

Life & Leisure

B

Centers offer suggestions to stay safe through Labor Day weekend

Don Robbins

Assistant Editor

As summer draws to a close, Sailors, Airmen and their families will gear up to celebrate the Labor Day holiday this weekend.

Common Labor Day activities include spending time boating, having a barbecue, enjoying the beach or pool, and traveling by car or motorcycle.

Unfortunately, along with the fun come the risks associated with the holidays, such as alcohol consumption, motorcycle and car accidents, water-based mishaps, and burns from cooking on open flames.

However, through diligence, following rules and common-sense guidelines, the risks can be managed.

The Naval Safety Center and Air Force Safety Center websites have many tips on ways to keep safe throughout the entire year, including during the upcoming holiday weekend (which winds up the Critical Days of Summer campaign).

They include:

Driving

- Don't drink and drive. If you plan to drink, plan your transportation in advance.
- Don't drive if you are tired.
- Keep your car running well. Make sure your tires, brakes, headlights

and taillights, and turn signals are all working perfectly.

- Obey the speed limit. In rain, fog and darkness, slow down.
- Stay aware of the drivers around you. If you see an erratic driver, don't get angry. Get away from them.
- Be careful at intersections. Don't assume others are going to do the right thing.
- Drive defensively. Obey the rules and be predictable.
- Keep your children in car safety seats, and know how to install the seats.

Motorcycles

According to the Naval Safety Center, more than two-thirds of the time when cars and motorcycles crash, the driver causes the wreck, not the motorcyclist. Most of the time, the driver didn't see the motorcycle. Here are some tips for motorcyclists to help stay visible.

- Don't assume a driver can see you. The primary precautions are: helmets with retro-reflective materials; bright, contrasting clothing; fluorescent vests.
- If you can't see a driver's face in his or her rear-view mirror, he or she can't see you, either. Be aware when you are in a blind spot.
- Use your turn signals and don't make any sudden moves.

Boating

- Learn to swim. At some point, you could end up in the water and you don't want to have to rely on a life preserver or a passenger.
- Don't drink while boating. It leaves you tipsy, both mentally and physically.
- Wear an approved life jacket, and make sure your passengers do, too.

Beach safety

- Protect your skin. Sunlight contains two kinds of UV rays. UVA increases the risk of skin cancer, skin aging and other skin diseases. UVB causes sunburn and can lead to skin cancer. Limit the amount of direct sunlight you receive between 10 a.m. and 2 p.m., and wear a sunscreen with a sun protection factor containing a high rating such as 15.
- Drink plenty of water regularly and often even if you do not feel thirsty. Your body needs water to keep cool.
- Watch for signs of heat stroke. Heat stroke is life-threatening. Signals include hot, red, and dry skin; changes in consciousness; rapid, weak pulse; and rapid, shallow breathing.

Swimming pools and kids

- If you're at a pool with children who are either very young or who can't swim, don't leave them alone, even if they aren't in the water.
- If you are taking care of an infant or toddler, don't let them out

of arm's reach.

- Learn a little about rescue swimming and take a CPR course. You never know when you might have to rescue someone.
- Make sure you have life preservers handy.

Grilling food

- Keep your grill at least three feet away from your house, porch, shed, trees or bushes.
- Use starter fluid that is made especially for barbecue grills. Follow the instructions about how to apply and light it.
- Don't squirt starter fluid on a fire after you have already tried to start it.
- Never use gasoline to try to start or restart charcoal. Gasoline is incredibly explosive and dangerous.
- If you have a gas grill, make sure you read and follow the instructions about how to use and store it.
- Store gas cylinders outside, and keep them away from buildings.
- Keep children away from the grill, both while you are cooking and after you finish, while the grill is still hot and when hot coals remain.
- Don't leave lit grills unattended.

For more information about safety, visit the Naval Safety Center website at <http://safetycenter.navy.mil/> and Air Force Safety Center at <http://www.afsec.af.mil/>.



Lake Erie proves 'A' team is better than 'B'

Story and photo by Randy Dela Cruz

Sports Editor

In a battle for ship bragging rights, USS Lake Erie (CG 70) "A" controlled the action from tipoff until the final buzzer to defeat Lake Erie "B" squad, 39-22, on Aug. 24 in a Summer Basketball League game at Joint Base Pearl Harbor-Hickam Fitness Center.

By defeating their counterparts, the "A" squad jumped one game above .500 with a record of 3-2, while the "B" team dropped their third game of the season against one win.

"I think the "B" squad stopped doing what they would normally do," Lake Erie "A" team guard Gas Turbine System Technician (Mechanical) 3rd Class Joseph Francis said. "Usually they give us a pretty good contest. To beat them by 10 points or more surprised me."

Pressing the action from the opening tipoff, the "A" team got out in front early and built up a 10-point lead going into halftime at 22-12.

Eager to put the "B" squad away, the "A" team stepped up their efforts on defense in the second half and smothered the opposition.

The "B" team was held to only seven points in the first 14 minutes of play before adding three more points in final two min-



utes for a grand total of 10 points following the break.

With over a minute remaining on the clock, "A" team guard Information Systems Technician 3rd Class Lorenzo Nichols put the game away for good by raising the lead to 17 at 36-19 with a basket-and-one.

In closing out the "B" team, the sharp-shooting Nichols scored two baskets and was a perfect four-for-four from the charity stripe in the second half.

Nichols and Francis led the offense from the perimeter, but the "A" team got a huge performance inside the paint from Boatswain's Mate 2nd Class Chris Penn.

The Lake Erie "A" team big man was a dominating factor under the glass and controlled the boards on both ends of the court.

While the pressure was on for each team to secure ship's bragging rights, Francis noted that although it was good to come out on top, no one from either team was too happy or too sad about the outcome.

Francis pointed out that whether you played on the "A" or "B" team, at the end of the game, everyone was on the same squad.

"The fun level was a whole lot more because we all work

together," he said. "At the end of the day, we're still going to be one ship, one team. It's for bragging rights, but it's more for camaraderie."

With the issue of who is No. 1 on Lake Erie settled, Francis said it's now time to get back to work and focus on the rest of the league.

Currently sitting in a tie for third place with USS Michael Murphy (DDG 112), Lake Erie "A" will be thrown right back into the fire with a showdown versus Michael Murphy at noon Aug. 31 at Joint Base Pearl Harbor-Hickam Fitness Center.

Francis said they'd be ready. "The pressure is going to be there," Francis admitted. "Nobody wants to go around with a record of below .500. Everybody wants to be respected."

While Francis acknowledged that it would be tough to get past teams such as league-leading USS Port Royal (CG 73) and second-place Shipyard, he isn't ready to concede anything yet.

"To get a championship, no doubt it's going to be hard," he noted. "But we'll never say that it's beyond our reach. Even though it's hard and against the odds, the Lake Erie, we're not going anywhere."

Gas Turbine System Technician (Mechanical) 3rd Class Joseph Francis, guard for USS Lake Erie (CG 70) "A" basketball team, takes aim from the perimeter against Lake Erie "B" squad in a Summer Basketball League game.

Sailor claims victory in half-marathon at joint base

MCSN Rose Forest

Navy Public Affairs Support Element West Det. Hawaii

Service members, family members and civilian employees ran in the seventh annual Hickam Half-Marathon held Aug. 24 at Joint Base Pearl Harbor-Hickam.

Runners made their way to Earhart Track Saturday morning before the sun had even risen for a 5 a.m. check-in, followed by a parade of colors and singing of the Star Spangled Banner led by U.S. Air Force color guard members.

During the 13.1-mile run, factors such as the heat in Hawaii, possibility of rain and proper hydration levels had to be taken into account by the runners. For safety reasons, there was a medical tent at the end of the race and hydration stations set up throughout the course.

"We run this event just to promote fitness throughout our military joint base," said B.J. Bentley, the fitness director at Hickam Air Force Base Fitness Center and the race direc-



(Above) Service members, family members and civilian employees run past Air Force aircraft in the seventh annual Hickam Half-Marathon held Aug. 24 at Joint Base Pearl Harbor-Hickam. (Right) Culinary Specialist 1st Class Matthew Libstoiff crosses the finish line in first place during the seventh annual Hickam Half-Marathon.

tor for the past four years. "We have a Navy ship from Australia in port this year, and they have 15 runners, making this an international event," said Bentley. The visiting ship was the Royal Australian Navy frigate HMAS Perth (FFH 157).

There were runners of all ages and physical fitness levels. Some partici-

pants encouraged each other by cheering each other on, helping to promote an atmosphere of unity and team building.

"Participation has grown every year," said Bentley. Today is the most fulfilling part, she added, the culmination of six months of planning and work.

Culinary Specialist 1st Class Matthew Libstoiff,

who finished first this year, said he was very excited to improve his score from last year. He improved his time by almost four minutes and went from second place to first place.

Libstoiff, who has



been running for three years, said he uses running as a way to feel at home and loves being stationed in Hawaii.

"I didn't really like it out here, and I started running around the island. I started to like it and it went from there," said Libstoiff who qualifies for the Boston Marathon this year and encourages people to run.

"If you can run one mile, you can run two miles and so on. I don't know how far I can take it, but I'm just going to keep working. If you put the time in, it doesn't matter how fast you run—you're running," he added.

The top male runners this year were Matthew Libstoiff (1:22:26), Andrew Taylor (1:24:07) and Melvin Kirchner (1:24:50). The fastest females for this race were Malia Clemons (1:33:59), Valeria Curtis (1:34:57) and Jennifer Partridge (1:38:29).

For more information on future events and volunteer opportunities, visit the Morale, Welfare and Recreation (MWR) center near you and the website navymwr.org.

Heavy-hearted HIANG holds on to beat Hit Faced

Story and photo by Randy Dela Cruz

Sports Editor

Shorthanded and reeling from the death of a fellow Airman, division-leading Hawaii Air National Guard (HIANG) withstood the challenge of third-place Hit Faced to earn a hard-fought straight set, 25-23 and 25-15, victory on Aug. 22 in an intramural Gold Division match at Joint Base Pearl Harbor-Hickam Fitness Center.

Despite missing many of the team's starters, who were attending the funeral services of Tech. Sgt. Derrick Martin, HIANG fought through a difficult first set before going on to win their eighth match without a loss.

Hit Faced, a team which is entirely made of military personnel from the players pool, entered the match in third place, but fell to sixth after losing their fourth match against three wins.

"We had a death in the HIANG family and his services were tonight, so a lot of our players couldn't make it (to the game)," said HIANG Master Sgt. Chad Thompson, who added that Martin was a boom operator for the 203rd Air Refueling Squadron. "We couldn't postpone the game, so we went

ahead and played."

Martin, whose call sign was Bullet, died after a long battle with cancer.

"It's kind of rough, but there is a lot of pride," Thompson said. "Us being the HIANG, we're a big family. We don't PCS in three or four years, so we're with each other for 20 something years. We're all close."

The grief and shortage of players became quickly evident, as the usually fast-starting HIANG stumbled out of the gates and were tied at 7-7 after a kill by Hit Faced Hospitalman Scott Sharp.

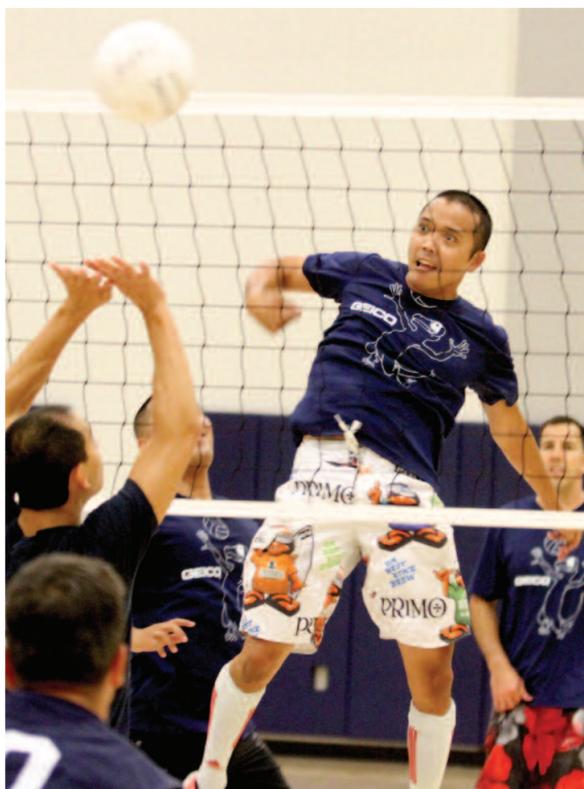
Neither team was able to control the first set, as both squads got tangled up in a dozen more ties before the HIANG finally finished off Hit Faced on a kill by Tech. Sgt. Ronald Saqui.

While the first set was a fight to the finish, the second set belonged to the HIANG.

Opening up with back-to-back aces from Staff Sgt. Sean Lum, the HIANG took a 5-0 lead and cruised to a 10-point win, with Lum hammering down the final kill.

"I think its rhythm," Thompson said about the HIANG's strong second set. "We got the feel for each other, and I think that made the difference."

Tech. Sgt. Stephen Lorenzo, hitter for the HIANG, said that



Tech. Sgt. Ronald Saqui smashes a kill for Hawaii Air National Guard (HIANG) during the second set of an intramural Gold Division game against Hit Faced. HIANG swept Hit Faced in two straight sets to remain undefeated.

with so many starters missing from the lineup, he had to get used to the play of several new teammates.

Once everyone got on the same page, the HIANG was able to focus and just play their game, Lorenzo said.

"The first set was mainly trying things out," Lorenzo explained. "The second set was everybody getting into a groove. Even though I was having some problems, the people picked up where I left off. It was just finding a way to get things done."

Lorenzo, whose kill percentage is usually off the charts, struggled to find his stroke – especially in the first set, where he had only one kill.

As the team awoke in the second set, so did Lorenzo, who tallied four kills, a block and an ace in helping HIANG to the two-set sweep.

Thompson said that although Lorenzo wasn't getting his hits in the first set, he knew that it would only be a matter of time before he would.

Until then, Thompson noted that it's everybody's duty to step up to give their team a chance to win.

"We try to pick it up," he said. "We feed off of each other. If one guy isn't playing well, we try to pick him up and do what we can."

Chafee Blue Devils beat USS Texas to end cold streak

Story and photo by Randy Dela Cruz

Sports Editor

After three games into the season, USS Chafee (DDG 90) Blue Devils finally broke into the win column by beating USS Texas (SSN 775), 30-23, on Aug. 24 in a Summer Basketball League matchup at Joint Base Pearl Harbor-Hickam.

Down by a point at halftime, the Blue Devils picked up momentum in the second half on a short 7-0 run to take a 22-15 lead with 8:30 remaining on the clock.

Although Texas managed to cut the margin down to a single point, the Blue Devils hung on to pick up their first win of the season against three losses to draw even with Texas at 1-3.

"The difference today was we finally played together like a team," said Blue Devils backcourt player Cryptologic Technician (Collection) 3rd Class A.J. Dawson. "Nobody played selfish. We just got there and everybody decided to put their selfish game aside."

Nobody was concerned about scoring. It was rebounding and defense and we got the win."

In the first half, both teams found it difficult to find the mark, but Texas, on the play of forward Machinist's Mate

Fireman Eloy Espinoza and guard Machinist's Mate 2nd Class Nicholas Canino, grabbed a slim 13-12 advantage going into the break.

Espinoza scored five of the Texas 13 points on a basket and three free throws, while teammate Canino fired in a three-point bomb just before intermission.

Tied at 15-15 minutes into the second half, the Blue Devils rung up seven straight points to gain a slight edge, before a basket by Texas Machinist's Mate 2nd Class Gordon Reichert stopped the short run.

A couple of minutes later, a trey by Canino reduced the margin down to one, at 19-18, but Dawson came up with a huge basket-and-one to put Chafee back up by four at 22-18.

After that, the Blue Devils settled into a defense that shut down Texas to preserve the victory.

In the entire second half, Texas was held to only 10 points on two three-pointers from Canino and two baskets from Espinoza.

"Basketball is all about runs," Dawson said. "They had some runs, and we had to answer with our own. We got some key stops. We have depth on the bench, so we could give our starters some rest. They stepped in and we didn't miss a beat."

For Texas, both Canino and

Espinoza chipped in with nine points, while Reichert added four on two baskets in the first half.

The Blue Devils were led by Dawson, who scored three baskets and was a perfect three-for-three from the charity stripe, with teammate Seaman Alejandro Carral scoring six points, four of them coming in the first half.

The victory, Dawson said, not only raises the Blue Devils out of the league's cellar, but also affirms that the team is vastly improved since it suffered a devastating 45-7 loss at the hands of USS Michael Murphy (DDG 112) two weeks earlier.

"Practice, practice, practice, and we got some new additions to the team," Dawson pointed out.

With the current players on the roster, Dawson said people can forget about the team's losing record.

For teams looking for an easy opponent in the future, Dawson said don't count on the Blue Devils to be that squad.

"We're definitely going to be better the next time we come out," he stated.

Cryptologic Technician (Collection) 3rd Class A.J. Dawson, guard for USS Chafee (DDG 90) Blue Devils, goes up for two of his nine points in a Summer Basketball League game versus USS Texas (SSN 775).



Forest City to hold end-of-summer family events

Forest City Residential Management has scheduled upcoming activities at its communities. They include:

- Sept. 4, 11 a.m. to 1 p.m., community cleanup at Camp Stover. All residents are invited. Trash bags and bottled water will be supplied. For more information, call

839-8670.

- Sept. 4, 3 to 4:30 p.m., a crafting event in honor of Grandparents Day at Halsey Terrace Board Room. For more information, call 839-8620.

- Sept. 4, 3:30 to 4:30 p.m., a crafting event in honor of Grandparents Day at the

Pacific Missile Range Facility (PMRF) office. PMRF residents can pick up a Grandparents Day craft kit from the office. For more information, call 839-8620.

- Sept. 5, beginning at 9 a.m., community cleanup at Ford Island Community Center meeting area. For more informa-

tion, call 839-8640.

In addition, residents of the Manana and Camp Smith communities can participate in a Patriot Day Essay Contest and Back to School Coloring in September. For more information, call the Kaneohe office at 839-8700 or the Manana office at 839-8752.



Photos courtesy of Forest City Residential Management. Forest City will hold upcoming activities at its communities.

My Favorite Photo...

John Burns, administrative support assistant, Navy Region Hawaii took the sunset photo from his 21st floor apartment balcony recently. Part of it is near the West Loch area of Pearl Harbor and the southern tip of the Waianae Mountain Range.



How to submit: Email your (non-posed) photos to editor@hookelenews.com



Live the Great Life

ITT tour includes scenic Oahu sites

The Oahu Highlights tour occurs every Thursday from 8:30 a.m. to 3 p.m. and departs from the Hickam Information, Tickets and Travel (ITT) office. The event includes major sites of Oahu including Diamond Head Lookout and Crater,

Hanauma Bay, Halona Blow Hole, Makapu'u Lookout and Pali Lookout. The tour guide will provide facts about Hawaii and each landmark. Included in the price is lunch at the Hawaii Kai Golf Course. Participants in the tour will sit in the

air-conditioned bus and listen to the tour guide tell his stories about Hawaii while stopping at spots on the island. For more information or to sign up, stop by the Hickam ITT office on Kuntz Avenue or call 448-2295.



MWR Marketing photo

While on the Oahu Highlights tour, participants can observe scenic lookout points near Halona Beach Cove.

Club Pearl to hold Chill 'n Grill tonight

Those who are novices or experienced at the game of pool can try their hands at the chill 'n grill at Brews and Cues the last Friday of every month. Patrons can have free food and relax while shooting pool. The 9-ball pool tournament begins with selecting players' name out of a box and pairing them with another

player. Whoever is the last person standing can win a prize.

Chill n' grill is free for patrons of any level of experience, whether they are beginners or advanced pool players. The next chill n' grill will be from 6:30 to 8:30 p.m. tonight. For more information, visit www.greatlifehawaii.com or call 473-1743.



MWR Marketing photo

Patrons play pool at Club Pearl's Brews and Cues during a chill 'n grill event.

Your Weekly Fun with MWR

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



Crud Tournament will be held from 6 to 10 p.m. tonight at the Hickam Officers' Club Koa Lounge. Members of all branches and levels are welcome to participate. FMI: 448-4608.

Chill & Grill and 9-Ball Tournament will be held from 6:30 to 8:30 p.m. tonight at Club Pearl's Brews & Cues. Participants should be 18 years or older. FMI: 473-1743.

Chinatown Food And Historic Tour will be held from 8:45 a.m. to 12:45 p.m. Saturday departing from Information, Tickets and Travel (ITT)-Hickam Office. FMI: 448-2295.

Free Ladies Golf Clinic will begin at 9 a.m. Saturday at the Mamala Bay Golf Course. Get introduced to the game of golf. FMI: 449-2300.

UFC 164 in HD will begin at 2 p.m. Saturday at JR Rockers Sports Café. The Harley-Davidson Hometown Throwdown will begin at 3 p.m. FMI: 448-22710.

Bowled over by Books is ongoing until Dec. 31 at the Hickam Library and Hickam Bowling Center. Participants can sign up at the library and get their bookmark/stamp card. Every week that patrons check out books, they can get a stamp and a coupon for a free game of bowling. They can also get credit for 10 weeks of checking out books and get one free one hour bowling party for six people. The program is open to youth in grades kindergarten through ninth grade. FMI: 449-8299.

Labor Day Koko Head Crater Trail Hike will depart from Express at 8 a.m., Beeman at 8:30 a.m., Instant at 8:45 a.m. and

Makai at 9 a.m. The event is open only to single active duty Sailors and Airmen. FMI: 473-2583.

Labor Day All-Nighter will begin at 9 p.m. Sept. 1 at JR Rockers Sports Café. The event is open to active-duty Air Force and Navy over 18, 21 and over for all other authorized guests. FMI: 448-2271.

Hawaiian Quilted Pillow workshop will be held from 9 to 11 a.m. or 7 to 9 p.m. Tuesdays from Sept. 3 to 24 at the Hickam Arts and Crafts Center. Students will learn the "snowflake" method of cutting out a Hawaiian motif. FMI: 448-9907.

Beginner Sailing will be held from noon to 2 p.m. or 3:30 to 5:30 p.m. Tuesdays and Thursdays Sept. 3 to 26 at Rainbow Bay Marina. The event is open to participants ages 10 years and older. The class is taught by a certified instructor and consists of classroom theory and on-the-water group instruction. FMI: 473-0279.

Advanced Glass Fusion class will be held from 1:30 to 4 p.m. Tuesdays Sept. 3 to 24 at the Hickam Arts and Crafts Center. Participants will learn how to make multiple layers and colors of glass. Chemicals and inclusions will be included in the class fee. Students must have completed the beginning glass fusion class. Participants should wear closed-toe shoes and bring a notebook. FMI: 448-9907.

Young Artist Hand-Building with Clay class will be held from 3 to 4:30 p.m. Tuesdays from Sept. 3 to 24 at the Hickam Arts and Crafts Center. The class is for the young artist interested in basic pottery techniques.

FMI: 448-9907.

After-School Sailing will be held from 3:30 to 5 p.m. Tuesdays and Thursdays from Sept. 3 to 26 at Hickam Harbor Marina. The event is open to participants ages 9 to 15 years old. This class offers introductory and/or intermediate sailing. The course is designed to develop young sailors and help them become proficient. FMI: 449-5215.

Parent And Child Hand-Building with Clay will be held from 4:45 p.m. to 6:15 p.m. Tuesdays from Sept. 3 to 24 at the Hickam Arts and Crafts Center. This class is for parents and children who want to work with clay. FMI: 448-9907.

Preschool Swim Lessons (ages 3 to 4 years old) will be held in two sessions. The first session is Sept. 3 to 12, and the second session is Sept. 16 to 26 from Monday to Thursday 5 to 5:30 or 5:30 to 6 p.m. at Hickam Pool 2. Register at www.greatlifehawaii.com. FMI: 260-9736.

Learn to Swim Levels 1 to 3 (ages 5 to 16 years old) will be held in two sessions. The first session is Sept. 3 to 12, and the second session is Sept. 16 to 26 Monday to Thursday. Sessions are from 5 to 5:45 p.m. or 6 to 6:45 p.m. at Hickam Pool 2. Register at www.greatlifehawaii.com. FMI: 260-9736.

Learn to Swim Levels 4 to 5 (ages 5 to 16 years old) will be held in two sessions. The first session is Sept. 3 to 12, and the second session is Sept. 16 to 26 from Monday to Thursday 5 to 5:45 p.m. or 6 to 6:45 p.m. at Hickam Pool 2. Register at www.greatlifehawaii.com.

FMI: 260-9736.

Start Sailing Right at Hickam Harbor will be held from 6 to 8 p.m. Sept. 3 and from 9 a.m. to 1 p.m. Saturdays from Sept. 7 to 28 at Hickam Harbor Marina. The event is open to ages 16 and older. The class is taught by a certified instructor and consists of classroom theory and on-the-water group instruction. FMI: 449-5215.

Adult Swim Lessons (ages 17 years and older) will be held in two sessions. The first session is Sept. 3 to 12, and the second session is Sept. 16 to 26 from Monday to Thursday. Sessions are 7 to 7:45 p.m. at Hickam Pool 2. Register at Hickam Pool 2 during normal open hours. FMI: 260-9736.

Glass Plate Making will be held from 9:30 to 11:30 a.m. or 1:30 to 3:30 p.m. Wednesdays from Sept. 4 to 25 at the Hickam Arts and Crafts Center. Participants will learn how to make a plate with multiple layers of colors of glass. Students need to have completed the beginning glass fusion class. They should wear closed-toe shoes and bring a notebook. FMI: 448-9907.

Level 2 Sailing will be held from noon to 2 p.m. or 3:30 to 5:30 p.m. Wednesdays and Fridays from Sept. 4 to 27 at Rainbow Bay Marina. The event is open to ages 10 and older. The class is taught by a certified instructor and consists of classroom theory and on-the-water group instruction. FMI: 473-0279.

Wii Wednesday will be held from 2 to 4 p.m. Sept. 4 at the Hickam Library. The event is open to ages 6 to 16 years old. Kids can stop by the library and enjoy some time on the Nintendo Wii.

Children ages 6 to 10 must be accompanied by an adult. FMI: 449-8299.

Wild Side Drawing will be held from 2:30 to 4 p.m. Wednesdays from Sept. 4 to 25 at the Hickam Arts and Crafts Center. The event is open to ages 5 to 12. Participants will learn to draw dogs, cats, monkeys and more, while developing shading, shape, texture and perspective skills. Basic and advanced techniques will be explored in pencil and colored pencil. FMI: 448-9907.

Wooly Wednesdays will be held from 2:30 to 5:30 p.m. Sept. 4, 11, 18 and 25 at the Hickam Arts and Crafts Center. Participants bring their current project and knit, crochet and socialize with fellow yarn enthusiasts. Participants of all skill levels are welcome, and beginners are encouraged. A ball winder and swift will be available for use. FMI: 448-9907.

Keiki Sailing Camp will be held from 3:30 to 4:30 p.m. Wednesdays and Fridays at Hickam Harbor Marina. This camp is an after school activity for children. The course is designed to introduce young beginners to the basics of sailing. FMI: 449 5215.

Ladies Golf Clinic will begin at 4 p.m. Sept. 4 at Barbers Point Golf Course. FMI: 682-1911.

Learn to Surf at Hickam Harbor will begin at 9 a.m. Sept. 7 at Hickam Harbor. Participants need to sign up by Sept. 4. Professional instructors will teach the basics, from standing and paddling to catching waves and angling down the wave. Participants must be able to swim without a lifejacket. FMI: 449-5215.

Morale Welfare & Recreation

SUPER GARAGE SALE REGISTRATION

Registration begins Sept. 4 for Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation's quarterly Super Garage Sale to be held Nov. 2 at Richardson Field. Applications are available at www.greatlifehawaii.com or Information, Tickets and Travel (ITT)-Fleet Store. All military affiliates are eligible to reserve a 10-foot-by-10-foot space (unfurnished, no electricity). Space is limited. FMI: 473-0792.

HICKAM HISTORICAL TOUR

Tours of historic Hickam will be held from 9:30 a.m. to 1:30 p.m. on Fridays throughout the month of September. Departures are from ITT-Hickam and Royal Alakai Lodge. FMI: 448-2295.

SHARKEY THEATER TWO-DOLLAR THURSDAY

On Thursday evenings throughout September, patrons can get nachos, a hot dog, a small drink or small popcorn for \$2 each at the Sharkey Theater snack bar. FMI: 473 0726.

DAY HIKE: AIEA LOOP TRAIL

The Outdoor Adventure Center-Fleet Store will host a hike around the Aiea Loop Trail at 10 a.m. Sept. 7. Water, sun block and snacks are recommended for this hike. The registration deadline is Sept. 4. FMI: 473-1198.

LIBRARY KNOW-HOW

A free educational tour will be held at 11 a.m. Sept. 7 at Hickam Library. The staff will demonstrate how to find e-books, audiobooks, music, online foreign language training, as well as explaining the Universal Class for online continuing education and the Dewey Decimal system. FMI: 449-8299.

KAYAKING CHINAMAN'S HAT

There will be a kayaking excursion to Chinaman's Hat beginning at 9 a.m. Sept. 8. Departures are from the Outdoor Adventure Center-Fleet Store. This trip can sometimes be moderate in the level of difficulty. The deadline to register is Sept. 4. FMI: 473-1198.

PEEWEE BASKETBALL REGISTRATION

PeeWee basketball registration runs now through Sept. 13. The season runs from Oct. 5 to Dec. 21. There will be no practices on Nov. 9 (Veteran's Day weekend) and Nov. 30 (Thanksgiving weekend). FMI: www.greatlifehawaii.com or 473-0789.

Community Calendar

SEPTEMBER

1 — The City & County of Honolulu will hold the monthly statewide outdoor warning siren test at 11:45 a.m. The Joint Base Pearl Harbor-Hickam "Giant Voice" works in conjunction with Honolulu's outdoor warning sirens and will sound a steady tone for 45 seconds.

3, 4, 5 — Tripler Army Medical Center Blood Donor Center has updated its schedule of upcoming blood drives. They include Sept. 3, 11 a.m. to 3 p.m., Hickam BX; Sept. 4, 8 a.m. to 3 p.m., Blood Donor Center, Tripler Army Medical Center; Sept. 5, 9 a.m. to 1 p.m., Pearl Harbor Naval Shipyard, building 1916. FMI: 433-6699 or 433-6148 or email michelle.lele@amedd.army.mil.

4, 5, 13, 14 — Jewish High Holy Day services at Aloha Jewish Chapel at Joint Base Pearl Harbor-Hickam have been announced. They include Rosh Hashanah eve service at 7:30 p.m. Sept. 4, Rosh Hashanah service at 10 a.m. Sept. 5, Kol Nidre at 7:30 p.m. Sept. 13 and Yom Kippur service at 10 a.m. Sept. 14. Cmdr. Joel Newman will preside. FMI: 473-3971.

7 — The Fisher House 8K Hero & Remembrance Run, Walk or Roll will begin at 7 a.m. at the Pacific Aviation Museum on Ford Island. The official welcome and military honors will be held from 6:30 to 7 a.m. Participants should be in place at 6 a.m. Bridge closes at 6:45 a.m. The free event is open to members of the military and the public. Register online at the website <http://triplerfisherhouse.eventbrite.com> or visit the Tripler Fisher House Facebook page. FMI: theresa.m.johnson2.naf@mail.mil or 561-7423.

24 — There will be a flu shot processing line for all active duty 15th Wing Staff Agency/Comptroller Squadron personnel from 10:30 to 11:30 a.m. at the Makai Recreation Center. Those who cannot make it, or are from another organization, should check with their first sergeant for group processing lines dates and times. FMI: www.facebook.com/15thWing page.

25 — The Joint Employment Management System (JEMS) Job Fair will be held from 9 a.m. to 1 p.m. at Club Pearl, Joint Base Pearl Harbor-Hickam. The event is open to members of the military community with base access. Recruiters from local businesses, mainland companies and government agencies will be recruiting to fill job vacancies. FMI: www.greatlifehawaii.com or 474-1999.

28 — The Armed Services YMCA will host a father-daughter dance from 6 to 10 p.m. at the Hickam Officers' Club. The cost is \$55 per father-daughter pair and \$20 for each additional daughter. FMI: 473-3398 or email pearlharbor@asymcahi.org.



TURBO (PG)

Turbo is a high-velocity 3D comedy about an underdog snail who kicks into overdrive when he miraculously attains the power of super-speed. But after making fast friends with a crew of streetwise, tricked-out es-car-goes, Turbo learns that no one succeeds on their own.

Movie Showtimes

SHARKEY THEATER

FRIDAY 8/30
7:00 PM Pacific Rim (3D) (PG 13)

SATURDAY 8/31
2:30 PM Turbo (PG)
5:00 PM Grown Ups 2 (PG13)
7:10 PM Red 2 (PG 13)

SUNDAY 8/25
2:30 PM Turbo (3D) (PG)
5:00 PM Red 2 (PG 13)
7:30 PM The Conjuring (R)

HICKAM MEMORIAL THEATER

TODAY 8/30
6:00 PM Turbo (PG)

SATURDAY 8/24
4:00 PM Turbo (PG)
7:00 PM Red 2 (PG 13)

SUNDAY 8/25
2:00 PM Turbo (PG)



MWR August Art Stroll features artwork, sunshine

Emily McNulty and Reid Tokeshi

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

Joint Base Catering hosted its first August Art Stroll on Aug. 23 at the channel along the water adjacent to the Hickam Officers' Club and Wright Brothers Café and Grille. Almost 30 vendors lined up along the walkway, showing off hand-crafted items such as jewelry, photos, wood signs and more. Patrons were able to admire the ocean view while browsing among the booths lining the channel.

This free event brought out art lovers and families alike.



MWR Marketing photo

MWR patrons visit the August Art Stroll held Aug. 23.

"I'm a huge art person, so I will definitely enjoy walking through. I just bought this necklace. I didn't know there would be jewelry. It was a pleasant surprise. I would attend another art stroll," said Carol Malackowski, an Air Force spouse.

More than 200 patrons attended the event to listen to live music, stroll along the channel to view local and handmade art, and to interact with others.

"I think it's great. I really like it. I hope they offer it again. I love getting exposure for my work," said Jean Bullen, owner of Kini's Clay Creations. Bullen said that customer feedback has been very good.

Chefs cooked up freshly made appetizers for purchase. Some

customers relaxed in the shade of the trees, or listened to live music in the gazebo. The large back lawn provided a space for children to run around and play while their parents conversed with the artists at each booth.

"We wanted our patrons to be able to support our local artists, both military and civilian, in a casual outdoor setting," said Alexis Ybarra, Hickam Officers' Club manager.

Malackowski hopes for more events at the Hickam Officers' Club such as the art stroll.

"I would totally 100 percent support this, and I would help get the word out," Malackowski said.

As a child passed by, she could be overheard telling her mother, "I'm loving this."

Free mobile app provides information about joint base events

Anna Marie General

Joint Base Pearl Harbor-Hickam Public Affairs

In today's market, more and more of our online interaction occurs on mobile devices with just a touch of a button. As we let our fingers do the walking, the convenience of communicating from the palm of your hand has become popular among businesses, individuals and the military.

Joint Base Pearl Harbor-Hickam (JBPHH) recently

launched a free mobile app geared toward informing the joint base community about local events happening in the installation through an interactive calendar and directory called MyMC2, also known as the My Military Communities app.

Developed by the 375th Communication Support Squadron web application team at Scott Air Force Base, the MyMC2 app pulls event listings from organizational Facebook pages

officially associated with a base, which gives users event information right at their fingertips on any iOS or Android device.

As the program manager and administrator for setting up MyMC2 at JBPHH, Master Sgt. Norman Tuggle of the 15th Wing collaborated with Joint Base Public Affairs, Morale, Welfare and Recreation and other departments to bridge information into a single app.

"With the MyMC2 app, we can now bridge upcoming events from our current communication platforms

such as At-A-Glance notes, internal and external websites and social networking sites like Facebook into one app tying our Navy and Air Force family together on a social aspect," Tuggle said.

This creates an additional platform to get the word out about events as well as quick call buttons, websites and more.

"In addition, community partners across Oahu who impact our military can also get information from one

location, an app on everyone's smartphone or tablet," he said.

When each organizational Facebook page on JBPHH inputs information as an event, it automatically displays as an upcoming event on MyMC2 in real-time.

"The MyMC2 app allows our joint base family, friends and co-workers to have instantaneous access to social and local events that affect our installation

and its community," Tuggle explained.

As mobile technology becomes more sophisticated, mobile applications become more interactive and easy to navigate. Anyone who is interested can find out what events are going on in the joint base community by downloading the My Military Communities app (MyMC2) in Google Play for Android and on iTunes for iOS devices.

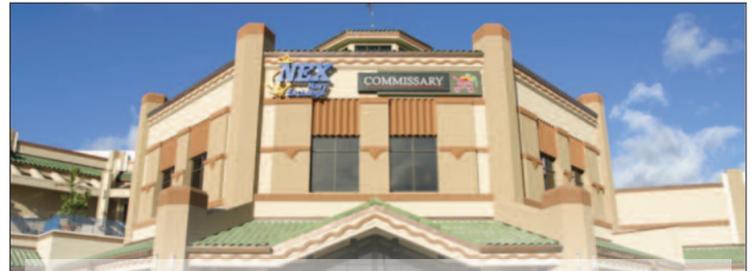
Movie casting call set for Sept. 5

An open casting call for "Untitled Hawaii" speaking roles will be held from noon to 4 p.m. Sept. 5 at Ke'ehi Memorial Park — Kakesako, 2685 North Nimitz Highway, Honolulu.

Free parking will be available. Childcare will not be provided.

Participants should bring a pen and a small 3-by-5-inch photo of him or herself. Those who are unable to attend the casting call may send a 3-by-5-inch photo and contact information to RichKingCastingHawaii@gmail.com.

"Untitled Hawaii" is a movie written and directed by Cameron Crowe of "Almost Famous," "Jerry Maguire," and "We Bought A Zoo," and starring Bradley Cooper, Rachel McAdams, Emma Stone, Alec Baldwin and Danny McBride. The movie will be filming on Joint Base Pearl Harbor-Hickam and service members are being sought for paid speaking roles. Speaking roles can pay as high as \$932 per day. There are no fees or charges. When working, there will be food available.



Commissaries announce Labor Day hours

In observance of Labor Day on Sept. 2, the Pearl Harbor Commissary will open at 9 a.m. and close at 5 p.m.

The Hickam Commissary will be open from 10 a.m. to 6 p.m. on Labor Day.

For more information, call the Pearl Harbor Commissary at 471-8402, ext. 101 or the Hickam Commissary at 449-1363.

MWR's Auto Skills Centers keep cars running

Reid Tokeshi

JBPBH Morale, Welfare and Recreation

Keeping a car in good running shape is essential, especially when a spouse is away on deployment.

Joint Base Pearl Harbor-Hickam's Morale Welfare and Recreation Auto Skills Centers help by providing a workspace for auto enthusiasts, do-it-yourselfers and those who just want to learn, along with preventive maintenance services.

Two centers operate within Joint Base Pearl Harbor-Hickam: off-base at Moanalua near the Navy-Marine Golf Course and on-base on the Hickam side.

Both centers provide essential services to keep a car on the road such as: state of Hawaii vehicle safety inspections, code reading (diagnostic testing), tire repair, tire mounting/dismounting and tire balancing.

Self-serve car wash bays are also available at both centers with Hickam offering automatic car wash options. Another, lesser-known amenity both centers offer is storage spaces for rent.

Both centers offer the opportunity for the owner to work on his or her vehicle. "We're a do-it-yourself hobby shop, where you come to fix your vehicle or



MWR Marketing photos

Lifts and bays are available at both auto skills centers for patrons to use.

learn to fix vehicles," said Doug Ikeda, auto skills center director.

"Basically, if a person, say, doesn't know how to change oil, I can teach them. We teach them the basic things, if they want to learn about preventive maintenance," Ikeda said.

Patrons have also learned to work on brakes, how to check parts for wear and tear (hoses, belts, etc.), and change light bulbs.

Once customers learn the center's rules and regulations they earn a shop safety card and can take advantage of the center facilities. Bays and lifts are available for use (with a small rental fee) along with the necessary tools to repair the vehicle, instead of paying high labor costs to outside businesses. Paint booths are also available. Customers bring their own paint, gun and respirator.

Ikeda said customers who learn to care for their

An MWR customer works on his truck at Moanalua Auto Skills Center.



car save money and gain confidence. "I've taught Girl and Boy Scouts, individuals and families," said Ikeda, noting military spouses often come to learn to service their own cars.

He said that knowing more about your vehicle helps avoid getting taken advantage of when repair work is done by outside shops.

While both centers have many of the same services, each is distinctive in what

they offer. For example, the Hickam Auto Skills Center opens earlier in the day for those whose free time falls in the morning or early afternoon. Hickam also performs other services such as oil changes, brake jobs and other minor repairs for those without the time or training to do it.

Moanalua Auto Skills Center operates later for those who prefer to work on their vehicle after work. Moanalua has a steam-



MWR customers learn how to work on brakes.

cleaning bay for engine cleaning and a welding area.

A cabinet is on-site for sand blasting parts. Moanalua staff also can cut rotors, drums and flywheels.

Other services provided by the Moanalua center include vehicle storage for deployed Navy and Air Force personnel with open air, secured lots on base.

Abandoned vehicle auc-

tions are done approxi-

mately twice per year.

The Hickam Auto Skills Center is open from 7 a.m. to 5 p.m. Tuesday through Friday and from 9 a.m. to 5 p.m. Saturday. The Moanalua Auto Skills Center is open from noon to 8 p.m. Monday, Thursday, Friday and from 9 a.m. to 5 p.m. Saturday and Sunday.

The how-to classes are free and are offered by appointment.

For more information, call 471-9072.

Tickets available for Sept. 13 Air Force Ball

The Pacific Air Forces 66th Air Force Ball will begin at 5:45 p.m. Sept. 13 at Hilton Hawaiian Village.

The guest speaker will be retired Chief Master Sgt. of the Air Force Robert D. Gaylor.

Ticket prices are \$30 for ranks E1-E4, GS3-GS4 and cadets; \$50 for E5-E6 and GS5-GS7; \$65 for E7-O3 and GS8-

GS11; \$75 for O4-O5 and GS12-GS14; \$85 for O6, GS15 and above; \$95 for O7-O10 and DVs.

The event is a gala celebration commemorating the Air Force's birthday.

Tickets can be purchased online now at www.pacafball.com or contact your unit point of contact on the website, or email pacaf.ball@gmail.com.