

# MARINES STORM HICKAM TO WIN FIRECRACKER TOURNAMENT

Story and photos by  
Randy Dela Cruz

Contributing Writer

The U.S. Marine softball team from Marine Corps Base Hawaii (MCBH), Kaneohe, flexed its muscles to blast through a competitive field of nine teams and win the 1st Annual Firecracker Softball Tournament at Hickam softball fields, Joint Base Pearl Harbor-Hickam, on July 10.

The tournament was organized by Air Force Staff Sgt. Jacob Ballard and welcomed squads from the Army, Air Force, Navy, Marines and Federal Fire Department.

In the championship game, the Marines rode the fortunes of a nine-run outburst in the first inning to put away Throwdown, a team of Navy personnel, by a score of 12-4.

Throwdown fought back from the loser's bracket and beat the Marines, 7-5, in the previous game to force a winner-take-all showdown.

Although Throwdown overcame a four-run deficit in its win over the Marines in its first matchup, the Navy team couldn't bounce back from the nine-run hole in the title contest.

Third baseman Cpl. Alex Shaver, who stroked two singles in the title game, said that the early lead was a key factor in the Marines' win over Throwdown.

"It was very important," Shaver pointed out. "That really got us up

and put them (Throwdown) really down."

After losing to Throwdown once, Shaver said that the team decided to change its approach in the batter's box, as it prepared to square off with the Navy squad one final time.

"We'd been hitting home runs all day, but with the wind coming in, we realized that we couldn't do that," Shaver said. "So we hit it on the ground and made them make a play."

The Marines worked their strategy to perfection as the team stroked seven singles and crushed four more hard-hit balls that induced errors from Throwdown infielders in gaining the huge advantage.

While the Marines failed to put away Throwdown in the teams' first meeting, pitcher Daniel Gambill, a civilian playing for the Marines, stepped up his efforts on the mound to prevent another meltdown from happening.

Through the game's first four innings, Gambill kept Navy hitters in check by allowing only five hits and two runs.

Throwdown third baseman Lt. Maury Castaneda said that the combination of too many consecutive games made the large deficit insurmountable.

"It was rough after coming out of our fourth straight game and they go out and put up a nine-run inning," Castaneda noted. "That's a hard mountain to climb after we've been climbing mountains all day long."

While Throwdown did avert a loss via the 10-run mercy rule by scoring two runs in the bottom of the

fifth inning, the deuce was too little, too late.

Cleanup hitter Lance Cpl. James Hines, who provided much of the Marine's firepower in the early games by crushing three home runs, said that even with the stepped up competition in the tournament, he felt that the team had a good chance of winning it all.

"We all work together and have good communication," Hines said. "And pretty much everyone on this team can hit."

Meanwhile, Shaver said that the title win should provide solid momentum for the team, as it gets ready for its post-season at MCBH.

"This was very satisfying," Shaver claimed. "We got our playoffs coming up back on base, so this gives us a little boost going into that."





# Security overtakes hard-luck Naval Station

Story and photo by  
Randy Dela Cruz

Contributing Writer

Security overcame a spirited effort by a short-handed Naval Station Pearl Harbor (NAVSTA) squad to earn its 10th victory of the season with a thrilling come-from-behind 13-11 rally in an Ashore Intramural Softball League game at Millican Field, Joint Base Pearl Harbor-Hickam, on July 13.

The win raised Security's league record to 10-4, while the heartbreaking loss dropped the snake-bitten NAVSTA's mark to 1-13.

During the game, Security came back from deficits of one run in the first inning and three runs in the third to claim the win in the all-out battle that was called after five innings due to time limitations.

Master-at-Arms 1st Class David Taylor of Security said even though the team had to fight out of a hole for most of the game, he and his teammates never stopped believing in their ability to come back.

"We just talked to each other and told everybody don't worry about it," Taylor said. "Never get down because you can score four or five runs in any inning and that can turn things around real quick."

After falling behind by a run after the first inning, Security rallied for its first of two big innings, when the team scored four runs on five hits after starting at the bottom of the second frame with back-to-back outs.

Following the two quick putouts, NAVSTA pitcher Aviation Ordnanceman 1st Class Terrence Carr ran into trouble, when he gave up a single and walked the next two Security hitters to



Aviation Ordnanceman 1st Class Terrence Carr, pitcher for Naval Station Pearl Harbor (NAVSTA), runs out a close play while Security first baseman Master-at-Arms 1st Class Mike Nau tries to control the ball during the teams' matchup in an Ashore Intramural Softball League game at Millican Field, Joint Base Pearl Harbor-Hickam, on July 13. Security defeated NAVSTA to win its 10th game of the season.

load the bases.

A clutch single by Master-at-Arms 2nd Class Roger Scott plated Security's first two runs of the game, while teammate Master-at-Arms Seaman Robert Watkins drove in two more scores with another base hit.

While the four-run rally seemed to place momentum squarely into Security's hands, NAVSTA, which played the entire game with

nine players instead of the league minimum of 10, immediately seized back control of the game with a six-run third inning that was sparked by a two-run inside-the-park homer by Operations Specialist 2nd Class Anthony Stocks. Carr also contributed to the outburst by smacking a triple that drove in two runs.

However, Taylor seemed to spark Security's second rally of the game by con-

necting on a leadoff inside-the-park jack in the bottom of the third to draw the team one run closer to NAVSTA.

Then in the fourth, Security scored six runs on six hits, one walk and an error to retake the lead by a score of 11-8.

In the inning, Security got RBI singles from Watkins, Taylor and Master-at-Arms 1st Class Mike Nau.

"We just hit the ball and tried not to overpower it," said Taylor about the team's clutch hitting. "Our guys are good athletes. They all played ball before so they know how to hit."

Although the lead appeared to be insurmountable with time running out, NAVSTA made one final push and even tied the score in the top of fifth inning when Aviation Structural Mechanic 3rd Class

Roshawn Thomas came up to the plate with two runners on and blasted a shot to the right-field fence, then circled the bases for a three-run inside-the-park home run.

The tie wouldn't hold up as Security, in its final at-bat, put its first two batters on base, before Watkins drove a deep fly to the outfield to score Scott on a sacrifice with the go-head run.

"I was just looking to hit the ball deep and let the guy score from there," Watkins said. "I guess you can say that we never gave up and just kept battling. Every time we got down, we got hits."

While NAVSTA has endured a rough season so far, Carr noted that the loss to Security was especially hard to swallow.

In addition, competing with only nine players, admitted Carr, made it tough to sustain its momentum.

The league allows teams to compete with nine players, instead of the required 10, but squads with one player less than the minimum are penalized with an automatic out at each 10th at-bat.

"This one was a hard one. I really wanted this one," Carr said. "We battle through each time, but for some reason we commit an error and that turns it around. We can't seem to fight out of that, so we come up a little short."

Meanwhile, Taylor said that the come-from-behind win over NAVSTA is something that the team can build upon as it looks for a possible berth in the postseason.

"Right now we're missing around four or five guys," Carr acknowledged. "If we get our guys back and have a full lineup, we'll be all right."

# Red Dragons open youth soccer season with win

Story and photo by  
Randy Dela Cruz

Contributing Writer

The Red Dragons defeated the Green Geckos, 3-0, to open the Morale, Welfare and Recreation (MWR) Pearl Harbor youth soccer season in a Grasshopper Division (ages 7-9) game at Quick Field, Joint Base Pearl Harbor-Hickam (JBPHH), on July 10.

This summer, Pearl Harbor has a total of 15 youth teams that are divided up into age divisions from five to 15.

The season also holds historical significance as it will be the final time that Pearl Harbor and Hickam will hold independent sports leagues for youth.

Starting with the coming fall season, both leagues will be run under the united banner of JBPHH MWR Youth Sports.

In gaining the victory, the Red Dragons scored in three of the game's four quarters, with Briar Pagan kicking in a goal in the first and third periods and teammate Ian Boyer coming through with a scoring boot in the second.

Sonar Technician (Submarine) 1st Class Christopher Rieger, who is one of three coaches for the Red Dragons, said that the win was a culmination of three weeks of practice that led up to the season opener.

Rieger is joined on the coaching staff by Sonar Technician (Submarine) 1st Class Mike Boward and Hospital Corpsman 2nd Class Carla Doyle. Rieger and Boward are stationed with Submarine Surveillance Equipment Program (SSEP), while Doyle is with Naval Health Clinic Hawaii (NHCH).

"We worked on a lot of passing and learned how to shoot on goal," said Rieger. "The players were practicing independently, too."



Briar Pagan of the Red Dragons breaks out in front of the pack during the team's Grasshopper Division (ages 7-9) youth soccer game against the Green Geckos at Quick Field, Joint Base Pearl Harbor-Hickam, on July 10. Pagan scored two goals in leading the Red Dragons to a 3-0 victory over the Green Geckos in the season-opening game for both squads.

Brian Mallory, who is a civilian and head coach of the Green Geckos, praised his players for their hard work and never-give-up attitude.

Mallory said that positioning was a key factor in limiting the Green Geckos' offensive output, but he is positive that the team will get better in the weeks to come.

"They gave 100 percent," said Mallory about his team. "Some kids played

three quarters in a row, so you got to be happy with their effort."

"We're certainly going to work on spreading out, staying in our lanes and playing team-position soccer. Anytime you have three offensive players around the ball, one defensive player can guard you. When you cluster around the ball, it's not a good thing."

In the first period, Pagan got the Red Dragons

on the scoreboard with goal at about the midway point of the quarter.

Boyer followed up with the team's second tally when he knocked in a slow-rolling shot from the left wing that crept its way into the goal.

Pagan, who aggressively attacked the goal throughout the game, pumped in the Red Dragons' final score when he broke away from the pack and dribbled down the middle of the

field, before touching the back of the net with a kick from about five yards away.

Although coming away with a win in the first day of the season has to be satisfying for the Red Dragons and their supporters, Rieger said he was just happy to see that everyone on the team had a good time and played hard.

"Every player is highly energetic and they listen," stated Rieger, who added that he is looking forward to

spending more time with the children and their families.

Likewise, said Mallory, who also admitted that he is enjoying his time as the head coach of the Green Geckos.

"It's all about learning teamwork, sportsmanship and overall physical activity," Mallory said. "I have great kids, great parents and great support. We really appreciate the opportunity to get out here and play."





# JOINT BASE *Sports* PEARL HARBOR-HICKAM



Players from the Red Dragons and Green Geckos scramble for the ball during a Morale, Welfare and Recreation (MWR) Pearl Harbor Youth Grasshopper Division (ages 7-9) soccer game at Quick Field, Joint Base Pearl Harbor-Hickam, on July 10. The game was the season opener for both squads.



(Right) Aviation Ordnanceman 1st Class Terrence Carr of Naval Station Pearl Harbor (NAVSTA) delivers a pitch during an Ashore Intramural Softball League game versus Security at Millican Field, Joint Base Pearl Harbor-Hickam, on July 13.

(Below) Construction Mechanic 2nd Class Tom Newell of Naval Station Pearl Harbor (NAVSTA) slides to beat the throw to second baseman Master-at-Arms 2nd Class Roger Scott of Security during an Ashore Intramural Softball League game at Millican Field, Joint Base Pearl Harbor-Hickam, on July 13.





# Army, Navy, Marines perform joint mass casualty drill



Story and photos by  
MC2 Paul D. Honnick

Navy Public Affairs Support  
Element West Det. Hawaii

As a CH-46 Sea Knight comes in for a landing at Tripler Army Medical Center, Soldiers and medical staff standby with stretchers to move the wounded to the hospital's emergency room.

Fifty Sailors assigned to the Ticonderoga-class guided missile cruiser USS Lake Erie (CG 70) were flown to Tripler after a mock explosion inflicted mass casualties as part of a Rim of the Pacific (RIMPAC) 2010 exercise.

Lt. Cmdr. Patricia Serrano, deputy surgeon for U.S. Third Fleet, helped plan and execute the joint exercise.

"Today we saw a successful drill, an exercise where we have a joint venture between the Army, Navy and the Marine Corps participating in a mass-casualty exercise where we exercised interoperability," Serrano said.

"Interoperability; it's not just working with other countries, it's working within our own agencies, our own units together and this was a success. I'm very

happy with the planning and I'm glad we pulled it off."

When Tripler received the call that patients were inbound, the hospital staff activated their emergency preparedness plan and set up triage, treatment, decontamination sites and a morgue outside their emergency room.

"For the hospital, it's also a part of their joint accreditation; they have to maintain certain standards. Our option of having a RIMPAC exercise combined with the Army's need to fulfill a requirement for the joint commission is a perfect blend of getting the job done," Serrano explained.

After the simulated explosion occurred, the victims were transported, triaged and stabilized aboard the Wasp-class amphibious assault ship USS Bonhomme Richard (LHD 6), which had medical treatment facilities and staff onboard, and were triaged and stabilized.

The role players were then flown over in transport helicopters assigned to Marine Medium Helicopter Squadron (HMM) 268, with the most serious injuries being flown to Tripler first.

To make the experience more

realistic, the Sailors used various props and make-up to give the appearance of real injuries.

"They were given [fake] blood and all kinds of equipment, and some fake plastic wounds to put on the patients so that it would be more realistic for the providers when they came here so that they could have something to look at and be able to know what type of injury they might be presented with," Serrano said.

The Tripler staff treated Sailors for simulated burns, lacerations, broken bones and more. Both the role players and the staff treated the injuries as if they were real.

"It hurt pretty bad," said Culinary Specialist 3rd Class Akeem Evans, who suffered a simulated laceration on his left thigh. "Just in case something happens in the fleet, it's good to have training."

Army Sgt. Jonna Roberts, assigned to Bravo Company at Tripler, spent the day assisting with patient care and with stabilizing traumatic injuries, including Evans' leg injury.

"I gave Petty Officer Evans some antibiotics and I put a pressure dressing on his wound," she said. "I'm pretty

sure he's going to keep the leg." The medical staff was able to save most of the victims, but some Sailors were not so lucky.

"We had two patients that didn't quite make it; that's pretty real as far as what you expect," Serrano said.

Gunner's Mate 2nd Class Jay Staatz, assigned to Lake Erie, was one of the two role players whose "burn" injuries would prove fatal for the drill.

"Everybody was on the mess decks and that's where I got hit," said Staatz.

During his final moments at the morgue area, Staatz said he felt good about his sacrifice as he claims he was able to save the life of one of his shipmates during the mock incident.

"I had a buddy that I threw myself over and I took the flames and he just took a beam on the legs," he explained. "He's just going to need a prosthetic [leg]."

After the medical staff did everything to save his life, Lt. j.g. Regina Pinto-Moura, a Navy chaplain, gave him his 'last rites.'

"I was letting him know that I'm here for him and that he was not alone," said Pinto-Moura. "I believe that we will be well-pre-

pared in case anything happens, but this also gives us an opportunity to understand our roles and exactly what each one of us has to do."

Serrano explained the importance of having chaplains on hand during a real crisis.

"Their role is really important if you're looking at a real event because you're going to have a lot of chaos," she said. "It's really stressful for the providers as well as the family members that are coming here to find out that their loved ones are injured."

Before lying down and 'playing dead,' Staatz passed along a few words of wisdom.

"It's important to keep everybody trained and knowledgeable that there are things that can happen, and when it does, not to freak out," said Staatz.

At the end of the drill, all of the Sailors transported to Tripler, including the two who 'died,' miraculously recovered from their injuries and returned to their ships.

Serrano said the most impressive aspect of the exercise was the effective communication and working relationship shared between the different units and branches of service participating in the exercise.





PEARL HARBOR-HICKAM **Maniawa Nanea** LEISURE

**Morale Welfare & Recreation**

**FAMILY FLICK 'N' FLOAT**

Family Flick 'n' Float will be held from 6:30 to 9 p.m. today at pool two at Hickam Aquatic Center. The cost is \$3 per person or \$5 per family of four. Bring your rafts and tubes and relax in the pool while you watch a feature flick. Bring your own movie snacks and drinks. FMI: 448-2223.

**YOUTH ROBOTICS CAMPS**

The deadline for sign-ups for youth robotics camps is today. The camps will be held from July 19-23 at Makai Recreation Center for children (ages 6 - 12) from 9 a.m. to noon and children (ages 11 - 18) from 1 to 4 p.m. The cost is \$15 per person. The camp will teach youth about design, planning, building and programming skills as they learn about the world of robotics. FMI: 448-4396.

**TAILGATE SALE**

A tailgate sale will be held from 7 to 10 a.m. Saturday at the Burger King parking lot at Hickam. Admission is free for participants and \$10 a stall for sellers. Come early for bargains, or clear your clutter and make a few extra bucks selling your gently used household items. Purchase your stall prior to the event. FMI: 449-3354.

**CHINATOWN WALKING TOUR**

Hickam Information, Tickets & Travel will host a Chinatown Walking Tour from 8:45 a.m. to 12:45 p.m. Saturday. The cost is \$25 per adult and \$15 per child (ages 2-12). Learn the history and heritage of Hawaii's most diverse multi-cultural community on this guided tour. Dim sum lunch and round-trip transportation are included. FMI: 448-2295.

**LADIES' 36-HOLE CLUB CHAMPIONSHIP**

Registration deadline for the Ladies' 36-Hole Club Championship is July 19. The event will be held July 24-25 at Mamala Bay Golf Course. The cost is \$30 per person entry fee plus daily green fees. The event is open to all military and Department of Defense card holders. FMI: 449-2304.

**HAWAII MILITARY YOUTH ATHLETIC ASSOCIATION (HMYAA) SPORTS**

Registration began July 12 for Hawaii Military Youth Athletic Association (HMYAA) NFL Flag Football, Volleyball and Junior Team Tennis. The cost is \$70 and includes uniform and medal. Military youth can participate in fall sports with other military youth. NFL flag football is open to ages 5-15 and volleyball is for ages 7-14. Registration ends Aug. 6 with the season running October-November. The USTA junior team tennis season runs September-November, with registration ending Aug. 1. Youth ages 7-18 can participate. All sports require a current physical. Registration forms are available online at [www.greatlifehawaii.com](http://www.greatlifehawaii.com) under "youth sports." To register, visit the Joint Base MWR Youth Sports office at 620 Main St. or call 474-3501.

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

**Community Calendar**

**July**

**29** - NOAA Ship Hiialakai will host a federal blood drive with the Tripler Army Blood Donor Center at 9 a.m. at the NOAA Port Office, 1897 Ranger Loop, building 184, conference room on Ford Island. Anyone with base access can participate. A portion of the blood from the drive will be transported to the troops in Iraq and Afghanistan.

**29** - Hickam Community Housing (HCH) residents are invited to a town hall meeting for a review and discussion of the results from the annual CEL Resident Satisfaction Survey conducted in May. The meeting will be held at 6 p.m. July 29 at the Hickam Base Theater located on Kuntz Avenue. FMI: 423-2300.

**30, 31 and Aug. 1** - Armed Services YMCA at Joint Base Pearl Harbor-Hickam will host a military appreciation carnival at Central Oahu Regional Park in Waipio to show appreciation for the military ohana. The event will be held from, 6 p.m. to 12 a.m. July 30, noon to 12 a.m. July 31, and noon to 10 p.m. Aug. 1. There will be food and entertainment along with military displays. FMI: 473-3398 or email [pearlharbor@asymcahi.org](mailto:pearlharbor@asymcahi.org).

**At a glance**

A change to the profession of arms (course 14A) module of the SNCOA-DL (Course 14) course is being made. Effective July 12, those needing to take the end of course test for this module will be given a new test. Those who plan to take the test are advised to read and study the new material prior to testing. FMI: <http://www.au.af.mil/au/barnes/course12/>.

Defense Activities for Non-Traditional Education Support (DANTES) will stop reimbursing examination fees for the Graduate Record Examination (GRE) and Graduate Management Admission Test (GMAT) at the end of the fiscal year. Military members must take these exams prior to the end of this fiscal year to ensure reimbursement. FMI: Force Development Flight at [647fss/fsde@hickam.af.mil](mailto:647fss/fsde@hickam.af.mil).

Spouses of active duty Air Force members may be eligible for STAP funds to go to college. If you are taking courses downtown with University of Hawaii Schools, Hawaii Pacific University, University of Oklahoma or Chaminade University, applications will be accepted until July 23 for classes with a term start date of August or September. Go to <https://aiportal.acc.af.mil/stap/>.

**Movie Showtimes**



**Splice (R)**

Genetic engineers Clive and Elsa specialize in splicing together DNA from different animals to create incredible new hybrids. Now they want to use human DNA in a hybrid that could revolutionize science and medicine. But when the pharmaceutical company that funds their research forbids it, Clive and Elsa secretly conduct their own experiments. The result is Dren, an amazing, strangely beautiful creature that exhibits uncommon intelligence and an array of unexpected physical developments.

**SHARKEY MOVIE THEATER**

**TODAY**  
7:00 PM The Karate Kid (PG)

**SATURDAY**  
2:30 PM Marmaduke (PG)  
4:45 PM Killers (PG 13)  
7:00 PM Get Him to the Greek (R)

**SUNDAY**  
2:30 PM Marmaduke (PG)  
4:45 PM Prince of Persia: The Sands of Time (PG 13)  
7:00 PM Splice (R)

**HICKAM MEMORIAL THEATER**

**TODAY**  
6:00 PM Marmaduke (PG)  
8:30 Splice (R)

**SATURDAY**  
2:00 PM Shrek Forever After (PG)  
7:00 PM Killers (PG-13)

**SUNDAY**  
2:00 PM Letters to Juliet (PG-13)



# Managing with bullies and other difficult people

Susan Bierman

Warfighter and Family Services, Pearl Harbor

Bullies, yellers, swear word users, micro-managers, know-it-alls, and wishy-washy types are some of the varieties of personality problems that persons tend to identify as making their work environment difficult.

How does one remain professional in the work environment, when daily confronted with someone whose personality seems to be so in conflict with our own style? We must always remember that our

attitude or style presentation may be equally difficult for someone else in the work space, and there are as many types of attitudes as there are people in the world. For simplification, let's narrow types into three categories:

Spectators or people who go through life watching it happen around them. Their life experiences are limited as they tend to play it safe and avoid risks. They would much rather observe and support others than risk making a mistake. The wishy-washy types are included here. Spectators tend to have a 'neutral' view of life.

Critics also tend to stay on the sidelines of life, but they perceive themselves as experts and take pride in finding fault in others. They demand their complaints be heard and understood. The bullies, micro-managers, and know-it-alls might be included in this type. Critics have a 'negative' attitude about life.

Players in the game of life eagerly await opportunities to learn something new and grow, both personally and professionally. They take risks and are not afraid to make mistakes. Players are most likely to present with a

'positive' view of life. The high achievers tend to be included among the players.

Since only about seven to eight percent of what we are communicating are the actual words we are using, then our attitude is communicated much more by tone of voice and body language and facial expression. Merely by calming posture and facial expressions, and reducing tone, we can create a more professional attitude even when we must communicate negative or unpopular information.

A recent study indicates that the differences

between high and low achievers is attitude. Successful people tend to care about people as well as the bottom line. High achievers respect the value of other people's abilities and seek advice from others. They tend to be good listeners and have a positive attitude about life in general.

The Civilian Employee Assistance Program (CEAP) provides free, confidential, professional assessment, short-term counseling to explore options and provide referral services to civilian employees. Call Susan Bierman at 474-1999, ext.

6206 or Andrea Hantman at ext. 6204, between 7 a.m. and 4:30 p.m. for CEAP information and to inquire about our no cost at-your-site training.

Warfighter and Family Services classes are free for Department of Defense civilian employees, military personnel and family members. Class information may be found on the Quality of Life Navy Hawaii website at <http://www.greatlifehawaii.com>

#### July classes include:

Home Buying Skills - July 20 - 12:15-3:30 p.m.  
Anger Management - July 27 - 5 to 7:30 p.m.

## Navy readies new physical fitness assessment software

MC2 (AW) LaTunya Howard

Navy Personnel Command Public Affairs

MILLINGTON, Tenn. (NNS) -- The Navy will release a new version of NAVFIT98A software Aug. 1, changing the way physical fitness assessment (PFA) results are documented in block 20 of a fitness report or evaluation.

"We released a new version of NAVFIT98A to accommodate the recent policy changes and at the same time fix several longstanding problems associated with the application," explained Jim Price, director, Navy Personnel Command (NPC) Performance Evaluation Division.

NAVFIT98A Version 28 supports new performance report policy changes and fixes known security and printing problems, as well as other technical issues associated with older versions of the software. Because of these changes, all forms will have new version numbers. Electronic versions can be found at <http://www.npc.navy.mil/careerinfo/performanceevaluation/softwareforms>.

Commands that still have an older version installed but that need to submit performance reports with ending dates of Aug. 1 or later can submit performance reports generated by older software versions until Navy/Marine Corps Intranet (NMCI) updates are complete.

The E7-E9 chief evaluation has been modified to include the new policy guidance. Evaluation form NAVPERS 1616/27 8-10 can be found at the above link beginning Aug. 1. This website also answers frequently asked questions concerning version 28 deployment and



U.S. Navy photo by MC3 Dominique Pineiro

Quartermaster 1st Class Andrey Mihaylovski monitors the time during the 1.5-mile run portion of the Commander, U.S. Naval Forces Japan Physical Fitness Assessment (PFA) on Berkey Field at Fleet Activities Yokosuka. The PFA is a bi-annual, Navy-wide examination of physical fitness for Sailors that consists of a body composition assessment, curl-ups, push-ups and a 1.5-mile run.

provides a reference guide on using the application.

"I'm really excited because improving the documentation gives PFA the level of attention it deserves. The upgrade will get leadership focused on their Sailors' fitness and the importance of the physical readiness information management systems," said Chief Yeoman (AW) Alisha D. Marshall, Navy Operational Support Center Fort Worth, Texas, command fitness leader.

For more information on NAVFIT98A Version 28, read NAVADMIN 233/10. For technical assistance with NAVFIT98A software, call NPC Customer Service Center at 1-866-U-ASK-NPC (1-866-827-5672). For any NMCI software deployment issues, contact the NMCI Helpdesk at (866) 843-6624.

## It takes strength . . . to quit

Diane Mayer

TriWest Healthcare Alliance

There are more than 1,000 people who die every day in the U.S. And these people could have prevented their deaths.

That's because those 1,000 people died from tobacco-caused diseases, the leading reason for preventable death in the U.S., according to the American Lung Association.

The key here is that these deaths are preventable. The power lies in your hands.

"My dad smoked his entire life and I think that smoking is what, in fact, killed him eventually. But I wasn't thinking about that. I just thought it was a cool thing to do and I wanted to smoke too," said Navy Surgeon General Vice Adm. Adam M. Robinson in a video interview posted on TRICARE's tobacco-free website, [www.tricare.mil/tobaccofree](http://www.tricare.mil/tobaccofree).

"The reason I stopped smoking was because of my patients . . . Kicking an addiction is probably among the strongest things that we will ever do," Robinson said.

#### Ready to quit?

When you are ready to quit using tobacco, TRICARE and TriWest have tools to help you succeed.

• [www.ucanquit2.org](http://www.ucanquit2.org): The site offers interactive, Web-based tobacco cessation training, real-time live encouragement with

trained tobacco cessation coaches, quit plan and calendar, text quit tips, savings calculator, games, and much more.

• Online resources including web chat.

• TriWest's dedicated toll-free telephone Quitline, 1-866-244-6870, is available 24/7/365.

• TriWest.com's tobacco cessation page, [www.triwest.com/tobacco](http://www.triwest.com/tobacco), provides information about local (MTF) and statewide resources as well as tools and tips to help you quit.

• TRICARE's tobacco-free website, [www.tricare.mil/tobaccofree](http://www.tricare.mil/tobaccofree)

• TriWest tobacco quitline - 1-866-244-6870. When you are ready to quit smoking, help is only a phone call away.

• Available 24 hours a day, seven days a week, including weekends and holidays

• Speak with a trained smoking cessation coach who will assess each individual's stage of the smoking cessation process and recommend appropriate treatment and resources to quit smoking or remain smoke free.

• All non-Medicare eligible beneficiaries can receive assistance.

• This telephone line is not a counseling service.

TRICARE and TriWest want you to be a successful quitter. It all boils down to choice.

Imagine a world where you have the freedom to choose to live longer . . . get help today.



## Sales balloon for AAFES 115th birthday

Sgt. 1st Class Jon Cupp

Army & Air Force Exchange Service Pacific Region Public Affairs

As the Army & Air Force Exchange Service (AAFES) prepares to mark 115 years of service and support to America's military, the Hickam Exchange's mission remains basically the same: provide quality goods and services at competitively low prices and generate earnings to support Morale, Welfare and Recreation programs.

"AAFES' commitment to military service members is as strong as it's ever been," said Jeffrey S. Gardner, Hickam main store manager. "Whether at Joint Base Pearl Harbor-Hickam or deployed, the exchange is there for them."

In the spirit of exceptional service and support, the BX, BXtra and Exchange Online Store are inviting authorized customers to "celebrate the savings" July 25-27.

Shoppers who stop by the BX or BXtra during the three-day period can register to win a \$5,000 exchange shopping spree, a backpack or set of luggage.

In addition to the giveaways and sweepstakes, the BX and BXtra will offer a variety of deals centered on AAFES' 115th birthday.

On July 24, the first 15 customers at the BX and BXtra will receive a special coupon for savings that can be used July 24-25. A balloon drop begins at 2 p.m. July 24; 115 balloons will be dropped in commemoration of 115 years of service to AAFES customers.

There will also be a sweepstakes drawing for a \$115 gift card and 115 specials will be offered throughout the BX in honor of AAFES' birthday celebration.

Additionally, several items at aafes.com, including a watch, a diamond bangle bracelet, a headset and a 10-piece cookware set, will be offered at reduced prices.

Since its establishment in 1895, AAFES has been involved in 14 major contingencies (to include the Spanish-American War, WWI, WWII, Korea, Vietnam, Grenada, Panama, the Balkans and Operations Enduring and Iraqi Freedom) and several dozen humanitarian and disaster relief contingencies.

## Hickam Housing town hall to review survey

Hickam Community Housing LLC

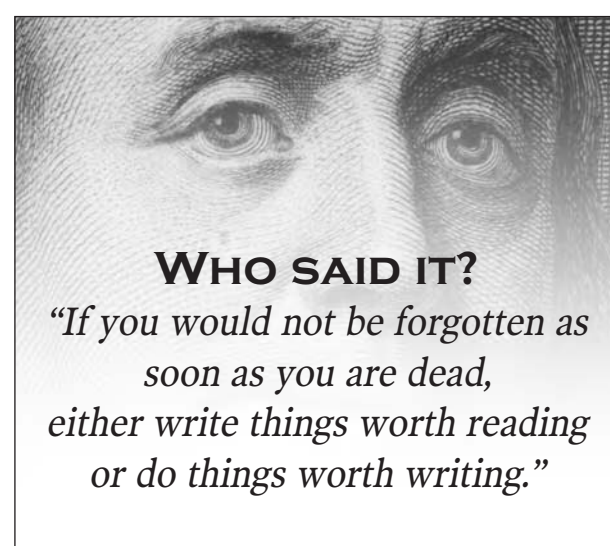
Hickam Community Housing (HCH) residents are invited to a town hall meeting for a review and discussion of the results from the annual CEL Resident Satisfaction Survey conducted in May. The meeting will be held at 6 p.m. July 29 at the Hickam Base Theater located on Kuntz Avenue.

Residents will learn how HCH scored in the areas of property satisfaction, service and overall project satisfaction. Property staff will discuss how the results will help HCH identify areas for improvement across the aforementioned areas. Residents also will have an opportunity to share their thoughts about the survey results.

Though this year's survey has been completed, HCH welcomes comments and suggestions from residents throughout the year. Feedback can be provided by emailing AskHCH@hickamch.com or by calling HCH at 423-2300.

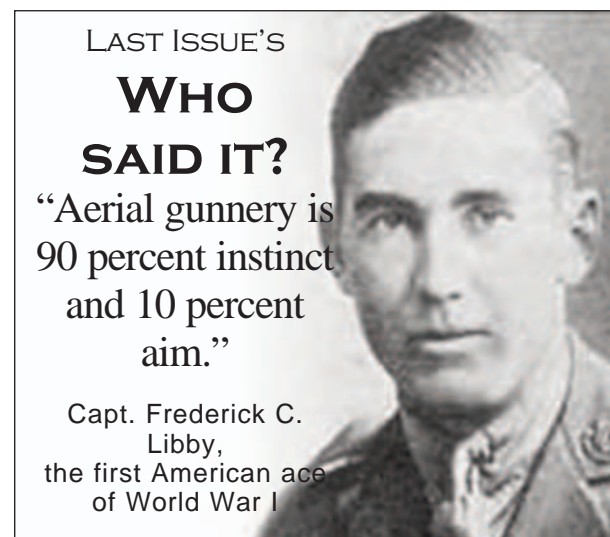
HCH's new online resident feedback tool, Insite, which will launch Aug. 1, is another option for residents.

For more information about the town hall meeting, call 423-2300.



### WHO SAID IT?

*"If you would not be forgotten as soon as you are dead, either write things worth reading or do things worth writing."*



LAST ISSUE'S

### WHO SAID IT?

*"Aerial gunnery is 90 percent instinct and 10 percent aim."*

Capt. Frederick C. Libby, the first American ace of World War I

## Feel Like a Million

### Health Tip of the Week

*Ginger is a tasty spice with several health benefits. Studies have shown that ginger lowers LDL cholesterol, keeps your blood from clotting by reducing the stickiness of your platelets, and is a powerful antioxidant. <http://www.healthcoachtraining.com>*

Wherever you are at on your wellness journey, your daily habits can determine 95 percent of your thoughts, feelings and actions. The Feel Like a Million program can help you develop life-long habits for better health and life balance. To learn more, visit <http://hickam.ifeellikeamillion.com>.

### This Week's Trivia

Which three American presidents died on America's Independence Day on July 4?

**Last Issue's Question:**  
What does the nautical term "scuttlebutt" mean?

**Answer:**  
Originally, a "butt" was a wooden cask that held water or other liquids; to "scuttle" is to drill a hole, as for tapping a cask. The cask of drinking water on ships was called a "scuttlebutt" and since Sailors exchanged gossip when they gathered at the scuttlebutt for a drink of water, "scuttlebutt" eventually became U.S. Navy slang for gossip or rumors.



# When it's time to go back to school, preparation gets an A+

Carolyn Aselton Wilkie

Fleet & Family  
Readiness/Marketing

Leaves turning and falling, flipping the calendar to September and a chill in the air are all classic signs that it is time for students to sharpen their pencils and get back to school. As if trading swim shorts for school uniforms is not hard enough for a kid here in Hawaii, where school starts in early August, the sun is still shining, beach towels and body boards are still within arm's reach, and all the tourist families are walking around with their sunglasses on enjoying their long summer vacations. A little preparation and planning can go a long way in helping make the transition back to school somewhat easier and the school year successful.

Before school starts, be sure to visit your child's school, participate in orientations and meet the teachers. Also, get a list of supply requirements and even see if you can bring them to your student's desk or locker before the first day. You will want to make sure you have all your child's uniform items, too, as most Hawaii schools require one.

Darren Dean, a school liaison officer based at Hickam, said it is important to register early, and to have immunizations and physicals complete so those requirements do not cause undue stress or delay the child getting into the classroom with his or her peers.

"Those are vital to getting started on time," Dean said.

If your child takes the bus to school, make sure he knows where his bus stop is, his bus driver, and proper bus behavior. For those who walk, talk to them about safety, their routes, and how to use crosswalks. You might even want to walk to and from school with them for the first few days.

"It's important to make sure children are comfortable with where they are going; then the first day isn't full of anxiety, it's full of excitement," said Dean. "Build the excitement and build the anticipation of a

fun school year and all the exciting things they are going to learn."

You will want to re-establish bed and mealtime routines if you let them slide while on summer break and doing so a few days or a week before school starts is your best bet. This will help your child avoid becoming overtired or overwhelmed by the new amounts of work and activity school brings. However, if you have not done so before the school year starts, it's not too late. Children adapt to new routines fairly quickly, but parents need to be consistent so the child understands the rules are not negotiable.

Students should have a consistent place to keep their backpacks and lunch boxes. Have your child empty both each night, ensuring you get any important notices from school that day.

And when you fill that lunchbox, be sure to do so with nutritious items to help your child perform better and stay focused throughout their day. You should include items from the four basic food groups. Some healthy items to consider are whole-grain bread items, fresh, dried or canned fruits and vegetables, peanut butter, lean lunch meats, cheese and milk.

Another important element of the family's school-year schedule will be when and where your child does her homework. Dean encourages parents to set up a homework routine so the family is doing something together.

"That shows the child that the parents are interested in what they are learning, it gives the parent an excellent opportunity to see where the child is at academically, and they can see if the child is struggling in certain areas," he said.

One place where students can do their homework, and get help with it, is through the school age program at Hickam and the school-age care program at Pearl Harbor. Both run the Boys and Girls Clubs of America's program "power hour" every day after school. It is a homework help and tutoring

program designed to raise academic proficiency, according to the club's Web site.

"It's good for the transition from school to after school," said Mary Duncan, chief of family member programs at Hickam.

In addition to homework help, the programs have many different activities that encourage learning, fitness and teamwork.

"I think it's definitely a good place for the children to be instead of going home. It gives them more of a social interaction, they're safe, and you don't have to worry about them getting into things that they don't need to be in," said Duncan.

Jessica Lloyd agrees. She is a former active-duty Sailor who now works as a civilian at Personnel Support Detachment and has a 10-year-old daughter enrolled in the school-age care program at Catlin Clubhouse. Her daughter looks forward to being there because she gets to hang out with her friends, gets a jump start on

her homework, and feels part of a club where all the leaders know her and care about her.

"It gives me peace of mind, especially on days school is closed, like waiver days or when they added furlough days. They still have someplace to go because they're automatically enrolled," she said, explaining that the after-school program includes full-day care when school is out for those random days that are not holidays. "They have activities planned. There's somebody there to watch them on the days I can't take off work," Lloyd said.

The programs are designed to work with military families, something you will not necessarily find on the outside.

"We understand the special needs of being a military child and the challenges around them," said James Duff, child and youth programs leader. "We are here to support both the children and the mission."

In fact, Lloyd and her hus-

band, Bill, a Navy chief flight engineer for P3s, think so highly of MWR's after-school program, they also enrolled their four-year-old, who is starting kindergarten this year. "She is so excited," Lloyd said of her little one. "It's all she can talk about, I'm going to ride the big blue bus with Sissy."

MWR has a bus that picks children up from certain schools to bring them to the program at Catlin Clubhouse. "If they're not on the bus and I haven't called them, they call me," Lloyd said. "They don't leave the school until they have every kid accounted for."

The learning and fun continues for children 10 years of age and older at the teen center, located on Hickam. It offers a variety of programs throughout the year that help improve skills or develop new ones, such as cooking, photography, art and leadership clubs. It also offers game tables, board games, video games, computers with Internet access, a gym, musical instruments

and movies.

Healthy food options are provided for youth at the teen center, as well as in the school age program and the school-age care program.

Parents and kids alike may encounter some bumps as they transition back to school, but don't worry. You're not alone. Help is just a phone call away, thanks to the resources available through MWR and the Warfighter and Family Services programs.

"Getting back into the routine is always difficult, but we are here to support them with that. Even though it is difficult getting back in, they still have the excitement of seeing all their friends again and expanding those young minds," said Duff.

More information about all of Joint Base Pearl Harbor-Hickam's child and youth programs, including enrollment information and membership fees, can be found on [www.greatlifeohawaii.com](http://www.greatlifeohawaii.com) or at [www.hickamservices.com](http://www.hickamservices.com).

## Jake Shimabukuro meets military fans



Photo by Cheryl Nakashima

Jake Shimabukuro, local musician and international music sensation, signs his autograph for military fans on July 2 at the Pearl Harbor Navy Exchange book department with an autograph signing for his new single, "Go For Broke." The event was in honor of the men and women who serve and have served our country.