510 Piikoi St. 580-2200



What do military values have to do with great rates?

Get a credit card backed by service, loyalty, honesty and integrity.



Starting at 6.9% Annual Percentage Rate, the USAA Rate Advantage MasterCard® offers one of the lowest rates in the industry. Save money with no annual fee¹ and the same low rate on everything — from purchases to cash advances. All this from a bank founded on military values. Values that make us not just a different bank — but a better bank.

Apply today.

usaa.com/creditcard | 800-531-8712



We know what it means to serve.®

Insurance Banking Investments Retirement Advice

USAA member United Service Automobile Association and its insurance, banking, investment and other companies. USAA products are available only in those jurisdictions where USAA is authorized to sell them. Rates subject to approval. As of 7/1/13, APRs are 6.9% to 25.9%, depending on your credit history and other factors. APRs will vary with the market based on the Prime Rate. There is a transaction fee of 3% on cash advances (20% on balance transfers and convenience checks) and 3% on foreign transactions. Rates and fees subject to change. Please contact us for the most current information. Purchase of a bank product does not establish eligibility for coverage under USAA property and casualty insurance companies. Credit cards provided by USAA Savings Bank, Member FDIC. © 2013 USAA. 146296-0713



University of Phoenix®

The right opportunities can help you rise through the ranks of civilian life.

Many of our corporate partners, like AT&T and Allied Barton Security Services, are proud to offer veteran hiring programs that can help ease your transition into civilian life.

Let's get to work:

See how we're helping military members get to work. Call **808-351-3207** or visit phoenix.edu/militarynews ▶



Allied Barton Security Services provides security services for University of Phoenix campuses and learning centers.

University of Phoenix is an accredited university and a long-time member of American Veterans Opportunity Colleges (AVOC). Federal or State Government endorsement of education or sponsorship is implied. The University's Central Administration is located at 625 W. Foundation Parkway, Tempe, AZ 85282-2371. Online Campus: 3575 E. Camelback Rd., Phoenix, AZ 85018.

© 2011 University of Phoenix, Inc. All rights reserved. | 311-0541