

PEARL HARBOR - HICKAM NEWS

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Volume 4 Issue 28

Vice President Biden, Dr. Biden to visit Hawa

Navy Region Hawaii **Public Affairs**

to Washington from Asia.

"It is a great opportunity The White House con- when our national leaders Joe Biden and Dr. Jill Biden meet some of our service will stop in the state this members, civilians and

weekend on their way back especially our families showing our ships, planes Singapore, beginning his Lady Michelle Obama, pro-Rear Adm. Rick Williams, commander, Navy Region firms that Vice President visit Hawaii for them to Hawaii and Naval Surface Group Middle Pacific.

"We look forward to

whenever possible," said 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

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

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



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.

base expands summer

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.

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 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 Hickam Pool 2, which 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 reservaWahiawa 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 closed. the solution," he said.

In addition to Hickam Pool

tion basis for families living in 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

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.

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.greatlifehawaii.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.

'ing 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.

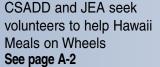
exercise s e e

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.

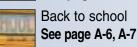


Today is deadline to sign up for Wounded Warrior Canoe Regatta See page A-2



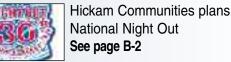


Independent deployer certification (IDCERT) training exercise held See page A-4





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



Today is deadline to sign up for Wounded Warrior Canoe Regatta

Navy League Honolulu Council

Entry forms must be received today for the upcoming Wounded Warrior Canoe Regatta.

The cost is \$60 per team. There is a limit of 40 teams for this year's event. Entry fees cover T-shirts, lunches and awards.

The Wounded Warrior Canoe Regatta sets sail from 10 a.m. to 2 p.m. Aug. 18 at Fort DeRussy Beach as part of the 12th Annual Duke's OceanFest.

The regatta is a fundraising event, which had its start in 2009 as a tribute to recovering troops.

Organized by Malama Na Koa, a Wounded Warrior support program, the event consists of teams going head-to-head in six-person canoes in four separate races between the Hale Koa and the U.S. Army Museum.

Participants will compete in one of four race categories, including:

Wounded Warrior - entrants must be in the military and recuperating from injuries or harm due Patrol and Hawaii Youth

to their service.

 All military – each canoe must have at least three team members who are currently on active duty, in the National Guard or a Reservist.

• Veterans – each canoe must have at least three team members who have previously served in the military (without regard to the type of discharge).

 Youth – teams from high school ROTC programs, Hawaii Sea Cadets, Hawaii Civil Air Challenge Program.

In 2009, Malama Na Koa launched the regatta to assist recovering troops through the healing power of the Hawaiian waters. The first event took place at the Pearl Harbor Marina with 67 teams from the Army, Navy, Marines, Air Force, Coast Guard and other organizations. The regatta gained popularity with nearly 800 spectators attending last year's race.

promote public awareness for

Wounded Warriors, to support their families, and to promote increased opportunities for their employment. On Aug. 16, Hawaii Hires Heroes will hold a career day at Hale Koa.

Anyone interested in entering the regatta can download the registration form and insurance waiver from the Honolulu Navy League's website at www.honolulunavy league.org.

st year's race. For more information on the The mission of the regatta is to race, follow Wounded Warrior Canoe Regatta on Facebook.



CSADD and JEA seek volunteers to help Hawaii Meals on Wheels

Don Robbins

Assistant Editor

Members of the Pearl Harbor-Hickam Coalition of Sailors Against Destructive Decisions (CSADD) and the Junior Enlisted Association (JEA) on will officially begin a new campaign July 29 to deliver meals to the elderly and disabled through Hawaii Meals on Wheels.

The campaign is seeking additional dedicated and motivated volunteers, said Master-at-Arms 3rd Class Abrel Smith, joint base CSADD president. The delivery day will be every Monday, holidays included.

On July 15, Boatswain's Mate 2nd Class Leland Harris and Boatswain's Mate 2nd Class Bryant McNeil of joint base Port Operation Dockmasters conducted a test run to get familiar with the meals on wheels route and meet those they will be serving.

Harris said he volunteered with Hawaii Meals on Wheels at a previous command and suggested that it

new command.

"It's another way to give back to the community and to think outside the box," Harris said.

"The best part for me about Hawaii Meals on Wheels is seeing the looks on the faces of the elderly as we deliver to them, especially when we are in uniform. It's breathtaking, the looks that they give us. It's better to give than receive," he added.

Over the past couple of weeks the JEA and CSADD have been thinking of different ways to represent the Navy in a positive way and give back to the community at the same time," Smith said. After some discussion, both organizations decided that Hawaii Meals on Wheels would be the perfect solution to do just that, he added.

Hawaii Meals on Wheels (HMOW) is a private, nonprofit organization that is dedicated to helping frail elders and individuals with disabilities preserve their independence at home by providing hot, nutritious

also be established at his meals, and regular personal interaction.

The (HMOW) organization was established in 1979 with six clients, six volunteers, and \$25. Currently, the organization provides 300-350 lunch or dinner meals each day, Smith explained. Meals are deliv-Monday through Friday, including all weekday holidays.

According to Smith, service members who volunteer will be required to use their privately owned vehicle once a week for the Hawaii Meals on Wheels effort.

Smith that volunteers should be safe drivers and follow all traffic rules and laws, able to walk up stairs as needed, be responsible, patient friendly, and available for one to two hours (during lunch) for the deliv-

ery route once per week.
"Last but not least, be willing to stay committed with an open heart," Smith added.

For more information, contact Harris via email at Leland.harris@navy.mil or



Photo by MC1 (SW) Cynthia Clark

Master-at-Arms 3rd Class Abrel Smith, joint base Coalition of Sailors Against Destructive Decisions president, participates in a freeze mob event focused on suicide prevention and sexual assault awareness, which was held at the Fleet Store over the Memorial Day weekend. Members of CSADD and the Junior Enlisted Association will begin a new campaign to deliver meals to the elderly and disabled through Hawaii Meals on Wheels.



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

Guadalcanal Campaign of ing the course of the battles, ners, realizing the impor-August 1942 to February the channel to the straits tance of command and con-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 fight-

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.

lessons There were learned for both the U.S. ing was so intense that dur- and our Australian part-

trol, 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.

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

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

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

Diverse Views

"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."

What is the most important thing

you ever learned in school?

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

organizations, and others working together to tangibly meet needs of the local populace. Last year, Convov 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 support that 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 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 ForceSupport

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."

Stadium and Kapolei

the Red Hill Assembly of providers, government Stadium and Kapolei Squadron and Honolulu site 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 Volunteers are still need- Hawaii Convoy of Hope, ed at both the Aloha visit http://hawaii.convoy outreach.org/.



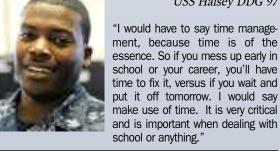
Photo courtesy Pearl Harbor Memorial Chapel

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.

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

Technical Sgt. Chris Hart

647th FSS unit training manager



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."



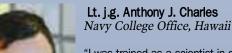
Misha Ross Hawaii Pacific University, Navy College Office

"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."





"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.

MHO'OKELE

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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).

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).



Pearl Harbor-Hickam. U.S. Navy photos by MC3 Diana Quinlan

The guided-missile destroyer USS Hopper (DDG 70) returns to its homeport of Joint Base Boatswain's Mate Seaman Amanda Morris stands the bridge helm watch aboard guided-missile destroyer USS Hopper (DDG 70).



Fleet replenishment oiler USNS Guadalupe (T-AO 200), guilded-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).

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



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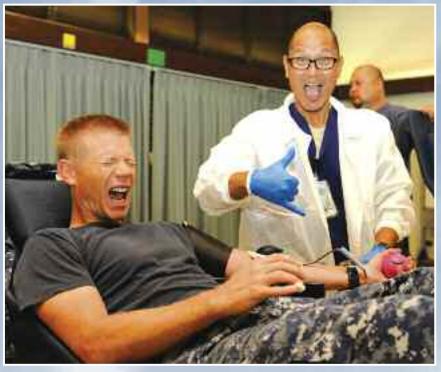
Work easy. Play hard. Windows 8

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



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. Afterschool 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

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

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:

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 nonschool related computer

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

Stress to your child the what they are learning in school.

If your child participates in extra-curricular activi- and the schools they attend.

Talk to your child about

ties, find out ways you can help the school.

Attend parent-teacher conferences.

"A New The report, 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



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 (diphtheriatetanus-acellular pertus-

sis), polio, MMR (measlesmumps-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 registered 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/nilk3.



For a confidential appointment call 529-0000.

zaza Koja doni Skil. Wzgrzegłośty innochał kiego Ricema i Podacj







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

"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 the DOE's new website: http://ow.ly/nkB60

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 <mailto:getonboard@notes .k12.hi.us>.

Additional updates can also be found on

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

Make sure the choices include whole grains, vegetables and fruits at every

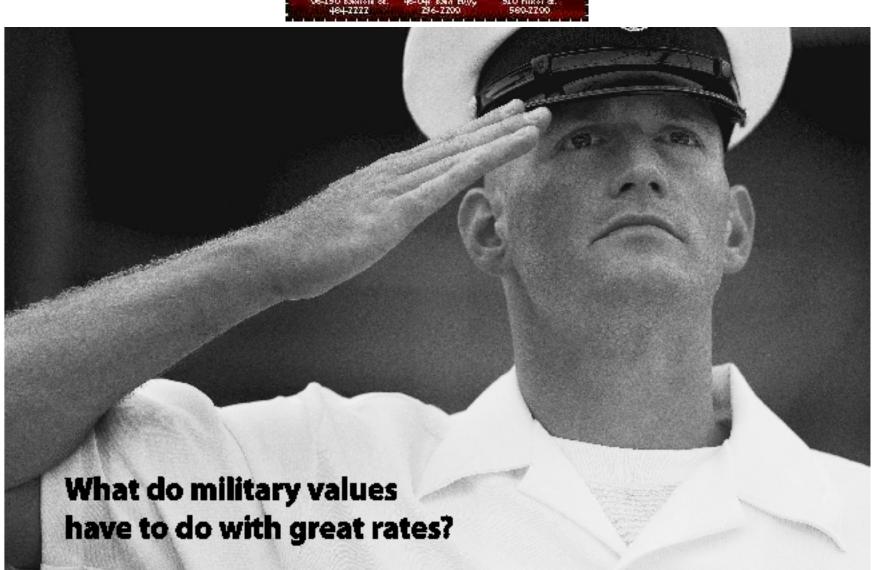
If your kids bring their own lunch, take them grocery shopping and allow them to pick out healthy foods that they enjoy. Children are much more likely to eat what is packed for them if they have picked it out for them-

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

choices they will enjoy. 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





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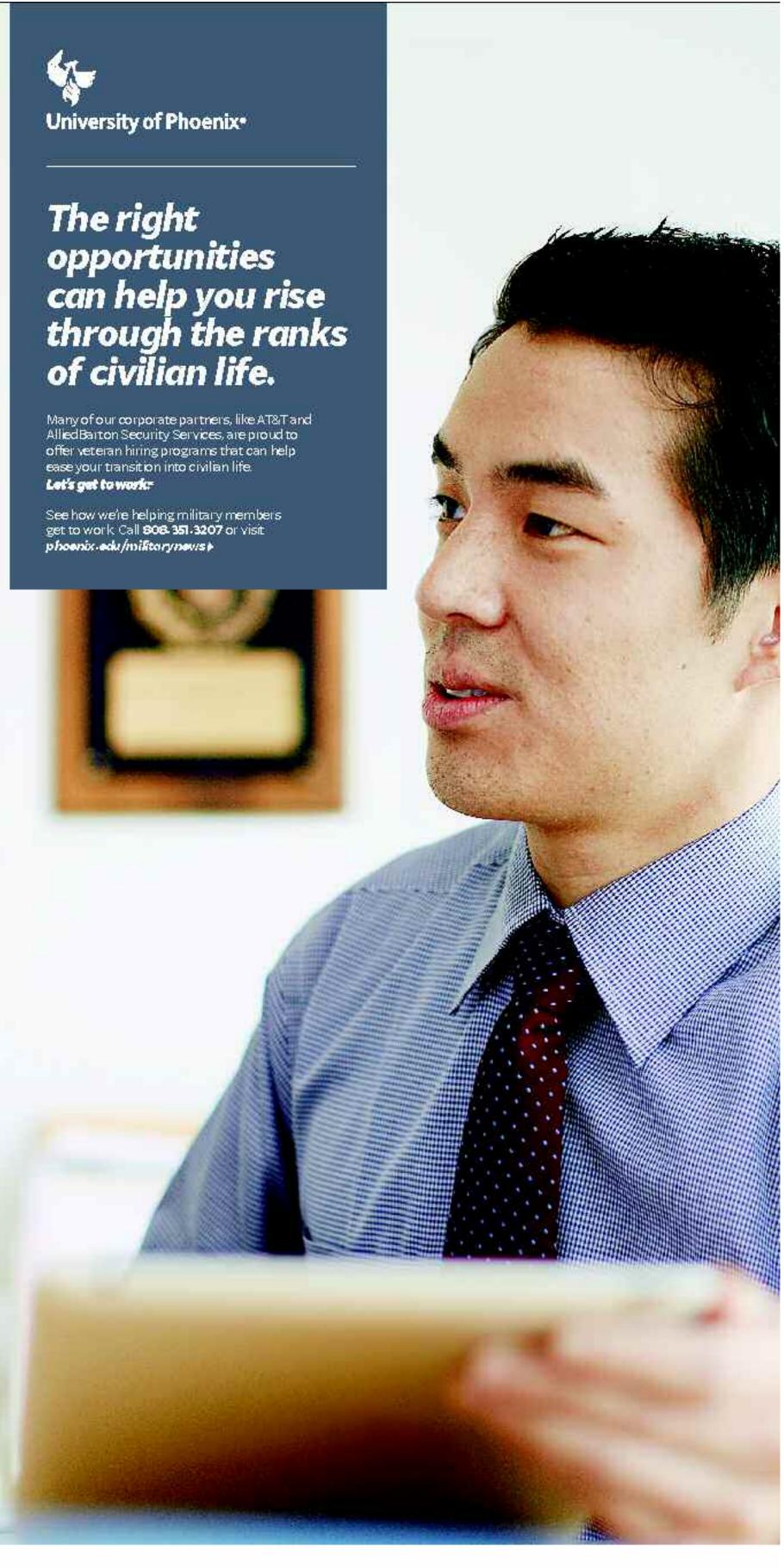
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Kunia soccer squad Rochefort wins championship

Story and photo by Randy Dela Cruz

Sports Editor

It's a new Kunia soccer squad, but the results ended up the same as the team's old dynasty: championship.

Last season, the Kunia Gallos disbanded after capturing their second consecutive joint base intramural soccer title, but this year, new Kunia team nicknamed "Rochefort" appeared as a late entry in the league's Gold Division.

While this year's Kunia team struggled through its first six games of the season, Rochefort, under the leadership of former Gallos team captain Cryptologic Technician (Interpretive) 1st Class Steven Bloom, streaked through the rest of the season. On July 20 at Ward Field, they added another crown to the command's growing trophy case by defeating 67th Network Warfare Wing (67 NWW), 3-0, to capture the 2013 Joint Base Pearl Harbor-Hickam intramural soccer championship.

Bloom, who was among tory of them all. only three former Gallos



Electrician's Mate 1st Class Luis Zamora, striker for Kunia Rochefort, is surrounded by members of the 67th Network Warfare Wing (67 NWW) during the intramural soccer championship game.

championships and a RIM-PAC title.

Although he cherishes each of the championships, he said this one just might be the most satisfying vic-

This one is really speplayers on the Rochefort cial," he acknowledged. "I ers to coordinate, Bloom things was that we had roster, played on Gallos didn't even think this sea- began to doubt that this

mural crowns, two summer wasn't even going to play. stuff after starting off with Really, it's the tradition of the past players. Around March, April, I started getting calls from the old players about how's the team looking this year. That got

me pumped up." With so many new play-

a record of 2-2-2.

However, following that moment of uncertainty, Rochefort started putting things together and never lost another game for the rest of the season.

"I think one of the big myself, Noel (Cryptologic teams that won five intra- son was going to happen. I year's team had the right Technician (Interpretive)

2nd Class Allen Noel) that Zamora) comes on late in Perez. the season. He's a great player."

team wasn't fully under- much," he admitted. "So we stood during the regular came away in the second season, he made everybody half, connecting more and realize it during the playoffs, where the striker made his presence known.

Zamora scored the team's only goal in a semistepped into the spotlight in the championship game, where he scored all three of Kunia's goals.

"It was a team effort," said Zamora, who downplayed his role in the win. "All of us decided to come out here and come away with the championship. I don't think this was an individual effort, it was all as a team."

After the teams entered halftime knotted up in a 0first score on a ball near ing, it's definitely up to the goal that ricocheted off two players before going I have to walk away right into the net.

have been through this his second goal on a breakmany times in the past. away down the right side-And we have some younger line before he put the players that really looked game away with goal No. 3 to that. Then we had guys on a straightaway shot like Luis (Electrician's near 67 NWW goalkeeper Mate 1st Class Luis Staff Sgt. Christopher

"In the first half, we were making bad passes and If Zamora's value to the turning over the ball too looking for each other. And I think that ultimately gave us the win."

Perez, who anchored the 67 NWW's tough backfield final win over the 735th defense, said that Kunia Air Mobility Squadron (735 just managed to take AMS) and then really advantage of the opportunities in the second half.

Still, he was proud of his team for making it to the championship game.

"It was very tough competition, so it was great to be here," he said.

Meanwhile, Bloom said that while he changed his mind about playing this year, he would definitely call it quits this time around.

"If you see me here next year, tell me to go home," he said with a laugh. "If 0 tie, Zamora kicked in the the guys want to keep playthem. I'm sorry to say, but now.'

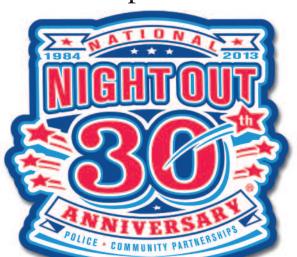
Hickam Communities plans National Night Out

Hickam Communities

Hickam Communities and the National Association of Town Watch will hold the annual "National Night Out" block party celebration from 5 to 7:30 p.m. Aug. 6 at Ka Makani Community Center,

Activities for families are planned with interactive safety demonstrations, contests, games, door prizes, balloon twisting, air-brush tattoos, a kiddie bounce house, and food. The event will include a K-9 demonstration by base security forces. An ice cream truck will be on hand.

National Night Out is an effort across the country,



involving law enforcement crime prevention awareness. partners and neighborhoods The effort also generates

who join forces to heighten support for and participation

in local anti-crime efforts and strengthens neighborhood spirit and police/ community partnerships.

The deadline for Hickam Communities' residents to R.S.V.P. for the event is July 31 to NNO@hickam communities.com. Hickam Communities asks residents to include the number of adults and number of children attending, due to a limit on attendance.



HIANG triumphs over PACOM/JIOC in straight sets

Story and photo by Randy Dela Cruz

Sports Editor

Hawaii Air National Guard (HIANG) fought off a strong effort Pacific Command/Joint Intelligence Operation Center (PACOM/JIOC) to earn a tough straight-set victory, 25-16 and 25-17, on July 18 at Joint Base Pearl Harbor-Hickam Fitness Center.

The win raised HIANG's record to 3-0 and kept them in a tie at the top of the Gold Division with Joint Prisoner of War/Missing in Action Accounting Command (JPAC), while PACOM/JIOC saw their record fall to 1-2.

"I think we played very well as a team," said HIANG team captain Lt. Col. Rick Cox about the squad's hard-earned win. "We were subbing everybody in and everybody on our team did an excellent job, coming together and eliminating errors. Good passes, good hits, just consistent volleyball all the way

The first set got off to a slow start for both teams with the score tied at 2-2 and all of the tallies coming off service errors.

After PACOM/JIOC took the lead, a kill by Tech. Sgt. Stephen Lorenzo retied the score at 3-3 before the HIANG, with Lorenzo holding service, went on a fivepoint run to take an 8-3 advantage.

PACOM/JIOC fought back and, after falling behind 17-9 on another kill by Lorenzo, pulled to within six at 22-16.

However, that was as far as it would go for PACOM/JIOC as HIANG closed out the first set on a three-point run, which was punctuated by a set-ending kill from Tech. Sgt. Leland Lealaitafea.

The second set was even closer as both teams battled back and forth with the lead changing hands six times before coming to a 17-17

A kill by Staff Sgt. AlanMichael Warner put the HIANG ahead at 18-17, and then the team gave the ball to Cox for service.

Cox immediately went to work and handcuffed PACOM/JIOC



Tech. Sgt. Stephen Lorenzo, Hawaii Air National Guard (HIANG), slams a kill past the block attempt of Information Systems Technician 2nd Class Foalima Pelupelu, Pacific Command/Joint Intelligence Operation Center (PACOM/JIOC), in a Gold Division intramural volleyball game.

table for a 25-17 set-and-match eight-point stretch.

"I just wanted the game to end in two, so I decided to bring out some heat," Cox said. "I wasn't trying to aim at any particular person. I just tried to spread it out. I was trying to put as much heat on the ball, spin on the ball and making the ball knuckle and move as much as I could and it seemed to work at

Warner, who started off the game-ending rally with a kill, with his overhead slams to run the added another one during the to hold service.

After putting his team on top with a kill, Warner said that he wasn't sure if his slam was the catalyst for the rally.

"I wasn't really focused so much on the momentum shift," he noted. "I just wanted to keep our ball control, keep our focus and just finish the game.

Clinging to a one-point lead and with the game still up in the air, Warner said that he couldn't have asked for a better player than Cox

"We were very comfortable with that," Warner said. "He's our coach, he's our leader, he makes all the calls on the court, and we stand by and support all the decisions he ers, so it's hard to lose when you makes. And we execute well when he makes those calls.'

indicate that the team is going to make a serious bid to get back to league.

Last season, HIANG, for the first time in 10 years, didn't finish with a base title.

Both Cox and Warner agree that the HIANG is back and ready to compete.

"We have some very good playhave such talent," Cox said. "Those guys are amazing. I just feel fortu-The HIANG's 3-0 start seems to nate that I play with them and not against them.'

Warner added, "We're going to the top of the intramural volleyball be very competitive. We realize last year that we weren't given the opportunity to continue our tradition of victory and winning. So this year, we're going to bring it.'

Renovations, summer reading program highlight library re-opening

Reid Tokeshi

Pearl Harbor-Hickam Morale, Welfare and Recreation

Active-duty military members, their families, retirees and Department of Defense civilians can experience some long-awaited improvements at the Hickam Library at Joint Base Pearl Harbor-Hickam.

Patrons celebrated the library's re-opening at a July 20 ceremony. Col. David Kirkendall, deputy joint base commander, opened the festivities with Phyllis Frenzel, library director.

Kirkendall told the crowd in attendance of the importance of having a quality facility and program.

"This is really a precious resource we still have here on Hickam. There are a lot of bases that unfortunately, due to the fiscal environment, have had to close programs like this. So the fact that we were able to maintain this and upgrade this at the same time is really spectacular," said Kirkendall.

Boy Scout Andrew Lowe read from a speech by William Lyon Phelps, expressing the importance of books and the library, Frenzel before and Kirkendall cut the ribbon officially re-opening the library. Once the doors opened, patrons flocked to their favorite sections, and participants went to the circulation desk to receive their certificate of achievement and awards.

The last renovation was around 1996, a lengthy period, but Frenzel explained that that librarians often tend not to update their facilities for long periods of

"Most librarians are very what is tried and true. But it was time for this library to

In comparison, other lation desk. MWR facilities tend to

(Top) Magician Glen Bailey entertains the young patrons. (Left) Tom Jones, Morale, Welfare and Recreation director, and Col. David Kirkendall, joint base deputy commander attend the library re-opening. (Above) Patrons sit in the computer lab area with new tables and chairs.

For us, we need exciting, new books."

Renovations began in October of last year with cosmetic changes to the windows. By the July 20 openplace included all new bookshelves, all updated furniand tables for the computer workstations, acoustical get a new look," Frenzel said. walls and a resurfaced circu-

summer reading program update more often with a hours returns was also audio-video collection, which library's summer reading need to draw patrons. "You installed in the parking lot, have to have an exciting new as well as benches outside so look for customers to return. customers can take advantage of the library's free Wi-

Fi 24 hours a day. Frenzel said patrons are already seeing the benefits of the renovations. She explained that customers ing, other improvements in like the bigger workspace at the computers and in the library overall. Changes to traditional. They stick with ture, including new chairs the layout created more space through better organization despite having the same footprint.

"We can build our collec-

is becoming more popular," Frenzel said.

Realizing what customers today like to do, chairs with attached mini-tabletops and Wi-Fi allow them to bring their laptop or mobile device and sit comfortably. The one thing the staff will monitor is to make sure no one brings in food or drinks, given the new surroundings.

"We hope that people will help take care of it, to help protect our investment," said Frenzel.

program. Patrons signed up in May and were challenged to continue reading during the summer. Customers earned rewards for reaching benchmarks over the next two months, and those who completed the program earned a certificate and were eligible to win other prizes.

600 people signed up in the After thanking the girl, program this year, with 257 completing all the chal-The re-opening coincided divided into three groups: you do, that makes it all A new book drop for after-tion now, especially the with the awards day of the birth to age 7, ages 8 to 15,

and 16 to adult. Magician Glen Bailey entertained the kids, and later all attendees enjoyed pizza and refresh-

The summer reading program has been running since 2002, Frenzel's first vear at the library, and has benefited from funding by the Office of the Secretary of Defense the past four years. Frenzel emphasized the purpose of the program is a simple, but important one to get people to read.

"It doesn't matter what you pick up. You read, you learn, Frenzel said.

She recalled studies that show kids who read more do better on test scores and also are better writers. The child who reads over the summer also doesn't regress as much, which helps when school begins, she said.

Frenzel thinks that all the technology available to consumers today helps get people to read.

"We make it easier for them because we offer products that match their lifestyle," she said.

Audio books on CD and on pre-loaded units allow people to listen to a story, whether sitting in traffic or doing chores around the house. Audio books are useful for someone who may have trouble reading for any reason, said Frenzel. Someone with impaired vision, is dyslexic, or just has difficulty holding the book can still enjoy the story, she emphasized.

Frenzel allowed audio books to count toward the summer reading program. "My view is, an audio

book is no less a book than a printed tome," she said.

As Frenzel oversaw the festivities, a young girl approached her. The little girl thanked Frenzel for having the program and told the librarian that she Frenzel said more than really enjoyed participating. Frenzel said, "It's so sweet that they take the time to lenges. The program was tell you that. All the work



Live the Great Life

Morale, Welfare and Recreation director. patrons can spend time with friends and families at the bowling centers at Pearl Harbor-

Hickam. There are \$1.50 specials available on shoes, games and hot dogs from 5 to 9 p.m. Mondays at the Naval Station Bowling Center at Pearl Harbor.

There are also \$1.50 game, shoe rental and hot dog specials from 4 to 9 p.m. Wednesdays at Hickam Bowling Center.

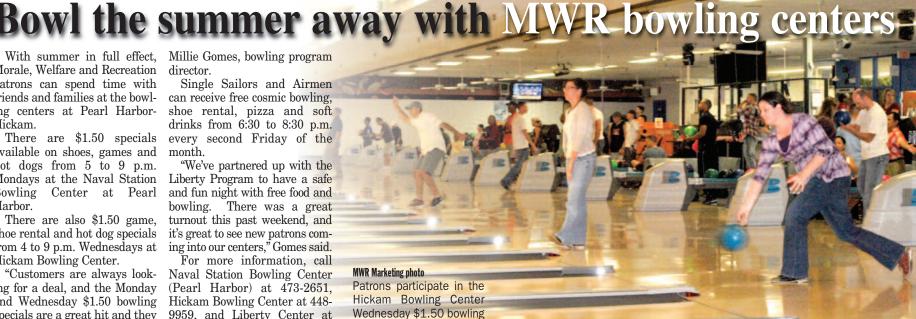
"Customers are always looking for a deal, and the Monday and Wednesday \$1.50 bowling specials are a great hit and they come out to participate," said 473-2574.

With summer in full effect, Millie Gomes, bowling program

Single Sailors and Airmen can receive free cosmic bowling, shoe rental, pizza and soft drinks from 6:30 to 8:30 p.m. every second Friday of the month.

"We've partnered up with the Liberty Program to have a safe and fun night with free food and bowling. There was a great turnout this past weekend, and it's great to see new patrons coming into our centers," Gomes said.

For more information, call Naval Station Bowling Center (Pearl Harbor) at 473-2651, Hickam Bowling Center at 448-9959, and Liberty Center at



Your Weekly Fun with MWR

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July Massage Special will be held Arts and Crafts Gallery Showcase craftsman and photography. A max- Aug. 2 to 16 at the Hickam Arts & Training Certification will be held through July 30. The cost is \$90 for a 90-minute session. The Hawaii package includes a choice of a body scrub or facial, followed by a therapeutic massage. FMI: 448-2214.

Free Junior Golf Clinic will begin at 4 p.m. July 31 at Barbers Point Golf Course. FMI: 682-1911.

will accept entries Aug. 1 to Oct. 1. Artists in the military community are invited to submit artwork, crafts and photographer. This event is open to active duty military and their family members, Department of Defense civilians, contractors, Reservists

imum of three entries will be allowed per category per entrant. All submissions should be framed or wall-ready to be displayed in the arts and crafts center gallery. FMI: email donna.sommer@navy.mil.

There are two categories, artist- held Fridays from 10 to 11 a.m. of America (AFAA) Personal 225-2322 or visit afaa.com.

Crafts Center. The class is for participants ages 5 and older. The will be age-appropriate for safety. FMI: 448-9907.

from 1 to 9:30 p.m. Aug. 2 and from 8 a.m. to 6 p.m. Aug. 3 to 4 at class will teach children the basics
Joint Base Pearl Harbor-Hickam of working with glass. Each project Fitness Center. This three-day course includes lectures and practical demonstrations for the aspiring and experienced fitness profession-Home School Intro to Glass will be Aerobics and Fitness Association al. For more information call (800)

Learn how to create with MWR's Wood Safety Class

Customers who take a one-day class at the Hickam lathe and more are all avail-Arts & Crafts Center's wood able, which are tools that older (those ages 12 to 15 shop have a wealth of tools most people either cannot must be accompanied by available for use.

Students in the wood safety class learn proper safety and basic shop operating procedures of both stationcompletion of the class, students receive an equipment qualification, a certification that enables them to use the shop tools and equipment.

A table saw, drill press, cost is \$15. It is open to parafford or have room for in their home.

Completion of the safety class is required to take the various woodcraft classes. ary and hand tools. After Past projects include koa pens, jewelry boxes and even ukuleles and rocking chairs.

> available from 4:30 to 7:30 p.m. every Saturday. The

ticipants ages 12 years and parent/guardian).

special.

Advance registration is required. For more information, call 448-9911, ext. 113.

MWR Marketing photo

This photo shows some The wood safety class is items used during a wood safety class at the Hickam Arts & Crafts Center.



SUMMER CONCERT SERIES

A summer concert series event will begin at 5:30 p.m. tonight at Hickam Harbor. The Pacific Fleet Band Popular Music Group will perform. Attendees are invited to bring a beach chair, blanket and their favorite treats and beverages, or order a pizza from Sam Choy's Island Style Seafood Grille. FMI: www.greatlifehawaii.com.

CRUD TOURNAMENT

There will be a free crud tournament from 6 to 10 p.m. tonight at the Hickam Officers' Club (Koa Lounge). Crud is a team game played on a billiards table with players using their hands instead of pool cues. No experience with the game is necessary, and all branches and skill levels are welcome. FMI: 448-4608.

YOUTH FALL VOLLEYBALL REGISTRATION

Registration for youth fall volleyball has begun and continues until Aug. 3. The season runs September through December. FMI: www.greatlifehawaii.com or call 473-0789.

CHINATOWN FOOD, HISTORIC TOUR

A tour of Honolulu's Chinatown featuring a traditional dim sum lunch will be held from 8:45 a.m. to 12:45 p.m. Saturday. The tour departs from ITT-Hickam. FMI: 448-2295.

MWR SUPER GARAGE SALE

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

BIKE THE OLD PALI ROAD

There will be a bike trip from 8 a.m. to noon Aug. 3 along the Old Pali Road. Departures are from the Outdoor Adventure Center-Fleet Store. Bikers are encouraged to bring a camera, snack and water. Beginners are welcome, but some experience is needed, as there are some technical parts of the trail to negotiate. This excursion is for ages 8 years and older. July 31 is the last day to register. FMI: 473-1198.

LEARN TO SURF AT HICKAM HARBOR

The class will be held from 9 a.m. to noon Aug. 3 at Outdoor Recreation - Hickam Harbor. 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. Registration deadline is July 31. FMI: 449-5215.

LIBRARY KNOW-HOW

A free educational tour will be held at 11 a.m. Aug. 3 at the Hickam Library. The staff will demonstrate how to find e-books, audiobooks, music, online foreign language training, and explain the Universal Class for online continuing education and the Dewey Decimal system. FMI: 449-8299.

JULY

31 — In conjunction with Feds Feed Families, federal employees are collecting food nationwide for federal food banks. Non-perishable food items will be picked up from collection boxes at the Pearl Harbor Memorial Chapel, building 1601. Besides the pickup on July 31, boxes will also be picked up Aug. 28. FMI: www.FedsFeedFamilies.gov or www.facebook.com/fedsfeedfamilies.

31 — Members of the United States Air Force Band of the Pacific-Hawaii's Papana (jazz) combo will perform from 6 to 7:30 p.m. at the Town Center of Hawaii. FMI: www.bandofthepacific-hawaii.af.mil/

AUGUST

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.

10 — Living History Day will be held from 9 a.m. to 5 p.m. at Pacific Aviation Museum Pearl Harbor. Guests can meet pioneers and heroes from Pacific aviation history, interact with costumed interpreters and hear stories from World War II, the Korean War and the Vietnam era. The event will include a book signing with aviation author Capt. Alex Kane at 10:30 a.m. All activities are free with museum admission and free to museum members. FMI: www.PacificAviationMuseum.org or 441-1000.

17 — A Pearl Harbor Navy Exchange (NEX) Pet Expo will be held from 10 a.m. to noon at the NEX tent two. Attendees can learn about responsible dog ownership, pet massaging, pet wellness, terrier and dachshund breeds, grooming, animal boarding, breeding referral and animal protection. The event will also include a biggest dog contest, small dog contest, pet food samples and giveaways. Specialists will be onsite for question-and-answer sessions. This is a free event for all authorized patrons. FMI: 423-3287.

24 — The Joint Base Pearl Harbor-Hickam Half Marathon will begin at 6:15 a.m. at Hickam Track. Regular registration runs through Aug. 2. The registration fee is \$25 and includes a Tshirt. Entry forms are available at the Hickam Fitness Center or www.greatlifehawaii.com. FMI: 448-2214 or 448-4640.



Ever since college-bound Mike Wazowski was a little monster, he has dreamed of becoming a scarer-and he knows better than anyone that the best scarers come from Monsters University(MU). But during his first semenester at MU, Mike's plans are derailed when he crosses paths with hotshot James P. Sullivan, "Sully" a natural-born scarer.

HICKAM MEMORIAL THEATER

TODAY 7/26

6:00 Monster University (G)

SATURDAY 7/27

2:00 Monster University (G) 7:00 Epic (PG)

SUNDAY 7/28

2:00 Epic (PG)

SHARKEY THEATER is scheduled to re-open Aug. 3

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.